



HALIFAX COUNCIL ON AGING NEWSLETTER



October 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
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Attention Medicare Beneficiaries!

A new open enrollment period begins October 15—Dec. 7th.
 This is the time to change your Medical Insurance and Prescription plan! Anyone
 with questions about your Medicare options for 2015 are invited to attend a
 presentation about YOUR MEDICARE OPTIONS IN 2015.

Many changes will take place.

Pass this quiz and you may save money on medications:

Did you have new medication during 2014? Were you happy with the cost of your
 medications this year? Did you know that Medicare drugs plans have special deals
 with some pharmacies to lower costs? You may have to take action to ensure that
 you have the correct coverage for 2015.

Plan to attend the meeting on

Wednesday, November 19th ~ at 10:00 a.m.

Refreshments served

CALL OUR OFFICE TO RESERVE YOUR SEAT

SHINE

(Serving the Health Insurance Needs of Everyone)



On Tuesday, October 21st at 12:30 ...a **Talking Information Center**
 representative, Bob Kniffen will be presenting a non-profit radio
 reading service that offers programs and services to the blind and
 visually impaired across the nation. Listeners range from age 8-100!
 Bob is a Halifax resident and retired teacher. The **TIC** is celebrating
 36 years of radio reading service that has offered programs and
 services to the blind and visually impaired across the nation. Learn
 more about it from listening on WATD (95.9FM, Marshfield) or WRRS
 (88.5FM, Middleborough) **Mark your calendar; please reserve a seat**
by calling our office!



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....a catered buffet style-luncheon. Cost \$5.00
 per person...must prepay before Dec. 1st....

*"Autumn is a second spring when every leaf is a flower."
 Albert Camus*

DON'T MISS the **Halloween "Spooky" Lunch** on
 Thursday, October 30th, NOON. Come with a
 special costume or hat, or something unique to
 add to the atmosphere. The lunch will include
 soup and sandwich; only \$3.00 per person.



Firefighter Nathan Jones of our very own Fire Dept. will
 bring a brief informational talk on home fire safety. Please
 CALL THE OFFICE to reserve your spot!



WELCOME to Betty Ann Buidorket, as our
 Receptionist II position. She will be working
 Monday, 9am-noon and Tuesday -Thursday, 1-4pm
 and Fridays 8am-3pm. She came to the COA 3 afternoons a
 week as a very loyal volunteer last year. Please come in and
 say HELLO to Betty and while you're at it, say HELLO to the
 entire staff! We'll be looking forward to your visit!



FUEL ASSISTANCE 2014-2015 SEASON IS HERE

If you need help with Recertification paperwork, or are new
 to the process, please **call to make an appointment** with
 Joyce or Elaine on Tuesday or Wednesday 1-3pm at the COA.
 Bring with you:

- Recent electric, phone & fuel bills
- Four (4) recent pay stubs or annual award letter and pension statement for your Social Security for each person in your household
- Veterans benefits, worker's compensation or unemployment benefits
- Proof of Interest bearing accounts
- Child Support
- Alimony, other income
- Tax bills (Excise, property, IRS, etc.)
- Rent receipt or land rent
- Social Security cards for all in household
- Photo IDs
- Homeowner's policy

If you do not have all of the above information, your fuel
 assistance will be held up or denied.

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

Incorporated in 1974, **Old Colony Elder Services (OCES)** is one of 27 private non-profit Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts. OCES is governed by a Board of Directors, which includes representatives from the 23 communities in our service area. (Abington, Avon, Bridgewater, Brockton, Carver, Duxbury, East Bridgewater, Easton, **Halifax**, Hanover, Hanson, Kingston, Lakeville, Marshfield, Middleboro, Pembroke, Plymouth, Plympton, Rockland, Stoughton, Wareham, West Bridgewater, & Whitman)

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.

We will feature the services that OCES provides in *next month's newsletter*. It is quite extensive and helpful to all! Watch for this section in November's Halifax COA newsletter.

A UNIQUE FIELD TRIP to tour the Deer Island facilities will occur on Tuesday, October 28th, leaving 9am. The van limit is for the *first 12 wishing* to go. Call as soon as possible to take advantage of this special trip and reserve a spot. Paperwork and IDs are required. See www.bostonharborislands.org/

SENIOR FIT CLASS with Lori Hunter! This continues at the Town Hall on Wednesday mornings from 9:00—10:00 am. It includes a half hour of low-impact cardiovascular exercise, and then a half hour of toning/stretch. Lori adds a fun agility obstacle course to this class. Even if you have to simply sit in a chair and find it difficult to stand, please come and try this offering! Staying healthy is a decision we make every day. The fee is only \$4.00 per class; which is considerably less than what is offered at local gyms! CALL OUR OFFICE to RESERVE YOUR SPACE!



The camera lens is on....**Chris Tompkins!** Although Chris was born and raised in Marshfield, she became a major hit in her family as the youngest of five girls! Her family is very close and her dream vacation would be to go to Greece with everyone! Chris has been a volunteer at the COA for over 4 years, delivering meals and now is employed as the Nutrition Site Manager at Old Colony Elder Services in Brockton. She drives our vans regularly on Friday and occasionally Monday, and was overseer for the Salvation Army bell ringing in Halifax for the past three years. When Chris isn't running from one place to another, she enjoys settling down and listening to music. This is the love of music that her daughter must've inherited, as Melissa is currently a Music Major and Opera virtuoso and has sung at the Boston Symphony. Chris also has two sons, one lives on an organic farm with sheep, turkeys and chickens in Mendocino County, California, and her other son is a Junior at Silver Lake High School. He loves history, science and politics! Perhaps Chris will introduce Jake to those interested in collecting *future* famous politician's signatures!

Besides her family involvements, Chris loves to make people laugh and should've been a stand-up comedian some say! She loves to dance, watch the Food Channel and was once an extra on "The Fighter". She loves her seniors and loves her job!

A recent study has determined that antibiotics which fight infections have many beneficial effects, but their overuse has caused the problem of **Antibiotic Resistance**. That is, bacteria may have developed an inability to doing what they were prescribed to take care of and can cause more harm and possibly make a person sicker. Be sure to throw out unused antibiotics and ask questions of your doctor: Why do I need an antibiotic, and when should I stop taking this medication?

For more information check this website: www.macoalition.org/uti-elderly-tools.

Do you need **legal advice**? It is available the last Friday of the month here! Attorney Jason Rawlins visits us, and you only need to CALL us to set up your 30 minute, free appointment.



What is a vampire's favorite holiday?

Fangsgiving.

What did the French fries dress up as for Halloween?

Masked potatoes.

How do you know the warning signs of a stroke?

Remember, F.A.S.T

Face Drooping: does one side of the face droop or is it numb? Ask a person to smile. Is the person's smile uneven?

Arm Weakness: is one arm weak or numb? Ask if the person can raise both arms. Does one arm drift downward?

Speech Difficulty: is speech 'slurred'? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like "The sky is blue" is the sentence repeated correctly?

Time to Call 9-1-1: If someone shows ANY of these symptoms, even if the symptoms go away, call 9-1-1— and get the person to the hospital immediately. Check the time so you'll remember when the first symptoms appeared.

Visit this website:

www.strokeassociation.org/warning-signs

Or Call 1-888-4-STROKE

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LADY BUGS next meeting will be on Wed., October 1st, followed by pizza and bingo at the COA at 1:00pm. If interested, please call **Barbara Rice at 508-807-0268**.



GENERATIONS

A multi-generational community group

OCTOBER IS MEMBERSHIP RENEWAL MONTH!

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



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



DID YOU KNOW?

Family members providing care for a loved one who has been diagnosed with dementia, cancer or Alzheimer's (or perhaps raising grandchildren) face **many challenges dealing with the emotional rollercoaster of these situations.**

We have an **extensive list of caregiver support groups** throughout the south shore, and some are nearby and easy to attend. Come in and view our list of available locations, contact person and times! Bridgewater, Duxbury, Hanover, Hanson, Kingston, Plymouth.

MEDICAL EQUIPMENT is available for FREE loan from our on-site "closet" or through Scituate Etrusco Associates. (Scituate Etrusco Associate loans a wide range of devices to people with disabilities who cannot afford to purchase the items they need.) Their website: www.scituateetrusco.com or (781) 545-4411



"Feeling gratitude and not expressing it is like wrapping a present and not giving it." (William Arthur Ward)

Would you be interested in traveling on our van to the Hanover Mall for a few hours to shop once a month? If we have enough seniors interested, we will consider setting this up. Call with your name and phone number to our office soon!

"IT'S NEVER TOO LATE TO LEARN NEW TRICKS"

Have you heard this before? It's true! A **basic computer** class is being taught with Betty and you'll learn more about what your computer does and is useful for. Bring your laptop and your questions. Learn how to navigate the basic steps, and how to use a "mouse". There is a computer 'station' available in our office for your convenience. Stop by and give it a try! Call our office and let Betty know you'll be coming on Monday, 10:00 a.m.!!



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.

October 14th: Todd Marlin, Sr. Vice President and General Manager of the "Brockton Rox"

An invitation for all ladies...

Join us on Thursday afternoons from 1:30-3:00 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.



CRAFTY FOLKS TAKE NOTE! On Wednesday, October 8th from 1:30-2:30p.m., Linda Felix of Wingate Healthcare will be here to help guide the making of decorative, **decoupage** vases or pencil/pen holders.

They are made with empty glass jars or cans (bring your own) and different colored tissue paper. There is a maximum of 10 people for this class. *Be sure to sign up by calling our office.*

Helpful tip #45...When purchasing gas at a station, use a CREDIT CARD rather than a DEBIT CARD. Scam artist can steal your PIN using a technique called SKIMMING. This can allow them to then get cash from your bank account. Be careful and cautious!

OCTOBER IS FIRE PREVENTION MONTH....FRIENDS AND FAMILY OF SENIOR CITIZENS ARE INVITED TO A FREE OPEN HOUSE AT THE HALIFAX FIRE DEPT. THIS WILL OCCUR ON SUNDAY, OCTOBER 5th FROM 12-4PM. THERE WILL BE FOOD, GAMES, and INFORMATION ABOUT FIRE PREVENTION. CARBON MONOXIDE & SMOKE DETECTOR GIVE-A-WAYS!



WINNERS of the door prizes offered at the annual Cookout on August 20th were:

Alyce Dutton—John & Son's Barber Shop
Ken Vinton—Teeka Lynne's Salon & Day Spa
Betty Corti—USA Fitness

Ellen Scopia, Nancy DeCouto, Bob Webb, Dick Johnson—Mea's Dairy Bar
Patty Fitzpatrick—Boston Tavern in Middleboro
Bernie Sweeney—Nick & Angelo's Pizza in Bridgewater
Roger Pelletier—Marshfield Fair entry tickets
Debbie Coots, Marylou Douse & Arthur McClaren—Walmart

CONGRATULATIONS all and THANK YOU to the businesses for their donations



The next quarterly meeting of the Massachusetts Manufactured Homes Commission is Tuesday, October 21st, 2014 10am to 12:00pm at the Peabody Council on Aging, 79 Central St., Peabody. Anyone wishing to be on the agenda or submit any written correspondence please contact Sherri Sore, Recording Secretary 617-223-9928



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Debra Trotta, Proprietor

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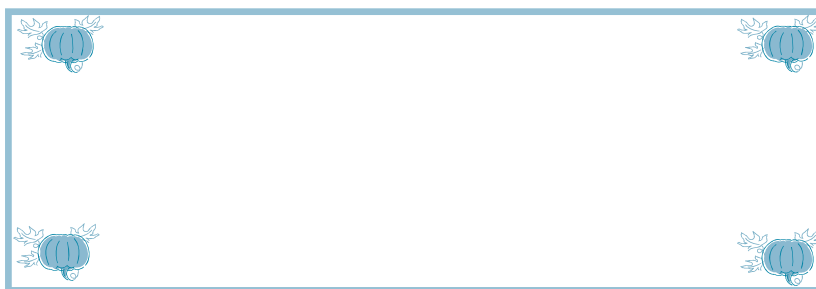
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POPE'S TAVERN SENIOR CENTER, HALIFAX, MA 06-5101 W ID

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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.



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