



HALIFAX COUNCIL ON AGING



November 2014



DIRECTOR Barbara Brenton
RECEPTIONISTS Judy Sheppard & Betty Buidorket
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

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

23rd ANNUAL THANKSGIVING DINNER INVITATION From HALIFAX COUNTRY CLUB

FOR those that do not wish to be alone on this special Holiday and join with others for a great feast & social time!

On NOVEMBER 27th at Noontime at the Halifax Country Club
 Please call this number to reserve you seat: 781-293-9061 and
 PLEASE say Thank-You to the many staff this day serving you!

*Please bring an item or two to share with the Halifax Food Pantry
 On this day



Christmas "Swing" Party with dancing

Mark your calendars...on December 3rd, noon in the Lady of the Lake Parish Hall with "Olde Kids on the Block" swing band....The band's twenty talented musicians specialize in the swing music of the 30's, 40's, and 50's with frequent additions of more

contemporary music as well...the band was formed in 1991, and consists of six saxes, four trombones, four trumpets, four on rhythm, and a vocalist. The "Olde Kids" have been called a "living museum". a catered buffet style-luncheon. Cost \$5.00 per person....must prepay **before Dec. 1st....call the office!**



DID YOU KNOW? Every second and third Thursday of the month we offer free blood pressure and glucose monitoring at the COA! Carol Elliott, RN, will be available between 8:30am and 11:30am. Carol contributes many educational tidbits about various health issues as well. Check the calendar page to be sure of any changes Ask Carol for a record of your Blood Pressures/ Glucose scores for your PCP if needed.

About 280 million turkeys are sold annual for Thanksgiving, which is about 7 billion pounds of turkey and about \$3 billion dollars worth of sales! About 20% of all cranberries are consumed in the U.S. per year are eaten on Thanksgiving Day. *Gobble and Chew!*

TO all of America's VETERAN'S and members of the U.S. Armed Forces: This VETERANS DAY we salute you and thank you for Your service to AMERICA.



Free BREAKFAST for VETERAN'S—NOVEMBER 6th from 9am-10am at the COA if you're a Veteran, please call to reserve a seat before November 4th, 2014.

Menu includes: pancakes, scrambled eggs, sausage, juice and coffee ... Thank-You!!

ATTENTION MEDICARE BENEFICIARIES

Many changes will take place. It's time to change your Medicare options for 2015. Open Enrollment begins Oct 15 until Dec 15, 2014. Bring your questions for the Regional SHINE Counselor who will visit Popes Tavern Senior Center on Wed., November 19th—10am. Learn more about your options with medications, and drug costs and much more... Please call to reserve your seat where space is limited

SHINE (Serving the Health Insurance Needs of **Everyone**)

FLU SEASON is upon us! Even if you feel healthy and are active, a weakened immune system can put older adults at risk for influenza and related complications.



People over 65 and older should not wait to get their annual flu shot. Talk to your health care provider! The flu can make existing health problems worse and especially dangerous for people with chronic conditions. People 65 years of age and older have flu vaccine options, including the traditional, standard-dose and a high-dose vaccine. *Be aware of what is best for you.* Encourage others—your friends—family caregivers and those who spend time with other older adults to get the vaccine. This Medicare Part B benefit, with no copay is available at *no cost*.

PART TWO - OLD COLONY ELDER SERVICES
144 Main St., Brockton MA 02301
508-584-1561
www.oldcolonyelderservices.org

The mission of OCES is to support the independence and dignity of elders and individuals with disabilities by providing essential information and services that promote healthy and safe living. Here are a **few** of the programs that they oversee and can bring to your assistance:

- Determining eligibility for various community services, including nursing facilities,
- transition support for those who wish to move back into their homes,
- how to obtain long-term services, congregate housing, minor home repairs,
- emergency medical needs,
- caregiving for those who are confined to their homes,
- respite care for unpaid family members,
- money management, veterans programs
- eligibility information and verification for state and federal assistance programs,
- home delivered meals, in-home assistance and coordination of services needed while in home
- Wellness programs and many workshops scheduled for future (watch for notices in our newsletters!)

What is a **video magnifier**? You're invited to learn more about this assistive device at our town library....it enables for anyone with vision loss to see small print items in an easy-to-read format. Also, here are other software programs available for those with hearing loss! The library staff is eager to show you how technology works for you!



The camera is focused on....**JO SCHOFIELD**...born in Rockland, Jo was a firstborn of three and first grandchild to a hard working first-generation Italian family. She's been involved at our COA for 15+ years and is one of our vibrant and energetic volunteers. In her earlier years, Jo worked after graduating from business college in a variety of interesting businesses such as Christo's as a waitress at night for 30 years, or as an executive secretary for a few scientists (who were prone to frequent flammable accidents within her workspace). Later, Jo raised a family of 3 boys, one of which is a part time Deputy Sheriff in Plymouth County. One son lives out of state, but that has not limited her in her travels. Have you seen the unique SMART car way that Jo gets around on the south shore? But she has actually traveled to many interesting places; including Italy, Greece, Turkey, Spain, Portugal, Hawaii, Florida and our 49th state, Alaska, to name a few. Her favorite places included Alaska and Italy and she'd return in a heartbeat if the opportunity arose. In all these locations, she is grateful for the opportunity to learn more about the cultures and economy of each place. By far, the most exciting adventure she recalls was going to the Rock of Gibraltar (where the monkeys run amok) or when she went on a recent air balloon trip in the Lake George area. Jo is an avid reader of many books, but the one that she's kept in her possession most all her life is "The Spell of the Yukon" by R. Service. (He wrote poetry about the golden years of the Klondike) If you want to know more about her adventures, talk to Jo! Jo loves all types of music, but prefers classical and operettas. Thank you, Jo, for sharing of yourself at our COA and for being concerned about others in our community!

Do you think that your smoke detectors are outdated? A fire department employee will come to your home (no charge!) to make an assessment of the detectors and offer you a free replacement if needed! Call 781-293-1751 for more information at the Fire Dept.



TEN TIPS for getting 5-7 ounces of **protein** in your daily intake: Vary your main dishes with beans, peas, nuts, soy and seafood

- ♥ Choose seafood twice a week
- ♥ Make meat and poultry LEAN or LOW fat
- ♥ Have one egg a day! (as many eggs WHITES as you want, too)
- ♥ EAT plant protein foods more often (kidney, pinto, black or white beans; split peas, chickpeas, hummus)
- ♥ Choose *unsalted* nuts or seeds as a snack or on salads
- ♥ Try grilling, broiling, roasting or baking rather than frying
- ♥ A healthy sandwich would NOT include deli meats; which are high in fat & sodium.
- ♥ Think "petite" when making your meat portions
- ♥ Check and re-check the sodium levels on ALL foods. Canned foods—including beans and meats are extremely high.

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



Thursday, noon to 1pm pick up = Stop & Shop,
 Friday, 9-10 am pick up = Walmart



Van rates roundtrip

In town = \$2.00 South Shore Area = \$6.00
 Cape Cod = \$10.00 Boston = \$30.00

P L E A S E ...return your completed survey that was in last month's newsletter

This Space Available



For Information On Advertising,
 Please Call Our
 Representative

Lisa Templeton
 at 800-732-8070 x3450 or
 Email: ltempleton@4LPi.com



Liturgical Publications Inc
 Connecting Your Community™



Bridgewater Nursing Home

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

Medicaid/Medicare Certified





LADY BUGS next meeting will be on Wed., Nov. 5th at 1:30pm If interested, please call **Barbara Rice at 508-807-0268**.

GENERATIONS

☆ *A multi-generational community group* ☆
whose purpose is to engage in the support of the Halifax Council on Aging

Please call Dottie 781-754-0645 if you have questions

The depository (unused household donations, books, clothing, etc) proceeds help support this ongoing endeavor

UPCOMING EVENTS INCLUDE

Thursday, December 4th Trip to Holyoke

"A Traditional Christmas at the log cabin" \$82.00pp

Includes transportation and meal (Chicken Marsala or Marinated Sirloin)

Leave Henrich Hall at 9am, return 6pm

CALL Dottie by Nov. 27th for your reservation!

December 13th, Saturday, Company Theatre, White Christmas, \$40.00pp

EVERY minute a poison control center answers a call about a young child getting into medicine....nearly 500,000 calls per year! That's a staggering number, but it could be reduced by **grandparents** who simply considering these tips:

- ☺ Store all medicines and vitamins up and away and out of sight
- ☺ Keep purses, bags and anything that contain medicines or vitamins out of reach and sight.
- ☺ Always lock caps tightly and put away medicines after every use. Remember that weekly pill reminder kits often don't have child resistant closures.
- ☺ Never leave medicines or vitamins out on a table, countertop or sink.
- ☺ Set a daily reminder to take your medicines and vitamins since they will be out of sight.

Program the national Poison Help #1-800-222-1222 into your phone. For more information, visit — **upandaway.org**



TUESDAY, NOVEMBER 4th is our state's date to VOTE **your opinion** on how the course of government for this Commonwealth will operate.

If you want a large-print edition of the questions (eliminating gas tax, beverage container deposit law, expanding prohibitions on gaming, earned sick time for employees), please stop by our office and pick up a copy! Massachusetts will be voting for new Congressional Senators, Governor, Secretary of State, etc. Polling places are open from 7am to 8pm.

Health & Wellness Corner: Want to improve your quality of life, reduce anxiety, stress & depression and loose weight? Wednesdays: 9am— Exercise with Lori at Town Hall; 10:30— Wii Games at the COA with Avis; 11:00— Chair Yoga with Judith at HMHP. The 1st (3) Fridays of the month: 10am— Exercise & meditation w/Barbara at COA...Join us!!



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.

November 4: Barbara Lynch of Tufts Health Plan
Discussion on the changes and Medicare products for 2015

An invitation for all ladies...

Join us on first Thursday afternoons from 1:30-3:00 of every month for a **Tea Social**. Everyone is welcome! Bring a story to share with others...enjoy a time with new friends and acquaintances. Call Betty at our office after 1pm so that we can plan accordingly.



The author of "Mary Had a Little Lamb" was largely responsible for the establishment of the **national**

Thanksgiving Holiday: Sarah Joespha Hale, one of the great women in American history, campaigned for nearly 20 years to get Thanksgiving made a national holiday. During her campaign, which spanned five presidents before she found one that was open to her idea in **Abraham Lincoln**, she continually lobbied various congressmen, wrote annual editorials on the subject, wrote annual letters to every governor in the U.S. and sent a steady stream of letters of the U.S. president of the day as well.

Ultimately, she was able to convince Lincoln that it would be a good idea to help unify the country once the Civil War ended. Her final letter to Lincoln on the subject was mailed on September 28, 1863. After reading it and thinking it over, on October 3rd, 1863, Lincoln decided to declare the last Thursday in November as a national Thanksgiving holiday, which it became that same year. Prior to this, the only national holidays that existed in the U.S. were Independence Day and Washington's birthday. From that point on until the point when congress officially set the date of **Thanksgiving** into U.S. law in 1952, every U.S. President, with the exception of Roosevelt, would annually declare the last Thursday in November as a national holiday for *giving thanks*.

Q: What kind of face does a pilgrim make when he's in pain?

A: Pil-grimace

Love to Walk group on their trip to Walpole, October 6th





grille58@comcast.net
www.GRILLE58.COM

GRILLE 58
Where good friends meet

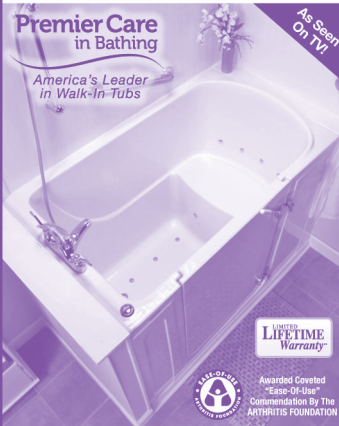
284 Monponsett St., Halifax MA 02338
781-293-6665

Debra Trotta, Proprietor

Old Colony Elder Services
Providing services to the community since 1974

144 Main Street - Brockton, Massachusetts 02301
508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org

Bathe Safely And Easily



Payments As Low As **\$150** Per Month*

America's Best Walk-In Baths Are Now More Affordable!

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- **No More Fear of Slipping or Falling**
- **Premium Quality for High Performance**
- **Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days**

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for
FREE Information Kit

1-800-345-0181

www.GoToPremierBath.com
Promo Code 20727

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited lifetime Warranty subject to terms and conditions.



Laura Sullivan
William Raveis Real Estate
508-341-4645
Serving the Real Estate Needs
of Plymouth Area Seniors
LSulli924@aol.com
www.raveis.com



**Great Heating Oil Prices
With Great Service**
Fuel Assistance Accepted
Serving South Shore Area
781-294-0220
curtinbros@comcast.net
www.curtinbrosoil.com



HALIFAX CONGREGATIONAL CHURCH
503 Plymouth St. (106)
Sunday School & Service at 10AM
ALL ARE WELCOME

dish **Make the Switch to DISH Today and
Save Up To 50%**

Call Now and Ask How! 1-800-316-0283

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST
Promo Code: MB0913 *Offer subject to change based on premium movie channel availability



FOR AD INFO CALL 1-800-732-8070

© LITURGICAL PUBLICATIONS INC.

OCTOBER 2, 2014 3:59 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.
If you want to discontinue receiving this publication, kindly call our office
There are two ways to view the newsletter: www.halifax.ma.us Or www.seekandfind.com.*



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

Halifax Council on Aging Newsletter
506 Plymouth St.
Halifax, MA 02338

