

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 11th for Columbus Day
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: 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!

Ice Cream

Wednesday, October 13th, from 1:00 to 2:00 at the Senior Center. Annie's Ice Cream Shack will be here. RSVP by October 6th

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, October 12th, 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 OCTOBER 6

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

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.



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

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 31st. 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:	\$47,150	\$53,850	\$60,600

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

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 October 20th. We will discuss the book *The Art Forger* by B. A. Shapiro. On November 17th we will have *The Turn of the Key* by Ruth Ware

Submitted by The Freetown Public Libraries

Podiatrist

Dr. Markowitz, will be here Monday, November 1st at 9:30 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, October 4th, at 10:00 AM, office phone-617-722-2210
Senator Michael Rodrigues will be here Wednesday, October 27th, from 9:30 AM to 11:30 AM, office phone-508-673-8408

Representative Carole Fiola will be here Thursday, October 21st from 10:30 to 11:15: 617-722-2430

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 wooded 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!

Brown Bag" Program

Wednesday, October 27th

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.

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

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.

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

East Freetown Grange Farmer & Artisan Market

Every Sunday through October 3rd

9:00 AM-1:00 PM

26 Washburn Rd, East Freetown

Look Forward to...

- Fresh fruits, veggies and honey
- Handmade lip balm and soaps
- Hand sewn fabric items

And SO MUCH MORE!

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.



Bristol Elder Services Board Opening

Are you interested in community-based services and supports for older adults? Bristol Elder Services, Inc., designated by the Commonwealth as the central point for aging services in greater Attleboro, Fall River, and Taunton Communities, is seeking a person from Freetown to serve on its Board of Directors (Board). The Board is the Corporation's governing body and as such, sets strategy, policy and carries out the functions of the agency.

The Board meets every month on the fourth Friday at 10:00 AM. Although meetings are generally held in Fall River with an option to attend by webinar or teleconference, at present, all meetings are virtual. The composition of members is set by the state and includes things such as having a majority over the age of 60. We aim to have a diversified group geographically, from various sectors (health care, businesses), and cultures.

To learn more, contact Nancy Munson, CEO, at Nancy.munson@bristolelder.org, or 774-627-1304.

Submitted by Bristol Elder Services

The Tuesday Club of Assonet Fund Raiser

We now have Red Heart Signs for you to purchase!

You may purchase the signs each Sunday morning from 9-1 through October 3rd at the East Freetown Grange #307 Farmers Market at 26 Washburn Road, E. Freetown

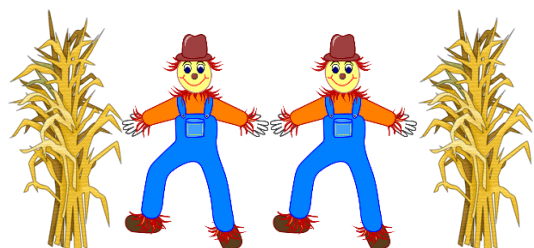
You may also call Dottie at 508-644-2459 to purchase signs. They are \$5.00 each.

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."



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

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.



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.

