



HALIFAX COUNCIL ON AGING NEWSLETTER November 2016



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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

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NEWSLETTER Deb Killeffer



JOIN US AS WE HONOR OUR **VETERANS!** If you are a veteran of our armed forces, please come to our Gathering (dining) Room to enjoy a **free breakfast** on Monday, Nov. 7th at 9am. Mr. Gregg Brasso will be our Guest Speaker. He hosts the Veteran's Voice Radio show (WATD 95.9FM) in Marshfield. Gregg has a great deal of knowledge on topics such as housing, career, education, GI Bill, and VA health benefits. Bring your questions and enjoy a time together with fellow vets. We are grateful to you and all that you've done for our country!

Please join us for a Thanksgiving **Lunch Special** on Thursday, Nov. 3rd. The menu includes: roast turkey breast, giblet gravy, savory stuffing, cranberry sauce, whipped potatoes, seasoned peas, carrots and corn medley, corn bread, apple pie or diet cinnamon baked apple slices. Reserve a space; call our office!
Suggested donation: \$2.50pp



BELL RINGERS needed for 2-hour shifts (9am-7pm, except Sunday) starting Nov. 25th through Christmas Eve. Please call Christine Thompkins (781-884-7741), the Salvation Army Kettle Coordinator, to get more details and schedule a time to help! Please consider giving back to your community....



Greater Boston Food Bank (GFBK) will be at the COA on Wed., Nov. 16 at NOON to present a the food stamp (SNAP) program with a **FREE** lunch. A home cooked meal will be prepared for us by Laura Sullivan! (Chowder, sandwiches, assorted desserts, beverage) You are invited and it will give an opportunity to learn more about the **SNAP** program, your eligibility for it and help with applications on this day. Please call our office to reserve your space for this!

Come to **Coffee & Conversation** with our Town Assessor, Karen Trudeau on Tuesday, Nov. 15th., from 10-11am. She will explain the variety of formulas to provide an exemption or rebates as well as the senior tax work-off program.



On Wed., Nov. 30th from 1:30-2:30 there will be a representative from our State 911 Department explaining and demonstrating a new program which provides **adaptive phone equipment** for anyone who has difficulty using the phone due to issues such as hearing or vision loss. This specialized equipment is offered to people with permanent disability (deaf/hard of hearing, blind/low vision, motion, cognitive and speech) for little or no cost. The only eligibility requirements are: Mass residency, disability verification, and a residential ("landline") phone service. Call our office to save a seat!



DID YOU KNOW YOU COULD SAVE HUNDREDS OF \$\$ on your **Prescription Drug plan?** There are **many changes** coming in 2017, and it's highly recommended that you come to learn about changes in Part D Plans, supplemental plans, Medicare Advantages, etc. Join us on Wed., Nov. 9th at 10:00 a.m. to see what some of the changes are occurring for 2017. The Regional SHINE (Serving Health Insurance Needs of Everyone) will be presenting this informational meeting. *Call our office to make a reservation so that we'll have enough handouts!* Fresh coffee served!

Q. What word describes someone who has wooly or crispy hair?
A. lotchious

**WORD
OF THE
MONTH**



GENERATIONS



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

Christmas Theme Baskets (prepared) and/or item contents will begin to be collected and due week of 11/28

(Ideas: wine/cheese/cracker, cat or dog items, kid's things, breads/cookies, ornaments, personal care, candy, scarves, books, CDs or DVDs, stationery/office needs, etc.)

The goal is to make up 50 baskets!

Call Patty Bright @ 293-6704 if you have questions

Nov. 9, 10am Next Mtg., refreshments served, ideas needed!



THANK YOU to our faithful GENERATIONS community group who recently purchased **tables and chairs** for our Gathering Room!



HARVEST FAIR Luncheon (9/22/16) Winners of Door Prizes were: Rosie Vess, Ellie Hurst, Vickie Alberti and Sue Zimmerman!



WANT TO VOTE BUT NEED A RIDE?

We are offering van transportation on
Nov. 8th (11am-1pm)



#GIVINGTUESDAY
11.29.2016

Tuesday, Nov. 29th is **GIVING TUESDAY**—a global day dedicated to giving and sharing to help meet the needs of at-risk low income older adults and individuals with disabilities who are in crisis or emergency circumstance that threatens either their health and/or living situations. **For more details, please visit this website:** www.ocesma.org or call Lynn Smith, Development Manager at 508-584-1561, x 208.



The owners and staff of the Halifax Country Club invite seniors to their special **25th Annual Thanksgiving dinner**....and for those who might otherwise be alone, a special warm welcome. This will occur on Thursday, Nov. 24th at NOON. Call the Country Club to reserve your seat (781-293-9061). If you plan to attend, please bring a non-perishable item for Halifax Food Pantry.



THE FUEL ASSISTANCE Program is in full swing starting Nov. 1st. Eligibility is based on gross income, household size, and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. There are

NO age restrictions.

Guidelines are:

| | |
|--------------|-----------|
| Family of 1: | 33,126.00 |
| Family of 2: | 43,319.00 |
| Family of 3: | 53,511.00 |
| Family of 4: | 63,704.00 |

Call to make an appointment with Brenda Fitzgerald, our new Outreach Worker, who can help you!



TRIAD



Ken Vinton, Chairman

Triad typically meets on **1st or 2nd Tuesday** of the month at the **Halifax Police Station, 2nd floor at 10:00am**
Call Ken Vinton for details (781-294-1057)

Nov. 1st: Jim Stephen, Pharmacist @ Stop & Shop.

There will be a Q&A time, as well as an opportunity to ask questions about your medications.

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

DID YOU KNOW?

? Your **HOUSE NUMBERS** must be large (2-4") and clearly visible on your house—especially at night. If the Police, Firefighters or Ambulance are trying to locate you, this information must be easy to see.

? The **Files of Life** are very important to have on hand so that information about you is readily available for the Fire or Police Departments. (Call us—we can provide a set for you to have)

? **MEMA** (Mass. Emergency Management Agency) wants us to all have a prepared **emergency kit** in the event of a disaster or without power. The kit should include: water, food, tools/supplies (manual can opener, radio, extra batteries, etc.) Person items (extra meds), pet supplies, documents, cash and items such as an emergency whistle, first-aid kit, disposable eating utensils, sleeping bags/blankets, etc. You can get a list of other suggested items by going to: www.mass.gov/mema.

? Winter / **INCLEMENT WEATHER notices**....If Town Hall is closed, so will the COA and van services. When schools are closed, the Halifax Food Pantry is closed.

Try to use new words as often as you can in your conversations. The more you say a word, the more you'll remember it! Don't be **lackadaisical** or **lollygag** along! Learn new words so you don't talk **poppycock**. Maybe next time you meet a **whippersnapper** you can **flummox** them with words! There's no need to feel **discombobulated** if you hear **gibberish** and **gobbledygook**, and don't be **woebegone** – learning new words can be easy once you start!

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)

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November 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
|  <p>CHRISTMAS PARTY Is 12/13... mark your next month's calendar!</p> | <p>1 9-11am SHINE* 9:00 Men's Coffee 10:00 TRIAD Mtg. 12:00 Lunch 12:00-1:30 Happy Hands by Julie* 3:00-4:30pm Line Dancing @ All Seasons</p> | <p>2 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 1:30-3:30 Diabetes Workshop 6:30 Line Dancing @ All Seasons Restaurant</p> | <p>3 9-11 Networking Group 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL LUNCH* 12:30 Grocery Shopping 1-3 Adult Coloring</p> | <p>4 8:30 Pedicare* 9:00 Errands / Walmart 10:00 Exercise 12:00 Lunch 1:00 Office closes</p> |
| <p>7 9:00 Breakfast for Vets!* 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</p> | <p>8 7a-7p VOTE!  9:00 BEST BREAKFAST & SHINE* Assistance 11:00 Van to Vote!* 12:00 Lunch 12:00 Pedicare* 3:00-4:30pm Line Dancing @ All Seasons</p> | <p>9 10:00 SHINE* & GENERATIONS mtg. 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran Agent 12:00 Lunch 12:30 My Life, My Health 1:30 Diabetes 6:30 Line Dancing</p> | <p>10 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</p> | <p>11  OFFICE CLOSED</p> |
| <p>14 9:00 Church 9-2 Shop & Lunch out trip* 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch Generations @ Lantana 1-3pm Crochet/Knitting 2:00 Joy of Writing</p> | <p>15 9-11am Men's Coffee & SHINE* 10:00 Board Mtg. 10-11 Coffee & Conversation with Town Accessor* 12:00 Lunch 12:30-3:00 Pedicare* 3:00-4:30pm Line Dancing @ All Season's Restaurant</p> | <p>16 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 SNAP Lunch* 1:30-3:30 Diabetes workshop*FINAL mtg. 6:30 Line Dancing @ All Season's Restaurant</p> | <p>17 9-11 Networking Grp@Marshfield COA 8:30 Blood Pressure 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1:00 Veteran's Group 1-3 Adult coloring</p> | <p>18 9:00 Errands / Walmart 10:00 Exercise 11:00 Attorney Rawlins* 11:30 Lighthouse Café trip* 12:00 Lunch 1:00 Office closes</p> |
| <p>21 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</p> | <p>22 9:00 BEST BREAKFAST & SHINE* Assistance 12:00 Lunch 3:00-4:30pm Line Dancing @ All Seasons Restaurant</p> | <p>23 10am-noon Quilting 10:30 Wii games 10a-1p Brown Bag 11:00 Chair Yoga 12:00 Lunch 6:30 Line Dancing @ All Season's Restaurant</p> | <p>24  OFFICE CLOSED</p> | <p>25 9:00 Errands / Walmart 12:00 Lunch 1:00 Office closes</p> |
| <p>28 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi 12:00 Lunch 1-3pm Crochet/Knitting 2:00 Joy of Writing</p> | <p>29 9-11am Men's Coffee & SHINE* 12:00 Lunch Giving Tuesday (OCES) 3:00-4:30pm Line Dancing @ All Season's Restaurant</p> | <p>30 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch 1:30 Mass Equip/Phones presentation* 6:30 Line Dancing @ All Season's Restaurant</p> | <p>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</p> | <p>ALL EVENTS MARKED WITH * REQUIRE RSVP!! 293-7313</p>  |

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

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

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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, thereby promoting independence, wellness and dignity.



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