



COUNCIL ON AGING NEWSLETTER

December 2017—January 2018



DIRECTOR Barbara Brenton
RECEPTIONIST Kerry Landers
NUTRITION / M.O.W. Maria Maynard
OUTREACH WORKER Brenda Fitzgerald
OUTREACH ASSISTANT & NURSE Tricia Ross
VAN DRIVERS Gary, George, Frank, Christine
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

BOARD OF DIRECTORS

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

You are invited to join us at our annual **Christmas Party** on Thursday, December 7th at noon. A special lunch will be served by Laura Sullivan & friends which will include roast beef, twice baked potato, butternut squash, salad, rolls & butter for only \$5.00pp! This will be held at the Lady of Lake Fellowship Hall. It is important to RSVP TODAY by calling our office and reserving your space. **Following the lunch** there will be special entertainment provided by Daniel M. Clark, known as *"The Singing Trooper"*. He has performed in uniform while representing the Commonwealth of Massachusetts during his 20 year career. During his tenure with the State Police he performed at more than 2,500 events for Federal, State, local, and military functions. In addition, he performed 26 foreign National Anthems, in native dialect, for visiting dignitaries and sporting events. We hope to see you at this wonderful event!



Don't miss the **BEST BREAKFASTS** we have here! It will occur on **Tuesday, December 12th (9-10am)** and **January 9th (9-10am)**. It's definitely something you'll want to enjoy! There is always a grand assortment of breakfast foods that surpass what you could get anywhere else, prepared by a great team of cooks and servers.



Dave, Laura, Kay, Jo & Linda

From Our Director....

**MERRY CHRISTMAS, HAPPY HANNUKAH AND
HAPPY NEW YEAR!**

I am thankful for our wonderful volunteers who give back to their Council on Aging, town and community and grateful for a supportive, hard working staff and I am so proud we help many seniors weekly and monthly!

The Building Committee update on our renovation project—Vertex was hired as owner/project Manager and we are in the final stages of the construction plans and will be ready to go out to bid for the project by the first of the year! Watch for more in February.

Have a blessed Christmas,

Barbara



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

In the past years, much work has been put into raising support during the holidays. This year, **GENERATIONS** volunteers are hoping for another special year! Two thirds of their hard work at fund raising during the year culminates in a Basket and Gift Card Raffle which will be held on December 19th at 1:00pm.

Themed Baskets (and/or gift cards) are requested to make this another successful project. The baskets are put together in your home (Theme ideas: spa items, toys for kids and pets, or gift cards to various businesses) and then must be dropped off at the Annual Christmas Party on December 7th, 10-11am at Lady of the Lake Church Fellowship Hall. They will be displayed and raffle tickets made available at that time. Later, they will be on display and raffle tickets sold at Popes Tavern for the Holidays in Halifax Open House December 9th, 4-8pm. On December 19th, they will be raffled at 1:00pm with dessert, coffee/tea served! Don't miss out on this special time to show our support of their hard work! Please call Kathy Abruzzese (781-293-3232) with questions or more details.

On Sunday, Dec. 10th, 3:00 pm there will be a trip to The Company Theatre in Norwell to attend a special holiday play. Cost: \$45pp Contact Dottie 781-801-4822 with questions and reservations. Transportation not provided.



FAREWELL...

(but NOT "Goodbye")

Our morning receptionist is ready to begin a wonderful time of **retirement**. Judy has been with us for seven years! We will miss her contagious laugh and the bond she has had with our seniors. We wish the best for Judy as she has opportunity for more time with her grandchildren. Kerry Landers is now our fulltime receptionist. Please take a moment to welcome Kerry.



We are seeking **happy VOLUNTEERS** to help with the **Salvation Army's KETTLE** collection that occurs between now and Christmas Eve (12/24). Please call our office so that we can give you an update on available time slots and be placed on the list for Chris (Thompkins) to call you. **THANK YOU, Chris**, for heading up this vital and wonderful annual community assistance project.

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 on the first Tuesday of the month.



December 5th: Annual party and election of officers

All meetings are open to everyone; so come, hear about updates and then enjoy coffee and refreshments.

Ask Ken Vinton (781-294-1057) about Triad's ongoing programs such as File of Life (for car and home), safe disposal of used medication, unused eye glasses drop off, Safety Low Jack for autism/dementia, visible house number placements, and the "Are You Okay?" program

Do you have concerns that you'll need some help with paying for heat or food this winter? We offer an opportunity to have a **confidential conversation** with either Brenda or Trish to learn more about ways to get help. Please call our office to make an appointment! These appointments are Tuesday or Wednesdays, 1-3pm.



DO YOU NEED HELP becoming more familiar and comfortable with using a laptop, iPad, Kindle, smart phone or tablet?

There is a new **VOLUNTEER** who has offered to help you! **AMIDOU** (French for "sweet friend"), a retired gentleman who came to visit us recently, wants to share what he knows about basic **computer skills**: using the mouse, Facebook, putting pictures on computer, printing, surfing the internet, Word documents, etc. Please give us a call if you'd like to learn any new skill or improve your confidence with a new technology! He will be available on Monday mornings, 10-11am

Due to school vacation times, the **INTERGENERATIONAL PROGRAM** (6th graders teamed with seniors) will *not* occur in December, but restarts on Thursday, January 25th at 1:30pm. Join us as we develop friendships and conversation around games and discover similar interests.



► Reach the Senior Market

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DID YOU KNOW? On the last Friday of every month, seniors are blessed to have access to 30 minutes of **free legal counsel** here with Attorney Jason Rawlins. Please call our office to reserve a time that is convenient, as it is necessary rather than “drop in” visits.

Jason was born and raised in southern California, but moved to Bridgewater for high school. After graduation, he attended Bowdoin College in Maine. From there, Jason attended New England School of Law in Boston and after graduating and passing the bar exam in 2006, began his legal career by serving in the role as Judicial Law Clerk to the Justices of the Massachusetts Probate and Family Court. One year later, he entered private practice with the law firm of Delaney & Muncey in Plymouth. Several years later, he became owner and operator of the Law Offices of Jason M. Rawlins, serves as Town Attorney for the Town of Bridgewater, and of Counsel to the law firm of Carter DeYoung in Hyannis.

Jason has assisted clients with a vast array of legal issues and has a great deal of concern for the elderly who face **legal decisions** and need guidance.

In his ‘free’ time, Jason and his wife Alyssa love to spend time at the beach with their two daughters, coaching his children’s sports, engaging in volunteer work and following his beloved Patriots.

Thank you, Jason, for being available!



CHRIS TOMPKIN invites you to join her on a **special shopping & luncheon trip** on Monday, Dec. 18th. Call our office for details, but the plan is to go to Kohl’s (Pembroke) and Longhorn Steakhouse afterwards!



Come on *Wednesday, January 24th at 1:00pm* to hear **Register of Deeds John Buckley speaking on the Homestead Act** and recording issues that affect the elderly. He will provide an on-site work station that can provide the status of your mortgage discharge, a print out of your deed or a demonstration of how Registry technology works. There will be a Q&A period as well as pamphlets available on the issues discussed. Don’t miss this informative and helpful presentation! **CALL** to reserve your space!

THINGS THAT WE OFFER...



Adult Coloring Sessions
 Attorney Assistance
 “Best “ Breakfasts
 Book Loans/Display
 Brown Bag services
 Chair Yoga
 Community Outreach
 Computer Help
 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
 Painting (all types)
 PediCare services
 Quilting
 Safety Assurance (‘Are You Okay?’)
 Seasonal Celebrations
 SHINE / Medicare Counseling
 Support Group (My Life, My Health)
 Taiichi
 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

If it didn’t bring you joy, just leave it behind.
 Let’s ring in the New Year with good things in mind.
 Let’s forget past mistakes, making amends this year.
 Let go of every bad memory that brought heartache and pain.
 And let’s turn a new leaf, with the smell of new rain.
 We’re sending you these greetings to bring hope and cheer.

HAPPY AND HEALTHY 2018!

Author unknown



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