



HALIFAX COUNCIL ON AGING NEWSLETTER



October 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

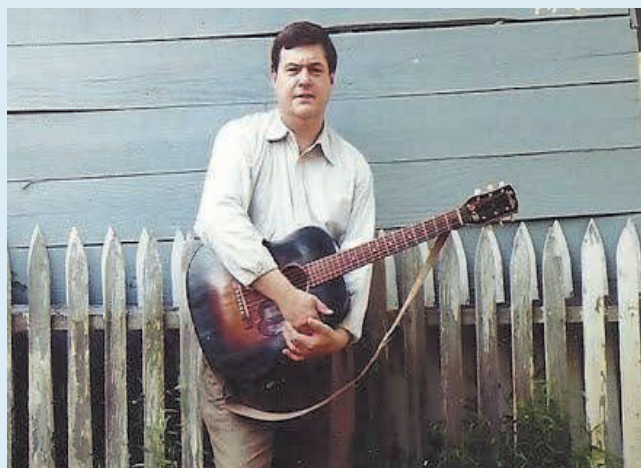
Fax: 781-293-1774

BOARD OF DIRECTORS

CHAIRMAN Jo Schofield
VICE-CHAIR Ava Grimason
SECRETARY Ellie Murphy
MEMBERS
Dick Wright, Helen Doucette

FREE MINI HEALTH FAIR, TUESDAY, OCTOBER 24TH - 10AM THROUGH LUNCHTIME.
SPONSORED BY TRIAD , THE FOLLOWING EXHIBITS EXPECTED ARE

- ◆ **HOME INDEPENDENCE SOLUTIONS...PROVIDING HOME ASSESSMENTS FOR CURRENT OR FUTURE NEEDS TO KEEP AN ELDER IN THEIR HOME AND LOW COST HOME MODIFICATION & SOLUTIONS TO MAXIMIZE SAFETY & INDEPENDENCE.**
- ◆ **FRAUD PREVENTION...LEARN WAYS TO BE SAFE WITH CONSUMER ISSUES AND SCAMS. CREDIT / BANK CARD PROTECTOR CASES GIVEN TO FIRST 10 ATTENDEES, CREDIT CARD SLEEVES PROVIDED UNTIL DEPLETED.**
- ◆ **K9 DEMONSTRATION...BEGINS AT 11:15... HOW THE DOGS ARE TRAINED AND WORK. Q&A TIME FOLLOWS**
- ◆ **NORWELL VISITING NURSE ASSOCIATION...PROVIDING BONE DENSITY TESTS AND WILL ANSWER QUESTIONS FOR YOU!**
- ◆ **STOP & SHOP PHARMACY...SHINGLE, FLU, WHOPPING COUGH, PNEUMONIA & TETANUS IMMUNIZATIONS AVAILABLE (CALL OFFICE TO RESERVE BY OCT. 18) TIM STEVENS, THE PHARMACIST WILL ANSWER ALL YOUR PERSONAL QUESTIONS!**
- ◆ **POLICE, FIRE & SHERIFF'S DEPARTMENTS...FREE PHOTO IDS... BRING YOUR QUESTIONS! BLOOD PRESSURE CHECKS**
- ◆ **GENERATIONS REPRESENTATIVES AND RITA'S BREADS....SELECTION OF DELICIOUS BREADS FOR YOU TO BUY**
- ◆ **LUNCH BY LAURA...\$5.00 DELICIOUSNESS— PASTA BAKE, SALAD, MEATBALLS, DESSERT AND OTHER YUMMIES. RSVP TO THE COA BY OCT. 20TH ... HELPING US HAVE ADEQUATE AMOUNTS OF FOOD!**
- ◆ **FREEBIES....TOO MANY TO LIST, INCLUDING WELLNESS CHECK WITH TRICIA ROSS, R.N— GLUCOSE & BLOOD PRESSURE REVIEWS**



COMING TO US ALL THE WAY FROM NEW JERSEY, TALENTED MUSICIAN KEN LELEN WILL PRESENTING "SPOOKY SIDE OF THE STREET"

FRIDAY, OCT. 20TH AT 1:00PM

IN THE GREAT HALL OF OUR TOWN OFFICE BLDG. HIS CONCERT WILL FOLLOW LUNCH, SERVED AT NOON. VINTAGE MUSIC CONCERTS TRACE MUSICAL, ROMANTIC AND HISTORIC THEMES WITH AMUSING ANECDOTES, WRY COMMENTS AND SAVORY MUSINGS. LUNCH (\$3.00pp) WILL INCLUDE ASSORTED SANDWICHES, CHIPS, PICKLES, COLE SLAW & DESSERT. RESERVE AND PAY IN ADVANCE BY CALLING OUR OFFICE BY OCT. 17TH!



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

On Sunday, October 15th, there will be a special bus trip leaving Henrich Hall 9am and going to Newport Playhouse (R.I.) for a dinner theatre. Call Dottie Martel (781-801-4822) with details. \$100.00, includes buffet lunch and the play "Crazy Time"



Do you need a ride for a doctor's appointment, pharmacy 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)

THE **INTERGENERATIONAL** PROGRAM (Elementary-age children + seniors) will start again October 26 on Thursdays at 1:30. Join us as we develop friendships and conversation around games and similar interests. Call if interested!



What did one Jack-o-Lantern say to the other on Halloween?

I'm feeling all warm inside tonight!



The **LOVE TO WALK** group is going on it's *last trip* to Sandwich / Sandcatcher Rec. Area on Oct. 6th. Join this friendly traveling group, wear comfy shoes, and \$5pp for a seat on the van. Lunch will be enjoyed at a nearby restaurant. CALL our office to reserve your space. What a great way to enjoy the outdoors!



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 at the Halifax Police Station, 2nd floor. Refreshments served.

On Tuesday, October 3rd, the Guest Speaker will be Lisa Budge Johnson, who is a Deputy Sheriff with the Plymouth County Sheriff's Dept. She will speak about her tour at the Elephant Sanctuary in Tennessee. Her presentation will give an overview at the Sanctuary's 2,700 acres.



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

Healthy Living

Did you know that TaiChi is offered every Monday in the Town Hall from 11a-noon. The minimal cost is \$4.00 pp, but the BENEFITS of this discipline include: Here are 12 benefits of Tai Chi for seniors:

1. Relieves physical affects of stress
2. Promotes deep breathing
3. Reduces bone loss in menopausal women
4. Improves lower body and leg strength
5. Helps with arthritis pain
6. Reduces blood pressure
7. Requires mind and body integration through mental imagery
8. Accumulates energy by releasing endorphins rather than depleting it
9. Enhances mental capacity and concentration
10. Improves balance and stability by strengthening ankles and knees
11. Promotes faster recovery from strokes and heart attacks
12. Improves conditions of Alzheimer's, Multiple Sclerosis, and Parkinson's



► Reach the Senior Market

ADVERTISE HERE

CONTACT

Duane Budelier to place an ad today!
dbudelier@4LPi.com or (800) 678-4574 x2525



Bridgewater Nursing Home

Quality Care in a Home-Like Setting
16 Pleasant Street, Bridgewater, MA
Phone: 508-697-4616

Medicaid/Medicare Certified





COMING IN November...

Friday, Nov. 10th a special Lunch for **Veterans...**
Homemade beans, ham & coleslaw, dessert

Wednesday, November 15th...1:30-3pm Crafts With
Kathleen, featuring special Thanksgiving artwork!
(\$4.00pp)

Tuesday, Nov. 28th...come laugh with us !

Do you anticipate the need for **FUEL ASSISTANCE** (1st time applicants) or recertification (updating ALL required documents) this autumn? **Call the receptionist to make an appointment. Our Outreach Workers, Brenda and Tricia are happy to assist you.** These appointments are available on TUESDAY & WEDNESDAY from 1:00-3:00pm. To check the status of an application, call the Fuel Assistance Hot Line #: 508-746-6707. Being pro-active in applying will alleviate the time required to file successfully.



MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY JANE DOE	
MEDICARE CLAIM NUMBER 000-00-0000-A	SEX FEMALE
IS ENTITLED TO HOSPITAL MEDICAL (PART A)	EFFECTIVE DATE 07-01-1986
(PART B) 07-01-1986	
SIGN HERE → <i>Jane Doe</i>	

On **WEDNESDAY, OCTOBER 25TH at 1:00PM** there will be an opportunity for you to learn about changes upcoming in MEDICARE. The regional presentation will be at Middleboro's COA. Open enrollment will occur October 15 through December 7th. It's good to know how changes in 2018 will effect you as a Medicare beneficiary. You will be able to review changes to Part D Plans, supplement plans, Medicare and Prescription Advantage. This presentation is **FREE**, but reservations are requested. Call the **COA in Middleboro (558 Plymouth St., 508-946-2490)** for more information and to reserve a seat. Refreshments will be served. There will be officials from **SHINE** and Delia DeMello, representative from Social Security will be presenting.



What is SHINE? The SHINE Program (Serving the Health Insurance Needs of Everyone) is a state health insurance assistance program that provides to residents of any age who have Medicare. Maria Burke, our SHINE Program Volunteer helps elders and individuals with disabilities in understanding their Medicare and MassHealth benefits and other health insurance options. She is available on Tuesday mornings 9-11, and appointments need to be set up in advance.

JOIN US ON WEDNESDAY, OCTOBER 18th....**CRAFTS with KATHLEEN** begins at 1:30-3:00pm, for creating a very cute Halloween Craft.... Only \$4.00 pp...*reserve your space by calling our office!*



Our annual **Summer Cook Out**, held Aug. 16th was a wonderful time together, made possible by:

Servers... Helen Doucette, Pauline Hughes, Sue Johnson, Ellie Murphy, Harry & Joan Towne, Toni Ross, Judy Fuller, Jo Schofield, Laura Sullivan, Christopher Schofield, Patty Bright, The Park & Recreation Team, COA Board of Directors and Town Maintenance Team...Gerry Elliott, Tom Schindler, Brenda Pettingil, Dick Wright and Alec & Martin.

Raffle and door prize recipients...

Janet Poulos Villano, Winston Bolton, Kathy Berry, Howie Martin, Richard Jonson, Tom Millias, Maureen Doyle, Ruth McKillop, Lorraine Scott, Ken Corti, Bob Webb, John O'Donoghue, Susanne Pope, Iris Perkoski, Debbie Duc, Patti Bright, Carol Keegan, Linda Frazier, Nancy Spoerke, Marion Backlund, and Avis Arsenault.

Generous Donations provided by... Dunkin Donuts, Generations, Walmart, Nails by Julie, MEA's Ice Cream, Lyonville Tavern, Dave's Automatic, Monponsett Inn, John The Barber, Teeka's Hair Salon and others.



for making the day so special and fun!

Our **SPECIAL LUNCH (*)** will be served on **THURSDAY, OCTOBER 5th**. It features a "Taste of Italy"...Cannelloni Cheese Pasta with White Sauce, Cauliflower and Zucchini, Baked Tomato Half, Scali Bread and Amaretto Mousse with topping! Yum. Call to reserve your spot!



The **"BEST BREAKFAST"** in Halifax will be back on **TUESDAY, OCTOBER 10th**...from 9-10a.m in the Gathering Room. Don't miss this time to meet friends and make new ones. A most delicious way to start the day!

DID YOU KNOW?

- THE FIRST "JACK-O-LANTERNS" WERE ACTUALLY MADE FROM TURNIPS
- SAMHAINOPHOBIA IS THE FEAR OF HALLOWEEN
- MORE SWEETS ARE SOLD ON 28TH OCTOBER THAN ANY OTHER DAY OF THE YEAR IN THE USA
- HALLOWEEN IS THE SECOND HIGHEST GROSSING COMMERCIAL HOLIDAY AFTER CHRISTMAS
- THE WORLD'S LARGEST PUMPKIN WEIGHED 850KGS
- 99% OF ALL PUMPKINS SOLD ARE USED FOR JACK-O-LANTERNS FOR HALLOWEEN

CENTRAL CEMETERY
 East Bridgewater
 Cemetery Corporation
New Lots Available
 Pre-Need Sales • Perpetual Care
 PO Box 111 • East Bridgewater
508.472.9098
www.facebook.com/EBCentralCemetery 

**THIS SPACE IS
 AVAILABLE**

 **Old Colony Elder Services**
 Providing services to the community since 1974
 144 Main Street • Brockton, MA 02301 • 508-584-1561
 Fax: 508-897-0031 • info@ocesma.org • www.ocesma.org

Protecting Seniors
 Nationwide 
Medical Alert System
 **\$29.95/Mo.** billed quarterly
 • One Free Month
 • No Long-Term Contract
 • Price Guarantee
 • Easy Self Installation
Call Today! Toll Free 1.877.801.7772

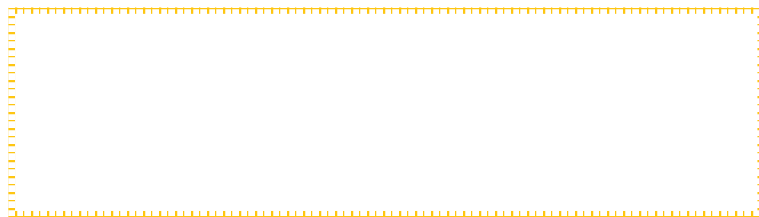
**FREE
 AD DESIGN
 WITH PURCHASE
 OF THIS SPACE.**
 — 800-477-4574 —

 **Great Heating Oil
 Prices With
 Great Service**
 Fuel Assistance Accepted
 Serving South Shore Area
781-294-0220
curtinbros@comcast.net
www.curtinbrosoil.com


Laura Sullivan, REALTOR, SRES
 Serving the Real Estate Needs of South Shore Seniors
 Cell: 508.341.4645 • Main Office: 781.293.2900
lsullivan@spectrumlistings.com
 115 Center St., Pembroke, MA 

**LET US
 PLACE
 YOUR
 AD HERE.**

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.
www.halfax.ma.us ~ www.seekandfind.com.



Presorted Standard Postage
 US Postage PAID
 Permit # 42

Halfax Council on Aging
 506 Plymouth St.
 Halfax, MA 02338

