



HALIFAX COUNCIL ON AGING NEWSLETTER



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NEWSLETTER Deb Killeffer

November 2017

Pope's Tavern Senior Center

506 Plymouth Street

Halifax, MA 02338

Hours: M - Th 8am - 4pm

Fri., 8am - 1pm

781-293-7313 or 781-293-3883

Fax: 781-293-1774

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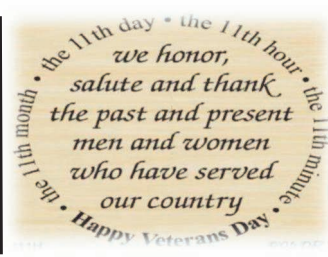
THINGS THAT WE OFFER....

Adult Coloring Sessions
Attorney Assistance
"Best" Breakfasts
Book Loans/Display
Brown Bag services
Chair Yoga
Community Outreach
Cribbage/Card Games
Day Trips
Exercise Classes
Food Stamp & Fuel Assistance Applications
"Generations" Support
Health Education Workshops
Information & Referrals
Intergenerational Programs
Keep Moving Program
Knitting & Crochet
Legal Referrals & Resources
Line Dancing
Lunch Served Daily
Manicure Service
Meals on Wheels
Medical Equipment Loans
Men's Social Group
Painting (all types)
PediCare services
Quilting
Safety Assurance ('Are You Okay?')
Seasonal Celebrations
SHINE / Medicare Counseling
Support Group (My Life, My Health)
Taiichi
Tax Assistance
Transportation—(Doctor's Appointments,
errands, church, events)
TRIAD
Veteran's Chat
Volunteer Opportunities
Wellness Programs; Nurse checks (BP,
weight, glucose)
Walking Groups—Love To Walk
Television & Wii on a wide screen
Writing Sessions



YOU ARE INVITED...to laugh the stress of life away on Tuesday, **November 28th** at **1:00pm** in the Great Hall of the Halifax Town Hall Bldg with **TREVOR SMITH!** JOIN us for a noontime lunch (2.50pp donation) in the Gathering room at Pope's Tavern, then walk across the street to the Great Hall for a performance and interactive session (donations welcome) with the master of chuckles, chortles, giggling and guffawing that promises to help reduce stress and it is designed to make ANYONE feel better. Please call our office to reserve your space for *lunch* and the *event* by **11/21**. You'll be so happy that you did! A few benefits of therapeutic laughter include: Reducing negative thoughts and stress, provides a great cardiovascular workout, increases energy, improves relationships and morale, and exactly what the doctor would order!

Honoring all VETERANS....we invite you to a special, free lunch on **Thursday, Nov. 9th at noon**. Please call our office to notify us by 11/3 of your intent to be with us and to enjoy a Baked bean and ham, coleslaw meal. Dessert, rolls/butter and beverage



JOIN us on **Wednesday, Nov. 8th at 2:00pm** for an "Olde Home Day" get together at Pope's Tavern Senior Center. Long time Halifax resident, Tom Fitzgerald, will be sharing about the many lesser known facts about our town. He'd enjoy hearing stories that you know about our town as well; so bring books, old pictures and advertisements from long ago. Have a cup of coffee or tea and reminisce about the "good old days". Our town has an interesting story to tell! The story behind "Kilroy was here" will be revealed!

IT'S NOT WHAT WE SAY ABOUT OUR
B L E S S I N G S

BUT HOW WE USE THEM, IS THE TRUE MEASURE OF OUR
T H A N K S G I V I N G

W.T. Purkisev



...A multigenerational community group whose purpose is to engage in the support of the Council on Aging...

On Sunday, Dec. 10th, 3:00 pm there will be a trip to The Company Theatre in Norwell to attend a special holiday play. Cost: \$45pp Contact Dottie 781-801-4822 with questions and reservations. Transportation not provided.

WHAT is 'Brown Bag'?

The Greater Boston Food Bank's Brown Bag program operates at 15 partner sites and provides free supplemental groceries to more than 8,500 seniors in need each month. This vital food ensures they don't miss meals and receive the nutritious food they need to stay healthy.



How does it work?

The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries. Please call us if interested. An application is needed.

Do you need a ride for a doctor's appointment, pharmacy or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs. Our van drivers are the **BEST!**

Mon-Friday 9am-2pm Medical Appointments
Thursday, noon-ish pick up for Stop & Shop
Friday, 9-10 am pick up = Wal-Mart & errands

Van rates, round-trip

In town = \$3.00 Surrounding towns = \$6.00
(E. Bridgewater, Hanson, Pembroke, Plympton)
Outer Towns = \$8.00
(Brockton, Weymouth, Plymouth, Hanover, etc.)
Cape Cod = \$12.00
Boston = \$30.00 (one way OR round-trip)



TRIAD is a three-way commitment and communication between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement (Police and Fire departments). Typically, TRIAD meets at the Halifax Police Station, 2nd floor.



On Tuesday, Nov. 7th at 10am ED BEAULIEU of Middleboro will bring a presentation on lighthouses



All meetings are open to everyone; so come, listen to the speaker and then enjoy coffee and refreshments.

Ask Ken Vinton (781-294-1057) about Triad's ongoing programs such as File of Life (for car and home), safe disposal of used medication, unused eye glasses drop off, Safety Low Jack for autism/dementia, visible house number placements, and the "Are You Okay?" program



Did you know? The Plymouth County Sheriffs Dept. has a free computerized telephone system to call participants at a prearranged time each day. Call 508-830-6256 to sign up, or call Brenda Fitzgerald, our Outwork Coordinator to get more information.

THE INTERGENERATIONAL PROGRAM (6th graders teamed with seniors) will occur on Thursday, Nov. 30 at 1:30. Join us as we develop friendships and conversation around games and similar interests.

SHINE UPDATE....Due to the extended allowable time to make changes in your Medicare / medical and pharmacy coverage, Maria Burke, our SHINE Counselor will offer extra appointment times to discuss with you about your need for information. Call our office to set up an appointment.



Please check the **calendar** insert to review **all** our events. On occasion, events are postponed, changed or cancelled so it is good to **recheck** on your **RSVP status** for each event marked with an *.

► Reach the Senior Market
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CONTACT

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★ COMING IN December...



Thursday, Dec. 7th, noon. Christmas Party Lunch with Laura & Dave and Dan Clark, singing trooper! Roast Beef, Twice baked potato, butternut squash, salad, rolls & butter, \$5.00pp RSVP by 11/29!

Do you anticipate the need for **FUEL ASSISTANCE** (1st time applicants) or recertification (updating ALL required documents) this autumn? **Call the receptionist to make an appointment. Our Outreach Workers, Brenda and Tricia are happy to assist you.** These appointments are available on **TUESDAY & WEDNESDAY from 1:00-3:00pm**. To check the status of an application, call the Fuel Assistance Hot Line # 508-746-6707. Being pro-active in applying will alleviate the time required to file successfully.

Help is available for those within the income guidelines below:

FAMILY SIZE	100% Federal Poverty Level	125%-200% RANGE	60% of Est. State Median Income
1	12,060	↔	34,380
2	16,240	↔	44,958
3	20,420	↔	55,537

Do you meet the income criteria? Make an appointment with Brenda or Tricia and have the following items ready for forming an application:

- ◆ Recent electric, telephone and fuel bills
- ◆ Copy of recent pay stubs, award letter or pension statements, veterans benefits, workers compensation or unemployment benefits for all individuals within your household. Also include information on interest bearing bank accounts, child support, alimony, or other sources of income.
- ◆ Copy of a tax bill, rent receipts or land rent receipts.
- ◆ Social Security cards for each person in household
- ◆ Photo ID, License ID with photo
- ◆ Front page of home owners insurance policy; but can be waived. Seniors receiving SNAP (Food Stamps) may see a recent change in their benefits and may need to get more information about this. Call the Project Bread Food Source Hotline 1-800-645-8333 to get specifics.



FINANCIAL PLANNERS / ADVISORS from Citizens Bank will be coming on Monday, Nov. 27th 11-noon to talk about Roth, 401K, Trusts, etc. Please bring your questions. Snacks provided! Please RSVP so that we can plan accordingly. Limited seating.

JOIN US ON WEDNESDAY, NOVEMBER 15th, 1:30-3:00pm
....**CRAFTS with KATHLEEN** to create your own Sassy Sally Turkey.... Only \$4.00 pp...*reserve your space by calling our office!*



thanks & giving

On Tuesday, Nov. 28th Old Colony Elder Services participates in **#Giving Tuesday** to raise money for the Emergency Funds program. Donations will help for heat in the winter, food, and life sustaining medications to older adults and people with disabilities. There are many real life

stories of what a huge help this has been for many in our area. This particular day has been specified to create a national moment around the holidays dedicated to giving, similar to how Black Friday and cyber Monday have become days that are, today, synonymous with holiday shopping, but it is to help our neighbors who have specific needs. Mail to: OCES, 144 Main St., Brockton, MA 02301 and include notation for the **#Giving Tuesday Fund**



CONGRATULATIONS to Halifax recipients of the Senior Art contest. This program is organized through the office Secretary of the Commonwealth (William Galvin). From left to right: Annie McKenna, Ann Marie McKay (holding Joan Jolley & Susan Zimmerman's artwork), Joyce Ganon, Dottie Nogueira and Harry Towne. Come in and see their beautiful work on display in the Gathering Room!

Yum! Special Thanksgiving Lunch on 11/2 will include: roast turkey breast, gravy, stuffing, cranberry sauce, whipped potatoes, seasoned peas/carrots/corn, dinner roll, apple pie. RSVP by 10/31.



T I R E D of unwanted, random, indiscriminate, intimidating phone calls that try to sell things you don't need? You can be part of the National Do Not Call program by requesting it either by going to their website (donotcall.gov) or dialing 1-888-382-1222. Be sure to make the call using the device that you are registering (cell or/both landline). A reduction of calls will occur within 24 hrs. after you have been entered through the Registry.

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