



HALIFAX COUNCIL ON AGING NEWSLETTER

May 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

BOARD OF DIRECTORS

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

THINGS THAT WE OFFER....

Adult Coloring Sessions
 Attorney Assistance
 Best Breakfasts
 Book Loans/Display
 Brown Bag services
 Chair Yoga
 Community Outreach
 Computer Classes
 Cribbage/Card Games
 Day Trips
 Exercise Classes
 Food Stamp & Fuel Assistance Applications
 Generations Support
 Health Education Workshops
 Information/Referrals
 Intergenerational Programs
 Keep Moving Program
 Knitting & Crochet
 Legal Referrals & Resources
 Line Dancing
 Lunch Served Daily
 Manicure Service
 Meals on Wheels
 Medical Equipment Loans
 Men's Social Group
 PediCare services
 Oil Painting
 Quilting
 Safety Assurance ('Are You Okay?')
 Seasonal Celebrations
 SHINE / Medicare Counseling
 Support Group (My Life, My Health)
 TaiChi
 Tax Assistance
 Transportation—(Errands, Doctor's
 Appointments, church, events)
 TRIAD
 Veteran's Chat
 Volunteer Opportunities
 Wellness Programs; Nurse checks
 (BP, weight, glucose)
 Walking Groups—Love To Walk
 Television & Wii on a wide screen
 Writing Sessions

PLEASE JOIN US at NOONTIME on Wednesday, May 10th for a FREE special lunch and tea to **honor all mothers, grandmothers, and even great grandmothers.** It will include a petite sandwich lunch, and trifle for dessert. The first 15 moms to RSVP will go into a drawing for a special gift card. Following the lunch at 1pm, a fun workshop on **LAUGHTER** will be presented by Meg Payne from the VNA of Cape Cod.



MOTHERS ARE LIKE BUTTONS—THEY HOLD EVERYTHING TOGETHER



DON'T MISS...This month, the **Senior Art Exhibit** at Holmes Public Library will be featured in the common room. Any artwork (oil, water color, acrylic, cloth, etc.) is asked to be labeled and brought to the library before April 27th. Call our office to sign up with the type of artwork you'd like to submit. Our COA Coloring group does magnificent work throughout the year and their pieces will be on display in the entrance. Refreshments will be served at the library on **May 25th at 1pm** to signify the end of the exhibit. (Join us for lunch at noon, prior to the coalition at the library.)

Our Annual **Spring Fling** and celebration of Memorial Day (beginning of summer) will be on **Wednesday, May 31st at noon.** The menu will include barbequed hamburgers and hot dogs, \$3pp. Reserve a spot by giving us a call!



We hope that you like our NEWSLETTER change up! Yes, we have been given an option to make our newsletter more colorful. Let us know what you think!

GENERATIONS



A multigenerational purpose is engage in erational community group whose to the support of the Council on Aging.

Wednesday, **May 10th** will be a trip to Boston for a Duck Tour and lunch at Maggiano's. Leaving Halifax Mobile Park at 8:45

Health & Wellness

WELLNESS CHECKS are on Thursday mornings, 8:30-11:00 with Nurse Tricia. This gives you an opportunity for a confidential visit to check your vitals (pulse, respiration, blood pressure), glucose levels, weight, medication review and counsel. This is **FREE!**

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

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

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

TAI CHI: Town Hall, Mondays 11am-noon

KEEP MOVING ACROSS AMERICA WALKING GROUP is still walking hard to meet their goal. Come in and view the map and join a group who are dedicated and devoted to keeping healthy! There is a Destination Walk Party in the planning stages for next month. Keep posted here!

LOVE TO WALK GROUP is 'warming up' for a new season and invite you to join them, leaving 9am and returning 1pm. They have some interesting places to visit—pack a lunch and water, wear walking shoes; ride in the van. (\$5pp) Check our calendar for dates. This month's trip will be on May 12th and they are going to the Daniel Webster Audubon Bird Sanctuary in Marshfield.

EXERCISE is an ongoing and 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 nutritious (not empty calorie) food.



DON'T MISS our **Cinco De Mayo Special Lunch** on **Thursday, May 4th!** Call to save your space!
MENU: Chicken Fajitas, Spanish Rice and Beans, Fiesta Mixed Vegetables, Soft Tortilla, Margarita Lime Pudding with Topping!

Q. What goes swimming with you but never gets wet?

A. Look for the answer elsewhere in this newsletter!

TRIAD

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

10:00am, May 2nd



Lisa Buds-Johnson will be bringing a presentation on the status of elephants. She is the Outreach Coordinator at Plymouth County Sheriff's Dept.



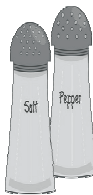
Call Ken Vinton for details (781-294-1057)

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

ASK Ken about Triad's ongoing programs such as File of Life (car and home), Used medication and eyeglass drop off, Safety LowJack for autism/dementia, visible house number placements, and the "Are You Okay?" program

THIS IS A GOOD PIECE OF INFORMATION!

Take your bananas apart when you bring them home from the supermarket. They ripen faster when left on the stem!



Old Colony Elder Services will be hosting a **"LUNCH & LEARN"** on **Wednesday, May 17th at noon....here!** Come and enjoy a wonderful and nutritious meal while learning about the benefits of the **'DASH'** Diet (Dietary Approach to Stop Hypertension). Reserve your space by calling our office.

Do you need a lawyer? The **Boston Bar Lawyer Referral Service** connects you to an attorney qualified to help you with your legal needs. Call 1-800-552-7046 or visit bostonbarlawyer.com

COME WITH US to the **25th Annual SENIOR CELEBRATION** from 9am-2pm on **Tuesday, May 23rd** at the Shaw's Center in Brockton. We are offering transportation, (nominal fee) and this is a **FREE EVENT** for seniors and caregivers. There'll be giveaways, raffles, refreshment and 40 exhibiting companies, door prizes, seminars, live entertainment and free health screens and many types. Don't miss this! Come by our office to get more details.



► 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





YOU CAN make your own earrings! HOW? Join us on the **last Wednesday of the month** at 2:30 (May 31st) and choose your beads, colors, design. You will amaze yourself and your friends. They make great gifts also. If you have difficulty manipulating the pieces, Linda will do it for you or help you. It is only \$3.00 per class, includes material.

On March 15th, we had a special St. Patrick's Day Party at the Monponsett Inn, and the **WINNERS** of our prizes were: Cathy Clancy, Suzanne Pope, Wanda Manoogian, Dawn Moore, Rich Ecker, Mary Dorney, Millie Corkran, Jean Powers, Barbara McNeil and Lorraine Pitts. Congratulations!

PRETTY GOOD NEWS!

The Brockton Area Cultural Center for the Blind invites all legally blind adults and their drivers to FREE luncheons, including concerts and special events! There is no obligation or commitment required. If you are interested, a phone call is necessary so that we can give a count to the restaurants or places involved in this offer. This month, the Free Luncheon is planned for the Boston Tavern in Middleboro at 12 on Thursday, May 11th. Contact: Claire Crowell (781-885-1075), or Helen Zak (781-447-1185)

A. Your shadow

WOULD YOU ENJOY GOING SHOPPING, AND THEN OUT FOR LUNCH?

(Who wouldn't!!!)

You're invited to join Christine Tompkins on her monthly van trips out to special locations. (Usually on the third Monday of the month, but **ALWAYS** recheck and reserve the week before!)

She will pick you up from your home between 9:00—9:30, and they return approximately 2:00pm. This month, they are going to **Patriot's Place in Foxboro**.

We'd like YOU to know about the AMAZING BENEFITS of

Tai Chi

As an exercise, it comprises gentle physical exercise and stretching with mindfulness. It has been shown to improve balance control, fitness, and flexibility, and to reduce the risk of falls in older people. It appears to reduce pain and the symptoms of depression.

Tai chi is an ancient Chinese tradition that has evolved over centuries to become a means of alleviating stress and anxiety, a form of "meditation in motion." Advocates claim that it promotes serenity and inner peace.

JOIN this group, Mondays at 11am at the Town Hall!

Next month, we'll feature CHAIR YOGA

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.

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 are willing to work with you on rescheduling.



Ellie, Anita, Brenda, Tricia, Barbara & Frank

A VERY SPECIAL trip was offered to our elder community to visit the Pat Roche Hospice House in Hingham on March 28th. It included a complimentary lunch and tour which was extremely informative. This beautiful, restored, serene and well run facility and hospice home tour was thoroughly beneficial. THANK YOU to the staff there and Frank, our Super Duper Van Driver.

We invite you to participate in a **special clinical event**, sponsored by Stop & Shop Pharmacy to receive a PNEUMONIA vaccine (Prevnar) and Shingles vaccine (Zoster. This will occur on Wednesday, **May 24th at 11am**. We will also offer fresh fruit, coffee & tea, fresh pastries!



COMING IN JUNE....

June 2th: Love To Walk Group is going to Castle Island!

June 14th: Tour to Stafford Hill in Plymouth with lunch

June 19th: Lunch & Shop group is going to the Plymouth Water Front and Ocean State Job Lot. (call us for details!)

June 28th: Earring making & design

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

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


RE/MAX SPECTRUM
 **Laura Sullivan, REALTOR, SRES**
 Serving the Real Estate Needs of South Shore Seniors
 Cell: 508.341.4645 • Main Office: 781.293.2900
lsullivan@spectrumlistings.com
 115 Center St., Pembroke, MA 

LET US PLACE YOUR AD HERE.

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.
www.halifax.ma.us ~ www.seekandfind.com



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

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