



HALIFAX COUNCIL ON AGING NEWSLETTER

NOVEMBER 2013



DIRECTOR
RECEPTIONIST
VAN DRIVERS

Barbara Brenton
Judy Sheppard
John Kealey
Deb Killeffer
Frank Sullivan
Christine Tompkins

Pope's Tavern Senior Center
506 Plymouth Street, Halifax, MA
02338
Hours: 9a-3pm Monday—Friday
781-293-7313
Fax: 781-293-1774

BOARD OF DIRECTORS
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The Council on Aging board has been working with the Municipal & School Building Committee to obtain an architect for an expansion at Pope's Tavern Senior Center. Quotes were obtained from three architects and one was chosen in mid October (please call for the information). Renovations will allow for more space in the kitchen/dining room, private office space for confidentiality, and a possible multi-purpose room for support groups, exercise class, etc.. An expansion will give us the opportunity to offer more programs and bigger events at the Council on Aging and these will not have to be outsourced to other halls in the community. Once the architect is hired and the design plans are complete, we will be going to the town meeting in May 2014 for the construction monies. We will continue to inform you with any new information. Please stop in for a cup of coffee or tea to see what is going on at the COA.

November is a month of being THANKFUL and we have much to be thankful for at the Council on Aging. We are grateful for the many donations, for all those diligent Volunteers and "Generations" who are always on the move! It is hard to believe the Holidays are upon us. On behalf of our staff, the Board of Directors and our hard working Volunteers, we wish you all a very Happy Thanksgiving Day. Be grateful for all the good that you have and possess and a big Thank-you to our VETERANS who have fought and continue to work hard for our FREEDOM.

Hope to see you soon ~~~~ Barbara

MEDICARE FORUM

A state certified SHINE Regional Director will be here to help you understand your plan changes as well as other options you may have. Remember, that during open enrollment (Oct. 15-Dec. 7) you have the opportunity to change your coverage for next year.

Come to this informational opportunity

November 19th, @ 1:00

Please RSVP to the office.

Bring a neighbor, friend or family member!



Coming December 10th, 12:30pm: Learn about hearing loss and its impact on your quality of life, now and later.

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 call to reserve your spot!

Halifax Country Club invites seniors to the special
22nd annual Thanksgiving Dinner...
those who be alone (Thursday, Nov. 28, noon)



Please CALL the country club to reserve your spot,
(781-293-9061)

please say "Thank You" to the staff there!

If you attend, please bring an item for the Halifax Food Pantry

Join us as we honor All Veterans
past present and future!
November 6th

Free breakfast with pancakes, scrambled eggs, sausage, juice and coffee
Sign up before Nov. 1st!



From the world wars of Europe to the jungles of the Far East, from the deserts of the Middle East to the African continent, and even here in our own hemisphere, our veterans have made the world a better place and America the great country we are today.

John Hoeven

TRIAD

(Law enforcement & COA working together for seniors)
Will host a special informational meeting regarding LYME DISEASE, presented by Kathy Dryman from the Halifax Health Dept. 10:00a.m, Nov. 5th Police Station Conference Hall. Bring friends and attend!





Island Terrace Christmas Tree signup for 11/12/13 lvs.COA @ 12:00—\$10pp—sign up SOON!!

Better Business Bureau (BBB)

Talk on November 14th at 12:15 here. The Strands of Trust will discuss ways that you can use precaution before signing contracts or hiring a business. Stay up to date on latest scams, and know how to best be prepared when you are ready to hire someone.

Give us a call to signup for the talk and/or lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2013 		FREE YOGA for Seniors Field House at the Massasoit Community College 1-2 pm THIS month on Fridays 1st, 8th, 15th, 22nd. Call 508-588-9100 x1695 for more info.	Daylight Savings Ends on Sunday, Nov. 3rd. 2a.m....set your clocks one hour BACK before you go to bed on Saturday! 	1 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
4 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft /Crochet & Knitting Group 2:30 Joy of Writing	5 9:00 Men's Coffee Hr. 10:00 TRIAD program @ Police Dept. 9:00 SHINE 12:00 Lunch 1:00 Nails by Julie (RSVP!) 1:00 Podiatry (RSVP!)	6 9:00 Breakfast to honor Our veterans –RSVP the office! 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Wii Games 11:00 Chair Yoga @HMHP 12:00 Lunch 1:00 Red Hats Mtg.	7 9:00 Oil Painting 10:00 Coffee Hour 11:30 Massage w/Jen 12:30 Grocery Shopping	8 9:00 Errands & Wal-Mart 10:00 Exercise 12:00 Lunch 1:00 Train Dominos
11 Remembering & Thanking our Veterans  (Office closed) 9:00 a.m. Service/ Ceremony @ Town Hall green	12 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch 1:15 TRIAD trip to Island Terrace (Call COA for more info! \$10.00 pp)	13 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Wii Games 11:00 Veteran Agent 11:00 Chair Yoga @HMHP 12:00 Lunch	14 9:00 Oil Painting 8:30 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 12:15 BBB Talk (RSVP!) 12:30 Grocery Shopping	15 9:00 Errands & Wal-Mart 10:00 Exercise 11:00 Generations Annual Mtg. & Lite lunch 12:00 Lunch 1:00 Train Dominos
18 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	19 9:00 Men's Coffee Hr. 9:00 SHINE 10:00 COA Board Mtg. 12:00 Lunch 1:00 Regional SHINE informational mtg.	20 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Wii Games 11:00 Chair Yoga (@HMHP) 12:00 Red Hats trip to Island Terrace, & Tea	21 9:00 Oil Painting 8:30 Blood Pressure/ Glucose with Carol 10:00 Coffee Hour 12:30 Grocery Shopping	22 9:00 Errands & Wal-Mart 11:00 Attorney 12:00 Lunch 1:00 Train Dominos
25 10:00 Bridge/Cribbage 10:00 Basic Computer 12:00 Lunch 1:00 Craft/Crochet & Knitting Group 2:30 Joy of Writing	26 9:00 Men's Coffee Hr. 9:00 SHINE 12:00 Lunch	27 9:00 Church Group 10:00 Ladies Social 10:00 Quilting 10:30 Wii Games 10:30 Brown Bag 11:00 Chair Yoga (@HMHP)	28 	29 9:00 Errands & Wal-Mart 12:00 Lunch 1:00 Train Dominos

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THINGS TO COME AND BENEFIT FROM THIS MONTH– Health, Wellness & Special Programs & Services

- ♦ Interested in restarting BINGO? Or another interest you might have? *Give us a call!*
- ♦ COMPUTER INTRO IS Mondays 10-11:00. Get a grip on this important and necessary tool!
- ♦ LEGAL HELP is available every 4th Friday. (11/22) Call for appointment. Attorney Jason Rawlings provides his advise and help.
- ♦ BLOOD PRESSURE & GLUCOSE TESTING with Carol/ nurse available every 2nd,3rd,4th Thursday from 8:30-11:30.
(*The VNA nurse will not be available the 1st Thursday or the last of this month at the COA*)
- ♦ HAPPY HANDS With Julie. Would you like a nice manicure or hand massage? Call the office to reserve a time! CASH only
- ♦ QUILTING with Carol on Wednesdays. Learn from a great teacher. By appointment only. Call our office.
- ♦ MASSAGE by Jennifer...so many benefits! Only \$1.00 a minute. Nov. 7th @ 11:30 Offered once a month!
- ♦ EXERCISE with Barb every 2nd,3rd, and 4th Fridays 10-11a.m GIVE IT A TRY! IT'S GOOD FOR THE SOUL!
- ♦ CHAIR YOGA @ Halifax Mobile Park Community Room, Wednesdays 11:00 *ENDS* Nov. 20th!
- ♦ PODIATRIST Dr. Greg Cormier will be here on Nov. 5th 1-3:30pm, Call for Appointment!
- ♦ NAILS by Julie: Nov. 5th 1-3:pm Call for Appointment!

A special outing is offered for

Tuesday, Dec. 3rd

Travel with a great group, sponsored by GENERATIONS to Springfield's Bright Nights in Forest Park. \$70.00pp (www.brightnights.org) Leave Halifax Mobile Park @ 9:30am, lunch @ Yankee Pedlar Inn (www.yankeepedlar.com) in Holyoke, returning 8:30pm. Call Dottie Martel, 781-754-0645 to reserve your spot!



JOKES OF THE MONTH:

Q: What is the "initial" state of retirement?

A: SS, CDs, IRAs, AARP,

Q: Why did the robber retire?

A: He couldn't take it anymore!

Q: Why do retirees count pennies?

A: They are the only ones who have the time.



Do you need help with your phone service? LIFE-LINE is a federal/state program that lets eligible low income consumers receive LANDLINE home service up to \$18 a month, or WIRELESS service with 250 free minutes monthly. Call 1-800-392-6066 to find out more!

A COZY Country Christmas Luncheon...

Thursday, Dec. 5th

YOU are invited! Back by popular demand, there will be two (2) seating's: NOON and 1:00pm
Cost: \$3.00 pp. Space is limited, make reservations EARLY, Bring a wrapped, swappable gift (value: \$3-5.00) if you wish to participate in a fun gift swop!

Correction from October newsletter:

The FOOD PANTRY at Our Lady of the Lake is open the 2nd (NOT the 1st) and LAST Saturday of every month from 9-10:30a.m.

From the Nurse's Desk....

People have told me, "do not underestimate the power of a blood pressure clinic!" *They are right!* Therefore, I would like to congratulate those have taken the time to show up, laugh and listen, try to ultimately take control of their health and well-being by just increasing their awareness. Some of the issues discussed: loneliness, depression, hypertension, diabetes, nutrition, bereavement, medications, sexuality, lab tests, surgery, atrial fibrillation, insomnia, anxiety, general health and wellness. The COA as a group has improved blood pressures, more regular heart rates, better weight control and management, and improved blood sugars. Nice job, Halifax COA! From, Carol A. Elliott, R.N.



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!

Do you need a ride? (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

There are two ways to view the newsletter:

www.halifax.ma.us Or 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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ALL ARE WELCOME

FOR AD INFO CALL 1-800-732-8070

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