

# 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!

## Hello Freetown Seniors!

We at the senior center hope you are well and safe. If you need any food, supplies or information please call the senior center. We check our answering machine. As of this date we do not know when we will open our doors, but we can drop off supplies or have someone come by and pick up at the back of the building. We hope everyone is keeping in place, or if venturing out have safety precautions like masks. We have a limited number of masks donated by a senior who makes them for us.

## Thank You!

We would like to thank our community for the support they are showing during this difficult time. We appreciate any inquiries about helping our seniors in town. Stop & Shop has been giving us donations, Freetown Girl Scouts have also made up bags for donation to seniors. The town employees have also stepped up to help deliver groceries, etc., to townsfolk. We appreciate how this town has helped us and people in town in this time of a "new normal".

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at [COA@freetownma.gov](mailto:COA@freetownma.gov). If you wish to check out anything to do with the town, please visit [www.freetownma.gov](http://www.freetownma.gov).

## AARP TAXES

To the people of Freetown and neighboring areas, I missed seeing our regular clients and am very sorry we could not accommodate all of you.

*Thanks, Sister Joe*

## COA Van

At this time, our van is available for anyone who may need a ride to the store or doctor's office. You must call the office and give us the date, time, address and phone number, if it is a doctor visit. We will see if we are available, limit of one person, unless in same household, on van.

## 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

## Annie's Ice Cream

Let's meet at Annie's on Wednesday, July 29<sup>th</sup> at 1:00 PM (rain date July 30<sup>th</sup> at 1:00 PM). Many have asked for social distancing get together to see each other, social distancing and a mask when you're not eating your delicious ice cream! You pay on your own. Please call the COA at 508-763-9557 or e-mail Rose at [Freetowncoa@comcast.net](mailto:Freetowncoa@comcast.net) to reserve. Stay well and hope to see many happy faces!!! Please remember at Annie's Ice Cream-Masks are required and also social distancing.

## Calvary Pentecostal Church

Calvary Pentecostal Church is giving out boxes of food to people who need them. On Tuesdays, July 14<sup>th</sup> and 21<sup>st</sup> at 4:00 PM in the parking lot at 33 Braley Road, East Freetown. Their phone number is 508-763-8343 if you have any questions. First come, first served.



### **Brown Bag” Program**

**Wednesday, July 22<sup>nd</sup> and August 26<sup>th</sup>**

**(As of this printing)**

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

**At the rear 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.

<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.

### **Fuel Assistance**

Please call the COA when you receive your application to make an appointment.

**Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.**  
**UP TO: \$37,360 \$48,855 \$60,351 \$71,846**

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

### **SHINE Counselor**

Serving the Health Insurance Needs of Everyone  
Please call their regional office at 508-222-1399.

### **Senator and Representatives**

There are no office hours at this time. Please call their office if you need assistance.

Senator Michael Rodrigues: 617-722-1114

Representative Paul Schmid: 617-722-2210

Representative Carole Fiola: 617-722-2430



The COA board has worked very diligently in getting a walk-in refrigerator/freezer, it has been installed. Marion Rylands mentioned this a few years ago that we needed one. Grants were secured through the State, no cost to the tax payer. We commend them for their hard work to get this accomplished. At the Annual Town Meeting it was voted to put an addition on the COA building. Bruce Wilbur took the lead in getting this accomplished. We cannot thank him enough for this endeavor and much needed!! Thank you to the COA Board for all your hard work, it has paid off!!!!

### **Stay Connected to the Town of Freetown**

There are a number of ways to receive informational updates from the Town of Freetown.

- 1.) Town website: **freetownMA.gov/**
- 2.) Subscribe to Town news updates, meeting agendas and meeting minutes: **freetownMA.gov/subscribe**
- 3.) Video Recordings of Meetings: **freetownMA.gov/FREECAM**
- 4.) Subscribe to Freetown Flash! Freetown’s Citizen Notification System: **freetownMA.gov/FreetownFlash**
- 5.) Facebook: **facebook.com/FreetownMA**
- 6.) Twitter: **@FreetownMA**

**STAY SAFE AND CONNECTED**

### **VAN SCHEDULING**

#### **MASKS MUST BE WORN!**

The van will be running a little differently, we can only have one person 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.

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](mailto:Michael.Freilich@cchnet.net).

We are looking forward to hearing from you!

*Submitted by Michael Freilich*

### **IF THESE SIGNS ARE PRESENT CALL 911**

#### **Heart Attack Symptoms**

- CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- SHORTNESS OF BREATH

This may be present with or without chest discomfort.

- OTHER SIGNS

They may include breaking out in a cold sweat, nausea or lightheadedness.

#### **Stroke Symptoms**

Spot a stroke F. A. S. T.

- FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

- ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

- TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

## **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](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:**

Barbara A. Place, Director  
Rosemary Haley, Senior Clerk, Editor  
Janet Pilotte, Senior Clerk

**COA Board:**

Jeannette M. Tisdelle—Chair Person  
Marion E. Rylands—Vice Chair Person  
Bruce W. Wilbur—Treasurer  
Ruth A. Ferland  
Victoria A. Brownell  
Robin L. Kendrick

**Van Drivers:**

Judy A. Reese  
Vincent T. D'Oliveira  
John E. Pye, Jr.  
Donna M. Silva

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**Director's Note**

We will welcome everyone back as soon as it is safe to do so. First, we need to make some safety changes inside, so it will look a little different. We have missed the hustle and bustle and the laughter that many of you bring to the center. We thank those that have stopped by in the past months, blown the horn and we can visit for a few minutes; you in your car, us on the deck. CFC (Fuel Assistance) will be mailing applications out in July, August and September, staggering them. At the Annual Town Meeting it was voted to put an addition on the senior center building, that will expand our office space.  
If anyone needs help with food, etc., they can call.

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**Thank you, Cynthia Mather, for doing all the plants for our gardens!**

**We are hoping as the virus dissipates, we will get back to our full schedule, but as of now we have to follow state regulations. Happy Belated Birthday to Marion Rylands! Thank You for all you do at the senior center. Call and check on an elderly neighbor if you can.**

*Submitted by the Board*