

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

## Cyd's Luncheons

Tuesday, March 4<sup>th</sup> at 11:30 AM, American Chop  
Suey, RSVP by February 28<sup>th</sup>, \$5.00 PP  
Tuesday, March 18<sup>th</sup> at 11:30 AM, Corned Beef,  
RSVP by March 11<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 March 24<sup>th</sup>.

## Breakfast-New Program!

On Monday, March 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: Monday, March 17<sup>th</sup>-\$4.00 Donation.  
The requested donation will help sustain this program  
monthly.

## Family Care Plus Seminar

On Monday, March 10<sup>th</sup> at 10:30 AM, Leah Doroch,  
Care Co-ordinator for Family Care Plus will be here to  
talk to seniors about Live-In Home Care. She will talk  
about what they can offer you. Their web site is  
[www.familycare-plus.com](http://www.familycare-plus.com). Please call the COA to  
RSVP by March 3<sup>rd</sup>

## SHINE

Our SHINE counselor will be here Thursdays, April  
3<sup>rd</sup> and 17<sup>th</sup> from 1:00 PM to 3:00 PM. If you have any  
questions for SHINE before then, please call their  
regional office at 1-800-987-2510

## AARP Income Tax Service

Mondays from 12:30 to 3:30 and Wednesdays in  
March, 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.

## "Brown Bag" Program

Pick up day will be Wednesday, March 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.**

### Parkinson's Support Group

The next monthly meeting will be on March 13<sup>th</sup> at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA." 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, March 3<sup>rd</sup> from 9:30 AM to 10:30 AM  
Representative Paul Schmid will be here Monday, March 3<sup>rd</sup> from 10:30 AM to 11:30 AM  
Senator Michael Rodrigues will be here Friday, March 28<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!

### 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.

### 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

### Blood Pressure Clinic

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

### 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.

### The Freetown Senior Club

On March 6<sup>th</sup> at 1:00 PM: Belly Laugh Day

On March 20<sup>th</sup>, 1:00 PM: Neil Diamond Tribute by Bill Reidy (He's good!) The Freetown Senior Club would like anyone interested in seeing this show to please call Grace at 508-763-4540.

Please RSVP by March 19<sup>th</sup>.

Freetown Senior Club would also like to invite anyone to their trip to Twin Rivers in Lincoln, RI on Wednesday March 26<sup>th</sup>-\$15.00 per person, which includes lunch and free gambling. They have a bus for pick up in Freetown.

Please call Grace for further information

### 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, 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

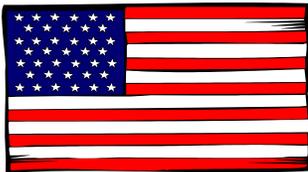
**1-401-455-3554**



## Dan Leblanc, Veteran's Agent

Spring is just around the corner it sure is taking it's time getting here. If you know of someone in town who might need some assistance or if you think you could use some help. Please, give them my name and telephone number it might be worth the call to see if I could be of some assistance even if they do not live in Freetown. Advice is **FREE**, I can be reached by calling me at 774-930-4392 or by mailing a letter to me at P.O. Box 438, Assonet, MA 02702 Attn: Veterans Service. My Office hours are Monday thru Friday 9:00 AM to 4:00 PM.

In the last two year's we have provided financial assistance to 27 clients and families. We currently have 17 active clients on our rolls. I look forward to helping even more this next year. If you have questions about Chapter 115 State assistance or Federal VA assistance please give me a call. Please keep your fingers crossed for warmer weather.



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



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

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

**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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Jeannette Tisdelle

Marion E. Rylands

Bruce W. Wilbur

**Van Drivers:**

Judy A. Reese

Vincent D'Oliveira

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

**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).**

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**DIRECTORS NOTE**

**I would like to take this opportunity to thank the faithful volunteers that have helped us within the last year. Helping us are Walter Sawicki, Jim Sadeck, Bev Sadeck, Paul Sadeck, Jim Maciel, Ruth Ferland, Gert Singleton, Ed Medeiros, Alfred and Marion Rylands, Paula Charette, Lee and Mary Baumgartner, Janice and Ralph Gurney, Moe St. Laurent, Judy Chubbuck, Judy and Rolf Kristofferson, Pam and Sven Kristofferson, Clarence and Louise Dearden, Kathy Talbot, Diane Scott, Dick Kelley, Sister Joseph Marie Levesque, Chris Carrado, Jodi Constant, Victor Samolis, Norbert Araujo, Joyce and Hugh Cocks, Aida Thomas, Charles Gray, Lillian Poirier, Joan and Bob Martel, Jeannette Tisdelle, Carolyn Gates, Bill Sylvia, Anita Howland, Paula Lecuyer, Janice Boehler, Kent Wilkins, Doris Branco, Bill Sylvia, Victoria Brownell, Nadine Dimond and Claire O'Toole.**

**Your time is the most precious gift you can give.**