

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
Telephones: 508-763-9557 & 508-763-9084 / 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 seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!

NEW CHANGES

We are going to implement some changes. For the catered meals and the meat bingo, you must pre-pay before the activity. Staff will not pay the shortfall.

Meat Bingo Game

Wednesday, June 15th, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, June 10th.**

If you win a Bingo, you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Freetown Senior Birthday Party

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

Funeral Home Seminar

On Wednesday, June 8th at 12:30 PM, Tiffany Witte from Dignity Memorial will be at the COA to talk to you about planning your final arrangements, bringing peace of mind to yourself and your families, opportunity to receive a free personal planning guide, refreshments, conversation and helpful advice. Please call the COA to reserve your seat by Wednesday, June 1st.

Submitted by Tiffany Witte

Ice Cream Social

Mondays, 1:00 PM, No Ice cream June 27th
Come on in and have a cool and refreshing ice cream sundae. Choose your own toppings!

We would like to know if anyone is interested in a walking club at the Senior Center
Please Call and leave your information.

Mike & Ann's Rochester COA Luncheon

On Monday, June 27th, at 12:00 PM, Freetown COA and Rochester COA will be having a joint luncheon at the Rochester COA, 67 Dexter Lane. It will be a roast pork menu with all the fixings. Freetown residents call the Freetown COA to reserve by Monday, June 20th. SEATING IS LIMITED. A donation of \$4.00 per person is suggested payable to Freetown COA.

Massachusetts Bar Association Elder Law Seminar

On Wednesday, June 29th at 12:30 PM, Attorney Bruce Hague will be here to talk to you about Estate Planning and Nursing Home Alternatives. Please call the COA by June 22nd to reserve your seat.

Chair Massage

Mondays from 10:00 AM to 1:00 PM at the COA. Call for an appointment. \$4.00 donation requested for 15 minutes. **Massage June 6, 13 and 20, downstairs**

Yoga

Fridays, from 8:30 AM (w/chair) and 9:30 AM (w/mat) This class is for everyone! Beginners encouraged. \$4.00 donation requested.

Cyd's Luncheon on Tuesday

June 14th, 11:30 AM, Turkey dinner
RSVP by June 7th, \$5.00 PP
June 28th, 11:30 AM, Shepherd's Pie
RSVP by June 21st, \$5.00 PP

From June 1, 2016 to June 20, 2016, the back of the Senior Center will be blocked off due to renovations. The front door will be the only access to the building. All activities upstairs in the senior center will be cancelled during renovations. Please bear with us while we are having some improvements done to our building.

SHINE Counselor

(Serving Health Insurance Needs of Seniors)

Dick Kelly will be here Mondays, June 6th and 20th at 12:30 PM. Please call the COA for an appointment. If you have any questions for SHINE, please call their regional office at 508-222-1399

Parkinson's Support Group

Our next meeting will be held on Thursday, June 9th, at 1:00 PM, at the Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Judy Medeiros at 508-997-0907 for reservations and any questions. Please join us!

Submitted by Judy Medeiros

Senator and Representatives

Representative Carol Fiola will be here Monday, June 6th, from 10:00 AM to 11:00 AM

Representative Paul Schmid will be here Monday, June 6th, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Friday, June 24th from 9:00 AM to 10:30 AM

Pool Table

Mondays, 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. **No Pool June 2, 6, 9, 13, 16 and 20th.**

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM

Bring your own supplies. Please call the Senior Center if you would like to attend.

Card Games

Garbage and Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

Tuesdays, 12:30 to 3:00 PM, The license for bingo requires that you be at least 60 years old to play

NO BINGO June 7th!

Painting Class

Wednesdays, 9:00 AM to 11:00 AM

Last class June 15th

Line Dancing

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

Blood Pressure

Wednesday, June 22nd, 10:30 AM

Scrabble

Thursdays, 12:30 PM, No Scrabble June 2, 9 and 16th

The Freetown Senior Club

Thursdays:

June 2nd, 12:00 PM

June 16th, 12:00 PM

Fundraiser for a Wish Come True

This Dinner, which is sponsored by Pegasus Horseshoe League of Freetown and Freetown VFW Post 6643, an all you can eat spaghetti dinner on Thursday, June 9th, 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 until further notice.

Submitted by Bruce Wilbur

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:00 AM

In front of Building June 3, 10 and 17

Veterans Agent

Bob Klevecka is our Veterans Agent, if you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

Annuity

Did you know an annuity is given in recognition of the service of our distinguished 100% Service-Connected disabled veterans and to the parents of distinguished veterans (Gold Star Parents) and the unmarried spouses (Gold Star Wives or Husbands) of distinguished veterans who gave their lives in the service of their country during wartime?

The Commonwealth of Massachusetts and its Department of Veterans' Services are pleased to provide an annuity in the amount of \$2,000 which is payable biannually on August 1st and February 1st in two installments of \$1,000 each. Please be aware that NEW applications for an August payment must be received and approved by DVS June 30th in any given year. NEW Applications for a February payment must be received and approved by DVS by December 31st in any given year.

To receive the annuity the applicant must complete the application, the IRS' W-9 Form, and the Electronic Funds Transfer signup sheet. Submit all together as per the application.

The Electronic Funds Transfer signup sheet can be obtained from your bank. An annuity application may be obtained from Freetown's Veteran's Agent (Robert Klevecka) at 508-763-3190. *Submitted by Robert Klevecka*

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

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

Marc Folco will not be here for the month of June. If you have any type of precious metals, jewelry, silverware, etc. please call the COA and we will contact him to set up a date for you to meet him here. A portion of the proceeds will be donated to the senior center.

Podiatrist

The Foot Doctor will be here Monday, July 11th, 9:30 AM, and Thursday, July 21st, at 10:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

VAN SCHEDULING

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.

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

"Brown Bag" Program"

Wednesday, June 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	\$1,815 per month
2 people	\$2,456 per month
3 people	\$3,098 per month
4 people	\$3,739 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.

Compassionate Care Hospice

VOLUNTEERS NEEDED!!!

You can help us make a difference in the lives of hospice patients and their families. Become a Compassionate Care Hospice Volunteer and assist patients residing in your city or town as well as surrounding communities. Be a part of the vital team caring for people at the end of life by serving as a companion to persons with a life-limiting illness and their families. Volunteer just 1-2 hours per week and assist patients by reading, writing letters, playing music, sitting quietly or providing respite care for a caregiver. For individuals interested in this meaningful opportunity, free volunteer training is provided. For more information, please contact: Jeannine Hight at 508-399-5900 or jeannine.hight@cchnet.net

Submitted by Jeannine Hight

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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29th Annual Strawberry Festival

On Sunday, June 19th, from 11:00 AM to 4:00 PM, Tuesday Club of Assonet and Freetown Cultural Society will have their annual Strawberry Festival at Assonet Village Four Corners, at the Bandstand. Free Parking! Homemade strawberry shortcake! Hot dogs and lemonade! Library book sale! Crafters! Much more!



Directors Note

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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.