

# Halifax Senior Center

## Happenings

### Winter Edition

#### A Message from the Director:

Dear Readers, Happy New Year!

I hope that everyone had a safe and happy holiday. I know it was very different from our usual celebrations but, we all have made the best of it. I do want to remind you to continue to observe CDC and local precautions during the pandemic. Please do not put off necessary health care. It is important that you continue to take care of yourself and seek medical attention when needed. Remember to stay connected with the Halifax Council on Aging. We are here to help you and just a phone call away. If you have any questions or concerns, please call. My sincerest hope is that you will be able to walk through the doors of the Halifax COA by the summertime. Our plans right now are to resume outdoor activities in the Springtime. We were originally scheduled to have our roof construction project completed in December. Unfortunately, this project was delayed and is now re-scheduled to April 1<sup>st</sup>. We will need to work out the logistics of when and where the outdoor activities will be held. We are all looking forward to a better 2021!!

Be well,

Susan Lawless, Director



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#### COVID Vaccination Schedule:

The Health Department understands that the community is anxious to find out where and when the vaccination clinics will start.

The guidance for prioritization of the COVID-19 vaccine is a three-phase process.

- Phase **ONE**: Started in December and runs through February - (*Clinical and non-clinical healthcare workers; First responders; Congregate care settings; Home-based healthcare workers*);
- Phase **TWO**: February through April - (*Individuals with 2+ comorbidities and/or age 75+; Early education and K-12 workers, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers; Adults 65+; Individuals with one comorbidity*);
- Phase **THREE**: April through June - (*Vaccine available to general public*)

Timing is estimated and subject to change daily. When firm plans on where, when, and how vaccinations will occur, the Halifax Health Department and Halifax Council on Aging will get the information out on all forms of media.



For detailed information on Massachusetts COVID-19 vaccines go to: [COVID-19 Vaccine in Massachusetts](https://www.mass.gov/info-details/covid-19-vaccine) | [Mass.gov](https://www.mass.gov)

## “What’s Buzzn’ at the C.O.A.”



**Fuel Assistance Program:** Eligibility is based on gross income, household size, and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal.

Also, if you are living in nonsubsidized housing and your heat is included in your rent, fuel assistance can reimburse you for a portion of your rent.

### ***Documents needed to begin the process are:***

- Recent electric, telephone and fuel bills.
- Copies of: 4 recent pay stubs, award letter or pension statements for social security, veterans benefits, workers compensation or unemployment benefits, tax bill, rent or land receipt.
- Social Security card for each person in household.
- Photo ID (such as License).
- Front page of home owners insurance policy.



Contact our Outreach Workers, Donna and Tricia by calling our office for more details and information specific to your situation.

### **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 our Outreach Workers, Donna or Tricia for more information.



**SNAP Program:** You may be eligible for the Supplemental Nutrition Assistance Program (SNAP). The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To get SNAP, you must be low-income and be a U.S. citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and nonfinancial criteria.

You can now use your SNAP (EBT) card to purchase food online! You can do this at Amazon and Wal-Mart and have the food delivered to your door.



Contact our Outreach Workers, Donna and Tricia by calling our office for more details and information specific to your situation.



Tax Return Appointments will be scheduled on **Tuesdays**. All appointments will be 20 minutes starting at 1:30 p.m. and last appointment at 3:30 p.m. **The tax preparation fee has changed to \$40.00.**

The location for appointments will be held at the **Halifax Town Hall in the Great Hall Room on the 2nd Floor.**

**Please arrive at your appointment time.**

**To schedule an appointment, call the COA at (781) 293-7313.**

**This service is only for Halifax Residents.** If you are not a resident and need an appointment or have questions, please call Joe Benson at (781) 588-5764.

*Visitors are required to wear a mask at all times.*



### **Box Lunches:**

The Halifax Council on Aging in cooperation with Old Colony Elder Services (OCES) is now offering a **Grab-n-Go** Box Lunches twice a week on Tuesday and Thursday between 11:30 a.m. - 12:00 p.m. **Please note, this is a pick up only service.**

**To order a Box Lunch, call the COA at (781) 293-7313 on the Wednesday prior to the week you want to reserve your meal.**

Lunch is typically a sandwich, chips, fruit and juice.

Suggested donation is \$2.50 per Box Lunch.



### **Healthy Living Program: Diabetes Self-Management**

#### **Living with Diabetes?**

- Learn how to manage daily challenges
- Manage tasks with a weekly action plan
- Learn to focus on physical activity
- Learn healthy eating habits and menu planning



**Join us: Via Zoom**

**Date: Tuesdays (March 2, 2021-  
April 13, 2021)**

**Time: 1:00 p.m. - 3:30 p.m.**

**Receive class materials on time, register  
by February 18, 2021!**

**For more information or to register,  
Contact Karen Peterson  
Via email: [Kpeterson4southshorehealth.org](mailto:Kpeterson4southshorehealth.org)  
Via phone: (781) 624-7415**

### **Medical Equipment For Loan:**

The Halifax Council on Aging has a limited supply of Medical Equipment items available for loan. Examples of some of the items we have are walkers, canes, crutches, commodes, shower chairs, etc. Please call us if you need any of these items.

**If you are looking to donate any of these items, we kindly request that you do not leave them by our front door or our back porch.**

**Please call the COA first to see if we are  
accepting a particular item as we have very  
limited storage space.**

All donations must be clean and in good working condition.





**Halifax  
Council  
On Aging**

506 Plymouth Street • Halifax, MA 02338

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

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



**Presorted Standard Postage  
US Postage PAID  
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Halifax, MA 02338**

**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**



*Happy  
Valentine's  
Day*

**COUNCIL ON AGING BOARD**

**CHAIRMAN:**

Jo Schofield

**MEMBERS:**

Judith Rakutis

Michael Rugnetta

Marge Smith

Martha 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.*

# Heart Health Tips for 2021



Practice Proper Hand Hygiene: Wash for 20 seconds with soap and water to remove viruses, bacteria, and other harmful substances from the skin.

Follow A Healthy Diet: Eating a well balanced diet of fruits, vegetables, nuts, healthy fats and oils, whole grains, fish, beans and poultry can decrease the risk of stroke, heart disease and dementia.

**Make Time For Physical Activity:** As little as 10 minutes of exercise a day, such as, walking, can reduce stress, improve sleep, improve heart health and overall quality of life.

**Prioritize Your Mental Health:** Managing stress can have a positive impact on your brain health.

**Catch Up On Sleep:** Sleep is important for the body and brain to repair and recover from the day. Go to bed and wake up at the same time each day. Refrain from alcohol or caffeine before bed.



**Take Control Of Blood Pressure:** High salt or sodium intake is associated with increased blood pressure and the increased risk of stroke and heart attack. The American Heart Association recommends limiting sodium intake to 1500mg a day. Relaxation methods, such as, meditation and reading are also useful in lowering blood pressure.

**Prevent Falls In Your Home:** Falls are a serious problem but preventing one from happening is within your capability. Remove objects that you can trip over, such as, area rugs and cords. Don't walk in stockings or soft slippers around the house.

Try Something New: Challenging your mind can help build new neuropathways in the brain which can be a protective factor against mental decline. Do a puzzle. Do a crossword. Learn a new language. Learn how to paint. Listen to a new kind of music.



**Keep Your Bones Strong:** Nutrition plays an important role in keeping bones healthy. Follow a balanced diet rich in Calcium such as, kale, spinach, white beans, salmon, and rich in Vitamin D such as, tuna, salmon, liver, cheese and egg yolks.

I hope you are all well and in good mental health. 2020 was a very stressful year in many ways for us all. I hope these Health tips for 2021 will be helpful. I look forward to us all being together again.

Yours in health,

Tricia Ross, RN

# GENERATIONS

Generations is a nonprofit, 501(c) 3, multigenerational community group whose sole purpose is to engage in the support of the Council of Aging. The mission of Generations is to support the Halifax Council of

Aging by sponsoring activities and programs, donating materials, and stimulating volunteer services and gifts to the Council. 100% of all funds

raised are spent directly on materials and programs that benefit the Council and the Community.

Membership runs from August 1<sup>st</sup> through July 31<sup>st</sup> each year.



**To renew your membership, please mail completed form to:**

Rita Magnarelli, Treasurer

16 Maplewood Drive



Halifax, MA 02338

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## **Please Check**

\_\_\_\_\_ \$5.00 Annual Membership (**Make checks payable to Generations**)

\_\_\_\_\_ I would like to include an additional contribution of \$ \_\_\_\_\_

In loving memory of: \_\_\_\_\_