

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

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

Bristol Elder Services will be supplying a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday. Two short forms must be filled out, please stop by to fill out the forms before you can order a meal.** A menu is included (see insert) please call and let us know which days you would like to come pick up a meal. **Pick up time is 11:30 AM to 12:15 PM. You must call two days in advance to reserve a meal.** Please call the COA if you need more information.

Freetown Food Pantry

The Food Pantry is now open on Mondays 10:00 AM to 12:00 PM for Freetown/Assonet residents only. You will need to show ID, wear a mask and bring your own bags. If you need assistance please call, someone from the COA Staff will be available to help you.

SHINE

The SHINE Counselor will be available Monday May 16, 2022. Please call the Senior Center to book an appointment.

School Senior Breakfast

Senior Breakfast at Freetown- Lakeville Middle School! Wednesday May 25th at 8:00 AM. Located at 96 Howland Road Lakeville, MA

Join us for:

Scrambled Eggs, Pancakes, Hash Brown, Bacon, Coffee, Tea and Juice

Please sign up by calling the Senior Center/COA by Wednesday May 11

Pending at This Time:

Drums Alive!

Monday, May 9 at 11:15

Drums Alive is designed to improve physical and mental fitness and above all, be fun! **\$5.00 per person. Please call to reserve, space is limited.**

Calvary Pentecostal Church Free Drive Through Luncheon

On Friday May 20th, 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 May 18th to reserve your dinner.

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, May 10th, 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.

Podiatrist

Dr. Markowitz, will be here Thursday, May 12th, at 9:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

Jay & Abby Michaels – The Harper and The Minstrel – Under the Pavilion

Celtic to Classic, Bach to The Beatles

A wonderful assortment of Musical styles

Beautiful Vocal Harmonies **Wednesday May 11 (Rain Date May 12) @ 1:00 Please bring your own chair and call to reserve your space.**

Music With the Seniors!

We'll listen to James DeTerra play all kinds of fun music from Patriotic tunes, Souza marches, Americana, and other favorites! (Armed Forces Melody, Home on the Range, When Irish Eyes are Smiling, Take me out to the Ball Game, etc.) **Wednesday May 18 (Rain Date May 19th) @ 1:00 Please bring your own chair if you choose to and call to reserve your space.**

NOTICE OF VACANCY:

FREETOWN BOARD OF REGISTRARS

There will be a vacancy that will exist on the Freetown Board of Registrars beginning April 1, 2022.

Qualifications: Must be a registered voter in Freetown. Enrolled as a member of either the Democratic or Republican party for at least the previous two years.

Must hold no other public office by public election or by appointment by the Board of Selectmen. Must have own transportation. Please submit a letter of interest ASAP to: *Cheryl C.A. Estrella, Town Clerk, Town of Freetown, PO Box 438, Assonet, MA 02702*

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

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

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.

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 May 18th. We will discuss *The Boston Girl* by Anita Diamant

Submitted by The Freetown Public Libraries

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. Applications are being taken until mid-May.

Annual Income: 1 Person-\$40,951

2 People-\$53,551

3 People-\$66,151

Senator and Representatives

Representative Paul Schmid will be here Monday May 2, at 10:00 AM (Office phone 617-722-2210)
Senator Michael Rodrigues will be here Wednesday May 25 at 9:30 AM (Office phone-508-646-0650)
Representative Carole Fiola will be here Wednesday May 25, at 9:00 AM. (Office phone 617-722-2430)

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

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. **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.

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.

Volunteer Needed!

We are looking for someone who can help our seniors learn to navigate their cell phones at the COA. Please contact the COA if you are interested at 508-763-9557.

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, May 25th

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.

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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. Income limits for the Grants are:

1 \$17,650 2 \$20,200 3 \$22,700 4 \$25,250

→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.**

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

Memorial Day is Monday, May 30th!



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

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

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Robin L. Kendrick—Co-Chair Person
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Alfred C. Barros
Evelyn M. Alves

Van Drivers:

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

Prescription Advantage Newsletter Article – Spring 2022

Why do I need Prescription Advantage?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;
- It allows you to change your Medicare plan outside of Medicare’s open enrollment;
- At certain income levels it’s FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting

www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.



Paws on Parade:

A dog parade exhibiting the best dogs in Lakeville, Middleboro and Freetown.

Date of Event: June 11 (Rain date June 12)

Where: Lakeville Senior Center

Time: 10:00 AM

Parking: Ted Williams Camp Grounds

Sponsored by the Friends of the Lakeville Council on Aging

Entry Rules:

- Proof of vaccination for rabies and kennel cough submitted with registration form
- Costumes are suggested but not required
- Three categories of weight: under 25 lbs., under 50 lbs., over 50 lbs.
- Total entries may not exceed 60 dogs
- Non-refundable entry fee is \$10.00 (We have registration form)
- Remember your doggie bags!!