

# 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!

## A message from Rebecca Frias, Director

For those of you I have not yet met, Hello! I am honored to be the new Director for the Freetown COA. I honestly cannot believe I am sitting here writing this message to you. When I was in college, I had an internship with the Fall River Council on Aging. I spent time at all 4 of their senior centers, serving lunches, helping set up for events and even writing for their newsletter 'Footprints'. My family has always known this to be my "dream job".

My career so far had centered around end-of-life care in a hospital setting so I'm thrilled to now be focusing on aging wellness. I have spent the last couple of months listening and trying to learn all I can. I want to thank the COA Board, Senior Center team, everyone who has reached out from Town Hall and the Seniors themselves for helping me adjust to this new position. Your kindness has not gone unnoticed. I am looking forward to all working together and building upon what is already a wonderful foundation.

## Elder Law and Ice Cream Sundaes At the Senior Center

Attorney Lindsey Cavallaro will be at the Council on Aging **Wednesday, July 12 at 1:00**. Attorney Cavallaro is an estate planning, estate administration and elder law attorney at Cody, Cody & McCarthy, LLC. Their offices are in Quincy, Lakeville, and Walpole. She assists clients with their general estate planning needs, as well as long-term care and advanced planning to minimize the impact of estate taxes and Medicaid costs on client's estates. The presentation will discuss core elements of an effective estate plan, and focus more specifically on eligibility requirements for Medicaid and protection assets from Medicaid liens. We will be serving Ice Cream Sundaes! **Please RSVP**



**We need your opinions! Please complete the survey enclosed in the newsletter or online to help your Council on Aging plan for the future!**



## And Ice Cream Sundaes At the Senior Center

Transportation Options for Seniors

Let us give you a ride to....

Do you need transportation to...the doctors? work?  
the grocery store? visit a friend?

SRTA is scheduled to come and do a Presentation.

Come join us for Bus information on

**July 19, 2023 @ 1 p.m.** We will be serving ice cream  
sundaes! **Please RSVP**

## The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

**Press 1 if you need police**

**Press 2 if you need fire**

**Press 3 if you need an ambulance**

If the 9-1-1 dispatcher asks questions:

**Press 4 for YES**

**Press 5 for NO**

*Source: MA State 911 Department and the Executive  
office of Public Safety and Security*

### Thank you!

The Freetown Council on Aging would like to thank Senator Michael J. Rodrigues and his staff for working so diligently at securing a generous grant for us to purchase a new handicap accessible van for our seniors! We truly appreciate all you do!

### COA Board Meetings

The Council on Aging Board meetings are held the 2<sup>nd</sup> Thursday of the month at 1:00 PM. Date and time subject to change.

### Newsletter Deadline:

Please note: the deadline for the August Newsletter is **July 13, 2023**. Anything received after this date will not appear in that Newsletter.

### Senior Club

The Freetown Senior Club Members will meet Thursday, July 6<sup>th</sup> at 1:00 at the Senior Center. Meeting of all officers and members interested in planning club activities for September 2023 – June 2024. All your ideas are welcome.

### 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, July, from 10 -11AM 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.

### Presentation and Strawberry Shortcake!

**Hydration and Heat Related Illness:** Freetown Public Health Nurse, Lori Desmarais will be discussing how to prepare for extreme heat, what to do during extreme heat, hydration and heat-related illnesses- what to look for and what to do. Bring any questions or concerns you may have. **Tuesday, July 18<sup>th</sup> at 11:15 AM at the COA.** We will be serving Strawberry Shortcake! **Please RSVP.**

*Submitted by Lori Desmarais*

### Podiatrist

Dr. Markowitz, will be here Monday, July 24<sup>th</sup>. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

### 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

### Drums Alive!

**Monday's at 11:00 - Must Sign up in advance weekly.** Drums Alive is designed to improve physical and mental fitness and above all, be fun! **Please call to reserve, space is limited. Classes are free and are being funded by a grant. Please see calendar for schedule.**

### Pitch Club

The Freetown Pitch Club meets every week on Mondays at 1:00 at the COA. Pitch is also known as High Low Jack! New members are welcome! Contact Grace Rose at 508-644-2266 for more information.

### Chair Yoga/Aerobics/Movement Class

Tuesday's at 10:00 AM and Thursday's at 8:45 AM for our residents, with Certified Instructor Tara Didi. **Please sign up monthly, space is limited. Please see calendar for schedule.**

### BINGO!

Please join us for BINGO! Every Tuesday at 1:00 here at the Senior Center. Coffee and light snacks are available during the break.

### Line Dancing

Sponsored by the Freetown Council on Aging. Put on your dancing shoes and dance with us.  
**EVERY WEDNESDAY MORNING:**  
Absolute Beginners: 9:00AM – 9:30  
Line Dancing: 9:30 AM TO 11:30 AM.  
Bring water for a 15-minute break. Suggested donation: \$3.00 per person  
**LOCATION: Veterans of Foreign Wars  
89 Middleboro Road  
East Freetown, MA 02717**

### SHINE

#### Serving the Health Insurance Needs of Everyone

The SHINE Counselor will be available in July 10. Please call the Senior Center to book an appointment.

### 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. This class runs throughout the school year.

### 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 is July 19<sup>th</sup>

*Submitted by The Freetown Public Libraries*

### 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. **We are in need of Wheelchairs, Transport Chairs, Rollators, Shower Chairs and Benches and Commodes. Please contact us if you have any of these items to donate. Thank you.**

### 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. Sites will still be required to add clients, however, there will be **no income or age restrictions to participate, and no paper application will be necessary.** Client participation must still be tracked each month. 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 July 26th**

### Calvary Pentecostal Church Farmer's Market

On Thursdays in July the Calvary Pentecostal Church, 3 Braley Rd. E. Freetown, will offer a free Farmer's Market. **Starting at 12:00.**

**Friday July 28th at 12:00 Free Hot Drive thru dinner.**

*Submitted by Calvary Pentecostal Church*

### Grab & Go Lunch

Bristol Elder Services is supplying a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday. Two short forms 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.

### 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.

### Farmers Market Coupons!

The coupons will be here soon, there are income limits to be eligible. Please call the COA @ 508-763-9557 to be put on the list, and we will call you to make an appointment when they arrive.

### Mass. Community Electricity Aggregation Program

Freetown Community Electricity Aggregation is an electricity supply program offered by the Town of Freetown to provide residents and businesses with new, Town-vetted options for electricity supply. Eversource continues to deliver your electricity, repair power outages, and maintain the electricity grid; they also send you one bill for the electricity you used.

The Freetown CEA is the town's program to provide competitive choice for electricity to our residents and businesses. The Freetown CEA program is part of a 25-community electricity purchasing group, active since January 2016. The supplier for the Freetown Community Electricity Aggregation program is "Constellation New Energy (Freetown CEA)" There are three CEA electricity supply options.

Constellation cost per kilowatt hour:

1. Standard \$0.10470
2. 50% Green \$0.12244
3. 100% Green \$0.14019

Cost for Eversource \$0.25649

Constellation rates are in effect through December 2023. More information, and to sign up, is available on the Freetown Website under Community Electricity or call Town Hall at 508-644-2201 x1.

### Senator and Representatives

Representative Paul Schmid will be here Monday 5/7/3 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 7/26, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 7/26, at 9:00 AM. (Office phone 617-722-2430)



**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.

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