

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 Thursday, November 10th for Veterans Day.

Closed Thursday and Friday, November 25th and 26th for Thanksgiving

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!

Calvary Pentecostal Church

Thanksgiving Luncheon

On Friday, November 19th, Calvary Pentecostal Church, 33 Braley Road, East Freetown, will have a drive through luncheon. Starting at 12:00 PM, seniors can drive through the parking lot in an orderly fashion and take home a nice boxed Thanksgiving dinner. Please RSVP the senior center by Wednesday, November 10th to reserve your dinner.

Submitted by Calvary Pentecostal Church

Farmers Market

On Thursdays, through December 2nd, Calvary Pentecostal Church, 33 Braley Road, East Freetown, will have a Farmers Market from 12:00 PM to 3:00 PM. They will have free vegetables, meats, etc. All are welcome!

Submitted by Calvary Pentecostal Church

Public Health Nurse Clinic

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse is available on the Second Tuesdays of the month. She will be here Tuesday, November 9th, 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 (Assessment/Referral). *Submitted by Lori Desmarais*

WALKING MEDITATION

physical balance, mental calm and brain fitness

WED NOVEMBER 3

WED DECEMBER 1

OUTDOORS IN THE PAVILION

10:00 - 11:00 a.m.

\$5.00 Donation Suggested

Submitted by Ellie Higgins, Instructor

SHINE

It is that time of the year again – Open Enrollment! Beginning on October 15 through December 7, all Medicare enrollees are strongly urged to review their Medicare coverage with a SHINE counselor. Whether you are enrolled in traditional Medicare or Medicare Advantage, you should make an appointment to review your coverage to ensure that you are enrolled in a plan that works best for your current medical situation. Insurance plans make changes each year – especially to part D coverage for prescriptions. If your prescriptions have changed, it is strongly suggested that you review your coverage for the upcoming year. I will have office hours at the Senior Center during Open Enrollment. Please call the COA to schedule an appointment – all appointments must be scheduled. I am still requesting that the SHINE questionnaire be filled out prior to the scheduled appointment. This form assists me in preparing ahead of time so that meeting times can be held to a minimum. Thank you – I look forward to seeing everyone in person again!

Submitted by Brenda Motta, Shine Counselor

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 COA on the 3rd Wednesday of each month at 11:00 AM. Next meeting is November 17th. We will discuss the book *The Turn of the Key* by Ruth Ware. On December 15th we will have *A Spark of Light* by Jodi Picoult.

Submitted by The Freetown Public Libraries

SENIOR CLUB

THURSDAY, NOVEMBER 4TH AT 1:00 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.

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.

Annual Income: 1 Person-\$40,951

2 People-\$53,551

3 People-\$66,151

**DANCE-FIT with Ellie (certified instructor)
30 mins. dance & cardio moves (low impact) to
variety of music**

20 mins. full body strength, stretch

END: Yoga relax & breathe.

\$5.00 suggested donation

**Must bring: Water bottle, folding chair, hand
weights**

**MON & FRI 9:30 to 10:30 a.m. (in pavilion out
back)**

Submitted by Ellie Higgins

Podiatrist

Dr. Markowitz, will be here Thursday, January 6th, at 9:00 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

PROGRAMS:

Pool Table: Mondays at 9:00 AM

Knitting: Mondays at 10:00 AM

Cards: Mondays at 1:00 PM

Bingo: Tuesdays at 1:00 PM

Art Class: Wednesday at 9:00 AM

Scrabble: Thursdays at 1:00 PM

**For any of these you must call to notify us you
will be here. At this time, we are having
renovations done to the building and are not sure
when they will be taking place.**

Senator and Representatives

Representative Paul Schmid will be here Monday, November 1st, at 10:00 AM, office phone-617-722-2210

Senator Michael Rodrigues will be here Wednesday, November 24th, from 9:30 AM to 11:30 AM, office phone-508-673-8408

Representative Carole Fiola will be here Thursday, November 18th, from 12:30 to 1:30, 617-722-2430

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

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.

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, November 24th

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.

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.

The Tuesday Club of Assonet Fund Raiser

We now have Red Heart Signs for you to purchase! You can call Dottie at 508-644-2459 to purchase signs. They are \$5.00 each. New locations will be added as the weather turns colder.

Please visit our web page to see what we do! Visit us at www.tuesdayclubofassonet.org. Look for more fundraising plans from us in the near future! As always, Thank you for your support.

As one of our members so eloquently said:

A red heart is a symbol used to express gratitude, love, happiness and hope. "I feel the red heart expresses our gratitude and love to the residents of Freetown who are helping us to share love and hope with scholarships for our high school seniors and with donations to various charities in our community! This fundraiser is one way to accomplish our goals! I am so looking forward to when we can hold our annual Strawberry Festival."

Submitted by Tuesday Club of Assonet

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

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.

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. The next event is the Annual Christmas Tree Lighting in December. Freetown Cultural Council, Town Of Freetown, P.O. Box 438, Assonet, MA. 02702 FCC@freetownma.gov

Submitted by S. Chandler, Secretary FCC

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:

Barbara A. Place, Director
Rosemary Haley, Senior Clerk, Editor
Janet Pilotte, Senior Clerk
Sandra L. Martins, Clerk/Aide

COA Board:

Marion E. Rylands—Chair Person
Robin L. Kendrick—Co-Chair Person
Bruce W. Wilbur—Treasurer
Ruth A. Ferland
Victoria A. Brownell
Alfred C. Barros
Evelyn M. Alves

Van Drivers:

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

Senior Club News

Thanks to a grant from the Freetown Cultural Council and the Massachusetts Cultural Council, the Freetown Senior Club would like to invite Freetown seniors to attend a concert of Medieval, Renaissance, and Celtic music played by The Harper and the Minstrel, on December 2, at 1:00, at the Berkley American Legion, 80 Myricks St, Berkley, (Rt. 79) Freetown residents, Jay and Abby Michaels, play over a dozen traditional instruments including harps, wooden flutes, recorders, and baroque guitar.

“Gently, lovely music...stunning voices.”

Renaissance Magazine

Lunch can be purchased at the Legion from 12-12:45. If you are not a member of the senior club and would like to attend, please let us know by sending an email to gred13@verizon.net.

Submitted by Senior Club

Music Happening at the Senior Center

On Wednesday, November 10th at 1:00 PM Jordan Paiva, Musician/DJ will be at the Freetown Senior Center to entertain seniors. Please RSVP by Wednesday, November 3rd. Jordan enjoys singing along with everyone. Come on down and have a nice time singing with your neighbors.



Thanksgiving Luncheon on Thanksgiving Day

Congregational Church of Berkley and Myricks United Methodist Church are offering a hot meal to be delivered to your home on Thanksgiving Day, November 25th. Please call the COA by Thursday, November 18th to reserve your meal.