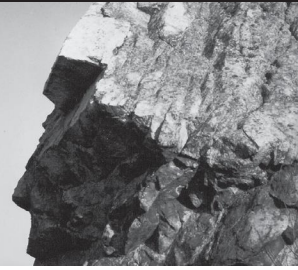


The Senior Profile



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

Close at 1:00 PM on Wednesday, July 3rd, Closed Thursday, July 4th and Friday, July 5th
CLOSED FRIDAY, JULY 19TH

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!

Pneumonia Seminar

On Wednesday, July 10th at 10:00 AM, Printa Jose will
be here to talk to seniors about pneumonia
RSVP by July 3rd

Need Help With Your Medicare Plan Comparisons for Open Enrollment?

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 2020. 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, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7th!**

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

To make an appointment with a SHINE counselor, call your local senior center and ask for a SHINE appointment. You can reach a SHINE counselor by telephone. Call 508-222-1399. For an appointment, call your local senior center at 508-763-9557. Remember that appointments fill fast during Open Enrollment.

Luncheon

Thursday, July 18th at 12:00 PM
RSVP and \$4.00 due by **July 11th**

Ham or Turkey, scalloped potatoes and green beans with almonds: This meal is to bring people together at the Senior Center. NO Take out.

SEATING IS LIMITED!

Meat Bingo Game

Wednesday, July 17th, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, July 12th,** win a Bingo; you can choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Freetown And Stop & Shop Cookout

On **Thursday, July 11th, at 12:00 PM**, we will have our **Cookout** for seniors of Freetown. **RSVP by July 3rd**

There will be a demonstration of our new Drums Alive Program which starts July 9th and will continue on every Tuesday at 9:00 AM. Come and try it out!

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

July 9th-Cowboy Chicken, RSVP July 2nd

July 16th-Meat Pie, RSVP July 9th

Cyd Ryle from Cyd's Creative Kitchen prepares the meals for these luncheons

Ice Cream Social

Mondays, 1:00 PM

Come by this summer for a nice cool, refreshing ice cream dish! Donations gladly accepted



VETERANS AGENT

Bob Klevecka is our Veterans 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, Dick Kelley, will be here sometime in July. Please call the COA for an appointment.

Senator and Representatives

Representative Paul Schmid will be here Monday, July 1st, from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Wednesday, July 24th, 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

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

Wednesdays, 9:00 AM to 11:30 AM
Bring your own supplies. The current group of artists is meeting on their own. Betty will be back in the fall.

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, July 10th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, July 24th, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

See you in September!

Strength With Dyna-Bands

Fridays, 9:15 AM to 9:45 AM,
30 minute class, \$3.00 donation requested
Get strong with certified group Fitness Instructor, Ellie Higgins. Work all muscles-upper and lower body-using Dyna-Bands. Ellie will provide the bands. Includes balance and body weight exercise. Some seated some standing, for weight bearing-important, for bone strength.

YOGA

Fridays, 10:00 AM, using a mat
Your first class is free. Classes are a \$5.00 suggested donation. Come on in and try our classes.

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 **Thursday, August 15th at 10:00 AM and Monday, August 26th at 9:30 AM.**
You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

Brown Bag" Program

Wednesday, July 24th

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****

Marc Folco will not be at the senior center in July. If you have any jewelry, coins, etc., you would like for him to see, please call the COA and we will contact him. A portion of the proceeds will be donated to the senior center. Please call the COA for further information.



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

July 11, 2019, Thursday, Whalewatch-\$84/PP

July 28-30, 2019, Sunday-Tuesday, Beautiful Vermont-\$499/PP Single, \$389/PP Double

August 20, 2019, Tuesday, Newport Playhouse "Lobster Fest" \$99/PP

October 8, 2019-Tuesday, Nashoba Valley Winter & Bolton Orchards with lunch at The International, Bolton, MA, \$89/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



FREETOWN COUNCIL ON AGING
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Vincent T. D'Oliveira
John E. Pye, Jr.
Donna M. Silva

Director's Note

We would like to thank Charles Gray for his service on the board and everything he has helped us with over the years. We are in the process of changing things at the senior center. We hope you enjoy the new look. Thank you!!!!



SPAGHETTI DINNER

Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all-you-can-eat-pasta meal on Thursday, July 11th, from 5:00 PM to 7:00 PM. \$7.00 PP. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur

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.

Country Travelers Trips in 2019

August 13, 2019, Tuesday-Song, DANCE and Romance Aqua Turf Club, Plantsville, CT-Salad, Pasta, Chicken/Roast Pork Loin, Vegetable, Potato, Dessert, \$62/PP

October 9, 2019, Wednesday-Hart's Turkey Farm/orchard visit, Meredith, NH, \$65/PP

October 12, 2019, Saturday-New York City, \$65/PP
All trips are based on a minimum of 40 people reserving no later than eight weeks prior to trip. Deposit of \$100 to accompany reservation, unless cost of trip is less than, then half of cost is expected as a deposit. Some trips are planned in conjunction with other companies and they have stricter requirements which I must adhere to. All prices include drivers' gratuity.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. Any info and/or to schedule a trip; please call Veronica Beaulieu at 508-636-4889
Schedule subject to changes and modifications
Submitted by Judy Emond
