



HALIFAX COUNCIL ON AGING NEWSLETTER



March 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

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



You Don't Want to Miss:

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** will bring a cappella, 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. *Class may be cancelled if we don't have 8 more signed up.*

WELLNESS CHECKS are available on Thursday mornings, 8:30, however, this month Nurse Tricia will be available on the first four Thursdays (3/2, 3/9, 3/16, 3/23) and welcomes you to have a confidential visit to check your vitals (pulse, respiration, blood pressure), glucose levels, weight, medication review and counsel. This is a **FREE** provision of your COA!



Looking Back on 2016

The Council on Aging had a busy year in 2016 and we'd like to share the details with you! Support continues from COA members, "GENERATIONS", the Board of Selectman, Two participants in the Tax work-off program, many volunteers and our hard working staff members, we were able to accomplish the following:

- ◆ Over 5550 lunches/special lunches throughout the year
- ◆ Over 5000 Meals on Wheels delivered to the homebound
- ◆ More than 6000 phone calls/walk-ins
- ◆ Mailed over 980 newsletters monthly
- ◆ We provided services to over 10,001 seniors 60+
- ◆ SHINE services provided to over 150 seniors
- ◆ Our two vans provided over 3600 trips (medical, church, brown bag, book mobile, lunch/shop, walking group, errands, social, special trips) this year!
- ◆ Providing Fuel Assistance & Food Stamp Applications to over 130 people/families
- ◆ Volunteers gave over 3700 hours of time & Service

A big Thank-You to Everyone who makes A Difference in the lives of our Seniors and Make the Council on Aging a great place to visit!
Wishing you a healthy & happy 2017,

Barbara Brenton, Director



GENERATIONS

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

March 11, Saturday 10:00am

General Membership Meeting, Halifax Town Hall

SPECIAL TRIP TO SEE THE WIZARD OF OZ...

Starline Theatre (<http://starlineroom.weebly.com/>) in Stoughton

Sunday, March 26th 12:30 \$50pp, transportation on own

Lunch choices: Fish, Chicken or Lasagna

MUST RESERVE YOUR SPACE by 3/1 ~ Call Dottie Martel 781-801-4822

SPECIAL ST. PATRICK'S DAY LUNCH

Thursday, March 2nd CALL to reserve your spot!

Corned Beef

(With Cabbage, turnip, carrots and onions)

Boiled Potatoes

Irish Soda Bread

Bread pudding with topping

chocolate gold coins

(Yum)



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!



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 \$35.00 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)

Tuesday, March 7th; Keith Swanson of our Halifax Water Dept. will bring us up to date on changes and updates.

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

Q. What word is used to describe an aid to memory?

mnemonic

Come and meet our local **Long Term Care Ombudsman**, Lila Burgess on Wednesday, March 22nd at 12:30. There will be a door prize! What is an Ombudsman? They help to ensure that the rights of nursing, rehab and rest home residents are maintained, honored and respected. This helpful session will have much information and answer questions you may have had.

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!

B & B TIPS HERE! (Watch every month)

ORANGE PEELS placed in the refrigerator make it smell wonderful; then dispose of in your disposal after a few days to cause a wonderful scent throughout the kitchen.

BAKING SODA used in a greasy cooking pan with a drop of water causes the gunk to lift off.

CINNAMON sprinkled in a vacuum cleaner bag helps the house to smell so nice.

VINEGAR with water placed in a cup of the microwave for 1.5 minutes makes the baked-on foods lift right off. Watch for the removal of gunk inside on the 'ceiling' of the microwave.

COFFEE FILTERS are better than paper towels to clean windows and easier to get into corners. No lint!

Use **DISHWASH MACHINE SOAP** (not the power packs, but the creamy type) to clean sinks & toilets. Less bleach in the septic system!

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Duane Budelier to place an ad today!
dbudelier@4LPi.com or (800) 678-4574 x2525



Bridgewater Nursing Home

Quality Care in a Home-Like Setting
16 Pleasant Street, Bridgewater, MA
Phone: 508-697-4616

Medicaid/Medicare Certified





ANN MARIE REED...was born and raised in Dorchester and after graduation, worked for New England Telephone for 32 years and 4 months. However, she would rather have lived on a farm and care for animals. Because of that,

Anne Marie has always enjoyed any dog breed and trained them but eventually she fell in love with the English setter. She had show dogs in the 1980s and travelled throughout the country (Illinois, Colorado and even Canada) to participate in dog shows. She showed dogs for 13 years and has a penchant for the orange Belton English Setter. She moved to Halifax in 1996, and enjoyed the country setting for her beloved dogs. Living on 3 acres with ¼ acre for the dogs to play and exercise is a real plus. She volunteered as an Assistant to the Secretary at Our Lady of the Lake for 9 years whilst taking care of her dogs. Over many years, Ann Marie has owned 18 English Setters and loves them as if her own children. She is blessed to have a vet nearby who understands her need to offer holistic options for the wonderful dogs. She currently cares for two, Pippa and Kelsey. Ann Marie enjoys coming to the COA for the WELLNESS CHECKS and MY LIFE MY HEALTH sessions because it provides an opportunity to meet others and learn more about our community.

There are a wide variety of colors and color combinations in the English Setter. Some colors are more common than others. English Setters are white with colored specks, or "ticking". They can be lightly ticked, meaning mostly white, heavily ticked with very little white (called roan), or anywhere in between. The possible colors of the English Setter are blue, orange, lemon, or Liver Belton. (Belton is a village in Britain where the breed's founder, Edward Laverack, liked to hunt, and it refers to the ticking on the dog.) When two colors combine with white, the color is called tri-color. It is possible to have blue/orange tri, chestnut/orange tri, and even lemon/orange tri. Eye "patches" (or masks) are also common. A "Belton" setter is a dog with ticking, but no patches. Her dog Pippa has masks on both sides of her cute face.



You Are Invited...

To a special tour on Tuesday, March 28th of the Pat Roche Hospice House on Turkey Hill in Hingham which will include a complimentary luncheon by the fireside in the Garden Suite. This non-profit residence was featured on the October Hingham Historical House Tour and more than 250 people enjoyed the décor, and wonderfully appointed resident rooms. The COA will be providing transportation by van, leaving at 10:45am and we need your RSVP to take the tour. *Please call our office by March 22nd so that we can plan accordingly.*

F A S T

is an acronym used as a mnemonic* to help detect and enhance responsiveness to stroke victim needs. The acronym stands for **F**acial drooping, **A**rm weakness, **S**peech difficulties and **T**ime. *NEVER* rely on the person's self-assessment because a stroke will often impair judgement.

Call 9-1-1!!

SPRINGTIME IN ITALY LUNCHEON

On Monday, March 20th, there will be a delicious home-made lasagna, salad, desserts and drinks provided by Judy Lewis. Judy is donating her time and preparing this lovely meal to benefit GENERATIONS. Suggested donation for the lunch is \$4.00pp, which will be donated to "GENERATIONS" for the COA Building Fund with Judy's wishes. *Call to save your seat by March 15th!*



DO YOU SOMETIMES WISH YOU KNEW A BIT MORE ABOUT USING THE COMPUTER?



We can help! Every Monday morning, 10am, we have someone here to help you with basic and simple computer facts and processes. Bring your laptop, tablet or other device so that it will become much more comfortable to grasp. You'll be glad that you did!



SHINE NEEDS YOUR HELP!

(Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone)

The SHINE Program has been able to help thousands of Medicare beneficiaries in your area since 1988. Perhaps you have been one of the many we have helped, and have seen firsthand just how valuable the program is. It is unfortunate that budget cuts have put the funding for the SHINE program (known nationally as SHIP) in jeopardy. It is a real possibility that the program will no longer be funded in the near future and the SHINE program will cease to exist. The SHINE program needs your voice!

Please consider taking the time to call your Senators and area Representative to let them know how important this program is to Medicare beneficiaries. Have we helped you navigate through the Medicare plan choices so you are confident in your plans? Have we saved you money each year by reviewing the prescription plans? Have we assisted you with MassHealth or Prescription Advantage applications? Have we been there for you and helped to ease your mind?

We really need your stories to be heard so that the program can remain intact. Please share how important the SHINE program is and what we have done for you.

Senator Edward J. Markey
Senator Elizabeth Warren
Representative William Keating

(202) 224-2742 or (617) 565-8519
(202) 224-4543 or (617) 565-3170
(202) 225-3111 or (508) 746-9000

We appreciate your time and effort in supporting us!

CENTRAL CEMETERY
 East Bridgewater
 Cemetery Corporation
New Lots Available
Pre-Need Sales • Perpetual Care
 PO Box 111 • East Bridgewater
508.472.9098
www.facebook.com/EBCentralCemetery 

THIS SPACE IS AVAILABLE

 **Old Colony Elder Services**
 Providing services to the community since 1974
 144 Main Street • Brockton, MA 02301 • 508-584-1561
 Fax: 508-897-0031 • info@ocesma.org • www.ocesma.org

Protecting Seniors Nationwide 
Medical Alert System
 **\$29.95/Mo. billed quarterly**

- One Free Month
- No Long-Term Contract
- Price Guarantee
- Easy Self Installation

Call Today! Toll Free 1.877.801.7772

LET US *carry*
 YOUR MESSAGE
 TO THE *Senior*
 Community
 Contact Liturgical Publications
 to place an ad today!
(800) 477-4574



FREE AD DESIGN
 WITH PURCHASE
 OF THIS SPACE.
 — 800-477-4574 —

 **Great Heating Oil Prices With Great Service**
 Fuel Assistance Accepted
 Serving South Shore Area
781-294-0220
curtinbros@comcast.net
www.curtinbrosoil.com

LET US PLACE YOUR AD HERE.

 **LITURGICAL PUBLICATIONS** For ad info. call 1-800-477-4574 • www.4lpi.com Pope's Tavern Senior Center, Halifax, MA 06-5101

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.



Presorted Standard Postage
 US Postage PAID
 Permit # 42
 HALIFAX, MA 02338

 **Halifax Council on Aging Newsletter**
 506 Plymouth St.
 Halifax, MA 02338