



SENIOR CENTER NEWSLETTER



June 2019



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Ah, it's Volunteer Appreciation Month! On Wednesday, June 19th at noon, we have an opportunity to THANK you for over 3,660 hours for their gift of "time" to our town! This giving of time represents the value of \$76,311 to Halifax measured by \$20.85 per hour! *Thank you to each and every person.*

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*This special celebration is
paid by the State Formula
Grant through Massachusetts
Executive Office of Elder
Affairs.*

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 REMINDER TO KEEP MOVING!

On June 26th, we will have a launch and lunch to begin our walk across the U.S.A. If you come in to our offices, you'll see a visual of where we have "walked". We'll be leaving Des Moines, Iowa and continue on to the goal of the Olympic National Park in Washington state. **Please come with us!** On **Wednesday, June 26th** we will have a registration at **11:30**, followed by a delicious cook out with Iowa's famous burgers, Cole slaw and fruit dessert. Representatives from Blue Cross Blue Shield will be with us to assist in our "Send Off" as we get closer to the mountains of Seattle. **Call our office to let us know you'll be joining us!**



LOVE TO WALK?

Join a super bunch of interested walkers who meet twice a month from July to October to take short trips to a destination where you might benefit from fresh air and change of scenery. **Call our office to reserve your spot on the van, meet here at 9:30am.** Pack a lunch and water, wear comfy shoes and clothes. \$5pp. Return to the Senior Center around 2pm. On June 10th, a trip to **Castle Island** in Boston is planned!



In July they plan to go to Nantasket Beach in Hull and the Cape Cod Canal. Read more about it our July, August and September newsletters.

WHEN YOU
CAN'T FIND
THE SUNSHINE,
BE THE
SUNSHINE!



GENERATIONS



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

Join us for a **FAMILY COOK OUT** on **Saturday, June 15th noon** for a get together and good time on the lawn of Pope Tavern! (\$3pp) Treat a special man to a delicious hamburger or hotdog without them having to stand over the grill before **Father's Day!** **Call to reserve a space!**



'LUNCH & SHOP'

invites you to join them this month for a trip on Monday, June 17th to the **DEXTER GRIST MILL** in Sandwich. This

happy group will enjoy your company as they meet here, travel on the van with Chris Tompkins, their leader and driver. **There's a Bonus!** The town's famous **FREE** water fountain is just a few feet away from the mill property. Bring a cup, a bottle or bottles to fill with the **refreshingly cool, natural spring water.** We'll go to the **DUNBAR TEA HOUSE/RESTAURANT** and on our return home, look for possible shops to visit on our return. Call our office to get your space reserved! You'll be glad you did!

Join us!

TRIAD meetings are open to everyone. TRIAD typically 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.



COMING ON SEPTEMBER 10th... Romance Scams? Watch for details in our Summertime newsletter! Note that this is the **SECOND** Tuesday of that month due to Labor Day

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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As Americans, we believe in justice for all. Yet, every year an estimated 5 million, or 1 in 10 older Americans experience elder abuse, neglect, or exploitation. By being aware of these facts, we can build the social supports that can prevent this abuse and keep everyone safe as we age. If you are concerned about an older adult and have reason he/she is a victim of elder abuse, neglect, self-neglect or financial exploitation, call 1-800-922-2275 for a confidential conversation with someone who cares. Elder abuse Awareness Day is June 15th



COMING SOON IN JULY and AUGUST....

Watch for details in our next double edition newsletter!

July 10th...Reverse Mortgage info

July 24...ICE CREAM SOCIAL @HMP, followed by a One Act play with Steven Henderson

August 21...Annual Summer Hawaiian Cook Out
Elder Volunteer tax program begins Aug. 1

Every 2nd, 3rd and 4th Thursday morning at from 8:30—11:30am you can come to get your blood pressure, weight, and/or glucose checked in a confidential setting with Tricia, our On Staff Nurse.



Do you need a ride for a doctor's appointment, pharmacy or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs.

Mon-Friday 9am-2pm Medical Appointments

Thursday, noon-is pick up for Stop & Shop

Friday, 9-10 am pick up = Wal-Mart & errands

Van rates, round-trip

In town = \$3.00 Surrounding towns = \$6.00 (E. Bridgewater, Hanson, Pembroke, Plympton) Outer Towns = \$8.00 (Brockton, Weymouth, Plymouth, Hanover, etc.) Cape Cod = \$12.00

Boston = \$30.00 (one way OR round-trip)

SPECIAL EDUCATIONAL WORKSHOPS THIS MONTH include

June 5th: Time for a legal check up with Mass Bar. Help for knowing all the ins/outs of being prepared for unexpected challenges.

June 12th: Learn about how you can be part of a team to maintain the 1.5 hiking trails in our town. A representative from Wildlands Trust will be explaining about it.

June 18th: Are you prepared for times when you need to have your choices honored? This important session will help us be sure that our wishes are maintained when we might not be able to.

RESERVE YOUR SPACE AT THESE IMPORTANT WORKSHOPS by calling our office and let us know you'll be with us!

10 Absolutes of Communicating through Alzheimer's

- 1 Never argue, instead agree
- 2 Never reason, instead divert
- 3 Never shame, instead distract
- 4 Never lecture, instead reassure
- 5 Never say "remember," instead reminisce
- 6 Never say "I told you," instead repeat/regroup
- 7 Never say "you can't," instead do what they can
- 8 Never command/demand, instead ask/model
- 9 Never condescend, instead encourage/praise
- 10 Never force, instead reinforce



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Have you missed **THE BEST BREAKFAST** (9-11a) in our

Gathering Room? Bring your friends to the most amazing



morning smorgasbord on the south shore! Omelets are made to order, French toast or pancakes, coffee cake, fruit salad and many other delicious things! A donation is encouraged, which is given to St. Vincent DePaul for neighbors who are needing help. There will be NO Best Breakfast in July & August, but will return in September.



June Flower Feature is the Cornflower, also known as "bachelor's button". This edible flower can be used for culinary decoration. (even on a salad!)

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