

# 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)

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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!

## Thank you Barbara!

We would like to thank Barbara Place for all the help, caring and dedication she has given our seniors for the past 26 years. She was not only the Director but also their friend. You are truly missed!

*Submitted by the COA Board*

## Welcome Rebecca!

We would like to welcome Rebecca Frias to the position of Director of the COA! Please feel free to drop by and introduce yourself. We are all looking forward to working with her.

*Submitted by the COA Board*



## Annie's Ice Cream!

Please join us here at the COA for delicious ice cream sundaes prepared by Annie's Ice Cream! **Thursday, May 11 at 1:30 under our pavilion. Please contact the COA if you are interested in joining us.**

## Bristol County District Attorney Tom Quinn III

Bristol County District Attorney Thomas M. Quinn III is the Chief Prosecutor of all crimes that occur in Bristol County. One of his priorities is combating the growing issue of elder abuse. District Attorney Quinn will visit to address seniors on this issue, in particular, he will discuss various forms of financial abuse, e.g. scams and fraud that put today's seniors at risk. He will be joined by Community Affairs Program Manager Brian Rose. **Thursday, May 11 at 1:30 at the COA under the pavilion. Please contact the COA if you are interested in this event.**

*Submitted by Community Affairs Program Manager  
Brian Rose*

## Annual Strawberry Festival

The 34<sup>th</sup> Annual Strawberry Festival will be held **Sunday June 18<sup>th</sup> from 11AM to 4 PM** rain or shine! At the Assonet Village Bandstand.

*Submitted by The Tuesday Club of Assonet*

## Thank you to our Amazing Art Class People!

The Freetown Council on Aging would like to thank our amazingly talented Art Class people for repainting the Eagle that hangs over the downstairs entry way. This Eagle was a gift to the COA from a very special patron who made it, we would like to thank him for all his talent and help here at the COA. We appreciate everyone's hard work! The Eagle turned out wonderful!

## COA Board Meetings

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

## Newsletter Deadline:

Please note: the deadline for the July Newsletter is **June 9, 2023**. Anything received after this date will not appear in that Newsletter.

## Zeiterion Theater

Free tickets to the Zeiterion Theater! Thanks to a grant from the Freetown Cultural Council. The Freetown Senior Club will be getting fifty \$49.00 tickets to go see "Joseph and the Amazing Technicolor Dreamcoat" at the Zeiterion Theater on July 23, at 2:00 pm. The club has 5 tickets left over and would like to offer them to Freetown Seniors.

The Senior must pay the Zeirerion for the tickets before June 23, but the Cultural Council sends the money after the performance. In order to reserve a seat, we are asking everyone to put down \$25.00 per ticket, which will be reimbursed to you when we receive the money from the Cultural Council. If you would like one or more tickets, email Grace at [gred13@verizon.net](mailto:gred13@verizon.net) she will reply to your email and let you know where to send the check. Tickets will be given on a first come, first served basis.

*Submitted by Grace Medeiros*

### 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 9 and June 13, 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.

**May is Stroke Awareness Month.** The Public Health Nurse, Lori A Desmarais will be providing information to help you reduce your risk. Every minute counts when a stroke happens. Do you know the signs and symptoms of stroke? Stroke Prevention Education with Lori Desmarais at the COA, May 23 at 11:15 AM

*Submitted by Lori Desmarais*

### Podiatrist

Dr. Markowitz, will be here Monday, May 22<sup>th</sup>. You must call Dr. Markowitz to make an appointment at 1-401-455-3554.

### 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

### 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.**

### 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.

### Chair Yoga/Aerobics/Movement Class

Every Tuesday at 10:00 AM for our residents. with Certified Instructor Tara Didi. **Please sign up weekly, space is limited.**

### 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.

### 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**

### SHINE

#### Serving the Health Insurance Needs of Everyone

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

### 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.

### 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 May 17 and June 21.

*Submitted by The Freetown Public Libraries*

### 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.

### 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 May 24 and June 28**

### Calvary Pentecostal Church Farmer's Market

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

Friday May 26<sup>th</sup> at 12:00 Free Hot Drive thru dinner (Chicken breast, stuffing etc.)

Friday June 23<sup>rd</sup> at 12:00 Free Hot Drive thru dinner (Shepard's Pie)

*Submitted by Calvary Pentecostal Church*

### **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.

### **Freetown Food Pantry**

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

### **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 can no longer schedule without this information. Thank you in advance for your cooperation.

### **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.

### **Dates to Remember**

Monday, May 29<sup>th</sup> is Memorial Day, COA Office is closed.

Monday, June 19<sup>th</sup> is Juneteenth, COA Office is closed.  
Wednesday, June 21<sup>st</sup>, Summer Begins!

### **Senator and Representatives**

Representative Paul Schmid will be here Monday 5/1 and 6/5, at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 5/24 and 6/28, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 5/24 and 6/28, at 9:00 AM. (Office phone 617-722-2430)

### **We Are Collecting Large Empty Cleaned Pill Bottles.**

We are collecting large empty clean pill bottles for our fellow Rochester COA. Please feel free to drop them off at the Freetown COA any time the office is open. Thank you!

### **Once Upon a Generation**

Bridging the Generations, one story at a time. Please join us for a peek into the younger lives of our *Sensational Seniors!* The performance is the culmination of a ten-week intergenerational program, connecting Lakeville, Freetown and Taunton seniors with experienced storytelling students from the Freetown/Lakeville School District.

Travel in your imaginations with a young man who visits Haiti on a church mission and learns more than he ever thought possible! Walk with a boy and his sister as they run a weekly family errand in the Bronx, step into a magical field of dandelions with a young child, find out what it takes to be "King of the Nook," and so much more.

These stories are fun, heartwarming, and touching glimpses into the past of lives changed, transformed, and enriched by their experiences.

The stories will be performed, not read. We guarantee you will be enchanted!

**Questions? Please call Karen Chace at 508-763-8565 or Andrea Lovett at 781-267-9979.**

**Wednesday, May 24 at 6:30 PM at Freetown Historical Society, 1 Slab Bridge Road, Assonet, MA.**

**Thursday, June 1 at 6:30 PM at Lakeville Library Community Room, 4 Precinct St. Lakeville, MA.**

Admission is FREE, Handicapped Access is available.  
**ALL ARE WELCOME!**

This program is supported in part by a grant from the Freetown Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



**FREETOWN COUNCIL ON AGING**  
227 CHACE ROAD  
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**STAFF AND BOARD MEMBERS:**

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

**COA Board:**

Robin L. Kendrick-Chair Person  
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.

Freetown Cultural Council is hosting its very first Art Show Saturday May 13<sup>th</sup> from 4pm to 8pm and Sunday May 14<sup>th</sup> from 1 PM to 4PM. The Harper & the Minstrel will perform from 5PM to 7PM on Saturday May 13<sup>th</sup>.

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