

The Senior Profile

Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717

Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM

Closed Wednesday December 25th for Christmas

Closed Wednesday, January 1st for New Years

Telephone: 508-763-9557 / Fax: 508-763-9084 Email: Freetowncoa@aol.com

The distribution of this newsletter is made possible (in whole or part)
by a grant from the Massachusetts Executive Office of Elder Affairs

The Council on Aging's purpose is to help and serve the seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy.

SHINE

(Serving Health Information Needs of Elders)

Dick Kelley, our SHINE counselor will be here on Mondays, December 2nd, 9th, 16th, 23rd and 30th at 1:00 PM and Wednesday, December 4th at 9:00 AM to help seniors with their insurance questions. You must call the COA for an appointment.

Cyd's Luncheons

Tuesday, December 3rd at 11:30 AM, Pot Roast,
RSVP by November 26th, \$6.00 PP

Tuesday, December 17th at 11:30 AM, Meat Pie,
RSVP by December 10th \$5.00 PP

Freetown Senior Birthday Party

Thursday, December 12th at 12:00 PM, Apricot Chicken, catered by Cyd's Creative Kitchen
RSVP and \$4.00 due by Thursday, December 5th

Coffee & Muffins

Mondays at 10:00 AM

Come on in and have a cup of coffee with fresh muffins and meet other people from town

Better Business Bureau Presentation

On Monday, December 30th at 11:00 AM, Amy Schram, Community Outreach Specialist from the BBB will be at the Senior Center to talk to seniors about Identity Theft, Scams and Fraud, BBB Standards of Trust and Giving Wisely to Charities. She will be happy to answer questions you may have after her presentation. Please call the Senior Center to reserve your seat by Monday, December 23rd.

Submitted by Amy Schram

Senator and Representative Annual Holiday Party

On Friday, December 6th at 12:00 PM, Senator Rodrigues, Representatives Paul Schmid and Carole Fiola will have their annual luncheon at the VFW Post 6643, 89 Middleboro Road, Freetown for the seniors of Freetown. Please call the COA by November 27th to reserve your seat. Seating is limited.



South Coast Health Van

Town of Freetown Board of Health and Council on Aging will be sponsoring the South Coast Health VAN at the Senior Center on Tuesday, December 10th, from 10:00 AM to 12:00 PM.

Flu shots and Pneumonia shots will be available.

All are welcome!

The South Coast Van also has Cancer screenings and education, blood pressure screening, Cholesterol screening, Glucose screenings and Health education services.

Santa at the Senior Center

On Tuesday, December 17th from 5:00 PM to 7:00 PM Santa will be at the Senior Center for anyone to come in and take their own pictures with Santa. All we ask for is a \$2.00 donation with a canned good for our food pantry.

**Bring your camera! Bring your Children!
Bring your Grandchildren! Bring your Pet!**

Parkinson's Support Group

The next monthly meeting will be our ANNUAL Christmas Party to be held on Thursday, December 12th at 1:00 PM at the END ZONE on Coggeshall St, New Bedford, MA. Choice of Chicken Parmesan with linguine, garlic bread; Sirloin Tips or Broiled Scrod with vegetable, mashed potato, coffee/tea, dessert-choice of grape nut pudding or cheesecake. Lunch \$25.00 p/p (tax & tip incld.) Please call Judy Medeiros at 508-997-0907 for reservations. Please join us!

Submitted by Judy Medeiros

Senator and Representative

Representative Carole Fiola will be here Monday, December 2nd from 9:30 AM to 10:30 AM
Representative Paul Schmid will be here Monday, December 2nd from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Friday, December 27th from 9:00 AM to 10:30 AM

Pool Table

Mondays at 9:00 AM, the pool room is free most days. Call for availability!

Card Games

Mondays, 1:00 PM to 3:00 PM

Pitch

Mondays, 1:00 PM to 3:00 PM
New players welcome!

BINGO

Tuesdays from 12:45 PM to 3:00 PM, the license for Bingo requires that you be at least 60 years old to play. **No Bingo December 24th and 31st.**

Computer Class

Wednesdays, 9:00 AM to 12:00 PM
3 hour class with a \$10.00 donation
Please call the Senior Center for further information

Painting Class

Wednesdays, 9:00 AM to 11:00 AM

Line Dancing

Wednesdays at 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

The Freetown Senior Club

On December 5th at 1:00 PM there will be Christmas craft demonstration by Araujo's Nursery.
On December 19th, 12:00 PM will be the Senior Club's annual Christmas Party. If any questions please call **Grace at 508-763-4540.**

A.F.E.P. Exercise Program

Thursdays, 9:00 AM to 10:00 AM
Arthritis Foundation Exercise Program-Low impact, joint-safe exercise program. \$4.00 per class, led by Arthritis Foundation instructor Wendy Moore
No exercise December 26th

Fuel Assistance

New applicants please call the COA to make an appointment. For repeat applications, **please call the COA** when you receive your application.

<u># of people</u>	<u>UP TO:</u>
1	\$32,065
2	\$41,932
3	\$51,798
4	\$61,664

There are forms and paperwork you must collect to fill out the Fuel Assistance form.



"Brown Bag" Program

Pick up day will be Wednesday, December 11th from 10:30AM to 12:00 PM at the front of the building

"Brown Bag" distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older, recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance, and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,723 per month
2 people	\$2,333 per month
3 people	\$2,944 per month
4 people	\$3,554 per month

For questions call 508-763-9557. We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Scrabble

Thursdays at 12:30 PM

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

This is a wonderful program for seniors. If you plan on coming, please call by the Thursday before so Kathy Kanakis will stop by.

PODIATRIST

The Foot Doctor will be here on Thursdays, January 16th at 9:30 AM and January 23rd at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

USDA CAN HELP REPAIR YOUR HOME
RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250
3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 3, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

VAN SCHEDULE

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 24 hour notice for the van.

VAN SCHEDULING

In order to be more efficient with the van, when you call in, please have the exact **name and address** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

YOU ARE REQUIRED BY LAW TO WEAR A SEAT BELT! NO SEAT BELT-NO RIDE

Dan Leblanc, Veteran's Agent

Please give me a call at 774-930-4392. I work Monday thru Friday, 9:00 AM to 4:00 PM for you!

BEWARE OF SCAMS - Holidays make for good pickings for those groups who are not truthful about where your donation goes. Recently at a local super market in New Bedford there were two men soliciting money for the Veterans Support Organization, Inc. These people are the worst! They were confronted by two veterans' for lying about where the money they collect goes. Their sign says "all funds go to help local veterans". This is NOT true. First 30% of everything they collect they keep. The rest of the funds go to Florida to pay Richard Van Houlen's million dollar mansion in Stuart, Florida and the VSO pays \$715.00 a month to lease him a Maserati. VSO has been sued by the State of Tennessee and the entire delegation of New Jersey has signed a letter asking the FTC to look into these guys. We are trying to get Massachusetts to do the same thing. **PLEASE DO NOT GIVE TO THIS OR ANY GROUP YOU DO NOT KNOW.** Your local VFW, DAV, VVA, USMC League, American Legion all give money to school scholarships, food for needy veterans and their families. If you want to donate contact me or your nearest Veteran's Agent and ask about what groups do, or ask the group to show you where your money will go. The honest ones' are more than happy and proud to share this information with you.

Submitted by Dan LeBlanc



FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717
ADDRESS SERVICE REQUESTED

PRESORT STD.
US POSTAGE

PAID

PERMIT #PI 112
ROCHESTER, MA 02770

STAFF AND BOARD MEMBERS:

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****GOLD**SILVER**PLATINUM****

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on December 17th from 11:00 AM to 1:00 PM. Anyone can attend. It's a great opportunity to turn your old, broken and unwanted gold, silver or platinum jewelry (in any condition) into cash. A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

Trips!

Please call the Council on Aging if you are interested in any of these trips. We have flyers with full information about these trips.

Joanne Tours, LLC has tours coming up in 2014:

- 1.) May 6-8, 2014, Atlantic City Gambling Tour to Resorts; luxury motor coach, Resorts Casino & Hotel accommodations, \$30 slot & (2) dinner buffets, and more. \$189.00 PP Double Occupancy
- 2.) May 14th, 2014 Blithewold Mansion & Gardens with Benjamin's Restaurant; Luxury motor coach, Luncheon at Benjamin's Restaurant, tour of Blithewold Mansion and Gardens. \$69.00 PP

- 3.) July 14, 2014, Hyannis Cruise 7 Daniel Webster Inn in Sandwich; Luxury motor coach, One hour Hyannis Harbor cruise aboard Hy-Line Cruise line, buffet at Daniel Webster Inn, \$79.00 PP
- 4.) October 16, 2014, Oktoberfest at Wright's Mill Farm; Luxury motor coach, horse drawn hayrides, buffet luncheon (call COA for menu), live music, etc. \$69.00 PP

DIRECTORS NOTE

We are looking for volunteers with trucks to meet at the senior center the 4th Wednesday of the month at 7:45 AM. You will follow other drivers to Taunton to pick up our Brown bags from the Boston Food Bank. We have 122 families on this program some months they receive 3 bags each free! Needed on that day are volunteers to help carry out bags to seniors' cars (10:30 AM). Please call the COA if you can be of any help.

Thank you to the Veterans Transitional House for donating Meals on Thanksgiving Day. Thank you Anita Howland for delivering them.