



SENIOR CENTER NEWSLETTER

March 2019



DIRECTOR Barbara Brenton
NUTRITION / M.O.W. Maria Maynard
OUTREACH WORKER Brenda Fitzgerald
OUTREACH ASSISTANT & NURSE Tricia Ross
RECEPTIONIST Lydia Materna
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

BOARD OF DIRECTORS
CHAIRMAN Jo Schofield
VICE-CHAIR Ava Grimson
SECRETARY Ellie Murphy
MEMBERS
Dick Wright, Helen
Doucette



All VETS and their family members are encouraged to attend the Potluck "Lunch & Learn" on **Wednesday, March 20th (noon)** with **Veteran Agent Wil Corey**. He will bring a large variety of informational material related to veteran benefits that may not be known to us. This will include: Health care for elderly veterans (Geriatrics, Long Term Care, Home based services, etc.), Survivor's Benefits, Aides & Attendant's Programs, Pension Chapter 115 Benefits, and your military service *and* social security benefits with updated data for those who served between 1957 and 1967. PLEASE **RSVP** this invitation by calling our office so we know how many to be prepared for.



Alcoholics Anonymous is a fellowship of men, women and young people who share their **experience, strength and hope** with each other that they may solve their common problem and help others to recover from alcoholism. Is there an alcoholic in our life? Do you think you may be an alcoholic? You are **NOT** alone, and there are many resources and assistance for you to regain the life you need. Join us on **March 27th** HERE at 1:30, Lynda will be with us to explain more, but you can also contact her at 781-837-6860 at any time. We will learn about ongoing, local, non judgmental meetings where anyone will feel at ease and welcomed.

Join us for a very special St. Patrick's Day Luncheon on **Wednesday, March 13th** at the Lady of the Lake Function Hall. Your meal and entertainment ticket are available by pre-pay, \$10pp, reservations must be made by March 6th. Enjoy a delicious meal prepared by an amazing team of volunteers which will include corned beef, cabbage, carrots, potato, dessert and much more. We have limited space, so your ticket must be obtained before **March 6th!** Entertainment will be provided by Jennifer Mello, singer and songwriter. She is from Massachusetts, and music has been her passion her entire life. Bring a friend and enjoy this time together!



SAVE THE DATE....Tuesday, April 2nd from 10a-noon there will be a very special training/ workshop sponsored by TRIAD, held at the Halifax Police Department on The Dementia Experience. This will introduce what dementia is and how it differs from common perceptions, learn to recognize the signs, practice dementia-friendly communication habits, fight the stigma of dementia and join the Dementia Friendly Movement (Go to DFCommunities.org for more information). You will learn about cooperative dressing, home office, medication and cooking stations in order to be more helpful for those who suffer from dementia. This workshop will include handouts and encouragement!



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.



GENERATIONS



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



During the months of February through March, we will be offering GREETING CARDS at the bargain price of only \$1.00 for 12! (That beats Dollar Tree prices) Come in and see our selection—Valentine's, St. Paddy's, Easter, etc. Thanks to Judy Fuller who is overseeing this project.

WE OFFER....

Adult Coloring	Medical Equipment Loans
Attorney Assistance	Men's Social Group
"Best " Breakfasts	Quilting
Book Loans/Display	Safety Assurance (Are You Okay?)
Brown Bag services	Seasonal Celebrations
Chair Yoga	SHINE / Medicare Counseling
Community Outreach	Support Group (My Life, My Health)
Computer Help	TaiChi
Cribbage/Card Games	Tax Assistance
Day Trips	Transportation—(Doctor's appointments, church, events, errands)
Educational Workshops	TRIAD
Exercise Classes	Veteran's Chat
Food Stamp & Fuel Assistance Applications	Volunteer Opportunities
"Generations" Support	Wellness Programs; Nurse checks (BP, weight, glucose)
Health Education Workshops	Walking Groups—Love To Walk trips
Information & Referrals	Television & Wii on a wide screen
Intergenerational Programs	Writing Sessions
Keep Moving Program	
Knitting & Crochet	
Legal Referrals & Resources	
Line Dancing	
Manicure Service	



On Thursday, **March 21st**, we will offer another "Lunch & Learn" with Barbara Nalen-Cardosa, a registered dietician-nutritionist from OCES who will be speaking on Nutrition and Heart Health. Your heart will enjoy this! Call to RSVP*

The reason women don't play football is because 11 of them would never wear the same outfit in public twice. Phyllis Diller

Join us!

Tuesday, March 5th, 10am Speaker Rick Savignano*, retired Judge will explain how and why decisions are made as we read in the newspaper or hear about on



TV. A graduate of Brockton High School, Rick continued his education at Georgetown University graduating with a degree in A.B. Government, Summa Cum Laude 1981 and continued to Harvard Law School earning a Juris Doctorate, Cum Laude, 1984. He returned to Brockton and embarked on an impressive legal career. Appointed as a district court judge in 1996, Rick was hired as first asst. district attorney, another example of Rick's dedicated leadership which is focused on the well being of his community.

TRIAD meetings are open to everyone. TRIAD meets at the Halifax Police Station, 2nd floor on the **first Tuesday** of each month at 10:00am. Come hear about important community news and updates. Enjoy coffee and refreshments. 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) Ongoing programs include: File of Life (for car and home), safe disposal of used medications, Safety Low Jack for autism/dementia, visible house number replacement, Knox Box and the "Are You Okay?" phone program and updates on recent scams.

TWO opportunities await you...you're invited to enjoy a van trip, shop a little, lunch with the bunch. **Call our office to reserve your space!** The transportation fee is \$5pp (round trip) and does NOT include your lunch expense or entry fees.



MARCH 4th—Savas (Variety Store) in Lakeville, then Boston Tavern in Middleboro

MARCH 18th—JFK Library in Boston (Vets \$8, Seniors \$12), then Friendly's in Hanover



DO YOU NEED HELP GETTING YOUR **2018 TAXES** PREPARED? Help is available for those who need assistance or counsel regarding tax preparation. The service is in 15 minute increments, beginning early February through mid April on Tuesday afternoons from 1:30-3:30pm. The cost ranges from \$35.00 to \$110.00, **depending on your type of filing and income level.** Payment would be necessary by check to Joseph Benson and by appointment only. This is NOT a drop-in service and appointments are made through our office in advance. The last day is April 9th. Call Mr. Benson's office for specifics 781-588-5764

► Reach the Senior Market

ADVERTISE HERE

CONTACT

Karen Fontaine to place an ad today!
kfontaine@lpiseniors.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





You are invited to have a **manicure**, pedicure or waxing by JULIE on the first Tuesday of the month.

Cash-only prices are:

Basic manicure with hand massage = \$7;
French manicure with hand massage = \$10;
Polish removal, shaping of nails and new polish = \$5; Pedicure with massage and polish = \$22; Combination pedicure and manicure = \$25; Waxing of facial area = \$7

You MUST make an appointment *before* scheduled day!



IT DIDN'T COST HER ANYTHING—IN FACT, SHE DIDN'T EVEN NEED TO LEAVE THE HOUSE!

NEWS RELEASE FROM January 16, 2019

A good fitness routine doesn't always require you to sign up for a gym membership or attend pricey classes—in fact, research has shown you can actually walk to lose weight. And Jessica Slaughter, an 86-year-old woman who has dealt with obesity-related health issues for most of her life, is living proof that walking can help you shed serious pounds. To begin, she would walk *in her apartment from the kitchen to the living area* for 15 minutes in the morning and again in the evening! She gradually made it 3,000 steps every day and maintains that daily regimen today.

St. Louis-based NBC affiliate KSDK shared Slaughter's story and how she managed her weight loss journey. Slaughter told reporters she has lost 120 pounds since changing her lifestyle after her doctor told her she was pre-diabetic in her mid 70s.

Source: <https://www.ksdk.com/article/news/health/>

THIS STORY can continue in YOUR house! Be inspired and keep moving. The Walking Group is restarting soon, but you can get ready by starting this simple routine in your home today!

COMING SOON....SAVE THE DATES!

4/2 The Dementia Experience/TRIAD (pg. 1)

4/17...free financial workshop on how to manage money, being prepared for unforeseen setbacks or expenses, etc. Christine Callahan will be coming from the Office of Economic Improvement of our state services.

4/23 **GENERATIONS** Meeting at Police Station, 10am

4/24 At "Lunch & Learn" a representative from Southwood Nursing will bring a dessert after the potluck lunch to discuss patient rights and issues related to how the elderly should not be taken advantage of.

5/8 **Mother's Day Tea** & potluck lunch with surprises and "Mom's Bingo & Trivia" fun!

CAN YOU 'SPOT A SCAM'? It is a dishonest attempt by an individual or organization to obtain something of value from you. A scam can occur over the phone, in person, through email or text message, and many more methods! To learn more: www.bbb.org/scamtracker/us

THE GOOD NEIGHBOR ENERGY

FUND is a utility and customer supported fuel fund administered by The Salvation Army. Eligible participants will have income certified between 60-80% of the stated median income: Family of 2: \$46,547-59,955; Family of 4: 66,115-88,153. The limits are greater than what is provided through the Fuel Assistance Program. The 2018-19 benefit level is \$300.00. Contact our Outreach Workers, Brenda and Tricia by calling our office for more details and information specific to your situation.



NO Senior goes hungry with MEALS ON WHEELS.

This program is designed to enhance the quality of life for elders by providing nutritionally sound and satisfying meals. The well-balanced meals are delivered Monday through Friday to homebound elders, which also assures regular contact from the outside; provides reassurance and serves as a means to immediately communicate any changes in an elder's condition. Signing up is easy and confidential, so if you or an elder you know would benefit from this program please call us!



The **Pot Luck Lunch*** offered on Wednesdays is delicious homemade meal for only \$2.50pp. We need to receive YOUR phone call on the *Monday before* with your intent to attend *so that we have enough food prepared*. *If you have a special diet or want to bring your own, please know that we're flexible!*

The **last Friday** of every month includes a **CELEBRATION** for 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! The menu will consist of what is printed on the calendar insert. *Reserve your space by calling us AT LEAST 3 days beforehand. There will be a drawing for a gift card for ALL attendees!*

FREE MOVIES on Tuesday at 10am...Flagship Cinema, 39 Doty St., W. Wareham (Rt. 58/I-495) Call for details: 508-291-4102

Independent, Assisted
Living & Memory Care



508.588.5334

www.ConnemaraSeniorLiving.com
25 E. Nilsson St, Brockton, MA 02301

Home Sales @ Halifax Estates

Visit Us @

ParkSalesGroup.com

"Plain - Simple - Straightforward"



@Halifax Estates

781-294-1087

Home Sales @ Halifax Estates

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

Blanchard Funeral Chapel

Robert A. Tonello,
Steven J. Leonard
Funeral Directors

781-447-0170

666 Plymouth Street, Whitman

Blanchard Funeral Chapel

www.blanchardfc.com • 781-447-0170



Robert A. Tonello & Steven J. Leonard
Funeral Directors
Plymouth St. (Rt. 58 at Rotary) • Whitman



Great Heating Oil
Prices With
Great Service

Fuel Assistance Accepted
Serving South Shore Area

781-294-0220

curtinbros@comcast.net
www.curtinbrosoil.com

Wake up to Wingate



WINGATE

AT SILVER LAKE

Independent Living | Assisted Living
Memory Care | Skilled Nursing | Rehabilitation

781-585-4101 | WingateHealthcare.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com Halifax Council on Aging, Halifax, MA 06-5101

References to persons, services or information does not constitute an endorsement or recommendation by the Halifax Council on Aging or any of its employees. We neither assume liability nor endorse ANY specific products or services provided by public or private organizations

www.halifax.ma.us ~ www.seekandfind.com

Publishing of this newsletter is made partially possible by a Grant from the Massachusetts Executive Office of Elder Affairs. If you want to discontinue receiving this publication, kindly call our office.



Especially for...

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

Halifax Senior Center
506 Plymouth St.
Halifax, MA 02338

