

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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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!

Elder Abuse Prevention Presentation

On Monday, March 23rd, at 10:30 AM, Paul Machado, Second District Attorney and Eric Poulin, Program Manager, Community Affairs, will be at the COA to talk to seniors. Please RSVP by March 16th.

Freetown Senior Birthday Party

On Thursday, March 12th, at 12:00 PM, we will be having our Birthday party for seniors of Freetown. Lunch is Stuffed Peppers with a salad, by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, March 5th. All are welcome.

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	\$32,618
2	\$42,654
3	\$52,691
4	\$62,727

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

Genealogy

On Wednesday, March 11th at 12:30 PM, Nan Whitcomb will be here to teach you how to get started on discovering your ancestors. Please bring a pencil and paper. She will show you where on the internet to get started. Please call the COA if you are interested.

Cyd's Luncheons

Tuesday, March 17th, at 11:30 AM Corned Beef, RSVP by March 10th, \$5.00 PP
Tuesday, March 31st, at 11:30 AM, Chicken Shepherd's Pie, RSVP by March 24th, \$5.00 PP

Muffins

Mondays, 10:00 AM

Come on over and have a cup of coffee or tea and fresh from the oven muffins with other people from town. Please call by the Friday before if you wish to attend.

AARP Taxes

Mondays from 8:30 AM to 12:30 PM and Wednesdays, from 12:30 PM to 3:30 PM, we will have a representative from AARP at the COA to help seniors with their taxes. Please call the COA for an appointment and further information.

Community Nurse & Hospice Care

Hospice Volunteer Training will be held on Saturday, March 14th and Saturday, March 21st at 62 Center Street, Fairhaven. To register or for more information, please contact Cecile Sanders, Volunteer Coordinator at csanders@communitynurse.com or 508-992-6278.

Submitted by Community Hospice & Hospice Care

Inclement Weather

When the Town Hall is closed, the Council on Aging is also closed. When the Freetown/Lakeville Public Schools are closed, **the COA VAN does not operate.** Call to see if we are open

Parkinson's Support Group

Our next meeting will be held on Thursday March 12th, at 1:00 PM at Dartmouth COA, Dartmouth St, Dartmouth. Speakers: Norman Gordon, MD, Neurologist, E. Providence, RI AND Alicia Manocchio, Teva Neuroscience Repr. Topic: "Living Well with Parkinson's Disease AND Current Treatments" 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 2nd, from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday, March 2nd, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Friday, March 27th, 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 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 group is currently doing scratchboard in their choice of designs, animals, birds, flowers, etc.

New members are welcome to join!

Line Dancing

Wednesdays, at 9:30 AM at the Freetown VFW

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

Blood Pressure

Wednesday, March 25th at 10:30 AM

Scrabble

Thursdays at 12:30 PM

The Freetown Senior Club

Thursdays, March 5th at 12:00 PM: Chinese New Year-Chinese Food and Chinese Auction

March 19th, 12:00 PM: Clam Chowder, movie and popcorn

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, March 12th, 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.

Get the Food You Need to Stay Healthy

Apply for SNAP/Food Stamps 1-800-645-8333

Project Bread's FoodSource hotline offers free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone. Counselors are also available to help current recipients ensure they are receiving the maximum benefits. Seniors should press 2 for the dedicated Senior Line Monday-Friday 8am-7pm & Saturday 10am-2pm. Special hours for seniors in February, March and April, Monday & Wednesday 2pm to 7pm.

Podiatrist

The Foot Doctor will be here Thursday, March 5th, at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**



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

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.

“Brown Bag” Program

**Pick up day will be Wednesday, March 25th
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.

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

STAFF AND BOARD MEMBERS:

Barbara Lafleur, Director
Rosemary Haley, Senior Clerk, Editor

COA Board:

Jeannette M. Tisdelle – Chair Person
Marion E. Rylands – Vice Chair Person
Edward J. Medeiros – Treasurer
Charles E. Gray
Robert G. Martel
Bruce W. Wilbur

Van Drivers:

Judy A. Reese
Vincent D'Oliveira
John E. Pye, Jr.

PRESORT STD.
US POSTAGE

PAID

PERMIT #PI 112
ROCHESTER, MA 02770

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.

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Tuesday, March 17th, 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 pieces and/or jewelry (in any condition) into cash. A portion of the proceeds will be donated to the senior center which we use to purchase groceries for the grocery room. Please call the COA for further information.

DIRECTORS NOTE

I would like to thank the highway department who plowed us out several times during this very snowy February. Thanks for cleaning around our two vehicles for our van drivers at the highway barn.

A MARTap grant was written and we received a GPS and wheelchair for the van.

If you move or leave town for the winter, could you please let us know so we can take you off of our mailing list. Thank you.

