



# HALIFAX COUNCIL ON AGING NEWSLETTER

NOVEMBER 2012

POPE'S TAVERN SENIOR CENTER

506 Plymouth Street

OPEN (9:00—3:00 Mon—Fri) 781-293-7313 FAX 781-293-1774

DIRECTOR ..... Barbara Brenton  
Judy Sheppard

VAN DRIVERS .....

Carol Page  
John Kealey  
Frank Sullivan  
Christine Tompkins

OUTREACH WORKER ..... Joyce Curran

OUTREACH ASST ..... Elaine Marzilli



## BOARD OF DIRECTORS

CHAIRMAN ..... Elaine Dolan

VICE-CHAIRMAN ..... Joy Marble

SECRETARY

MEMBERS ..... Lee Mulready

Jo Schofield

Carolyn Vinton

Sharon Hartz

## NOVEMBER'S Message From the Director

November is Thanksgiving month!

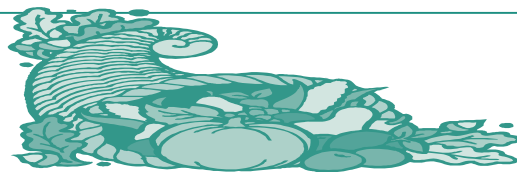
Thankfulness is always top priority every day at our Council on Aging and gratitude takes precedence this month as well! The Halifax Council on Aging has much to be thankful for.

Last month was the annual TRIAD Health Fair at the Halifax Country Club which was a huge success! It was also the one year anniversary of our Friendly Visitor Program, which we are very proud of. Lennie Baker of SHA NA NA donated his time and talents for a wonderful time at our Halloween Party! Our Friends of the Senior Center, "GENERATIONS," sponsored the greatest turkey luncheon of all times last month at the Police Station. Many thanks to Janet Poulos-Villano for organizing our Halifax Hooper walkers for a great season and cookout! We are thankful to Elizabeth Weckbacher for her stress management exercises with our seniors throughout the year and thanks to Annie McKenna for her homemade desserts every Friday throughout the summer! The generosity of time and hard work from so many volunteers make our programs and special events memorable and meaningful. Their time, effort and participation bring us together as a community could, and we are thankful for each and every one.

Thank you to all our participating Seniors, for your support and your enthusiasm and our hard working Board Members each and every month. What makes a town a community is its "core" and you have shown time and again that you are the heart of Halifax.

Wishing you and all of yours a beautiful day filled with the joyous blessings of life—The love of family and friends, a bountiful table, a warm safe home and meaningful purpose and peace of mind and heart. (Celtic Blessing)

*HAPPY THANKSGIVING ———Barbara*



## 21st ANNUAL THANKSGIVING DINNER

Sponsored by: THE HALIFAX COUNTRY CLUB



YOU ARE INVITED to THANKSGIVING

DINNER at noontime on Thursday, November 22, 2012.

Please say "Thank-You" to the Country Club when you call to place your reservation!!—**781-293-9061**.

If your able please bring a donation of a canned good for the Halifax Food Pantry, to help others. Our dedicated "Volunteers" help Halifax to be a great place to live!

## NOVEMBER 7th at Council on Aging - 9:30am

### ATTENTION MEDICARE BENEFICIARIES

#### Regional SHINE Office Presentation & Informational Session




**OPEN ENROLLMENT: October 15 — December 7th**

- What's new for 2013? Come with your questions.

How will these changes affect you as a Medicare beneficiary?

Review changes to Part D Plans, Supplement Plans, Medicare Advantages and Prescription Advantages. Bring your questions.

**Please call to sign-up or if you need a ride with our senior van.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 Oil Painting 10:00 Coffee Hour 10:30 BP & Glucose 12:00 Lunch 1:00 Bingo 12:30 Grocery Shopping	2 9:00 Errands & Wal-Mart 9:00 Halifax Hoofers Walk 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
5 10:00 Bridge/Cards 10:00 Basic Computer 10:00 Massage 12:00 Lunch 1:00 Craft /Crochet & Knitting Group	6 9:00 Men's Coffee Hr. 9:00 Wareham Outlet/ Daniel Webster Inn 12:00 Lunch ELECTION DAY *VOTE 	7 9:00 Church Group 9:30 SHINE TALK 10:00 Ladies Social 10:00 Quilting 12:00 Lunch 1:00 Red Hatters	8 9:00 Oil Painting 9:00 BP with Carol 10:00 Coffee Hour 12:00 Lunch 1:00 Bingo 12:30 Grocery Shopping	9 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
12 CLOSED In Honor of Veteran's Day 	13 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 1:00 Podiatrist	14 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 11:00 Veteran Agent 12:00 Lunch 1:00 Red Hatters to Island terrace	15 9:00 Oil Painting 9:00 BP with Carol 12:00 Lunch 1:00 Bingo 12:30 Grocery Shopping	16 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
19 10:00 Bridge/Cards 10:00 Basic Computer 10:00 Massage 12:00 Lunch 1:00 Craft/Crochet & Knitting group	20 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 Board Mtg 12:00 Lunch	21 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 11:00 Veteran Agent 12:00 Lunch	22 HAPPY THANKS-GIVING DAY 	23 9:00 Errands & Wal-Mart 11:00 Attorney 12:00 Lunch 1:00 Train Dominos
26 10:00 Bridge/Cards 10:00 Basic Computer 10:00 Massage 12:00 Pizza Lunch/ Healing meditation 1:00 Craft /Crochet & Knitting Group	27 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	28 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 11:30 Brown Bag 12:00 Lunch	29 9:00 Oil Painting 9:00 BP with Carol 10:00 Coffee Hour 1:00 Bingo 12:30 Grocery Shopping	30 9:00 Errands & Wal-Mart 11:00 Attorney 12:00 Lunch 1:00 Train Dominos





**Bridgewater Nursing Home**  
*Quality Care in a Home-Like Setting*  
 16 Pleasant Street, Bridgewater, MA  
 Phone: 508-697-4616

Medicaid/Medicare Certified 



On Veteran's Day please be sure to thank a Veteran for their mighty service to our beloved Country. Our office will be closed Monday, November 12, 2102.

### JUST FOR TODAY

Just for Today I will try to live through this day only and not tackle all my problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for Today I will be happy. This assumes to be true what Abraham Lincoln said, that "Most folks are as happy as they make up their minds to be."

Just for today I will adjust myself to what is, and not try to adjust everything to my own desires. I will take my "luck" as it comes, and fit myself to it.

Just for today I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

Just for Today I will exercise my soul in three ways: I will do somebody a good turn and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do—just for exercise. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it.

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆  
 ☆ **S.H.I.N.E. (Serving Health Insurance** ☆  
 ☆ **Needs of Elders)** ☆  
 ☆ Our Volunteer Maria is available to assist ☆  
 ☆ with questions that come up regarding health ☆  
 ☆ insurance & prescription coverage. Please ☆  
 ☆ call to make an appointment on Tuesday ☆  
 ☆ mornings, from 9:00—11:00am ☆  
 ☆ **There will be a special S.H.I.N.E. information-** ☆  
 ☆ **al presentation on November 7 the at 9:30** ☆  
 ☆ **am at the COA with the Regional SHINE rep-** ☆  
 ☆ **resentative. Call to sign-up & bring your con-** ☆  
 ☆ **cerns & questions that others will benefit** ☆  
 ☆ **from. Bring a neighbor or friend!** ☆  
 ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

### NEED HELP WITH FUEL ASSISTANCE ?

If you need help with your Recertification paperwork, or are new, please call to make an appointment with Joyce or Elaine on Tuesdays or Wednesdays from 1:00—3:00pm at the Council on Aging.

**Fuel Applications for new recipients arrived on October 2nd. Please call for a time slot and/or ride.**

**Bring with you:** Recent electric, phone & fuel bills; 4 recent pay stubs or annual award letter & pension statement for your Social Security, for each person in household; Veteran benefits, worker's comp. or unemployment benefits; Interest bearing accounts, child support, alimony, other income; tax bill, rent receipt or land rent; social security cards for all in household; and Photo ID; Home owner's policy.

### Senior Center Transportation Schedule

Please call in advance if you need transportation to the pharmacy, medical or grocery appointments. Every Thursday at noon the van travels to Stop & Shop for your grocery needs and on Fridays at 9am the van travels to Wal-Mart and town errands. There are no medical appointments on Fridays. (RT) is Roundtrip.

HALIFAX.....	\$2 RT
SOUTHSHORE AREA.....	\$6 RT
CAPE COD.....	\$10 RT
BOSTON.....	\$30.00 RT



### "GENERATIONS — "A GIFT OF LIGHT"

Help us Light up the Season.  
 The Christmas tree is located at the Senior Center—Buy a light for \$5.00 to honor someone special! All proceeds go to build a New Senior Center.



You can pick up a form at the COA or write down your name and phone number along with the number of people you would like to honor and drop off with a check made out to "GENERATIONS." (Next Meeting —Nov 9th—1pm at COA)  
**Thank You**

### BLOOD PRESSURES (BP) & GLUCOSE TESTING

The first Thursday of every month from 10:30-11:30am the VNA will be monitoring these two tests at the COA. Carol Elliott, RN will be testing every Thursday there after from 9am—noon. Carol contributes educational tidbits about various health topics as well. Please check the calendar page in this newsletter for these new dates & times. See the calendar on page two of this newsletter for the schedule



grille58@comcast.net  
www.GRILLE58.COM

**GRILLE 58**  
Where good friends meet

284 Monponsett St., Halifax MA 02338  
781-293-6665

Debra Trotta, Proprietor

 **Old Colony Elder Services**  
Serving elders, families and caregivers since 1974

144 Main Street - Brockton, Massachusetts 02301  
508-584-1561 TTY 508-587-0280 [www.oldcolonyelderservices.org](http://www.oldcolonyelderservices.org)

SAVING A LIFE  
from a catastrophe  
EVERY 11 MINUTES!

*I live  
alone*

but I'm never alone. I have Life Alert®.

Ask about our  
**Money Back Guarantee**



Great Heating Oil Prices  
With Great Service  
Fuel Assistance Accepted  
Serving South Shore Area

**781-294-0220**  
curtinbros@comcast.net  
[www.curtinbrosoil.com](http://www.curtinbrosoil.com)



One touch of a button sends help fast in:  
medical • fall • fire • invasion • CO gas emergencies.

For a **FREE** brochure call:

**1-866-689-6887**

**Life Alert** 

I've fallen and I can't get up!®



**Space for Sale** **SPONSOR THIS NEWSLETTER!!!** **800-732-8070**  
For more information, please call

**Coin-Operated Self Laundry**

OPEN DAILY 6 a.m. till 9 p.m.

121 Center Street in Middleboro Center 02346

**617-828-2350**



ANY SIZE COMFORTER, QUILT, BLANKET

& SLEEPING BAG \$12 EACH.

(excluding down)

FOR AD INFO CALL 1-732-8070 © COMMUNITY PUBLICATIONS A DIVISION OF LPI

SEPTEMBER 21, 2012 7:52 AM

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

HALIFAX COUNCIL on AGING NEWSLETTER  
506 Plymouth Street  
Halifax, MA 02338

Presorted Standard Postage  
US Postage PAID  
Permit # 42  
HALIFAX, MA 02338

