

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

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!

From our COA Family to yours, Happy Holidays!
Wishing you, your family and friends a peaceful and healthy start to 2024!

Love,
Rebecca, Andrea, Jackie, John, Judy & Arthur

Master Plan Presentation with lunch, BINGO to follow

Freetown is creating its first master plan!

The Southeastern Regional Planning and Economic Development District (SRPEDD) is working with community members and town officials to create Freetown's first Master Plan. The Master Planning process is a meaningful opportunity to come together as a community to develop a document that guides future planning decisions and that will serve as a valuable resource for anyone who would like to better understand Freetown's community's values and priorities.

SRPEDD will be joining COA Bingo on December 12th to present what a Master Plan is and explore existing conditions in Freetown. All residents are also encouraged to participate and share the comprehensive survey at

surveymonkey.com/r/Freetown-MP-Survey and visit srpedd.org/Freetown-Master-Plan to stay up to date!



Lunch & Presentation at 11:30, BINGO will start at 1:00. Please RSVP by Friday, December 7th.

Holiday Karaoke & Pizza

Join us for another fun afternoon of Karaoke with Rick Arruda and pizza and friends! Thursday, **December 21st at 12:00. Please RSVP by December 19th.**

Inclement Weather

Please note if the schools are closed the van does not run. If Town Hall is closed, the COA is closed also.

Dinner Delivered on Christmas Day

The Congregational Church of Berkley and Myricks United Methodist Church are offering a meal to be delivered to your home on Christmas Day, December 25th. The meal is Ham? with all the fixings. We will give them your name, address and phone number in order for you to receive the meal. You must be home at the time of delivery. Please call the COA by **December 15th** to reserve your meal.

Senator & Representatives Annual Holiday Party

Senator Rodrigues, Senator Marc Pacheco, Representatives Carole Fiola, Normal Orrall & Paul Schmid and Norm Orrall will have their annual luncheon December 20 at 12:00 at the VFW, Post 6643, 89 Middleboro Rd. Freetown, for the seniors. Please call the COA by **December 5th** to RSVP. **COA will close at 12:PM this day. GRAB & GO will still be at 11:30.**

Music with Jordan Paiva!!!

Experience the beauty of music through Jordan Paiva, New England on Josh Groban! Enjoy classical music from artists like Frank Sinatra, Josh Groban, Andrea Bocelli, Michael Bublé, and more! Since he was a little boy, Jordan has always believed in keeping the beauty of timeless music alive, and to keep living for generations to come! He has performed with Josh Groban himself, as well as David Foster and Katherine McPhee! When you attend a concert put on by Jordan, your heart will be touched forever! Do not miss this experience and get ready to enjoy the beauty of music with some laughs as well! **Thursday, December 7 at 1:00. Please RSVP by 12/4/23**

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 Senior Center. Thank you!

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:**

Absolute Beginners: 9:00AM – 9:30

Line Dancing: 9:30 AM TO 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 3rd Wednesday of each month at 11:00 AM.

COA Board Meetings

The Council on Aging Board meetings are held the 2nd Thursday of the month at 1:00 PM. Date and time subject to change. **There will be no meeting in December.**

Newsletter Deadline:

Please note: the deadline for the January Newsletter is **December 11th**. Anything received after this date will not appear in that Newsletter.

Podiatrist

Dr. Markowitz, will be here in January. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

Health Nurse Clinic

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse, is available on the second Tuesday of the month. Lori will be here Tuesday, December 11th from 9:30 -10:30 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

SHINE

Serving the Health Insurance Needs of Everyone

The SHINE Counselor will be available on a few dates in December. 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

Senator and Representatives

Representative Paul Schmid will be here Monday 12/4 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 12/27, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 12/27, at 9:00 AM. (Office phone 617-722-2430)

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. Beginning on October 1, 2022, applications will no longer be required. 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 December 27th.**

Calvary Pentecostal Church Farmer's Market

On Thursdays in December the Calvary Pentecostal Church, 33 Braley Rd. E. Freetown, will offer a free Farmer's Market. **Starting at 12:00. Free Hot Drive thru dinner. Friday December 8th at 12:00.**

Submitted by Calvary Pentecostal Church

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 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.

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, walkers, incontinence products etc. 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.

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 can no longer schedule without this information. Thank you in advance for your cooperation.

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 need help signing up reach out to the Town Administration Office at 508-644-2201 or stop by our Town Hall, 2nd floor office.



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

Is there a deadline to apply?

Applications for this program are accepted through your local RD office year round

How long does an application take?

Approval times depend on funding availability in your area. Talk to a USDA home loan specialist in your area for help with the application

Who can answer questions and how do I get started?

Contact a USDA home loan specialist in your area



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Profile by E-mail, please send us your
Name and e-mail address to
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