

# 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!

## **Coffee and Muffins with Interim Town Administrator and Selectmen Matthews**

Please join Interim Town Administrator Deb Pettey and Selectmen Matthews for coffee and muffins on Tuesday April 11 at 10:00 at the Council on Aging. Interim Town Administrator Deb Pettey and Selectmen Matthews 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.

## **Easter Dinner on Easter Sunday**

Congregational Church of Berkley and Myricks United Methodist Church are offering a hot meal to be delivered to your home on Easter Sunday, April 9<sup>th</sup>. Please call the COA with your name, address and phone number by Thursday, April 6<sup>th</sup> to reserve your meal.

## **Johnny Cash – Songs and Stories with Matt York**

Longtime New England musician/author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. He'll discuss Cash's emergence as a groundbreaking artist in the 1950's, his marriage to June Carter and many of his other career highlights. York was recently nominated for the Boston Music Award for Best Country Artist and his album Gently Used was just named one of the Patriot Ledger's best albums of 2022. This program is supported in part by a grant from the Freetown Local Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. **Thursday, April 27<sup>th</sup> at 1:00 Under the Pavilion.**



## **Freetown Food Pantry**

The Food Pantry is open on Mondays 10:00 AM to 12:00 PM for Freetown/Assonet residents only.

The COA Board would like to acknowledge Jeanette Tisdale for all her dedication and time she gave the seniors. She is truly missed.

*Submitted by the COA Board*

## **AARP Income Tax Service**

Representatives from AARP will be at the COA to help Seniors with Taxes in March and April. **Please call the COA to make an appointment.** Please be sure to have ALL of your tax documents with you at the time of your appointment, including your 2021 tax return.

## **Fuel Assistance**

**We have received our new applications for NEW recipients. Call to schedule an appointment.**

Renewals: please call the COA when you receive your application to make an appointment if you need guidance.

**Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.**

**UP TO: \$42,411 \$55,461 \$68,511 \$81,561**

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

## **Chair Yoga/Aerobics/Movement Class**

Let's Get Moving! We are pleased to announce that the COA will be offering a chair yoga/aerobics/movement class every Tuesday at 10:00am beginning on April 4<sup>th</sup>. The class will be taught by certified yoga instructor Tara Didi. Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration and increased strength. The COA Board has voted that this class will be offered free of charge to Freetown residents! We hope to increase participation in the classes that are offered to our residents. Therefore, effective immediately, the Drums Alive class will also be offered free of charge to Freetown residents. Dust off those sneakers and join your friends for 2 fun-filled and healthy classes – hope to see you all there!

*Submitted by Brenda Motta*

### Visit to the Historical Society

Please visit the Freetown Historical Society at 1 Slab Bridge Rd on April 24th at 11 am. We can't wait to show you our collection of local artifacts and photos. Tours of the Main Museum, Jenkins House, and new Agricultural Barn will be offered. In addition, a luncheon provided by the Freetown Council on Aging will follow. We hope to see you then. **Please call the Council on Aging to let us know you'll be going.**

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### Were you in the "donut hole" last year?

*If so... chances are you could reach it again!*

If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$4660. Then you will pay 25% of the cost of brand name drugs and 25% for generics. You will continue in this "donut hole" until the retail costs reach \$7400. This is where Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole." Another GREAT BENEFIT of Prescription Advantage is the ability to make an ADDITIONAL CHANGE to your Part D plan outside of open enrollment or JOIN a Part D plan if you do not have one. To find out how to lower your drug costs and see if you're eligible, call Prescription Advantage at: - 1-800-243-4636 or TTY at 1-877-610-0241 for the deaf and hard of hearing.

You can also visit their web-site:

[www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

For further assistance or questions contact SHINE at 774-203-1910.

*The money you save can be your own!*

### COA Board Meetings

The Council on Aging Board meetings are held the 2<sup>nd</sup> Wednesday of the month at 1:00 PM.

### Coffee & Muffins

**Mondays at 10:00 AM**

Come on in to the Senior Center and enjoy a cup of coffee or tea and some delicious, freshly baked muffins. All are welcome. **Please let us know by the Friday before each Monday if you will be attending so we can bake enough muffins. Thank you!**

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### SHINE

**Serving the Health Insurance Needs of Everyone**

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

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### Dates to remember:

March 12, Daylight Saving Time begins "Spring Forward"

March 20, Spring Begins

March 17, St. Patrick's Day

April 1, April Fools' Day

April 7, Good Friday

April 9, Easter

April 17, Patriot Day

April 22, Earth Day

### 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.

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### 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 14 and April 11, 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.

*Submitted by Lori Desmarais*

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### Podiatrist

Dr. Markowitz, will be here Monday, March 20<sup>th</sup>. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

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### 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

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### 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.**

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### 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.

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### 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.

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### 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**

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### 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.

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### 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 meetings are March 15 and April 19.

*Submitted by The Freetown Public Libraries*

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### 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, incontinences products etc. Please call us for availability. We also accept donations of above equipment.

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### 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 March 22 and April 26**

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### Calvary Pentecostal Church Farmer's Market

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

*Submitted by Calvary Pentecostal Church*

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### Senator and Representatives

Representative Paul Schmid will be here Monday 3/6 and 4/3, at 10:00 AM (Office phone 617-722-2210)  
Senator Michael Rodrigues will be here Wednesday 3/22 and 4/26, at 9:30 AM (Office phone-508-646-0650)  
Representative Carole Fiola will be here Wednesday 3/22 and 4/26, at 9:00 AM. (Office phone 617-722-2430)

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### 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.

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

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.

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**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:**

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

**COA Board:**

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Evelyn M. Alves-Vice Chair Person  
Bruce W. Wilbur-Treasurer  
Marion E. Rylands  
Ruth A. Ferland  
Victoria A. Brownell  
Brenda Motta

**Van Drivers:**

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

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

**Director's Note:**

It has been a pleasure and honor to serve the Town  
and our Seniors for 26 years. The opportunity has  
been rewarding. Many friendships have formed.  
See you around town!  
Barb

