



Halifax Senior Center

March 2022

A Message from Darlene Regan, Council on Aging Director:

Investing in resources is key to a healthy community!

Halifax Council of Aging is busier than ever! We are offering educational sessions for caregivers, CoA members and their families. We had a DEMENTIA FRIENDLY training session on February 17 offered by **TAMMY MURRAY, LCSW DIRECTOR OF COMMUNITY/ELDER SERVICES, HANOVER.**

Each participant who attended the training session at the Holmes Library, received a certificate noting their participation and understanding of dementia care. We had out-of-town participants who were most grateful, as they discussed their current concerns with caring for parents and spouses with cognitive changes. We are most grateful that the Holmes Library Director, Jean Gallant and our IT Specialist, Cesar Calouro, who took time to create a space for a wonderful program. Thank you!

Staff and I will begin an exciting **50+ job seekers campaign.** The Statewide Networking Group is funded through the Executive Office of Elder Affairs. Please take time to access their website or contact us to discuss ways to create a resume and/or develop a LINKEDIN page. See <https://50plusjobseekers.org/>

We are also connecting with Plymouth County Suicide Prevention Coalition who is offering **Mental Health First Aid Training in Older Adults.** This training is open to the public at no cost. The training focuses on unique experiences and needs of adults over age of 65. The skills learned will help to reach out and provide initial support to someone who may be developing a mental health or substance use problems, while connecting them to appropriate care programs. Please visit their website for more information: www.mentalhealthfirstaid.org and www.plymouthcountyspc.org

Date: **Monday, March 28th, 2022**

Location: Calvary Baptist Church, 429 Monponsett Street, Hanson, MA

Time: 9am - 5pm training (lunch provided) **8:30 am registration**

Trainers: Jennie Babcock & Paul Gabriele

To register please contact: Jennie M Babcock @ 508.254.9320 or Email her at

jbabcock13@comcast.net Please RSVP by: March 15th

Examples of sectors that may want to be trained: Health and human service workers, Employers, Members of faith communities, Nurses/physician assistants/ primary care and Mental health front line workers, Families/Caretakers, Policymakers and Substance Abuse Treatment Professionals and Social workers.

Community and "GROWING TOGETHER"



**ST. PATRICK'S DAY
LUNCHEON**

**JOIN US ON THURSDAY
MARCH 17TH AT NOON AT
HENRICH HALL. WE WILL
BE SERVING A
TRADITIONAL CORNED
BEEF AND CABBAGE
DINNER CATERED BY GRILL
58. COST IS \$10 PER
PERSON. PLEASE CALL
THE COA AT 781-293-7313
TO REGISTER . SPACE IS
LIMITED**

State Representative Josh Cutler
will be at the CoA
on Friday, March
4th from 10:30-
11:30 am



Be sure to stop by
to voice your con-
cerns over a cup
of coffee - your
voice matters!



BEEYONDER VIRTUAL TRAVEL

Join us as we travel to **Ireland**
on Thursday March 10th from 3-
4pm. If interested in this virtual
tour please contact the COA to
register. This will be a live real
time presentation where you will
be able to ask questions of your
tour guide and you will receive a
link to view from the comfort of
your home or a group viewing
will be held in the Selectman's
meeting Room at the Halifax
Town Hall at this designated
time.



As we prepare for Open Town
Meeting, please stop by and ask
to see the preposed plans for a
center of resources -

Halifax Council on Aging - Calendar of Events

March 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30- Men's Coffee 10:00 TRIAD Great Hall MOCK TRIAL *1:30-3:30-Tax Appointments	2 9:45- Chair Yoga 10:45-Gentle Yoga@Henrich Hall 10-11-Women's Coffee -BloodPressure & Glucose Screenings 12-Congregate Meal	3 9:30-Men's Coffee	4 10:30-11:30 State Rep. Cutler office hours
7 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	8 9:30- Men's Coffee *1:30-3:30-Tax Appointments	9 10-11-Blood Pressure & Glucose Screenings 10-11-Women's Coffee 12-Congregate Meal *1-Bookmobile	10 8:30-11:30-Blood Pressure & Glucose Screenings 9:30-Men's Coffee *3:00-Beeyond Virtual Tour of Ire-	11
14 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	15 9:30-Men's Coffee *1:30-3:30-Tax Appointments	16 9:45- Chair Yoga 10:45-Gentle Yoga@Henrich Hall 10-11-Women's Coffee -BloodPressure & Glucose Screenings 12-Congregate Meal	17 8:30-11:30-Blood Pressure & Glucose Screenings 9:30-Men's Coffee *1:00-Book Club @ Holmes Library	18
21 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	22 9:30-Men's Coffee *1:30-3:30-Tax Appointments	23 9:45- Chair Yoga 10:45-Gentle Yoga@Henrich Hall 10-11-Women's Coffee -BloodPressure & Glucose Screenings 12-Congregate Meal	24 8:30-11:30-Blood Pressure & Glucose Screenings 9:30-Men's Coffee	25 *11-SINGO @ Great Hall  *11:30-1:00-Attorney Rawlins Consultation appointments
28 10-11-Tai Chi @ Great Hall 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing	29 9:30-Men's Coffee *1:30-3:30-Tax Appointments	30 9:45- Chair Yoga 10:45-Gentle Yoga@Henrich Hall 10-11-Women's Coffee BloodPressure & Glucose Screenings 12-Congregate Meal	31 8:30-11:30-Blood Pressure and Glucose Screening 9:30-Men's Coffee	

Pre-registration is required for the events with an * mark. Call the COA at (781) 293-7313.

Yummy.

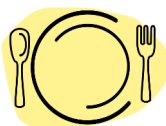
Congregate Meals

Every Monday and Wednesday

12:00 p.m. at the Halifax Council on Aging

Call in advance to reserve a seat at

**(781) 293-7313. Space is limited. \$2.50 donation is
suggested**



Upcoming menu:



- | | |
|-------------|------------------------------|
| 3/2 | POTATO CRUNCH POLLACK |
| 3/7 | BBQ PORK PATTY |
| 3/9 | TURKEY AND CHEESE |
| 3/14 | CHICKEN PARMESAN |
| 3/16 | HONEY MUSTARD CHICKEN |
| 3/21 | CHEDDAR CHEESE OMELET |
| 3/23 | SLOPPY JOE |
| 3/28 | MEATLOAF W/ GRAVY |
| 3/30 | CHEESEBURGER |

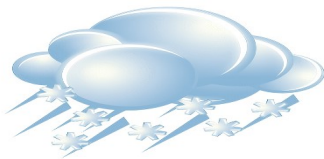


Singo is back by popular demand. Join us Friday, March 25th from 11am-12pm at the Great Hall at Town Hall. Cost is \$5 per person and there will be prizes for the winners.

Pre-registration is required

WHAT IS SINGO??

SINGO combines music and bingo in a sing a long style game. Instead of numbers, SINGO uses familiar songs from different genres of music with one common theme... you can sing along and keep track of your SINGO card to WIN! This is "not your Grandmas Bingo



COA STORM POLICY
When the Halifax Public
Schools are closed ALL HALI-
FAX COA
ACTIVITIES AND PROGRAMS
ARE
CANCELLED
THE COA Office will be open
for emergency information



Attorney Jason Rawlins will be offering consultation appointments at the CoA on the LAST Friday of the month from 11:30 -1:00. This month he will be here on March 25th. Please call the COA at 781-293-7313 to schedule an appointment



Tax Return Appointments will be scheduled on **Tuesday** afternoons until *April 12th* at **POPE'S TAVERN COA**
506 PLYMOUTH STREET
All appointments will be 20 minutes starting at 1:30 p.m. and the last appointment is at 3:30 p.m.
The tax preparation fee is \$40.00
To schedule an appointment, call the COA (781) 293-7313



506 Plymouth Street • Halifax, MA 02338
Tel: (781) 293-7313 • Fax: (781) 293-1774
Website: www.halifax-ma.org/COA
[Follow us on Facebook!](#)

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HOURS OPEN TO THE COMMUNITY

MONDAY - THURSDAY: 8:00 A.M. - 4:00 P.M.

FRIDAY: 8:00 A.M. - 1:00 P.M.

RETURN SERVICE REQUESTED



COUNCIL ON AGING BOARD

CHAIRMAN:

Jo Schofield

MEMBERS:

Jean Gallant
Judith Rakutis
Michael Rugnetta
Sarah Sloat
Ivy Matheny

HALIFAX COA STAFF

DIRECTOR:

Darlene Regan

OUTREACH COORDINATOR:

Donna Porcello

NURSE/ASSISTANT OUTREACH:

Tricia Ross

RECEPTIONIST:

Diane Smith

OCES MEAL SITE MANAGER

MANAGER, MEALS-ON-

WHEELS:

Maria Maynard

VAN DRIVERS:

Gary Long, Diane O'Brien,

Halifax Council on Aging Mission Statement: 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.