



HALIFAX COUNCIL ON AGING



March 2015



Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338

Hours: 9am-3pm Monday—Friday
781-293-7313 or 293-3883
Fax: 781-293-1774

DIRECTOR Barbara Brenton
RECEPTIONISTS Judy Sheppard & Betty Buidorket
NUTRITION / M.O.W. Maria McGaffigan
OUTREACH WORKER Joyce Curran
OUTREACH ASSISTANT Elaine Marzilli
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Frank Sullivan, Christine Tompkins

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BRINGING DIVERSE FAITH TOGETHER TRADITIONS



You are invited to attend our annual **INTERFAITH SERVICE** on Tuesday, April 21st from 11:00am-1:00pm, at our Halifax Town Hall. This event provides a time to meet others who are facing the day-to-day challenges of loss, grief and demands of the week. There will be a special service of restoration, healing and new beginnings led by Rev. Joseph Wadsworth of the Congregational Church and Father Hobson of Lady of the Lake Church. Please bring family members, a friend or neighbor to share in this event. There is an elevator to the Great Room on the second floor, and there will be a light lunch following the service. Please call us if you plan to attend so that we can plan accordingly.

SING-A-LONG! Join us on **Monday, March 23rd** @ 1:00pm with Steve Damon....coming to us from Gill, Mass. It's going to be a great time, and please call our office to let us know that you'll be coming!



MARK YOUR CALENDAR....Wednesday, March 11th NOON Halifax Country Club will host the annual **St. Patrick's Day Festivities** which include a full, hot lunch and entertainment. Cost: \$15.00 per person. Select: Corned

Beef & cabbage boiled dinner, carrots, potatoes, apple crisp, rolls & butter or Baked scrod, butternut squash, roasted potatoes, rolls & butter, apple crisp. **ROGER TINCKNELL** will bring a festive celebration of Irish musical traditions performed on a variety of traditional instruments, including guitar, banjo, Irish Bouzouki, drum, mandolin, pennywhistle, spoons and harmonica! Ballads, work songs and traditional Celtic sing-alongs are interspersed with jigs and reels. Everybody is encouraged to sing, clap and dance!

RESERVE YOUR SPOT TODAY AND CALL OUR OFFICE!

This program is supported in part by a grant from the Halifax Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

FROM OUR DIRECTOR....I am very happy to see signs of spring (as I bet you are, too!) approaching with the January and February snow blizzards finally behind us. It is always amazing to me the resilience of New Englanders and what we can endure. I am grateful for the "hope" of the change of seasons that are on their way. Transitions are inevitable and some of you may or may not be aware that Carol Elliott our blood pressure/glucose nurse resigned in early February. Carol, with her many gifts and talents, a giver to our seniors in many ways will certainly be missed. We are thankful for the 3+ years she gave to the senior center and the wonderful job as coordinator of the Friendly Visitor Program. Carol did an awesome job, contributed greatly, helped many and we hope she visits us often.

I am excited to announce the COA was just awarded grant monies (\$600.00) for a new type of "Walking Program." You will be receiving more information next month in the newsletter about this special program where you can track your steps or time of walking at your pace and leisure. There will be 20 pedometers/tracking devices given to the first 20 people who are serious about signing up. If you prefer not to use the tracking technology that is ok too! There is an easy way to track your steps by the "time" it takes you to take a walk. You can walk in your own home, while on vacation, outside, at the mall, while you shop, even sitting in a chair! A recording sheet will be given to all participants. The benefits of moving by walking are many, whether walking in place, in your home, walking your street, on a treadmill, or jogging: improves blood pressure, mood, cholesterol, weight control, sleep, and much more. The program can be done alone, with a walk buddy or in a small group! Stay tuned for more information coming your way or call me if interested.

~Barbara

We are very fortunate to have a visiting author, Don Brown ("The Morphine Dream") who be with us on the *first Tuesday of every month* from 1-3 pm conducting a **WRITING WORKSHOP** for all present and future writers! He will help you learn how easy it is to get your life story down on paper or perhaps publish your story! Even if you only want to share those stories with family and friends, the important piece is to preserve the stories for them because only YOU can tell YOUR story! Everyone has a story to tell! Mark your calendar and perhaps you'll see how fun, informative and inspirational this workshop will be! CALL our office to be placed on the list.





GENERATIONS

*A multi-generational community group
whose purpose is to engage in the support of the
Halifax Council on Aging*

Please call Dottie 781-754-0645 if you have questions

The book depository in back of the COA (unused household donations, books, clothing, etc.) proceeds help support their ongoing endeavor.

On **Sunday, March 29th** at 3:00pm, a trip to see the show
"Jesus Christ Superstar" (\$40.00 per person)

Please call Dottie BY MARCH 14TH!

There will be a meeting on **Friday, April 10th** at 11:30 am,
Hotdogs and Hamburgers \$5.00 per person.



Get the Food You Need to Stay Healthy
Apply for SNAP/Food Stamps. Project Bread's FoodSource Hotline offers free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone.

Counselors are also available to help current recipients ensure they are receiving the maximum benefits. Call Today! 1-800-645-8333

Seniors should press 2 for the dedicated Senior Line
Monday-Friday 8am-7pm & Saturday 10am-2 pm

*Special hours for seniors in March and April are
Mondays & Wednesday 2:00 pm to 7:00 pm

An optimist is the human personification of spring.
~ Susan J. Bissonette

Help us go GREEN with the newsletters which is available online at: www.seekandfind.com AND on the town of Halifax website. If you read the newsletter online and choose not to receive it in your mailbox, please call us! For those who continue to receive a 'hardcopy', remember to keep us informed if you are away for an extended period of time.

Senior Center Tip of the Day: Don't tape ANYTHING to your computer monitor...even post-it notes! It will alter the function of your screen.

Do you need a ride to a doctor's appointment (Monday through Friday) or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs.



Thursday, noon to 1pm pick up = Stop & Shop
Friday, 9-10 am pick up = Walmart



Van rates roundtrip

In town = \$2.00 South Shore Area = \$6.00
Cape Cod = \$10.00 Boston = \$30.00

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war.



TRIAD

Ken Vinton, Chairman

Triad meets every 2nd Tuesday of the month at the **Halifax Police Station, 2nd floor**. Everyone is welcome to attend the meetings, which starts at 10a.m.

On Tuesday, March 10th, the Guest Speaker will be Julie Richer from **Harbor Community Health Center in Plymouth**. She will speak on medical and behavioral health services. Please join us!



OLD COLONY ELDER SERVICES will be offering a "Lunch & Learn" here on **Wednesday, March 18th @ noon**.

Come and enjoy a wonderful and nutritious meal while learning about the national nutrition month's focus "Bite Into A Healthy Lifestyle". CALL OUR OFFICE TO SAVE YOUR PLACE AT THE TABLE!

Attorney Jason Rawlins volunteers his time with seniors in our town. If you wish to speak to him, please call for an appointment time. He meets at the COA every fourth Friday. Next meeting: is March 27th, 11:00 am.

FYI... The "Are You Okay?" program has been changed to SAFETY ASSURANCE for INDEPENDENT LIVING. This is organized and run through the Plymouth County Sheriff's Department, providing a FREE service of calling you anytime between 6am and noon daily, giving peace of mind as you start your day. This added support system can enhance your security and improve your quality of life. Sign up by calling -1-800-622-4300 or visit www.pcsdma.org

Come to the making of MAY BASKETS on April 9th and 14th, 12:30pm. These are put together for Halifax seniors in local nursing homes and who are shut-in. We will have the supplies available, but donations of candy or small plants that fit in baskets would be appreciated. Call our office to save a spot, or speak to one of our staff members.



DEPRESSION, ANXIETY CAN PRECEDE MEMORY LOSS IN PEOPLE WHO MAY DEVELOP ALZHEIMER'S

People who have cognitive symptoms associated with the development of Alzheimer's disease may experience depression, sleep problems and behavioral changes before showing signs of memory loss, according to a new study. Researchers found that study participants who developed cognitive problems that may indicate oncoming dementia were more than twice as likely to have symptoms of depression sooner than those without cognitive problems. Other behavior and mood symptoms such as apathy, anxiety, appetite changes and irritability also arrived sooner in participants who developed typical dementia symptoms. Read more at this website:

This information was taken from <http://health.usnews.com/health-news> AND <http://www.alz.org/>

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MARCH 2015

Spring is nature's way of saying, "Let's party!"
~Robin Williams



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	3 9:00 Men's Coffee Hr. SHINE 12:00 Lunch, Nails by Julie 1:00-3:00 Writing Workshop 1:30-3:30 Tax help, by appointment only 2:30 Line Dancing @ All Seasons Restaurant	4 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 12:00 Lunch 6:30 Line Dancing @ All Seasons Restaurant	5 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game & Tea Afternoon	6 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing, Town Hall 12:00 Lunch <u>SATURDAY, 7th</u> DAYLIGHT Savings begins!
9 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	10 9:00 Men's Coffee Hr. SHINE 10:00 TRIAD Mtg. 12:00 Lunch 1:30-3:30 Tax help, by Appointment only 2:30 Line Dancing @ All Seasons Restaurant	11 10:00 Quilting 10:30 Wii games 12:00 St. Pat's Lunch @ Halifax Country Club  6:30 Line Dancing @ All Seasons Restaurant	12 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 Lunch 12:30 Grocery Shopping	13 9:00 Trip to Flower Show in Boston 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ballroom Dancing class, Town Hall 12:00 Lunch
16 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	17 9:00 Men's Coffee Hr. SHINE 10:00 Board Mtg.  12:00 Lunch 1:30-3:30 Tax help, by appointment only 2:30 Line Dancing @ All Seasons Restaurant ST. PATRICK'S DAY	18 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:30 Wii games 11:00 Veteran Agent, Will Corey 12:00 "Lunch & Learn" (see pg. 2 for specifics) 6:30 Line Dancing @ All Seasons Restaurant	19 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	20 9:00 Errands & Walmart 10:00 Exercise Class 11:00 Ball Room Dancing class, Town Hall 12:00 Lunch FIRST DAY OF SPRING 
23 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Name-that-Tune sing-a-long 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	24 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 1:30-3:30 Tax help by appointment only 2:30 Line Dancing @ All Seasons Restaurant	25 9:30 Senior Fit @ Town Hall 10:00 Quilting 10:00a-1:00pm Brown Bag Pick up 10:30 Wii games 12:00 Lunch 6:30 Line Dancing @ All Seasons Restaurant	26 8:30 Blood Pressure Checks 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping	27 9:00 Errands & Walmart 11:00 Attorney Jason Rawlings available, Ball Room Dancing 12:00 Lunch
30 9:00 Church 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:00 Joy of Writing	31 9:00 Men's Coffee Hr. SHINE 12:00 Lunch 1-4pm Podiatry Appts. 1:30—3:30 Tax help by appointment only 2:30 Line Dancing @ All Seasons Restaurant	Don't miss the WINTER ART SHOW at the Holmes Public Library this month ~ it ends on March 20th. 	WATCH for upcoming important events: •May Basket outreach on April 9 & 14, 12:30 •Interfaith Service, April 21st, 11:00am-1:00pm •Coming! Tai Chi, Love To Walk group and other Keep Moving activities!	



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Debra Trotta, Proprietor

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