



HALIFAX COUNCIL ON AGING NEWSLETTER



July & August 2017

DIRECTOR Barbara Brenton
RECEPTIONISTS Judy Sheppard, Kerry Landers
NUTRITION / M.O.W. Maria Maynard
OUTREACH WORKER Brenda Fitzgerald
OUTREACH ASSISTANT & NURSE Tricia Ross
VAN DRIVERS Gary L. George A.,
Frank S., Christine T.
SHINE COORDINATOR Maria Burke
NEWSLETTER Deb Killeffer

Pope's Tavern Senior Center

506 Plymouth Street

Halifax, MA 02338

Hours: M - TH 8am - 4pm

Fri., 8am - 1pm

781-293-7313 or 781-293-3883

Fax: 781-293-1774

BOARD OF DIRECTORS

CHAIRMAN Jo Schofield
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SECRETARY Ellie Murphy
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Dick Wright, Helen Doucette

THINGS THAT WE OFFER....

Adult Coloring Sessions
Attorney Assistance
"Best " Breakfasts
Book Loans/Display
Brown Bag services
Chair Yoga
Community Outreach
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)
TaiChi
Tax Assistance
Transportation—(Doctor's Appointments, errands, 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

SPECIAL EVENTS FOR JULY....

THURSDAY, July 6th at 12:00 we will be having a *special summer outdoor lunch* with a **Build A Burger** theme! (If weather is not conducive, it will be held indoors) There will be give away door prizes, Trivia games and much more! Lunch will include many types of hamburger condiments and additions, potato chips and salad, vegetables and blueberry parfait. Call to reserve your space!



Tuesday, July 18th at 1:30 there will be a special **Ice Cream Social** at Heinrich Hall at the Halifax Mobile Home Park with guest performer Roger Tincknell, presenting a 1960s folk music sing-along. This program is supported in part by a grant from the Halifax Cultural Council, AND *free!* You don't want to miss this!

Thursday, July 13th, GENERATIONS will be taking a Luncheon Cruise to Gloucester. For details, please contact Dottie Martel at 781-801-4822

SPECIAL EVENTS FOR AUGUST....

Wednesday, August 16th is our annual **Summer Cook Out**, 12:00, on Town Hall lawn with Laura James. Laura grew up in Plymouth with seven brothers and one sister. Her father coordinated a family musical group that James started performing in when she was about 9 years old. She came in second place on the TV show Community Auditions when she was 13. She has since performed solo and with various groups such as Herb Reed and The Platters and a doo-wop group with her brother, called Avenue X. She said music feels like it 'goes right to her soul'. Laura enjoys how rewarding it is to see the audience's reaction. When she sings, she feels like she can take people back, and brings back memories that the music evokes.



Menu includes: BBQ Chicken, hot dogs, potato salad, corn on the cob, watermelon and ice cream. Tickets are \$6.00—purchased before Aug. 9th.

Door Prizes offered! *Call our office to hold your space, and bring a friend!*



Tuesday, August 22nd, 1:00 Come and learn more about the **unique lighthouses around the world**, presented by Ed Beaulieu. Some of these structures are very near to us! Enjoy the time together with a glass of lemonade and cookies. Call us if you plan on joining us!

GENERATIONS



A multigenerational community group whose purpose is to engage in the support of the Council on Aging.

Events during the summer will include two Motorcoach trips. Advance reservations are required and can be done by calling Dottie Martel 781-801-4822

Thursday, July 13th: Gloucester Luncheon Cruise includes dining, dance and cruise! (\$97.00pp)

Thursday, August 17th: A trip to Pickity Place in Mason, NH includes a tour of 200 year old cottage and a five course lunch. (\$76.00pp)



Do you need a ride to a doctor's appointment or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs. Our van drivers are the **BEST!**

Thursday, noon-ish pick up for Stop & Shop

Friday, 9-10 am pick up = Wal-Mart & errands

Van rates, round-trip

In town = \$3.00 Surrounding towns = \$6.00

(E. Bridgewater, Hanson, Pembroke, Plympton)

Outer Towns = \$8.00

(Brockton, Weymouth, Plymouth, Hanover, etc.)

Cape Cod = \$12.00

Boston = \$30.00 (one way OR round-trip)



SAFE DRIVER TEST

- Do you have difficulty seeing clearly in the dusk and dark?
- Do headlights from other vehicles obstruct your sight?
- Do you have difficulty keeping up with the speed limit?
- Do you have difficulty hearing other vehicles?
- Do you often get lost on once familiar roads?
- Can you confidently parallel park and park in a straight line?

IF YOU FIND YOURSELF ANSWERING "YES" TO ANY OF THESE QUESTIONS, YOU MAY WANT TO CONSIDER DRIVING LESS, OR NOT DRIVING AT ALL. EVEN IF YOU VOLUNTARILY SURRENDER YOUR LICENSE, YOU ARE ELIGIBLE FOR A **FREE MASSACHUSETTS I.D.** PLEASE CALL US IF YOU NEED MORE INFORMATION.

TRIAD



Triad is a three-way commitment and



communication between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement, Police and Fire departments. Typically, Triad meets on the first Tuesday of the month at the Halifax Police Station, 2nd floor. Their next get together will be Sept. 12th

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

WHAT in the world is a "BLOG"? A blog is a frequently updated online personal journal or diary. It is a place to express oneself to the world. A place to share thoughts and passions. So you may be asking why anyone would want to have their own blog. We believe the answer lies in the fact that every human has a voice and wishes their voice to be heard. The Internet is a medium that is unparalleled in its reach. Never before have average people like you or me been able to reach a global audience with so little trouble. Bloggers have the opportunity of reaching hundreds or even thousands of people each and every day.

VETERANS.

VETERANS
STRONGER
TOGETHER



We're inviting you to join us on the 3rd Thursday at 1:00pm to discuss about sending out care packages to troops in Poland or doing special projects for encouragement to help those currently serving overseas. Help us pack up care packages, talk about your military service and get to know Wally Grover, as well as Davis Walsh. (VFW Commander) You'll be glad you did!

DOES RETIREMENT HAVE A POSITIVE OR NEGATIVE IMPACT ON OUR HEALTH?

Good question! There have been dozens of well researched studies to see how retirement effects our health and well being. The Harvard Health Blog suggests that "moving from work to no work comes with a boatload of other changes." If you loved your work, retirement can bring emptiness of purpose. If you had a stressful job, retirement can bring relief. Either way, researchers offer these tips for having rewarding retirement years: **Don't "retire"** from daily contact with friends and colleagues. **Maintain** your activities like sports or traveling, keeping a purposeful daily life. **Be creative:** keep your brain healthy by painting, gardening, or volunteering. **Keep learning:** explore new subjects you have always been interested in but didn't have time when you were working.

Taken from Old Colony Elder Services June 2017 article

► Reach the Senior Market

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IF THIS IS YOUR FIRST TIME RECEIVING OUR NEWSLETTER, PLEASE NOTE THAT THIS MAILING WILL COVER **TWO** MONTHS OF ACTIVITIES. That being said, there may be some unintentional omissions. Please call our office to review or get clarifications for things you may have questions about. Our daily lunch menu for August will be available by picking up in our office in mid-July. Come for lunch at noon any day! Call to save space.

RETURNING IN SEPTEMBER: Earring Creations, My Life/My Health, BEST BREAKFAST, etc. Always check our current and upcoming calendars!

FACTS AND TRIVIA... In 2009, New York City had the largest fireworks display in the country, with more than 22 tons of pyrotechnics exploded.



Famed American composer Irving Berlin gave his adopted nation one of its greatest and most iconic songs but it didn't see the light of day because its author didn't deem it worthy of being sung. Berlin was drafted into the military in the early 1900s and helped to draft a musical comedy for his fellow troops in which he composed the song for its final number — a tune inspired by a phrase his Russian mother would often utter after escaping to America from underneath the iron fist of the bloody Russian empire. However, the composer didn't think it would fit in the show and kept it in his file for 20 years until singer Kate Smith wanted a patriotic song to sing on the radio as war broke out across Europe. The song became one of the most requested patriotic ditties almost overnight and a staple in American songbooks. **Read More:** 10 Things You Didn't Know About the Fourth of July <http://thefw.com/things-about-fourth-of-july/>



Come in and meet our friendly staff!

L to R: **Barbara** Brenton, Director; **Brenda** Fitzgerald, Outreach; **Maria** Maynard, Nutrition; **Tricia** Ross, Wellness; **Kerry** Landers, Reception; **Judy** Sheppard, Reception.

DO YOU GET "CABIN FEVER" in the summer? It happens in any season when you want or need to **GET OUT** and take a mini-vacation. We provide that opportunity in July & August! JOIN our "**Love To Walk**" group on July 14th, Aug. 4 and 25th this summer. This friendly group of seniors travel to various locations just a short distance away and enjoy a scenic, non pressured walk. Even if you'd simply like to sit on a bench near the van, join them! Pack your lunch/water, wear walking shoes and **ENJOY**. See the calendar for their destinations. Call Janet Poulos Villano 781-293-9261 with questions. Call the office to reserve your space.

"Regular exercise will help protect seniors from chronic disease, improve their mood and lower their chances of injury."

(Agency of American Healthcare Research & Quality)

"Strength training is the best of all exercises for senior citizens"

<https://www.bodybuilding.com/fun/wotw26.htm>

Numerous studies have shown that strength training for seniors and other exercises for seniors done regularly not only builds up bone and muscle but counteracts the weakness and frailty that usually comes with aging. Exercising your muscles will increase not only your muscular strength but also your muscular endurance which is the ability to repeat a movement over and over again.


Start an elderly and seniors strength training program today! Check with your doctor and ask if there are any precautions you should take. Generally most seniors can safely begin a fitness program. Elderly strength training for seniors and exercises for seniors can help with: reducing risk of heart disease, blood pressure, gives more efficient lung usage, maintains bone and muscle, reduces and keeps fat levels low, reduces common cancers, gives better immune system resistance, increases positive mental health and quality of sleep, and it prevents osteoporosis and arthritis.



PLEASE JOIN US FOR CHAIR YOGA WITH JUDITH ON WEDNESDAYS, 11:00am at Halifax Mobile Home Park, Heinrich Hall. Easy parking at the side of the building!

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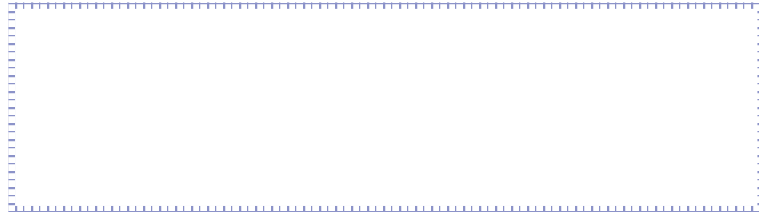
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