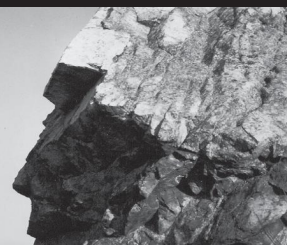


The Senior Profile



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
Closed February 21, 2022 for Presidents' Day

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!

Grab & Go Lunch

Starting March 8, 2022 Bristol Elder Services will be supplying a Free Grab & Go Lunch Program (at this time) on Tuesday and Thursday. **Two short forms must be filled out, please stop by to fill out the forms.** A menu is included so you can call and let us know which days you would like to come pick up a meal (Please see back of Calendar). Pick up time will be 11:30 AM. You must call two days in advance to reserve a meal. Please call the COA if you need more information. 508-763-9557

Freetown Food Pantry

The Food Pantry is now open on Mondays 10: AM to 12: PM for Freetown/Assonet residents only. You will need to show ID, wear a mask and bring your own bags. Someone from the COA Staff will be available to help you.

Bereavement Group

Limited space, please call the Senior Center to be added to the list.

There really is no "wrong way" to grieve the loss of a loved one. Most of us experience a whole range of emotions and feelings. It is important to reach out and talk to someone and even cry with someone when you need to in a safe place. Continuum Care Hospice of Southeastern MA will be providing a Bereavement Support Group right here in Freetown at the Council on Aging. Facilitated by Rev. Lawrence (Rev. Larry) Smith, Bereavement Coordinator with Continuum care Hospice. All are welcomed! Next Meeting will be Thursday March 17, at 10:00 AM

Submitted by Continuum Care Hospice

AARP Income Tax Service

We will have representatives from AARP at the COA to help seniors with their taxes on Mondays and Tuesdays, until April 8th, 2022 **Please call the COA for an appointment and further information.**

SHINE

The SHINE Counselor will be available Monday March 14, 2022. Please call the Senior Center to book an appointment.

Calvary Pentecostal Church Free Drive Through Luncheon

On Friday March 18th, 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 March 16th to reserve your dinner. (Shepherd's Pie)

Submitted by Calvary Pentecostal Church

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, March 8th, 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.

Submitted by Lori Desmarais

Podiatrist

Dr. Markowitz, will be here Thursday, March 10th, at 9:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

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 3rd Wednesday of each month at 11:00 AM. Next meeting on March 16th we will discuss *The Underground Railroad* by Colson Whitehead.

Submitted by The Freetown Public Libraries

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.

FUEL ASSISTANCE

Please call the COA when you receive your application to make an appointment. There are forms and paperwork you must collect to fill out the Fuel Assistance form.

Annual Income: 1 Person-\$40,951

2 People-\$53,551

3 People-\$66,151

Senator and Representatives

Representative Paul Schmid office phone 617-722-2210 Will be here Monday March 7, at 10:00 AM
Senator Michael Rodrigues office phone-508-646-0650 Unable to visit this month, if you have any concerns, please contact his office.

Representative Carole Fiola 617-722-2430 will be here Wednesday March 23, at 9:00 AM.

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

We want to hear from you!

Please call the Senior Center at 508-763-9557 with your suggestions of activities you would be interested in participating in! We look forward to hearing your ideas. Thank you!

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.

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

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.

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, March 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.

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.

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

FCC Committee Members Wanted

The Freetown Cultural Council (FCC) is seeking active members to sit on the Board. If you are interested in joining the FCC Board, please write a letter of intent and send it to the FCC at town hall or email to FCC@freetownma.gov. If you would like to volunteer at an event before committing to join the Board, or have questions, you may contact Chandler by email.

Submitted by S. Chandler, Secretary FCC

NOTICE OF VACANCY:

Board of Registrars Vacancy. Please contact the Town Clerk's Office.

Submitted by Town Clerk

Wrapped in Love the Scarf Event

Welcome to "Wrapped in Love the Scarf Event's sixth year! In case you are new to our journey, we knit and collect hand knitted scarves, then around Thanksgiving every year we select an area school to bring our kindness/pay it forward program to the children. The children then receive a hand knitted scarf to start the winter season. All children should be wrapped in love. Every year I try to tell a short story of an experience I had while interacting with the children. This year it was two little girls named Harper and Willow that left a smile on my heart. Harper is older and attends school, but Willow is still too young. Harper was present at a school we visited this year and she was able to take part in our kindness event and she received a scarf. Harper went home from school very excited about her "kindness scarf". Willow immediately tells her Mom that she herself is very kind and she deserves a scarf too. Willow's Mom tells her, well maybe next year when you go to school, you'll get one too. Willow again insisted she should get one now for being so kind. I heard about these girls and their story of kindness and I decided Willow was right, she deserved a scarf for being kind. So I wrapped up a scarf and sent it special delivery to Willow and told her to keep up the good work and to keep spreading kindness everywhere. Kindness starts at such a young age. So thank you to all the little people like Harper and Willow who already know how to be kind.

If only kindness could be our epidemic... it spreads easy and it makes you feel good! Keep up the good work everyone!

Please join us on this journey and warm the hearts of as many children as we can! If you would like to donate, you can find me on Facebook at "Wrapped in Love the Scarf Event" or call Celeste at 774-644-3176.

FREETOWN COUNCIL ON AGING
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