

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 Friday, July 4th

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!

Freetown Senior Birthday Party

On Thursday, July 10th at 12:00 PM, we will be having our Annual Cookout. Stop & Shop will be donating our cookout food. RSVP by Thursday, July 3rd. The Harpoon Harmonizers will be singing for you.

Cyd's Luncheons

Tuesday, July 15th, at 11:30 AM, American Chop Suey,
RSVP by July 8th, \$5.00 PP

Tuesday, July 29th, at 11:30 AM, Meat Pie,
RSVP by July 22nd, \$5.00 PP

Breakfast at the COA!

Breakfast will return in October

New Exercise Class!

Robin Roche will be having an exercise class on Thursdays from 9:00 AM to 10:00 AM. It will be a class incorporating 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. \$5.00 per class.

Ice Cream Social

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



Blood Pressure Clinic

Wednesday, July 23rd at 10:30 AM



Mr. Ralph Gurney visiting the Senior Club at the COA for their annual Senior Club luncheon. In back, Victor Samolis, Shirley Pontes, Robert Martel, Front: Elizabeth Youngblood, Director, Barbara Lafleur, Ralph Gurney and Janice Gurney.

Hearing Seminar

On Tuesday, July 29th at 1:00 PM Dr. Kristy Lamoureux will be at the COA to talk to seniors. Come and Learn About Hearing Loss and Treatment Options. There will be free hearing screenings offered after the talk. RSVP by July 22nd.

SHINE

(Serving Health Insurance Needs for the Elderly)
Our SHINE counselor will be here Mondays, July 7th & 21st from 1:00 PM to 3:00 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

Senator and Representative

Representative Carole Fiola will be here Monday, July 7th from 9:30 AM to 10:30 AM

Representative Paul Schmid will be here Monday, July 7th from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Friday, July 25th 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 months of July and August

Computer Class

No classes for the months of July and August

Painting Class

Enjoy your summer. 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

Have a wonderful summer. See you in September!

Scrabble

Thursdays at 12:30 PM

PODIATRIST

The Foot Doctor will be here on Monday, July 28th at 9:30 AM and Thursday, August 7th at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3555**

Parkinson's Support Group

The next monthly meeting will be on July 10th at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA. Speaker: Richard Johnson-Proprietor of "A Perfect Fit". Having feet and balance issues? Come to the Meeting! Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!

Submitted by Judy Medeiros

Calvary Pentecostal Church Community Day

On Saturday July 26th from 10:00 AM TO 4:00 PM Calvary Pentecostal Church @ 33 Braley Rd East Freetown will be having a community day. There will be a health fair, Sheriff Department, K9 unit, Smokey the Bear and face painting. Hot dogs, hamburgers etc will be available. There will be a luncheon for Freetown seniors in the air conditioned hall consisting of chicken, mashed potatoes & veggies. Please call the COA by July 18th to RSVP.

National Grid Scam!

A utility billing scam is targeting **National Grid** customers in New England. The scammers demand immediate payment for electric bill balances, which customers might not even owe. The fraudulent callers claim to be from National Grid and threaten customers with immediate service shut-off unless they provide credit card or bank account information that can be used to access the accounts.

One way to check whether you are speaking with a National Grid representative is to **commit to memory the last five digits of their National Grid account number and ask the caller to provide those numbers.**

If the caller can't provide the information, if you doubt the caller is a National Grid representative, or you have any questions about your balance, **hang up** immediately and call customer service at 1-800-322-3223.

Submitted by Executive Office of Elder Affairs

"Brown Bag" Program

We have new forms from the Greater Boston Food Bank to fill out, please allow a few extra moments to fill out these forms. Thank you.

Pick up day will be Wednesday, July 23rd 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

This is a wonderful program for seniors.

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

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.

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.

Joanne Tours, LLC has a tour coming up in 2014:

- 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)

Election Workers Wanted

Election workers are needed to cover the upcoming state elections (Sept & Nov) which run between the hours of 6AM-10PM and all elections thereafter. Shifts could run six to eight hours or as needed. This is a paid position. Need to provide own transportation. You must be a registered voter. If you think you would be interested in working at the polls during the elections, please forward a letter stating your interest to Jacqueline A. Brown, Town Clerk, P. O. Box 438, Assonet, MA 02702

DIRECTORS NOTE

We have been having a nice time using the new vehicle. The seniors enjoy the small car compared to the large van.

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Tuesday, July 29th 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.

If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at Freetowncoa@aol.com. We are also located on Face Book at Freetown Council on Aging and the Town Web page at www.freetownma.org.