

# 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 Monday, May 25<sup>th</sup> for Memorial Day

Telephone: 508-763-9557 / Fax: 508-763-9084 E-mail: [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

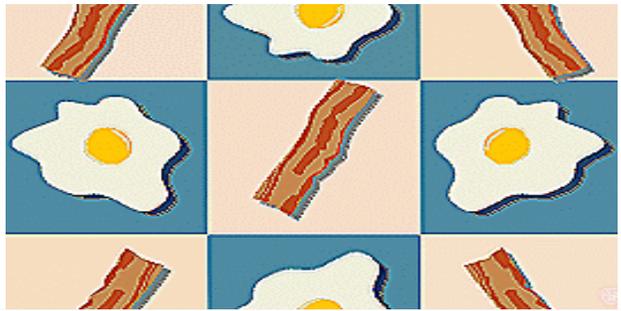
On Thursday, May 14<sup>th</sup>, at 12:00 PM, we will be having our Birthday party for seniors of Freetown. Lunch is cranberry glazed chicken, by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, May 7<sup>th</sup>. All are welcome.

## May Breakfast

On Monday, May 11<sup>th</sup> at 8:30 AM at Rochester Council on Aging, 67 Dexter Lane, Rochester.

- 1.) 2 eggs, any style, with bacon or sausage.
- 2.) Short stack French toast with bacon or sausage. (both meals serve coffee or tea)

Please call the Freetown Senior Center to RSVP and choose your meal, by May 4<sup>th</sup>. \$5.00 PP paid when served.



## Genealogy

Nan will be here again on Wednesday, May 6<sup>th</sup>, at 12:30 PM. Please call if you wish to attend.

## Cyd's Luncheons

Tuesday, May 5<sup>th</sup>, at 11:30 AM, Salisbury steak hamburger patty with onion gravy, RSVP by April 28<sup>th</sup>, \$5.00 PP

Tuesday, May 19<sup>th</sup> at 11:30 AM, Pot Roast, RSVP by May 12<sup>th</sup>, \$6.00 PP

## Fuel Assistance

Fuel Assistance Program has been extended from Thursday, April 30<sup>th</sup> through May 15<sup>th</sup>. This means we can still take applications through May 15<sup>th</sup>; assistance remains the same of having your heating bills covered from 11-01-14 thru 4-30-15. 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.

## SHINE Counselor

Our SHINE counselor will be here Mondays, May 4<sup>th</sup> and 18<sup>th</sup> 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, May 14<sup>th</sup>, at 1:00 PM at Dartmouth COA, 628 Dartmouth St, Dartmouth. Speaker: Leah Mullen, Licensed Independent Social Worker – Community Nurse Topic: “Let’s Have an Open Conversation” YOGA W/Kat immediately follows - \$3 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, May 4<sup>th</sup> from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday, May 4<sup>th</sup> from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Friday, May 22<sup>nd</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. 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!

### Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW

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

### Blood Pressure

Wednesday, May 27<sup>th</sup>, at 10:30 AM

### Scrabble

Thursdays at 12:30 PM

### The Freetown Senior Club

Thursday, May 7<sup>th</sup>, at 1:00 PM: Freetown Historical Society Museum meeting with refreshments at museum

Thursday, May 21<sup>st</sup>, 1:00 PM: Plant Sale

### 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, May 14<sup>th</sup>, 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, May 4<sup>th</sup>, at 10:00 AM and Thursday, May 28<sup>th</sup>, at 9:30 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.) June 18, 2015 (Thursday) \$79.00 PP- Transportation, Harts Turkey Farm dinner, 2:00 PM show of “Jesus Christ Superstar” at Lake Winnepesaukee Playhouse
- 2.) June 30, 2015 (Tuesday) \$99.00 PP, Afternoon of Elegance Luncheon Tour, Transportation, Newport Train Luncheon, Rosecliff Mansion Guided tour RSVP and money due by May 29<sup>th</sup>.
- 3.) 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 19<sup>th</sup>.

**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 \$25,600</b>	<b>2 \$29,250</b>
<b>3 \$32,900</b>	<b>4 \$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 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, May 27<sup>th</sup>**

**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.

<b>1 person</b>	<b>\$1,800 per month</b>
<b>2 people</b>	<b>\$2,426 per month</b>
<b>3 people</b>	<b>\$3,051 per month</b>
<b>4 people</b>	<b>\$3,677 per month</b>

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:**

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Rosemary Haley, Senior Clerk, Editor

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Marion E. Rylands – Vice Chair Person  
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Robert G. Martel

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Judy A. Reese

Vincent D'Oliveira

John E. Pye, Jr.

PRESORT STD.  
US POSTAGE  
**PAID**  
PERMIT #PI 112  
ROCHESTER, MA 02770

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Thursday, May 14<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 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. You do not need an appointment

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). They have a town web site if you wish to check out anything to do with the town at [www.freetownma.gov](http://www.freetownma.gov).

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**DIRECTORS NOTE**

Welcome Ruth Ferland to the Council on Aging board! This year we are having our May breakfast at the Rochester Council on Aging. Hope you can join us and to see their beautiful senior center!

