



HALIFAX COUNCIL ON AGING NEWSLETTER



June 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
781-293-7313 or 293-3883
Fax: 781-293-1774

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

VOLUNTEER APPRECIATION MONTH

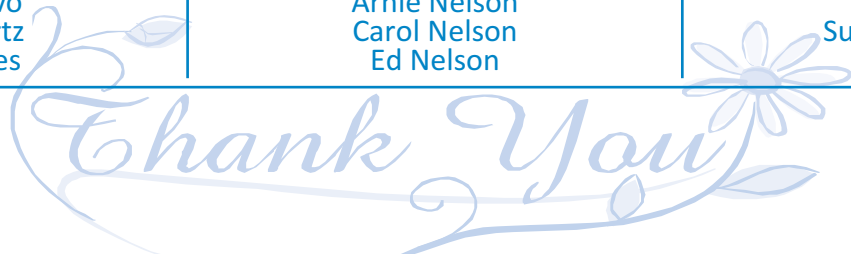
“Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.” (Erma Bombeck)

Volunteers giving 20 or more hours of service this year are invited to the Annual Volunteer Luncheon on June 11, noon, Boston Tavern, 58 E. Grove St., (Rt. 28), Middleboro. Guests may attend at a cost of \$14.00 Please RSVP no later than June 1st. This luncheon is paid by the state formula grant, through the Massachusetts Executive Office of Elder Affairs. This year, Volunteers have logged in over **3,350 hours** and using their measurement dollar of **\$20.85 per hour**, the **“gift of time”** is worth **\$69,848** to the town of Halifax!

It takes many hands of dedicated volunteers to run a great council on Aging!

To all our volunteers....we are very appreciative of your dedicated service to our community.

| | | |
|---|---|--|
| Avis Arsenault June Austin Charlie Bauer Patty Bright Betty Buidorket Maria Burke Sally Burke Marian Bushy Ginny Calway Linda Carey Sarah Carlson Peter Clancy Millie Corkren Ilene Crotty Tom Crotty Pat Davis Alice Dolan Helen Doucette Glenda Duncan Carol Elliott Gerry Elliott Hank Finn John Frazier Lou Frazier Renee Giovo Sharon Hartz Anne Hawes | Jim Hiltz Nancy Hiltz Pauline Hughes Joan Jolley Heather Jones Eileen Kaloshis Bob Keene Mary Keene Barbara Lord Dot Lundsgaard Pat Mahan Mike Manoogian Joy Marble Paul Marchant Dotti e Martel Ivy Matheny Elaine Marzilli Aldine McGee Annie McKenna James Merchant Patsy Villanova-Morris David Muise Lee Mulready Ellen Murphy Arnie Nelson Carol Nelson Ed Nelson | Jean Noyes Diane O'Brien Carol Page Iris Perkoski Larry Perkoski Brenda Pettingill Janet Poulos-Villano Jason Rawlins Barbara Rice Kim Roy Tommy Schindler Jo Schofield Debbie Scioscia Virginia Slazas Sarah Sloat Martha Smith Florence Tabor Martha Tisdale Chris Tompkins Joan Towne Harry Towne Rosalie Vess Isabel Viau Carolyn Vinton Ken Vinton Sue Zimmerman |
|---|---|--|



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| <p>2</p> <p>10:00 Computer Class & Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing 6:30 Rep. Tom Calter speaking @ Holmes Library</p> | <p>3</p> <p>9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch</p> | <p>4</p> <p>9:00 Church & Senior Fit 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga @ HMHP 12:00 Lunch</p> | <p>5</p> <p>9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon</p> | <p>6</p> <p>9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes</p> |
| <p>9</p> <p>9:00 Love To Walk group 10:00 Computer Class & Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing</p> | <p>10</p> <p>9:00 Men's Coffee 10:00 SHINE & Triad 12:00 Lunch & Monponset Inn lunch with Generations</p> | <p>11</p> <p>9:00 Church & Senior Fit 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga @ HMHP 12:00 Annual Volunteer Lunch At Boston Tavern</p> | <p>12</p> <p>8:30 Blood Pressure/ Glucose with Carol 9:00 Men's Coffee 10:00 Oil Painting 11:30 Chair Massage with Jen 12:00 Lunch 12:30 Grocery Shopping 1-3 Games Afternoon</p> | <p>13</p> <p>9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes</p> <p>14 ~ Saturday Generations Fund Raiser Line Dancing, 6:30pm @ Town Hall (\$5.00pp)</p> |
| <p>16</p> <p>10:00 Computer class & Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing</p> | <p>17</p> <p>9:00 Men's Coffee Hr. 10:00 SHINE & Board Mtg. 12:00 Lunch</p> | <p>18</p> <p>9:00 Church/Senior Fit 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games, 11:00 Chair Yoga @ HMHP 11:00 Veteran Agent, Will Corey 12:30 My Life My Health support group</p> | <p>19</p> <p>8:30 Blood Pressure/ Glucose with Carol 9:00 Men's Coffee Hr. 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3 Game Afternoon</p> | <p>20</p> <p>9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes</p> |
| <p>23</p> <p>9:00 Love To Walk group 10:00 Computer Class & Cribbage 11:00 Tai Chi 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing</p> | <p>24</p> <p>Generations Day Trip 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch</p> | <p>25</p> <p>9:00 Church/Sr. Fit (last) 10:00 Lady's Social 10:00 Quilting 10:30 Wii Games & Brown Bag 11:00 Chair Yoga @ HMHP 12:00 Lunch</p> | <p>26</p> <p>8:30 Blood Pressure/ Glucose with Carol 9:00 Men's Coffee Hr. 10:00 Oil Painting 12:00 Lunch 12:30 Mosquito Information 12:30 Grocery Shopping 1-3 Game Afternoon</p> | <p>27</p> <p>9:00 Errands & Walmart 11:00 Attorney Rawlins 11:30 Generations Mtg. & Lunch (RSVP!) 12:00 Lunch 1:00 Train Dominoes</p> |
| <p>30</p> <p>10:00 Computer Class & Cribbage 11:00 Tai Chi (last) 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing</p> |  <h1>JUNE 2014</h1> | | | |

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Do you need help with supplemental nutrition assistance? The **SNAP** program in our state might help you and your family get what's needed for good health. Once you are part of this program, you can buy food from most grocery stores and other retailers. The debit card that is given you, once you are approved and meet the guidelines, comes with a certain amount of money already on it to pay for food. The amount of money you get on the card may depend on 3 things:

- Household income from all sources
- How many people live in your household
- Where you live

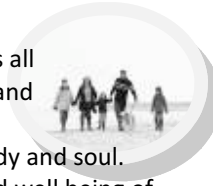
Contact the USDA SNAP hotline for more information: 1-800-221-5689 or 508-732-3100 local office.

SUPPORT GROUPS for a variety of concerns and issues are available through NVNA and Hospice. The subjects include: Bereavement, Diabetes, Early to mid and late-stage Alzheimer's, general caregivers and Brain Aneurysm support. Call: 781-659-2342 for times and locations. Don't go through difficult times alone!

DO YOU WANT something printed in an upcoming newsletter? Please PRINT the information on the new form and place in the bin on top of the file cabinet in the Receptionist's Room. Otherwise, we can not promise that your information will be printed.

KEEP MOVING!

This program is a network of local walking clubs all over the state that encourage physical activity and socialization for persons over the age of 50. Participating in a walking club rewards both body and soul. Physical activity improves the overall health and well being of older adults. Even modest levels of activity done daily for just 30 minutes can prevent or control heart disease, diabetes, osteoporosis, colon cancer and weight gain. Walking boosts energy levels, improves blood circulation, lowers blood pressure, combats depression and reduced stress. Most importantly, walking club members build strong friendships and have a lot of fun! We encourage you to join our "Love to Walk" group every other Monday. They participate in the state sponsored walks as well. Call for more info!



Meet Representative Tom Calter on Monday, **June 2nd**, 6:30pm at the Holmes Library. He will discuss the issues regarding the minimum wage and our state budget. Come early to get a seat and bring questions. This is a joint project with the COA and our town library.



To love someone is to know the song in their heart and to sing it to them when they have forgotten the words.
(Author unknown)

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.

June 10th: Do you know how the State House works?
brought by **Senator Tom Kennedy**

July 8th: Where are the Bees?
Brought by **Martin Touhey**



The **FILE OF LIFE with picture ID**....have you heard about this? It's a method of having your medical information available to whoever might need to provide assistance in an emergency or unexpected crisis. These plastic information retainers are FREE and available at TRIAD meetings, as well as simply making a phone call to our office. We urge all residents to carefully consider having this information readily available in their car (with a photo ID) AND on their refrigerator doors at home and a small version for your wallet.

GENERATIONS

- JUNE 10, Tuesday:** Social Lunch @ Monponsett Inn, 1pm. Broiled Haddock, Chicken Parm or Steak Tips, \$17.00 pp
- JUNE 14, Saturday :** Fund Raising Line Dance @ Town Hall, 5pm
- JUNE 21, Saturday** A YARD SALE TABLE WILL BE SET AT Henrich Hall. If you are willing to donate items, note that this must be done on or before June 14th.
- JUNE 24, Tuesday:** Connecticut Rail & Sail lunch @ Go Fish Restaurant. A menu provided for those interested. Departs 8 a.m at Henrich Hall, returning approximately 7pm. \$83.00 pp
- JUNE 27, Friday:** Next Meeting @ COA. Hotdogs and hamburgers will be served at 11:30, \$5.00 pp. (call Dottie to let her know so she'll shop for the right amount of food!)

**On all events listed above, kindly contact
DOTTIE MARTEL 781-754-0645
for reservations and questions**

On Thursday, **June 26th** @12:30, Dan Daly from the PLYMOUTH County Mosquito Control Project will be here to talk about recent developments on the issue. Join us for lunch prior to the talk, *but be sure to reserve two days before.*



"FAMOUS" persons birthdays during this month: Cole Porter, Marilyn Monroe, Frank Lloyd Wright, George Bush, Anne Frank, Stan Laurel, Jack Dempsey. WHAT are each 'famous' for? If your birthday is this month, be sure to renew your license this month!



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Debra Trotta, Proprietor

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