

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!

New Grab and Go Procedure

Starting Monday, February 5th, pick up for Grab and Go will now be in the back of the Senior Center. Pick up time will remain at 11:30am. Please drive around back to the deck area with the double doors and a team member will bring your meal outside.

Lunch on Tuesdays!!

Funded by a grant from MCOA and with the support of the Michael J. Rodrigues Empowerment Fund, we are now able to offer an in-house prepared meal. Our new chef, Deb Curran, will be providing us with a monthly menu. Offerings for February are listed below. Lunch will be served at 11:30am downstairs. Due to space restraints indoors at this time, sign-ups will be limited to 40 people on each date. **Sign-ups are required.** Please call the center starting on the 1st of each month or the next working day. We will be able to provide transportation for those who need it. There will be a suggested \$2 per meal donation to help continue the program past the grant period but it should not prevent anyone from signing up. Please bear with us while we are working out the kinks! And let us know if you have any allergies.

Feb 6th – Spaghetti and Meat Sauce, Garlic Bread & Brownies

Feb 13th – Individual Chicken Pot Pies, Side Salad & Cookies

Feb 19th – No lunch this day

Feb 27th – Shaved Steak Grinder, Chips & Cookies

AARP Tax Preparation

Tax time is approaching fast. Be sure to collect all those end-of-the year documents that you receive in the mail from Social Security, your bank(s), your church, your pensions, your employer, your broker, etc. and have them with you when you come: 1099's, W-2's, receipts for property taxes **paid in 2023**, etc. The Circuit Breaker credit has increased this year! **Please call the COA (508-763-9557) to set up an appointment.**

Dates to Remember for Upcoming BRS Bus Trips **2024!**

Thursday, March 7th at 1pm – BRS Trip Presentation **at the Lakeville COA**

Booked trips so far....

Friday, April 26th – Blithewold Mansion Daffodil Days & The Lobster Pot in Bristol, RI ~ \$135 PP.

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

Friday, June 7th – Heritage Museums & Gardens and Daniel Webster Inn for Lunch ~ \$125 PP

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

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

In the planning stages...

July – Indian Princess Cruise & Lunch

September – The Big "E"

October – Trip TBD

November – Newport Playhouse for the Holidays

December – Newport Mansions (Marble House & The Breakers, Lunch at the Quonsett O)

**** These trips will be between the Lakeville & Freetown COA's, alternating pickup locations between the two.**

****Payment will be due in FULL at time of signups, cash or check at the COA, credit card if you call Susan directly at BRS. Each flyer will have a refund date deadline on it.**

****We will also be marking the flyers with sneakers**

1-4 sneakers depending on the amount of walking involved for that particular Trip.

****Sign up starts 2/1/2024**

Karaoke & Pizza

Join us for another fun afternoon of Karaoke with Rick Arruda and pizza and friends! Thursday, **February 29th at 12:00. RSVP Required by February 27th.**

Cruisin' Duo

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. Ann Merlin vocalist from Hanson MA has a very distinct vocal style that echo's singers such as Patty Cline. Anne's daughter Kristen Merlin was a finalist on the Television Awards show The Voice. Bob Proulx vocalist/guitarist has performed professionally all his life traveling and performing with many major acts along with recording with his own band "The Famous Strangers" **Thursday, February 8 at 1:00. Please RSVP by 2/7/24**

Coffee and Muffins with the Town Administrator and Selectman Lopes

Please join the Town Administrator and Selectman Lopes for coffee and muffins on **Tuesday, February 13th at 8:30** at the Council on Aging. Town Administrator Deb Pettey and Selectman Lopes will be available to answer all your questions and are very interested on what the Freetown Senior population would like to have available to them for services, activities and whatever else you wish to speak with them about. **Please call the COA before February 9th if you wish to attend.**

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

Submitted by Sharon Dorian, MLIS

Freetown Senior Club:

The social club meets at the Council on Aging on the 1st Thursday of each month at 1:00 P.M., except in July and August, unless otherwise voted by the club. Any person, 60 years or older, residing in Freetown or surrounding locality, is eligible for membership. Dues are \$10 per person per year, payable in September of each year. A pizza lunch will be held for members on February 1 at noon at the COA.

Submitted by Grace & Ed Medeiros

Newsletter Deadline:

Please note: the deadline for the March Newsletter is **February 13th**. Anything received after this date will not appear in that Newsletter.

SHINE

Serving the Health Insurance Needs of Everyone

The SHINE Counselor will be available in February. 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

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.

Podiatrist

Dr. Markowitz, will be here February 1st. 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, February 27th from 10:30 -11:30 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

Senator and Representatives

Representative Paul Schmid will be here Monday 2/5 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 2/28, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 2/28, at 9:00 AM. (Office phone 617-722-2430)

Calvary Pentecostal Church Farmer's Market

On **Thursdays in February** 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

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 February 28th.**

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. Please note: As of 2/5/2024 pick-up is at the back of the building. 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.

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.

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.

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

PRESORT STD.
US POSTAGE
PAID
PERMIT #PI 112
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 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 Senior Center. Thank you!

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.

If you wish to receive your Senior Profile by E-mail, please send us your Name and e-mail address to Freetowncoa@comcast.net.