

Halifax Senior Center

SEPTEMBER 2022

Hope everyone had a wonderful “summa.” We have a lot of good things planned for the remaining 2022 year, one of which will happen in September and October. Some of the plans include:

- Matt York fall concert (hopefully on the GREEN, weather permitting)
- Take the Halifax Art Groupies to MacMurray studio (sponsored by Mass Cultural Council and Halifax Cultural Council)
- The Plymouth County Registry of Deeds will hold a series of Senior Citizens Outreach Programs this year and next
- Computer and cell phone instructional technology classes

Did you know that Chapter 40 Section 8B of Massachusetts General Law (Acts of 1956) was formed with seniors in mind. It reads that, “A city by ordinance or a town bylaw may establish a council on aging for the purpose of coordinating or carrying-out programs designed to meet the problems of the aging in coordination with programs of the department of elder affairs.”

In 1973, Massachusetts became the first state to have a cabinet whose mission was to create and support elders. Thereafter, the Executive Office of Elder Affairs (EOEA) sought to win back what was called “discretionary” funding by some legislators, hence a reason why Formula Grants to cities and towns were instituted by the EOEA. The first Formula Grant **was** \$.50/elder and based on the Federal Census. Federal Census are valuable to towns because it identifies monies needed for programs. “We have come a long way baby, “and the need for multi-generational Council on Aging facilities are the front-line of communities, with much of their funding focused on grants, volunteers to operate, and Friends Groups (non-profits) to function. The current Grant Formula rate is **now** at \$12/senior, and the total gross amount received for adult programs is based on the federal census. Currently, all CoA’s are operating on a federal 2010 census. It will take time for the state to release funds based on the latest 2020 census, and of course if some chose not to complete a census or could not, the numbers will never be true. We must move forward despite barriers because we cannot change aging. Investing in our schools as well as our older adults, is imperative with building a strong community. Skilled and highly qualified leaders will take us to the next generation of hope and provide a vision of human spirit we desperately need.

With, our communities aging and money scarce, jobs in abundance, CoA’s rely on volunteers to help support their mission. If you have time, contact your local CoA and volunteer an hour or two. It means a lot today, and for the future of Halifax in “growing together.”

With care and devotion, Darlene Regan, CoA Director

VOLUNTEERS KEEP US RUNNING

If you want to learn new skills
become a volunteer for:

- ♦ **SHINE (Learn Medicare in's and out's)**
- ♦ **AARP TAX PREPARATION (Learn to prepare simple tax forms via AARP training)**

MUSIC THERAPY AND WELLNESS SERIES PLANNED

Did you know that singing, drumming, and active music-listening helps to reduce stress, build community, and improve overall mental and physical health? Join music therapist, Rachel Davis, from the Sing Explore Create, LLC team for this Music and Wellness workshop. Enjoy the mental health and wellness benefits of music making in this stress-free and supportive environment as we explore hand drumming, singing, and music & relaxation techniques. Absolutely no experience necessary! We will create a space where everyone can feel comfortable participating (with



SING • EXPLORE • CREATE
Center for Music Therapy, Education, & Wellness

FITNESS/WELLNESS CLASSES:

SEE THE EVENTS CALENDAR FOR
DATES AND TIMES. TO MAKE
ROOM FOR ALL, PLEASE CALL
THE CoA TO REGISTER—

THANK YOU

- CHAIR YOGA/GENTLE YOGA
- ♦ HEALING HANDS
- ♦ LINE DANCING
- ♦ ZUMBA GOLD
- ♦ HEALING HANDS

Healing Hands

Healing Hands (Reiki) Tuesdays at 10 AM
20 minute sessions by appointment. \$10 per
session. **Free for veterans.**

Call COA to register.

Reiki does not directly cure diseases or illnesses. Instead, it's used as a way to manage symptoms and improve general well-being. There are many benefits to Reiki including but not limited to the following:

- Relax the body & mind
- Clear negative emotions
- Alleviate pain & stress
- Promote restful sleep and healing
- Release painful muscle tension
- Relieve anxiety and depression
- Enhance the quality of life



Relaxation in itself has been shown to help restore immune function and improve circulation, enhancing healing throughout your body.



Connection.
Camaraderie.
Community.

**Vet Centers offer a variety of supportive services.
Visit a center near you.**

Boston Vet Center

7 Drydock Avenue, Suite 2070
Boston, MA 02210
(857) 203-6461

Cape Cod Vet Center

474 West Main Street
Hyannis, MA 02601
(508) 778-0124

Lowell Vet Center

130 Marshall Rd
Lowell, MA 01852
(978) 453-1151

Brockton Vet Center

1 Pearl Street
Brockton, MA 02301
(508) 580-2730

New Bedford Vet Center

73 Huttleston Avenue
Fairhaven, MA 02719
(508) 999-6920

Springfield Vet Center

95 Ashley Avenue
West Springfield, MA 01089
(413) 737-5167

Worcester Vet Center

255 Park Avenue
Worcester, MA 01604

Proud to be part a TRIAD
Community Partner

Join us: **OCTOBER 4TH @ 10:00**

Where: **Great Hall**
499 Plymouth Street
Halifax, MA 02338

Featured speaker:
**Plymouth County District
Attorney Tim Cruz**



**AT YOUR SERVICE
MONTHLY VISITS**

Meet your State Representatives:

Josh Cutler is available the first Friday
each month - except 9/23/2022 @ 10AM

Kathy LaNatra is available the first Mon-
day of each month

SHINE

Please call 1-800-231-1155 for an
appointment

**Legal Consultations w/ Attorney Jason
Rawlins** will be here on 9/30/2022 at
11:30. Call for appointment -

Complimentary 30 minute appointments
offered the last Friday of each month..
Call to schedule an appointment



506 Plymouth Street
Halifax, MA 02338
Tel: (781) 293-7313 Fax: (781) 293-1774
Website: www.halifax-ma.org/COA

Presorted Standard Postage
US Postage PAID
Permit #42
Halifax, MA 02338

HOURS OPEN TO THE COMMUNITY

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



**COUNCIL ON AGING
ADVISORY BOARD**

CHAIRMAN:

Jo Schofield

Co CHAIR:

Darlene Regan

MEMBERS:

Jean Gallant

Judith Rakutis

Michael Rugnetta

Sarah Sloat

Ivy Matheny

Kimberley King-Cavicchi

COA STAFF

DIRECTOR:

Darlene Regan

OUTREACH COORDINATOR:

TBA

RECEPTIONIST:

Diane Smith

NURSE:

Tricia Ross

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.