



COUNCIL ON AGING NEWSLETTER



April 2018



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OUTREACH WORKER Brenda Fitzgerald
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VAN DRIVERS Gary, George, Frank, Christine
SHINE COORDINATOR Marie 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

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Doucette

From our Director....

Spring has finally sprung! The days are getting longer, buds are budding. The sun is shining more and the world is coming to "life" again. Creatures are stirring and things are moving along with the Municipal School & Building Committee, as well as the Owner Project Manager (Vertex) and the Architect (Winslow). The final engineering plans are being drawn up and have gone out to bid and will be finalized by mid April! *Many have asked about ground breaking and Pope's Tavern. It should be taking place sometime in mid summer!* We will keep you informed! Wow, what an adventure this has been. Come by to view the sketches of the project and what it will look like when finished!

Happy Spring,
Barbara

JOIN US ON Tuesday, April 17th at 1pm for an educational workshop by David Tourtillott, CRMP of Homestead Mortgage. He will be discussing the pros and cons of the Federally Insured Reverse Mortgage Program and how to use a reverse mortgage to age in place or to sell your existing home and purchase a new, more suitable home. David is well known throughout the reverse mortgage industry and is one of only 165 professionals that have achieved the CRMP® designation (Certified Reverse Mortgage Professional) nationwide. David has been assisting the senior adult market since 2003 throughout the New England area. Dunkin donuts Coffee will be provided! Sign up through our Receptionist' office.



TIME TO CELEBRATE

at the

Spring Fling and Sing-Along!

Thursday, April 19th from noon to 3:00ish

This three-feature event will include: Lunch (soups & sandwiches) in the COA Gathering Room, followed by a Flambé' dessert presentation (Banana Foster) and a Sing Along with Sheila & Tom Monaghan at the **Town Hall** at 1:30pm. This event is only \$2.50 pp and must be reserved by April 12th for either one or both events. This occasion is a wonderful way to begin a new season and being back in touch with friends—new and old!

The **ART GROUP** (Thursdays, 10a-noon) will be displaying their artwork (all mediums) at the Halifax Library during this month and throughout the months of this year. This month's featured artist will be Harry Towne. Please come and enjoy this and see what talented people we have! This is also part of the Halifax Cultural Council Grant where this art class receives art supplies and paints. Thank you to our Cultural Council! If you have some artwork you would like to display, please call the COA and ask for our Director. She would love to assist in adding your artwork to our display.





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

A reminder...membership dues can be given to Rita Magnarelli on Mondays and Wednesdays between 10am and noon

while she is in our Gathering Room. If you prefer to call her, she can be reached at 781-293-3348

SAVE THE DATE—WEDNESDAY, May 9th

This will be the next meeting with lunch serving hot dogs & hamburgers, followed by a meeting and dessert afterwards.



DID YOU KNOW that as part of their Nutrition Program, Old Colony Elder Service delivers 1,600 meals a day with the help of 450 volunteers in Plymouth County? That's quite amazing. For many of the vulnerable older adults and

individuals with disabilities, the delivery is not only a delicious meal, it is often the only social contact of the day. OCES is committed to this vital program that receives limited federal funding, but they could use a little help with "Meals on Wheels", so they are *reaching out to you*. On **April 29th**, the third annual "Moving Heels for Meals on Wheels" 5K will step off at **9am** at the Silver Lake Regional Middle School in Kingston. Any donations or sponsorships are welcome. Visit ocesma.org for all the details or call them at 508.584.1561. Lace up those sneakers and come join in the fun!

Our SPECIAL LUNCH*

Thursday, April 5th will feature:

Baked Chicken quarter with Supreme Sauce, whipped potatoes, green & wax beans, parsley garnish, whole wheat bread and a yummy brownie. (\$2.50pp donation) After lunch there'll be an Easter candy bingo with Brenda & Carol! Special, fun prizes...bring a friend or come and make a friend or two!



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 at 10:00am**



A Guest Speaker from the DA's office

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

Elder abuse is any form of mistreatment that results in harm or loss to an older person, according to the National Committee for the Prevention of Elder Abuse. The abuse could take the form of domestic violence, financial exploitation, neglect, physical harm, psychological abuse or sexual abuse. Because each type of abuse is so different, the indicators associated with them often vary, but **it is important to reach out and make a phone call to the Elder Abuse Hotline**. Calls go directly to the Massachusetts-based call center at **1-800-922-2275** regardless of the location of the reporter or the elder.



Do you need a ride for a doctor's appointment, pharmacy or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs. Our van drivers are the BEST!

Mon-Friday 9am-2pm Medical Appointments
Thursday, noon-ish pick up for 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)

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THINGS TO NOTE THIS MONTH:

April 2nd: Shop & Lunch Trip* with Chris to the Westgate Mall for shopping at Market Basket and/or Marshall's, then with lunch at the Texas Road House. Call our office to reserve a space on the van!

Friday, April 6th is the final deadline for any submission requests for our May newsletter!

BEST BREAKFAST will be here on Tuesday, **April 10th** from 9-10am. The menu features Dave's Famous Omelets, eggs any style, corned beef hash, potatoes, corn bread, coffee cake and cranberry cocktail. Of course, coffee and tea in abundance! **DONATIONS** go directly to the St. Vincent DePaul Food Pantry needs. Thanks for helping others!

Thursday, April 12th: Intergenerational Egg Hunt

EARTH DAY WEEK is **April 22-29**. The Halifax Beautification Committee is seeking residents, community groups and businesses to support the project of picking up litter for any amount of time before or after this designated week. Ideally, they want people to take pride in the community and possibly adopt a small area to clean up throughout the year. Bags and gloves will be provided. Contact ckniffen@gmail.com with questions or volunteering plans. Thank you in advance for making our part of the globe beautiful!

*"The sun was warm but the wind was chill.
You know how it is with an April day."
~Robert Frost*

ALL residents of our town need to re-check their **monthly electric bill** to be certain that they are not charged from a "supplier" of service that is NOT town approved. You may be **paying more** than necessary or even permitted. In addition, there are some residents at the Halifax Park who have basic cable service included in their rent. If you see fees being charged for cable (T.V) only you may be **overcharged** and need to **review** your bills!

Fuel Assistance

Columbia Gas of Massachusetts provides information about the 2017-2018 Fuel Assistance and Weatherization Assistance Program by phone (508) 588-5440 or (800) 822-5454 or through the following web sites: [Columbia Gas](#), [Mass Save](#) and [MA Good Neighbor](#).

South Shore Community Action Council (SSCAC) Inc., runs a fuel assistance program. Call 508-746-6707 (or toll free 877-FUEL-AID) to speak with a live operator from 8:30 a.m. to 4 p.m. There is also a 24-hour voice-response system that enables applicants and clients to learn how the program works, access the status of their application and hear a list of payments made. In addition, the Halifax COA (elderly only), 781-293-7313 accepts applications on behalf of SSCAC. And, you can visit the [SSCAC website](#) for a complete listing of volunteer sites and their contact information and hours for fuel assistance applications.

Taken from http://www.town.halifax.ma.us/Pages/HalifaxMA_Highway/Utilities

COMING IN MAY....SAVE THE DATE...

Month of May: SENIOR ART SHOW at the Holmes Library



May 9th: 1:30pm Arts & Crafts with Kathleen....she'll be doing a Mayflower hanging fairy as sampled in the photo here.

Wed., May 9th: Generations Luncheon with Hot Dog/Hamburger meal at noon, followed by a business meeting and dessert. Reserve by May 1st. Lunch donation = \$5.00pp

In addition to our **Wellness Checks** available every 2nd, 3rd & 4th Thursday mornings, THE BOARD OF HEALTH offers a **blood pressure clinic** through the Norwell VNA on the 4th Monday of every month, from 11am-12pm on the 2nd floor Town Hall kitchen area.



CLEVER IDEAS WORTH KNOWING

- + Take your bananas apart when you get them from home from the store. If you leave them connected at the stem, they ripen faster.
- + Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.
- + Store opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

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