

# 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, October 14<sup>th</sup> for Columbus Day  
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!

## Fall 2019 Special Town Meeting

**Monday, October 28, 2019 at  
7:00 PM**

**Freetown Elementary School  
Auditorium**

[www.freetownma.gov/STM](http://www.freetownma.gov/STM)

*Submitted by Board of Selectmen*

### Drums Alive! Here Come the Drums

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

**NO CLASS THURSDAY, OCTOBER 3RD**

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!

### East Freetown Grange Harvest Market

Saturday, October 19<sup>th</sup> from 9:00 AM to 1:00 PM

26 Washburn Road, East Freetown

Come meet your community's farmers, homesteaders and artisans! For more information please contact:

[freetowngrange307@gmail.com](mailto:freetowngrange307@gmail.com) or on

Facebook: East Freetown Grange #307

**Anyone who would like to dress in costume on October 29th, for luncheon, are more than welcome!**

### Freetown Senior Birthday Party

On Thursday, October 10<sup>th</sup>, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Stuffed Peppers, by Cyd's Creative Kitchen. RSVP and \$6.00 due by October 3<sup>rd</sup>

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

October 15<sup>th</sup>-Apricot chicken, RSVP by October 8<sup>th</sup>

October 29<sup>th</sup>-Meat loaf, RSVP by October 22<sup>nd</sup>

November 5<sup>th</sup>-Turkey Dinner, RSVP by October 29<sup>th</sup>

### Senior Tax Work Off Program

Seniors work approximately 65 hours in different town departments and receive up to \$750.00 off their real estate tax bill. Your application must be returned by October 31<sup>st</sup>. Everyone must fill out an application, including those who participated last year. If there is anyone that is interested in working this program, please call the COA. Please be aware of these guidelines:

Number in Family:	1 Pers.	2 Pers.	3 Pers.
Income:	\$43,200	\$49,400	\$55,550

### Breakfast at Freetown Elementary School

The Freetown-Lakeville Regional School District would like to invite you to join us for breakfast!

Wednesday, October 16<sup>th</sup> at 8:00 AM at

43 Bullock Rd, Freetown

Join us for: Scrambled eggs, pancakes, hash brown, bacon, coffee, tea and juice

Please sign up by October 9<sup>th</sup>

Freetown Residents Only

### SHINE Seminar

On Monday, October 21<sup>st</sup> at 10:30 AM, Lisa Sarkis, Regional Director from SHINE will be at the senior center to talk to seniors about

Medicare Open Enrollment

RSVP by Tuesday, October 15<sup>th</sup>

### **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**

Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone  
Our SHINE Volunteer will be here Thursday, October 3<sup>rd</sup> and Monday, October 7<sup>th</sup> 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 Carole Fiola will be here Monday, October 7<sup>th</sup>, at 10:00 AM

Representative Paul Schmid will be here Monday, October 7<sup>th</sup> and Wednesday, October 23<sup>rd</sup>, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, October 23<sup>rd</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 Thursday, October 17<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

Upstairs October 2<sup>nd</sup>, 9<sup>th</sup> and 23<sup>rd</sup>

Betty Ashley will be resuming classes October 16<sup>th</sup>.

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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, October 10<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, October 23<sup>rd</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.

October 3<sup>rd</sup> is our next meeting.

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### **STRENGTH & STRETCH**

Fridays, 9:30 AM to 10:30 AM

**NO CLASS OCTOBER 4<sup>th</sup> and 11<sup>th</sup>**

\$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 **Thursday, October 17<sup>th</sup> at 10:00 AM and Monday, November 4<sup>th</sup> at 9:30 AM.** You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

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### **Brown Bag" Program**

Wednesday, October 23<sup>rd</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, October 15, 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

**October 8, 2019-Tuesday**, Nashoba Valley Winter & Bolton Orchards with lunch at The International, Bolton, MA, \$89/PP

**October 22, 2019-Tuesday**, The Red Lion Inn & The Norman Rockwell Museum, Stockbridge, MA-\$89/PP

**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/Triple, \$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

Wednesday, October 16<sup>th</sup>, at 12:30 PM. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, October 11<sup>th</sup>**, win a Bingo; you can choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

**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

**COA Board:**

Jeannette M. Tisdelle – Chair Person  
Marion E. Rylands – Vice Chair Person  
Bruce W. Wilbur-Treasurer  
Ruth A. Ferland  
Victoria A. Brownell  
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 are looking for a new Board member. You must be twenty-one years of age or older and a resident of Freetown. We are looking for a fresh mind, with new ideas.**

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**VFW Post 6643 Breakfast**

Sundays in October!  
(Sundays, October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>,)  
Serving from 8:00 AM to 10:30 AM

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**2020 CENSUS HIRING**

A Representative will be available at the Council on Aging on Monday, October 21, 2019, from 10:00 AM to 12:00 PM to answer any questions. Anyone 18 or over can apply. [www.2020Census.gov/jobs](http://www.2020Census.gov/jobs)

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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**Country Travelers Trips in 2019**

**October 9, 2019**, Wednesday-Hart's Turkey Farm/orchard visit, Meredith, NH, \$65/PP

**October 12, 2019**, Saturday-New York City, \$65/PP

All trips are based on a minimum of 40 people reserving no later than eight weeks prior to trip. Deposit of \$100 to accompany reservation, unless cost of trip is less than, then half of cost is expected as a deposit. Some trips are planned in conjunction with other companies and they have stricter requirements which I must adhere to. All prices include drivers' gratuity.

These trips leave from the backside of Hampton Inn (Next door to White's Restaurant in Westport) **far side near tennis courts**. If enough people register from this area, they will make the Senior Center a pick up destination. Any info and/or to schedule a trip; please call Veronica Beaulieu at 508-636-4889. Schedule subject to changes and modifications  
*Submitted by Judy Emond*

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