

# Halifax Senior Center Happenings

## SPRING EDITION

### A Message from the Director:

Hello everyone,

I hope this letter finds you well. I want to take this opportunity to thank the Halifax Fire Department and the staff here at the COA for facilitating the vaccination process. I am extremely grateful that through coordinated efforts we were able to vaccinate many of our at-risk seniors who were over the age of 75. It was unfortunate that the state stopped providing vaccines to municipalities. I have heard from many of you that you were pleased with being able to be vaccinated locally and how easy the process was. I am also happy to hear that since the program stopped many residents have found other avenues to receive their vaccinations.

I am currently working on scheduling outdoor activities starting in May. As I am writing this, the COA roof project is getting ready to commence. I have asked the Selectmen to allow us to put the tent over at the town hall. We will only have to do this if the roof project is not completed by May. The activities that will be held will be weather permitting. If the winds are too high, the maintenance staff will have to take the tent down. Please have patience with this process. They are short staffed so they may not be able to take down and put up the tent as quickly as we would like. We really appreciate their efforts to do this for us!!

Best,

Susan Lawless  
Director



### SHINE Counseling:

Donna our Outreach Coordinator will be taking the SHINE Counseling training in May. It will be very valuable to have a trained SHINE Counselor on our staff. This will help her to support our seniors and other SHINE Counselor volunteers in the future. In the meantime, if you need assistance, please call the Middleboro SHINE Office at 1-800-231-1155.



### Reflective House Numbers:

Please call the COA at 781-293-7313 to order your free house number sign. The reflective house numbers are extremely helpful to first responders. We have a limited amount available.

### Free Masks:

We can provide you with a free cloth mask if you need one. Please call the office and we can arrange for you to pick it up. We will be happy to leave one out for you. While supplies last!!



## Important messages regarding vaccine appointments:

### Coming together to help eligible MA residents book COVID vaccine appointments.

- Go to [macovidvaxhelp.com](https://macovidvaxhelp.com) Click on “Get help booking an appointment”.
- **Don’t have a computer?** Call 1-888-432-1829 and leave a message. One of the volunteers will call you back and assist you with scheduling an appointment.

### Fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing.
- Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing.
- Refrain from quarantine and testing following a known exposure if asymptomatic.

### For now, fully vaccinated people should continue to:

- Take precautions in public like wearing a well-fitted mask and physical distancing.
  - Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID-19 disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease.
  - Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households.
  - Avoid medium-and large-sized in-person gatherings.
  - Get tested if experiencing COVID-19 symptoms.
  - Follow guidance issued by individual employers.
  - Follow CDC and health department travel requirements and recommendations.
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## Medicare Wellness Webinars:

Blue Cross Blue Shield of Massachusetts wants to help you stay well, with no-cost health education webinars brought to you in partnership with your local Massachusetts Councils on Aging. Join a webinar to participate.

### Immunity Boosters and Busters

Wednesday, May 5, 2021

2:00 p.m. - 2:30 p.m.



Looking to boost your immunity? Learn which foods and lifestyle practices enhance immunity and which ones decrease your body’s ability to fight infection and illness. Join registered dietitian, wellness coach, and fitness instructor Tricia Silverman as she shares practical tips and eye-catching nutrition demonstrations to help inspire you to eat for better health and immunity.

Log onto [www.bcbsma.info/May5](https://www.bcbsma.info/May5) to register

### Meditation for Busy Minds

Thursday, May 27, 2021

2:00 p.m. - 2:30 p.m.

Have you wondered about meditation and if it’s for you? Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome. Log onto [www.bcbsma.info/May27](https://www.bcbsma.info/May27) to register



## Veteran Services:

What is the Chapter 115 Benefits Program? The Chapter 115 Benefits Program provides financial aid for food, shelter/housing, clothing, and medical care to veterans and their dependents who have limited incomes. Who can get Chapter 115 Benefits?

There are three requirements to get these benefits.

- You must be a veteran or a dependent of a veteran;
- Have financial need;
- Live in Massachusetts

The program is overseen by the Massachusetts Department of Veterans' Services (DVS), which runs the program in partnership with local Veterans' Service Officers (VSOs).

Our local Veteran's Agent is Wil Corey. He can be reached at 781-293-1724 (leave a message). Or you can email him at [WCorey@town.halifax.ma.us](mailto:WCorey@town.halifax.ma.us)

## Brown Bag Program:



The Greater Boston Food Bank's Brown Bag program provides free supplemental groceries to seniors in need each month.

The eligibility requirements are such that interested participants must receive one or more forms of assistance such as Medicaid, Food Stamps, Fuel Assistance, Welfare, etc.

Brown Bag Program is offered on the following dates:

- Wednesday, April 28, 2021
- Wednesday, May 26, 2021
- Wednesday, June 23, 2021
- Wednesday, July 28, 2021
- Wednesday, August 25, 2021
- Wednesday, September 22, 2021

If you are interested in enrolling in this program, please call the COA at 781-293-7313.

## Food Assistance:

### Local Food Pantries:

- Halifax Congregational Church, 503 Plymouth Street, Halifax - Telephone: (781) 293-6393  
Hours: Tuesdays - 2:30 p.m.-4:00 p.m.
- Our Lady of the Lake Church, 580 Monponsett Street, Halifax - Telephone: (781) 293-7971  
Hours: 2nd & 4th Saturday - 9:00 a.m.-10:30 a.m.

### Meals on Wheels:

This program is designed to enhance the quality of life for elders by providing nutritionally sound and satisfying meals. The well-balanced meals are delivered Monday through Friday to homebound elders, which also assures regular contact from the outside; provides reassurance and serves as a means to immediately communicate any changes in an elder's condition. Signing up is easy and confidential, so if you or an elder you know would benefit from this program, please call Old Colony Elder Services at 508-584-1561 ask for the Intake and Referral Department.

## Medical Equipment Loan Program:

If you borrowed a wheelchair from our medical Equipment Loan Program, please return it to us as soon as possible after you are finished using it. We have had a lot of requests for transport wheelchairs and don't have any more to lend out. If anyone has a transport wheelchair (the ones with the smaller wheels and is lightweight) you would like to donate, we would appreciate it very much.

**If you are looking to donate, please call the COA at 781-293-7313 to arrange a time to drop the equipment off.**

All donations must be clean and in good working condition.





# Halifax Council On Aging

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Tel: (781) 293-7313 • Fax: (781) 293-1774

Website: [www.halifax-ma.org/council-aging](http://www.halifax-ma.org/council-aging)

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## HOURS OF OPERATION:

**MONDAY - THURSDAY: 8:00 A.M. - 4:00 P.M.**

**FRIDAY: 8:00 A.M. - 1:00 P.M.**

**RETURN SERVICE REQUESTED**



## COUNCIL ON AGING BOARD

### **CHAIRMAN:**

Jo Schofield

### **MEMBERS:**

Judith Rakutis

Michael Rugnetta

Marge Smith

## STAFF

Susan Lawless, Director

Lisa Silvia, Receptionist/Transportation  
Coordinator

Donna Porcello, Outreach Coordinator

Tricia Ross, Assistant Outreach/Nurse

Maria Maynard, Nutrition Site Manager  
(M.O.W.)

Brian Evangelista, Van Driver

Gary Long, Van Driver

Frank Sullivan, Van Driver

Chris Tompkins, Van Driver

***Halifax Council on Aging Mission Statement:*** *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 lives by offering a wide array of programs, transportation and advocating on their behalf, when necessary, thereby promoting independence, wellness and dignity.*

*Generations and the Council on Aging would like  
to thank the following people for their  
membership.*

- Linda Arnold
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- Mary Harlow
- Carol Keegan
- Carol Klukas
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- Rita Magnarelli
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- Dave Thurston
- Priscilla Torrey
- Martin Touhey
- Elaine Tracy
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