

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

Telephone: 508-763-9557 / Fax: 508-763-9084 E-mail: 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!

Freetown Senior Birthday Party/Cookout

On Thursday, August 14th, starting at 11:15 AM, Karen Mello, from the Assessors' Office, Victor Costa from SNAP (Food Stamps), Garth Patterson from Citizens for Citizens (Fuel Assistance) and Bristol Elder Services will be here to explain services that might be available to you.

On Thursday, August 14th at 12:00 PM, we will be having our Birthday/Cookout. Stop & Shop will be here donating their time and supplies for the seniors of Freetown. Come and have a nice time with your neighbors. It is also a great time to meet other seniors from Freetown. RSVP due by Thursday, August 7th.

Cyd's Luncheons

Tuesday, August 5th, at 11:30 AM, Chicken Pie,
RSVP by July 29th, \$5.00 PP

Tuesday, August 19th at 11:30 AM, Pot Roast,
RSVP by August 12th, \$6.00 PP

Ice Cream Social

Mondays, 1:00 PM, Come on down for a cold and refreshing snack! All seniors are welcome!



Health Van August 5th

On Tuesday, August 5th the South Coast Health Van will be at the Senior Center from 10:00 AM to 2:00 PM. Come on down to the Senior Center to have your health checked. The van is sponsored by Senator Rodrigues.

SHINE

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Tuesdays, August 12th and 26th from 9:00 AM to 12:00 PM. Please call for an appointment. If you have any questions for SHINE before then, please call their regional Office at 1-800-987-2510

Dan Leblanc, Veteran's Agent

If you need some help, please give me a call at 774-930-4392. My office hours are Monday thru Friday 9:00 AM to 4:00 PM.



Blood Pressure Clinic

Wednesday, August 27th at 10:30 AM

Senator and Representative

Representative Carole Fiola will be here Monday, August 4th from 9:30 AM to 10:30 AM

Representative Paul Schmid will be here Monday, August 4th from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Friday, August 29th 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

No Bingo in the month of August

Computer Class

No classes for August

Painting Class

See you in September

Line Dancing

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

The Freetown Senior Club

See you in September

Scrabble

Thursdays at 12:30 PM

PODIATRIST

The Foot Doctor will be here on Thursday, August 7th at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

Parkinson's Support Group

The next monthly meeting will be on August 14th at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA. Speaker: Kathy LeBlanc, Yoga Instructor, "Keep Fit with Breathing, Stretching & Chair Yoga". Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!

Submitted by Judy Medeiros

New Exercise Class! Muscles in Motion

Robin Roche will be here for exercise classes on Thursdays from 9:00 AM to 10:00 AM. This class incorporates all muscle groups from head to toe. The class will progress to standing and adding in some weight. The weight can be as simple as two water bottles. The only equipment needed for this class is water and a towel if you wish.

"Brown Bag" Program

Pick up day will be Wednesday, August 27th from 10:30 AM 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.



Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

Come on down and check out all the fresh fruit and vegetables. She also has fresh eggs.

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 48 hour notice for the van.

For the safety of you and our van drivers, you must have your driveway and walkway clear.

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

OPENINGS FOR SENIOR AIDES

Job training program that helps people over 55 years old receive employment. Participants receive a stipend for 20 hours a week at \$8.00 an hour for their community service, as they search for unsubsidized employment. If you would like to participate please contact the Senior Aide Program at Citizens for Citizens, Inc., 508-679-0041, Ext 219.

Senior Aide Program

- **Brief Program Description:** Senior employment is a training program for elders to be placed back into the work force. Seniors in Bristol County, Norfolk County and Plymouth County are served by this program.
- **Eligibility:** Must be age 55 or older and meet income guidelines.
 - **Documentation Needed:** Proof of income.
 - **Application Process:** Interested parties should contact the Fall River office.
 - **Criteria for Selection:** Those who meet income guidelines will be considered first.

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

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TRIP!

Please call the Council on Aging if you are interested in this trip. We have flyers with full information about it.

- 1.) 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 (RSVP by October 1st)



If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at Freetowncoa@aol.com. They have a town web site if you wish to check out anything to do with the town at www.freetownma.gov.

DIRECTORS NOTE

We had a great time at the Cookout. Thank you Stop and Shop for giving a nice lunch for the seniors of Freetown. Looking forward to August's cookout. Call us if you wish to come. We have the van and can pick you up if you cannot drive. If you need any rides to our luncheons, please call and we can arrange a ride for you on our van.

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Tuesday, August 19th 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 pieces and/or jewelry (in any condition) into cash. A portion of the proceeds will be donated to the senior center which we use to purchase groceries for the grocery room. Please call the COA for further information.
