



SENIOR CENTER NEWSLETTER

April 2019



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YOU'RE INVITED on Tuesday, April 2nd 10a-noon to attend a very special training/workshop sponsored by TRIAD, held at the Halifax Police Department. The subject will center on The Dementia Experience and understanding the "why" of this change in so many people's lives. This workshop will introduce what dementia is and how it differs from common perceptions, learn to recognize the signs, practice dementia-friendly communication habits, fight the stigma of dementia and join the **Dementia Friendly Movement** (Go to DFCommunities.org for more information). You will learn about cooperative dressing, home office, medication and cooking Stations in order to be more helpful for those who suffer from dementia. This workshop will include handouts and encouragement! Please bring a friend. Many free & helpful handouts will be available to take away. An elevator is available! **RSVP !**

There will be a special **Easter Egg Hunt** on April 11th on the front lawn of Pope's Tavern for the 6th grade students who come here for the Intergenerational Program. (6th graders and senior connection)



We NEED volunteers to provide bags of mini wrapped Easter candy. If you can drop them off between *now and Thursday, April 5th*, it would be greatly appreciated. We will also need volunteers to help hide the eggs on Thursday, April 11th at 1:00. Your support is kindly encouraged!

DID YOU KNOW?

Enough Jelly Belly beans were eaten in the last year to circle the earth more than five times. The first jelly bean was created by an unknown American candy maker in the 1800s. An 1861 advertisement recommended sending jelly beans to soldiers fighting in the Civil War. There are 16 billion *jelly beans* manufactured solely for Easter.



Happy Easter

SPECIAL LUNCHES THIS MONTH INCLUDE: (only \$2.50pp!)

Thursday, April 4th: Special, individual "picnic" box lunches with ham or turkey & cheese wrap, pasta salad, carrot raisin salad, potato chips, juice and cookie!

Wednesday, April 17th: After a delicious potluck (homemade) lunch serving, there will be a workshop following lunch on how to protect your finances..

Wednesday, April 24th: After a delicious homemade lunch, Lori Nelson, a representative from Southwood at Norwell will bring a dessert and chat with us about resident rights, resident abuse/neglect/mistreatment, confidentiality of residents, sensitivity to a resident and family members who are in assisted living facilities.

Friday, April 26th: BIRTHDAY CELEBRATION Lunch. Includes special FREE lunch to those who have their birthdays in April. Includes a drawing for a gift card for ALL attendees!

Monday, April 29th: Pizza & Salad, \$ 4.00/pp

TO BE SURE THAT WE HAVE A SPACE AT THE TABLE FOR YOU IN THE GATHERING (DINING) ROOM...CALL TO RSVP!

COMING IN MAY...

*Thursday, May 2: "Circus" Special Lunch, Town Assessors here @11am

*Wednesday, May 8: Mother's Day Tea & Potluck lunch with surprises, fun and "Mom's Bingo & Trivia"! RSVP by 5/2

* ANNUAL ART SHOW AT HALIFAX LIBRARY, STARTING 5/1, ends on 5/23 with coalition.

* Tuesday, May 7th: TRIAD features a course on Becoming Familiar with Tourniquet Facts

* Monday, May 20th Love To Walk group will go to Frances William Bird Park, Walpole



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.



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

They will meet on Tuesday, April 23rd at the Police Station, 10am. Come and learn more about their projects!



What do you call it when you get mugged on the vernal equinox? The first robin' of spring!

Evergreens might not mind winter, but for all the other trees, spring is a great re-leaf.

This is the time of year when the bees first come out. Ah, the joys of sting.

What did the first thunderstorm of the year say? Hail to the spring!

Create A SPECIAL ART PAINTING! Come to Kathleen's Arts & Crafts time on April 18th, 1-3pm, space for only 9 people. (*)

ODDITIES of LIFE: you can't lick your elbow.

WHO IS THAT LADY SHOWING HER AMAZING FLEX WITH FOUR CUTE GUYS?

THIS is Annmarie McKay, a Halifax resident, who at 74 years young, (6 years ago) decided it was a great opportunity to attain some physical goals at Reebok's CrossFit program. After a warning from her physician, she was challenged to lower to cholesterol and get into a fitness routine. She then worked hard to achieve the ability to lift a 75 pound barbell (among other exercises) and reduced her cholesterol, as well as learning the benefits of keeping active. Annmarie considers herself fortunate and blessed in her life, having grown up in Stoughton and working in Accounts Receivable at Reebok for 31 years. Her family background included a love for billiards and she was dubbed a "pool shark" at an early age because her grandfather owned a pool hall in Stoughton. This is one of her favorite activities with her grandchildren and she keeps a table in her home! She keeps physically well by working in her yard, clearing and burning brush on her property, tending to her flower beds and walking daily with her sweet Maltese named Puenina. ("Little one" in Portuguese) Her tips for her senior friends is: *If you don't use it, you'll lose it!* She says that *when she wakes, everything aches* but by simply keeping movement in her morning routine makes the day fly by. She suggests that we should avoid RUSHING, and be MINDFUL during your times of activity, no matter what you're doing. Her biggest challenge is learning to use and love her SMART PHONE, but at 80 years young she appreciates having the internet accessible and considers it the most helpful resource of her day. This mom of five, grandmother of nine and great-grandmother of three is a inspiration to KEEPING MOVING! Thanks to the article she is featured in Fitness Magazine, February 2013 and her willingness to be interviewed this month.

We invite you to participate in the opportunities to KEEP MOVING....The benefits of exercise and moving one's body is extremely beneficial to our health, both physically and mentally. Here are some choices that we encourage you to consider doing: Taiichi at the Town Hall every Monday 11-12, Wii games here 9:30-11 Wednesdays, CHAIR YOGA at the Halifax Mobile Home Estates Henrich Hall, Small group exercise 10am here on Fridays, first 3 weeks of month; I Love to Walk group on April 29th is going to the Whitman Town Park. Call our office to get more information on ANY of these offerings!

Join us!

TRIAD meetings are open to everyone. TRIAD meets at the Halifax Police Station, 2nd floor on the first Tuesday of each month at 10:00am. Come hear about important community news and updates. *You don't have to be a resident of Halifax to attend these!* Enjoy coffee and refreshments.

Tuesday, April 2nd 10am-noon

"The Dementia Experience"

(Please RSVP for this at our Senior Center)

TRIAD is a national and local three-way commitment for communication between the Plymouth County Sheriff's Office, the Council on Aging and Law Enforcement (Police and Fire Departments) Ongoing programs include: File of Life (for car and home), safe disposal of used medications, Safety Low Jack for autism/dementia, visible house number replacement, Lock Box and the "Are You Okay?" phone program and updates on recent scams.



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DID YOU KNOW ???

By 2050, people age 65 and older will make up 20% of the total U.S. Population. The fastest-growing segment of America's population consists of these who are 85 and older. A recent study done at Boston College's Center for Retirement Research found that after the age of 60, financial decision-making skills decline about 10% each year. This should make us sit up and be very wary of how criminals target our age group, and the phone is the most productive method they utilize.

Con artists and scammers who prey on the elderly rely on two key things: The assumption that the elderly are unfamiliar with modern technology and that the elderly are unaware of all the different ways to have their personal information stolen. Whenever you feel the least bit suspicious of an email, phone call, personal visit or anything else, you can try a simple google search about your suspicion. If the search pulls up something, then you'll know for a fact it is a scam to report and then ignore. If nothing comes up, it could be a new scam or one that hasn't been well documented. Be safe and aware!



The best way to prevent falling victim to any telemarketing scheme is to know that any legitimate financial institution or large corporation along with agencies such as the IRS will not call and ask for personal information over the phone. The grandparent scam is so simple and so devious because it uses one of older adults' most reliable assets, their hearts. Scammers will place a call to an older person and when the mark picks up, they will say something along the lines of: "Hi Grandma, do you know who this is?" When the unsuspecting grandparent guesses the name of the grandchild the scammer most sounds like, the scammer has established a fake identity without having done a lick of background research. Once "in," the fake grandchild will usually ask for money to solve some unexpected financial problem (overdue rent, payment for car repairs, etc.), to be paid via Western Union or MoneyGram, which don't always require identification to collect. At the same time, the scam artist will beg the grandparent "please don't tell my parents, they would kill me." Come to lunch on April 17th to learn more about maintaining financial security.

Source: <https://www.seniorliving.org/research/common-elderly-scams/> or come to our office where a full copy is available to read while here. Contact our Outreach Workers (Brenda or Trish) if you want more information.



APRIL IS NATIONAL VOLUNTEER MONTH, where we celebrate volunteers of *all ages* for the important contributions that they make in a community. Volunteers provide vital services to others and their community. They generously give their time and effort, deserving our heartfelt appreciation. There are many benefits associated with volunteering! Volunteers may enjoy *better health, lower rates of depression and tend to be more active*. Volunteering is a great way to *meet new people, build new friendships, and learn new skills while helping to improve the lives of others*.

Old Colony Elder Services recruits people of all ages for volunteer opportunities at nonprofits, town agencies, schools, and other organizations. OCES has a Volunteer Center in their Plymouth office at 204 South Meadow Rd, designated for volunteers to work together on specific projects, such as Letter Writing to Troops for National Days of Service and Remembrance. It's also a place to talk one-on-one with the staff there who can assist you with a search for volunteer opportunities that fit *your* skills and interests. Here at the Senior Center at 506 Plymouth St., we have MANY places of volunteer need: Meals on Wheels delivery, showing others how to quilt or knit, outdoor garden work, serving meals at Monday's Wednesday's or Thursday & Friday's lunches, clean/dust areas of our building, help in the kitchen, extra helpers for special upcoming Generation events such as the annual Dog Show, an innovative Cow Plop contest and more!

Property Tax Relief.



VERY IMPORTANT NEWS...The Senior (over 60 years of age) **Tax Work-off Program** here in Halifax allows residents to perform volunteer community service and receive an abatement on their property tax! A total of 75 hours would need to be donated between August 1st through Feb. 1st. If you're eligible, by *meeting income and asset requirements*, each person could receive **\$750.00** off their taxes *if they finish the total hours required*. There are over 100 towns in our state that participate. Stay informed by learning more through the Town Assessor's office or our office. **There will also be a presentation here on May 2nd at 11am.**

SEEKING...



Interested folks for adult coloring sessions, card games or similar **TABLE-TOP** "recreation" on Thursdays at 1pm.



Want to learn the skill of **QUILTING**? Come and see how it's done with Polly & "the girls" on Wednesdays from 10-noon.



CRIBBAGE is a very engaging game and we'd love you to meet with us on Monday mornings, 10-11:30 any week!



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