March 2024 | Halifax Council on Aging Newsletter

GROWING TOGETHER

SERVING THE HALIFAX AGELESS COMMUNITY

ST. PARTRICK'S DAY PARTY
WILL BE ON MARCH 22nd
From Noon to 3:00pm
JONES RIVER TRADING POST
42 ELM STREET
KINGSTON, MA 02364

March is a busy month. Let us be mindful and acknowledge the good works of Council on Aging facilities, Senior Centers and Active Living Centers. The message I send is, take time to reflect on the aging process and generate conversations like: Do you feel old, do you act old? What age is old? How do other countries view aging?

Shaping our future and health comes from recognizing how we reframe aging. Stop and think of the times you unequivocally commented on a person's looks or level of activities or agility because of their age rather than their abilities. For an example: "You look great for your age" or "People your age can get hurt playing pickleball."

We at the Council on Aging, Senior Centers, and Active Living Centers are being asked to prepare, recognize, and educate future generations of their implicit hidden biases. Changing attitudes about aging and recognizing we are all aging, is the future goal here at the Halifax COA. Take time to think about how you may work to encourage intergenerational learning and activities that help us to live a meaningful life as we live out our life span. Be committed to partake in lifetime learning programs, fun activities, and events. Every town has invested in young communities and growth. Let's work on retaining youth! Have an open conversation with your family and or friends at any age and note that according to the National Institute of Health "life processes and lifestyle-related diseases has shown that the issues of aging, quality of life and longevity cannot be successfully approached with disease-oriented thinking." The Spirit of longevity is created from within, "live, life, love."

Stay well, *Darlene Regan*

HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

COMMUNITY PAGE

Check out these great FREE events we are offering this month!

- **Hip Hop Dance Chair Exercise Class**

March 12th 11:00AM The Great Hall Come shake, rattle and roll with Rondae Drafts! This class is sponsored by The Massachusetts Cultural and Halifax Local Councils. Rondae brings high energy and a lot of dance fun to you! Come check it out! You won't want to miss it!

- **Senior Tax-Exempt Breakfast**

March 19th and 20th 10:00-11:00 Council on Aging
Meet with town representatives and learn about **Tax Exemptions** that are offered to seniors in town! Refreshments will be served.

2nd Annual Don't Sheamus—Join Us , An After St. Patrick's Day Luncheon
March 22nd Noon to 3pm , Jones River Trading Post, 42 Elm St. Kingston. Free Event!

- **OCES Healthy Eating on a Budget Lunch n Learn**

March 28th 10:00-11:30 Selectman's Room
Learn with Old Colony Elder Services about ways to make healthier choices, how to read nutrition labels and how to budget at the grocery store. Lunch will be provided.

- **Community Outreach Meeting**

March 26th 1:00-3:00 Council on Aging
Meet with representatives from Old Colony Elder Services and the Council on Aging to learn more about the services we provide. This months meeting will be held at the COA.

TIRAD MARCH 5TH DISTRICT ATTORNEY CRUZ AND OUTREACH STAFF WILL ENLIGHTEN YOU ON THE LATEST SCAMS - Great Hall, Meet Roxy Halifax's Comfort Pup

Save the Date April 1st

Oasis Senior Advisors
April 1st 11:30-12:30pm
Council on Aging
"Busting Myths and Getting Savvy About Senior Living"

Learn a great deal about how independent living differs from assisted living, memory care, and skilled nursing; when is the right time to make a move; how to find just the right community for your-self or a loved one.

oasis SENIOR ADVISORS PLYMOUTH, CAPE COD AND THE SOUTHCOAST

Coffee with the State Representative

State Representative Kathy LaNatra
March 4th
9:30-11:00am

Businesses supporting our Halifax Community

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Curtin Brothers's Oil Company
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COMMUNITY PAGE

2nd Annual

"Don't Sheamus—Join Us"

St. Patrick's Day Luncheon"

March 22nd 12:00-3:00PM

Jones River Trading Post

42 Elm Street, Kingston

RSVP by March 15th

Love was in the air this Valentines Day at the COA! Fun was had delivering Meals on Wheels with special valentines made by Bella. Our first Pop Art School event was a great success! Keep your eye out for more events from The Pop Art School. You won't want to miss it!

OUTREACH NEWS

GOT PRESCRIPTION ADVANTAGE?

If not, you may be eligible to participate in the pharmacy assistance program through the Commonwealth of Massachusetts. Prescription Advantage helps when you reach the coverage gap under Medicare Part D (prescriptions). The current income guidelines for no cost are $0—$43, 741.00 for singles and $0 -$59, 160.00 for married couples. Having this program enables you to change your drug plan outside the annual enrollment period. Call for a SHINE appointment to see if you qualify 781-293-7313 Ext. 139

Blood Pressure Screenings are back!

Nurse Laurie will be at the COA on Thursdays from 9:30-11:30pm to check blood pressure and provide diabetes support. The COA will provide a personal Senior Medicare Patrol Booklet upon your visit!

Shine will be available for appointments on March 14th and March 28th

SHINE
Serving the Health Insurance Needs of Everyone

OCES

SOUTH SHORE COMMUNITY SSCAC EST 1965 ACTION COUNCIL

SNAP
Putting Healthy Food Within Reach
USDA Supplemental Nutrition Assistance Program

Independence Associates, Inc.

MASSACHUSETTS Good Neighbor Energy Fund
THE SALVATION ARMY

IA

BY APPOINTMENT

SOCIAL SECURITY ADMINISTRATION USA

NeighborWorks® HOUSING SOLUTIONS

Celebrate St. Paddy's Day!

P	E	D	A	R	A	P	G	R	E	E	N	B	E	E	R	N	I	O
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E	T	S	K	C	U	L	P	C	E	L	T	I	C	A	L	I	E	G

Word List:

BAGPIPE	BLARNEY	BLESSINGS	CABBAGE
CASTLE	CELEBRATE	CELTIC	CHARM
CHEER	CLOVER	COINS	CORNEDBEEF
DANCE	DRINKING	ERINGOBRAGH	FOLKLORE
GREEN	GREENBEER	HARP	HOLIDAY
IRELAND	IRISH	JIG	KISS
LEPRECHAUN	LIMERICK	LUCK	MARCH
MUSIC	PARADE	POTOFGOLD	RAINBOW
SAINTPATRICK	SEVENTEENTH	SHAMROCK	SNAKES
TOPHAT	TOPOFTHEMORNING	TRADITION	WISH

Law Enforcement Senior Citizens

TRIAD

Seniors And Law Enforcement Together

Support/Protective Services

TRIAD will hold is monthly meeting on March 5th
District Attorney Tim Cruz will be there to speak about Scam Prevention.
Special Guest K9 Roxy will be making her first TRIAD appearance.
Tuesday March 5th,10:00AM The Great Hall

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We are here to support South Shore Community Action Council and its efforts to reach out to qualified residents needing fuel assistance

Monday's and Thursday's
BY APPOINTMENT ONLY

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.

National Academy of Elder Law Attorneys

Jason Rawlins, Esq
Paula Schlosser, Esq
David Kiley, Esq

Schedule your complimentary first visit today!

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2nd Annual
"Don't Sheamus—Join Us"
St. Patrick's Day Luncheon"

March 22nd 12:00-3:00PM

Jones River Trading Post

42 Elm Street, Kingston

RSVP by March 15th

HAPPY

St. Patrick's

DAY

RONDAE DRAFTS

PHD.ABD

MUSIC DANCE.EDU
P.O. Box 212
Randolph, MA 02368
617-429-2507

Sassy and Sixty!

RONDAE DRAFTS, PhD.abd

Founder and Executive Director of MUSIC Dance.edu

Rondae Drafts served as a Director of Hip Hop Dance Company in Massachusetts and an Adjunct Humanities Professor at various universities throughout New England. In addition to Public Speaking, English, Writing, and Theatre Courses, Professor Drafts also introduced Hip Hop Dance at MIT where she spread her vibe and creativity to participants and students who were in wheelchairs

The current Executive Director of MUSIC Dance.edu, Rondae is a PhD. abd researching Hip Hop's impact on contemporary music. She is a Pittsburgh, Pennsylvania Native who graduated from the Pennsylvania State University with a Bachelor of Arts Degree in Speech Communications, and later moved to Massachusetts and received a master's degree in education from Cambridge College

"I love music and dance! We are so excited to bring ageless adults from across Massachusetts to celebrate, move and groove. This is the place where the arts join forces with health and movement to improve the quality of life for our ageless community."

PLEASE JOIN US
MARCH 12TH
11:00am to 12:00pm
499 Plymouth Street
Halifax Town Hall
Second Floor
Great Hall

A special appreciation gift for the first 10 sign-ups

Many thanks to Massachusetts Cultural Council and Halifax Local Council

Mass Cultural Council

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Please call to register for classes. 781-293-7313				**1 Coffee Social** **COA 10:00-11:00am** **Open Art Class** COA 10:00-12:00pm
4 Coffee Social **COA 10:00-11:00AM** Cribbage-10-12 COA Cardio Strength The Great Hall 10-11 Community Dining COA 12:00 Knitt/Crochet- 1:30-3 Writers Group- Library 1:30-3:20	**5 Coffee Social** **COA 10:00-11:00am** **TRIAD** 10:00am The Great Hall **Scam Prevention** with District Attorney Tim Cruz	**6 Coffee Social** **COA 10:00-11:00am** Community Dining COA 12:00 Zumba Gold The Great Hall 2:00-3:00pm	**7 Coffee Social** **COA 10:00-11:00am** Chair Yoga The Great Hall 12:00-1:00 Blood Pressure Screenings 9:30-12:00 TBA	**8 Coffee Social** **COA 10:00-11:00am** Attorney Paula Schlosser COA 10:00-12:00pm
11Coffee Social **COA 10:00-11:00am** Cribbage-10-12 COA Cardio Strength The Great Hall 10-11 Community Dining COA 12:00 State Rep. Kathy LaNatra 9:30-11:00 Knitt/Crochet- 1:30-3 Writers Group- Library 1:30-3:20	**12 Coffee Social** **COA 10:00-11:00am** **Hip Hop Class** **11:00AM** **The Great Hall** Attorney David Kiley 1:00-3:00 pm COA COA Advisory Board 9:30-11:00am	**13 Coffee Social** **COA 10:00-11:00am** Community Dining 12:00pm COA Zumba Gold The Great Hall 2:00-3:00pm **Book Mobile**	**14 Coffee Social** **COA 10:00-11:00am** Chair Yoga The Great Hall 12:00-1:00 Blood Pressure Screenings 9:30-12:00 TBA	**15 Coffee Social** **COA 10:00-11:00am** Open Art Class COA 10:00-12:00pm
18 **Coffee Social** **COA 10:00-11:00am** Cribbage-10-12 COA Cardio Strength The Great Hall 10-11 Community Dining COA 12:00 Knitt/Crochet- 1:30-3 Writers Group- Library 1:30-3:20	19 **Coffee Social** **COA 10:00-11:00am** Senior Tax Exempt Breakfast n Learn. 10:00-11:00 COA Crafts with Maddie 12:00-2:00pm	**20 Coffee Social** **COA 10:00-11:00am** Senior Tax Exempt Breakfast n Learn. 10:00-11:00 COA Community Dining 12:00 COA Zumba Gold The Great Hall 2:00-3:00pm	**21 Coffee Social** **COA 10:00-11:00am** Chair Yoga The Great Hall 12:00-1:00 Blood Pressure Screenings 9:30-12:00 TBA	22 **Coffee Social** **COA 10:00-11:00am** **St Patrick's Day Lunch!** **Jones River Trading Post** **12:00-3:00pm**
25 **Coffee Social** **COA 10:00-11:00am** Cribbage-10-12 COA Cardio Strength The Great Hall 10-11 Community Dining COA 12:00 Knitt/Crochet- 1:30-3 Writers Group- Library 1:30-3:20	**26 Coffee Social** **COA 10:00-11:00am** **Community Outreach Meeting** 1:00-3:00 COA	**27 Coffee Social** **COA 10:00-11:00am** Community Dining 12:00 COA Zumba Gold The Great Hall 2:00-3:00pm	**28 Coffee Social** **COA 10:00-11:00am** Chair Yoga The Great Hall 12:00-1:00 **OCES HEALTHY EATING ON A BUDGET** **10:00-11:30** **Selectmen's Room** Blood Pressure Screenings 9:30-12:00 TBA	**29 Coffee Social** **COA 10:00-11:00am** Open Art Class COA 10:00-12:00pm Attorney Jason Rawlins 11:30-12:30pm COA

HAPPY MARCH BIRTHDAY BABIES

Dorothy Allen
Eileen Barnett
Francis Barresi
Marcia Bauer
Diane Bennett
Carol Bottary
Anne Bunker
Donna Burbank
Louise Carbone
Phyllis Carrasquillo
Sheila Carroll
Matthew D. Casey
Robert Cole
Helen Collis
Michael Conway
Muriel Cook
Lyn Curtin
Anthony Curtin, Jr
Ralph Danforth, Jr.
Avard Davidson
Laurie Davis
Janet Devine
Anne Donovan
Lynda Dunn
Gerald Epstein
Pamela Erwin
Stanley Estabrook
Joan Frederick
Doris Fucci
Wilfred Gagnon
Frank Garibaldi
Troy Garron
Marianne Garvey
James W Giles Jr
Edward Golant
Robert Goodrow
Margaret Goyette
Robert Grahn
Hildred Hamlin
Keith Hamlin
Dorothy Hammond
David Hatch Sr.
James Hermitage
Paula Hess
Leslie Anderson Hickey
Joan Hindmarsh
MARK HIRTLE
Brian Howard
Geraldine Howie
Cheryl Hunnewell

Eleanor Hurst
Raymond Jacobs
William Katzenberger
Rose Kennedy
Steven King
Christine Ladd
Deborah Landry
Patricia Lang
Martin Langelier
Donna Leahy
Virginia Lombardi
Pauline Long
Elaine Lucas
Reggie McManus
Theresa Macdonald
Maryellen Macmillan
Joseph Mahoney
Susan Mandeville
Patricia Manganello
Rosemarie Marks
Wesley Martin
Sherrill Maxwell
Arlene McAuley
Linda McCarthy
John McDonough
Thomas McKenna
Ronald McLeod
Linda McSharry
Alison McSweeney
Ann Morley
John Mosesso
Kozhaya Nessralla
Jayne Nussdorfer
Kevin O'Brien
Robert O'Brien
Joan Parker
Ruth Pasteris
George Paulin
Maryellen Perrault
John Perry
Linda Peterson
Dave Phillips
Peter Pizzi

Gilman Pratt
Michael Proulx
Judy Rakutis
Richard Rampsi
Richard Rexford

Franklin Rhodes

Victor Ricciardi
Kathryn Roche
Thomas Rodrigues
Barbara Rogers
Bob Rogers
Donald Rollins
Michael Rosano
David Rowan
Debra Scioscia
Donna Silva
Wayne Silva
Patricia L Simonton
Kathy Skotniczny
Pat Smith
Paula Spaziani
Catherine Spillane
Doreen Stewart
Lew Stone
Lynda Swanson
Dorothy Sweeney
Diane Thomas
Patricia Tierney
Christine Tompkins
Carole Torrey
Martin Touhey. Jr
Jeff Trop
Ronda Trop
Michael Umbrianna
James Ventola
Stephen Vinal
Gerd Voss
John Walker
Lynn Whalen
William Wheeler
David Whitney
Janyce Whitney
William Williams
Henry Wusteney
Barbara Young

OCES

HEALTHY EATING ON A BUDGET

What you should know to get the best value for your money:

- The nutrition food label
- Serving size versus portion size
- The MyPlate for meal planning
- Grocery shopping tips

Join us!

for Lunch and Learn

HALIFAX COUNCIL ON AGING
THURSDAY
MARCH 28, 2024
10:00-11:30 AM
LOCATION: 499 PLYMOUTH STREET
ROOM: SELECTMAN ROOM

Registration is required,
contact: Barbara Curtis 508-293-7313

www.ocesma.org

OCES NUTRITION PROGRAM
MARCH 2024
REGULAR

Old Colony Elder Services
Providing services to the community since 1974

Community Dining Menu

Please call the nutrition department for meal cancellations by cancellation by10 am *two days* before delivery-508-584-1561.

Suggested Donation-$2.50/meal ***Menu subject to change without notice.*** *SF=Sugar Free WG=Whole Grain*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starch, vegetable				**1** Baked Salmon with **Lemon Butter Sauce** 339 **Rosemary Roast Potatoes** 109 Green Beans 3 **Cracked Wheat Bread** 115 Tangerine 4 Cal:724 Sodium: 708 mg Carb: 86 g From Meal: 48 g
4 Turkey Chile 373 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 80 Apple Oatmeal Bar 85 Cal: 823 Sodium: 592 mg Carb: 114 g From meal: 77 g	**5** Cheese Lasagne with Bolognese Sauce 409 Italian Vegetables 19 Vienna Bread 150 **Hot Caramelized Pears** 20 Cal: 675 Sodium: 737 mg Carb: 87 g From meal: 51 g	**6** Hawaiian Chicken 95 Pineapple Rice 10 Mixed Vegetables 42 Multigrain Bread 150 Fresh Banana 1 Cal: 639 Sodium: 429 mg Carb: 100 g Fro meal: 61 g	**7** Pot Roast with Gravy 177 Whipped Potatoes 20 Mixed Vegetables 42 Wheat Bread 65 Vanilla Pudding 220 MOD: SF Jello 95 Cal: 734 Sodium: 662 mg Carb: 102 g From meal: 71 g	**8 COLD MEAL** Dilled Egg Salad 284 **Carrot Raisin Salad** 146 **Tossed Salad** 17 Whole Wheat Bread 65 **Italian Dressing** 20 **Chocolate Chip Cookie** 56 MOD: SF CC Cookie 55 Cal: 865 Sodium: 725 mg Carb: 80 g From meal: 53 g
11 Salisbury Steak with Gravy 443 Mashed Potatoes 20 Carrots 67 Oatmeal Bread 240 Mixed Fruit Cup 5 Cal: 680 Sodium: 914 mg Carb: 85 g From meal: 59 g	**12 COLD MEAL** **Chicken Salad** 170 **Coleslaw** 64 **Three Bean Salad** 33 **Whole Wheat Bread** 65 **Oatmeal Crème Cookie** 150 **MOD: Graham Crackers** 95 Cal: 844 Sodium: 624 mg Carb: 87 g From meal: 48 g	**13** Beef Burgundy 109 Buttered Noodles 38 Green Peas 82 Cracked Wheat Bread 115 Fresh Banana 1 Cal: 761 Sodium: 629 mg Carb: 103 g From meal: 63 g	**14 High Sodium Day** Corned Beef** 749 Parslied Potatoes 16 Cabbage & Carrots 49 Oatmeal Bread 240 Lorna Doones 100 Cal: 685 Sodium: 1291 mg Carb: 87 g From meal: 57 g	**15** Macaroni & Cheese 366 Winter Vegetables 14 Cracked Wheat Bread 115 Hot Cinnamon Pears 6 Cal: 734 Sodium: 638 mg Carb: 132 g From meal: 74 g
18 Chicken Parmesan 395 Rotini 4 Italian Sauce 138 Peas & Carrots 75 Wheat Bread 65 Fresh Orange 0 Cal: 733 Sodium: 814 mg Carb: 104 g From meal: 74 g	**19** **Taco Beef** 393 **Mexicali Brown Rice** 20 **Fiesta Vegetables** 16 **Flour Tortilla** 95 **Fresh Banana** 1 SPRING Is Here! Cal: 739 Sodium: 845 mg Carb: 86 g From meal: 47 g	**20** Chicken Cacciatore 438 Buttered Noodles 38 Broccoli & Cauliflower 14 Multi Grain Bread 150 Hot Cinnamon Pears 6 Cal: 623 Sodium: 783 mg Carb: 80 g From meal: 48 g	**21** BBQ Pulled Pork 307 **Tater Tots** 230 **Sliced Carrots** 67 **WW Hamburger Bur** 180 **Fresh Apple** 2 Cal: 701 Sodium: 923 mg Carb: 87 g From meal: 52 g	**22** **Vegetarian Chili** 554 White Rice 2 **Zucchini** 2 **Wheat Bread** 65 **Chocolate Chip Cookie** 56 **MOD: SF Chocolate Chip Cookie** 55 Cal: 617 Sodium: 816 mg Carb:103 g From meal:75 g
25 Teriyaki Chicken** 544 Fried Rice 108 Asian Vegetables 43 Oatmeal Bread 240 Jello 95 Cal: 627 Sodium: 1170 mg Carb: 81 g From meal: 67 g	**26** **Sloppy Joe** 217 **Whipped Sweet Potatoes** 36 **Spinach** 110 **WW Hamburger Bun** 180 **Fresh Apple** 2 Cal: 756 Sodium: 682 mg Carb: 97 g From meal: 61 g	**27** Chicken Scallopini 112 Parslied Rotini 4 Italian Vegetables 19 Vienna Bread 150 Fudge Round Cookie 85 MOD: Lorna Doones 100 Cal: 659 Sodium: 507 mg Carb: 88 g From meal: 52 g	**28** Meatloaf Patty w/Gravy** 525 Baked Potato Half 4 Green Peas 82 WW Bread 65 Sour Cream 9 **Mixed Fruit** 5 Cal: 795 Sodium: 828 mg Carb: 90 g From meal: 63 g	**29** Swiss Cheese Omelet 315 **Home Fries** 6 **Peppers & Onions** 54 **Maple Chip Pancake** 162 Strawberry Yogurt 75 **Orange Juice -No Milk** 15 Cal: 708 Sodium: 658 mg Carb: 96 g From meal: 82 g

***Indicates food item w/>500mg sodium v=high sodium meal**