

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, January 1st for New Years and Monday, January 20th for Martin Luther King, Jr. Day

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

SHINE

(Serving Health Information Needs of Elders)

Dick Kelley, our SHINE counselor will be here on Mondays, January 6th and 27th from 1:00 PM to 4:00 PM to help seniors with their insurance questions. You must call the COA for an appointment.

Freetown Senior Birthday Party

Thursday, January 9th at 12:00 PM, Chicken Pie, catered by Cyd's Creative Kitchen, RSVP and \$4.00 due by Thursday, January 2nd

Cyd's Luncheons

Tuesday, January 14th at 11:30 AM, Ham Steak, RSVP by January 7th, \$5.00 PP

Tuesday, January 28th at 11:30 AM, Shepherds Pie, RSVP by January 21st, \$5.00 PP

Tuesday, February 4, at 11:30 AM, Chicken Pie RSVP by January 28th, \$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

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.

Blood Pressure Clinic

Wednesday, January 22nd at 10:30 AM

"Brown Bag" Program

Pick up day will be Wednesday, January 22nd 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.

Parkinson's Support Group

The next monthly meeting will be on January 9th at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA. Speakers: Kelly Coucci and Kari Starr, Speech & Voice Therapists... "Strategies for Swallowing & Communication issues with PD" Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!

Submitted by Judy Medeiros

Senator and Representative

Representative Carole Fiola will be here Monday, January 6th from 9:30 AM to 10:30 AM
Representative Paul Schmid will be here Monday, January 6th from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Friday, January 31st 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!

Seated Massage

Monday, January 13th, 10:00 AM to 12:00 PM
You must call for an appointment

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.

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 January 2nd at 12:00 PM
New Year's Party
On January 16th, 1:00 PM
Belly Laugh Day

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 January 2nd



Santa and Mrs. Claus and Military Men from Rhode Island Air National Guard

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

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.

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.

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

SHINE

Can You Change Your Medicare Plan Now?

•Yes, if you were a member of a Medicare plan that ended on December 31, 2013 and you did not pick another plan for 2014.

Between **January 1 and January 31, 2014**, you have a **Special Enrollment Period** to choose a Medicare plan, which will begin on **February 1**. After January 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period, which in 2014 will be October 15–December 7.

•Yes, if you are unhappy with your Medicare Advantage Plan

Between **January 1 and February 14, 2014**, you can drop your Medicare Advantage plan, return to Original Medicare and enroll in a Part D drug plan, which will begin the first of the following month. If you wish, you may also enroll in a Medicare Supplement (a Medigap) plan. Coverage will begin the first of the following month.

•Yes, if you are a member of Prescription Advantage, the state pharmaceutical assistance program, or are eligible to join Prescription Advantage

At any time during 2014, you have **one additional chance** to change your Part D drug plan or Medicare Advantage plan or to add a Part D drug plan, if you have none (a penalty may apply). In 2014, Prescription Advantage will continue to help most members with the cost of drugs in the “donut hole.”

•Yes, if you have MassHealth or if you qualify for “Extra Help” (LIS) every month, you can change your Part D drug plan or Medicare Advantage plan.

• Yes, if you are first becoming eligible for Medicare, or if you lose your current health insurance

Special rules will apply. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center at 508-763-9557. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Submitted by SHINE

FREETOWN COUNCIL ON AGING

227 CHACE ROAD

EAST FREETOWN, MA 02717

ADDRESS SERVICE REQUESTED

PRESORT STD.

US POSTAGE

PAIDPERMIT #PI 112
ROCHESTER, MA 02770**STAFF AND BOARD MEMBERS:**

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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 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 & 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

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on January 28th 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.

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 Senator Michael Rodrigues, Representatives Paul Schmid, Carole Fiola and Keiko Orrall for our annual Luncheon at the VFW and to Maria Connor for setting everything up. Thank you to the employees at The Oaks Rehab center for serving our meal at the Senator and Representatives' dinner.