

# The Senior Profile



**Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008**  
**Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM**  
**Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: [COA@freetownma.gov](mailto:COA@freetownma.gov)**

The distribution of this newsletter is made possible (in whole or part)

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!

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## Tuesdays Chef Luncheon!!

Our chef, Deb Curran, has provided us with the April menu below. We are limited to 40 people on each date. **Sign-ups are required and begin on the 1<sup>st</sup> of each month or the next working day.** We are able to provide transportation for those who need it. There is a suggested \$2 donation for each meal to help continue the program past the grant period. ***Please let us know if you have any allergies when you call to sign up.***

**April 2<sup>nd</sup> – Chili & Cornbread**

**April 9<sup>th</sup> – Meatloaf**

**April 16<sup>th</sup> – Pasta Sausage Bake**

**April 23<sup>rd</sup> - No Luncheon**

**April 30<sup>th</sup> – Country Style Ribs**

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## Brain Builders

Conversations, word retrieval, and memory are vital for brain fitness. Our minds demand stimulation, new challenges, and human connections in order to thrive. Without these daily exercises, our skills can decline. Speech Language Pathologists have a unique understanding of cognitive communication functioning and Brain Builders utilizes that foundation in a fun, fresh classroom environment.

Brain Builders presented by Buzzards Bay Speech Therapy is a community based experience that enables attendees to enhance their brain fitness. Through education and practice, participants learn tips and techniques that they can use right away to aid the two most common concerns we have as we age, memory and word finding skills.

If cognitive wellness/brain fitness is on your to do list join us for Brain Builders here at the COA: Friday, April 5<sup>th</sup> and 19<sup>th</sup> and May 3<sup>rd</sup> and 17<sup>th</sup> at 10AM. **Please RSVP by 4/2/24**

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## Sing Explore Create

Did you know that singing, drumming, and active music listening helps to reduce stress, build community, and improve overall mental and physical wellbeing? Join a music therapist from the Sing Explore Create, LLC team for an hour of music making, fun, and reminiscing. No experience needed - We will create a space where everyone can feel comfortable participating. **Thursday, April 25<sup>th</sup> at 1:30. Please RSVP by April 23<sup>rd</sup>.** Funded by Freetown Cultural Council, a member of Mass. Cultural Council.



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## Matt York Performance

Longtime New England singer/songwriter Matt York will perform songs and tell stories about the great Willie Nelson. York will focus on Willie's long and illustrious music career that has spanned over seven decades. In both 2022 and 2023, York was nominated for the Boston Music Award for Best Country Artist and last year, his album, Gently Used, was named one of the top albums by The Patriot Ledger. **Thursday, April 11<sup>th</sup> at 1:00. Please RSVP by April 9<sup>th</sup>.** This program is supported in part by a grant from the Freetown Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



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## Creativity with Color

Looking to have a fun time with family, friends or meet new people? Come create your own masterpiece with Kristen as you learn how to paint with step-by-step instructions on **Wednesday, April 17<sup>th</sup> at 9:00. Please RSVP by April 16<sup>th</sup>.** Everything you need to paint with will be included. The cost is \$5.00 per person. Please contact the COA if you would like to attend, space is limited.

### Cruisin' Duo

Back by popular demand!

Cruisin' has been entertaining together for over 20yrs and continues to add new songs to their vast repertoire which covers many genres of music styles.

**Wednesday, April 3 at 1:00. Please RSVP by April 1st**

### COA Board Meetings

The Council on Aging Board meetings are held the 2<sup>nd</sup> Thursday of the month. Date and time subject to change. Next meeting 4/11 @ 2:00

### Newsletter Deadline:

Please note: the deadline for the May Newsletter is **April 16<sup>th</sup>**. Anything received after this date will not appear in that Newsletter.

### Weekly Events:

**Drums Alive!** Mondays at 11:00 Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.

**Pitch Club:** Mondays at 1:00

**Chair Yoga/Aerobics/Movement Class**

Tuesdays and Thursdays at 10:00 AM. Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.

**BINGO!** Tuesdays at 1:00

**Line Dancing:** Wednesdays at The VFW: 9:00AM 11:30 AM. Suggested donation: \$3.00 per person

**Art Social** Wednesday's, 9:00 AM to 11:30 AM

**Book Club** at the **Police Station Community Room** on the 3<sup>rd</sup> Wednesday of each month at 11:00 AM.

### Senator and Representatives

Representative Paul Schmid will be here Monday 4/1 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 4/24, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 4/24, at 9:00 AM. (Office phone 617-722-2430)

### SHINE

**Serving the Health Insurance Needs of Everyone**

The SHINE Counselor will be available in April. Please call the Senior Center to book an appointment.

### VETERAN'S AGENT

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

### Upcoming BRS Bus Trips 2024!

#### Booked trips so far....

**Fri., April 26<sup>th</sup>** – Blithewold Mansion Daffodil Days & The Lobster Pot in Bristol, RI ~ \$135 PP

**Wed., May 22<sup>nd</sup>** – Charles River Boat Cruise & Cheesecake Factory Luncheon in Cambridge, MA ~ \$125PP

**Fri., June 7<sup>th</sup>** – Heritage Museums & Gardens and Daniel Webster Inn for Lunch ~ \$125 PP

**Wed., July 17<sup>th</sup>** – Indian Princess Cruise on Webster Lake & Lunch on the Lake at Slaters ~ \$140 PP

**Wed., August 14<sup>th</sup>** – Newport Playhouse & Buffet Luncheon (Nunsense – A Musical) ~ \$149 PP

**Wed., September 18<sup>th</sup>** – The Big E Fair! ~ \$120 PP

**Wed., October 9<sup>th</sup>** – Cape Cod Lunch Train & Hyannis ~ \$159 PP

**Fri., December 6<sup>th</sup>** – Newport Mansions for the Holidays & Lunch at the Quonsett O Club ~ \$125 PP

**Monday, 12/9 – Wednesday, 12/11** – White Mountains Overnight Trip ~ More info to come!!

*\*\* Payment will be due in FULL at time of signups.*

*Cash or check at the COA and credit card if you call Susan directly at BRS at 617-291-8469. Each flyer will have a refund date deadline on it. Checks can be made out to BRS Ski & Tours.*

*\*\* We will also be marking the flyers with sneakers ..... 1-4 sneakers depending on the amount of walking involved for that particular Trip.*

### New Book Delivery Program

The Freetown Public Libraries and the Freetown Council on Aging are offering free delivery of library materials to Freetown residents who are homebound or unable to visit a library due to short or long-term disability or infirmity. Freetown residents, who are temporarily or permanently confined to their homes because of illness, disability or other extenuating circumstances may sign up. Contact the Freetown Public Libraries for an application. Fill out the application with your preferences and return it to either Freetown library branch or the COA. Need a library card? We will help get you registered.

Freetown Public Libraries: (508) 644-2385 (Hathaway Library),

(508) 763-5344 (White Library),

**Email:** [sdorian@sailsinc.org](mailto:sdorian@sailsinc.org)

*Submitted by Sharon Dorian, MLIS*

### Freetown Senior Club:

Club members are reminded that the Chowder/Soup lunch meeting on April 4 will be held at **noon** at the senior center. If you have not signed up yet, contact Grace M. now.

*Submitted by Grace & Ed Medeiros*

### **Podiatrist**

Dr. Markowitz, will be here April 4<sup>th</sup>. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

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### **Health Nurse Clinic**

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse, is available April 16<sup>th</sup> at the COA for Blood Pressure and Blood Sugar Monitoring, Wound Assessment, Vitamin B12 injections (as prescribed), Health Education and Promotion, and Home Visitation for Homebound Residents.

*Submitted by Lori Desmarais*

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### **Calvary Pentecostal Church Farmer's Market**

**On Thursdays in April** the Calvary Pentecostal Church, 33 Braley Rd. E. Freetown will offer a free Farmer's Market. **Starting at 12:00.**

*Submitted by Calvary Pentecostal Church*

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### **Mobile Market**

A Mobile Market is a free distribution of healthy Groceries to reach neighbors in need in under-served communities. GBFB distributes high-quality, nutritious food through Mobile Markets hosted by partners. These free markets serve low-income populations including, seniors, veterans, community health center patients, and students. There is **no income or age restrictions to participate, and no paper application will be necessary.** We will need your name, address, phone number and date of birth. **Pick up at the front of the COA 9 AM to 10 AM on April 24<sup>th</sup>.**

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### **Grab & Go Lunch**

Bristol Elder Services is providing a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday. There is a short form that must be completed and approved prior to ordering a meal.** Please come by and pick up a menu and let us know which days you would like to pick up a meal. **Pick-up is at the back of the building between 11:30 to 12:00.** **You must call two days in advance to reserve a meal.** Please call the COA if you need more information.

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### **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. The van is available for doctor appointments, shopping and other needs.

**Wheelchair/Transport Chairs will need to have an escort. We will need the name of your escort when you book the van.** In order to be more efficient with the van when you call in, please have the exact name, address and phone number of your destination, and if you need the wheelchair lift. We cannot schedule without this information. Thank you in advance for your cooperation.

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### **Medical Equipment Loan Closet**

We have a medical loan closet if you need any equipment. We just ask that you return them for when you no longer need them. Canes, crutches, walkers, incontinence products etc. Please call us for availability. We also accept donations of above equipment.

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### **USDA CAN HELP REPAIR YOUR HOME**

#### **RURAL DEVELOPMENT**

#### **What does this program do?**

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

#### **Who may apply for this program?**

To qualify, you must:

Be the homeowner and occupy the house

Be unable to obtain affordable credit elsewhere

Have a household income that does not exceed the very low limit by county

For grants, be age 62 or older

#### **What is an eligible rural area?**

Utilizing the USDA Eligibility Site you can enter a specific address for determination or just search the map to review general eligible areas.

#### **How may funds be used?**

Loans may be used to repair, improve or modernize homes or remove health and safety hazards

Grants must be used to remove health and safety hazards

#### **How much money can I get?**

Maximum loan is \$40,000

Maximum grant is \$10,000

Loans and grants can be combined for up to \$50,000 in assistance

#### **What are the terms of the loan or grant?**

Loans are termed for 20 years

Loan interest rate is fixed at 1%

Full title service is required if the total outstanding balance on Section 504 loans is greater than \$25,000

Grants have a lifetime limit of \$10,000

Grants must be repaid if the property is sold in less than 3 years

Contact a USDA home loan specialist in your area.

Wareham Area Office

Serving Bristol, Norfolk, Plymouth, Dukes, Nantucket, and Barnstable counties

8 Thatcher Lane

Wareham, MA 02571

Phone: (508) 295-5151 Ext. 4

Fax: 855-596-7672

**FREETOWN COUNCIL ON AGING**  
227 CHACE ROAD  
EAST FREETOWN, MA 02717-1008  
ADDRESS SERVICE REQUESTED

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ROCHESTER, MA 02770

**STAFF AND BOARD MEMBERS:**

Rebecca Frias, Director  
Andrea Lima, Senior Clerk, Editor  
Jacqueline Garell, Senior Clerk, Editor

**COA Board:**

Robin L. Kendrick-Chair Person  
Brenda Motta-Vice Chair Person  
Bruce W. Wilbur-Treasurer  
Ruth A. Ferland - Secretary  
Marion E. Rylands  
Evelyn M. Alves  
Alfred Barros

**Van Drivers:**

Judy A. Reese  
John E. Pye, Jr.  
Arthur Poirier

**Civic Ready (Freetown Flash)**

For the latest Town news, alerts or emergencies, and other pertinent information for the Town of Freetown enroll in the Freetown Flash. It's free and you can choose to be notified by phone, email or text message. Don't miss out details at [www.freetownma.gov](http://www.freetownma.gov) need help signing up reach out to the Town Administration Office at 508-644-2201 or stop by our Town Hall, 2nd floor office.

**PLEASE CHECK IN:**

Please sign into My Senior Center for every event or visit to the center. This information helps us obtain grant funding that allows us to continue to operate and offer the events and programs you enjoy. Please see a staff member if you need a key tag or to activate one from another COA.

**If you wish to receive your Senior Profile by E-mail, please send us your Name and e-mail address to**  
**[Alima@freetownma.gov](mailto:Alima@freetownma.gov) or**  
**[Jgarell@freetownma.gov](mailto:Jgarell@freetownma.gov)**