



HALIFAX COUNCIL ON AGING NEWSLETTER



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

September 2014

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
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Ellie Murphy

Mark your Calendar!

SATURDAY, SEPTEMBER 13th

the 9th Annual

TRIAD HEALTH FAIR

is coming to the Halifax Elementary School Gym.
(10am-3pm) This is a **FREE** event, with raffles, vendors,
Q&A, performances and MUCH MORE!

Halifax Singing Seniors (1:00)
Paula Coffey Dancers (12:00)
Brockton Rox & KO, the Mascot
Relish the Dog (Breakfast & Lunch/outside)
Bone density screening and Blood pressure testing
Hearing, vision & glaucoma testing (10-noon)
Legal Concerns, Counseling
VNA & Hospice & Assisted Living representatives
Free Consultations for those with disabilities
Plymouth County Sheriff Dept. Dog Demo (11:00)

Representatives from a large selection of businesses and organizations who wish to help senior citizens *and* their families with the challenges that occur every day...such as: Arthritis Foundation, Police, Fire and Sheriff Depts., Veterans information, Pharmacies, Banks, Board of Health, Braintree Rehab and Old Colony Elder Services, Health insurance representatives, Triad information, acupuncture, chiropractor, Mass. Commission for the Deaf, Nursing homes and **MUCH MORE**.

Refreshments, food and beverages will be available for a small fee. Drawings for baseballs with players signatures from the Brockton Rox baseball team, and many other door prizes.



Event: My Social Security Account—for ALL ages

Location: Holmes Public Library

Wednesday, September 17, 9:30am

The library and COA will be presenting a program to help you set up an email which will connect you to your personal information on **Social Security benefits** and history. You will then have access to review your lifetime earnings, see estimates of future benefits and more. It is never too late to plan for retirement, and this special event will help get on board with the unique features of our **Society Security benefits**. More than 10 million people have opened safe and secure "my Social Security" accounts. Join them and know what's available! Go to: www.socialsecurity.gov. CALL us to reserve space!

CELEBRATE

Grandparents Day and Labor's Day



Join us for a special **End Of Summer** event of healthy, tasty nutritional fruit smoothies and fruit or vegetable quiche for lunch,

Thursday, September 4th noon, only \$3.00 per person

Reserve your space by calling the office soon!
Speaker will be Pamela Fredericks, R.N from the Homecare Division of South Shore Hospital. She is a certified Diabetes Educator. Bring your questions!



"A Matter of Balance"

is a new 8-week course available to you through Norwell Visiting Nurse Association. This excellent program addresses the fear of falling; anyone concerned about falls; has sustained a fall in the past; restricts activities because of the concerns they have about falls; is interested in improving flexibility, balance and strength. **It will occur at the Halifax Town Hall - Monday, Sept. 8th through October 27th. 12:00pm to 2:00pm.** The program leaders are Anne-Marie Powers (PTA, CDP) and Phyllis Shea (PTA). A small fee of only \$1.00 per class covers the course. See Barbara if you have any questions. Each participant will receive a book for the course.

THANK YOU to Lee Mulready for her many years of service to the COA. She started in September 1996 and served on the COA Board for over 17 years. We are thankful for her dedication and love for her town and community.

DID YOU KNOW? Updates from the Town of Halifax (and COA offices) are available on **Channel 15!** You can view current events and important local news....give it a try today!



LOCAL BEREAVEMENT SUPPORT GROUP...there are so many losses that effect us. Oftentimes, we do not know what to do with our feelings of grief and wonder if we are "normal". This group is for anyone who is living with loss due to the death of a loved one. This could be a family member or a friend. This group is a safe place to meet and talk about the one you love.

Times: 4-5pm, every 3rd Monday

Location: E. Bridgewater Council on Aging, 355 Plymouth St., (Rt. 106)

RSVP: Vicki Wagner at Beacon Hospice 508-324-1900

Nestled among the towns and villages of Southeastern Massachusetts and Cape Cod is the home of over 14,000 acres of working **cranberry** bogs and 63,000 acres of open space. The cranberry is Massachusetts' number one agricultural commodity crop. The closest to us is: Bog Hollow Farm on Rt. 106, Kingston.

During the upcoming AUTUMN-like days, it's time to rethink what amount of oil is in your oil tank! If you applied for **fuel assistance** last year you will possibly be receiving another application in the mail from South Shore Community Action Council. Review the forms, make necessary changes, give all the documentation they require, sign, date it and return to them. This is called the 'recertification' process. Please give Joyce or Elaine a call if you need help, but it's so much easier if you are prepared rather than caught off-guard.



PEOPLE PROFILE.....We're featuring **ELAINE MARZILLI** in our close-up this month. Elaine started helping with Meals on Wheels 20 years ago, and 11 years later helped in Outreach Services with Joyce Curran. Elaine is a 'fixture' at our COA and is loved by all, especially when she graces us with her love of singing and laughter! Elaine grew up and attended schools in Dorchester, met her husband over 66 years ago through the Civil Air Patrol, married and then raised five children in Whitman. Elaine's constant in life has been in music, especially as choir member at Holy Ghost Church in Whitman. She has traveled extensively and the most memorable was when upon retirement, they drove a 37 foot RV for four months, journeying 23,000 miles around the USA. (The highlight of that trip was the Grand Canyon) On their 50th anniversary they traveled to Italy. Although her husband passed away 11 years ago, she has a son, 4 daughters, 3 grandchildren and a great granddaughter to keep track of! Elaine feels that she couldn't have endured the many challenges of caring for and losing her spouse without the support of the COA staff. She encourages others to realize what a tremendous blessing the COA has been for her and could be for our readers, and it is mutual as we appreciate her also!

LOWER your chances of getting or spreading the flu:

- Get both a seasonal flu shot and H1N1 flu shot.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, NOT YOUR HANDS.
- Wash your hands often with soap and water, or use an alcohol-based hand gel.
- Stay home if you are sick!

The flu spreads easily from person to person and should be taken seriously.

Come to the COA on Thursday, September 18th to hear a presentation from the Walgreen's Pharmacist, Rich Cannizzo who will discuss the **recommended vaccines** for the senior community. Join us for lunch, then stay for the program. It'll be important to call our office to reserve a lunch and space.

Which President declared Labor Day to be a legal holiday in the USA? (see page 3 for answer)



Donald Loring Brown, author of "The Morphine Dream" will be coming to the COA for two weeks to offer a writing workshop! Mr. Brown has penned an uplifting memoir that reads as a triumph of the human spirit. He is an former veteran Marine. The book is a fascinating, motivating and compelling account of how one man overcame some of the most daunting challenges that life can dish out. Mr. Brown will talk to us about how to begin writing your own story and putting together thoughts for writing your memoir.

The workshop will occur on Monday, Sept. 22nd from 2-4pm, Monday, September 29th from 2-4 pm. Check out his website: **www.themorphinedream.com** and learn more about Mr. Brown! Please express your interest in attending these workshops by notifying our office as soon as possible.

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The **LADY BUGS** next meeting will be on Wednesday, Sept. 9th at 1:30pm. Their trip for the month will be on September 17th to the Suffolk Downs. Meet at the COA at 10:00a.m on that day, and everyone going will be a buffet and horse racing...FUN, FUN, FUN!! (\$20.00 per person, including transportation on van) If interested, please call **Barbara Rice at 508-807-0268**.

Do you need a lawyer? Do you need help with consumer protection, estate planning, real estate, etc.? Do you wonder if you need a health care proxy? What are your options for staying independent? Do you surrender any rights when you execute a power of attorney? Visit this website: www.MassLawHelp.com or call 866-627-7577 for help with finding the right lawyer.



GENERATIONS

A multi-generational community group



OCTOBER IS MEMBERSHIP RENEWAL MONTH!

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

- Volunteers are needed to help with the Triad Health Fair (Sept. 13) Please call Dottie as soon as possible.
- Day trip to York Maine for a lobster bake on Sept. 20th.Call by Sept. 12th for reservations!
- Hamburgers & hot dog Lunch at the October 3rd Meeting Call Dottie by Sept. 29th (\$5.00 per person)
- Sunday, October 5th, 3:00pm : Company Theatre presents the "Glass Menagerie" (\$25.00 per person) Tickets are limited; reserve by Sept. 15th!

A physician once said, "The best medicine for humans is love." Then someone asked, "What if it doesn't work?" She smiled and said, "Increase the dose."



Come to our Senior Center to learn more about **COMPUTERS!** This is still available on Monday mornings, 10:00am with Betty . Learn the basics and discover the world at your fingertips!

Coming on Tuesday, October 21st at 12:30 ...a **Talking Information Center** representative, Bob Kniffer, who is a Halifax resident and retired teacher will be presenting. They are 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!



RAIN or SHINE...they still do it....join the Love To Walking group on Monday, September 8th and 22nd... They are going to Borderland State Park in Easton and Cape Cod Canal. You'll enjoy the company and opportunity to explore a new place. Please call our office to save a space on the van.

From Page 2:

President **Grover Cleveland** declared it a legal holiday in 1894

There is a wonderful program available for individuals who are dealing with **post-stroke**; who'd like to be more active, improve function and balance, improve flexibility and endurance, and live a healthier lifestyle. This program meets twice a week for five and a half weeks throughout the year. It is held on Tuesday and Thursdays, 12:30-1:45pm at the Center for Physical Wellness, 51 Performance Dr., Weymouth. Although class size is limited to ten participants, please call Jennifer Logan at the Center (781-624-4367) to see how you might fit in with the group. Pre-registration is required. Van available for transportation. The fee for a five and a half week session is \$66.00.



Do you need a ride to the doctor or to do food shopping? Call our offices to check on the van availability....we are here to try and accommodate your needs. (Thursday/Stop & Shop, Friday/Walmart) **If you are interested in traveling to the Hanover Mall for a few hours to shop once a month, please let us know! If we have enough seniors interested, we will consider setting this up. Call with your name and phone number to our office soon!**

Van rates roundtrip

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

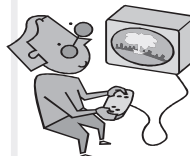
Feeling the change of season? Come and benefit from a wonderful massage by Jen...only \$1.00 a minute and in the quiet and private room on the first floor. Call to reserve your time on Sept. 11th!

"Life is pretty simple: You do some stuff. Most fails. Some works. You do more of what works. If it works big, others quickly copy it. Then you do something else. The trick is the doing something else."

- Leonardo da Vinci

An invitation for all ladies...

Join us on Thursday afternoons from 1:30-3:00 for a **Tea Social**. Everyone is welcome! Would you like a cup of tea in a fine bone china teacup? We have that! Consider wearing an accessory to match the era of social tea in the spirit of Downton Abbey. (gloves, hats, lace?) 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.



It's time again for **Wii!!!** What is that, you ask? Every Wednesday morning at 10:30 we enjoy the activity of bowling, golf, tennis and many other active games.

Wii is an electronic game that is played on the large screen TV and it's so much fun! Please stop by and observe the good times that come from playing this with another person. You'll be glad you did!

Rumor has it that you'd like to see something printed in the **October newsletter!** If so, a completed form must be submitted. Kindly locate these forms in the "Newsletter" box of the Receptionist Office.



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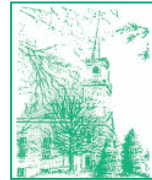
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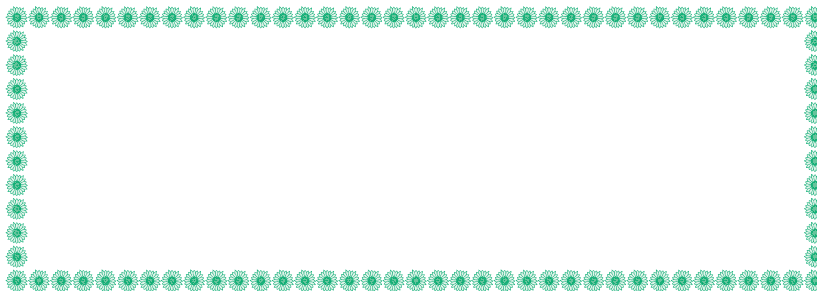
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