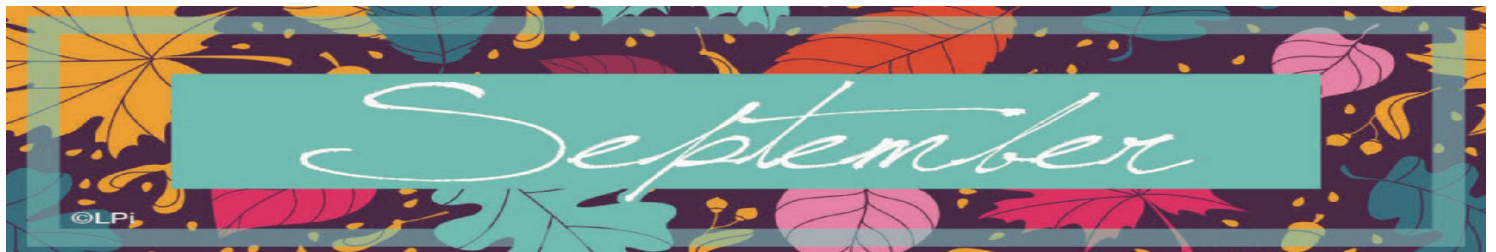


GROWING TOGETHER

SERVING THE HALIFAX COMMUNITY



Coffee with your State Representatives and Veterans Agent

September 1st

State Representative
Josh Cutler call 617-722-2013

September 11th

State Representative
Kathy LaNatra 9:30 - 11am

&

Veterans Agent
Steve Littlefield 9:30- 10:30am



Halifax Council on Aging Updates

Not quite sure where to begin, except that we have been open Monday to Friday with many new visitors and events this summer. The weather has been a challenge and we worked diligently to reschedule outdoor activities, such as the Concert on the Green with Matt York, to be held on September 14th, from Noon to 2:30pm. Let us hope Mother Nature will bring us a sunny, comfortable day.

As we prepare for the fall and winter weather, we will do our best to assist with DTA, Fuel Assistance and Masshealth renewals and NEW applications. We ask you to plan ahead and *call for an appointment*.

Beginning September, our dining room will be open for weekly coffee and light refreshments. We invite you to visit the historic building, and stay connected with future news of the Town's proposition of building a center to support the needs of Halifax and its residents.

Our newsletter sponsors are supportive of our mission while the Town of Halifax contributes to its mailing. If you would like to access the newsletter electronically, please visit our website, download our monthly newsletter, and let us know to take you off the mailing list.

We hear you and have been pro-active in recruiting instructors for computer and cell instructional sessions. The Art Group will begin and work independently as we search for the ideal location. Stay tuned and enjoy the rest of summer days with family, friends at the Halifax Council on Aging.

Lastly, thanks you to Leo Hunt of Heirloom Toys for the game boards, and Frederick Corrigan for his generous donations. Again, a heartfelt thank you to all of our volunteers who believe in supporting older adults and individuals who live each day with challenges. Enjoy the remaining summer days, Darlene Regan, Halifax CoA Director

HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

★HAPPY★ BIRTHDAY! ★HAPPY★ BIRTHDAY! ★HAPPY★ BIRTHDAY!

Jacqueline Adams
Barbara Allegra
Nancy Anderson
June Austin
Nancy Baez
Robert Bailey
Robert Balestra
Ernest Baracchini
Janice Barry
Elaine Batchelder
Steven Bearce
Clifford Bellrose
Joyce Bereika
Michael Berry
Marcy Bilak
Valentina Brackett
John Bradshaw Jr.
Edward Brady
Beth Briggs
John Cannon
Barbara Casagrande
Mary Casavant
Mariruth Castle
Paul Chavarolli
Carol Clark
Michael Cohen
Paul Collis
Kenneth Corti
Ana Cruz
Joyce Curran
Jane Currie
Milton Dalins
Pat Darrah
Carol Davey
Alice DeAbreu
Kim Deegan
Theodore Demariano
Eileen Dempsey
Patricia Doherty
John Dorney
Paul Doucette
Esther Duffey
Alycelee Dutton
Henry Evans
Georgine Felton
James Ferretti
Thomas Fitzgerald
Peter Foley
Ted Foster

Georgia Freeman
Michael Gallagher
Richard Gannon
Bert Gaynor
Glenn Gerrior
Joyce Gfroerer
Karen Gifford
Bruce Grindell
Mirna Habib
Leslie Hawkins
James Hill
Katherine Hilliard
Francis Hodgdon
Charles Hogan
Robin Holzworth-Gilpatrick
Jan Jacobs
Jonathan Jacobs
Mark Jacques
Deborah Jerome
Bonney Kempton
James Kennedy
Patricia Kinder
Candace Kniffen
Robert Kniffen, Jr.
Michael Kundicz
Anita Labrecque
Charles Labrecque
Laura Lacroix
J. Adolphe LeBlanc, Jr.
Steven Linscott
Sandra Lorgeree
Leonard Loyd
James Lunny III
John MacLeod
Cheryl Malley
Salvatore Manganaro
Michael Manoogian
Bradley Marsh
Honey Martin
Diane Mattivello
Maria Maynard
Raymond Melanson
Joseph Mercurio
Gail Miller
Pamela Morris
Shirley Morrison
Raye Nordgren
Daniel Nussdorfer
Jeanne O'Connell

Jeffrey O'Connell
Dennis Olson
Patricia Oothout
Vivian O'Shea
Ivan Owens
Cheryl Pascarella
Anne Paster-Casey
Trevor Penn
Maryellen Purpura
Annette Rago
Joyce Ralph
Karen Reilly
Kathleen Renna
Peter Richards
Harris Robinson
David Roy
Susan Ryan
Linda Sample
Dorothy Samuelson
Susan Scopelleti
Katherine Shaughnessy
Nancy Sheehan
James Shultz
Barbara Sperrazza
Anita Sprague
Harold Sprague
Ernie Stennes
Hugh Stewart
Glenn Swanson
Robert Sweeney
Cheryl Terranova
Gail Thibeault
Myron Trop
Marilyn Umbrianna
Linda Varitimos
Rosalie Vess
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Elaine Vinci
Mary Voss
Catherine Walsh
Constance Webb
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Halifax Council on Aging, Halifax, Ma 06-5390

OUTREACH NEWS

Blood Pressure Screenings on the Move

The Town of Halifax contracts nurse M. Laurie Montuori to provide two (2) free walk-in adult wellness screenings the first Tuesday each month in 2023. Please see the dates, times and where the screenings will be held.

WHEN: September 5th, 2023 October 3, 2023, November 7, 2023 and December 5, 2023

WHERE: *Halifax Town Hall—499 Plymouth Street, 9—10am (Follow the signs)*
Halifax Mobile Estates, 33 Redwood Drive, Community Bldg 10:30—11:30am

HEALTHY LIVING COLLABORATIVE (BLOOD PRESSURE SCREENINGS) OFFERED AT THE COUNCIL ON AGING, 506 PLYMOUTH STREET FROM 11:00— 12:30

TUESDAYS: September 5, 12, 19 and 26

WEDNESDAYS: September 6, 13, 20 and 27

Learn about your Medicare rights.

- Did you know that you can file an appeal if you were admitted to the hospital but feel you are not ready to leave or if you think your skilled services are ending too soon?
- Did you know that you can file a complaint if you have a concern about the medical care you had?
- Did you know that you can call Kepro and ask about Immediate Advocacy for issues that you need help with right away?

Instructions:

Print this page and cut out the cards. Keep a card in your wallet to have Kepro's phone number handy if you need it.

There is more than one card here to make it easy for you to share with family and friends. How about putting one on your refrigerator?



Are you on Medicare? Get help right away for your healthcare concerns. Ask about our Immediate Advocacy service. **It's free.**

Kepro's Medicare Helpline
Toll-free: 888-319-8452

MA • CT • RI • NH • VT • ME Expires 7/2024



Are you on Medicare? Get help right away for your healthcare concerns. Ask about our Immediate Advocacy service. **It's free.**

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OUTREACH NEWS



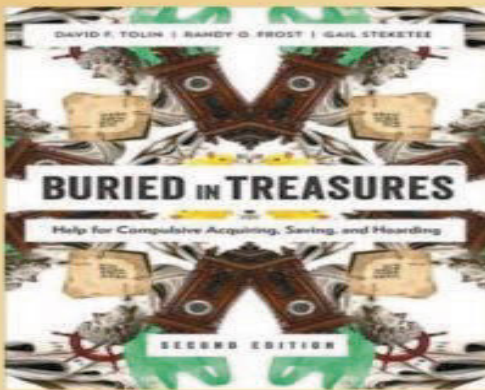
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"GREAT PEER SUPPORT"
"INSPIRING"
"INSIGHTFUL"



EVENT INFORMATION:

Facilitated by: Deana Andrade, LICSW & Alexa Moniz, LCSW

Date: Tuesday, September 5, 2023

Duration: 16 classes, once a week

Time: 10:00 am - 12:00 pm

Location: Brockton Council on Aging

Cost: Free

Space is limited. If you think this workshop is for you, please [click the link](#) or scan the QR code to request a screening for workshop readiness. If you have any further questions contact Deana Andrade at dandrade@ocesma.org or call 508-584-1561 ext. 232.



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BY APPOINTMENT

WHAT'S UP FOR SEPTEMBER 2023

HEALTHY INITIATIVE OLD COLONY YMCA EAST BRIDGEWATER

Discover how **DASH Nutritional Seminars** can Work for You

What is DASH: •Dietary Approaches to Stop Hypertension

How can DASH Nutritional Seminars work for you?

1. Manage hypertension
2. Reduce sodium intake
3. What to shop for at the grocery store
4. Prepare and cook food for better blood pressure management
5. Choose foods wisely healthy eating for life

East Bridgewater YMCA is offering a **free** Healthy Living event to various communities. We are fortunate to be part of the educational collaborative that aims to manage chronic illness and disease.

DASH is a 4-part Series

Beginning September and ends December
one week a month: same material for Tuesdays and Wednesdays

Tuesday September 12th and Wednesday September 13th

Tuesday October 10th and Wednesday October 11th

Tuesday November 7th and Wednesday November 8th

Tuesday December 12 and Wednesday December 13



*MAYO Clinic, DASH diet: Healthy eating to lower your blood pressure - Mayo Clinic, paragraph 1

Complimentary appointments with
National Academy of Elder Law
Attorneys

Jason Rawlins, Esq

Paula Schlosser, Esq

David Kiley, Esq

Call the office to set up
a 30 minute consult

Show Off Your Skills

VOLUNTEER AS A:

CoA Greeter (Daily 10 to 12)

CoA Newsletter (monthly)

Train for a Skill:

SHINE (Medicare)

AARP (Tax Preparer)



Halifax Council on Aging *welcomes*

Country Artist **MATT YORK**

WHERE: 499 PLYMOUTH ST HALIFAX (TOWN GREEN)

WHEN: **Thursday, September 14th**

TIME: 12PM-2:30PM (call to reserve a seat)



HALIFAX COUNCIL ON AGING IS SPREADING THE WORD SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH

WEDNESDAY, SEPTEMBER 20th

12:00PM TO 2:00PM LUNCH IS OFFERED BY **OCES**

499 PLYMOUTH ST, HALIFAX (SELECTMEN BOARD MEETING ROOM)

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RE-DETERMINATIONS AROUND LATE AUGUST AND NEW APPLICATIONS WILL NOT HAPPEN UNTIL OCTOBER BY APPOINTMENT ONLY

MASSHEALTH RE-DETERMINATION HELP IS AVAILABLE BY APPOINTMENT ONLY

THANK YOU !

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.

GRATEFUL TO THE MCC AND HALIFAX LCC

TRIAD— building safe communities one-at-a-time



SEPTEMBER 2023 | Growing Together

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Darlene Regan

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Sarah Sloat, Kimberly King-
Cavicchi and Ruth Mills-Walters
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Search Team in Progress

Outreach Assistant

Nancy Smith-Clancy

Receptionist

Diane Smith

OCES Meals-On-Wheels

Site Coordinator

Maria Maynard

Van Drivers

Gary Long, Diane O'Brien, and
Janice Rossetter

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>SEPTEMBER 2023</h1>				1 State Rep. Josh Cutler Off-Site Hours: Please call 617-722-2013 for an appointment; or email him at josh.cutler@mahouse.gov 10am-11:30am Coffee Social (COA)
4 Labor Day A Federal holiday honoring American workers and their contribution to National strength and prosperity. ALL TOWN OFFICES CLOSED 	5 9am-11am 2 Free Health Clinics (Town Hall; 9am-10am & Halifax Estates; 10am-11:30am) 10am-11:30am Coffee Social (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (COA)	6 10am-11:30am Coffee Social (COA) 10am-12pm Healthy Living Blood Pressure Check (COA) 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	7 10am-11:30am Coffee Social (COA)	8 10am-12pm Attorney Paula Schlosser (COA) 10am-11:30am Coffee Social (COA)
11 9:30am-11am Coffee with State Representative Kathleen LaNatra (COA) 9:30am-10:30am Coffee with Veteran's Agent Steve Littlefield (COA) 10am-11:30am Coffee Social (COA) 10am-12pm CRIBBAGE (COA) 1:30pm-3pm Knitting/Crochet Club (COA)	12 10am-12pm TRIAD (Great Hall) 10am-11:30am Coffee Social (COA) 10am-11pm Healthy Living Collaboration for Blood Pressure Screenings (COA) 11am-12:00pm DASH/TINA Nutritional Seminar (4-part series held on the first Tuesday and Wednesday of the month through December 13th.) (Selectmen Meeting Room)	13 10am-11:30am Coffee Social (COA) 10:30am-11pm Healthy Living Blood Pressure Check (COA) 11am-12:30pm DASH/MARLENE—Nutritional Seminar (4-part series held on the first Tuesday and Wednesday of the month through December 13th.) (Selectmen Meeting Room) 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	14 NO COFFEE HOUR ON THIS DATE DUE TO THE CONCERT  12pm-2:30pm Concert on the Green with Matt York (Town Green)	15 10am-11:30am Coffee Social (COA)
18 10am-11:30am Coffee Social (COA) 10am-12pm CRIBBAGE (COA) 1:30pm-3pm Knitting/Crochet Club (COA)	19 Lobster Boat Trip (Dottie Martel—(781) 801-4822) 9:30am-11am COA Board Meeting (499 Plymouth Street, Halifax (Selectmen Meeting Room)) 10am-11:30am Coffee Social (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (COA) 1pm-3pm Crafts With Maddie (COA)	20 10am-11:30am Coffee Social (COA) 10am-12pm Healthy Living Blood Pressure Check (COA) 12pm-2pm OCES Fall Prevention Lunch and Learn (Selectmen Meeting Room)  lunch & learn 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	21 10am-11:30am Coffee Social (COA) 1pm-3pm Book Club a COA Event (Holmes Library)	22 10am-11:30am Coffee Social (COA)
25 10am-11:30am Coffee Social (COA) 10am-12pm CRIBBAGE (COA) 1:30pm-3pm Knitting/Crochet Club (COA)	26 10am-11:30am Coffee Social (COA) 10am-12pm Healthy Living Collaboration for Blood Pressure Screenings (COA)	27 10am-11:30am Coffee Social (COA) 10am-12pm Healthy Living Blood Pressure Check (COA) 2pm-3pm ZUMBA Gold/ Heather (Great Hall)	28 10am-11:30am Coffee Social (COA)	29 10am-11:30am Coffee Social (COA) 11am-12:30pm Attorney Jason Rawlins (COA)