

Halifax Senior Center

Happenings

Summer Edition



A Message from the Director:

Welcome back Halifax Council on Aging community members and staff. The last three weeks has been an ultimate experience for me. Perhaps you may not realize, Halifax is made of love, kindness and people who care. Many of you came to introduce yourselves and shared fabulous stories. Laughter filled the rooms of the historic 19th century building. A former Inn and private home before being sold to the town, Pope's Tavern became our Senior Center today.

Memoirs of days gone by are important to many of us. We learn from historic moments as we adapt and change to a dynamic world. Family and friends are dear to us, and we certainly understand the loneliness of social isolation and not having to hold the hand of a loved one this past year. There is one thing I learned as a child and in my adult life – “life is not fair.” Barriers attempt to knock us down and sometimes the challenges overwhelming; though many can say during these times, we have learned to be resilient.

Perhaps we can say, life during COVID encouraged a rebirth of self-care. Following safety guidelines and being creative when planning family and social events is where we are for the moment. Thinking in the moment, and not for tomorrow will help us strategize the best way to enjoy time with friends of Pope's Tavern. Taking time to maintain good health, with eating well, exercise, meditation and keeping a sense of humor as we grow together.

We are working on several programs, though our space is limited. For the moment space is a barrier for some programs and activities on the “wish list.” Our main goal is to provide consistency for our members and community, and to also serve as credible resource for caregivers, seniors and/or individuals living with a chronic illness or disease. Without proper funding, it will be a slow process and prohibit strategic goals and vision.

Perhaps there is truth to “health span is more important than life span.” Many of us learned during the closure that good health practices as well as community supports, go hand and hand. Taking charge of our mental and physical health can improve our ability to remain independent. The Halifax COA Staff and I are here to serve as your GPS to Long-Term Services and Supports. We also want you to know that we are approaching uncertain times due to new variants, and we ask for your cooperation when necessary. The Staff of the Halifax Council on Aging has worked with the Halifax Board of Health to create a safe environment and we ask that you adhere to the guidelines noted at events and posted within Pope's Tavern.

The plan my friend's is to revitalize programs for our senior community and/or individuals living with a disability. “It takes a village”, no doubt and with time and patience, we can adhere to our new tag - **GROWING TOGETHER**

Darlene Regan, Director of Council on Aging

Outreach News



One of the most common problems that older adults cope with is social isolation. Social isolation and loneliness can negatively affect well-being over time. ***Now that the Halifax Senior Center is open and programs have resumed consider joining one or more of the activities listed on our calendar.***

Getting involved in the community offers opportunities for socializing while also providing a sense of belonging. Here are some ideas to help you engage in the community:

- Attend local events
- Share your talent or hobby
- Join the local garden club
- Work on a community project with others
- Join a walking group
- Shop local
- Support your local sports team

Volunteer at a local organization. From the animal shelter to the food pantry, these nonprofits are in need of helping hands. Plus, older adults who volunteer report fewer disabilities, experience lower rates of depression and express higher levels of well-being.

Information adapted from OCES (Old Colony Elder Services) newsletter

Sun Safety

UVA rays can cause skin cells to age. They are mostly linked to long term skin damage like wrinkles and can play a role in some skin cancers.

UVB rays can damage the skin cells DNA directly and are the main cause of sunburns. They are thought to cause most skin cancers.

Ways to avoid exposure to UV radiation:

1. Stay in the shade
2. Wear protective clothing that covers your arms and legs
3. Wear a hat to protect the head, face and neck
4. Wear sunglasses that block UVA and UVB rays
5. Use sunscreen with a broad-spectrum protection against UVA and UVB rays with an SPF value of 30 or higher. Check the expiration date to be sure it is still effective. Most sunscreens are good for at least 2 to 3 years. Sunscreens exposed to heat for long periods of time may be less effective
6. Apply sunscreen generously
7. Put sunscreen on before makeup or insect repellent
8. Reapply sunscreen at least every 2 hours



Yours in Health,

Tricia Ross, RN

Save the Date



The Lobster Roll Cruise on Tuesday, August 17, 2021. Cost is \$97.00 per person (gratuity included). Bus leaves at 11:00 a.m. at Halifax Mobile Park and returns approximately at 7:00 p.m. While on board, you will enjoy a choice of Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up.



Encore Casino on Tuesday, September 21, 2021. Cost is \$42.00 per person (gratuity included). Bus leaves at 6:45 a.m. at Halifax Mobile Park and returns approximately at 4:30 p.m.



The Plymouth Harbor Cruise (Pilgrim Belle Tour) on Tuesday, September 28, 2021. Cost is \$91.00 per person (gratuity included). Bus leaves at 10:00 a.m. at Halifax Mobile Park and

returns approximately at 4:00 p.m. Cruise Plymouth Harbor in style and comfort aboard the Pilgrim Belle, a Mississippi-style paddle wheeler. Lunch is included at the Tavern on the Wharf.

For reservations for the above events, please contact Dottie Martel at (781) 801-4822



Marshfield Fair on Tuesday, August 24, 2021. Seniors receive free admission between 12:00 p.m. to 3:00 p.m. **Any questions, please call (781) 834-6629 or visit www.marshfieldfair.org.**

Upcoming Meetings

Generations - Wednesday, August 25, 2021 at 10:00 a.m. at Halifax Police Station, 540 Plymouth St., Halifax, 2nd floor Conference Room. New members are welcomed!

Medicare 101



Would you like to know more about Medicare? Are there programs that can help you with your out-of-pocket costs?

**Thursday, September 9, 2021
at 10:00 a.m.**

**Town Hall
499 Plymouth St., Halifax, MA
Great Hall - 2nd Floor**

Join SHINE Regional Director, Christie Rexford, to learn about Medicare enrollment periods, benefits, coverage options and programs that can help you with your out-of-pocket costs.

Please call Donna Porcello, Outreach Coordinator at the Halifax COA at 781-293-7313 to register.



Veteran Services:

What is the Chapter 115 Benefits Program? The Chapter 115 Benefits Program provides financial aid for food, shelter/housing, clothing, and medical care to veterans and their dependents who have limited incomes. Who can get Chapter 115 Benefits?

There are three requirements to get these benefits.

- You must be a veteran or a dependent of veteran;
- Have financial need;
- Live in Massachusetts



The program is overseen by the Massachusetts Department of Veterans' Services (DVS), which runs the program in partnership with local Veterans' Service Officers (VSOs).

Our local Veteran's Agent is Wil Corey. He can be reached at 781-293-1724 (leave a message). Or you can email him at WCorey@town.halifax.ma.us



506 Plymouth Street • Halifax, MA 02338
Tel: (781) 293-7313 • Fax: (781) 293-1774
Website: www.halifax-ma.org/COA

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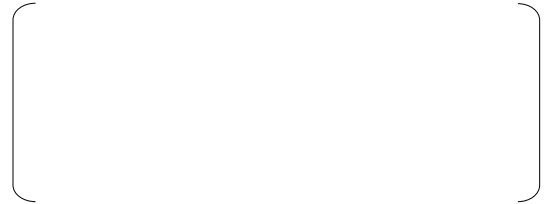
Permit #42

HOURS OF OPERATION:

MONDAY - THURSDAY: 8:00 A.M. - 4:00 P.M.

FRIDAY: 8:00 A.M. - 1:00 P.M.

RETURN SERVICE REQUESTED



COUNCIL ON AGING BOARD

CHAIRMAN:

Jo Schofield

MEMBERS:

Jean Gallant
Judith Rakutis
Michael Rugnetta
Sarah Sloat

STAFF

Darlene Regan, Director

Lisa Silvia, Receptionist/Transportation
Coordinator

Donna Porcello, Outreach Coordinator

Tricia Ross, Assistant Outreach/Nurse

Maria Maynard, Nutrition Site Manager
(M.O.W.)

Brian Evangelista, Van Driver

Gary Long, Van Driver

Frank Sullivan, Van Driver

Chris Tompkins, Van Driver

Halifax Council on Aging Mission Statement: 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 lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.



Join the Council on Aging as we host an Ice Cream Social
for all Halifax Seniors

Friday, September 10, 2021
12:00 p.m. - 2:00 p.m.
Town Hall Green

The Dairy Twist Ice Cream Truck will be on hand at 12:00 p.m. and
Singo will be held from 1:00 p.m. - 2:00 p.m.



What is Singo??

Singo combines music and bingo in a sing a long style game. Instead of numbers,
Singo uses familiar songs from different genres of music with one common
theme... you can sing along and keep track of your singo card to WIN!
"Not your grandma's BINGO"

Please call the Council on Aging to reserve your spot at (781) 293-7313.
Space is limited!

This event is **FREE** to all Halifax Seniors and funded by the Halifax Council on Aging.

Halifax Council on Aging – Calendar of Events

August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> • 11:00-12:00 <i>Tai Chi @ Henrich Hall</i> • 1:30-3:00 <i>Joy of Writing Group @ Holmes Public Library</i> • 1:30-3:00 <i>Knitting & Crochet Group @ COA</i> 	3 <ul style="list-style-type: none"> • 9:30-11:00 <i>Men's Coffee Hour @ COA</i> • 11:30-12:00 <i>Grab-n-Go Box Lunch Pick-up @ COA</i> 	4 <ul style="list-style-type: none"> • 10:00-11:00 <i>Women's Coffee Hour @ COA</i> • 11:00-12:00 <i>Chair Yoga @ Henrich Hall</i> 	5 <ul style="list-style-type: none"> • 8:30-11:30 <i>BP Clinic w/Tricia @ COA</i> • 9:30-11:00 <i>Men's Coffee Hour @ COA</i> • 11:30-12:00 <i>Grab-n-Go Box Lunch Pick-up @ COA</i> 	6
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30 <ul style="list-style-type: none"> • 11:00-12:00 <i>Tai Chi @ Henrich Hall</i> • 1:30-3:00 <i>Joy of Writing Group @ Holmes Public Library</i> • 1:30-3:00 <i>Knitting & Crochet Group @ COA</i> 	31 <ul style="list-style-type: none"> • 9:30-11:00 <i>Men's Coffee Hour @ COA</i> • 11:30-12:00 <i>Grab-n-Go Box Lunch Pick-up @ COA</i> 	<p>PLEASE NOTE ON AUGUST 26, 2021, THERE WILL BE NO BP CLINIC.</p> <p>The Grab-n-Go Box Lunch is a <u>pick-up service only</u> at the COA. <u>Pre-registration is required</u>. Call the COA at (781) 293-7313.</p>		