



SENIOR CENTER NEWSLETTER

JUNE 2018



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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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Ah, it's **Volunteer Appreciation month** again! This year, these amazing people have logged in over 3,400 hours and their "gift of time" is worth \$70,890 to our town! (\$20.85 measured dollars per hour).

It takes many hands and big hearts to run a great Senior Center. Volunteers who gave more than 20 hours of service and logged in their hours are invited to the Annual Volunteer Luncheon on June 6th at noon, Boston Tavern (58 E. Grove St., Rt. 28) in Middleboro. Please RSVP to our office by May 30th.

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Dick Wright





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

Come and enjoy the fresh air and a nice road trip! On **Tuesday, June 26th**, we're going to take a trip to enjoy the Indian Princess Cruise at the Gloucester House, north shore. We leave at 7:45 am from Henrich Hall at Halifax Estates, returning by 5:45pm. Advance payment and reservation is necessary by June 12th for the amount of \$87. Please see Dottie Martel, or call her at 781-801-4822 for details and questions.



It is **FLAG DAY** on **Thursday, June 14th** and the Senior Center will have the opportunity to host the unfurling of the historic 'Mount Rushmore' flag at 11:00am. This 45 x 90 FOOT flag (=9 stories tall!) is an amazing sight to see, and we will need many hands to assist in this reveal. It was made by the flag center in Cambridge. It is stored in Halifax in a custom crafted chest made by another local resident craftsman, George Sturtevant. The flag has traveled two million miles and been in 34 countries, including Buckingham Palace. In 1987 it covered the Lincoln Figure at the 50-year rededication in Mount Rushmore National Park. Its journey began right here in Halifax in 1987. The Library owns two copies of the book "The National Flag Truck" which tells more of the story. *Join us for this highly patriotic and inspiring opportunity right here on our front lawn!*

DO YOU HAVE QUESTIONS about Elder Law issues? These can encompass a wide range of concerns such as: Aid & Attendance Veterans' Benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Medicare/Medicaid changes, and a number of additional topics. On **Tuesday, June 19th at 1pm** there will be a one-hour presentation by Attorney Ashley Evirs of the MASSBAR Association, and special resource guides will also be available. Please reserve your space at this important meeting by calling our office today! If you're unable to come on June 19th, please contact Boston Bar Referral 1-800-552-7046

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



Please join us on Tuesday, June 5th for a very interesting presentation on burial at sea. Captain Brad White from New England Burials at Sea will be speaking. Free doorprize drawing

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

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

Here's a **KEEP MOVING** update! The Annual "Keep Moving" Challenge Walk will occur on **Wednesday, June 27th** and check-in begins at **11:30**. Register in advance by calling our office. We have a designated walking loop that starts at the Senior Center, but you can take as long as you need to finish your walk. All walkers with varying abilities and speeds are welcome! Lunch will be available afterwards as we celebrate the successes of others who've neared their 'destination' of St. Louis, Missouri! (Janet Poulos Villano, Harold Town & Sandy Rigo) Our luncheon together will feature a St. Louis Deli type menu with Gerber Sandwich, ham and cheese toasted with Cole slaw. We'd love for you to join us and we're always looking for new people who want to move, exercise or simply walk. Keep track of your time spent walking or exercising: (1 hour of either = 1 miles; 1/2 hr. = 1/2 mile; 1/4 hr. = 1/4 mile, 1/8 = 1/8 mile) We have free 'log' book to keep track of what you do. Check our Moving Across America map in the entry hall of the building!



SMART TIP FOR THE coming months...PROTECT YOUR SKIN!

The rate of new melanoma diagnoses—responsible for 75% of all skin cancer deaths—was 26% higher in Massachusetts than the national average and was the 9th highest in the U.S. from 2001-2005.^{9,10} An estimated 2,000 state residents were diagnosed with melanoma in 2008.² All references can be found at: www.epa.gov/sunwise/statefacts.htm



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

Use these ideas everyday, even when its overcast

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THINGS TO NOTE THIS MONTH...

Friday, June 8th is the deadline for any submission requests for our summer (July + August) newsletter!

Monday, June 4th: **SECOND Love To Walk** goes to Castle Island! Pack a lunch, reserve space (\$5!)

ALL events on the daily calendar (enclosed) marked with an * require advance reservations.



TAKE CARE OF YOUR 'TOOTSIES'! **PEDICARE** with Nurse Beverly is available here on Fridays and Tuesdays (see specific dates and times on the calendar). You must make an appointment in advance, and if you have to cancel at any time, please give us as soon as possible.

TAKE CARE OF YOUR 'PINKIES' here on Tuesday afternoons with **Nails By Julie**. She will make you feel "brand new"! Appointments must be placed in advance.



"LUNCH & LEARN" will be offered here on **Thursday, June 14th, noontime**. Barbara Nalen-Cardosa, registered Dietician/Nutritionist from Old Colony Elder Services will present information about **FOOD SAFETY** during our lunch time together. Please come and learn with us!



NEED A RIDE TO CHURCH ON MONDAY MORNINGS? We can offer a pick-up and return ride for you! Please call our office to get more information and reserve your space on the van.

DID YOU KNOW?

♥ Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admission among older adults.

♥ Each king in a deck of cards represents a special person from history: **SPADES** = King David **HEARTS** = Charlemagne **CLUBS** = Alexander the Great **DIAMONDS** = Julius Caesar

COMING THIS SUMMER....SAVE THE DATE...BE AWARE...

Saturday, July 14th, 9a-2p GENERATIONS Yard sale at the Town Hall Green. \$20.00 per space. Set up at 8am, Deadline for reservation is 7/9. Rain date will be following week. Call KEN VINTON (781-294-1057) for details or questions.

During the summer months (through August) there will be no 'BEST BREAKFASTS', nor "My life, My Health"

CLEVER**IDEAS WORTH KNOWING ABOUT**

*To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. It won't hurt the plant, but squirrels won't come near it.

*Put a small amount of cornmeal where you see ants. They eat, take it "home", can't digest it so it kills them.

Don't miss out on this fun and special

BUILD A BURGER LUNCH* on Thursday, June 7th:

Grilled hamburger in Au Jus
Cheese, lettuce & tomato
Potato Chips
Summer blend vegetables
Blueberry parfait



Vision loss is the leading cause of falls experienced by the elderly. Deteriorating vision can create emotional and functional challenges for the person living with it and may gradually limit your ability to participate in everyday tasks that you previously enjoyed. There is help, however, and there is a **new** clinic at**THE NEW ENGLAND COLLEGE OF OPTOMETRY & CENTER FOR EYE CARE** (930 Commonwealth Ave., Boston). Their clinic operates 3-4 days per week and appointments there can be made without a long wait-list, Medicare and most health insurances are accepted. **We can provide transportation to Boston as well!** Please call their offices for more information at 617-262-2020 or visit: www.necoeyecare.org/services/low-vision-rehab

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