



HALIFAX COUNCIL ON AGING NEWSLETTER October 2016



BOARD OF DIRECTORS

CHAIRMAN.....Joy Marble
VICE-CHAIR.....Sharon Hartz
SECRETARY.....Ellie Murphy
MEMBERS ... Jo Schofield,
Helen Doucette

Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338
Hours: Mon. - Thurs. 8am - 4pm
Fri., 8am - 1pm
781-293-7313 or 781-293-3883
Fax: 781-293-1774

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

Hello, Friends!

Exciting news is coming to you from our Council on Aging building project! The Legislature passed a JOB Creation bill the beginning of August that included \$200,000.00 for planning, design and construction of the COA building, while an additional \$50,000.00 is added to this from the FY2017 state budget. Please send a Thank You note to Senator Brady and Representative Thomas Calter for their support. This gift from the state will help immensely as the Municipal School & Building committee continues to work with Winslow Architects on designs for an addition to Popes Tavern Senior Center. Won't you come and visit us soon, take a tour, or join a program and enjoy a lunch while you're here?

Happy Autumn,
Barbara



WEDNESDAY, OCTOBER 19TH 10AM-2PM

OUR LADY OF THE LAKE FUNCTION HALL (580 MONPONSETT ST. /RT. 58/ HALIFAX, MA)

Brought to you by TRIAD....A community group comprised of Police & Fire Departments, Sheriff's Dept., District Attorney's Office, Halifax Council on Aging and individuals who advocate for elder safety.

- Bone Density Tests**
► Photo IDs by Sheriff's Dept.
► Halifax Police & Fire Dept. presentations
► Door Prizes & Gift Baskets
► Flu Shots* by Stop & Shop (free; call BY 10/15 to reserve this)
► Home made lunch
► Blood Pressure checks
► Hearing Screenings & Tests
► Shingles Information by Stop & Shop
► Old Colony Elder Services program information
► Education on many services
- Board of Health**
► S.H.I.N.E Info
► Caregivers
► Reverse Mortgage
► Hospice
► Board of Health
► VNA
- Nursing Home/Rehab Info**
► Rockland Trust
► Library
► Generations
► Medicare/Medicaid Info
► Education on many services
- Music + Free takeaways from vendor tables + much more! First come, first serve for security sleeve protectors for credit/debit cards.**
- FREE**

September is dressing herself in showy dahlias and splendid marigolds and starry zinnias. October, the extravagant sister, has ordered an immense amount of the most gorgeous forest tapestry for her grand reception. ~Oliver Wendell Holmes



GENERATIONS

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

Saturday, October 8th, 10:00am

Location: HMHP, Heinrich Hall

Annual Meeting with election of officers, dues (\$5.00) and refreshments served!

Are you living with pre-Diabetes or a diagnosis of diabetes?

We are offering a 5 week series on Wednesdays, starting October 19th until November 16th from 1:30 to 3:30pm. The classes will cover:

- Nutrition Management: How do I control food intake to keep blood sugars in range?
- Monitoring blood sugars: What's considered a high or low number, what do those numbers mean and how do I manage them?
- Exercise: Realizing and accepting that exercise is best, how much should I do, and when is the best time to exercise?
- Medications: Oral or injectable...what is your type?
- Complications: What do I need to stay on my safe journey to prevent long-term complications associated with diabetes?

Location: Halifax Town Hall, 2nd floor

Taught by **Claire Kennedy** from the **Norwell Visiting Nurse Association!**

Bring a bottle of water to each session. **Sign up before 10/7**



Come to **Coffee & Conversation** with our Town Assessor, Karen Trudeau on Nov. 15th. She will be here from 10-11am. Bring your questions. She can talk one-on-one with you about 2017 tax exemptions (there is quite a few), and the senior tax work-off program. If you'd like more details before her visit, please come by and see Barbara.

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

Thursday, noon to 1pm pick up = Stop & Shop

Friday, 9-10 am pick up = Walmart & errands

Van rates, roundtrip

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 roundtrip)



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, Oct. 11th: 10am

Pat Foley of Old Colony Elder Services will give a presentation to explain all the services that are available to seniors. A Q&A will follow.

Wednesday, Oct. 19th 10am-2pm

Annual Health Fair

Our Lady of the Lake Function Hall

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, Oct. 20th 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

WORD OF THE MONTH What word describes the action or habit of estimating something as worthless?
flocinaucnihiipiliiffication

QUILTING, KNITTING & CROCHET! Come and learn it **HERE!**

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October 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	4 9:00 Men's Coffee 12:00 Lunch 12:00-1:30 Happy Hands by Julie* 2:30 Line Dancing @ All Seasons Restaurant	5 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing @ All Seasons Restaurant	6 9-12 Networking Group 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL LUNCH* 12:30 Grocery Shopping 1-3 Adult Coloring Sign up for Diabetes	7 9:00 Errands / Walmart 10:00 Exercise 12:00 Lunch 1:00 Office closes SATURDAY—8 ~ 10am ANNUAL Generations MTG. @ HMHP
10  COLUMBUS DAY (OFFICE CLOSED)	11 9:00 BEST BREAKFAST & SHINE* Assistance 10:00 TRIAD MTG. 12:00 Lunch 12:30-3:00 Pedicare* 2:30 Line Dancing @ All Seasons Restaurant Reserve your flu shot today @ COA!	12 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran Agent 12:00 Lunch 6:30 Line Dancing @ All Seasons Restaurant	13 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage* 12:00 Lunch 12:30 Grocery Shopping 1-3 Adult Coloring & Pumpkin Decorating 	14 8:30-12:30 Pedicare* 9:00 Errands / Walmart LOVE TO WALK* 10:00 Exercise 12:00 Lunch 1:00 Office closes
17 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	18 9-11am Men's Coffee 10:00 Board Mtg. 12:00 Lunch 2:30 Line Dancing @ All Season's Restaurant The last day to register to vote	19 10a-2p HEALTH FAIR 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 12:30 My Life, My Health 1-3:30 Diabetes Workshop* 6:30 Line Dancing @ All Season's Restaurant	20 8:30 Blood Pressure 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1:00 Veteran's Group 1-3 Adult coloring	21 9:00 Errands / Walmart 10:00 Exercise 12:00 Lunch 1:00 Office closes SATURDAY—22 6:30-8:30pm LINE DANCING @ Town Hall
24 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing	25 9:00 BEST BREAKFAST & SHINE* Assistance 12:00 Lunch 2:30 Line Dancing @ All Seasons Restaurant Reserve your spot at the Halloween Party today!	26 10am-noon Quilting 10:30 Wii games 10a-1p Brown Bag 11:00 Chair Yoga 12:00 Lunch 1:30 Diabetes Workshop* 6:30 Line Dancing @ All Season's Restaurant	27 8:30 Blood Pressure 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3 Adult Coloring	28 9:00 Errands / Walmart 11:00 Attorney Rawlins* 12:00 Lunch 1:00 Office closes Get your Halloween Costume ready for the 10/31 contest!
31 9:00 Church 10:00 Computer Class & Cards 12:00 HALLOWEEN PARTY (at Town Hall) 1-3pm Crochet/Knitting 2:00 Joy of Writing  HALLOWEEN	LOCAL FOOD PANTRIES: ♦ 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	COMING NEXT MONTH: Nov. 1: TRIAD Mtg. with Pharmacist from S&S Nov. 8: Van transportation to voting polls, 11am Nov. 9: SHINE Meeting at COA Nov. 15: Coffee & Conversation with Town Assessor, Karen Trudeau Nov. 16: SNAP presentation & lunch		



HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



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

Do they know who YOU are?

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Old Colony Elder Services

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

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 Or 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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