



# COUNCIL ON AGING NEWSLETTER

March



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**

**Fax: 781-293-1774**

**BOARD OF DIRECTORS**

**CHAIRMAN** Jo Schofield

**VICE-CHAIR** Ava Grimason

**SECRETARY** Ellie Murphy

**MEMBERS**

Dick Wright, Helen  
Doucette



Old Colony Elder Services (OCES) will be here on Thursday, March 1st at noon time featuring a "Lunch & Learn" program while you enjoy a community lunch. (Donation: \$2.50pp) Barbara Nalen-Cardosa, a registered dietician nutritionist will present important information about water and hydration. **Bingo & Prizes included!**

The lunch will feature a special menu with corned beef stew (Corned beef with cabbage, turnip, carrots and onions), boiled potatoes, Irish soda bread, bread pudding with topping and chocolate gold coins. Yum! If you plan to attend, please call us as soon as possible to reserve your spot!

On March 6th at 10:00 am, **TRIAD** (A nationally recognized program in which Law Enforcement, Senior Citizens, Supportive and Protective Services all work together to unify and implement services that are currently available to seniors in their community) is pleased to present a session on Health Plan Options by Blue Cross. This session will focus on the differences between Medigap and Medicare Advantage plans, as well as understanding when you can switch plans. It will occur at the Halifax Police Station, 2nd floor. Refreshments served.

We'd love to have you join us at the  
**Spring Fling and Sing-Along**

Luncheon on Thursday, April 19th from noon to 3:00ish.

This three-feature event will include: lunch (Soup & Sandwiches) in COA Gathering Room, followed across the street with a Flambé dessert presentation (Banana Foster), and a Sing Along with Sheila & Tom Monaghan at the Town Hall at 1:30pm. This event is only \$2.50 per person, and must be reserved by April 12th for either/both events.



You're Invited to a **Celtic Celebration!** On Thursday, March 15th, noon, there will be a special St. Patty's Day Luncheon and entertainment event at the Lady of the Lake Function Hall, 580 Monponsett St.

The homecooked meal will be prepared by Tommy Denitto, Dave Thurston and Laura Sullivan. You don't want to miss the delicious corn beef, cabbage, carrot,

potato, turnip dinner with cornbread, rolls/butter, dessert and lemonade/ice tea/coffee. The tickets per person are \$10.00 and includes Songs & Stories for the Season by DAVIS BATES. This is funded in part, by a grant from the Halifax Cultural Council, a local agency supported by the Massachusetts Cultural Council. Surprises and prizes! Reserve your ticket and space by March 7 at our office. We have limited space, so it's a *grand idea* to get your reservation completed NOW.

There'll be a very special Easter Lunch on Wednesday, March 28th with ham dinner, veggies, scallop potatoes and dessert \$5.00 pp, in the COA Gathering Room. Reserve your spot by March 20th

**Intergenerational Easter Egg Hunt will be April 12th.**



A program of all-inclusive care for the elderly (**PACE**) will be presenting to us on how to maintain good health and personal independence. It is administered by MassHealth and Medicare to provide a wide range of medical, social, recreational and wellness services to eligible participants. The goal is to have folks live safely in their own homes instead of in nursing homes. Renee Brungar will bring all the necessary information on March 21st at 12:15. Join us for lunch\* (RSVP).





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

A **Super Meat Raffle** will be held on Saturday, March 24th from 1-3pm at the Halifax Town Hall.

Please come out and support their efforts!

A **Reminder for All...** There is a **recycle box** in the back of the COA building where **BOOKS, CLOTHES, CDs and DVDs, LINENS, SHOES, BELTS, etc.** can be placed. This is a fundraiser which helps the COA, so thank you for **bringing your items here!**



**DID YOU KNOW** that there is a radio program intended just for local veterans? Every Wednesday at 2pm on **1530AM (WVBF)** you can listen or call in with questions related to different topics that would be of concern to a veteran.

**OCES** (Old Colony Elder Services) is a wonderful resource for issues related to seniors. Access their website at: [www.ocesma.org](http://www.ocesma.org) for helpful information and tips. Through 2017, they helped deliver 1,600 meals a day, answer 1,200 calls a month, manage 650 volunteers and provide services to 22,520 consumers in our communities annually!

#### ABOUT THE GOOD NEIGHBOR ENERGY FUND

- It is a utility and customer supported fuel fund administered by the Salvation Army.
- Eligible participants will have income certified between 60-80% of state median income: Family of 2: \$44,463-59,284; Family of 4; \$65,387-87,183.
- The 2017-2018 benefit level is \$425.00
- To Apply: Contact the local office **339-502-5949** or visit [www.magoodneighbor.org](http://www.magoodneighbor.org) or talk to our *Outreach Coordinator, Brenda*

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 at 10:00am**



**Understanding the differences between Medigap and Medicare Advantage plans and when switching is available.**

**Speaker from Blue Cross**

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

#### SENIOR TAX WORK-OFF PROGRAM

**QUALIFIED RESIDENTS OF HALIFAX** may receive an abatement on their **property tax!** By meeting income and asset requirements, each person who works in a community service with town departments (**Assessor's, Council on Aging, Library or Recycling**) may get **\$750 off their taxes** if they finish the total hours required. Please call **Barbara Brenton** if you have questions!



If you plan to receive foot care and treatment with the Pedicare RN, checks should be made to: **PEDI-CARE Services, Inc. (\$29.00)**

**DISCLAIMER...** We make every effort to ensure the accuracy of information within our newsletter. However, changes contained within may occur at any time due to printing errors or the cancellation of a program. We thank the advertisers featured in this newsletter. Their support makes the printing of the newsletter possible. We do not endorse any service or products advertised. We do encourage our readers to investigate any services or products they made consider using in order to make an informed decision.



**Beauty is not in the face;  
Beauty is a light in the heart.**

*Khalil Gibran*

► Reach the Senior Market  
**ADVERTISE HERE**

**CONTACT**

Karen Fontaine to place an ad today!  
[kfontaine@4LPi.com](mailto:kfontaine@4LPi.com) or (800) 477-4574 x6350

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

Medicaid/Medicare Certified

**THINGS TO NOTE THIS MONTH:**

**\*Shop & Lunch trip:** They're going to visit the British Beer company in Plymouth and Marshall/Savers Plaza on Monday, March 12th. Pick up between 9-9:30, but reservations **MUST** be placed by March 5th.

**\*DO YOU NEED help with taxes?** Reserve a 15 minute review for only \$35.00. His availability is on Tuesdays from 1:30-3:30pm. Joseph Benson Tax Services has been preparing taxes on the south shore since 1999. Thank you, Joe for your help!

**\*BEST BREAKFAST** will be here on Tuesday, March 13th from 9-10am. The menu features Dave's Famous Omelets, eggs any style, corned beef hash, potatoes, corn bread, coffee cake and cranberry cocktail. Of course, coffee and tea in abundance! **DONATIONS** go directly to the St. Vincent DePaul Food

**COMING IN APRIL....SAVE THE DATE...**

**April 12th** Intergenerational Egg Hunt with the Intergenerational participants. Small wrapped candy / plastic eggs can be dropped off here starting late March

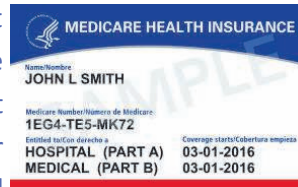
**April 19th** Spring Fling event—reserve your spot by April 12th!

IF YOU WANT to submit something for the APRIL newsletter, it is due in our office by **March 6th!**

**COMING SOON....NEW MEDICARE CARDS!** Within the next

year, new Medicare cards will be sent to everyone on Medicare with social security numbers being removed to help protect your identity. You will have a new, unique Medicare number that will only be used for Medicare coverage. Your Social Security Number is not changing and will be used for other purposes as before. **BEWARE** of anyone who contacts you about the new cards. Medicare will **NEVER** ask anyone for personal information to get the new card. Let us know if you have questions or visit:

[www.cms.gov/Medicare/new-medicare-card/nmc-home.html](http://www.cms.gov/Medicare/new-medicare-card/nmc-home.html)

**HOME DELIVERED OR COMMUNITY DINE-IN MEALS?**

You can receive meals delivered to your home through OCES.

Call 508-584-1561 and ask to speak with the information referral department for more details. There is a suggested donation of \$2.50 per meal. **Or**, you can come to the COA and enjoy a dine-in meal in the Gathering Room at 12:00pm. Please call or stop by the front desk if you want to join us. The suggested donation is \$2.50 per person. Speak to Maria, our Meal Site Manager, for more information.

**DID YOU KNOW THAT YOU** may qualify for **cash or credit** from the Commonwealth if you pay rent or property taxes? The "Circuit Breaker" Tax program is for persons 65 or over whose property taxes (or 25% of rent) exceed 10% of their annual income and who meet other criteria. The deadline for filing is April 15, 2018. Get more details at 1-617-887-6367, online at [wfb.dor.state.ma.us](http://wfb.dor.state.ma.us) or come by our office to learn more!

**Why can't you borrow money from a leprechaun?**

Because they're always a little short.

**I told my friend 10 jokes to get him to laugh.**

Sadly, no pun in 10 did.


**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  
 Educational Workshops  
 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 trips  
 Television & Wii on a wide screen  
 Writing Sessions



**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 

**Home Sales @ Halifax Estates**  
 Visit Us @ **ParkSalesGroup.com**  
 "Plain - Simple - Straightforward"  
  
 The **Park Sales Group**  
 @Halifax Estates  
**781-294-1087**  
 Home Sales @ Halifax Estates

 **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

*Blanchard Funeral Chapel*  
 www.blanchardfc.com • 781-447-0170  
  
**Robert A. Tonello & Steven J. Leonard**  
 Funeral Directors  
 Plymouth St. (Rt. 58 at Rotary) • Whitman

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.halifax.ma.us ~ www.seekandfind.com



Presorted Standard Postage  
 US Postage PAID  
 Permit # 42  
 HALIFAX, MA 02338

*Halifax Council on Aging*  
 506 Plymouth St.  
 Halifax, MA 02338

