



SENIOR CENTER NEWSLETTER

December 2018 — January 2019



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Barbara Brenton

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You're invited to join us at the
Christmas Lunch
on December 11th

at the Lady of the Lake
Function Hall. We will feature
Halifax residents, Jeff and Heather
Jones, a married acoustic duo who
have played music together for over
30 years and have made a living

playing in restaurants, weddings, senior centers, house
parties, and corporate events for the last 2.5 years. They
play popular songs from the last six decades and beyond
with lots of harmonies and toe-tapping fun! The fee is
\$12.00pp and includes a delicious roast beef dinner,
mashed potato, squash, green beans and dessert. **SIGN UP**
and pre-pay by reserving your space before Dec. 5th! There
will also be a gift card and basket raffle by Generations.



Join us on **Wednesday, January 23rd** at noon for
"Lunch & Learn". This is a time together with a
Guest Speaker who will be coming to us from
Southwood at Norwell Nursing Home. The
conversation will center on "Staying Steady with
Therapy". They will bring a dessert (cake & ice
cream!) and a raffle gift to a special attendee.

Reserve your space at this Lunch &
Learn by calling our office so we know
how many to prepare for a delicious
homemade potluck lunch (\$2.50pp)

Lunch.
Feed your curiosity

We have an amazing
story to tell you as we
see the end of 2018! So
many people help to
keep this place **very**
busy, and Thank You is given to our hard working staff—
Outreach Workers, Nurse, four Van Drivers, Newsletter
Editor and others. *Thank you also to our wonderful
volunteers who help make this a fun place to visit!*
Together, we accomplished:

A look back...
and a look forward

An average DAILY attendance: **37** individuals

And, during the year:

- *Over **1,945** Community Lunches and special meals
- *Over **6,500** Meals on Wheels delivered to the
homebound in Plympton & Halifax by volunteer
drivers)
- *Provided more than **3,100** senior van rides
- *Over **14,000** Newsletters sent out
- *Over **132** families helped with Fuel Assistance & Food
Stamp applications
- *More than **600** blood pressure/glucose tests our Nurse
during Wellness Checks
- *Over **3,400** hours of Volunteer service time

TOTAL SERVED through events, SHINE, programs,
transportation, lunch, etc.) = **12,250**

Wishing you a healthy and happy New Year!

Barbara Brenton, Director



Our mission.....is 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, offering a wide array of programs, transportation and advocating on their behalf when necessary; thereby promoting independence, wellness and dignity.



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

Membership is encouraged and now due. Please complete the form on the newsletter insert and send back as soon as possible.

The **Senior Tax Work-Off Program** purpose is to allow and encourage Halifax taxpayers to perform volunteer community service of approximately 75 hours in a year. If you qualify, your skills can be used at the Council on Aging, Recycling, Library, or the Assessor's Office. It's worth investigating a savings of \$750.00! Some of the qualifiers are: being 60+ by 7/1/2019, be the owner of record on your house deed, reside in Halifax for 5+ years, current on property tax, complete a CORI check and more. Your income and asset requirements must include: income under \$45K/single and under \$60K/married. More details are available by making an appointment to discuss with Barbara Brenton, our COA Director.



If you have questions or concerns about your fire and/or carbon monoxide detectors, call our Fire Dept. with questions and they will come out to do a free check for you. Thanks to our awesome Fire Dept! (781-293-1573 non emergency contact#)

Let It Snow....If there is inclement (brutal, harsh, rugged, severe) weather and the Town Hall is closed, **our office will be closed also.** However, if the schools are closed we WILL be open. (Note: Includes programs such as Meals on Wheels, etc.)



WEATHER WORDS YOU NEED TO KNOW

Bombogenesis

People head to the stores to stock up on bread and milk for this one, and the news stations offer "team coverage." Weather.com classifies *bombogenesis* as "a rapidly intensifying area of low pressure, or a 'weather bomb.'"



Crepuscular ray

When you sit on the porch admiring the sunset, you might be looking at a crepuscular ray. Defined as "a twilight ray of sunlight shining through breaks in high clouds and illuminating dust particles in the air," this is one of the more tame (and dare we say relaxing) weather words in our list.

TRIAD is a national and local three-way commitment for 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 each month at 10:00am.



Dec 4th: Yankee Swap / \$10 gift, wrapped

Jan. 8th: Greet and meet the new Chief of Police

Meetings are open to everyone; so come, hear about updates and then enjoy coffee and refreshments. Ongoing programs include: File of Life (or car and home), safe disposal of used medications, unused eye glasses drop off, Safety Low Jack for autism/dementia, visible house number placements, and the "Are You Okay?" phone program and updates on recent scams.

During last year's heating season, our outreach workers assisted **207** families to obtain fuel assistance. Do you have concerns that you may need help with paying for heat or food this winter? We offer an opportunity to have a **confidential conversation** with either Brenda or Trish to learn about specific ways to get help. (Fuel Assistance, Food stamp program, etc.) Please call our office to make an appointment! These appointments are available on Tuesday or Wednesdays, 1-3pm.

Prior to an appointment, **you need to have required documentation:** Recent electric, telephone and fuel bills, verification of all income contributing to household including a copy of Veteran's benefits, worker's compensation or unemployment benefits and miscellaneous income, tax bills, rent receipts, social security cards, photo ID, and front page of your homeowners insurance policy.



Even though you might feel like hibernating...it's key to good health to **KEEP MOVING**. A group regular 'movers' (Janet Poulos-Villano, Harold Davis, Sandy Rigo, Pauline Hughes and Carol Keegan)

are getting closer to *Olympic National Park* outside of Seattle! Track your own steps/mileage and be a part of this focused group. Keep well and healthy!

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DID YOU KNOW ?

The **Pot Luck Lunch** offered on Wednesdays is a unique opportunity to enjoy a meal that is *homemade and delicious!* It is \$2.50pp, but we need to receive YOUR phone call on the *Monday before* with your intent to attend *so that we have enough food prepared.*

The **last Friday** of every month includes a **CELEBRATION** of those who have a birthday in the month! It's offered by Old Colony Elder Services and is **FREE** to those who have a birthday in the month. All are welcome! Enjoy this special offering but reserve your space by calling us **AT LEAST 3 days** beforehand. The menu for December will be: Beef tips in Sherry Thyme Gravy, mashed potatoes, Brussel sprouts and cracked wheat bread. Yum!



is no longer being offered at the Happy Dragon Restaurant, and no longer available on Wednesdays. It will be held at Heinrich Hall in the Halifax Mobile Home Park on Tuesdays from 2:30-3:30pm.

THANKS TO OUR RESIDENT JUDGES (Marissa, Brenda and Jo) OF THE **HALLOWEEN COSTUME PARTY!** Here are the **WINNERS!**



Creative / Sweet as Pumpkin Pie: Lou-Anne Fuller

Funniest / "Lola Folana": Linda Hurd

Scariest but Cutest/Homeless Bum: Harry Towne

Original / "Country Vacation Girl": Tamie Perry

Beautiful Butterfly: Patty Bright

Homemade Owl: Marti Mulholland



There is NO menu for the month of January in this two month newsletter because it was not available at print time.. Come by our office to pick up a copy mid December or call our office for update.

The **Special Lunch** on Thursday, December 6th will include Roast Pork with apple glaze, whipped sweet potato, green bean amandine and pumpkin pie! Yum. Reserve by calling before 12/4. \$2.50pp



YOU'RE INVITED to create a special seasonal craft with Kathleen on Thursday, December 13th at 1:30. It is \$4.00pp and a **Christmas Angel** shown at left will be the craft.

On Thursday, January 10th at 1:30, the craft shown at right will be refrigerator **glitter magnets**.



The **RED KETTLE** has an amazing history and purpose. In order to reach over 6 million individuals every Christmas and more than 32 million served annually, the **Salvation Army** helps the neediest in communities. It is a wonderful part of American history (since 1891) where people unite around a common cause and work together to help their neighbors. In recent years, Chris Thompkins has been overseeing the volunteers in our community who give 2 hour spaces in their busy schedules to participate in ringing the bell at our local Stop & Shop. Due to the generous time given of knitters who diligently and faithfully create squares for blankets and knitted hats, a local homeless shelter was given 200 hats and 150 blankets from their homemade projects. Please consider being a part of this year's endeavor to exceed last year's donations in both bell ringing and knitting. There will be a need for substitute bell ringers for those who must call out, so please call Christine at 781-884-7741 and let her know when you can be a part of this important, seasonal program.



WHEN your new **Medicare card** arrives, please note that there will be no changes to your benefits; beware of anyone who contacts you about new **Medicare** card. **DO NOT GIVE ANY PERSONAL INFORMATION TO ANYONE** you do not know.

Medicare and Social Security Administration Offices will NOT be calling you. Mailing new cards to all 58 million persons on **Medicare** will take time. Your card might arrive at a different time than your friend's, neighbors or even your spouse. Destroy your old one after the new one is received.



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