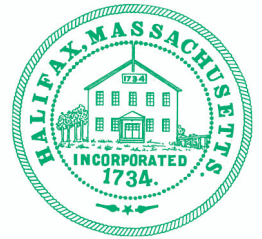




HALIFAX COUNCIL ON AGING NEWSLETTER



February 2017

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
NEWSLETTER Deb Killeffer

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

BOARD OF DIRECTORS

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VICE-CHAIR
SECRETARY Ellie Murphy
MEMBERS Jo Schofield, Dick
Wright, Helen Doucette,
Ava Grimason

FEBRUARY is all about our hearts....keeping them warm, healthy and happy! We invite you to join us for these special events during the month:

♥VALENTINE'S SPECIAL LUNCH, FEB. 2nd

Menu: Beef Bourguignon, Jardinière Gravy, Green Beans, Au Gratin Potatoes, Roll/Butter, Raspberry Filled Cookies and Chocolate Candy Kisses Call by 1/26 to notify us!

♥VALENTINE'S BRUNCH, FEB. 14th (9—10am)

at the Gathering Room with selections such as: Dave's Famous Omelets, Breakfast Casserole, Cherry Pie French toast Casserole, Baked Ham, Cheesy Potatoes, Coffee Cakes and Coffee! Donations accepted to benefit the Food Pantry and St. Vincent DePaul.

♥VALENTINE PARTY LUNCHEON, FEB. 15th

at the Town Hall. (noon) Harry & Joan Towne will be preparing a variety of sandwiches, chips and drinks and Traveling Chef will prepare Cherries Jubilee for Dessert. At 1:00, there'll be a performance of "Mabel and Jerry"...a comedy in one act, by **Steven Henderson**. Jerry and Mabel are two hysterically comical people with a lust for life, determined to find excitement, humor and especially love any way they can. Think Romeo and Juliet meet Burns and Allen! RESERVE your seat for lunch (\$3.00pp) and the play by calling our office **ASAP!**

COMING IN MARCH:



WHEN: St. Patrick's Day Lunch,
Wednesday, March 15th NOON

WHERE: Monponsett Inn Function Room (550 Monponsett St/Rt.58)

Menu Choices: Corn Beef & Cabbage Boiled dinner, carrots, potatoes, rolls/butter OR Baked Haddock, creamy whipped potatoes, carrots, rolls/butter with Strawberry Shortcake and Whipped Cream. Includes Coffee/Tea, \$17.00 pp. Checks can be made out to Halifax COA. Includes Special entertainment at 1:00p....

Reserve a seat before March 7th as they go fast!

WHY: Enjoy one another, a great lunch and time, especially the entertainment....**Tom & Sheila Monaghan** who will bring acapella, interpersonal and therapeutic joy in singing to all who come. There'll be many DOOR prizes and things you don't want to miss.

PAIN SELF-MANAGEMENT....

Have health problems and symptoms caused you to have poor sleep? Physical Limitations? Stress/Anxiety? Difficult Emotions? Depression? Shortness of Breath? Fatigue? A **FREE**, 6-week program meeting weekly on Wednesdays starting **March 8-April 12th** from 1-3:30pm. at the Town Hall. This important program is designed to help build self-confidence if someone has chronic pain and it's resulting issues.

LAUGHTER & ENDORPHIN WORKSHOP...March 28th!
Details to follow for a good, good time!



A MULTITUDE OF THANK YOUs to our Bell Ringers, Stop & Shop Staff and location, donators and Coordinator Christine Tompkins for the annual Salvation Army outreach which occurred from Thanksgiving through Christmas Eve in our wonderful town. The generous gifts (including a diamond ring!) totaled **\$7,855.63**, which is the highest amount ever and debunks the idea that giving is no longer practiced! Individual THANKS YOUs to: Tommy Schindler, Kevin Rogers, Jo Schofield, Dot Martel, Barbara Newcomb, Gerry Lambert, Pat Darrah, Dot Pease, Amy Meriam, Judy Yergeau, Marine Leighton Moore, Sharlene and Dylan Capaccioli, Jason & Amber Conroy, Sally Fontaine-Burke, Kim Aluisy Roy, Carl Faith, Glendale Duncan, Gerry Dribbon, Lynn, Whalen, Loud Lasdow, Sharon Hartz; Brenda, Julia and Marissa Fitzgerald, Brenda Pettingill, Debbie Lawrence, Mackay Keegan, Diane Colantuone Cheverie, Michelle and Sammy Striebel, Martin Tuohey, Justin and Cill Jerome, Ellen Michaels, Tanya Little & Levi, Lisa Gilbert, Suzie Fontaine Hopps, Denise Driscoll, Ally Ryan, Brianna and Shauna Foley, Sheryl Balerna, Brie Marsiotta, Kersten Santos, Ken Vinton, Phyllis and Robbie Silenzi, Steve Corkran. You are amazing!!

FUEL ASSISTANCE SEASON IS HERE**~ Recertification & First Time Applicants ~**

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**. Bring :

- ◆ 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 of your homeowners insurance policy

Additional help is available through the COLD RELIEF HEATLINE 1-800-632-8175 FOR MORE INFORMATION about Fuel Assistance, Heating system repair and Replacement (HEARTWAP)



WINTERTIME IS HARD ON OUR HANDS, BUT YOUR HANDS and NAILS CAN STILL LOOK AMAZING!

Call our office and set up an appointment with JULIE, our beautician who cleans and trims and polishes the fingernails. She is in our office on the FIRST Tuesday of the month between 12:30 and 1:30pm. And, it's NOT just for ladies! Men would love the care as well.

Join us on Thursday afternoon, 1:30 for **GENERATION CONNECTION (6TH GRADERS + SENIORS)**. It is an intergenerational time of conversation, games and learning!

DO YOU NEED HELP WITH PREPARING YOUR 2016 TAXES?

Joe Benson of Joseph Benson Tax Services will again be available for those who need assistance or counsel. This service is available in 15 minute increments beginning February 7th through mid April on Tuesdays from 1:30-3:30p-m. The cost is \$30.00 paid at the appointment time here. (Payable to Joseph Benson) Joe has been preparing taxes on the south shore since 1999.

**TRIAD**

Triad is a three-way commitment between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement, Police and Fire departments. Triad meets on 1st Tuesday of the month at the **Halifax Police Station, 2nd floor at 10:00am**

Call Ken Vinton for details (781-294-1057)

Next Mtg: February 7th with Lisa Budge Johnson of the Sheriff's Dept. Her subject will be on elephants.

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



PEDICARE services are booked through this month. If you'd like to be placed on the wait list, please call our office.

DID YOU KNOW?

WHEN **STORMS** are predicted, check local TV and radio for public school closings. When the Town Hall and schools are closed, the COA will also be closed for all programs, activities, transportation, lunch AND Meals on Wheels. (M.O.W recipients have an emergency meal on hand for these snow days) If Town Offices are closed, the COA is also closed as well as the Halifax Food Pantry.



EXERCISE is **STILL** an important part of **aging well**, and keeping the joints moving reduces aches, pains and strains. This includes: aerobic training, balance training, strength training and eating better food.

CHAIR YOGA (Halifax Henrich Hall Mobile Home Park) every Wednesday from 11-12. (only \$4pp)

LINE DANCING on Tuesday afternoons (3pm) or Wed. eve (6:30p) at All Season's Restaurant

EXERCISE/MEDITATION: 1st, 2nd and 3rd Fridays, COA

TAI CHI: Town Hall, Mondays 11am-noon

The **KEEP MOVING ACROSS AMERICA WALKING GROUP** is getting extremely close to the Rio Grande National Park in Colorado! Come in and view the map and join a group who are dedicated and devoted to keeping healthy!

Our **WELLNESS CHECKS** (every 2nd, 3rd, 4th Week, 8:30-11:30am) are times for confidential visits with our Registered Nurse. Tricia Ross will keep private records for you on your VITALS (pulse, respiration, blood pressure) GLUCOSE LEVELS, WEIGHT, MEDICATION REVIEW AND COUNSEL. This is a FREE provision of our COA.



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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 = 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)

Kindly speak to Judy when you have appointments and need to schedule your transportation request. Occasionally, there might be a conflict and we don't have an opening.

If you receive Meals on Wheels or medical transportation with our vans, please be sure that the driveway and walkways are clean and sanded so that you can easily walk to the van and our volunteers can safely deliver your meals.



DO YOU KNOW OF SOMETHING THAT WOULD BE OF INTEREST TO OUR SENIOR CITIZENS? Please bring by details for possible inclusion in our **monthly newsletter**. The DEADLINE for updates and news being included each month is the 10th. CHANGES to the enclosed calendar may occur after printing and being mailed, so please recheck if you have questions by calling our office!

I AM A SEENAGER*

I have everything that I wanted as a teenager, only 60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant and they do not use drugs.

And I don't have acne.

LIFE IS GREAT.

*Senior Teenager.

Thank you to Betty B. for this funnie!

A **BIG thank you** to Linda Laskey of Halifax, who continues to knit beautiful, multi-colored **hats for the homeless**. The COA gives the hats to Tim Veglas of the Salvation Army, who then distributes them to various homeless sites in our region.



Join the Knitting Group, 1pm on Mondays!



Find us on Facebook

Put in your search: **Halifax Council on Aging!**

VETERANS! On the second Wednesday of the month, from 11am until noon, we have **Wil Corey**, our Veteran Agent Representative for Halifax here to answer questions and think about your time in the military.



Are you interested in finding a way to connect to other veterans? Do you have worries about your memory or mood? Are you taking advantage of the benefits that you have earned? Are you interested in finding out how to get more connected to the VA?

Did you know that you can have a community doctor as well as a VA Doctor?

Please come by on February 8th!

Starting in January, Linda (the "Polish Princess") will be showing us how to make **homemade earrings!** It is as easy as selecting the beads and colors. Not crafty? The instructor will even put them together for you! You will amaze your friends how crafty you are. Makes great gifts and super-easy. Only \$3.00 per class, held on Wednesdays at 1:30pm.



PAYING TOO MUCH PROPERTY TAX?



You MAY qualify for a **tax credit** from the state if you pay rent or property taxes.....*Do we have your attention yet!?* This information is for you if are 65 or over whose property taxes for 25% of rent exceed 10% of your annual income and who meet other qualifying criteria. You may be eligible even if you receive a property tax exemption through the town of Halifax!

The look-back year goes to 2012 if you investigate before April 15, 2015. Call the Mass. Department of Revenue for more information at 617-887-6367 or online at <https://wfb.dor.state.ma.us/webfile/wsi>

This program is called the **"Circuit Breaker"** Tax Program and you can get details from our Director, Barbara Brenton. Please call!

PATHWAYS THROUGH GRIEF...a free, grief educational series and support for adults who has lost a spouse, life partner, parent, sibling, family member or close friends. It will offer a safe and supportive place for you to receive education on the grief process, share your experience and move toward healing and hope in a confidential environment. Six sessions begin Thursdays, 2/2—3/9 from 2:00-3:30pm at Beacon Hospice, 32 Resnick Rd., Plymouth. RSVP to 508-747-7222, Ext. 118 with Terri Henshaw

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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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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