

# GROWING TOGETHER

## SERVING THE HALIFAX COMMUNITY



### UPCOMING EVENTS

#### HEALTHY LIVING COLLABORATION (BLOOD PRESSURE SCREENINGS)

Tuesdays: **August 1, 8, 15, 22, 29** at 10:30am

Wednesdays: **August 2, 9, 16, 23, 30** at 10:30am

Held at the Halifax Council on Aging

#### TRIAD

**Tuesday: August 1st, 10– Noon**, Fred Corrigan on Senior Safety  
Great Hall, 499 Plymouth Street, Halifax

#### COUNCIL ON AGING BOARD MEETING

**Tuesday: August 15th at 9:30am**  
Selectmen Mtg Rm, 499 Plymouth St.

#### BODY AND FIT

**Chair Yoga with Mary Lou** Wednesday's from 9:45am to 10:45am

**Gentle Yoga with Mary Lou** Wednesday's from 11:00am to 12:00pm

**ZUMBA GOLD with Heather** Wednesday's from 2:00pm to 3:00pm

#### AGING WITH GRACE (5 OF 5 PART SERIES)

##### *OCES Recipe for Success*

**Amanda Heintzelman, MS, RDN, LDN, Nutritionist/Dietician**

**August 23, 2023 at 10am**  
**499 Plymouth Street, Halifax**  
**Selectmen Board Room**



**MAKE SURE YOU REGISTER FOR ACTIVITIES AND EVENTS  
DUE TO LIMITED SEATING**

#### Coffee with your State Representatives and Veteran's Agent

**August 4th** State  
Representative Josh Cutler  
call for appt 617-422-2013

**August 14th**  
State Representative Kathy  
LaNatra 9:30—11am

Veteran's Agent Steve  
Littlefield 9:30—10:30am



**HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM**

# AUGUST 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WE THANK OUR SPONSORS FOR INVESTING IN LONGEVITY</b>	<b>1</b> <b>9am-11am</b> 2 Free Health Clinics (Town Hall; 9am-10am & Halifax Estates; 10am-11:30am) <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10am-12pm</b> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA) <b>10am-12pm</b> TRIAD (TOWN HALL, Second Floor Great Hall)	<b>2</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10am-12pm</b> Healthy Living Blood Pressure Check (COA) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> No ZUMBA 8/2/2023 (Great Hall)	<b>3</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA)	<b>4</b> <b>State Representative Josh Cutler Off-Site Hours</b> (Please call 617-422-2013 for an appointment; or email him at <a href="mailto:josh.cutler@mahouse.go">josh.cutler@mahouse.go</a> )
	<b>7</b> <b>10am-12pm</b> CRIBBAGE @ CoA <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>9</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10am-12pm</b> Healthy Living Blood Pressure Check (COA) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>10</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA)	<b>11</b>
<b>14</b> <b>9:30am-11am</b> Coffee with State Representative Kathleen La-Natra <b>9:30am-10:30am</b> Coffee with Veteran's Agent Steve Littlefield <b>10am-12pm</b> CRIBBAGE @ CoA <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>15</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10am-12pm</b> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	<b>16</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10am-12pm</b> Healthy Living Blood Pressure Check (COA) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>17</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>1pm-3pm</b> Book Club a COA Event (Holmes Library)	<b>18</b> <b>9:30am-11am</b> Council on Aging Board Meeting (499 Plymouth Street, Halifax (Selectmen Meeting Room))
<b>21</b> <b>10am-12pm</b> CRIBBAGE @ CoA <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>22</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10am-12pm</b> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	<b>23</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10am-12pm</b> Healthy Living Blood Pressure Check (COA) <b>10am-12pm</b> Recipe for Success Nutrition Seminar (Selectmen's Meeting Room) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>24</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA)	<b>25</b> <b>11am-12:30pm</b> Attorney Jason Rawlins @ CoA
<b>28</b> <b>10am-12pm</b> CRIBBAGE @ CoA <b>1:30pm-3pm</b> Knitting/Crochet Club	<b>29</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA) <b>10am-12pm</b> Healthy Living Collaboration for Blood Pressure Screenings (Halifax CoA)	<b>30</b> <b>9:30am-11am</b> Women's Social Hour (CoA) <b>9:45am-10:45am</b> Chair Yoga with Mary Lou (Henrich Hall) <b>10am-12pm</b> Healthy Living Blood Pressure Check (COA) <b>11am-12pm</b> Gentle Yoga with Mary Lou (Henrich Hall) <b>2pm-3pm</b> ZUMBA Gold/ Heather (Great Hall)	<b>31</b> <b>9:30am-10:30am</b> Men's Coffee Hour (COA)	



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Halifax Council on Aging, Halifax, Ma 06-5390



## Sending Wishes to August Babies



Judith Abar  
Kathleen Abruzese  
Frederick Allen  
Fred Anzivino  
Forrest Asci  
Susan Balestra  
Ann Balfour  
Gilbert Batchelder  
Beverly Begley  
Richard Beliveau  
Joseph Benson  
Laura Black  
Paul Blette  
Louis Boneski  
Kenneth Bowser  
Norma Braddock  
Barbara Brenton  
Elisabeth Buckley  
Robert Burk  
Fredrick Burlone  
William Cafarelli  
John Cahill  
Warren Carney  
Dorothy Casper  
Eloise Clawson  
Paulene Clinton  
Thomas Connolly  
Theresa Conway  
Norman Coombes  
Della Lee Copeland  
Steven Corkren  
Susan Cornick  
Donna Cox  
Debra Creed  
Helen Cuddy  
Eugene Damon  
Rick Davies  
Gerald Dibbern  
William Donovan  
Dorothy Doody  
Paul Doucette  
John Downey  
Nancy Doyle  
Helen Drozdick  
Dorothy Dunham  
Noreen Fahey-Minelli  
Jim Farmer

Linda Fernez  
Mike Fiumara  
Brian Foley  
Wendy Foley  
Michael Forster  
Paul Fottler  
Filomena Frattasio  
Louis Frazier  
David Fryer  
Linda Gavaza  
Mary Geraghty  
Stella Ghazarian  
Gail Gibbs  
James Giblin  
Patricia Gleason  
Donna Greenwood  
John Grew  
Diantha Guimares  
Rebecca Hall  
Amy Hanson  
Patricia Hardiman  
Deborah Harding  
Jeanne Harrington  
Shari Harris  
Kevin Hathaway  
Joyce Hay  
Marcia Hicks  
Anne Hodge  
Keith Hopkins  
Robert Johnson  
Norma Kent  
Jeanne Kling  
Dorothy Lamoureux  
Edward Landers  
Anita Landry  
Donna Latvis  
Anne Lindquist  
Diane Lithgow  
Carol Lockwood  
Mark Logiudice  
Tammy Lorizio  
Rita Magnarelli  
Judith Mahoney  
Donald Mayer  
Ann Mazzarella  
Aldine McGee  
Michael McLaughlin

Dennis McManus  
Thomas Millias  
Joan Moran  
Laura Murphy  
Muriel Nyberg  
Arthur O'Callaghan  
Joseph O'Kelly  
Carla Page  
Frank Peavey  
Joesph Pedini  
Lois Pento  
Rita Perry  
Brenda Pettingill  
Lyman Powers  
Robert Pratt  
Dorothy Rabuffetti  
Linda Redding  
Mark Reilly  
Patricia Reilly  
Amy Rhodes  
Gerald Riccio  
Gary Rich  
Carl Robbins  
Richard Roche  
Debra Rooney  
Deb Rosenberger  
Joseph Rossner  
Kathleen Saunders  
Richard Sawler  
Jo Schofield  
Mary Shanahan  
Michelle Shea  
John Shiavone  
Shirley Shultz  
Guy Silenzi  
Daniel Sloat  
Jame Smith  
Laurie Ann Spaziani  
Peter Stuart  
Patricia Sullivan  
David Thurston  
Charles Todd  
Joan Towne  
Peter Umbrianna  
Rosee Uttal-Duffy  
Susan Viator  
Kenneth Vinton

Judith Wall  
Denise Walsh  
Marion Walsh  
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**GENERATIONS** sets a path for all who wish to become a member. Any young adult may join to support older adults and the Halifax Council on Aging (a municipal Long-Term-Service and Supports Resource)

**GENERATIONS'** Members along with President Bella Rose organized a spectacular event on **June 4th**. The Fur Festival and Dog Parade required a number of permits and they worked to lay the ground for future events.

**GENERATIONS** is A 501(c)3 formed to support the Halifax Council on Aging and its members. Local sponsors like Tiny and Sons made a generous donation to the cost of the event. Dog owners paraded their pups in costumes that brought many smiles and laughs. Vendors who participated showed their support while Chef Sarah Sloat, cooked up many hot dogs, not dogs for the crowd. Many, many thanks for believing in the Halifax Senior Community.

**May 29th**, **GENERATIONS** "shined like a star" by working with Veteran's Agent Steve Littlefield at the Memorial Day Parade. The decorated wagon, donated by Nessralla Farms made its way down Plymouth Street with honor of our Military, and our famous Troy Garron. Kudos to everyone for making JUNE 2023 a wonderful month!

**GENERATIONS** a power of kindness sown from a seed!

**AUGUST 23RD, 499 PLYMOUTH STREET, HALIFAX  
SELECTMEN BOARD ROOM**

**FEEL FREE TO JOIN OCES DIETITIAN/NUTRITIONIST  
AMANDA HEINTZELMAN, MS, RDN, LDN**

Amanda's **"Recipe for Success"** will focus on:

- Healthy eating for older adults
- Reading nutrition facts on labels
- Defining the importance of how nutrients & hydration matter!

**In addition, there will be an open discussion of the following:**

- Chronic disease progression
- How inflammation increases the risk of progression
- What changes in our eating patterns can do for nutrition goals
- And the discussion on supplementation, **if** and **when** it is beneficial

Amanda Heintzelman, MS, RDN, LDN is a dietitian/nutritionist for Old Colony Elder Services. She is involved with menu planning and nutrition consults as well as program supervision. Amanda has been working as a dietitian for twelve years with the last eight years focusing on aging. We are fortunate to connect with Amanda, and to help us "weed through the murky waters of nutrition misinformation and provide sound, easy-to-follow nutrition advice.



## New Town Hall Hours

The Halifax Town Hall changed its hours on Monday, July 10<sup>th</sup>, 2023. The change came as a way to improve accessibility to government services and to better serve the public.

Town Hall's new operating hours will be as follows:

**Monday:** 7 am to 4:30 pm

**Tuesday:** 7 am to 6:30 pm

**Wednesday:** 7 am to 4:30 pm

**Thursday:** 7 am to 4:30 pm

**Friday:** Closed



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HALIFAX COUNCIL ON AGING IS SPREADING THE WORD

## SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH

WEDNESDAY, SEPTEMBER 20<sup>th</sup>

12:00PM TO 2:00PM LUNCH IS OFFERED BY **OCES**

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## HALFAX COUNCIL ON AGING

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**DASH is a 4-part series and begins in September and ends  
December (one week a month):**

**East Bridgewater YMCA is offering a free Healthy Living event @ CoA**

**Tuesday September 12th and Wednesday September 13th**

**Tuesday October 10th and Wednesday October 11th**

**Tuesday November 7th and Wednesday November 8th**

**Tuesday December 12 and Wednesday December 13**

**Have a Voice! Give us a call and let us know the programs, wellness  
activities and educational events you enjoy. We are “approachable” and  
will do our best to locate a safe environment to keep you smiling.**

**Starting in September, COFFEE HOURS will be Daily. We are open to  
Halifax CoA Members and Friends who wish to talk of current events, with  
respect of others in mind. Come laugh, educate and be choose wisely your  
topics in a public place - Thank you !**

**GRATEFUL TO THE MCC AND HALIFAX LCC**

**TRIAD— building safe  
communities  
one-at-a-time**



**August 2023 | Growing Together**

## HALIFAX COA

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Chairman**

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**COA Director**

Darlene Regan

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Judith Rakutis, Michael Rugnetta  
Sarah Sloat, Kimberly King-  
Cavicchi and Ruth Mills-Walters  
Fred Corrigan

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**Director**

Darlene Regan

**Outreach Coordinator**

Search Team in Progress

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