



SENIOR CENTER NEWSLETTER



May 2019

DIRECTOR Barbara Brenton
NUTRITION / M.O.W. Maria Maynard
OUTREACH WORKER Brenda Fitzgerald
OUTREACH ASSISTANT & NURSE Tricia Ross
RECEPTIONIST Lydia Materna
VAN DRIVERS Gary, George, Frank, Christine
SHINE COORDINATOR Marie Burke
EDITOR, 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
MEMBER Dick Wright

Our annual Spring Fling will be held on **Wednesday, May 15th** with a noontime lunch in the Gathering Room prepared by Laura Sullivan. (Baked ham, scalloped potatoes, salad) Please call our office to reserve a seat by 5/12 (2.50pp)

Following lunch, we will cross over to the Great Hall in the Town Hall for dessert & punch. A performance with **ED, THE WIZARD and OPTICAL ILLUSIONIST** at 1:30 will captivate everyone. A donation basket will be offered for your consideration. Call us soon to reserve a spot and bring your friends!



This program is supported in part by a grant from the Halifax Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

DID YOU KNOW? *Wicked Tulips* (www.wickedtulips.com) has the largest u-pick tulip field in New England. This is one of the happiest places in *Rhode Island*. And it is only an hour away! 90 Brown Ave., Johnston, RI



The month of May is nationally understood as the Older Americans Month. The theme this year is centered on encouraging older adults in their communities to practice the “3Cs”. How can this happen? **CONNECT** with friends, family and local services and resources. **CREATE** through activities that promote learning, health and personal enrichment. **CONTRIBUTE** time, talent and life experience to benefit others.

(Thank you to all who **CONTRIBUTE** on a regular basis @ the Senior Center!)

SPECIAL LUNCHES THIS MONTH INCLUDE:
BE SURE THAT WE HAVE A SPACE AT THE TABLE FOR YOU IN THE GATHERING (DINING) ROOM...CALL TO RSVP!

Wednesday, May 1st: CINCO DE MAYO at noon! The menu includes: soft & hard shell beef tacos with all the trimmings, Taco salad and Tres Leches cake. 2.50pp

Thursday, May 2nd: Join us for Coffee/Tea with Town Assessor, Holly Merry and Administrative Assessor, Debbie Dean to talk about tax exemptions, abatements & Sr. Tax Work-off program at 11am, followed by a “**CIRCUS SPECIAL**” lunch with sausage pepper & onion, coleslaw, hot German potato salad and ice cream sandwiches! 2.50pp ~ noontime

Wednesday, May 8th: MOTHER'S DAY TEA and Lunch with surprises, fun and “Mom's Bingo & Trivia” including many prizes! RSVP by 5/2, Bring daughters or granddaughters!

Friday, May 31st: BIRTHDAY CELEBRATION Lunch. Includes special FREE meal to those who have their birthdays in May. Includes a drawing for a gift card for ALL attendees!

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

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



On Wed., May 22nd there will be a special trip on the Spirit of Boston, a 2 hr. harbor cruise in the harbor. Enjoy a buffet lunch, entertainment and breathtaking views! This trip is operated by Bloom Tours, and is \$99pp, which includes travel from the HMP at 9:30, returning 5:30. Get in touch with Dottie Martel 781-801-4822 as soon as possible.

WHAT IN THE WORLD are these people doing??

So glad you asked! 😊 It's known as **Taiichi** and it's a fantastic way to improve our health of body and mind through balancing the body's energy. REGGIE MACAMAUX instructs the class every Monday at 11am in the Great Hall of Town Hall across the street.

REGGIE has an amazing story of living a healthier life. After five heart attacks, implanted stents, kidney surgery and survivor of cancer, he wants to share with you what **Taiichi** has done for him and many others. The requested donation for each hour long group session is \$4pp, but the benefits are priceless; not to mention improving your balance, reducing the fear of falling, become flexible and confident.

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! Enjoy coffee and refreshments.

Tuesday, May 7th 10am-noon

The Halifax Fire Dept. will present "Becoming familiar with Life Saving techniques" Q&A time afterward!

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.



STUCK in your job search? **NOT SURE** of what to do next? **CHALLENGED** by Age-ism? **RESUME** needs a redo? **NOT FAMILIAR** with LinkedIn? **UNCOMFORTABLE** with Networking? **JOIN US on the first Thursday of the month!** It is at the Halifax Town Hall Great Room, from 9-11am. This group is for 50+ years old who get together to discuss all these points and the **CHANGES** in expectations within the job search arena. Call Brenda if you have any questions or concerns. **NETWORKING IS GOOD FOR YOU!**

CONGRATULATIONS to Tom Boyd, Kathy Clasby, Tom Crotty, Pauline Hughes, Geri Lambert and John Lewis for being St. Patrick's Day Party Prize winners!

PLEASE DO NOT SPEAK ON THE PHONE TO ANYONE WHO CLAIMS THEY ARE CALLING YOU FROM: THE IRS, THE SOCIAL SECURITY OFFICES, ANY BANK or MEDICARE. NONE OF THESE ENTITIES USE PHONE COMMUNICATION! IT IS A SCAM! WHOEVER DOES CALL YOU, DO NOT GIVE ANY PERSONAL INFORMATION OUT!



This organization is a durable **medical equipment reuse program** that gives a second life to un-needed medical equipment. (This includes manual or power wheelchairs, shower chairs, strollers and standers, sling lifts, rollator walkers and more!) Donations must not be older than 5-6 years. Learn more about donating or obtaining equipment at these websites: www.geatatstuff.com or: www.dmerequipment.org

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Karen Fontaine to place an ad today!
kfontaine@lpiseniors.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



Did you know? Our VERY talented Outreach Workers—Brenda and Tricia—want to remind you that they offer a plethora* of assistance to you with **FUEL APPLICATIONS** through South Shore community Action Council; **FOOD STAMP** and **OTHER NEEDS** through the Department of Transitional Assistance. They also work with Old Colony Elder Services (OCES) and can offer many references to services such as **home care, Meals on Wheels, Money Management Program and nutrition** to name a few. Everything is held in strictest confidence, and they enjoy being available with questions you might have. Give them a call to schedule an appointment. (Plethora* means abundance!)

COMING SOON IN JUNE...

Watch for details in our next newsletter!

June 5th: Time for a legal check up!

June 12th: Help maintain a 1.5 hiking mile trail in Halifax!

June 18th: How to have your choices honored in later life

June 19th: Volunteer Lunch!

SPECIAL VAN TRIPS TO DIFFERENT PLACES...

Monday, May 13th 9am SHOP & LUNCH trip to Savas (Middleboro), then Boston Tavern. Reserve your space today!

Monday, May 20th 9 am LOVE TO WALK group will go to Frances William Bird Park, Walpole

Wednesday, May 22nd 9AM: SPIRIT OF BOSTON with Generations Group (see Page 2)



Have you missed **THE BEST BREAKFAST** (9-11a, May 14th) here in our Gathering Room? **BRING FRIENDS** to the most amazing smorgasbord on the south shore!

Omelets are made to order, there's baked French toast, home fries and many other delicious things! Donation basket is located nearby, which is given to [St.VincentDePaul](#) for neighbors who are needing help.

WHAT IS GOOD-HEARTED LIVING ?

Follow these six daily practices to prevent hardening of the attitudes and add more laughter to your life! This is easy and fun. Begin with mindfulness. Each day remember what the special practice is for the day. Whenever you see the opportunity, take action to fulfill that solution for the day. Your actions will become habits and habits will become a natural positive way of life for you. You'll be amazed very soon to find that you laugh more and are more cheerful and optimistic!

MONDAY = COMPLIMENTS This overcomes our tendency to criticize and be judgmental of others, which robs us of laughter. Look for the good in others. Tell them about it and you just might end up laughing today. "A kind word often goes unspoken, but never goes unheard."

TUESDAY = FLEXIBILITY There is no laughter in being stubborn. We all get set in our ways and yet it is a good thing to be open to new ideas. It can be more fun than being in a rut. An open mind lets the laughter in. "A tree that bends in the wind does not break."

WEDNESDAY = GRATITUDE A good way to feel miserable is always think you need something to make you happy. "As you go through life; let this always be your goal, keep your eye upon the donut and not upon the whole."

THURSDAY = KINDNESS Think of ways of making the other person's life a little easier. "The practice of kindness inspires people to pass kindness on to others."

FRIDAY = FORGIVENESS This means letting go of anger. Find a way to see those who have hurt you in a new light of compassion. Releasing anger makes you healthier and opens up room in your heart for more laughter. "I never hold a grudge because while I am being angry the other guys is out dancing." (Buddy Hackett)

Independent, Assisted
Living & Memory Care



508.588.5334

www.ConnemaraSeniorLiving.com
25 E. Nilsson St, Brockton, MA 02301

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

Blanchard Funeral Chapel

Robert A. Tonello,
Steven J Leonard
Funeral Directors

781-447-0170

666 Plymouth Street, Whitman

Blanchard Funeral Chapel

www.blanchardfc.com • 781-447-0170



Robert A. Tonello & Steven J. Leonard
Funeral Directors
Plymouth St. (Rt. 58 at Rotary) • Whitman



Great Heating Oil
Prices With
Great Service

Fuel Assistance Accepted
Serving South Shore Area

781-294-0220

curtinbros@comcast.net
www.curtinbrosoil.com

Wake up to Wingate



 **WINGATE**

AT SILVER LAKE

Independent Living | Assisted Living
Memory Care | Skilled Nursing | Rehabilitation

781-585-4101 | WingateHealthcare.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com Halifax Council on Aging, Halifax, MA 06-5101

References to persons, services or information does not constitute an endorsement or recommendation by the Halifax Council on Aging or any of its employees. We neither assume liability nor endorse ANY specific products or services provided by public or private organizations

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

Publishing of this newsletter is made partially possible by a Grant from the Massachusetts Executive Office of Elder Affairs. If you want to discontinue receiving this publication, kindly call our office.



Especially for...



Halifax Senior Center
506 Plymouth St.
Halifax, MA 02338

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