



# HALIFAX COUNCIL ON AGING NEWSLETTER September 2016



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**Pope's Tavern Senior Center**  
**506 Plymouth Street,**  
**Halifax, MA 02338**  
**Hours: Mon. - Thurs. 8am - 3pm**  
**Fri., 8am - 1pm**  
**781-293-7313 or 293-3883**  
**Fax: 781-293-1774**

**DIRECTOR** Barbara Brenton  
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**NUTRITION / M.O.W.** Maria Maynard  
**OUTREACH WORKER** Brenda Fitzgerald  
**OUTREACH ASSISTANT & NURSE** Tricia Ross  
**VAN DRIVERS** Gary L., George A., Frank S.,  
 Christine I.  
**SHINE COORDINATOR** Maria Burke

Dear Friends:

I hope you have had a wonderful, relaxing summer! Fall is on it's way, with beautiful foliage to decorate our days.

The Municipal School & Building Committee hired Winslow Architects from Newton in mid June. This firm is working on the finishing touches of this stage. Stay tuned with updates on renovations at Pope's Tavern Senior Center.

As we celebrate Labor Day, the Harvest Festival (Thursday, September 22nd, noon), I wish to thank our awesome staff and volunteers who help with daily operations and programs that we offer!

Many thanks to our TRIAD Program who helps with the safety of seniors in Halifax. They are preparing now for the annual Health & Safety Fair on Wed., Oct. 19th (10am-2pm) to be held at the Lady of the Lake hall. It will be filled with important information from visiting vendors.

We welcome our new Outreach Worker, Brenda Fitzgerald. Please read her story in our "Spotlight" article. Come by, take a tour, visit our building and *sign up for an educational or social event!*

Fondly,  
Barbara

## Don't miss....

On Thursday, Sept. 22nd at NOON, we will be having a celebration of autumn at a **FALL FESTIVAL** which will include lunch, entertainment and door prizes. It'll be time to say "Goodbye Summer!" and "Hello Beautiful Autumn!" Our menu will include apple cider punch, Harvest ham & cheese sliders, corn casserole and dessert. Only \$4.00pp, but please call our office to reserve your seat!



## WORD OF THE MONTH

**deipnosophist**

a person skilled in the art of dining and dinner-table conversation



*You are invited....*

...to be here on Tuesday, Sept. 20th, 1pm for a *special presentation* for family caregivers facing the difficult feelings of anger and guilt, including specific techniques and common sense guidance, how to manage one's own care, how to recognize – and discuss – when it's time to make transitions at life-changing points, when to ask for assistance, and how to remain yourself while you are a caregiver.

Kim Bennett, LSW, is the Director of Visiting Angels of the South Shore for the last 14 years. Receiving her Bachelor's Degree from Gordon College in 1990, she has been a Licensed Social Worker since 1992.

## *You are encouraged....*

..to help us deliver meals to homebound seniors in Halifax. The best part of our community are those who care for neighbors in need. The "job" can be as many days of the week that you are available, and takes just 1-2 hours on the day that you commit to. We will provide the training and 54 cents a mile is reimbursed. Bring a friend to help you! Please call Maria Maynard at the office to get more details. You'll enjoy this very much!



## *You are appreciated...*

*...To all my friends: I want to thank everyone who generously offered gifts, food, decorations and time to come to my farewell party which made it so much fun. It has been a wonderful part of my life working at the COA and meeting so many special people, making friendships along the way. Thank you—I will truly miss you all! Love, Joyce*



## GENERATIONS

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

Trip to Fosters Downeast Clambake in York, Maine  
Tuesday, Sept. 6th leaving at 8am, return 5pm  
Choice of lobster or BBQ Chicken, \$80.00 pp  
Call Dottie at 781-754-0645 to reserve

Saturday, Sept. 10th 6:30-8:30pm Line Dancing & instruction with Jean Quimby, at the Town Hall. You can be a beginner, intermediate or avid dancer; bring a friend and have fun. Only \$5.00pp, going toward our building fund.

Saturday, October 8th, 10:00am  
Annual Meeting and dues election of officers



## TRIAD

**Ken Vinton, Chairman**



Triad typically meets every **2nd Tuesday** of the month at the **Halifax Police Station, 2nd floor at 10:00am**  
Call Ken Vinton for details (781-294-1057)

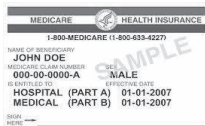
**All meetings are open to everyone; so come, listen to the speaker and then enjoy coffee and refreshments.**

Tuesday, Sept. 13: Jim Lagacy of Mass. Fishers & Wildlife, speaking on nature and living with wild life in our state.

### COMING

Tuesday, Oct. 11: Liisa Budge Johnson, speaking on the work at Elephant Sanctuary in Tennessee. (Elephants that are retired from the entertainment industry on a 2,700 acre preserve!)

Wednesday, Oct. 19th 10am-2pm  
Annual Health Fair  
Our Lady of the Lake Function Hall



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! **Do Not Wait Until It's Too Late!** Our trained SHINE volunteer, Maria Burke, offers free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs.

If you are a veteran, or know of other veterans in the area that might like to talk to one another, share stories and accomplishments, concerns and connect with other veterans, come on Thursday, Sept. 15th at 1:00pm and meet with Wally Glover, Dave Walsh and other veterans. Perhaps you have a special topic or community service project idea....come, join them! ★★ ★



### FUEL ASSISTANCE SEASON IS HERE Recertification & First Timers

We will be taking appointments on Tuesday and Wednesdays from 1:00-3:00 pm with Outreach Worker Brenda Fitzgerald and Assistant Outreach Worker Tricia Ross, starting October 4th.

Bring with you:

- ◆ Recent Electric, phone & fuel bills
- ◆ 4 recent income stubs or annual award letter or pension statement from Social Security for each person in household
- ◆ Veteran benefits
- ◆ Worker's Comp or unemployment benefit letters
- ◆ Interest bearing accounts information
- ◆ Child support
- ◆ Alimony
- ◆ Tax bills, rent receipt or land rent
- ◆ Social Security cards for ALL in household
- ◆ Photo ID
- ◆ Copy for homeowners policy

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# September 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LOCAL FOOD PANTRYS:</b> ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393 ♦ Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 781-293-7971		<p>ALL EVENTS MARKED WITH AN * REQUIRE RSVP !!</p>	<b>1</b> 9:00 Men's Coffee 10:00 Oil Painting 12:00 <b>SPECIAL LUNCH*</b> 12:30 Grocery Shopping 1-3 Adult Coloring	<b>2</b> 9:00 Errands / Walmart <b>LOVE TO WALK*</b> 10:00 Exercise 12:00 Lunch 1:00 Office closes
<b>5</b> <p><b>(OFFICE CLOSED)</b></p>	<b>6</b> 8:00 <b>Downeast Clambake trip*</b> 9:00-11:00 SHINE* Assistance 12:00 Lunch 12:00-1:30 Happy Hands by Julie* 2:30 Line Dancing @ All Seasons Restaurant	<b>7</b> 9:30 Senior Fit 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch  6:30 Line Dancing @ All Seasons Restaurant	<b>8</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3 Adult Coloring	<b>9</b> 8:30-12:30 Pedi-care* 9:00 Errands / Walmart 10:00 Exercise 12:00 Lunch 1:00 Office closes  <b>10—SATURDAY</b> 6:30-8:30 Generations Line Dancing!
<b>12</b> 9:00 Church 10:00 Computer Class & Cards 11-12 TaiChi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	<b>13</b> 9:00 <b>BEST BREAKFAST</b> 10:00 <b>TRIAD</b> mtg 12:00 Lunch 12:30-3:30 Pedi-Care*  2:30 Line Dancing @ All Season's Restaurant	<b>14</b> 9:30 Senior Fit 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran Agent 12:00 Lunch 12:30 My Life, My Health  6:30 Line Dancing @ All Seasons	<b>15</b> 8:30 Blood Pressure 10:00 Oil Painting 11:30 Massage* 12:00 Lunch 12:30 Grocery Shopping 1:00 Veteran's Group 1-3 Adult coloring	<b>16</b> 9:00 Errands / Walmart 10:00 Exercise 12:00 Lunch 1:00 Office closes
<b>19</b> 9:00 Church 10:00 Computer Class & Cards 11-12 TaiChi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	<b>20</b> 9:00-11:00 SHINE* Assistance 10:00 Board Mtg. 12:00 Lunch 1:00 <b>Caregivers &amp; Compassion Fatigue Seminar*</b>  2:30 Line Dancing @ All Seasons Restaurant	<b>21</b> 9:30 Senior Fit 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch  6:30 Line Dancing @ All Season's Restaurant	<b>22</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch/ <b>Fall Festival*</b> 12:30 Grocery Shopping 1-3 Adult Coloring <b>AUTUMN BEGINS!</b>	<b>23</b> 9:00 Errands / Walmart <b>LOVE TO WALK*</b> 11:00 Attorney Rawlins* 12:00 Lunch 1:00 Office closes
<b>26</b> 9:00 Church 10:00 Computer Class & Cards 11-12 TaiChi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	<b>27</b> 9:00 <b>BEST BREAKFAST</b> 12:00 Lunch  2:30 Line Dancing @ All Season's Restaurant	<b>28</b> 9:30 Senior Fit 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga  6:30 Line Dancing @ All Season's Restaurant	<b>29</b> 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3 Adult coloring	<b>30</b> 9:00 Errands / Walmart 12:00 Lunch 1:00 Office closes



## HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



*All the seniors in town  
are reading this newsletter.*

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APRIL 1, 2016 8:49 AM

POPE'S TAVERN SENIOR CENTER, HALIFAX, MA 06-5101 W ID

## our SENIOR CENTER

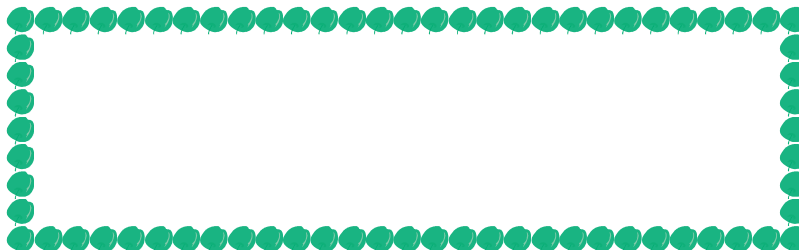
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Partial printing of this newsletter is made possible by a Grant from the Massachusetts Executive Office of Elder Affairs.  
If you want to discontinue receiving this publication, kindly call our office.  
There are two ways to view the newsletter: [www.halifax.ma.us](http://www.halifax.ma.us) Or [www.seekandfind.com](http://www.seekandfind.com).

Our 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 senior lives by offering as wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.



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