



HALIFAX COUNCIL ON AGING NEWSLETTER



July & August 2014

DIRECTOR Barbara Brenton
RECEPTIONIST Judy Sheppard
NUTRITION / M.O.W. Maria McGaffigan
OUTREACH WORKER Joyce Curran
OUTREACH ASST Elaine Marzilli
VAN DRIVERS ... John Kealey, Deb Killeffer,
 Frank Sullivan, Christine Tompkins

Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338
Hours: 9am-3pm Monday—Friday

BOARD OF DIRECTORS
CHAIRMAN.....Joy Marble
VICE-CHAIR.....Helen Doucette
SECRETARY.....Sharon Hartz
MEMBERS ... Jo Schofield

Fourth of July Party, to be held on Thursday, July 3rd, 12:00
Menu: Hot dogs, Hamburgers, Potato Salad, Watermelon

Door Prizes and Lots of fun!

Tents will be sent up out front if needed.



Please note: The August menu will not appear in this combined newsletter. If you would like a copy please stop by and pick one up after July 16th. While you're stopping in, take a tour, have lunch or a cup of tea!

ICE CREAM SOCIAL



July 30th, Wednesday, 1:00

FREE for ALL SENIORS who reside in Halifax!

Due to limited space at the COA, it will be held at Henrich Hall
 @ Halifax Mobile Home Park

Entertainment with David Shikes, general Comedy and humor with some old New England stories! He has run in six Boston Marathons, has visited and entertained at over 80 COAs in Massachusetts. He and his wife won the Best Citizen Of The Year in 2013 in their home town of Atkinson, New Hampshire.

Come and experience the fun, stories and wit of Mr. David Shikes and enjoy your ice cream sundae while listening. Please call the COA office to sign up for this event.

Our **ANNUAL SUMMER COOKOUT** is slated for
 Wednesday, August 20th, noontime, on Town Hall lawn.

Menu: BBQ Chicken, hot dogs, potato salad, corn on the cob, watermelon and ice cream. Tickets are \$6.00—purchased before August 4th.

Call our office to **reserve your spot.**

It's Hawaiian dress-up! So find those tropical print shirts, skirts, or hulu dresses and wear them with gusto!



Entertainment will be with the "Olde Kids On the Block" This band consists of 20 talented musicians who specialize in swing music of the 30's, 40's & 50's. The big band recreates the glamour and romance of an era that lasted ten years. Retired and semi-retired musicians are part of a resurgence of interests in live, glamorous and romantic music. The band was formed in 1991, while there are a couple of "youngsters", the average member age is 78! It consists of six saxes, four trombones, four trumpets, four on rhythm and a vocalist. The "Olde Kids" have been called a 'living museum'. Their library of music of an other era will have you humming and tapping feet. Bring friends and family—but **reserve your spot before August 8th!**

CHAIR YOGA with Judith will continue on Wednesday mornings, 11:00 in the Community Room at the Halifax Mobile Home Park. Donation is \$4.00, and the benefits of exercise are beyond a dollar amount!

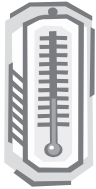
America! America!

God shed His grace on thee and crown thy good with brotherhood
 from Sea to Shining Sea...

Mark your Calendar!

Save The Date!

SATURDAY, SEPTEMBER 13th! On this day, the 9th Annual **TRIAD HEALTH FAIR** will be coming to the Halifax Elementary School Gym. (10am-3pm) This is a **FREE** event, with raffles, vendors, Q&A, performances and **MUCH MORE!** Representatives from a huge selection of businesses and organizations who wish to help senior citizens with the challenges that occur every day...such as: Arthritis Foundation, Police, Fire and Sheriff Depts., Veterans information, Pharmacies, Banks, Board of Health, Braintree Rehab and Bayada Home Health, Health insurance plans & fitness, triad information, acupuncture, chiropractor, Mass. Commission for the Deaf, Nursing homes and **MUCH MORE.** Refreshments, food and beverages will be available for a small fee.



On these **HOT** days, it's very hard to imagine needing to think of what's in your oil tank! However, if you applied for fuel assistance last year you will possibly be receiving another application in the mail from South Shore Community Action Council, review the forms, make necessary changes, give all the documentation they require, sign it and return to them. This is called the 'recertification' process. Please give Joyce or Elaine a call if you need help, but it's so much easier if you are prepared rather than caught off-guard.

INFORMATIONAL NIGHT of interest to ALL veterans... On Thursday, July 31st, at 6:00pm at Wingate at Silver Lake Inn (21 Chipman Way, Kingston). A Kingston Veteran Agent representative will explain the details of a **FREE TRIP** (includes air flight to Washington D.C, van coach tour to all the memorials, food, and one traveling guest) for veterans who respond to this informational meeting. Light refreshments will be served.
RSVP is required by July 29th, 781-585-4101.

- A very BIG thank you to Deb Scioscia for her two years of Volunteer service as Computer instructor to the COA. Deb did an *awesome* job, all loved her and she will be missed.



PEOPLE PROFILE.....

"In the camera lens" this month is SARAH SNOW CARLSON. Sarah has been involved at the Halifax COA for many years, and has lived in Halifax for 37. She moved here from Brockton, has one daughter and one granddaughter. She worked for 38 years with Alden products, a company who made electronics and medical equipment. When she takes the time from helping others (her favorite activity), she loves to read mysteries, light romances or watch classic movies such as Hogan's Heroes, Archie Bunker and anything else from ridiculous to funny! Sarah has the joy of walking her neighbor's dog, Rocky; enjoys being truthful, and is dreaming about taking a train ride to the Cape someday. Back in the 50's, Sarah was the *first female* in Massachusetts to have a "Motorcycle Only License" because her husband bought her a BSA-350. (No helmet was needed back then!) Sarah was raised in a large family with 6 brothers and 1 sister and went to Brockton schools through high school. She recently discovered that she's related to Judy, our Receptionist! Sarah's also a fan of horse races; the Kentucky Derby, The Preakness and The Belmont.

GENERATIONS trip..."Best of Bristol, R.I."

Tuesday, July 22nd, leaves 10am from Henrich Hall. Returns at approximately 5:30pm. Special coach trip includes lunch at Atlantic Beach Club (choice of baked stuffed scrod with Newburg Sauce or chicken), 1 hour guided tour of downtown Bristol, the waterfront and Colt Park, including LINDEN PLACE, the private estate where generations have lived and where the movie "Great Gatsby" (Robert Redford & Mia Farrow) was filmed. Come and enjoy this day for only \$69.00 per person.

"A Matter of Balance"

is a new 8-week course available to you through Norwell Visiting Nurse Association. This excellent program addresses the fear of falling; anyone concerned about falls; has sustained a fall in the past; restricts activities because of the concerns they have about falls; is interested in improving flexibility, balance and strength. It will occur at the Halifax Town Hall - Monday, Sept. 8th through October 27th. It will occur at 12:00pm and go to 2:00pm. The program leaders are Anne-Marie Powers (PTA, CDP) and Phyllis Shea (PTA). A small fee (\$1.00 per class) covers the course. See Barbara if you have any questions.



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The **LADY BUGS** invite everyone to their first meeting on JULY 2nd. They are also planning a trip to the New Tokyo Restaurant (Home Depot Road, Plymouth) for Monday, July 14th. It is 1/2 price on Monday and reservations for the Hibachi need at least 4 people. They will travel in our van from the COA @ 12:15. To reserve a space, please call Pat Littlefield at 508-378-2785 as soon as you can.

Do you need a lawyer? Do you need help with consumer protection, estate planning, real estate, etc? Do you wonder if you need a health care proxy? What are your options for staying independent? Do you surrender any rights when you execute a power of attorney? VISIT this website: www.MassLawHelp.com or call 866-627-7577 for help with finding the right lawyer.

GRIEF SUPPORT PROGRAMS through Beacon Hospice in Plymouth, 32 Resnick Rd., Suite #3. FREE programs to ALL members of our community. Pre-registration is required by calling 508-747-7222.

•**COPING WITH GRIEF**

Tuesdays 1:00-2:30pm

•**COPING WITH THE LOSS OF SPOUSE/PARTNER**

Mondays 1:00-2:30pm

•**CARING FOR THE CAREGIVER**

Fridays 10:00-11:30am

Do you need a ride to the doctor or to do food shopping? Call our offices to check on the van availability....we are here to try and accommodate your needs.



"A Sweet Slice of Summer"

A sweet slice of summer,
On a hot afternoon,

The perfect treat to eat outside,
You don't even need a spoon.

As you take a big old bite,
Feel the juice begin to run,

Be careful not to eat the seeds,
You spit those out, for fun!

A slice of watermelon,
Just can't be beat,

It is the taste of summer,
Juicy and sweet!

Author: Patti Weigel



TRIAD

Ken Vinton, Chairman

Barbara Brenton, Treasurer & Susan Zimmerman, Secretary
Halifax Triad meets every 2nd Tuesday of the month at the Halifax Police Station, 2nd floor. There is a speaker at each meeting concerning health and wellness, plus other subjects of interest. Everyone is welcome to attend the meetings, which starts at 10a.m.

July 8th: Where are the Bees?

Speaker: Martin Touhey

**August 12th: "Plymouth County Correction Facility,
Then and Now"**

Speaker: Lisa Budge Johnson



Heat stroke can kill or cause damage to the brain and other internal organs. Although **heat stroke** mainly affects people over age of 50, it can also take a toll on healthy young athletes.

Heat stroke often occurs as a progression from heat-related illnesses such as cramps, fainting and exhaustion.

The hallmark system of **heat stroke** is a body temperature above 105 degrees Fahrenheit. Fainting may be the first sign. Other symptoms include:

- ☺ Throbbing headache
- ☺ Dizziness and light-headedness
- ☺ Lack of sweating (despite the heat)
- ☺ Red, hot and dry skin
- ☺ Muscle weakness or cramps
- ☺ Nausea and vomiting
- ☺ Rapid heartbeat and/or shallow breathing
- ☺ Confusions, staggering or disorientation

Don't delay in seeking medical help—call 911—while waiting for paramedics, fan the patient and wet skin with cool water.

A FREE WORKSHOP

When: Thursday, July 10th 12:30pm

Where: At the Halifax COA

Presented by Old Colony Elder Services, Nutrition & Healthy Living Programs

You'll hear about answers to these questions:

- How do you measure your blood pressure?
- What are some causes of high blood pressure?
- What foods are high in sodium?

Come and learn more!



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Debra Trotta, Proprietor



Old Colony Elder Services

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Sunday School & Service at 10AM

ALL ARE WELCOME

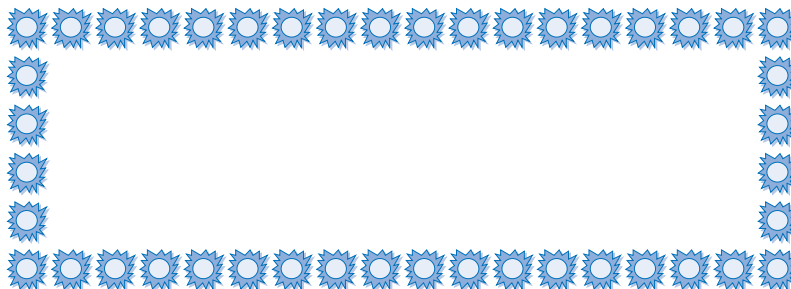
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MAY 7, 2014 12:36 PM

POPE'S TAVERN SENIOR CENTER, HALIFAX, MA 06-5101 W ID

Partial printing of this newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.
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There are two ways to view the newsletter: www.halifax.ma.us Or www.seekandfind.com.



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