

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!

Director's Note

Welcome 2024! We are ready to start this year off with some big updates. This past summer, surveys were sent out in The Senior Profile. I have reviewed every response received and this has helped guide some of the decisions being made.

First, the Freetown COA was awarded a \$17,490 grant from MCOA to begin an innovative nutrition program. We are planning to bring a hot lunch to the center on Tuesdays. Senator Rodrigues and Reps Fiola and Schmid provided detailed letters of support for this program. This grant will also be supplemented by a very generous \$5,000 from the Senator Michael J. Rodrigues Empowerment Fund through the Southcoast Community Foundation. We hope to start this program in early February. Next, we are teaming up with the Lakeville COA to provide bus trips through BRS Tours!! The first trip is planned for April 2024. A BRS trip presentation will be held on Thursday, March 7th @ 1pm, so mark those calendars!

Last, but certainly not least, the senior center is scheduled to undergo several exciting changes in 2024, from the building itself to the services/activities we provide. Please pardon our appearance!

Ending with some appreciation. We received many generous donations in November and December from local clubs and organizations. It was overwhelming to see how much this Town loves to give back to their community.

Thank you to our COA Board member Brenda Motta for generously donating her time as our S.H.I.N.E. Counselor. I know I'm speaking on behalf of so many when I say your time, knowledge and kindness has been invaluable.

Shout out to Cindy Mather who has kept our center's grounds clean, beautiful and festive through volunteering countless hours outside. And to all our wonderful volunteers (and I can never forget my Team and Board), thank you, thank you, thank you!

Rebecca

Lunch and BINGO!

Join us for lunch and stay for BINGO! **Tuesday, January 23rd**. We will be serving lunch at 12:00 and BINGO will start at 1:00. **Please RSVP by Friday, January 19th**.



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 to 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 be put on the list to be called to set up an appointment when we have the schedule.**

Volunteers Needed

AARP Tax-Aide foundation is always looking for new volunteers for our Mass locations. Free local training is provided ending with an IRS certification. If a volunteer is interested, they can email: taxaide@aarp.org or call 1-888-227-7669 or call a local COA office and a Tax-Aide Lead Volunteer will get back to you soon to answer any questions. Also, we will be doing tax returns between February 1st and April 15th.

Inclement Weather

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

Newsletter Deadline:

Please note: the deadline for the February Newsletter is **January 12th**. Anything received after this date will not appear in that Newsletter.

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.

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.

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, January 9th 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 in January. 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 1/8 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 1/24, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 1/24, 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 January 24th.**

Calvary Pentecostal Church Farmer's Market

On Thursdays in January 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

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.

Wareham Area Office

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

8 Thatcher Lane

Wareham, MA 02571

Phone: (508) 295-5151 Ext. 4

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