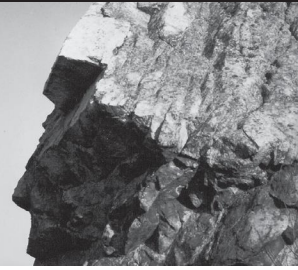


The Senior Profile



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, September 2nd for Labor Day
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!

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: \$37,360 \$48,855 \$60,351 \$71,846

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

Drums Alive! Here Come the Drums

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

No class Tuesday, September 10th, class will be on
Monday September 9th at 11:30 AM

No classes Thursdays, September 19th and 26th
Classes will be on Mondays- September 16th & 30th
At 11:30 AM

(PLEASE CHECK ON CALENDAR!)

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!

Meat Bingo Game

Wednesday, September 18th, 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, September 13th**, 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 Senior Birthday Party

On Thursday, September 12th, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Ham Steak by Cyd's Creative Kitchen. RSVP and \$6.00 due by September 5th.

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

September 3rd-Lasagna, RSVP by August 27th

September 17th-Spinach stuffed chicken, RSVP by
September 10th

Cyd Ryle from Cyd's Creative Kitchen prepares the meals for these luncheons

Senior Tax Work Off Program

Seniors work approximately 75 hours in different town departments and receive up to \$750.00 off their real estate tax bill. Your application must be returned by September 30th. 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

Flu/Wellness Clinic

The Freetown Board of Health and Stop & Shop Pharmacy is sponsoring a Flu/Wellness Clinic for all Freetown residents 9 years of age and older
Tuesday, September 10th from 9am to 11am
Thursday, September 26th from 6pm to 8pm
Saturday, October 5th from 11am to 1pm

Pre-registration recommended

To register please contact:

Board of Health 508-644-2202, Ext. #3

Pre-registration is required for Tdap and Shingles
Walk-ins welcome

Also available: Pneumonia shots, Tdap (tetanus), Blood Pressure, Info on Mosquitos, Ticks, And File of Life
Please bring your Health Insurance Card

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

SHINE Counselor

Serving the **H**ealth **I**nsurance **N**eeds of **E**veryone Our SHINE Volunteer, will be here sometime in September. Please call the COA for an appointment.

Senator and Representatives

Representative Paul Schmid will be here Tuesday, September 3rd and Wednesday, September 25th, from 10:30 AM to 11:30 AM

Senator Michael Rodrigues will be here Wednesday, September 25th, from 9:30 AM to 11:30 AM

POOL TABLE

Mondays, 9:00 AM

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.

Card Games-Pitch

Mondays, 1:00 to 3:00

BINGO

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

Painting Class

Wednesdays, 9:00 AM to 11:30 AM
Bring your own supplies. The current group of artists is meeting on their own.
Painting class will be resuming in October.

Line Dancing

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

Parkinson's Support Group

Our next meeting will be held on Thursday, September 12th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

Blood Pressure

Wednesday, September 25th, 10:30 AM
Lori Desmarais, Town Nurse, will be here

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Meetings are the first Thursday of the month. September 5th is a picnic. Meet at American Legion, 80 Myricks St, Berkley for 12:00 PM. Bring your own lunch!



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.

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

Podiatrist

The Foot Doctor will be here **Thursday, October 17th at 10:00 AM and Monday, November 4th at 9:30 AM.** You must call Dr. Markowitz to make an appointment at **1-401-455-3554.**

Brown Bag" Program

Wednesday, September 25th

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 Sept. 12 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.

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

December 2nd to 4th, 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



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

Director's Note

We had a good summer with two cookouts sponsored by Stop & Shop Warehouse. We cannot thank them enough for all they do to help us all year.

A new pilot program, which is free until December 2019, Drums Alive! Rhythm with drums and fun exercise!

Department of Transitional Assistance has a Kiosk here which anyone can come and apply for Food Stamps (SNAP) or check on their account

We also would like to thank the COA Board for all their help and guidance. They work diligently to help us help others

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

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
