

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

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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!

Freetown Senior Cookout

On Thursday, August 11th, at 12:00 PM, we will be having our Cookout for seniors of Freetown/Assonet. Stop & Shop associates will be here to cook for the seniors. **RSVP by Monday, August 8th**



Ice Cream Social!



Please join us for some delicious Ice Cream and fun conversations! **Please RSVP** if you can join us.
Thursdays August 4, 18, & 25 at 1:00

Grab & Go Lunch

Bristol Elder Services will be supplying a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday. Two short forms must be filled out, please stop by to fill out the forms before you can order a meal.** A menu is provided, please see insert. Please call and let us know which days you would like to come pick up a meal. **Pick up time is 11:30 AM to 12:00 PM. You must call two days in advance to reserve a meal.** Please call the COA if you need more information.

Calvary Pentecostal Church Free Drive Through Luncheon

On Friday August 19th Calvary Pentecostal Church, 33 Braley Rd. E. Freetown, will offer a hot drive through luncheon. Starting at 12:00 PM Seniors can drive through the parking lot, in an orderly fashion and pick up a nice boxed lunch. Please RSVP to the Senior Center by Wednesday August 16 to reserve your dinner.

Submitted by Calvary Pentecostal Church



VFW Post 6643 Chicken BBQ

Chicken BBQ by Tazz. Saturday, August 13, Dinner 4-6 P.M. At VFW Post 6643, 89 Middleboro Road, East Freetown, MA. **Sponsored by VFW POST 6643 AUXILIARY To Benefit Our Various Programs such as Veteran Services, Scholarship Programs, VFW National Home for Children.** Tickets \$20.00. Available at Freetown VFW 508-763-2292 or Susan LaBlanc 508-763-9245
Submitted by Bruce Wilbur

New Hours and Town Beach Sticker Information

The Transfer Station Hours are now: Tuesday – Friday 8:AM – 4:PM, Saturday 8:AM – 6PM Sunday 8:AM – 12: PM. Gate closes one half hour before closing. Please note the Saturday and Sunday hours are seasonal through October.

Town Beach stickers can be purchased at Town Hall (Mon. – Thurs. 8:AM -4:PM, Fri. 8:AM – 12:PM) or Long Pond Boat Ramp, 211 Middleboro Rd. East Freetown, Fri. 2:pm – 5:PM, Sat. – Sun. 9:AM – 3:PM. They can also be purchased at the Transfer Station During regular business hours.

RMV “Real ID” Information

Please join us at the Lakeville COA on **Tuesday September 13th at 11 AM** for the RMV's Community Outreach Workshop, “Real ID”. This workshop will provide information on new Federal and State requirements concerning driver's license and ID renewals. It will help you to understand who needs a “Real ID” and provides detailed instructions on how to apply for one and answer pressing questions like “Does everyone need to have a real ID?” Light refreshments will be served, sign up is required. Please contact Lakeville COA to sign up: 508-947-7224 press 1.

THANK YOU!!!

The COA Board would like to thank the Highway Dept. for all the help they give us throughout the year. We would also like to thank Stop & Shop and their employee volunteers for the fabulous cookout, and thank St. John Newman's young people for their community service in helping our seniors! A fun time was had by all!

MEDICARE

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2023.

Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call in early September to discuss your insurance questions, or schedule your SHINE phone or face-to-face appointment, during the Open Enrollment from October 15 through December 7th!

REMINDER: Bring your card and drug list to your appointment! To make an appointment with a SHINE counselor, call your local senior center in early September and ask for a SHINE appointment. Remember that appointments fill fast during Open Enrollment. You can reach a SHINE counselor by telephone. Call 774-203-1910. Once you get the SHINE answering machine, leave your name, number, and town in which you live. A volunteer will call you back as soon as possible.

Medicare Prescription Plan

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole". If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you.

Prescription Advantage can help. Prescription advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM. Or visit prescriptionadvantagemass.org.

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

SHINE

The SHINE Counselor will be available on August 22. Please call the Senior Center to book an appointment

Public Health Nurse Clinic

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse is available on the Second Tuesday of the month. She will be here Tuesday, August 9, from 10:00 am-11:00 am 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.

Podiatrist

Dr. Markowitz, will be here Thursday, September 15, at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

Drums Alive!

Monday's at 11:15 - Must Sign up in advance weekly

Drums Alive is designed to improve physical and mental fitness and above all, be fun! **\$5.00 per person. Please call to reserve, space is limited.**

Book Club

Calling all Book Lovers! The Freetown Public Libraries and the Council on Aging have a monthly book club! Books will be provided by the library and will be available in Hardcover, Large Print and Audiobook Format. Meetings will be held at the **Police Station Community Room** on the 3rd Wednesday of each month at 11:00 AM. Next meeting on August 17th.

Submitted by The Freetown Public Libraries

Senator and Representatives

Representative Paul Schmid will be here Monday August 1, at 10:00 AM (Office phone 617-722-2210) Senator Michael Rodrigues will be here Wednesday August 24, at 9:30 AM (Office phone-508-646-0650) Representative Carole Fiola will be here Wednesday August 24, at 9:00 AM. (Office phone 617-722-2430)

Congressman Auchincloss

Stephanie Gray, Constituent Services Representative from the Office of Congressman Auchincloss, will be holding Office Hours at the Freetown Senior Center on Tuesday, August 23 from 11am-1pm. You can bring your concerns and/or casework requests relating to any federal agency, including Social Security, Medicare/Medicaid, Veteran's Affairs, Housing, Health and Human Services, Department of Defense, Internal Revenue Service, the US Postal Service, Small Business Association, Passports, or Immigration. Walk-ins are welcome, appointments are encouraged. Please call to reserve your appointment.

LOAN CLOSET

We have a medical shed-loan closet if you need any equipment. We just ask that you return them for the next person when you no longer need them. Canes, crutches, wheel chairs, commodes, walkers, shower chairs and benches, etc. We also have adult incontinence products if you need them. Please call us for availability. We also accept donations of above equipment.

Freetown Food Pantry

The Food Pantry is open on Mondays 10:00 AM to 12:00 PM for Freetown/Assonet residents only. If you need assistance please call the COA, Staff will be available to help you

"Brown Bag" Program

Wednesday, August 24th

From 9:00 AM to 10:00 AM

AT THE FRONT OF THE BUILDING

Starting in July, you come into the building, sign in, then receive your bag.

"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	\$1,872 per month
2 people	\$2,538 per month
3 people	\$3,204 per month
4 people	\$3,870 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.

VAN SCHEDULING: Please be sure to wear a mask, for your safety and ours. Thank you!

We can only have one person, unless in same household, in our vehicle at a time. If you have an appointment, we must make sure it does not interfere with another one. 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. **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 can no longer schedule without this information. Thank you in advance for your cooperation.

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. Income limits for the Grants are:

1 \$17,650 2 \$20,200 3 \$22,700 4 \$25,250

→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.**

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

Please Note:

The deadline for submitting articles for the Newsletter is the 15th of the previous month. Anything submitted after the 15th will appear in the next month's Newsletter



FREETOWN COUNCIL ON AGING
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FARMERS' MARKET COUPONS FOR ELDERS

Unfortunately, Farmers Market Coupon Distribution has been delayed. We are anticipating receiving the coupons by early August. Please contact your local Council on Aging to see if they have received the coupons.

Farmers' market coupons are available for low income elders age 60 or older who have an annual household income of \$25,142 (single) or \$33,874 (married). Disabled individuals under the age of 60 who live in elderly housing and receive Bristol Elder Services' Nutrition Program benefits are also eligible. The \$25 in coupons may be used to purchase fresh fruits and vegetables at any local farmers' market.

A limited number of coupons are available and will be distributed on a first come, first served basis. Elders must obtain coupons in person at one of the distribution sites or if they are unable to do so in person, a completed Proxy Form must be presented at the distribution site.

To learn more about Farmers' Market coupons and/or the availability, contact your local Council on Aging or call Bristol's Nutrition Office at (508)324-4619.

This program is coordinated through the Massachusetts Department of Agricultural Resources in cooperation with the Executive Office of Elder Affairs. Funding for the program is provided by the United States' Department of Agriculture.