

# 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 Monday, February 17<sup>th</sup> for Presidents' Day

Telephone: 508-763-9557 / Fax: 508-763-9084 Email: [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!

## Freetown Senior Birthday Party

Thursday, February 13<sup>th</sup> at 12:00 PM, Cowboy  
Chicken, catered by Cyd's Creative Kitchen, RSVP  
and \$4.00 due by Thursday, February 6<sup>th</sup>

## Cyd's Luncheons

Tuesday, February 4<sup>th</sup> at 11:30 AM, Chicken Pie,  
RSVP by January 28<sup>th</sup>, \$5.00 PP

Tuesday, February 18<sup>th</sup> at 11:30 AM, Pot Roast,  
RSVP by February 11<sup>th</sup>, \$6.00 PP

Tuesday, March 4<sup>th</sup> at 11:30 AM,  
American Chop Suey,  
RSVP by February 25<sup>th</sup>, \$5.00 PP

## 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

No muffins February 17<sup>th</sup> and 24<sup>th</sup>

## Breakfast

On Monday, February 24<sup>th</sup> from 8:30 AM to 10:00  
AM, we will be having a breakfast of scrambled eggs,  
bacon, English muffins, orange juice and coffee/tea.

RSVP: Tuesday, February 18<sup>th</sup>-\$2.00 Donation



## AARP Income Tax Service

Starting Wednesday, February 5<sup>th</sup> from 8:30 AM to  
12:30 PM, Sister Joseph Marie from AARP will be  
here to help seniors with their taxes. Please call for an  
appointment. You must bring all paperwork required.

## Blood Pressure Clinic

Wednesday, February 26<sup>th</sup> at 10:30 AM

## "Brown Bag" Program

Pick up day will be Wednesday, February 26<sup>th</sup>

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.

## Inclement Weather

If the public schools are closed, the Senior Van  
will not run. If the Town Hall is closed,  
the COA is closed.

Also, we could be delayed in opening, call  
FIRST! Stay safe and warm.

**For the safety of you and our van drivers you  
must have your walkways and driveways clear.**

### African Children's Choir

On Friday, February 14<sup>th</sup> the Children's Choir will be singing at Calvary Pentecostal Church, 33 Braley Rd, E. Freetown at 12:30 PM. Please call the COA for further information. RSVP by February 7<sup>th</sup> ([www.Africanchildrenschoir.com](http://www.Africanchildrenschoir.com))

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### Parkinson's Support Group

The next monthly meeting will be on February 13<sup>th</sup> at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA. Topic: "Come Chat, Share and Learn" Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!  
*Submitted by Judy Medeiros*

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### Senator and Representative

Representative Carole Fiola will be here Monday, February 3<sup>rd</sup> from 9:30 AM to 10:30 AM  
Representative Paul Schmid will be here Monday, February 3<sup>rd</sup> from 10:30 AM to 11:30 AM  
Senator Michael Rodrigues will be here Friday, February 28<sup>th</sup> from 9:00 AM to 10:30 AM

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### Pool Table

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

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### Seated Massage

Monday, February 10<sup>th</sup>, 10:00 AM to 12:00 PM  
You must call for an appointment

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### Card Games

Mondays, 1:00 PM to 3:00 PM

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### Pitch

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

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### 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.

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### 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

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### Painting Class

Wednesdays, 9:00 AM to 11:00 AM

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### Line Dancing

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

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### Fuel Assistance

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

#### # of people

#### UP TO:

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.

### The Freetown Senior Club

On February 6<sup>th</sup> at 1:00 PM: Travel presentation by Bob and Inez Roy, and raffle off restaurant meals  
On February 20<sup>th</sup>, 12:00 PM: Pizza & Salad and Fall Presentation-Physical Therapist from The Oaks  
If any questions please call **Grace at 508-763-4540**

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### 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

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### Scrabble

Thursdays at 12:30 PM

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### 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.

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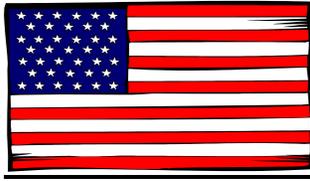
### PODIATRIST

The Foot Doctor will be here on Thursdays, March 20<sup>th</sup> at 9:30 AM and March 27<sup>th</sup> at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

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**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



**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)

**How to Obtain the Senior 'Circuit Breaker' Tax Credit**

If you're a Massachusetts property owner and are age 65+, you'd probably welcome a break on your property taxes. Dream on, you say?

Actually, such an option exists and, if you're eligible, it's yours for the taking. According to the MA Department of Revenue, some 957,000 residents 65 and older in the state are eligible to receive the tax credit. It's call the Circuit Breaker, and according to this month's AARP Bulletin, in 2012, more than 86,000 Massachusetts taxpayers claimed nearly \$67 million in refunds under the program, according to the state Department of Revenue. The average refund in 2012 was \$774. The Circuit Breaker refund acts the way an electrical circuit breaker would work, but here it prevents property taxes from exceeding an older person's income and ability to pay taxes.

Eligible taxpayers can file for the credit up to three years retroactively, so read the Bulletin story today and learn more about this valuable tax refund. (Go to <http://states.aarp.org/ma-tax/>)

Do you-or someone you know-need help managing tax time stress? Look no further than AARP Foundation Tax-Aide, the nation's largest, free, volunteer-run tax assistance and preparation services at more than 200 sites across the Bay State. To find a site near you, visit AARP foundation Tax-Aide or call toll-free 1-888-227-7669.

Submitted by Elder Affairs

**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**



**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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Rosemary Haley, Senior Clerk, Editor

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Charles Gray - Chair Person  
Robert Martel - Vice Chair Person  
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Marion Rylands  
Bruce Wilbur

**Van Drivers:**

Judy Reese  
Vincent D'Olivera  
John E. Pye, Jr.

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**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 14<sup>th</sup>, 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 & 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

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on February 18<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 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.

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**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.**