

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

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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, June 11th, at 12:00 PM, we will be having our Birthday party for seniors of Freetown. Lunch is spinach stuffed chicken, by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, June 4th. All are welcome.

Karen Mello, Freetown Assessors Office

Karen will be here Monday, June 15th at 1:00 PM to talk to Seniors about exemptions on their Real Estate tax bill. Please RSVP by Monday, June 8th

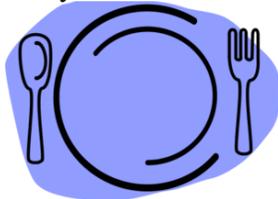
Ice Cream Social

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



Cyd's Luncheons

Tuesdays, June 16th, at 11:30 AM, West Coast Snappy Joe, RSVP by June 9th, \$5.00 PP and June 30th, at 11:30 AM, Meat Loaf, RSVP by June 23rd, \$5.00 PP



Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM
Starting June 1st. Bring your own supplies. Please call the Senior Center if you would like to attend.



Genealogy

Nan will be here again on Wednesday, June 10th, at 12:30 PM. Please call if you wish to attend.

Are you having difficulty paying those medical co-pays for your Prescriptions? Would you like some help?

St John Neumann in East Freetown would like to help! Their choir has produced a beautiful CD of Christian praise music and all profits go to help seniors pay for those medical co-pays. CDs are also still available for purchase at \$15.00.

For assistance, call the rectory at St. John Neumann: 508-763-2240.

SHINE Counselor

(Serving Health Insurance Needs of Seniors)

Our SHINE counselor will be here Mondays, June 8th and 22nd at 1:00 PM. Please call the COA for an appointment. If you have any questions for SHINE before then, please call their regional office at 1-800-987-2510

Parkinson's Support Group

Our next meeting will be held on Thursday, June 11th, at 1:00 PM at Dartmouth COA, 628 Dartmouth St, Dartmouth. Speaker, Jennifer Dias-Rezendes, Protective Services and Clinical Mgr. @ Bristol Elder Services, Topic: "Keeping Elders Safe" and offering Free caregiver Bracelets. YOGA with Kat follows @ \$3.00 p/p. 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, June 1st, from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday, June 1st, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Friday, June 26th 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. There are pool players here almost every day. Come on over and play a game. Call the COA! Come in and have some coffee. The current pool players like showing people how to improve their game. Many times they may be here by 8:00 AM, they enjoy it so much.

Card Games

Mondays, 1:00 PM to 3:00 PM

Pitch

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

BINGO

Tuesdays, 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

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

The class is going to be working with landscapes and colors. New members are welcome to join! Class will take a break in summer, July and August, then resume in September sometime.

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW

Lessons \$2.00 per person, all ages are welcome.

Blood Pressure

Wednesday, June 24th at 10:30 AM

Scrabble

Thursdays at 12:30 PM

The Freetown Senior Club

Thursday, June 4th, at 12:00 PM: Ham and Beans,
election of officers

Thursday, June 18th, 12:00 PM: Installation Banquet

Fundraiser for A Wish Come True

This Dinner is sponsored by Pegasus Horseshoe League of Freetown and Freetown VFW Post 6643, an all you can eat spaghetti dinner on Thursday, June 11th, from 5:00 PM to 7:00 PM at VFW Post 6643, 89 Middleboro Road, East Freetown. Price is \$7.00 pp, and for 70 or older \$5.00 pp. Music is by DJ Johnny Angel. This dinner will be every month on the second Thursday of the month through August.

Submitted by Bruce Wilbur

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

Please call if you plan to come.

Podiatrist

The Foot Doctor will be here Monday, July 6th, at 10:00 AM. You must call Dr. Markowitz to make an Appointment at **1-401-455-3554**



Trips with Lakeville Arts and Crafts

We have forms at the Freetown COA

- 1.) July 16, 2015 (Thursday) \$59.00 PP,
Transportation to Cambridge Side Galleria for shopping and lunch on your own, Boston Super Duck Tour-45 minute land and 45 minute water tour of Boston Harbor.
- 2.) July 21, 2015 (Tuesday) \$99.00 PP-"Tales N' Tunes" Transportation to The Coastal House in Wells, Maine, double lobster bake, show featuring Singer/Comedian/Impersonator Don Who, etc. RSVP June 19th.
- 3.) August 6, 2015 (Thursday) \$74.00 PP-Bailey Island & Casco Bay, 2 hour cruise from Portland, Maine, luncheon at Cook's Lobster House, then Freeport, Maine shopping.

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 your safety 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

“Brown Bag” Program

**Pick up day will be Wednesday, June 24th
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.

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 \$9.00 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.

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Thursday, June 16th, from 11:00 AM to 1:00 PM. Anyone can attend. A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

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

PRESORT STD.
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Veterans Agent

My name is Robert Klevecka and I was appointed Freetown's Veteran's Agent Director on April 21, 2015. I have been a resident of Freetown for over twenty years. I served in the United States Navy for twenty years from 1973 to 1993. I look forward to serving the Veterans of our town.

I would like to begin my first submission to "The Senior Profile" to thank Tracy Knowles for her service to the residents and Veterans of the Town of Freetown and to Barbara for inviting me to be a part of The Council on Aging. Also, I would like to thank Dan LeBlanc for his confidence, support and guidance.

Eventually I may possibly set up hours at the Council on Aging, but for now I am only taking phone calls at (508) 763-3190 Monday through Thursday between the hours of 9:00 AM and 3:30 PM. Please call me with any questions or concerns. If it is necessary to leave a message, I will return those calls as quickly as I possibly can.

*Respectfully submitted,
Robert Klevecka, Veteran's Agent.*

DIRECTORS NOTE

July 9th and August 13th will be our annual picnics at the Senior Center. Stop & Shop donates all the food and drinks. Come by and Enjoy! They take good care of our seniors in Freetown!



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.