



HALIFAX COUNCIL ON AGING NEWSLETTER



September 2017

DIRECTOR Barbara Brenton
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OUTREACH ASSISTANT & NURSE Tricia Ross
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Frank S., Christine T.
SHINE COORDINATOR Maria Burke
NEWSLETTER Deb Killeffer

Pope's Tavern Senior Center

506 Plymouth Street

Halifax, MA 02338

Hours: M - TH 8am - 4pm

Fri., 8am - 1pm

781-293-7313 or 781-293-3883

Fax: 781-293-1774

BOARD OF DIRECTORS

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THINGS THAT WE OFFER....

Adult Coloring Sessions
Attorney Assistance
"Best" Breakfasts
Book Loans/Display
Brown Bag services
Chair Yoga
Community Outreach
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
Painting (all types)
PediCare services
Quilting
Safety Assurance ('Are You Okay?')
Seasonal Celebrations
SHINE / Medicare Counseling
Support Group (My Life, My Health)
TaiChi
Tax Assistance
Transportation—(Doctor's Appointments, errands, 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

We welcome you to autumn, after a beautiful summer! I hope you all had a great summer. We have many interesting, educational and fun events coming here this Fall!

An update on the renovations at Pope's Tavern... the Building Committee has interviewed Owner Project Managers, because the project's cost is over 1 million dollars. The process is moving along well and the town will hire the project manager by late September. The ground breaking will most likely take place in Spring 2018.

Please stop by, introduce yourself, take a tour and meet some new friends!
Barbara, Director

SPECIAL EVENTS FOR SEPTEMBER....



Sept. 6: All-day bus trip to N.H. with GENERATIONS

Sept. 7: Autumn Special Lunch (Roast Port Loin with apple glaze sauce, baked potatoes & sour cream, parsley carrots, roll, pumpkin cake)

Networking Group restarts, 9-11am, Great Hall/Town Offices

Sept. 11: Shopping Trip to Wrentham Outlets & Cracker Barrel for lunch

Sept. 12: BEST Breakfast in town! (9am)

Sept. 13: Flu Shots available (noon-2:00) & SPECIAL Lunch feature

Sept. 15: Generations Meeting/Membership/Get Together

Love To Walk Group (details on pg. 2)

Sept. 20: Matter of Balance restart (1:30-3:30pm) @ Great Hall/Town Office Bldg.

Sept. 21: Grandparent's Lunch (see mention on page 2)

Sept. 25: Peacock Painting Night (4-6pm)

Please check the calendar insert to see **all** our events. On occasion, events are postponed or cancelled so it is good to **recheck** on your **RSVP status** for each event marked with an *.

GENERATIONS



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

MEMBERSHIP FOR 2017-2018 IS ENCOURAGED.

SEE THE FORM ON PAGE 3

Friday, Sept. 15th, 11:00 Meeting to discuss the renovation project @ Popes Tavern \$5pp

Wed., Sept. 6th all day (7am-7pm) Bus trip to NH with lunch at The White Mountain Hotel, includes a train ride from N. Conway to Glen, lunch, special snack on return. Contact Dottie Martell (781-801-4822) for details and reservations



The provider for **electricity** in the town of HALIFAX will be changing. If you have received a notice in the mail, it is not a scam. Refer to this website for more information and the links provided with Q&A, details.

<http://www.halifax.ma.us/Pages/index>

In the Gathering Room on Sept. 12th, 9AM/Tuesday, you're invited to join us for the **BEST BREAKFAST** with Dave's Famous omelets as well as an egg white version, breakfast casserole, cheesy potatoes, fruit crisp, home backed cinnamon rolls with cream cheese frosting, coffee cake and coffee!

MANY older adults experience concerns about falling and restrict their activities. However, **MATTER OF BALANCE (MOB)** is coming to our town to help us learn to view falls as controllable, make changes, increase strength and our balance. Taught by Norwell Visiting Nurses Association, this **FREE** program will occur every Wednesday from Sept. 20th—November 8th at 1:30—3:30pm. (8 weeks) in the Great Hall of the Town Office. (elevator available)



Our **LOVE TO WALK** group is going to Plymouth Nelson Beach Railroad & Brewster Gardens on Friday, Sept. 15th from 9a-1p. Join this friendly traveling group, bring your lunch and water, wear comfy shoes, and \$5pp for a seat on the van. CALL our office to reserve your space! What a great way to enjoy the outdoors!



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). Typically, Triad meets at the Halifax Police Station, 2nd floor. The next meeting will be Sept. 12th at 10am when Christina Kujanpaa, representative for "Homes For Our Troops" will discuss the function of this non profit organization that builds and donates special built homes for seriously injured veterans. A video will be shown.

Additional Info: <https://www.hfotusa.org/>

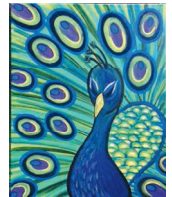
Call Ken Vinton for details (781-294-1057)



In honor of all **GRANDPARENTS**, there will be a special LUNCH prepared by Harry & Joan Towne on Thursday, Sept. 21st in the Gathering Room here. Sign up soon to save a seat! \$4pp. The lunch

will include chicken cooked in a mushroom soup gravy, mashed potato, butternut squash, cranberry sauce, hot rolls and apple crisp!

A **VERY FUN PAINT NIGHT** will occur on Monday, September 25th from 4-6pm. Paint with Kathleen, supplies provided and snack goodies will be available. Only \$25pp (fundraiser for Generations). Bring a friend but reserve your spot by calling our office! To protect your clothing, bring or wear an old shirt as well!



Do you anticipate the need for **FUEL ASSISTANCE** (1st time applicants) or recertification (updating ALL income forms) this autumn? Appointments with our Outreach Workers, Brenda and Tricia for either Fuel Assistance **and/or** Food Stamps (SNAP) are available on TUESDAY & WEDNESDAY from 1:00-3:00pm. The Fuel Assistance Hot Line is: 508-746-6707. Being proactive on this will alleviate much stress for you and the time required to file successfully.

► 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

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MARK your CALENDARS for October...

10/3: TRIAD / Guest Speaker on the Elephant Sanctuary!

10/5 Networking Group Meets

10/18 Crafts with Kathleen...a new feature

10/20 Ken Lelan, Vintage Music Concert 1pm in Great Hall

10/24 TRIAD Mini Health Fair with Laura's Lunch at Lady of the Lake Church location. Many vendors, resources and door prizes

1/15—12/7 Open Enrollment for Medicare Plans. Get help from our SHINE Counselor, Maria Burke

DID YOU KNOW that....

...the Oil Painting Class offered on Thursday (10am) will now be expanding it's repertoire of mediums to watercolor, pen & ink, and other forms of learning and doing painted pictures? Come and check this out!

...there's a group of devoted and happy seniors who are walking to Kansas, and then on to Olympic National Park in Washington state! Join this **KEEP MOVING** group of dedicated walkers, swimmers, climbers and happy movers who are adding up their steps and activity with a simple formula of keeping track of when they walk, dance, swim or move! (1 hour = 1 mile; walk 1/2 hour = 1/2 mile; 15 minutes = 1/4 mile; etc.) Come and look at their progress on the map in the entry hallway of Pope's Tavern! Join them!

Healthy Living

PLEASE JOIN US FOR
CHAIR YOGA WITH
JUDITH ON
WEDNESDAYS, 11:00am
at Halifax Mobile Home
Park, Heinrich Hall. Easy
parking at the side of the
building! You'll be glad
you did!



Every 2nd, 3rd and 4th
Thursday morning at
from 8:30—11:30am you
can come to get your
blood pressure, weight,
and/or glucose checked
in a confidential setting
with Tricia, our Nurse on
Staff.

Nationwide, 2.7 million **grandparents** are **raising grandchildren**, and about one-fifth of those have incomes that fall below the poverty line, according to census figures. The number of **grandparents raising grandchildren** is up 7 percent from 2009. Grandparenting has taken on a whole new role in a world we did not grow up in and often can scarcely recognize. Overstimulation, desensitization, immediate gratification, texting, sexting, tweeting, cyber-bullying are only *part* of the list of new struggles kids face and we get lost in understanding. SUPPORT is available, however, and a new group has started every Thursday at the Council on Aging, 44 Nook Rd., Plymouth from 10-11:30a.m They also offer a family supper on the first Tuesday of every month followed by a support session from 5:30-7:30pm. Call 508-830-4230 for more information and answers.



GENERATIONS



Sept. 2017 — Aug. 2018 MEMBERSHIP

NAME: _____ Phone: _____

Address: _____

Check:

☐ 5.00 annual membership (checks payable to "Generations")


☐ I would like to include an additional contribution of _____ in memory of _____

Total enclosed _____

Mail to: Rita Magnarelli, Treasurer, 16 Maplewood Dr., Halifax 02338
We are a 501c3 non profit organization.

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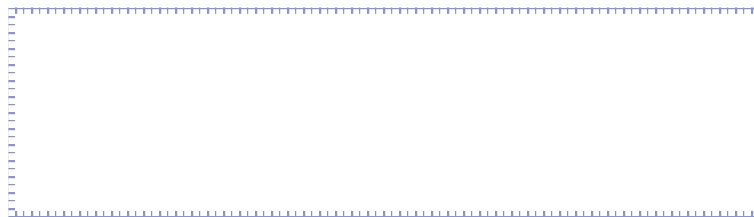
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