



# Popes Tavern Corner

Halifax Council on Aging



July 2022

## WHAT IS OLD AGE?

Well, "summa" is here, and it is time to get out and enjoy the warmth of sunshine and the smell of freshly cut grass. Improving our care over time is important to our independence. Older adults face a variety of life crises such as losses of a loved one, loss of being able to care for oneself, chronic illness or disease, isolation (especially after a pandemic) and/or financial insecurities.

Sometimes help is needed and yet we tend to refuse it for personal reasons. Depression, anxiety, substance abuse or mental status changes can affect our ability to function independently within our homes. The question is: What is a good old age?" We all have a different way of handling life events and what is good for you is not always the best for another. Our internal makeup warrants a different approach and a reason for choices.

Generational events play a part of our attitudes according to Gerontologists. The pandemic will leave a lasting effect on all of us, especially an older adult with aging issues. Changing the way we see aging from childhood, can help with breaking down barriers by creating conditions for a good old age. Which means providing an umbrella of choices to help us stay independent is key.

Halifax Council on Aging, and staff can provide you with community support services such as transportation, Medicare Counseling, Meals on Wheels, Wellness programs, Brown Bag, and other social service connections. Ask about our permission to share form, and we can guide you to an Elder Service Organization who specializes in a particular area of community supports and services. Don't wait, take time to evaluate your situation, and reach out to family, good friend, or your local Council on Aging for understanding "what is a good old age" for you.

Kindly,  
*Darlene Regan, Director*



## Monthly Tidbits

Barry Manilow's hit song "I Write the Songs," was actually written by Bruce Johnston.

Ever heard the saying, "...when hell freezes over?" Guess what -- there's a village in Norway called "Hell" and every winter... it freezes over.

## Senior Tax Exemption

The requirements Elderly for Exemption (Clause 41C) were changed in 2003 making it easier to qualify for \$1,000 of tax exemption on your real estate tax bill. Are you qualified for FY 2023? Requirements are listed below. Visit [halifax-ma.org](http://halifax-ma.org) for more information.

- Be 65 years old by July 1, 2022.
- Annual income of \$33,410 (single) or \$50,113 (married)
  - Which includes cost of living adjustment
- Assets valued at \$50,247 (single) or \$69,092 (married)



# CELEBRATING THE INDEPENDENCE OF OLDER ADULTS AND INDEPENDENCE DAY

July is a time to celebrate independence! In addition to celebrating the anniversary of U.S. Declaration of Independence on July 4th, OCES also celebrates 48 years of supporting the independence and dignity of older adults and individuals with disabilities. We do this through the provision of essential information and services that promote healthy and safe living.

OCES' programs offer significant life-supporting care which contributes to an individual's ability to live within the community as independently as possible for as long as possible while preserving dignity and quality of life. In fact, OCES is the largest provider of in-home and community-based services for older adults and people living with disabilities in the southeastern part of Massachusetts.

Did you know? OCES offers comprehensive care services that help individuals (who may otherwise require nursing facility placement) so they can remain independent at home. Programs include Adult Family Care; Congregate Housing; State Home Care; Personal Care Management; Senior Care Options; Supportive Housing; and Veteran/Self-Directed Home Care.

The Nutrition Department provides vital food services to older adults and people living with disabilities through Home Delivered Meals and Community Dining sites. Many older adults who are unable to shop for groceries or prepare their own meals, benefit from "Meals on Wheels" which provides a daily meal delivered to their homes. For OCES' most vulnerable older adults and individuals with disabilities, the delivery is not only a delicious and nutritious meal, it is often the only social contact of the day. A connection to the community through Meals on Wheels serves as a safety check to make sure these individuals are okay.

OCES supports different cultures and their independence. For example, in recognition of Cape Verde Independence Day on July 5, Caribbean meals will be offered as home delivered meals in all of Brockton. We also support independence through many staff fluent in several languages, including Haitian Creole, Cape Verdean Creole, and Spanish.

OCES aspires to welcome everyone without exception. Whether you are looking for help or are interested in helping others remain independent, we are here to support you! Learn more about us at [www.ocesma.org](http://www.ocesma.org).



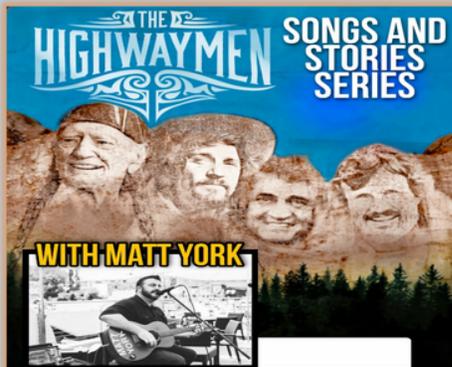


## GENERATIONS

### FRIENDS OF THE HALIFAX COUNCIL ON AGING

Next monthly meeting is scheduled for 10 am on Monday, August 1st, 2022 at the Holmes Public Library, 470 Plymouth Street -- new members are welcome and encouraged to attend if interested!

# Concert on the Green



Singer, Matt York, will perform songs and tell stories of Johnny Cash, Willie Nelson, Kris Kristofferson, and Waylon Jennings on Friday, July 15th, 2022 from 11 am to 12:30 pm on the Halifax Town Green.

This performance is made possible through grant funding from the Halifax and Massachusetts Cultural Councils.



Ice Cream will be served at no-cost to Halifax Seniors. Out-of-Town guests are welcome and may purchase ice cream for a nominal fee of \$3.00.



Join us to learn the differences between Independent Living, Assisted Living and Memory Care, and when it's a good time to look with Jodi Tolman, Director of Community Relations at Wingate Residences. Jodi is skilled with more than a decade of experience in the world of senior living. Attendees will receive a list of important questions to ask when researching senior living communities.

**A complimentary lunch will be provided!**



Tuesday, July 19th, 2022  
11:30 am to 12:30 pm  
Henrich Hall, Halifax Estates  
33 Redwood Drive  
Halifax, MA 02338

To sign-up for or ask questions about events and programs please contact or visit the Popes Tavern / Halifax Council on Aging.

**(781) 293-7313**



# Congregate Meals *July* 2022



EVERY **MONDAY & WEDNESDAY**  
STARTING AT **12 PM** AT THE  
**HALIFAX COUNCIL ON AGING.**

**\$2.50**  
donation suggested

*You will not be rejected service if you do not donate. Contributions are collected to maintain and create services and programs like this one.*

**Save your plate!**  
*Space is limited so it is recommended that you call the center to reserve a seat and guarantee a meal.*

Wednesday

**6<sup>th</sup>**

**Chicken Lo Mein**

Monday

**11<sup>th</sup>**

**Beef Macaroni Casserole**

Wednesday

**13<sup>th</sup>**

**Egg Salad Sandwich**

Monday

**18<sup>th</sup>**

**Chicken Broccoli Penne Alfredo**

Wednesday

**20<sup>th</sup>**

**Sloppy Joe w. Tater Tots**

Monday

**25<sup>th</sup>**

**Curry Chicken Salad**

Wednesday

**27<sup>th</sup>**

**Fish Sticks w. Sweet Potato Tots**



## Meet & Greet



**SEN. MICHAEL BRADY**

**Tuesday, July 19th, 2022**

*9:30 am to 10: 30 am at the Popes Tavern / COA*

*11 am to 12 pm at the Halifax Town Hall*

**What you see, is not always what you get - Medicare Part D**

Last year, a number of Medicare Beneficiaries saw an increase in some of their drug costs after spending time searching the online Medicare Plan Finder. Researchers like AARP found that list price for medications rose 75% for brand-name drugs. According to the [Medicare.gov](https://www.medicare.gov) - it provides a general warning that "your plan may raise the copayment or coinsurance you pay for a particular drug when the manufacturer raises their price, or when a plan starts to offer a generic for of a drug." See your [SHINE Counselor](#) or contact the [Massachusetts College of Pharmacy and Health Sciences Outreach Program](#) at (866) 633-1617.



# July 2022

## Events & Activities

### MONDAYS

CARDS / CRIBBAGE | 10 AM TO 12 PM  
POPES TAVERN / COUNCIL ON AGING

FIT 4 U (FITNESS CLASS) | 11 AM  
TOWN HALL - GREAT HALL

CONGREGATE MEAL | 12 PM  
POPES TAVERN / COUNCIL ON AGING

KNITTING & CROCHETING | 1:30 PM  
POPES TAVERN / COUNCIL ON AGING

JOY OF WRITING | 1:30 PM  
HOLMES PUBLIC LIBRARY



### TUESDAYS

MEN'S COFFEE HOUR | 9:30 AM  
POPES TAVERN / COUNCIL ON AGING

HEALING HANDS | 1 PM  
TOWN HALL - GREAT HALL



### WEDNESDAYS

CHAIR YOGA | 9:45 AM  
HALIFAX ESTATES - HENRICH HALL

WOMEN'S COFFEE | 10 AM TO 11 AM  
POPES TAVERN / COUNCIL ON AGING

WELLNESS VISIT | 10 AM TO 11 AM  
POPES TAVERN / COUNCIL ON AGING

GENTLE YOGA | 10:45 AM  
HALIFAX ESTATES - HENRICH HALL

CONGREGATE MEAL | 12 PM  
POPES TAVERN / COUNCIL ON AGING

ZUMBA GOLD | 2 PM  
TOWN HALL - GREAT HALL



### THURSDAYS

MEN'S COFFEE HOUR | 9:30 AM  
POPES TAVERN / COUNCIL ON AGING

HEALING HANDS | 1 PM  
TOWN HALL - GREAT HALL

## SAVE THE DATE

FRIDAY  
1st

REP. JOSH CUTLER  
CONSTITUENT HOUR

10:30 AM TO 11:30 AM

POPES TAVERN / COUNCIL ON AGING

TOWN OFFICES CLOSED  
IN OBSERVANCE OF  
INDEPENDENCE DAY

MONDAY  
4th



TUESDAY  
5th

REP. KATHY LANATRA  
CONSTITUENT HOURS

9:30 AM TO 11 AM

POPES TAVERN / COUNCIL ON AGING

Concert  
on the Green

FRIDAY  
15th

DETAILS ON  
PAGE 3

SEN. MICHAEL BRADY

Meet & Greet



TUESDAY  
19th

DETAILS ON PAGE 4

INDEPENDENT LIVING

SEMINAR



9:30 AM TO 11 AM

DETAILS ON PAGE 3

ATTORNEY RAWLINS  
CONSULTATIONS

11:30 AM TO 12:30 PM

POPES TAVERN / COUNCIL ON AGING

FRIDAY  
29th



# Halifax Council on Aging

506 Plymouth Street | Halifax, MA 02338  
Office: (781) 293-7313 | Fax: (781) 293-1774  
Online: [www.halifax-ma.org/COA](http://www.halifax-ma.org/COA)  
Hours: Monday to Thursday, 8 am to 4 pm  
Friday, 8 am to 1 pm



## Your Advocates

Darlene Regan, Director  
Donna Porcello, Outreach Coordinator  
Diane Smith, Receptionist  
Tricia Ross, Nurse & Outreach Assistant  
Maria Maynard, Nutrition Manager  
Diane O'Brien, Van Driver  
Gary Long, Van Driver

## Your Board

Jo Schofield  
Jean Gallant  
Judith Rakutis  
Michael Rugnetta  
Sarah Sloat  
Ivy Matheny  
Kimberley King-Cavicchi



## Our Mission

To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.



**Halifax Residence**  
506 Plymouth Street  
Halifax, MA 02338



# Special Election



FOR TOWN COLLECTOR / TREASURER

**Saturday, July 30th, 2022 at Halifax Elementary School**

*More information will be available at*  
[www.halifax-ma.org/elections](http://www.halifax-ma.org/elections)

