



# HALIFAX COUNCIL ON AGING



## June 2015

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**VAN DRIVERS ...** George A., Deb K, Gary L.,  
Frank S, Christine T.

**Pope's Tavern Senior Center**  
**506 Plymouth Street,**  
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**Hours: 9am-3pm Monday—**  
**Friday**  
**781-293-7313 or 293-3883**  
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**BOARD OF DIRECTORS**  
**CHAIRMAN.....Joy Marble**  
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**SECRETARY.....Helen Doucette**  
**MEMBERS ... Jo Schofield**  
**Ellie Murphy**



One of the things I keep learning is that the secret of being happy is doing things for other people.  
—Dick Gregory

Because of our volunteers, we are a success! *Volunteers giving 20 or more hours of service this year are invited to the Annual Luncheon on June 11th, noon, Boston Tavern, 58 E. Grove St., (Rt. 28), Middleboro. Please RSVP no later than June 1st. Guests may attend for \$14.00. This luncheon is provided through the Massachusetts Executive Office of Elder Affairs. This year, volunteers have logged in over 2,700 hours and using the measurement in dollars, is the equivalent of \$20.85 per hour. This 'gift time' is worth \$56,295.00 to the town of Halifax and to elder peers. We are VERY appreciative of your dedicated service to our community!!*

Abar, Judy  
Asero, Carmen  
Arsenault, Avis  
Austin, June  
Bauer, Charlie  
Bright, Patsy  
Burke, Maria  
Burke, Sally  
Bushy, Marion  
Carey, Linda  
Carlson, Sarah  
Corkren, Millie  
Corti, Ken  
Crotty, Ilene  
Crotty, Thomas  
Davis, Pat  
Dolan, Alice  
Doucette, Helen  
Elliott, Carol  
Elliott, Gerry  
Flanagan, Gilda  
Frazier, John  
Frazier, Lou  
Giovio, Renee  
Hartz, Sharon

Hiltz, Jim  
Hiltz, Nancy  
Hughes, Pauline  
Jolley, Joan  
Jones, Heather  
Kaloshis, Eileen  
Keene, Mary  
Lasdow, Lois  
Lord, Barbara  
Mahan, Patricia  
Manoogian, Mike  
Marble, Joy  
Martel, Dottie  
Marzille, Elaine  
McGee, Aldine  
McKenna, Annie  
McLarey, Sharon  
Merchant, James  
Muise, David  
Mulready, Lee  
Murphy, Ellen  
Nelson, Arnie  
Nelson, Carol  
Nelson, Ed  
Noyes, Jean

Page, Carol  
Pease, Dorothy  
Perkoski, Larry  
Pettingill, Brenda  
Poulos-Villano, Janet  
Rawlins, Jason  
Roy, Kim  
Sances, Anne  
Schindler, Tom  
Schofield, Chris  
Schofield, Jo  
Slazas, Virginia  
Smith, Martha  
Sloat, Sarah  
Taber, Florence  
Tisdale, Martha  
Tompkins, Chris  
Towne, Harry  
Towne, Joan  
Vess, Rosalie  
Viau, Isabel  
Vinton, Carolyn  
Vinton, Ken  
Wheeler, Dot  
Zimmerman, Sue

In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it.

--Marianne Williamson, Author





## GENERATIONS

*A multi-generational community group  
whose purpose is to engage in the support of the  
Halifax Council on Aging*

*Please call Dottie 781-754-0645 if you have questions*

The book depository in the parking lot behind the COA (unused household donations, books, clothing, etc.) proceeds help support their ongoing endeavor. Thanks to Pauline Hughes for all her work over the past two years and more; for acquiring the tax exempt status from the Federal & State...an essential part of Generations operations!

### This month:

Monday, June 29th—Lantana's (Randolph) DooWop Pop & Rock Music of the 50s,60s,70s! \$55.00 pp. Leaving Halifax COA at 10am

*World Sauntering Day* (June 19th) is a day to saunter here and there, wherever you go. You can spend your life walking through life, jogging through life, or being dragged through life. But, life is far more enjoyable, if you saunter through it. Its doubly true if you saunter with a friend or loved one. Sauntering is not a walk, jog, trot, or run. Sauntering is a form of strolling. Sauntering is a very casual, yet stylish, form of movement from point A to Point B. The dictionary defines sauntering as walking along slowly, happily and aimlessly. Now, doesn't this sound like a grand way to get around. Taken from: [http://en.wikipedia.org/wiki/World\\_Sauntering\\_Day](http://en.wikipedia.org/wiki/World_Sauntering_Day)



Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century."

Why? Because seniors are thought to have a significant amount of money sitting in their accounts. Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses. It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse. And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others. Please do NOT provide any personal information about yourself to:

- a supposed "IRS" government worker
- a representative of a healthcare/insurance company that you do not recognize
- counterfeit prescription drug companies
- funeral & cemetery scams
- fraudulent anti-aging products
- telemarketing, internet fraud, investment schemes, homeowner/reverse mortgage scams
- sweepstakes & lottery scams
- grandparent scams.

This website: [www.ncoa.org](http://www.ncoa.org) will give you more important details. Or, come in and we can provide information! Or, attend the session here on June 24th, 11:00 a.m. on money management and protective services.



## TRIAD

**Ken Vinton, Chairman**

Triad meets every 2nd Tuesday of the month at the **Halifax Police Station, 2nd floor.** Everyone is welcome to attend the meetings, which starts at 10a.m. The June 9th meeting speakers will be Halifax Health Agent Cathleen Drinan and Mr. Dan Daly of the Plymouth County Mosquito Control. Please join us!



**EVERY TUESDAY**, beginning on June 2nd at 9am, talented chefs from Our Lady of the Lake Food Pantry will be cooking breakfast here! Dave Thurston and Laura Sullivan will be whipping up eggs, ham, home fries, baked French toast, juice and coffee. *Did you know?* The food pantry at this location is run by the **St. Vincent DePaul Society**, a group of lay people committed to helping anyone in need. The food pantry feeds about 150 people each month through the distribution of meat, dairy, produce and staples. Last year, over 185,000 pounds of food were delivered to over 2,500 families. Holiday baskets at Thanksgiving and Christmas were given to more than 300 families. Any monies received from the breakfast served here will be donated to the pantry to support its endeavors and tremendous community outreach. It's people helping other people through food!!!

**CHA CHA CHA!** You can learn some smooth new dance moves during Friday mornings, 11:00 a.m. at the Town Hall...What a great way to move into summer! According to the American Heart Association, walking (or dancing) just 30 minutes a day can be extremely beneficial to your over heart health. **SEE YOU THERE?**



**YOU ARE INVITED....**to attend the **GRANDPARENTS RAISING GRANDCHILDREN** Conference on June 10th at the Best Western Royal Plaza Hotel in Marlboro. This event will provide an opportunity to meet, collaborate and learn from various providers and state agencies working with and on behalf of grandparents raising grandchildren from across the Commonwealth. There will be discussion about issues important to kinship caregivers, and workshops covering a variety of topics including the legal system, how addiction impacts the family, etc. Register with Colleen Pritoni by 6/5 at 781-794-4479.

**TIME TO GET PAMPERED!** That's a good idea once in a while, and you can get it right HERE at the COA, with Nails By Julie! She is here for you on the first Tuesday of the month, noontime, and you can come away feeling very good indeed. Her prices are nominal...please call our office for prices and to reserve a time!



**SHOUT OUT TO OUR VETS!** Do you have questions about your armed services benefits? Please come by and meet Will Corey on June 10th, 11:00 a.m. Coffee will be on, every second Wednesday.

## This Space Available



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# JUNE 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 Church 10:00 Computer Class & Cribbage 10:45 Tai Chi 12:00 Lunch 12-2 Matter of Balance 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>2</b> 9:00 Men's Coffee Hr. SHINE, Pantry Breakfast 12:00 Lunch & OCES speaker/Antioxidants, Nails by Julie 2:30 Line Dancing	<b>3</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair yoga 12:00 Lunch 3:30 <b>GO THE DISTANCE</b> 6:30 Line Dancing @ All Seasons Restaurant	<b>4</b> 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 11a—2p Massage by Jen 12:00 <b>Build A Burger Lunch!</b> 12:30 Grocery Shopping	<b>5</b> 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing, Town Hall 12:00 Lunch 1:00 Office closes
<b>8</b> 9:00 Church 10:00 Computer Class & Cribbage 10:45 Tai Chi 12:00 Lunch 12-2 Matter of Balance 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>9</b> 9:00 Men's Coffee Hr. SHINE 10:00 TRIAD presentation 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	<b>10</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair yoga, Veteran Agent Will Corey 12:00 Lunch 12:30 MLMH Support Grp. 6:30 Line Dancing @ All Seasons Restaurant	<b>11</b> 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 <b>VOLUNTEER APPRECIATION LUNCHEON</b> 12:30 Grocery Shopping	<b>12</b> 9:00 "Love To Walk" goes to Castle Island 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing class, Town Hall 12:00 Lunch 1:00 Office closes
<b>15</b> 9:00 Church 10:00 Computer Class & Cribbage <b>9:00 FATHER'S DAY BRUNCH</b> 10:45 Tai Chi 12:00 Lunch 12-2pm Matter of Balance (last class) 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>16</b> 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 2:30 Line Dancing	<b>17</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch  6:30 Line Dancing @ All Seasons Restaurant	<b>18</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	<b>19</b> 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ball Room Dancing class, Town Hall 12:00 Lunch 1:00 Office closes <b>21—SUNDAY</b> Father's Day
<b>22</b> 9:00 Church 10:00 Computer Class & Cribbage 10:45 Tai Chi 12:00 Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>23</b> 9:00 Men's Coffee Hr. SHINE 10:00 Board Mtg. 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	<b>24</b> 9:30 Senior Fit @ Town Hall 10:00 Quilting 10a-1p Brown Bag distribution 10:30 Wii games 11:00 <b>OCES/Money Mgt.</b> 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing	<b>25</b> 8:30 Blood Pressure Ck. 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	<b>26</b> 9:00 "Love to Walk" goes to Neponset River Greenway, Milton 9:00 Errands & Walmart 11:00 Attorney Jason Rawlings available, Ball Room Dancing 12:00 Lunch 1:00 Office closes
<b>29</b> 9:00 Church 10:00 Computer Class & Cribbage 10:45 Tai Chi (last class) 12:00 Pizza Lunch 1:00 Crochet/Knitting 2:00 Joy of Writing	<b>30</b> 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant	<b>SOME BIZARRE AND UNIQUE HOLIDAYS DURING THIS MONTH:</b> 2—National Rocky Road (ice cream) Day 4—Hug Your Cat Day 6—National YoYo Day 11-National Corn on the Cob Day 18-Go Fishing Day 19-World Sauntering Day (see pg. 2) Taken from: <a href="http://holidayinsights.com/moreholidays/june.htm">http://holidayinsights.com/moreholidays/june.htm</a>		

FLOWER OF THE MONTH: Rose!





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JANUARY 26, 2015 12:03 PM

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Partial printing of this newsletter is made possible by a Grant from the Massachusetts Executive Office of Elder Affairs.  
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