

# 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)**

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!

## Lunch on Tuesdays!!

Our chef, Deb Curran, has provided us with the March menu below. We are limited to 40 people on each date.  
**Sign-ups are required and begin on the 1<sup>st</sup> of each month or the next working day.** We are able to provide transportation for those who need it. There is a suggested \$2 donation for each meal to help continue the program past the grant period. ***Please let us know if you have any allergies when you call to sign up.***

**March 5<sup>th</sup> – Pasta and Meatballs**

**March 12<sup>th</sup> – Clam Chowder**

**March 19<sup>th</sup> – Corned Beef and Cabbage**

**March 26<sup>th</sup> – Chicken Pot Pie**

## AARP Tax Preparation

Tax time is here. Be sure to collect all those end-of-the year documents that you receive in the mail from Social Security, your bank(s), your church, your pensions, your employer, your broker, etc. and have them with you when you come: 1099's, W-2's, receipts for property taxes **paid in 2023**, etc. The Circuit Breaker credit has increased this year! **Please call the COA (508-763-9557) to set up an appointment.**

## Basics of Estate Planning

Please join Register Tom Hoyer and First Assistant Register Attorney Julianne Clark as they discuss the role of Bristol County Probate and Family Court and the impact it may have in the lives of our Seniors. The topics that most affect seniors will be discussed that may include, but not limited to; the basics of estate planning, guardianships and change of name applications. We hope that this 30 to 45 minute interactive discussion will be beneficial for all that attend. **Thursday March 14<sup>th</sup> at 1:00 – Please RSVP**

## Creativity with Color

Looking to have a fun time with family, friends or meet new people? Come create your own masterpiece with Kristen as you learn how to paint with step-by-step instructions on **Wednesday, March 6<sup>th</sup> at 9AM**. Everything you need to paint with will be included. The cost is \$5.00 per person. Please contact the COA if you would like to attend, space is limited.

## Greeting Card Making Class

On Wednesday, March 13<sup>th</sup> at 10:00 we will be having a card making class here at the Senior Center. All the materials will be provided. Space is limited. **Please RSVP by 3/11/24.**

## Coffee and Muffins with the Town Administrator and Selectman Zager

Please join the Town Administrator and Selectman Zager for coffee and muffins on **Monday, March 25<sup>th</sup> at 9:00** at the Council on Aging. Town Administrator Deb Pettey and Selectman Zager will be available to answer all your questions and are very interested on what the Freetown Senior population would like to have available to them for services, activities and whatever else you wish to speak with them about. **Please call the COA before March 22nd if you wish to attend.**

## 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 April Newsletter is **March 13<sup>th</sup>**. Anything received after this date will not appear in that Newsletter.

## **Freetown Cultural Council**

The Freetown Cultural Council is hosting an Easter Egg Hunt, children's crafts, face painting and visits with the Easter Bunny on Saturday, March 23, 2024, from 1 to 3 pm at Little Fenway on Memorial Drive in East Freetown. There is a rain date of Sunday, March 24th. Same time and place. Pre-registration is required. Register on the Freetown Cultural Council Facebook page or on the Freetown Library Facebook page. Come join the fun.



### **Weekly Events:**

**Drums Alive!** Mondays at 11:00 **Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.**

**Pitch Club:** Mondays at 1:00

**Chair Yoga/Aerobics/Movement Class**

Tuesdays and Thursdays at 10:00 AM. **Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.**

**BINGO!** Tuesdays at 1:00

**Line Dancing:** Wednesdays at **The VFW:** 9:00AM 11:30 AM. Suggested donation: \$3.00 per person

**Art Social** Wednesday's, 9:00 AM to 11:30 AM

**Book Club** at the **Police Station Community Room** on the 3<sup>rd</sup> Wednesday of each month at 11:00 AM.

### **Dates to Remember for Upcoming BRS Bus Trips** **2024!**

**Thursday, March 7<sup>th</sup> at 1pm – BRS Trip**  
**Presentation at the Lakeville COA**

**Booked trips so far....**

**Friday, April 26<sup>th</sup> – Blithewold Mansion Daffodil Days & The Lobster Pot in Bristol, RI ~ \$135 PP.**

**Wed., May 22<sup>nd</sup> – Charles River Boat Cruise & Cheesecake Factory Luncheon in Cambridge, MA ~ \$125PP**

**Friday, June 7<sup>th</sup> – Heritage Museums & Gardens and Daniel Webster Inn for Lunch ~ \$125 PP**

**Wed., August 14<sup>th</sup> – Newport Playhouse & Buffet Luncheon (Nunsense – A Musical) ~ \$149 PP**

**Monday, 12/9 – Wednesday, 12/11 – White Mountains Overnight Trip ~ More info to come!!**

**\*\* These trips will be between the Lakeville & Freetown COA's, alternating pickup locations between the two.**

**\*\*Payment will be due in FULL at time of signups, cash or check at the COA, credit card if you call Susan directly at BRS . Each flyer will have a refund date deadline on it. \*\*We will also be marking the flyers with sneakers ..... 1-4 sneakers depending on the amount of walking involved for that particular Trip.**

## **SHINE**

### **Serving the Health Insurance Needs of Everyone**

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

### **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

### **New Book Delivery Program**

The Freetown Public Libraries and the Freetown Council on Aging are offering free delivery of library materials to Freetown residents who are homebound or unable to visit a library due to short or long-term disability or infirmity. Freetown residents, who are temporarily or permanently confined to their homes because of illness, disability or other extenuating circumstances may sign up. Contact the Freetown Public Libraries for an application. Fill out the application with your preferences and return it to either Freetown library branch or the COA. Need a library card? We will help get you registered.

Freetown Public Libraries: (508) 644-2385 (Hathaway Library),

(508) 763-5344 (White Library),

**Email:** [sdorian@sailsinc.org](mailto:sdorian@sailsinc.org)

*Submitted by Sharon Dorian, MLIS*

### **Freetown Senior Club:**

**SENIOR CLUB INVITES FREETOWN SENIORS TO HARPER AND MINSTREL CONCERT**

The Freetown Senior Club will hold its monthly meeting on March 7 at the Freetown COA. Freetown seniors, who are not members of the club, are invited to come to this meeting to enjoy Freetown's own Jay and Abby Michaels, as the dynamic duo, the Harper and the Minstrel. Their performance of Renaissance music played on many different instruments was made possible by a grant awarded by the Freetown Cultural Council. Send an email to [gred13@verizon.com](mailto:gred13@verizon.com), if you are not a member, but would like to attend.

*Submitted by Grace & Ed Medeiros*

### **Podiatrist**

Dr. Markowitz, will be here April 4<sup>th</sup>. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

### **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 Thursday, March 12<sup>th</sup>, 10:30 -11:30 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*

### **PLEASE CHECK IN:**

Please sign into My Senior Center for every event or visit to the center. This information helps us obtain grant funding that allows us to continue to operate and offer the events and programs you enjoy. Please see a staff member if you need a key tag or to active one from another COA.

### **Senator and Representatives**

Representative Paul Schmid will be here Monday 3/4 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 3/20, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 3/20, at 9:00 AM. (Office phone 617-722-2430)

### **Calvary Pentecostal Church Farmer's Market**

**On Thursdays in March** the Calvary Pentecostal Church, 33 Braley Rd. E. Freetown will offer a free Farmer's Market. **Starting at 12:00.**

*Submitted by Calvary Pentecostal Church*

### **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. There is **no income or age restrictions to participate, and no paper application will be necessary.** 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 March 20<sup>th</sup>.**

### **Grab & Go Lunch**

Bristol Elder Services is providing a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday. There is a short form that 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 is at the back of the building between 11:30 to 12:00.** **You must call two days in advance to reserve a meal.** Please call the COA if you need more information.

### **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 cannot schedule without this information. Thank you in advance for your cooperation.

### **Medical Equipment Loan Closet**

We have a medical shed loan closet if you need any equipment. We just ask that you return them for when you no longer need them. Canes, crutches, walkers, incontinence products etc. Please call us for availability. We also accept donations of above equipment.

### **USDA CAN HELP REPAIR YOUR HOME**

#### **RURAL DEVELOPMENT**

#### **What does this program do?**

Also known as the Section 504 Home Repair program, this provides loans to very-low-income homeowners to repair, improve or modernize their homes or grants to elderly very-low-income homeowners to remove health and safety hazards.

#### **Who may apply for this program?**

To qualify, you must:

Be the homeowner and occupy the house

Be unable to obtain affordable credit elsewhere

Have a household income that does not exceed the very low limit by county

For grants, be age 62 or older

#### **What is an eligible rural area?**

Utilizing the USDA Eligibility Site you can enter a specific address for determination or just search the map to review general eligible areas.

#### **How may funds be used?**

Loans may be used to repair, improve or modernize homes or remove health and safety hazards

Grants must be used to remove health and safety hazards

#### **How much money can I get?**

Maximum loan is \$40,000

Maximum grant is \$10,000

Loans and grants can be combined for up to \$50,000 in assistance

#### **What are the terms of the loan or grant?**

Loans are termed for 20 years

Loan interest rate is fixed at 1%

Full title service is required if the total outstanding balance on Section 504 loans is greater than \$25,000

Grants have a lifetime limit of \$10,000

Grants must be repaid if the property is sold in less than 3 years

Contact a USDA home loan specialist in your area.

Wareham Area Office

Serving Bristol, Norfolk, Plymouth, Dukes, Nantucket, and Barnstable counties

8 Thatcher Lane

Wareham, MA 02571

Phone: (508) 295-5151 Ext. 4

Fax: 855-596-7672

**FREETOWN COUNCIL ON AGING**  
227 CHACE ROAD  
EAST FREETOWN, MA 02717-1008  
ADDRESS SERVICE REQUESTED

PRESORT STD.  
US POSTAGE  
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PERMIT #PI 112  
ROCHESTER, MA 02770

**STAFF AND BOARD MEMBERS:**

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

**COA Board:**

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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.  
Arthur Poirier

**Civic Ready (Freetown Flash)**

For the latest Town news, alerts or emergencies, and other pertinent information for the Town of Freetown enroll in the Freetown Flash. It's free and you can choose to be notified by phone, email or text message. Don't miss out details at [www.freetownma.gov](http://www.freetownma.gov) need help signing up reach out to the Town Administration Office at 508-644-2201 or stop by our Town Hall, 2nd floor office.

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