

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

As of now our offices are open to appointments, masks required

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

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!

Annie Maxim House Housing, Inc. Opening

Please be informed of a vacancy at the Annie Maxim House, Inc. (AMH).

AMH is a private, not-for-profit, congregate housing facility for low-income elders. AMH, located in Rochester, is available to adults 62 years of age and over residing in the town of Rochester, Middleboro, Wareham, Marion, Mattapoisett, Lakeville, Acushnet or Freetown for the past two years or longer. Applicants should be able to perform personal care and tasks of daily living independently.

AMH is situated in a beautiful, rural setting. It offers an ideal housing option for elders who enjoy socializing with others. Residents congregate for a daily meal and enjoy spending time in common areas or on the lovely grounds surrounding the house. Residents are afforded a one-bedroom apartment, a daily meal and access to in-house services, including transportation or help with housekeeping, if needed.

AMH has been in place since 1983. Since its inception, AMH has been helping elders realize enhanced autonomy via the support of staff and existing family. Residents also benefit from the companionship and mutual aid shared among residents.

Please call the Annie Maxim House, Inc. at (508) 763-2494 for more information or would like to receive an application. Single adults and couples are encouraged to apply.

Applications will be accepted until June 14, 2021.

*Submitted by Annie Maxim House
706 North Avenue
Rochester, MA 02770*

Board of Directors

The COA Board of Directors will be having a welcome back cookout, please bring lawn chairs. Sign up is mandatory and limited. Deadline date to sign up is July 2nd. Cookout is July 13th, Rain date July 14th. Possible two seating/serving times, depends upon how many people sign up.

Thank you, Council on Aging Board

PROGRAMS:

Pool Table: Mondays at 9:00 AM

Knitting: Mondays at 10:00 AM

Cards: Mondays at 1:00 PM

Bingo: Tuesdays at 1:00 PM

Scrabble: Thursdays at 1:00 PM

We will start these programs on Monday, June 14th. For any of these you must call to notify us you will be here.

Masks are required. At this time, we are having renovations done to the building and are not sure when they will be taking place.

Podiatrist

The Foot Doctor, Dr. Markowitz, will be here Monday, June 28th, at 9:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

"20-20-20" Class with Ellie

Fridays, 9:30 AM, and Mondays, starting June 7th at 9:30 AM, behind the COA under the pavilion

Rain or Shine!

20 minutes each...Cardio/Strength &

Balance/Flexibility

Be sure to bring a water bottle, hand weights and a folding chair (for seated exercises)

Suggested Donation: \$5.00

Masks and social distancing required!

Brown Bag” Program

Wednesday, June 23rd

From 9:00 AM to 10:00 AM

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.

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, June 7th at 10:00 AM

Senator Michael Rodrigues: 617-722-1114

Representative Paul Schmid: 617-722-2210

Representative Carole Fiola: 617-722-2430

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

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. Masks required.

VAN SCHEDULING, MASKS MUST BE WORN!

The van will be running a little differently, 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.

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.

Medicare Questions?

Are you Turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance needs of Everyone...on Medicare) program. Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. In-person SHINE appointments are not available now due to social distancing, but help is available over the phone. Call your local Senior Center at 508-763-9557. Or, Call 508-222-1399, the Greater Attleboro regional office. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back as soon as possible.

Submitted by SHINE

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.

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

SHINE: (Serving Health Insurance Needs of Everyone)

I am available to answer questions and address concerns throughout the year. If you become eligible for Medicare during 2021 or need any assistance, please contact the Council on Aging and they will get your information to me. Until guidelines for Covid change, I will continue to assist you via phone calls.

Submitted by Brenda Motta, SHINE Counselor

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.

Board of Registrars Vacancy

There is a current vacancy that exists on the Board of Registrars. If you would be interested in serving on the board, please submit a letter of interest to:

Cheryl C. A. Estrella, Town Clerk,

Town of Freetown

P. O. Box 438

Assonet, MA 02702

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

The Board of Registrars meet at the Town Clerk's Office for Final voter registrations before elections and town meetings, check in voters at town meetings and take part in election recounts.

Requirements: Must be a Republican or Democrat for a period of 2 years or more & must have own transportation.

OUR GROCERY ROOM

If you need some extra food or essential items, please call the COA and we can put together some groceries for you. We also have adult incontinence pads and undergarments. We can set up a time to pick up in the back of the building, curbside, or if you are unable to drive, we can deliver them. Please call us, we do like hearing from you. If we do not pick up, please leave us a message and we will get back to you. We are still getting donations.

Bristol County Mosquito Control

It's that time of year again. To make a spray request call 508-823-5253. BCMCP serves the 20 cities and towns within Bristol County, Massachusetts.

We reduce mosquito populations through surveillance, water management, biological and chemical controls. All of these methods are performed in an environmentally sensitive manner to minimize potential effects on people, wildlife and the environment.

Commissioners live or work in the county and all decisions are made in a fiscally responsible manner. The Project advocates public outreach and education through cooperative efforts with local officials, school departments and the news media. (TY Gert)

Taken from Mass.gov web site

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
Sandra L. Martins, Clerk/Aide

COA Board:

Marion E. Rylands—Chair Person
Bruce W. Wilbur-Treasurer
Ruth A. Ferland
Victoria A. Brownell
Robin L. Kendrick
Alfred C. Barros
Evelyn M. Alves

Van Drivers:

Judy A. Reese
John E. Pye, Jr.
Donna M. Silva

Directors Note

We are hoping that what we have going on for programs in June will help in some ways to let people socialize. We understand we cannot make everyone happy. We believe this is a start. WE ARE TRYING TO KEEP YOU SAFE! We care about your health! We are so looking forward to seeing new and old faces again. Understanding we still have to wear masks for everyone's safety until further notice.



Chicken BBQ by Tazz

On Saturday, August 14th, from 5:00 PM to 9:00 PM 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 \$15.00, available at the Freetown VFW or call Susan LeBlanc at 508-763-9245.

Tazz BBQ is a catering business out of Taunton, MA. There web site is tazzsbbq.com

