

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 still closed to the public until further notice

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!

Board of Directors

As most of you know, last June at the annual town meeting, an article was on the warrant that the Council on Aging directors submitted by partition to fund an addition to the front of the senior center. This addition was discussed and designed to allow us to increase our ability to provide more space for the services that we currently provide and add more services. Our plan was to have the design completed and possibly begin construction this spring. Unfortunately, the project has been met with some resistance from the Board of Selectmen. The board of directors' intent was to keep the design and cost to a minimum, especially since the completion of the new police station. A meeting was held on April 14, 2021 with the Board of Selectmen, Building Committee and Council on Aging. To view this meeting, go to the town website, click on Freetown Meeting Videos, then go to VIDEOS and look for 4/14/2021 COA Study. We would like you to view this meeting and submit any feedback on this project.

Thank you, Council on Aging Board

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

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.

Tax News

We will extend doing tax returns until Thursday, May 13. However, because we are still in the COVID epidemic, we cannot have in-person taxpayer contact. Taxpayers will have to come to the center, where we will scan all your documents, and return your originals to you. You will have to return either later that day or on the next tax preparation day to pick up your return. More information will be sent to you when you sign up for an appointment. *Submitted by Sister Joseph Marie*

"20-20-20" Class with Ellie

Fridays, 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!

Ice Cream

On Wednesday, May 19th at 12:30 (rain date will be Thursday, May 20th) at Annie's Ice Cream, 50 Middleboro Rd. E. Freetown. Come meet us there and enjoy an ice cream! We will be happy to see everyone! Please call the COA to let us know you will be joining us, so we can give a count to Annie. Pay on your own.

Masks and social distancing required!



Brown Bag” Program

Wednesday, May 26th

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

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

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.

Healthy Smiles

Overall good health includes a healthy mouth. Bacteria from the mouth can cause infections in other parts of the body, especially when the immune system is weakened by disease or medical treatments. Taking good care of your mouth is very important

Gum disease develops when plaque – a sticky film of bacteria – is allowed to build up along and under the gums. People who have health conditions, such as diabetes are also at risk because they are more open to infections and may be less able to fight bacteria that invade the gums. What can you do to reduce your risk? Seeing both your dentist and physician to spot and treat various health conditions relating to gum disease is great first step. Good home care such as brushing and flossing, as well as visiting your dentist regularly are important.

The Elder Dental Program (EDP) is a non-profit, program that provides quality, affordable oral health care to low-income seniors, ages 60 and older, through a group of community dentists who volunteer to provide treatment at reduced, sliding-scale fees. The EDP helps seniors who have income that fall at 250% or less of the Federal Poverty Level. Care not covered by the sliding-scale fee schedule is absorbed by the dentist. We find seniors a “dental home” where they can continue to have regular care, as well as emergency dental services, at reduced fees they can afford. For more information about this program contact Chris Weylman at 774-203-1426 or mail at Cweylman@community vna.com.

Submitted by VNA

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.



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



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.

Age/Dementia Friendly Greater Fall River Coalition ALZHEIMER'S & DEMENTIA

Forgetfulness and diagnosable memory loss are not the same. Remember, Dementia is not a "normal" part of aging, and if you have concerns about yourself or a loved one, talk to your doctor.

Know the Signs of Dementia

- Difficulty performing daily tasks
- Frequently forgetting words
- Difficulty making decisions

Worried about your Memory?

- Talk with trusted friends or family member about what you have been noticing and what you are worried about. Starting the conversation is the first step, but you are the best person for the job.
- Tell your doctor and ask for preliminary testing.
- Do your best to keep a routine of exercise and healthy eating habits.

Connect with the Alzheimer's Association by using the 24/7 Helpline @ 800-272-3900. They can help guide you with tips and resources to help support your individual needs.

Or visit them on the web at www.alz.org/MANH.

This program is paid for in part thanks to the financial support of the United Way of Greater Fall River



**United Way of
Greater Fall River**



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

PRESORT STD.
US POSTAGE
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ROCHESTER, MA 02770

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Rosemary Haley, Senior Clerk, Editor
Janet Pilotte, Senior Clerk
Lola C. Furtado, Clerk/Aide

COA Board:

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Bruce W. Wilbur—Treasurer
Ruth A. Ferland
Victoria A. Brownell
Robin L. Kendrick
Alfred C. Barros

Evelyn Alves

Van Drivers:

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

Directors Note

Spring is showing signs with a new beginning of color. We hope everyone is doing well and going out on the nice warm days. Here at the center, we have been working diligently through this pandemic. We are trying to figure out how to safely begin having activities at the center. It is proving difficult as we cannot socially distance. I know other senior centers are having activities, their centers are much bigger than ours. We just have to be patient, we are trying. We have to follow the guidelines that are given to us. We are going to try to set up some excursions outside and hope to see you soon.



If anyone is still looking to get a Covid shot you may want to try vaxfinder.mass.gov. You can enter your zip code or town/city name and search. There are a few other options on the page if you wish to check them out.

If you are homebound, you can call 1-844-771-1628. These were on a news station one morning and someone gave us the information to try to help people to get the Covid shot. Also, 211 can always be called.

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.
