



SENIOR CENTER NEWSLETTER

February 2020

Pope's Tavern Senior Center

506 Plymouth Street

Halifax, MA 02338

Hours: M - Th 8am - 4pm

Fri., 8am - 1pm

Fax: 781-293-1774

781-293-7313

781-293-3883



*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.

Hello! It is my pleasure to introduce myself as the new Council on Aging Director for the Town of Halifax! By the time this newsletter reaches your mailbox, I will have been in this role for a little over a month. This has been a busy and exciting time. During this time, I have had the opportunity to meet and talk to many of you and I learned about and attended a few of the COA programs. I was thrilled to see the joy and friendship that everyone has created through these activities. You are all making the best of the circumstances surrounding the facility and I was happy to see that.

I will work hard to translate the needs of our seniors to the community. I am confident that I can work with the COA staff, volunteers and the seniors to help create a functioning facility both now and when we are able to relocate/renovate a space to offer the multitude of programs you would all enjoy.

I cannot emphasize enough how grateful I am for this opportunity. Thank you to everyone who has welcomed me so warmly! I look forward to meeting more of you, getting to know each other and hearing your feedback on what we are doing well and what we can do better. My door, email and phone line are always open.



Sincerely,
Susan Lawless



Please join us on Tuesday, February 11th at 9am –11:00 for the **BEST BREAKFAST*** (reservations required) in the Gathering Room, followed by a very special **VALENTINE PARTY*** in the Great Hall at the Town Hall from 1:00-3:00pm. This year, we will be featuring Game Show Host, Mr. DJ's Hollywood Quiz Show. It's **FREE**, and prizes will be awarded! **DON'T MISS THIS!** (60 person cap on this—be sure to RSVP* by calling Lisa soon!)

A note from your Nurse: **FEBRUARY is HEART HEALTH MONTH** because heart disease is the leading cause of death for both men and women in our country. Every year, approximately 805,000 Americans have a first coronary attack. According to the Centers for Disease Control and Prevention, risk factors for heart disease are: high blood pressure, high cholesterol, smoking, obesity, diabetes, physical inactivity and unhealthy eating habits. *Here are four great ways to prevent heart disease: (see page 2)*

DIRECTOR	Susan Lawless	RECEPTIONIST/TRANSPORT.	Lisa Silvia	<u>BOARD OF DIRECTORS</u>	
NUTRITION / M.O.W.	Maria Maynard	VAN DRIVERS	Gary, George, Frank, Christine	CHAIRMAN	Jo Schofield
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OUTREACH ASSISTANT & NURSE	Tricia Ross	EDITOR, NEWSLETTER	Deb Killeffer	MEMBERS	Marge Smith



TRIAD is a national and local three-way commitment for communication between the Plymouth County Sheriff's and District Attorney's Office, the Council

on Aging and Law Enforcement (Halifax Police and Fire Departments).

TRIAD meetings are open to everyone. TRIAD typically 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. *You don't have to be a resident of Halifax to attend!* Enjoy coffee and refreshments with us.

On Tuesday, February 4th Ralph Polland will tell us about the SafetyNet Tracking System. This program provides a way to keep our loved ones safe and locating them if they are lost.

PLEASE JOIN US!



More than 35 million heart-shaped boxes of chocolate are sold for Valentine's Day.

GENERATIONS



Generations is a multigenerational community group whose purpose is to engage in the support of the Council on Aging. They invite you to be a part of their mission and attend their events. Please make donations of clothing & books in the metal container behind the Pope's Tavern COA Bldg. Proceeds will benefit the group's mission.

A huge THANK YOU to all who donated baskets and gift certificates for our Christmas event.

MONDAY, FEBRUARY 10th, 10:00

BOARD Meeting at Henrich Hall

There is a new way for those who meet the financial income and asset limits (Single Individual = below \$15,460 year, Married Couple = \$23,200 year) to save money on your Medicare coverage. The Medicare Savings Program may be able to pay your monthly Part B premium, which is now deducted from your Social Security benefit. If you qualify for a Medicare Savings Program, you will automatically qualify for Extra Help, a program that will help pay for your prescription drugs under Medicare. Please contact **Marie Burke**, our **SHINE** volunteer and make an appointment to consult with her.



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- ♥ Take care of your medical condition, including being compliant with your physician when he prescribes medication.
- ♥ Change to heart healthy eating. Eat more vegetables and fruit, eat food low in trans fat and saturated fat, low in sugar and sodium. Eat whole grains and drink plenty of water.
- ♥ Stay active for 30 minutes, five days a week.
- ♥ Don't smoke!
- ♥ Select low fat protein sources such as: skim milk, yogurt, eggs and fish.
- ♥ Reduce your sodium intake to only 2300 mg per day. Those with hypertension or prehypertension should reduce their intake to 1500 mg per day!

Please come in and see me with questions or concerns! I am available every 2nd, 3rd and 4th Thursday mornings from 8:30-11:00. I can keep personalized and confidential records for you and your doctor.
Yours in Good Health, **Tricia Ross, R.N.**

➤ 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

Introducing two wonderful **Meals on Wheels** volunteer drivers....MARTHA SMITH (l) and SHARON PERRY (r)....our "Thelma & Louise" adventuresome, fun loving team who are happy to deliver a delicious **Meals on Wheels** and check in on you! Martha has been inspired to be a part of this important service for more than 10 years. Martha shared how, years ago, a volunteer discovered her mother in a difficult situation and could get the help she needed. This is why she loves to volunteer today. Simply CALL US if you'd like to *receive* regular **Meals on Wheels** or *join* a devoted group of cheerful volunteers. We will put you in touch with Maria Maynard, our **Meals on Wheels** Coordinator.



The **ART WORKSHOP** is available to all seniors and is now meeting at the Museum Building (516 Plymouth St.) They meet on **Wednesday & Thursdays** at **10:00a.m** Join them!

BEST BREAKFAST(*) on Tuesday, February 11th will require a reservation as steak & eggs are on the menu! We host this special meal, and the beneficiary is St. Vincent DePaul. A \$5.00 minimum donation is suggested, and **RESERVING** your space is essential.



Need legal help or advice? You're invited to make an appointment with Attorney Rawlins on the last Friday of the month for a 30 minute appointment. Call to set it up in advance!



All you need is love. But a little chocolate now and then doesn't hurt.

Charles M. Schulz

DO YOU NEED HELP GETTING YOUR **2019 TAXES** PREPARED? Help is available for those who need assistance or counsel regarding tax preparation. The service is in 15 minute increments, beginning late January through mid April on Tuesday afternoons from 1:00-3:30pm. 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

Why You Shouldn't Abbreviate 2020 On Documents

Now that the new year is here, we all need to acclimate to writing 2020 instead of 2019. Experts are warning people, however, that when signing financial and legal documents, checks, rental agreements, etc., people should write the year as 2020 in full instead of abbreviating it to 20. *When writing the date in 2020, write the year in its entirety.* It could possibly protect you and prevent legal issues on paperwork. Example: If you just write 1/1/20, one could easily change it to 1/1/2017 (for instance) and now your signature is on an incorrect document."





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