

# 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 Thursday and Friday December 25<sup>th</sup> & 26<sup>th</sup> for Christmas**  
**Telephone: 508-763-9557 / Fax: 508-763-9084 E-mail: [Freetowncoa@aol.com](mailto:Freetowncoa@aol.com)**

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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!

### Senator and Representative

#### Annual Holiday Party

On Friday, December 19<sup>th</sup> 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 Friday, December 12<sup>th</sup> to reserve your seat. Seating is limited. Entertainment will be Rick Ferreira with karaoke and sing-along. **Side Entrance Only!**

#### Freetown Senior Birthday Party

On Thursday, December 11<sup>th</sup> at 12:00 PM, we will be having our Birthday party for seniors of Freetown. Lunch is Chicken Pie by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, December 4<sup>th</sup>. All are welcome.

#### Cyd's Luncheons

Tuesday, December 16<sup>th</sup>, at 11:30 AM, Shepherds Pie, RSVP by December 9<sup>th</sup>, \$5.00 PP  
Tuesday, December 30<sup>th</sup>, at 11:30 AM, Lasagna, RSVP by December 23<sup>rd</sup>, \$5.00 PP

#### 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	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727

### Muffins

Mondays, 10:00 AM

Come on over and have a cup of coffee or tea and fresh from the oven muffins with other people from town. Please call by the Friday before if you wish to attend. **No Muffins December 29<sup>th</sup>.**

### SHINE

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Mondays, **December 8<sup>th</sup> and 22<sup>nd</sup>** from 1:00 PM to 3:30 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.

You will need to bring in a list of prescriptions you take, your income, and your Medicare and/or Medicaid information. Also, tell us if you have seen our SHINE counselor, Dick Kelley, before.

### SNAP ( Food Stamps) 1-877-382-2363

This is a new phone number to call if you have questions on your food stamps. You can call to; verify they received your latest documents; change your address or phone number; find out the status of your benefits. If you want to speak to a DTA First Available case manager, you can do this between 8:15 AM and 4:45 PM, Monday through Friday. We have applications at the senior center for seniors to fill out.

### Inclement Weather

Please note, if the schools are closed due to bad weather, our van will not run. The office may be open with a skeletal staff

**Parkinson's Support Group**

Our December meeting will be our annual Christmas Party, to be held on December 11, 2014 at 1:00 PM at the End zone, 218 Coggeshall St, New Bedford, MA. Choice of: Chicken Parmesan or Sirloin Tips. Lunch is \$25.00 pp-tax & tip included. Please call Judy Medeiros at 508-997-0907 for reservations and any questions. Please join us!

*Submitted by Judy Medeiros*

**Senator and Representative**

Representative Carole Fiola will be here Monday, December 1<sup>st</sup> from 10:00 AM to 11:00 AM  
Representative Paul Schmid will be here Monday, December 1<sup>st</sup> from 10:30 AM to 11:30 AM  
Senator Michael Rodrigues will be here Friday, December 19<sup>th</sup> 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! **No Pitch December 29<sup>th</sup>**

**BINGO**

Tuesdays from 12:45 to 3:00 PM. The license for bingo requires that you be at least 60 years old to play

**Computer Class**

Wednesdays, 9:00 AM to 12:00 PM  
Three 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  
We will be focusing on flowers for the first classes.  
All levels of experience painters are welcome.

**Line Dancing**

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

**Scrabble**

Thursdays at 12:30 PM

**The Freetown Senior Club**

Thursdays, December 4<sup>th</sup> at 1:00 PM, and  
18<sup>th</sup> at 12:00 PM: Christmas Party at Benjamin's

**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.

**Dan Leblanc, Veteran's Agent**

Greetings! This will be my last note to you in "The Senior Profile" as I have decided after 43 years of service to veterans' and their families to finally retire from this work. My last day will be November 28, 2014. I have enjoyed my three years with the Town of Freetown and I'm sure that my replacement will be as dedicated to serving this community as I have been. I wish you all God Speed and good days ahead. My replacement will continue to utilize this same means to correspond with all of you as I have. If needed, the Veterans' Agent address will remain the same, that is; P.O. Box 438, Assonet, MA 02702 Attn: Veterans Service. Thank you for allowing me the opportunity to serve you.



**"Brown Bag" Program**

**Pick up day will be Wednesday, December 10<sup>th</sup> 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                    \$1,800 per month**
- 2 people                    \$2,426 per month**
- 3 people                    \$3,051 per month**
- 4 people                    \$3,677 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.



**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:

<b>1 \$25,600</b>	<b>2 \$29,250</b>
<b>3 \$32,900</b>	<b>4 \$36,600</b>

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](http://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.

**PODIATRIST**

The Foot Doctor will be here on Thursday, December 4<sup>th</sup> at 9:30 AM and Monday, December 15<sup>th</sup> at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

**Household Hints**

1. Place magnet behind light switch to hold keys
2. Run graphite pencil over zippers to fix them.
3. If wasp lands on you, blow on it
4. Honey is best medicine for coughs
5. Place muffin pan in small laundry basket and place in car to hold lots of drinks
6. Drinking 16 oz. water boosts metabolism 30%
7. Swallowing 2 tbsp. apple cider vinegar in the morning helps arthritis pain.

*Submitted by Gert Singleton*



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

**STAFF AND BOARD MEMBERS:**

Barbara Lafleur, Director  
Rosemary Haley, Senior Clerk, Editor

**COA Board:**

Jeannette M. Tisdelle – Chair Person  
Marion E. Rylands – Vice Chair Person  
Edward J. Medeiros – Treasurer

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**Van Drivers:**

Judy A. Reese  
Vincent D'Oliveira  
John E. Pye, Jr.

PRESORT STD.  
US POSTAGE

**PAID**

PERMIT #PI 112  
ROCHESTER, MA 02770

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If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at [Freetowncoa@aol.com](mailto: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](http://www.freetownma.gov).

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Thursday, December 11<sup>th</sup> 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.

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**DIRECTORS NOTE**

We would like to thank all our volunteers throughout the year with helping for Brown Bag, Stop & Shop deliveries, Lunches, Phones and any other things that popped up. Sometimes on short notice, we call and you come right in. Thank you to the late Clarence Dearden, Marion and Alfred Rylands, Paul and Mary Ouimet, Jeannette Tisdelle, Ruth Ferland, Bob and Joan Martel, Bruce Wilbur, Ed Medeiros, John Pye Jr., Jack Daniels, David Feijo, Craig Collins and Noby Araujo. Thank you also to all who have been showing up faithfully for Brown Bag; Paul Sadeck, Lee Bamgartner, Janice Boehler, Paula Lecuyer, Gert Singleton, Lillian Poirier, Charles Gray, Walter Sawicki, Jim Sadeck, Victor Samoli, James Maciel, Kent Wilkins, and Victoria Brownell. We couldn't do it without you.