



# HALIFAX COUNCIL ON AGING NEWSLETTER

**December 2013 & January 2014**



**Pope's Tavern Senior Center**

**506 Plymouth Street, Halifax, MA 02338**

**Hours: 9a-3pm Monday—Friday**

**781-293-7313**

**Fax: 781-293-1774**

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RECEPTIONIST  
VAN DRIVERS**

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Judy Sheppard  
John Kealey  
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### From our Director....

Where has the time gone? I have been told that the older you get the faster time flies. I do believe this to be true. The clocks have been turned back one hour. I am not ready for the dark, long winter nights, are you? I wish to thank Halifax Country Club for providing a bountiful Thanksgiving meal to those who would otherwise have eaten alone, or not at all. As we enjoy this wonderful season ahead with friends, family and loved ones, I extend a sincere appreciation to all the individuals and organizations who have contributed to our "seniors" and senior center this year! I am deeply grateful and amazed by the generosity of our staff and volunteers who give of their time and friendship to so many throughout the year. You may be curious as to the progress of our Senior Center renovation project. The School and Municipal Building Committee has hired an Architect, Alex Knox, from Needham, who some of you have met. Mr. Knox presently is working on plans to expand and make space changes at Pope's Tavern at a reasonable cost. If you have any suggestions, please let us know. To all of you, my sincere thanks and best wishes for peace and joy this Holiday season. I wish you a VERY Merry Christmas, Happy Hanukkah and happy and safe New Year! My door is always open, please visit!

*-Barbara*



Did you know that Halifax COA is a Salvation Army unit? Are you looking to give back to your community? We're looking for Salvation Army Bell Ringers again this year from Thanksgiving through Christmas at Stop & Shop. It takes only a few hours a day/week in a warm area, provided with a chair. Please call us and sign-up or call our Coordinator, Chris Tompkins with your questions: 781-361-5778

**CHRISTMAS LUNCHEON!** Join us on Thursday, Dec. 5th for a choice of seating times (noon or 1:00pm). Space is limited, cost is \$3.00 pp. Bring a wrapped, swappable gift (value: \$3-5.00) if you wish to participate in a fun gift swap! Call NOW for your reservation.



**SANTA is coming...** have breakfast with him on Saturday, December 14th, 8-11am at the elementary school. Holidays in Halifax will have additional activities on that afternoon and evening. Keep informed by going to Facebook: Holidays in Halifax.

Do you need a ride to a medical appointment? (Available Mon-Thurs: 8am-4pm) On Thursday at noon, the van travels to Stop & Shop, Friday at 9am it travels to Walmart and other town errands. A lunch & Shop group travels once a month on Mondays to local shopping areas and out to lunch. On Fridays, there is also a van available for medical appointments from 8am-2pm; first come, first serve basis.



Roundtrip rates are: within Halifax: \$2.00 ; South Shore areas: \$6.00, Cape Cod \$10.00, Boston \$30.00

Just a reminder....there is a town-wide BAN on parking overnight in ANY street in our town between November 1st and March 31st. Call 911 if you have an emergency

### Don't Miss These HOLIDAY FUN TIMES...

⇒ Wednesday, **December 4th @10:00am**

**"Martha Stew-Art Day"**

cooking, gift wrapping, basket decorating, bow making, plus more surprises....if you're not there, you'll miss out! Helpers wanted...



⇒ Thursday, **December 12th @ 1:00pm**

**"Crafty Creation Day" ...**



Walking sticks made to order, tools available. Plus sewing projects for Christmas...curiosity seekers welcome!

⇒ Wednesday, **December 18th @12:30**

**Cookie Swop & Basket Raffle Returns!**

A reminder....**Tuesday, December 10th, 12:30pm:** Learn about hearing loss and its impact on your quality of life, now and later! Come for lunch, or bring your own @ noontime, Call Maria M. from OCES, our Nutrition Manager to sign up for a meal 2 days ahead, only \$2.50! Clear Sound will discuss hearing loss questions and the choices we face, and new ways to deal with it. An innovative hearing device, C210 Personal Sound Amplifier will be shown. Please drop by or sign up by calling our office!

*Typos, grammar errors, omissions....Apologies provided to all concerned! Due to a recent change in the construction of our Newsletter.... Deb Killeffer is still 'in training' and is learning the 'ropes' of all that goes into creating it!*

**CALENDAR PAGE****DECEMBER 2013****MONDAY**

10:00 Bridge/Cribbage  
 10:00 Basic Computer  
 12:00 Lunch  
 1:00 Craft/Crochet & Knitting  
 2:30 Joy of Writing

**TUESDAY**

9:00 Men's Coffee Hr.  
 10:00 SHINE (1st wk. only)  
 12:00 Lunch  
 1:00 Nails by Julie (1st wk. only)  
       Podiatry Appts. (2nd wk. only)

**WEDNESDAY**

9:00 Men's Coffee Hour  
 10:00 Ladies Social  
 10:00 Quilting  
 10:30 Wii Games  
 11:00 Veteran Agent (3rd wk. only)

**THURSDAY**

8:30 Blood Pressure/Glucose with Carol (2nd, 3rd, 4th wks. only)  
 9:00 Oil Painting  
 10:00 Coffee Hour  
 12:30 Grocery Shopping

**FRIDAY**

9:00 Errands & WalMart  
 12:00 Lunch  
 1:00 Train Dominoes

**EXTRA EVENTS THIS MONTH:**

Dec. 4th Martha Stew-Art Day, Dec. 5th Christmas Luncheon;  
 Dec. 10th Hearing Loss; Dec. 12th Massage & Crafty Creations;  
 Dec. 13th Lady Bugs; Dec. 17th Board Mtg.; Dec. 18th Cookie  
 Swop and Basket Raffle; Dec. 20th Attorney Rawlins

My Life My Health Support Group (Living With Chronic Illness)  
 will NOT meet in December.

- The Senior Ctr. Will close early (noontime) on both Monday, Dec. 24th **and** 31st due to the Christmas schedule.

**JANUARY 2014****MONDAY**

10:00 Bridge/Cribbage  
 10:00 Basic Computer  
 12:00 Lunch  
 1:00 Craft/Crochet & Knitting  
 2:30 Joy of Writing

**TUESDAY**

9:00 Men's Coffee Hr.  
 10:00 SHINE (1st wk. only)  
 12:00 Lunch  
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 12:00 Lunch  
 1:00 Train Dominoes

**EXTRA EVENTS THIS MONTH:**

Jan. 9 Massage; Jan. 8 My Life My Health Support Group,  
 Jan. 14 TRIAD, Jan. 15th Lady Bugs; Jan. 24th Attorney  
 Rawlins,

Call our office for day/ times when Joe Benson will be  
 available to preview your tax forms.

- The Senior Ctr. Will be closed on January 1st (New Year's Day) and the 21st (Martin Luther King Day).



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LEGAL help is available without obligation on the 4th Fridays of every month (exception; December 20th, which is the 3rd Friday, then returning to Jan. 24th except for December) (Dec. 20th, then January 24th) Attorney Jason Rawlins offers his guidance for any seeking help. **Thank you** for your being available, Attorney Rawlins!

NEED A PODIATRIST? Dr. Greg Cormier will be here the SECOND Tuesday, 1 pm, Dec. 10th & Tuesday, Jan. 21st. Call to reserve an appointment.

NEED a MANICURE? Julie will be here on Tuesday, Dec. 3rd from 1-3pm. Call to reserve an appointment

#### PRESCRIPTION ADVANTAGE

Did you know that there is help for you if you are in the 'do-not hole\*'? Prescription Advantage is a state sponsored pharmaceutical program that many are not aware of. Unlike many government programs, Prescription Advantage has NO ASSETS TEST and is available at NO COST for individuals with an annual income up to \$33,510 and married people with an annual income up to \$45,390. This program works in conjunction with your Medicare prescription drug plan and once the retail costs of your covered prescriptions drugs reaches \$2,970, limits the cost of generics to \$12.00 for a 30 day supply and of brand name drugs to \$30.00 for a 30 day supply. Depending on your income, these costs could be less!

Prescription Advantage also contains an out of pocket spending limit which varies according to income. Once your spending has reached this limit, Prescription Advantage will cover all your prescription costs for the rest of the year. It is important for you to be enrolled in prescription Advantage before you need it because costs incurred before you are a member will not count toward your out of pocket spending limit.

For more information or an application call 1-800-243-4636 and press 2 or contact your SHINE counselor, Maria at the COA office!

Definition of 'Medicare Doughnut Hole\*'



A range of total prescription drug spending in the Medicare Part D program where all of the costs must be covered out-of-pocket. As a result of the Medicare doughnut hole, Medicare Part D participants are forced to choose between paying higher insurance premiums, or potentially paying thousands of dollars out-of-pocket to bridge the coverage gap. Many lower-income participants in Medicare are unable to afford either option.



What do you call a snowman in the summer?  
A puddle.

What do you call a snowman in the tropics?  
Lost.

What's the difference between St. George and a reindeer?

One slays the dragon, and the other's draggin' the sleigh.

Why did the gingerbread man go to the doctor?

He was feeling crumbly.

How do you know when Santa's in the room?

You can sense his presents.

The LADY BUGS (formerly known as the Red Hats) will meet at Monponsett Inn on December 13th, at 1:00 for their Christmas party. No gifts! All are welcome, please call our office if interested! Everyone is welcome.



Lunch dates (12:00pm) in the future will be January 15th @ Venus II, February 5th @ Meadowbrook, March 5th @ Monponsett

CHRISTMAS BASKETS will be made again this year. It was fun as well as profitable for our COA. If we can solicit people's support of: new items one might consider as a re-gift (all varieties), baskets, gifts for all genders and children...If you want to participate as a Santa's Helper, leave your name and telephone in box or see Nurse Carol Elliott. Thank you in advance! Be part of the fun on December 18th!

#### COMING IN JANUARY....

##### ◆ TRIAD

Next meeting is Tuesday, January 14th at the Halifax Police Station. The speaker will be Carol T. Metral, graduate of John Hopkins School of Nursing. She will speak on "Boosting the Immune System with foods, herbs and supplements to stay healthy" Mark your calendars!

##### ● TIME TO GET READY FOR TAXES? (AGAIN!)

In mid December, we will have a date for times when Mr. Joe Benson, a certified tax preparer will perform simple tax returns for our seniors again this year for a nominal fee of \$25.00. This will take place in January for all who are interested. Please call the office if you're interested in a particular time slot, or call him at 781-588-5764 with more details.

#### SPECIAL THANKS TO...



Carol Elliott, Volunteer Coordinator for the decoration of many pumpkins & gourds...we appreciate you Carol, and all that you did during Halloween season, and decorating for the party with Lennie Baker. (**Thanks** to Lennie for his beautiful music & old time memories!) **THANK YOU** to Kozhaya Nessarella for donating pumpkins, Bonnie Wood and Brenda Pettingell for your donation of the gourds. **THANK YOU** to our amazing artists: Pat Joseph, Sue Zimmerman, Aldine McGee, Patti Bright, Paul Marchant, Wanda Manoogian, Gilda Flanagan, Avis Arsenaault, Millie Corkren, Rosalie Vess, Carol Page, Eileen Elliott, Bill Perkins, Betty Ann Buidorket, Joyce Curran and Carol Elliott.

There are **two ways** to view the newsletter:

[www.halifax.ma.us](http://www.halifax.ma.us) or [www.seekandfind.com](http://www.seekandfind.com).

If you view the newsletter online, please let us know so that we remove you from our regular mailing list (and thus save postage!)



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HALIFAX COUNCIL on AGING

NEWSLETTER

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