

# 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](mailto: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!

## Freetown Senior Cookout

On Thursday, July 14<sup>th</sup>, at 12:00 PM, we will be having our Cookout for seniors of Freetown/Assonet. Stop & Shop associates will be here to cook for the seniors. **RSVP by Thursday, July 7<sup>th</sup>**

## Farmers Market Coupons Delay

We just received word that due to supply chain issues, the Farmers Market coupons are not expected to be received until **mid August**. Once we receive them, we will try to hand them out as quickly as possible. No coupons may be issued after September 30<sup>th</sup> and you only have until October 31<sup>st</sup> to use them.



## THANK YOU!



Thank you to The Freetown-Lakeville Middle School Chess Club for visiting the Freetown Senior Center on Thursday June 9, we enjoyed an afternoon of Chess, conversation and community.



## Ice Cream Social!



Please join us for some delicious Ice Cream and fun conversations! Please RSVP if you can join us.

**Tuesdays July 12, 19 & 26 at 12:00**

## Grab & Go Lunch

Bristol Elder Services will be supplying a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday**. **Two short forms must be filled out, please stop by to fill out the forms before you can order a meal.** The menu was not available at the time of this printing. We will get them to you as soon as we get them, please call and let us know which days you would like to come 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.

## Please Note:

**The deadline for submitting articles for the Newsletter is the 15<sup>th</sup> of the previous month. Anything submitted after the 15<sup>th</sup> will appear in the next month's Newsletter**

## SHINE

The SHINE Counselor will be available in July. Please call the Senior Center to book an appointment.

## Drums Alive!

**Monday's at 11:15 - Must Sign up in advance weekly** Drums Alive is designed to improve physical and mental fitness and above all, be fun! **\$5.00 per person. Please call to reserve, space is limited.**

## Calvary Pentecostal Church Free Drive Through Luncheon

On Friday July 29<sup>th</sup>, Calvary Pentecostal Church, 33 Braley Rd. E. Freetown, will offer a drive through luncheon. Starting at 12:00 PM Seniors can drive through the parking lot, in an orderly fashion and pick up a nice boxed lunch. Please RSVP to the Senior Center by Wednesday July 22 to reserve your dinner.

*Submitted by Calvary Pentecostal Church*

## Freetown Food Pantry

The Food Pantry is open on Mondays 10:00 AM to 12:00 PM for Freetown/Assonet residents only. If you need assistance please call, someone from the COA Staff will be available to help you.

## THANK YOU!!!!

The COA Staff and Board Members would like to thank all our volunteers who help us! We truly appreciate all you do!



### **VFW Post 6643 Chicken BBQ**

**Chicken BBQ by Tazz.** Saturday, August 13,  
Dinner 4-6 P.M. At VFW Post 6643, 89 Middleboro  
Road, East Freetown, MA. **Sponsored by VFW**  
**POST 6643 AUXILIARY To Benefit Our**  
**Various Programs such as Veteran Services,**  
**Scholarship Programs, VFW National Home for**  
**Children.** Tickets \$20.00. Available at Freetown  
VFW 508-763-2292 or Susan LaBlanc 508-763-  
9245 *Submitted by Bruce Wilbur*

### **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

### **Public Health Nurse Clinic**

Lori Desmarais, RN, BSN, the Freetown Public  
Health Nurse is available on the Second Tuesday of  
the month. She will be here Tuesday, July 12, from  
10:00 am-11:00 am 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.

### **Podiatrist**

Dr. Markowitz, will be here Thursday, July 14, at  
9:30 AM. You must call Dr. Markowitz to make an  
appointment at **1-401-455-3554**.

### **NOTICE OF VACANCY:**

#### **FREETOWN BOARD OF REGISTRARS**

There will be a vacancy that will exist on the Freetown  
Board of Registrars beginning April 1, 2022.

**Qualifications:** Must be a registered voter in  
Freetown. Enrolled as a member of either the Democratic  
or Republican party for at least the previous two years.

Must **hold no other public office** by public election  
or by appointment by the Board of Selectmen. Must have  
own transportation.

Please submit a letter of interest ASAP to: *Cheryl C.A.*  
*Estrella, Town Clerk, Town of Freetown, PO Box 438,*  
*Assonet, MA 02702*

If you have any questions or need further information  
regarding duties, please call 508-644-2201, ext 2.

### **Art Class**

Wednesdays, 9:00 AM to 11:30 AM, instructor Betty  
Ashley. This is a chance to work on or in class  
projects and get instruction on an as needed basis.  
Some group acrylic, water color and drawing  
demonstrations will be given at this ongoing class

### **PLEASE NOTE:**

**Part of Forge Road is now A ONE WAY Street**

### **Older Adult LGBTQ+ Support Group**

Family Service Association (FSA) is sponsoring a  
monthly in-person drop-in Support Group for  
LGBTQ+ older adults and their family and friends.  
This is a safe place for older adults (age 60 and  
above) to share the lived experiences of aging as a  
LGBTQ+ person and to support each other. Friends  
and family members of LGBTQ+ older adults are  
encouraged to join us for information and support.  
Groups will be facilitated by clinicians who have an  
affirmative approach to providing services to  
members of the LGBTQ+ community. Group  
Sessions are held at: FSA Family Resource Center,  
45 Rock St. Fall River. FSA can be reached at 508-  
677-3822.

### **Book Club**

Calling all Book Lovers! The Freetown Public  
Libraries and the Council on Aging have a monthly  
book club! Books will be provided by the library and  
will be available in Hardcover, Large Print and  
Audiobook Format. Meetings will be held at the  
**Police Station Community Room** on the 3<sup>rd</sup>  
Wednesday of each month at 11:00 AM. Next  
meeting on July 20<sup>th</sup>. We will discuss *The Perfect*  
*Couple* by Elin Hilderbrand

*Submitted by The Freetown Public Libraries*

### **Senator and Representatives**

Representative Paul Schmid will be here Monday  
July 11, at 10:00 AM (Office phone 617-722-2210)  
Senator Michael Rodrigues will be here Wednesday  
July 27, at 9:30 AM (Office phone-508-646-0650)  
Representative Carole Fiola will be here Wednesday  
July 27, at 9:00 AM. (Office phone 617-722-2430)

### **VAN SCHEDULING: Please be sure to wear a** **mask, for your safety and ours. Thank you!**

We can only have one person, unless in same  
household, in our vehicle at a time. If you have an  
appointment, we must make sure it does not interfere  
with another one.

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. **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.**

## 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, wheel chairs, commodes, walkers, shower chairs and benches, etc. We also have adult incontinence products if you need them. Please call us for availability. We also accept donations of above equipment.

### Annie Maxim House, Inc. Housing Assistance Program

Does your home have a need for repairs that you cannot afford to fix? The Annie Maxim House Housing Assistance Program may be able to help!! The program provides funding for small home repairs in order to enhance the health, safety and quality of life for elders who are 62 years of age or older. Please note the program is designed to *enhance the safety of your life* and ensure your needs are being met. Projects are restricted budget wise to accommodate *small versus large* repairs. Examples of past projects funded include:

- ✓ Repair of wooden steps to ensure safety
- ✓ Installing hand rails to minimize fall risk
- ✓ Funding of stair chair lift to access second floor bedroom.
- ✓ Repair of broken window for safety/improve heating

If you experience financial hardship and have a need for a small home repair, please call the Annie Maxim House at (508) 763-2494 for further information!

*Submitted by Annie Maxim House*

### Brown Bag" Program Wednesday, July 27th

**From 9:00 AM to 10:00 AM**

### AT THE FRONT OF THE BUILDING

**Starting in July, you come into the building, sign in, then receive your bag.**

“**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.

|                 |                          |
|-----------------|--------------------------|
| <b>1 person</b> | <b>\$1,872 per month</b> |
| <b>2 people</b> | <b>\$2,538 per month</b> |
| <b>3 people</b> | <b>\$3,204 per month</b> |
| <b>4 people</b> | <b>\$3,870 per month</b> |

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.

## 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. Income limits for the Grants are:

**1 \$17,650 2 \$20,200 3 \$22,700 4 \$25,250**

→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.**

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](http://www.rurdev.usda.gov/ma)



**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:**

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Andrea Lima, Senior Clerk, Editor  
Jacqueline Garell, Senior Clerk, Editor

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Victoria A. Brownell  
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**Van Drivers:**

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John E. Pye, Jr.  
Donna M. Silva

**A New Way to Sign up for Medicare Part B**

As you know, as of March 17, 2020 all local Social Security offices were closed to the public for in-person service due to the COVID 19 pandemic. Their offices are now open by appointment. Social Security understands that due to current circumstances, beneficiaries may have difficulties submitting their Medicare enrollment forms.

To assist beneficiaries who have stopped working and are seeking immediate enrollment into Medicare Part B, Social Security has developed a method for beneficiaries to fax their enrollment forms.

Now Medicare beneficiaries can fax Medicare Part B form, CMS-40B

(<https://www.cms.gov/Medicare/CMS-Forms/CMS-Forms/CMS-items/CMS009718>) along with proof of employment, Group Health Plan (GHP), or Large Group Health Plan (LGHP) to 1-833-914-2016, if unable to mail the forms directly to your local Social Security office, To find your local office mailing address, please use our Social Security Office Locator (<https://secure.ssa.gov/ICON/main.jsp>)

Please visit the Social Security & Coronavirus information page (<https://www.ssa.gov/coronavirus/>) to get the latest updates, including how to get help from the Social Security Administration online. You can also call Social Security at 1-800-772-1213. You may also contact SHINE at 774-203-1910 if you have any questions. Please leave a voice mail and someone will call you back.