

# 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**

**Closed Monday, November 11<sup>th</sup> for Veterans Day,**

**Closed Thursday and Friday, November 28 & 29<sup>th</sup> for Thanksgiving**

**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 & Muffins

**Mondays at 10:00 AM to 10:30 AM**

Come on in to the senior center and have a cup of coffee or tea and some fresh and delicious, fresh made muffins. All are welcome. Please let us know by the Friday before if you will be attending so we can have enough muffins on hand. Thanks!!



## Department of Transitional Assistance Kiosk

**Department of Transitional Assistance has a Kiosk here at the Freetown Council on Aging, which anyone can come and apply for Food Stamps (SNAP) or check on their account.**



Department of  
Transitional  
Assistance

## Drums Alive! Here Come the Drums

**Tuesdays and Thursdays, 9:00 AM to 9:45 AM**

**Monday, November 25<sup>th</sup> at 11:30 AM**

Don't miss this special class! Blue Cross Blue Shield of Massachusetts is offering a FREE class in partnership with SilverSneakers, (an independent company that offers group classes). Drums Alive combines movement with powerful beat and rhythms of drumming for an amazing brain and body workout. Drums Alive is designed to improve physical and mental fitness and above all, be fun!



## Freetown Senior Birthday Party Lunch

On Thursday, November 14<sup>th</sup>, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is American chop suey with garlic bread, by Cyd's Creative Kitchen. RSVP and \$6.00 due by November 7<sup>th</sup>

## Cyd's Lunch: Tuesdays at 11:30 AM, \$7.00 PP

November 5<sup>th</sup>-Turkey Dinner, RSVP by October 29<sup>th</sup>  
November 19<sup>th</sup>-Pork Loin, RSVP by November 12<sup>th</sup>  
December 3<sup>rd</sup>- Cranberry mustard chicken tenders, RSVP by November 26<sup>th</sup>

## Calvary Pentecostal Church Luncheon

On Friday, November 22<sup>nd</sup>, at 12:00 PM, there will be a Turkey Dinner for seniors from Freetown at Calvary Pentecostal Church, 33 Braley Road, East Freetown. Please call the COA by Friday, November 15<sup>th</sup> to reserve your spot.



**Sunday, November 3rd at 2:00 AM**

### **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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### **SHINE Counselor**

No SHINE November 25<sup>th</sup>

Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone  
Our SHINE Volunteer will be here Mondays at 10:00 AM, and Tuesday, November 26<sup>th</sup> at 10:00 AM, and Thursdays at 10:00 AM. Please call the COA for an appointment. You can also call their regional office at 508-222-1399.

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### **Senator and Representatives**

Representative Paul Schmid will be here Monday, November 4<sup>th</sup>. And Wednesday, November 20<sup>th</sup>, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, November 20<sup>th</sup>, from 9:30 AM to 11:30 AM

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### **POOL TABLE**

Mondays, 9:00 AM

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### **Knitting and Crocheting Club**

Mondays, 10:00 AM to 12:00 PM,  
Bring your own supplies. Please call the Senior Center if you would like to attend.

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### **Card Games-Pitch**

Mondays, 1:00 to 3:00, and  
Wednesday, November 13<sup>th</sup>

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### **BINGO**

Tuesdays, 12:45 PM to 3:00 PM The license for bingo requires that you be at least 60 years old to play.

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### **Painting Class**

Wednesdays, 9:00 AM to 11:30 AM

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### **Line Dancing**

Wednesdays, 9:30 AM at the Freetown VFW  
Lessons \$2.00 per person, all ages are welcome.

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### **Parkinson's Support Group**

Our next meeting will be held on Thursday, November 14<sup>th</sup>, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 617-291-3991 or Judy Medeiros at 508-997-0907 for reservations and any questions. Please join us!

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### **Blood Pressure**

Wednesday, November 20<sup>th</sup>, 10:30 AM  
Lori Desmarais, Town Nurse, will be here

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### **Scrabble**

Thursdays, 12:30 PM

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### **The Freetown Senior Club**

Meetings are the first Thursday of the month.  
November 7<sup>th</sup> at 12:30 PM, is our next meeting at the Senior Center.

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### **STRENGTH & STRETCH**

Fridays, 9:30 AM to 10:30 AM

\$5.00 Donation requested

One hour of full warm-up, cardio, strengthen all muscles, balance exercises. End with full body stretch routine with Ellie Higgins, fitness instructor.

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### **Kanakis Produce**

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Please call to check for availability.

If you're interested, please let us know

By 9:00 AM Friday

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### **Podiatrist**

The Foot Doctor will be here **Monday, November 4<sup>th</sup> at 9:30 AM and Monday, December 30<sup>th</sup> at 10:00 AM**. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

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### **Brown Bag" Program**

Wednesday, November 20<sup>th</sup>

From 10:30 AM to 12:00 PM

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.

### **\*\*GOLD\*\*SILVER\*\*PLATINUM\*\***

**News! Gold prices are up and have been at a five-year high - a golden opportunity to trade in your old, broken or unwanted gold jewelry and coins for cash. Marc Folco, buyer of precious metals with 45 years of trusted experience, will be buying gold at the Senior Center on Tuesday, November 19<sup>th</sup>, from 11 a.m. - 1 p.m. Silver prices also are up and Marc will buy your silver jewelry, silverware and silver coins. A portion of the proceeds is donated back to the Senior Center.**

### 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.

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.

### Compassionate Care Hospice **VOLUNTEERS NEEDED!!!**

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: [Michael.Freilich@cchnet.net](mailto:Michael.Freilich@cchnet.net).

We are looking forward to hearing from you!

*Submitted by Michael Freilich*

### Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information, please call Lori at Lakeville COA-508-947-7224. We also have flyers at the Freetown COA

**November 10<sup>th</sup> to 12<sup>th</sup>, 2019-Sunday-Tuesday**, Turning Stone Resort Casino & Bingo Hall, Verona NY, \$299/PP double, \$399/PP

**December 2<sup>nd</sup> to 4<sup>th</sup>, 2019-Monday-Wednesday**, Christmas in the White Mountains Tour, \$520/DBL, \$490/Triples, \$660/Single

**December 10, 2019-Thursday**, Holiday Winter Wishes Holiday Show at the Aquaturf Club, CT. \$79/PP



### 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](http://www.rurdev.usda.gov/ma)

### Meat Bingo Game

There will be no meat bingo games in November and December. Next Meat Bingo will be January 15, 2020

**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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Robin L. Kendrick

**Van Drivers:**

Judy A. Reese  
Vincent T. D'Oliveira  
John E. Pye, Jr.  
Donna M. Silva

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**Director's Note**

We have a kiosk from Transitional Assistance SNAP program for anyone that would like to apply for food stamps. On this kiosk, you can fill out an application on line. (We can help you.) We also can help you apply for Fuel Assistance. Please call and ask for Barbara for an appointment. We also have evening appointments for those that work.

If you wish to receive your Senior Profile by E-mail, please send us your e-mail address at [COA@freetownma.gov](mailto:COA@freetownma.gov). If you wish to check out anything to do with the town, please visit [www.freetownma.gov](http://www.freetownma.gov).

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