



SENIOR CENTER NEWSLETTER

September 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 Marie 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

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Dear Friends:



As Labor Day approaches, the official end of summer nears. I hope you all enjoyed your summer with friends, family cookouts and your favorite pet! Please be careful with children returning back to school, take caution, watch out for the school buses and walkers. With the beautiful "Fall" season on its way, we have had much transition here at the Council on Aging. Our "Meals On Wheels" program with Old Colony Elder Services, Maria Maynard (meal site manager), kitchen help & drivers have moved to **Plympton** temporarily until the renovation project at the Council on Aging in **Halifax** is completed. If you are receiving "Meals On Wheels", live in Halifax and have questions or will not be home for your meals, please call 781-585-7200. Old Colony Elder Services will be serving lunch at Halifax Council on Aging the first Thursday of each month for a suggested donation of \$2.50, so please call our office to sign-up. We are pleased to announce that we will begin serving a homemade "potluck" lunch at noon every Wednesdays for \$2.50. Please call if you're interested so we can save you a space! We would love to have volunteers to help us prepare and clean-up on these Wednesdays! If you have any concerns or questions, please feel free to drop by and speak with me.

DID YOU KNOW? On the second Wednesday of each month from 12:30-1:30 we have a very special support group known as MY LIFE, MY HEALTH (MLMH* on calendar). It is for anyone who suffers from two or more chronic conditions such as diabetes, COPD, Arthritis, ESRD, etc. Participants gather to talk about self-management, action plans, goals, fitness & exercise, pain management, fatigue, depression and other concerns. The socialization factor is very important in this group, along with communicating thoughts and feelings. Please call if you're interested. The facilitator is Tricia Ross, our staff Registered Nurse. The next meeting is Sept. 12th

DON'T MISS THE OPPORTUNITY to get your flu shot or answer to questions about other vaccines HERE on Wednesday, Sept. 12th between 12:30 AND 2:30pm. We will also offer fresh fruit and goodies! Come and enjoy a snack, socialize with other seniors as we are grateful for Stop & Shop reaching out and making this available to us. Reserve your space by calling our office!

Fondly - Barbara Brenton



RESERVE YOUR SEAT to take a trip to the Plymouth Farmers Market, located at Plimoth Plantation (River Street side) on the following dates:

THURSDAY, Sept. 13th
and/ or....

THURSDAY, Sept. 27th

Our van can pick you up, or you can meet up at the Senior Center. We will depart around 1:30pm, returning here at 4:00pm. FREE vouchers are available for produce!

Seating is limited on the vans, and a reduced round trip fee is \$3.00pp

Call to get on our reservation list!

Our mission.....is 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, offering a wide array of programs, transportation and advocating on their behalf when necessary; thereby promoting independence, wellness and dignity.



GENERATIONS



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



On Saturday, September 15th, from 11am-2pm, there will be an opportunity to participate in a Meat Raffle at Lady of the Lake Church. If you have questions, please contact Kathy Abruzese 781-392-3232 or 339-933-9374

On Tuesday, Sept. 18th a trip has been scheduled to leave Henrich Hall at 8am, returning 5pm to enjoy a motor coach trip with other seniors from south shore towns to travel and visit the When Pigs Fly Company Store in Kittery, Maine, then continuing to York Harbor for a All The Fixings lunch at Fosters Downeast Clambake. After the delicious meal, they'll stop off at Stonewall Kitchen Store to sample products and watch jam making. \$81.pp, **RESERVE NOW through Dottie Martel 781-801-4822. You'll be glad to go on this trip!**



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, Sept. 4



Steven Hayward (Surveyor for the Halifax Highway Dept.) will explain the new road paving machinery called "Hot in Place Mill Asphalt Pavement Recycling" Don't miss this!

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

Triad's ongoing programs include: 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

GENERATIONS requests that memberships be updated; renewals or new! Kindly complete the form below and send in as soon as possible.



****2018-2019 GENERATIONS MEMBERSHIP****



A MULTIGENERATIONAL COMMUNITY GROUP WHOSE PURPOSE IS TO ENGAGE IN THE SUPPORT OF THE SENIOR CENTER. YOUR MEMBERSHIP IS IMPORTANT! We are a 501c3 non profit organization.

Name: _____ Phone: _____

Address: _____

Check:

___ \$5.00 Annual membership (make payable to "Generations")

___ I would like to include an additional contribution of ___ in memory of _____

Total enclosed: _____

Mail to: Rita Magnarelli, Treasurer, 16 Maplewood Dr., Halifax 02338



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The local **NETWORKING GROUP** for job seekers 50+ will be back by popular demand! This is the 4th year of providing a successful program. They will meet on October 4th at the Town Hall. Over 50 attendees have met regularly with *many* success stories to share. *It's inspiring!* This is a **FREE** program run by a professional job coach and co-facilitated by our very own Brenda Fitzgerald! We teach those who attend unique interviewing skills including "elevator" speeches, creating the perfect resume, overcoming age bias in the workplace, networking strategies and much more. Call and speak with Brenda during our office hours to get more information; tell a friend who needs to know about this helpful group!

Do you anticipate the need for **FUEL ASSISTANCE** (1st time applicants) or recertification (updating ALL income forms) this autumn? If so, an appointment (*no walk-ins, please*), need to be made with our Outreach Workers, Brenda OR Tricia for either Fuel Assistance and/or Food Stamps (SNAP) on either Tuesday or Wednesday from 1:00-3:00pm. If you need to contact the Fuel Assistance Hot Line, please call 508-746-6707. Being **PROACTIVE** on this will alleviate much stress for you and the time required to file successfully. Applications and appointments will be available at the Senior Center on October 2nd.



CONGRATULATIONS to local artists who, in the 2nd year of participation, were involved in the Annual Senior Art Show at Commonwealth Museum in Boston! We are so proud of what they've accomplished! The participants included: Dorothy Pepe Noguiera, Joyce Gannon, Fredrick Corrigan, Joan Jolley, Annie McKenna, Harold Towne and Susan Zimmerman. They attended the Awards Ceremony and Luncheon on August. 13th. Second Prize in OIL PAINTING: Dorothy Pepe Noguiera, 3rd honor in MIXED MEDIA: Joyce Gannon and First Prize in PASTEL, Frederick Corrigan.

DON'T MISS the special **WOOD CARVING DISPLAY** at the Holmes Public Library during the month of September! There will be pieces made from many types of wood. Mr. Frederick Corrigan is a local artist and at 82 years young, is helping others to see and discover a very unique type of artwork!



BEST BREAKFAST returns on Tuesday, Sept. 11th between 9 and 10:00 am. Don't miss the fabulous offerings of Famous Omelets, "Cheesy" potatoes, baked ham, sausage breakfast ring, baked apple fritters, cinnamon coffee bread, banana cr me coffee cake and various beverages. All donations go to the benefit the St. Vincent dePaul Society. Come and enjoy a yummy start of the day!

WHAT IS SHINE? The SHINE Program (Serving the Health Insurance Needs of Everyone) is a state health insurance ASSISTANCE program that is provided to residents of any age who have Medicare. **Maria Burke**, our SHINE Program Volunteer helps elders and individuals with disabilities to understand their Medicare, Mass Health benefits and prescription drug benefits. She is available BY APPOINTMENT on Tuesday mornings between 9-11am. Kindly *call ahead* to reserve time with Maria.



When it gets cooler....it's a great time to refresh and renew your activity by **keeping in motion**. We have: Chair Yoga, Line Dancing, TaiChi, exercise, Wii games, "Sneakerin' Around the USA" and a **LOVE TO WALK** Group! **Join the Love To Walk group on Sept. 17th when**

they head to the Boston Common. Get details and reserve a space on the van by calling our office.



Group trip and tour to Brockton District Court
July 3rd



COME and enjoy a craft time with Kathleen on Wednesday, Sept. 12th at 1:30pm to make this lovely ← seasonal decoration! \$4pp



Autumn is a second spring when every leaf is a flower! ~ Albert Camus

DID YOU KNOW

...we have a van service whereby residents of Halifax can be taken to doctor's appointments and various special destinations based on need? **We would appreciate it if folks would schedule medically related appointments between the hours of 9a-2pm, Monday through Thursday** so that adequate use of this special service can be scheduled for the good of **ALL** who need it. Call our office and speak to Kerry!



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