

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, September 1st for Labor Day

Telephone: 508-763-9557 / Fax: 508-763-9084 E-mail: Freetowncoa@aol.com

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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, September 11th, at 12:00 PM, we will be having our Birthday for seniors of Freetown. Lunch is stuffed peppers by Cyd's Creative Kitchen. RSVP and \$4.00 due by Thursday, September 4th. All are welcome.

Cyd's Luncheons

Tuesday, September 16th, at 11:30 AM, Lasagna,
RSVP by September 9th, \$5.00 PP

Tuesday, September 30th, at 11:30 AM, Apricot
Chicken, RSVP by September 23rd, \$5.00 PP

Introduction to Essential Oils Seminar

On Monday, September 15th, at 10:00 AM, Dorothy Perkins will be at the COA to talk to seniors about Essential Oils. Please RSVP by September 8th.

Discover how therapeutic grade essential oils can improve your health and well-being!

We will share essential oils that will:

- Ease pain, depression, and stress!
- Increase your energy level and stamina!
- Restore a calm and balanced mood and enhance mental focus!

-Stop colds and flu's before they make you sick!

Although the healing powers of essential oils have been known for centuries, their introduction into popular culture and modern medicine has had a profound effect on how we view health, vitality, and wellness.

Join us for an educational and fun-filled hour and experience the joy of therapeutic grade essential oils!

Submitted by Dorothy Perkins

Flu Clinic

On Thursday, September 18th, from 9:00 AM to 12:00 PM, there will be a Flu Clinic for Freetown residents 60 and over at the Freetown Senior Center. Pre-registration is required. To register, please contact the COA: 508-763-9557.

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.

Senior Tax Work Off Program

If there is anyone that is interested in working in this program, please call the COA. Seniors work approximately 93.75 hours in different town departments and receive up to \$750 off their real estate tax bill. Your application must be returned by September 30th. Everyone must fill out an application, including those who participated last year. Please be aware of the guidelines:

Number in Family: 1 Person 2 Person 3 Person
Income: \$36,050 \$41,200 \$46,350

Rite Aid Pharmacy Seminar

Have any questions about your medications? Come visit us on **Monday, September 29th at 10:00 AM.** Rite Aid pharmacy will have the answers. We will be at the Freetown Council on Aging. Blood pressure screenings will also be available. Coffee and Donuts provided. RSVP by September 22nd

Submitted by Rite Aid

Ice Cream Social

Mondays, 1:00 PM, Come on down for a cold and refreshing snack! All seniors are welcome!

SNAP (Food Stamps)

We will be having a representative coming to the senior center on Monday, September 29th, to take applications and/or answer any questions about Food Stamps. Please call the COA for an appointment. You must make an appointment.

SHINE

(Serving Health Insurance Needs for the Elderly)

Our SHINE counselor will be here Mondays, September 15th & 29th from 1:00 PM to 4:00 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, September 24th at 10:30 AM

Senator and Representative

Representative Carole Fiola will be here Monday, September 8th from 9:30 AM to 10:30 AM
Representative Paul Schmid will be here Monday, September 8th from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Friday, September 26th 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.

Parkinson's Support Group

The next monthly meeting will be on Thursday, September 11th at 1:00 PM at the Dartmouth Council on Aging, 628 Dartmouth St, So. Dartmouth, MA.
Speaker: Dr. David W. Kielty, O.D. Topic: "Your eyes and Parkinson's". Please call Judy Medeiros at 508-997-0907 for any questions. Please join us!
Submitted by Judy Medeiros

New Exercise Class! Muscles in Motion

Robin Roche will be here for exercise classes on Thursdays from 9:00 AM to 10:00 AM. This class incorporates all muscle groups from head to toe. The class will progress to standing and adding in some weight. The weight can be as simple as two water bottles. The only equipment needed for this class is water and a towel if you wish. \$5.00 per class
No Class September 18th.

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.

The Freetown Senior Club

On Thursday, September 4th, at 12:00 PM, we will be having a chicken BBQ to welcome everyone back and anyone wanting to join our Senior Club. Please call Ed Medeiros at 508-763-4540, if you wish to come to the BBQ. \$4.00 cost.

And Thursday, September 18th, 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

"Brown Bag" Program

Pick up day will be Wednesday, September 24th 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.
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PODIATRIST

The Foot Doctor will be here on Monday, September 29th at 9:30 AM, and 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

PRESORT STD.
US POSTAGE

PAID

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ROCHESTER, MA 02770

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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)

Freetown Historical Society Open House

On Sunday, September 7th from 9:00 AM to 3:00 PM is the annual open house for the Historical Society. Old Fiddlers Club of R. I., Antique cars & tractors, games & crafts for children, book sale, craft & yard sale, etc. Lunch will be available from 11:00 AM to 1:30 PM

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 would like to thank Stop & Shop for their generous donation. Stop & Shop also donated birthday cakes for the cookout for the seniors, and our lovely flowers. Thank you Bristol Elder Services, Citizens for Citizens (Fuel Assistance), SNAP (Food Stamps) and Karen Mello from the assessor's Office for coming to the center to talk to seniors. Thank you New Horizons for entertaining us at our August cookout.

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

Marc Folco, will hold a gold buying event at the Freetown Senior Center on Tuesday, September 16th, 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.
