



Halifax Senior Center

APRIL 2022

HAPPY SPRING 2022

Halifax Council on Aging marks **40 years** at the Pope's Tavern building. We are proud to say that we outgrew our facility – and are ready to create a roadmap denoting how Halifax Council on Aging Staff serves its Halifax residents.

While adhering to guidelines set forth by The Commonwealth's legislative board, the Executive Office of Elder Affairs aims to re-imagine the aging process and to offer supports systems and programs to caregivers, families and individuals journaling the levels of change (aka ageism). Some examples of what we provide are: coaching sessions, advocacy, educational and network resources, wellness programs, and connections to social services as needed. Coming out of a time of unrest, we must be ready to be that front-line to community, that credible resource. The need to expand is most important to future generations, so they too will develop healthy living skills.

A new home is greatly needed to carry out our endeavors. Various proposals have come and gone, and not because there is a lack of interest nor need, but that funding a key point. Halifax Building and Facility Needs Committee set forth a long-range plan while following guidelines that advocate for our ageless residents.

Halifax older adults have huddled and scrambled to find space when attending programs. Some found space in buildings not safe for a simple activity like painting or knitting. The Halifax aging community has been operating in a building no longer viable to enhance long-term-services and supports. Accessibility to every municipal/government building is complex and aims to comply with American Disabilities Act (ADA) – meaning that historic properties are to comply without altering or threatening the historic significance of a building or facility and in accordance to [ADA SAFE HARBOR PROVISIONS](#).

Towns all around are building new centers with special features to prepare and “play catch-up” of needed resources and programs. It is the goal of the Halifax Council on Aging, to work with all entities and community-based organizations in the building of a center that will prepare caregivers, families, and older adults to support optimal aging and value-based programs, such as SNAP, Fuel Assistance, and Healthcare Savings programs.

Keeping a positive outlook and partnering with organizations can help us understand the value of growing older. It will also help to navigate choices that can contribute to the betterment of older adults and for individuals with disabilities. We can “Grow Together.”



As we share proposed plans of future resources under one roof, we grow toward our objective of introducing an atmosphere of community engagement and essential long-term-services and supports. In an effort to continue services please vote on May 9, 2022 in support of a new CoA - Thank you **Art Egerton and Artisan Kyle Harney** for a drawing of our potential home!

Respectfully, Darlene Regan and Staff



HEALTHY EATING FOR SUCCESSFUL LIVING

Learn how to prevent the development or progression of chronic disease and improve your wellness.

- Explore MyPlate for meal planning
- Discuss label reading and portion control
- Learn how to stay physically active
- Discuss behavior change techniques

**THURSDAYS, APRIL 7, 2022 - MAY 12, 2022
1:00PM TO 3:30PM
AT THE HOLMES LIBRARY
470 PLYMOUTH STREET, HALIFAX
IN THE COMMUNITY ROOM**

For more information or to register, contact
Halifax Council on Aging
781-293-7313

www.ocesma.org



Singo was a huge hit this fall and we are bringing it back!

Join us Friday, April 29TH
from 11am-12pm at the Great Hall at Town Hall. Cost is \$5 per person and there will be prizes for the winners.

Pre-registration is required.

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! This is “not your Grandmas Bingo”

BEEYONDER VIRTUAL TRAVEL

Save the dates for the following virtual trips:

Wednesday, April 6th 10:30-11:30am

JAPAN: CHERRY BLOSSOM SEASON

Tuesday, May 3rd 10:00-11:00am

Greece: A Walk through Athens

If interested in this virtual tour please contact the COA to register. This will be a live real time presentation where you will be able to ask questions of your tour guide and you will receive a link to view from the comfort of your home or a group viewing will be held at the Council on Aging at these designated times.

SAVE THE DATE

**COA MOTHER'S DAY TEA
DON YOUR FINEST HAT AND
JOIN US ON**

**FRIDAY MAY 6TH-1PM
AT HENRICH HALL**

**CALL TO
TER-781-
7313**

**REGIS-
293-**



Halifax Council on Aging - Calendar of Events

April 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30-11:30 -State Rep Cutler Office Hours
4 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing @Holmes Library	5 9:30-Men's Coffee 10-TRIAD meeting @ Police Station-2nd floor *1:30-3:30 Tax Appointments	6 9:45- Chair Yoga @Henrich Hall 10-11-Blood Pres- sure & Glucose Screening 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall	7 9:30-Men's Coffee	8
11 9:30-11am- State Rep. LaNatra Office Hours 10-12- Cards/Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing @Holmes Library	12 9:30-Men's Coffee *1:30-3:30 Tax Appointments	13 9:45- Chair Yoga @Henrich Hall 10-11-Blood Pressure & Glucose Screening 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall	14 8:30-11:30-Blood Pressure & Glucose Screening 9:30-Men's Coffee 1:00-Book Club @ Holmes Library	15
18 COA CLOSED 	19 9:30-Men's Coffee 9:30-COA Board Meeting @ Town Hall	20 9:45- Chair Yoga @Henrich Hall 10-11-Blood Pres- sure & Glucose Screening 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate	21 8:30-11:30-Blood Pressure & Glucose Screening 9:30-Men's Coffee	22
25 10-12- Cards/ Cribbage 12-Congregate Meal 1:30-Knit/Crochet 1:30-Joy of Writing @Holmes Library	26 9:30-Men's Coffee	27 9:45- Chair Yoga @Henrich Hall 10-11-Blood Pres- sure & Glucose Screening 10-11-Women's Coffee 10:45-Gentle Yoga @Henrich Hall 12-Congregate Meal	28 8:30-11:30-Blood Pressure & Glucose Screening 9:30-Men's Coffee	29 *11-SINGO @ Great Hall  *11:30-1:00- Attorney Rawlins Office Consultation

Pre-registration is required for the events with an * mark. Call the COA at (781) 293-7313.

Yummy.

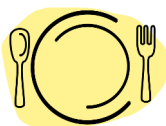
Congregate Meals

Every Monday and Wednesday

12:00 p.m. at the Halifax Council on Aging

Call in advance to reserve a seat at

**(781) 293-7313. Space is limited. \$2.50 donation is
suggested**



Upcoming menu:



- | | |
|-------------|--|
| 4/4 | CHEDDAR CHEESE OMELET |
| 4/6 | TURKEY CHILLI |
| 4/11 | HOT DOG W/ BAKED BEANS |
| 4/13 | CHEF'S SALAD |
| 4/20 | CHICKEN CACCIATORE |
| 4/25 | TURKEY & SWISS ON BULKIE ROLL |
| 4/27 | CHEESEBURGER |



Council on Aging's Launches Walk Massachusetts Challenge

Halifax MA – The HALIFAX COUNCIL ON AGING launches the
Walk Massachusetts Challenge on May 1, 2022

Walk Massachusetts is a community-wide walking challenge running May 1 - October 31, 2022 and is open to community members aged five and over. Each participant chooses from one of four predetermined challenges which based on distance or frequency. Individuals who complete the challenge receive raffle prize entries for themselves and their council on aging. Individual prizes include gift cards of Visa (\$50), Amazon (\$25) and Dunkin' (\$10). Councils on aging prize levels range \$250-1,000!

An annual program run by the Massachusetts Councils on Aging (MCOA), the Walk Massachusetts challenge returns with two major improvements this year:

- Originally designed for adults aged 60 and above, Walk Massachusetts is now an intergenerational initiative. Anyone aged 5-59 years old is encouraged to participate by walking and sponsoring an older adult of their choice! "Having a classroom of 5th grade children sponsoring older adults, strengthens ties within the community, improves one's health and may be a catalyst for additional intergenerational learning" said Lynn Wolf, MCOA's Communications Manager.
- Due to the volume of participants and prizes distributed the past two years, a dedicated website, www.walkmachallenge.com was created to register and log daily progress.

Please watch for the details of the kick-off on the Town and CoA Web-page's, CoA Web-page and posters through out businesses.

Walking is the most common way people remain physically active. Walking consistently has numerous physical and mental health benefits. "Regardless of how far or fast you walk, whether you use a cane or a walker, remaining active is key to aging well and living independently" said Tara Hammes, MCOA's Director of Member Services for Healthy Aging. Walking is accessible for most people whether done outside at your local park or indoors and in place on rainy days. Walking and the Walk Massachusetts challenge is a fun way to build community!

The HALIFAX COUNCIL ON AGING was established in 1982 and provides health and social services to older adults 60 and over, and any individual living with a disability. Located at 506 Plymouth Street, Halifax, MA 02338 is open from 8am to 4 pm Monday – Friday. Call [781-293-7313 ext. 135] with any questions or to learn more.

Respectfully,

Darlene Regan, Director



506 Plymouth Street • Halifax, MA 02338
Tel: (781) 293-7313 • Fax: (781) 293-1774
Website: www.halifax-ma.org/COA
[Follow us on Facebook!](#)

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HOURS OPEN TO THE COMMUNITY

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
Ivy Matheny
Judith Rakutis
Michael Rugnetta
Sarah Sloat

HALIFAX COA STAFF

DIRECTOR:

Darlene Regan

OUTREACH COORDINATOR:

Donna Porcello

RECEPTIONIST:

Diane Smith

NURSE/ASSISTANT OUTREACH:

Tricia Ross

OCES MEAL SITE MANAGER MANAGER, MEALS-ON- WHEELS:

Maria Maynard

VAN DRIVERS:

Gary Long, Diane O'Brien

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.