



HALIFAX COUNCIL ON AGING NEWSLETTER



April 2017

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NEWSLETTER Deb Killeffer

Pope's Tavern Senior Center
506 Plymouth Street,
Halifax, MA 02338
Hours: Mon. - Thurs. 8am - 4pm
Fri., 8am - 1pm
781-293-7313 or 781-293-3883
Fax: 781-293-1774

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Ava Grimson



YOU DON'T WANT TO MISS...

WHAT: A **Special Easter Dinner** of Ham, Baked Potatoes, corn casserole, rolls and surprise dessert followed by an Easter Egg

Hunt**

WHO: Cooked by Harry & Joan Towne

WHERE: In our Gathering / Dining Room (at the COA)

WHEN: Thursday, **April 13th**, NOON

Kindly RSVP to our office by **April 7th** so we can get your meal and seating for you!



****We need YOUR help....we need donations of small AND large plastic Easter eggs AND bags of candy to fill them! Please drop off eggs and/or candy at our office before April 6th, so we can fill them! *If you can help us HIDE the eggs around 1pm on Thursday, April 13th, please come join us as we get ready for the elementary school children's arrival.* The 6th graders from Halifax Elementary School's Intergenerational Program will be involved, so thank you for helping us to offer memorable event for *all* ages.**

From Our Director....

The Municipal & School Building Committee continues to work on the proposal for the renovation building projects at Pope's Tavern Senior Center.

We are excited at the Council on Aging when we have an opportunity to enjoy the **Senior Art Exhibit** at Holmes Public Library. Our adult coloring group will display their beautiful art work. *Be sure to stop by the Library and see the other art work which will be displayed in the common room during the month of May.* Please come for lunch (noon) on **May 25th**, then join us for the viewing of all the artwork and a reception at the Library which will occur from 1-2pm.



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If you would like to display a piece of artwork, please call the COA. It's always a special experience to see what others have done with their talents.



An **INFORMATION opportunity** for you to benefit from learning about **The Seniors Law Project**. Beth Goodfellow, an attorney of this service will provide **FREE** resource of **legal assistance** to us here in Halifax. She will share a

tremendous amount of information regarding the following: your **public benefits** (Social Security, SSI, cash assistance, food stamps) **Housing** (landlord/tenant problems in private and public housing, **Health Insurance and Long Term Care** (Medicaid, Medicare, private insurance and institutional care) **Document preparation** (Power of Attorney, wills for home-bound and others) She has also worked extensively to help people, organizations and those who face the issues related to hoarding.

WHEN: Wed., April 26th, 11:00a.m. RSVP as soon as possible

WHY: There is no need to wait until the problem becomes serious!

50+ JOB SEEKERS ... take note!

The Networking Group is a program to provide job seekers with confidence, self-esteem, necessary tools and skills to implement a successful job/encore* career. We meet the first Thursday of EVERY month at the Halifax Town Hall (9-11am) and also on the **THIRD THURSDAY** at the Marshfield COA (230 Webster St.) from 9-11 a.m.

The April 4th meeting will be reviewing their job search tool box, elevator speech preparation, resumes, business cards, job search plans, interview skills, success stories, job fair strategies and much more!

Watch for dates for our upcoming Job Fair in June. Last years job fair was a great success. Please call Brenda or Barbara and get more information and encouragement to attend!

An **encore career*** is work in the second half of life that combines continued income, greater personal meaning, and social impact. These jobs are paid positions often in public interest fields, such as education, the environment, health, the government sector, social services, and other nonprofits.



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BEST BREAKFAST (Tuesday, April 11) will include: omelets, home made corn beef hash, thick cut bacon, Irish tea bread, raspberry coffee cake, quiche, juices.... **YUM!!**

COMING NEXT MONTH:

- May 10th, Wednesday, **Mother's Day Celebration** with Lunch & Tea—free—here!

FOLLOWING THE TEA, THERE WILL BE A SEMINAR ON **"LAUGHTER...THE BEST MEDICINE"** It's been scientifically proven that laughter really does have an impact on our physical and emotional well being. How does it effect us? How many benefits does it really offer?

Join us for a good belly laugh and positive information!

- May 31st SPRINGFLING and Memorial Day Celebration
DETAILS TO COME IN MAY'S NEWSLETTER!

- Senior Art Show at Holmes Library **ALL MONTH**



DID YOU KNOW? Quilters Newsletter published a study which tells us that there are 21 million quilters in the US, predominately female and average age is 62. This date was published in 2010, so a more recent survey may show somewhat different results. *YOU can learn about this wonderful skill and hobby by coming on Wednesdays from 10am-noon....with a nominal fee of \$3.00 for fabric per class. We hope to see you!*

WELL, THAT'S INTERESTING!

- ⊗It's impossible to lick your elbow.
- ⊗The State with the highest percentage of people who walk to work is Alaska.
- ⊗The cost of raising a medium-size dog to the age of eleven is \$16,400.
- ⊗The average number of people airborne over the U.S. in any given hour: 61,000
- ⊗The first novel ever written on a typewriter, Tom Sawyer.
- ⊗The San Francisco Cable Cars are the only mobile National Monuments.
- ⊗Each king in a deck of playing cards represents a great king from history. Spades = King David; Hearts = Charlemagne; Clubs = Alexander The Great; Diamonds = Julius Caesar
- ⊗The only food that won't spoil is honey.
- ⊗At least 75% of people who read these facts will try to lick their elbows.



TRIAD



Triad is a three-way commitment between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement, Police and Fire departments. Triad meets on *1st Tuesday* of the month at the **Halifax Police Station, 2nd floor at 10:00am**

Rick and Donna Greeley from Greeley Oil Co. will be

discussing the oil industry and answer questions

Call Ken Vinton for details (781-294-1057)

All meetings are open to everyone; so come, listen to the speaker and then enjoy coffee and refreshments. ASK Ken about the ongoing programs such as File of Life (car and home), Used medication and eyeglass drop off, Safety LowJack for autism/dementia and the Are You Okay program

Do you know an elder who is suffering from abuse? Call 800-922-2275



- Use turtle wax on glass in the bathroom, especially the shower doors and there will be less hard water build-up.
- You can use active yeast for the septic system. Just flush it down your toilet; a fraction of the cost of RidEx.
- Don't throw out an old toothbrush! They are great cleaning tools for small, tight spots (behind sink fixtures, in corners, etc.)
- It's time to get the lawn furniture out...Scrubbing Bubbles product is excellent to wash the mesh seats. It doesn't cause the mesh or fabric to deteriorate but will take off the dirt and mildew.
- Watch OVEN temps when you use a different type of pan than usual. (Glass/Pyrex = 350 degrees, Dark/Teflon = 325 degrees)
- When boiling water and a lid is on the pan...put a wooden spoon across the top between pan and lid to keep the water from boiling out onto your stovetop!

And, last but not least...

- Use a empty wipes holder (round Lysol or Clorox wipe container) to store shopping bags for easy dispensing when you need to line a garbage bucket, take an item to a friend, etc.

THANKS TO Brenda and Betty Anne for their hints and tips!

► Reach the Senior Market

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Community Dining lunches are served Monday through Friday at Noon here at the Senior Center. The cost is a suggested donation of only \$2.50! Check out our menu and call to make a reservation. We suggest you call at least 2 days in advance. We also have **Special lunches** on the first Thursday of every month. The Specials are in the monthly newsletter, and you will also receive a call from me a week prior as a reminder. *(It is NOT a telemarketing/scam call, please hear the message out)* We would love for you to come join us for some delicious food and good company!

Do you have any questions? Contact: Maria Maynard, our **Meal Site Manager** (see that beautiful and friendly face!) for Meals on Wheels for Halifax & Plympton

Thursday, April 6th, Spring Special includes: Chicken Cordon Bleu, Baked Potato and sour cream, celery and carrots, whole wheat dinner roll and strawberry chiffon dessert.

COME to **Basic Computer Class** on Monday morning (10am) and Learn!



You'll discover how to get rid of unwanted emails, trash and unfriend on Facebook. Learn Word and Excel formulary. Bring your electronics (laptops, tablets, iPads) and we will work together to give you new confidence and knowledge.

Your Instructor and Fellow Learner,
Betty



What do bulletproof vests, fire escapes,
windshield wipers and laser printers
have in common?

All were invented by women.

Health & Wellness

WELLNESS CHECKS are on Thursday mornings, 8:30-11:00 with Nurse Tricia. This gives you an opportunity for a confidential visit to check your vitals (pulse, respiration, blood pressure), glucose levels, weight, medication review and counsel. (This is FREE!)

CHAIR YOGA (Halifax Henrich Hall Mobile Home Park) every Wednesday from 11-12. (only \$4pp)

LINE DANCING on Tuesday afternoons (3pm) or Wed. eve (6:30p) at All Season's Restaurant

EXERCISE/MEDITATION: 1st, 2nd and 3rd Fridays, COA

TAI CHI: Town Hall, Mondays 11am-noon

KEEP MOVING ACROSS AMERICA WALKING GROUP is still walking hard to meet their goal. Come in and view the map and join a group who are dedicated and devoted to keeping healthy! Harold Davis and Sandy Rigo are fast approaching the Winner's Ribbon! Don't let them get too far ahead of you.

LOVE TO WALK GROUP is 'warming up' for a new season and invite you to join them, leaving 9am and returning 1pm. They have some interesting places to visit—pack a lunch and water, wear walking shoes; ride in the van. (\$5pp) Check our calendar for dates. This month: Whitman Town Park, Walpole Bird Park.

EXERCISE is an ongoing and important part of **aging well**, and keeping the joints moving reduces aches, pains and strains. This includes: aerobic training, balance training, strength training and eating nutritious (not empty calorie) food.

THINGS THAT WE OFFER....

Adult Coloring Sessions
Best Breakfasts
Book Loans/Display
Brown Bag services
Chair Yoga
Congregate Meals
Community Outreach
Computer Classes
Cribbage/Card Games
Day Trips
Exercise Classes
Food Stamp & Fuel Assistance Applications
Generations Support
Health Education Workshops
Information/Referrals
Intergenerational Programs
Keep Moving Program
Knitting & Crochet
Legal Referrals & Resources
Line Dancing
Lunch Served Daily
Manicure Service
Meals on Wheels
Medical Equipment Loans
Men's Social Group
PediCare services
Oil Painting
Quilting
Safety Assurance (Are You Okay?)
Seasonal Celebrations
SHINE Medicare Counseling
Support Group (My Life, My Health)
Taiichi
Tax Assistance
Transportation—(Errands, Doctor's Appointments, church, events)
TRIAD
Veteran's Chat
Volunteer Opportunities -
Wellness Programs; Nurse checks (BP, weight, glucose)
Walking Groups—Love To Walk
Television & Wii on a wide screen
Writing Sessions

**Do you know of someone who needs
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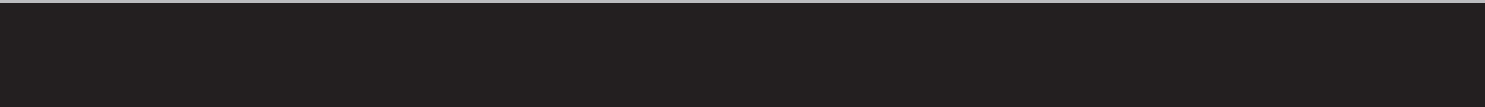
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Partial printing of this newsletter is made possible by a Grant from the Massachusetts Executive Office of Elder Affairs.

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.

Our 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 senior lives by offering as wide array of programs, transportation and advocating on their behalf,



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HALIFAX, MA 02338

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