



# COUNCIL ON AGING NEWSLETTER

February 2018



DIRECTOR Barbara Brenton

RECEPTIONIST Kerry Landers

NUTRITION / M.O.W. Maria Maynard

OUTREACH WORKER Brenda Fitzgerald

OUTREACH ASSISTANT & NURSE Tricia Ross

VAN DRIVERS Gary, George, Frank, Christine

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**

**CHAIRMAN Jo Schofield**

**VICE-CHAIR Ava Grimason**

**SECRETARY Ellie Murphy**

**MEMBERS**

**Dick Wright, Helen  
Doucette**



In a growing number of communities in our state, there are people who are working together to make their town a safer, more respectful place for residents with dementia.

Dementia can be caused by Alzheimer's and many other conditions. Social stigma and lack of public awareness can make life more difficult for those living with dementia and the people who care about them. Come and learn more about this vital subject at the **TRIAD Meeting, Tuesday, February 6th from 11-noon**. The guest speaker will be James Fuccione from the Department of Healthy Aging ([mahealthyagingcollaborative.org](http://mahealthyagingcollaborative.org)) The meeting will be held at the Halifax Police Station, second floor. Age-friendly communities strive to better meet the needs of their older residents by considering the environmental, economic, and social factors that influence the health and well-being of older adults. These programs seek to offer older adults a wider range of choices that make it possible for them to "age in community".

Come and enjoy a very special **Valentine's Lunch** here at the COA on **Monday, February 12th at 12:00**.

Harry & Joan Towne will be cooking up a wonderful roasted and stuffed pork roast with Butternut Squash, Baked Potato, Apple Sauce and Dessert for only \$5.00 per person. RSVP by calling our office, please.

**A Best Breakfast / Brunch** will be available on **Tuesday, February 13th (9-10am)** with an amazing selection of morning choices. Stop by and enjoy!

LOVE IS...not what you say

LOVE IS...what you do.



## Looking Back on 2017 Accomplishments...

The Halifax Council on Aging is very proud to help many people throughout 2017 and has been a very busy building!! With great support from Council on Aging members, GENERATIONS (Friends of the Council on Aging), Board of Selectman, tax work-off participants, volunteers and very hardworking staff, we were able to accomplish the following **TOGETHER:**

♥ Over 1,956 Community Lunches & Special Meals

♥ Over 5,980 Meals on Wheels for Halifax &

Plympton seniors (delivered, Mondays - Fridays to the homebound by volunteers!!)

♥ More than 4,270 Senior Van rides were provided/scheduled to senior & disabled residents (Medical, book mobile, brown bag, church, to/from Council on Aging, lunch/shop, walking group, errands & social activities)

♥ We continue to provide Fuel Assistance & Food Stamp help/assistance for close to 150 residents

♥ We provided S.H.I.N.E. (Serving the Health Insurance Needs of Everyone) services to over 95 residents in 2017

♥ Newsletters mailed annually were over 10,000

♥ COA provided ALL services/events/activities to more than 11,475 seniors this year!

♥ Our amazing "VOLUNTEERS" gave over 3,400 hours of their service & time!! Thank You to everyone who made this all possible—

**Wishing you a Healthy & Happy Year**



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

An open meeting will be held on **Tuesday, February 27th at 11:00 in the Halifax Police Station**. Please join us for a conversation about what occurred in 2017, and how we're looking forward to the new year. Your thoughts and ideas will be welcomed! Ken Vinton will be guiding us through the upcoming year. The Board would like to **THANK** all who contributed baskets for Christmas raffle. It was a successful year because of you!



Do you have a case of  
"Cabin Fever"?

Maybe it's time to get  
**O-U-T!**

Join a fun-loving group of folks who spend the morning together on a trip to a shopping area, then lunch together at a special restaurant. Pick up from your home is between 9:30-10:00am on **Monday, February 12th** in our large van, travel to the pre-selected location, shop and eat! Chris Thompkins leads this group, and it able to take no more than 12 people. This month's destination... **CHEESECAKE FACTORY** and South Shore Plaza Mall, Braintree

**HELPFUL TIP:** If you think that you may have bought your grandchild a savings bond, and you want to locate it, you can call: 844-284-2676 or go online to [treasurydirect.gov](http://treasurydirect.gov)



**SPECIAL LUNCH** served this month occurs **THURSDAY, FEBRUARY 1st**: Beef Bourguignon, Jardinière Gravy, Green Beans, Au Gratin Potatoes, roll, Raspberry filled cookie and Chocolate Candy Kisses! YUM! RSVP your seating.

**CRAFT TIME WITH KATHLEEN** will occur on **Wednesday, February 14th** and she will help us create a beautiful Mason jar "of love" Reserve your space today! \$4.00pp



TRIAD is a three-way commitment and

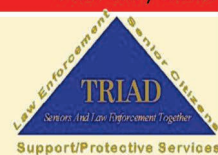
communication between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement (Police and Fire departments).

Typically, TRIAD meets at the Halifax Police Station, 2nd floor on the first Tuesday of the month.

James Fuccione from Mass. Healthy Aging Dept.

Meetings are open to everyone; so come, hear about updates and then enjoy coffee and refreshments.

Ask Ken Vinton (781-294-1057) about Triad's ongoing programs such as File of Life (for car and home), safe disposal of used medication, unused eye glasses drop off, Safety Low Jack for autism/dementia, visible house number placements, and the "Are You Okay?" program



WILL YOU NEED HELP WITH PREPARING YOUR **2017 TAXES**? Joe Benson of Joseph Benson Tax Services will be available for those who need assistance or counsel. He



has been preparing taxes on the south shore since 1999. This service is available in 15 minute increments beginning **February 6th through mid April on Tuesdays from 1:30-3:30pm**. The cost is \$35.00, paid to Joseph Benson, at the appointment time here in the COA. **This is NOT a drop-in service, appointments must be made through our Receptionist.**



**OPEN OFFICE\* HOURS WITH**

Senator Michael D. Brady

**OPEN OFFICE\*** hours is a time for residents to meet with their elected officials face to face in an open forum setting. You will be able to ask the Senator any question that you want or give general comments.

Join us on **Monday, February 5th from 11:00am-noon!**

**H-U-G-E** kudos to **Christine Thompkins** for her 7th year commitment and energy towards a hugely successful Salvation Army Kettle Fund Drive that grossed **\$6,557** this year! What a **great team** of volunteers, businesses and community support.



**HONORING CHOICES....**learn more about what health care options YOU can select and choose types of care when you might not be able to. **Wednesday, Feb. 21st @2:00pm!** Coffee, tea and goodies but save your spot!

► Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

Karen Fontaine to place an ad today!  
[kfontaine@4LPi.com](mailto:kfontaine@4LPi.com) or (800) 477-4574 x6350

**Bridgewater Nursing Home**

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

Medicaid/Medicare Certified



**PRESCRIPTION ADVANTAGE** is the state-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts. New eligibility guidelines were effective 1/1/2018, and we have this information available in our office. **Maria Burke, our SHINE COUNSELOR (Serving The Health Insurance Needs of Everyone)** is here on **Tuesday mornings** and you would need to make an appointment with her by calling our office ahead of time. The range for income and annual out-of-pocket spending limits are different for each situation and being able to provide your income statistics will help determine the possible changes that would effect your coverage with Prescription Advantage. Please contact our office or call 1-800-243-4636 or visit the website of [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)



**Silly Fun at the COA**



*Girl Scouts stop by!*



**Chair Yoga Team**

**KEEP MOVING, EVEN THOUGH YOU'RE FEELING LIKE HIBERNATING....**The key to keeping well and flexible is key. This year, we're aiming for Olympic National Park outside of Seattle, and we need everybody to join us that can! Come by our office to see the 'sneaking across the USA' map and pick up your own record keeping booklet!

## **THINGS THAT WE OFFER....**

Adult Coloring Sessions  
 Attorney Assistance  
 "Best" Breakfasts  
 Book Loans/Display  
 Brown Bag services  
 Chair Yoga  
 Community Outreach  
 Computer Help  
 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)  
 Taiichi  
 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 trips  
 Television & Wii on a wide screen  
 Writing Sessions

## **COMING IN MARCH....SAVE THE DATE...**

First Day of Spring! March 20th (Yay!)

INTERGENERATIONAL Get together—Thursday, March 8th at 1:30

SHOP & LUNCH TRIP: Monday, March 12th to British Beer Company, Plymouth and Marshall's/Savers Plaza

ST. PATRICK'S DAY LUNCH at Lady of the Lake Function Hall, David Bates Irish Songs, etc! Thursday, March 15th

IF YOU WANT to submit something for the March newsletter, it will be due in our office by February 6th!

**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

*Holiday Sale*  
 GET HELP AT THE TOUCH OF A BUTTON  
 **\$29.<sup>95</sup> / Mo. BILLED QUARTERLY**  
 • Providing Protection In the Home • **One Month Free**  
 • No Long-Term Contracts • Price Guarantee  
**CALL TODAY! 877.801.5055**  
 MADE IN USA  24SEVEN

**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<sup>®</sup>  
 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 

*Blanchard  
 Funeral Chapel*  
 www.blanchardfc.com • 781-447-0170  
  
**Robert A. Tonello & Steven J. Leonard**  
 Funeral Directors  
 Plymouth St. (Rt. 58 at Rotary) • Whitman

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.halfifax.ma.us ~ www.seekandfind.com



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

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

