

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, October 13th for Columbus Day

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

Freetown Senior Birthday Party

On Thursday, October 9th at 12:00 PM, we will be having our Birthday for seniors of Freetown. Lunch is Ham Steak by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, October 2nd. All are welcome.

Cyd's Luncheons

Tuesday, October 14th, at 11:30 AM, Meatloaf, RSVP by October 7th, \$5.00 PP
Tuesday, October 28th, at 11:30 AM, Chicken chow mein, RSVP by October 21st, \$5.00 PP
Tuesday, November 4th, at 11:30 AM, Turkey, RSVP by October 28th

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.

Crystal Springs/Senior Sweetheart Luncheon

On Wednesday, October 22nd at 11:45 AM, Crystal Springs will have their annual luncheon for the Seniors of Freetown. The Senior Sweethearts will perform after lunch. Please call the COA by Wednesday, October 15th to reserve your seat.

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.

SHINE

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Tuesday, October 14th and Monday, October 27th, from 1:00 PM to 3:30 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

SNAP (Food Stamps)

We will be having a representative coming to the senior center to take applications and/or answer any questions about Food Stamps. Please call the COA to put your name on a list. We are not sure of the date as of this printing. You must call and we will have a date and time.

Introduction to Essential Oils Seminar

On Thursday, October 23rd, at 10:00 AM, Dorothy Perkins will be at the COA to talk to seniors about Essential Oils. Please RSVP by October 16th. Discover how therapeutic grade essential oils can improve your health and well-being! Many people were interested in this seminar, so we are having Dorothy here another day. Seating is limited.

Parkinson's Support Group

The next monthly meeting will be on Thursday, October 9th at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA. Speaker: Nancy Winterhalter, Physical Therapist from the Community Nurse & Hospice Care. Topic: "Balance and Falling" Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!

Submitted by Judy Medeiros

Blood Pressure Clinic

Wednesday, October 22nd at 10:30 AM

Senator and Representative

Representative Paul Schmid will be here Monday, October 6th from 10:30 AM to 11:30 AM
Representative Carole Fiola will be here Monday, October 27th from 10:00 AM to 11:00 AM
Senator Michael Rodrigues will be here Friday, October 24th 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

We will be starting Wednesday, October 1st 9:00 AM to 11:00 AM
We will be focusing on flowers for the first classes.
All levels of experience painters are welcome.

The Freetown Senior Club

Thursdays, October 2nd and 16th at 1:00 PM

Dan Leblanc, Veteran's Agent

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

Manufacture Home Commission

The next quarterly meeting of the Massachusetts Manufactured Homes Commission is Tuesday, October 21st, 2014, 10:00 AM to 12:00 PM, at the Peabody Council on Aging
79 Central Street, Peabody

Scrabble

Thursdays at 12:30 PM

Line Dancing

Wednesdays, at 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.



"Brown Bag" Program

Pick up day will be Wednesday, October 22nd 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.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

Come on down and check out all the fresh fruit and vegetables. She also has fresh eggs.



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

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 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.

PODIATRIST

The Foot Doctor will be here on Tuesday, October 14th at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**



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

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PRESORT STD.
US POSTAGE

PAID

PERMIT #PI 112
ROCHESTER, MA 02770

TRIP!

Please call the Council on Aging if you are interested in this trip. We have flyers with full information about it.

- 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)

We are trying to set up a trip to La Salette Shrine sometime in early December. Please call and leave your name and number if you are interested. We will have further information in our November Newsletter!

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.

DIRECTORS NOTE

We had a nice turn out for our Flu Clinic. If there is a need, we will have another Clinic. Please call, leave your name and number if interested.

We are saddened at the loss of our good friend Clarence Dearden. He was always volunteering here, even after he retired from the fire department and driving our van. He will be sorely missed.

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

Marc Folco, will hold a **gold buying event** at the Freetown Senior Center on Thursday, October 9th, 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.
