

Halifax Senior Center

Growing Together



NOVEMBER 2021

A Message from Darlene Regan, Council on Aging Director:

Months have been flying by with many start-up groups forming and will continue to evolve over time. Service statistics from September 1, 2021 to October 31, 2021 continues to increase, with over 200 hours of Outreach/Nurse screenings as well as Director supports, to various senior members/community caregivers. We anticipate new walk-ins or calls from senior residents and caregivers, and we will be here to work with you.

In addition, we have some new faces, and welcome Diane O'Brien our new van driver. She comes with a strong background in transportation and is a Halifax resident. When you meet her, you will appreciate her warm and friendly smile. Our long-time transportation van driver Gary has been wonderful to "pitch-in" when needed and will continue to serve our community as well. With patience, we will add another van driver to help with medical appointments and local shopping.

We want to remind our senior community and any person having access to **Masshealth/Medicaid and Medicare**, can also access PT-1 medical rides. Your medical provider can send the proper documentation directly to Masshealth for approval. Once approved, you can contact Masshealth at 1-800-841-2900 to schedule a ride. Please do not hesitate to contact the Halifax Council on Aging, 781-293-7313 for additional options. We will do our best to service your transportation needs.

REGISTRATION IS REQUIRED FOR NOVEMBER EVENTS:

November 9 Hip Hop Chair Exercise for Seniors. Time: 11AM HENRICH HALL

November 15 Art Class at Renee McMurray's Studio (minimum 4/Max 14)

Call ahead to reserve a spot, transportation will be provided from
Halifax COA. **TIME:** 11- 1pm (off-site event)



Congregate Meals

Every Monday and Wednesday

from 11:00 a.m. – 12:00 p.m. at the Halifax Council on Aging

Call in advance to reserve a seat at
(781) 293-7313. Space is limited.

Upcoming menu:

- 11/1 **BBQ PORK PATTY**
- 11/3 **BAKED ZITI**
- 11/8 **CHICKEN PARMESAN**
- 11/10 **FISH STICKS**
- 11/15 **HONEY MUSTARD CHICKEN**
- 11/17 **LEMON PEPPER CHICKEN**
- 11/22 **MEATLOAF W/ GRAVY**
- 11/24 **PORK LO MEIN**
- 11/29 **CHEESEBURGER**



HIP HOP CHAIR EXERCISE



The Halifax Council on Aging is happy to host Hip Hop Dance Chair Exercise w/Music Dance.edu on November 9, 2021 at 11am at Henrich Hall.

This class is one hour. Participants do a complete chair, dance, warm-up, and hip hop class that begins and ends in chairs. We travel through time on the "Soul Train" and chair dance to clean cut hip hop and R & B songs. We use creative props such as smiley faces, the drums, and the African maracas to help make our soul train journey come to life. Participants will leave feeling more limber.

Call the COA at 781-293-7313 to register for this program. This activity is funded in part by the grant by the Halifax Cultural Council which receives funding from the Massachusetts Cultural Council



HOLIDAY LUNCHEON

JOIN US FOR AN AFTERNOON OF MUSIC & MERRIMENT AS WE KICK OFF THE HOLIDAY SEASON.

WEDNESDAY, DECEMBER 1ST - 12PM-2PM

HOLY APOSTLE PARISH HALL

LUNCH AT 12

FOLLOWED BY ENTERTAINMENT BY TOMMY RULL
SINGING HOLIDAY FAVORITES

THIS PERFORMANCE IS FUNDED BY A GRANT FROM
THE HALIFAX CULTURAL

COUNCIL WHICH IS SUPPORTED BY THE
MASSACHUSETTS CULTURAL COUNCIL

LUNCH IS \$15 PP- & INCLUDES SALAD, BAKED ZITI,
MEATBALLS, DESSERT, COFFEE, TEA

CALL THE COA AT 781-293-7313 TO REGISTER

AARP Foundation[®]

For a future without senior poverty.

AARP Foundation Tax-Aide is looking to expand its team of volunteers for the upcoming tax season. Tax-Aide offers free in-person preparation and assistance to anyone, especially those 50 and older who cannot afford tax preparation services. Volunteers make a difference in their communities by assisting many low-income taxpayers and their families who might otherwise miss out on the tax credits and deductions that they have earned.

The Tax-Aide program is seeking volunteers for a number of roles including tax preparers, client

facilitators, technical coordinators, and appointment coordinators. All levels of experience are welcome. Volunteer tax preparers complete tax preparation training and receive IRS certification. Tax-Aide volunteers assist taxpayers from early February through mid-April generally during the weekday. Training will begin in the fall so please call 1-888-AARP-NOW (1-888-227-7669) or visit aarpfoundation.org/taxaidevolunteer to register or get more information



NOVEMBER IS NATIONAL CAREGIVER MONTH



Being a caregiver is a stressful and demanding job. There is usually very little, if any opportunity to prepare for a new caregiving situation. The well-being of the caregiver requires priority consideration. Thought must be given to the fate of the care recipient if the caregiver becomes unable to continue with caregiving responsibilities.

Caregivers are susceptible to depression, illness, physical exhaustion and emotional exhaustion. Any of these conditions will easily interfere with a person's ability to be an effective caregiver. The following are suggestions for maintaining caregiver well-being:

Caring for the Caregiver

- Become informed about the care recipient's health issues and any expected changes in behavior.
- Accept the facts and deal with your situation the best that you can.
- Seek professional help whenever necessary.
- Share the burden of caring and caregiving with family members and other interested persons.
- Talk about your problems with a trusted person.
- Don't be too shy, proud, or afraid to seek help with caregiving.
- Become aware of the limits of your caregiving abilities.
- Maintain social activities and important relationships.
- Get away from the responsibilities from time to time. Pace yourself. .
- Work off anger with physical activity. Plan ahead to avoid crises where possible.
- Live one day at a time.
- Recognize the worst-case scenario, but hope for the best.
- Join a family support group.
- Keep your sense of humor!
- If you would like to learn about the OCES' Family Caregiver Support Program please call OCES at 508-584-1561.



YOU ARE INVITED TO ATTEND :

TRIAD MEETING

11/2/21 –10 AM AT THE HALIFAX

POLICE STATION-2ND FLOOR

JOHN BUCKLEY, REGISTRAR OF DEEDS

IS THE FEATURED SPEAKER.

DISCUSSION TOPICS INCLUDE THE

HOMESTEAD ACT



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Tel: (781) 293-7313 • Fax: (781) 293-1774
Website: www.halifax-ma.org/COA
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HOURS OPEN TO THE COMMUNITY

MONDAY - THURSDAY: 8:00 A.M. - 4:00 P.M.
FRIDAY: 8:00 A.M. - 1:00 P.M.

RETURN SERVICE REQUESTED



**DONATED BREAD AND PASTRY IS
OFFERED FOR PICK UP EACH**



COUNCIL ON AGING BOARD

CHAIRMAN:

Jo Schofield

MEMBERS:

Jean Gallant

Judith Rakutis

Michael Rugnetta

Sarah Sloat

Ivy Matheny

STAFF

Darlene Regan, Director

Donna Porcello, Outreach Coordinator

Tricia Ross, Assistant Outreach/Nurse

Maria Maynard, Nutrition Site Manager
(Meals-On-Wheels)

Diane O'Brien, Van Driver

Gary Long, Van Driver

Chris Tompkins, Van Driver

Halifax Council on Aging Mission Statement: *To identify the economic, health and cultural needs of our senior community and provide an environment of support, learning and socialization while striving to enrich lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.*