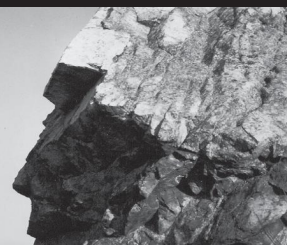


The Senior Profile



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

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 and Muffins with the Town Administrator and Selectman Zager

Please join the Town Administrator and Selectman Zager for coffee and muffins on Thursday October 13 at 9:30 at the Council on Aging. Town Administrator Deb Pettey and Selectman Zager will be available to answer all your questions and are very interested on what the Freetown Senior population would like to have available to them for services, activities and whatever else you wish to speak with them about.

Please call the COA before October 7th if you wish to attend.

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. The guidelines have not been established at the time of this printing. Please contact Andrea at the COA to be placed on the list to be called when we receive the guidelines. Thank you.

Matt York - Songs & Stories The Highway Men

♫ **Wednesday October 12 at 1:00 at the COA**

Longtime New England singer/songwriter Matt York will perform the songs of Johnny Cash, Willie Nelson, Kris Kristofferson and Wayland Jennings and tell stories of their careers. York has twice been nominated as Best Male Artist by the New England Music Awards and his latest release was named one of Boston Globe's best albums of 2019. This program is supported in part by a grant from the Freetown Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. **Please call the COA to reserve before October 7th.**

Fuel Assistance

Please call the COA when you receive your application to make an appointment.

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.
UP TO: \$42,411 \$55,461 \$68,511 \$81,561

There are forms and paperwork you must collect to fill out the Fuel Assistance form.

Police Station Tour

The Police Department will be offering a tour of the Station Tuesday, October 25th at 9: AM and 10: AM. Please contact the COA if you would like to attend.

Brown Bag has changed to 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 and phone number.

Annie's Ice Cream!!!!

Please join us at the COA **Thursday 10/6** for delicious ice cream sundaes from Annie's Ice Cream Shack! **Please call the COA by 10/4/2022**

Freetown Lakeville Regional School District Senior Breakfast!

The Freetown/Lakeville Regional School District would like to invite you to join us for **Breakfast at Freetown Lakeville Middle School! Wednesday November 16th at 8:30 AM. Located at 86 Howland Rd. Lakeville, MA.** Join us for Scrambled Eggs, Pancakes, Hash Browns, Bacon, Coffee, Tea and Juice. **Please call the COA to sign up by Wednesday November 9th**

Line Dancing for Exercise and Fun

Sponsored by the Freetown Council on Aging
Line dancing is a great form of exercise. You do not need a partner. Each dance is different, so you must actively engage your brain to remember the steps of each dance. You need to incorporate balance, rhythm and muscle.

For the most part, the dance steps are the same as those in ballroom dancing, e.g., rhumba box, waltz step, vine, cha cha, lindy, shuffle etc. The more one practices the steps, the easier it is to learn each dance. Dances are done to country, pop and even classical music. Classes in line dancing are done at several Council on Aging, churches, Veterans of Foreign Wars and American Legion halls and even some senior housing apartments.

Dancing has emotional benefits as well. It staves off depression and isolation. It increases confidence with each new dance that is learned. Plus, it helps with weight control, osteoporosis and most importantly, according to the New England Journal of Medicine, decreases the risk of Alzheimer's disease and Dementia by 75 percent.

Put on your dancing shoes and dance with us.
EVERY WEDNESDAY MORNING: 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**

Public Health Nurse Clinic

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse is available on the third Tuesday of the month. She will be here Tuesday, October 18, from 10:00 -11:00 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.

Podiatrist

Dr. Markowitz, will be here Thursday, November 17th at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

SHINE

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

Crafters Club!

Come to the COA and enjoy the company of other crafters while working on your projects! Mondays at 10:00. Please call to let us know that you will be here.

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

Coffee & Muffins

Mondays at 10:00 AM

Come on in to the Senior Center and have a cup of coffee or tea and some delicious, freshly baked muffins. All are welcome. Please let us know by the Friday before each Monday if you will be attending so we can bake enough muffins. Thank you!

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! **\$5.00 per person. Please call to reserve, space is limited.**



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.

Comcast Affordable Connectivity Program:

ACP is a federal government program designed to help income-constrained household connect to the internet. If you receive SNAP, Medicaid, SSI, Veterans Pension and Survivors Benefit or other programs, and fall under the income guidelines (1 Person \$27,180/Year, 2 People \$36,620/Year) you qualify for the ACP – Comcast will credit your internet bill up to \$30. a month. Or you can sign up for "Internet Essentials" up to 50Mbps for \$9.95/mo. Or up to 100Mbps for \$29.95/mo. Visit Comcast at <https://www.xfinity.com/learn/internet-service/acp/free-internet> or call 844-963-0288 for more information.

Senator and Representatives

Representative Paul Schmid will be here Monday October 3rd, at 10:00 AM (Office phone 617-722-2210)
Senator Michael Rodrigues will be here Wednesday October 26th, at 9:30 AM (Office phone-508-646-0650)
Representative Carole Fiola will be here Wednesday October 26th, at 11:30 AM to 1: PM. (Office phone 617-722-2430)

Grab & Go Lunch

Bristol Elder Services will be supplying a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday. Two short forms must be filled out before you can order a meal.** A menu will be given to you. Please call and let us know which days you would like to come 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.

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.

MEDICARE

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call in early September to discuss your insurance questions, or schedule your SHINE phone or face-to-face appointment, during the **Open Enrollment from October 15 through December 7th!** REMINDER: Bring your card and drug list to your appointment! To make an appointment with a SHINE counselor, call your local senior center in early September and ask for a SHINE appointment. Remember that appointments fill fast during Open Enrollment. You can reach a SHINE counselor by telephone. Call 774-203-1910. Once you get the SHINE answering machine, leave your name, number, and town in which you live. A volunteer will call you back as soon as possible.

Calvary Pentecostal Church Free Drive Through Luncheon

On Friday October 7th, Calvary Pentecostal Church, 33 Braley Rd. E. Freetown, will offer a hot lunch drive through. Starting at 12:00 PM Seniors can drive through the parking lot, in an orderly fashion and pick up a nice boxed lunch. Please RSVP to the Senior Center by Wednesday October 5th to reserve your dinner.

Submitted by Calvary Pentecostal Church

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.

VAN SCHEDULING: Please be sure to wear a mask, for your safety and ours. Thank you!

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.

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.

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 3rd Wednesday of each month at 11:00 AM. Next meeting on October 19.

Submitted by The Freetown Public Libraries

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. Income limits for the Grants are:

1 \$17,650 2 \$20,200 3 \$22,700 4 \$25,250

→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.**

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

Freetown Food Pantry

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

WELCOME OCTOBER!

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717-1008
ADDRESS SERVICE REQUESTED

PRESORT STD.
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Andrea Lima, Senior Clerk, Editor
Jacqueline Garell, Senior Clerk, Editor

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Marion E. Rylands
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Van Drivers:

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John E. Pye, Jr.
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NOTICE OF VACANCY:
FREETOWN BOARD OF REGISTRARS

There will be a vacancy that will exist on the Freetown Board of Registrars beginning April 1, 2022.

Qualifications: Must be a registered voter in Freetown. Enrolled as a member of either the Democratic or Republican party for at least the previous two years.

Must hold no other public office by public election or by appointment by the Board of Selectmen. Must have own transportation. Please submit a letter of interest ASAP to: *Cheryl C.A. Estrella, Town Clerk, Town of Freetown, PO Box 438, Assonet, MA 02702*

If you have any questions or need further information regarding duties, please call 508-644-2201, ext 2.

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

