

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 May 26th for Memorial 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!

Freetown Senior Birthday Party

On Thursday, May 8th at 12:00 PM, we will be having Stuffed Peppers, catered by Cyd's Creative Kitchen, RSVP and \$4.00 due by Thursday, May 1st

Pork Loin Luncheon

On Friday, May 16th at 12:00 PM, we will have a luncheon of Pork loin and all the fixings. Please call the COA by May 9th to RSVP. Donation of \$2.00 PP

Cyd's Luncheons

Tuesday, May 13th, at 11:30 AM, Apricot Chicken,
RSVP by May 6th, \$5.00 PP

Tuesday, May 20th, at 11:30 AM, Pot Roast,
RSVP by May 13th, \$6.00 PP

Tuesday, June 3rd, at 11:30 AM Chow Mein,
RSVP by May 27th, \$5.00 PP

Breakfast at the COA!

On Tuesday, May 27th from 8:30 AM to 10:00 AM, we will be having a breakfast of scrambled eggs, ham, home fries, biscuits, orange juice and coffee/tea.

RSVP: Tuesday, May 20th-\$4.00 Donation.

The requested donation will help sustain this program monthly.

SHINE

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Mondays, May 5th & 19th 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

Blood Pressure Clinic

Wednesday, May 28th at 10:30 AM

Freetown VFW Post #6643

Steve Wronker's Funny Business Comedy Show "Hypnotist"

On Saturday, May 3rd (doors open at 6:30 PM) Steve will be at the VFW Post #6643,
89 Middleboro Road, East Freetown.

This is a show sponsored by The Ladies Auxiliary, supporting veterans' programs.

Tickets are \$15.00 PP

For tickets call 508-763-9245 or 774-328-6936.

Submitted by Bruce Wilbur

Hospice Support Group Information

On Wednesday, May 14th at 10:00 AM Mary Ann Mont from Compassionate Care Hospice will be here to talk to you about support groups and how to deal with changes with your loved one. Please call the COA by May 7th to RSVP.

Artists Show!

Three Freetown artists will be showing their work in the Lakeville Library's Great Ponds Gallery (at 4 Precinct Street, Lakeville) in June. "Book, Art and Blooms II" will feature their artwork, inspired by books, and complemented by floral arrangements created by members of the Lakeville Garden Club. Artists Betty Ashley, Mary Comeau and Marilyn Robbins, from the Wednesday morning painting class at the Senior Center, will be at the gallery reception on June 5th from 6 to 7:30 PM, and everyone is invited to come see their work. There will be an auction of the live bouquets that night.

The show, with photos of the flowers, is on display during regular library hours for the month of June.

Submitted by Elizabeth Ashley

Senator and Representative

Representative Carole Fiola will be here Monday,
May 5th from 9:30 AM to 10:30 AM

Representative Paul Schmid will be here Monday,
May 5th from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Friday,
May 30th 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.

The Freetown Senior Club

On Thursday, May 1st, at 12:00 PM:
Mexican Pot Luck at St. John Neumann Hall
On Thursday, May 15th, 1:00 PM:
Plant sale, open to the public

Scrabble

Thursdays at 12:30 PM

PODIATRIST

The Foot Doctor will be here on Thursdays, May 22nd at
9:30 AM and May 29th at 10:00 AM. You must call Dr.
Markowitz to make an appointment at
1-401-455-3554



Fuel Assistance

New applicants please call the COA to make an
appointment. For repeat applications, **please call
the COA** when you receive your application.

of people

UP TO:

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.

Parkinson's Support Group

The next monthly meeting will be on May 8th at 1:00
PM at the Dartmouth Council on Aging, 628
Dartmouth St, So. Dartmouth, MA. Our very own
Marcia Glenn, Topic: "The Founding of Dartmouth
by the Quakers". Please call Judy Medeiros at 508-
997-0907 for any questions. Please join us!

Submitted by Judy Medeiros

"Brown Bag" Program

**Pick up day will be Wednesday, May 28th 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

As we are approaching the 70th Anniversary of the D-Day invasion on June 6, 1944, there is tremendous interest in the younger generation to hear from veterans who served during those times and particularly anyone who was there. If you know of anyone who would be interested in being interviewed by the press, please contact me at [\(774\) 930-4392](tel:7749304392), and I will insure that you are speaking to the folks who will tell your story accurately. If so, I would need the veterans' complete name address and telephone number for the interview. Thank you for your service, The Greatest Generation. 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 217.

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 any of these trips. We have flyers with full information about them.

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)

If you wish to receive your Senior Profile by e-mail, please send us your e-mail address at Freetowncoa@aol.com.



DIRECTORS NOTE

We wish to thank all our volunteers for all their wonderful work. We have had a busy month of April and finally we think spring is in the air. We are in process of acquiring another small vehicle. It will save on using the large van for only an individual trip. This will help with savings of gas for the town.

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

Marc Folco, will hold a gold buying event at the Freetown Senior Center on Tuesday, May 13th 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.