

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

Closed December 25th for Christmas,

Downstairs closed on December 11th, Closed at 12:00 PM on December 19th

Closed at 1:00 PM on December 24th and 31st

Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: 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!

Coffee & Muffins

Mondays at 10:00 AM to 10:30 AM

Come on in to the senior center and have a cup of coffee or tea and some fresh and delicious, freshly made muffins. All are welcome. Please let us know by the Friday before if you will be attending so we can have enough muffins on hand. Thanks!!



Drums Alive! Here Come the Drums

Tuesdays and Thursdays, 9:00 AM to 9:45 AM

No Drums Alive December 26th nor January 2nd

Don't miss this special class! Blue Cross Blue Shield of Massachusetts is offering FREE classes in partnership with SilverSneakers, (an independent company that offers group classes). Drums Alive combines movement with powerful beat and rhythms of drumming for an amazing brain and body workout. Drums Alive is designed to improve physical and mental fitness and above all, be fun!

Cyd's Lunch: Tuesdays at 11:30 AM, \$7.00 PP

December 3rd-Cranberry mustard chicken tenders, RSVP by November 26th

December 17th-Apple butter boneless ribs, RSVP by December 10th

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.
UP TO: \$35,510 \$46,437 \$57,363 \$68,289

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

Senators and Representative Annual Holiday Party

On Wednesday December 11th, at 11:30 AM, Senator Rodrigues, Representatives Carole Fiola, Paul Schmid and Norman Orrall, will have their annual luncheon at the VFW, Post 6643, 89 Middleboro Road, East Freetown, for the seniors of Freetown. Please call the COA by December 4th to reserve your seat. Seating is limited.

Please note, on December 11th The Senior Center will be closing at 10:00 AM to set up for this Holiday Party.

WE WILL BE CLOSED, THURSDAY AND FRIDAY, DECEMBER 12TH AND 13TH FOR ELECTRICAL WORK ON OUR BUILDING: WEATHER PERMITTING. IF RAIN OR SNOW, WE MAY BE OPEN. PLEASE CALL.

Ruth Harcovitz, Songs of World War II



On Thursday, December 5th, at 1:00 PM, singer, Ruth Harcovitz will be at the Senior Center to sing SONGS OF WORLD WAR II, in observance of Pearl Harbor Day. Please RSVP by Wednesday, November 27th.

This program is supported by a grant from the Freetown Cultural Council, a local agency the Massachusetts Cultural Council, a state agency. This credit is mandatory in all publicity, per the Massachusetts Cultural Council.



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 Counselor

Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone
Our SHINE Volunteer will be here Monday, December 2nd, at 9:00 AM, Tuesday, December 3rd at 9:00 AM, Thursday, December 5th, at 9:00 AM and Thursday, December 16th at 10:00 AM. Please call the COA for an appointment. You can also call their regional office at 508-222-1399.

Senator and Representatives

Representative Carole Fiola will be here Monday, December 2nd at 10:00 AM

Representative Paul Schmid will be here Monday, December 2nd, and Wednesday, December 18th, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, December 18th, from 9:30 AM to 11:30 AM

POOL TABLE

Mondays, 9:00 AM

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-Pitch

Mondays, 1:00 to 3:00

BINGO

NO BINGO DECEMBER 24TH AND 31ST

Tuesdays, 12:45 PM to 3:00 PM The license for Bingo requires that you be at least 60 years old to play.

Painting Class

December 18th upstairs

No Painting Class December 11th

Wednesdays, 9:00 AM to 11:30 AM

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW

Lessons \$2.00 per person, all ages are welcome.

Parkinson's Support Group

Our next meeting will be held on Thursday, December 12th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 617-291-3991 or Judy Medeiros at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, December 18th, 10:30 AM

Lori Desmarais, Town Nurse, will be here

Scrabble

No Scrabble December 12th & 19th

Thursdays, 12:30 PM.

The Freetown Senior Club

Meetings are the first Thursday of the month.

December 5th is our next meeting

STRENGTH & STRETCH

Fridays, 9:30 AM to 10:30 AM

\$5.00 Donation requested, No Class December 13th
One hour of full warm-up, cardio, strengthen all muscles, balance exercises. End with full body stretch routine with Ellie Higgins, fitness instructor.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Please call to check for availability.

If you're interested, please let us know

By 9:00 AM Friday

Podiatrist

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

Brown Bag" Program

Wednesday, December 18th

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 \$1,872 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.

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

News! Gold prices are up and have been at a five-year high - a golden opportunity to trade in your old, broken or unwanted gold jewelry and coins for cash. Marc Folco, buyer of precious metals with 45 years of trusted experience, will be buying gold at the Senior Center on Tuesday, December 17th, from 11 a.m. - 1 p.m. Silver prices also are up and Marc will buy your silver jewelry, silverware and silver coins. A portion of the proceeds is donated back to the Senior Center.



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, 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.

Compassionate Care Hospice **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich

Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information, please call Lori at Lakeville COA-508-947-7224. We also have flyers at the Freetown COA

December 2nd to 4th, 2019-Monday-Wednesday, Christmas in the White Mountains Tour, \$520/DBL, \$490/Triple, \$660/Single

December 10, 2019-Thursday, Holiday Winter Wishes Holiday Show at the Aquaturf Club, CT. \$79/PP



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 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma

Meat Bingo Game

There will be no meat bingo games in November and December. Next Meat Bingo will be January 15, 2020



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

PRESORT STD.
US POSTAGE
PAID
PERMIT #PI 112
ROCHESTER, MA 02770

STAFF AND BOARD MEMBERS:

Barbara A. Place, Director
Rosemary Haley, Senior Clerk, Editor
Janet Pilotte, Senior Clerk

COA Board:

Jeannette M. Tisdelle—Chair Person
Marion E. Rylands—Vice Chair Person
Bruce W. Wilbur—Treasurer
Ruth A. Ferland
Victoria A. Brownell
Robin L. Kendrick

Van Drivers:

Judy A. Reese
Vincent T. D'Oliveira
John E. Pye, Jr.
Donna M. Silva

Director's Note

We are looking for a new board member. You must be twenty-one years of age or older and a resident of Freetown. We are looking for a fresh mind, with new ideas.

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at COA@freetownma.gov. If you wish to check out anything to do with the town, please visit www.freetownma.gov.

Department of Transitional Assistance Kiosk

Department of Transitional Assistance has a Kiosk here at the Freetown Council on Aging, which anyone can come and apply for Food Stamps (SNAP) or check on their account.



Department of
Transitional
Assistance

