

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 6th for Labor Day

As of now our offices are open to appointments, masks required

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!

Art Class

Wednesday, September 8th at from 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, drawing demonstrations will be given at this ongoing class.

Celebratory Lunch with Heart to Home Meals

On Tuesday, September 21st, at 11:30 AM the team at Heart to Home Meals is offering a free hot lunch to honor the beautiful seniors of Freetown. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! The company provides a selection of over 160 healthy and nutritious meals, soups and desserts, hand delivered by a local driver right to your freezer. Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required.

Come join the team for a free lunch, trivia and prize give away at the Freetown Senior Center!

RSVP REQUIRED as space is LIMITED! Please call the senior center to reserve yours today.

PLEASE CHOOSE ONE MEAL OPTION

1. Chicken breast with gravy and stuffing:

Chicken breast served with stuffing and gravy includes sides of mixed vegetables and country-style potatoes

2. Crumb topped cod in lemon sauce:

Cod fillet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus and green beans.

(These meals are suitable for anyone following a low fat or low-calorie diet.)

SHINE: (Serving Health Insurance Needs of Everyone)

I will have office hours at the Senior Center on September 13th and 27th from 10 - 12. Please call the COA to schedule an appointment. 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! You MUST call the COA for an appointment.

Submitted by Brenda Motta, SHINE Counselor

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!

Ice Cream

Thursday, September 9th from 1:00 to 2:00 at the Senior Center. Annie's Ice Cream Shack will be here. RSVP by September 1st.

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 September 14th, 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

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**.

Book Club

Calling all Book Lovers! The Freetown Public Libraries and the Council on Aging are starting 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 September 15th. We will discuss the book The Storied Life of A. J. Fikry by Gabrielle Zevin.

Submitted by The Freetown Public Libraries

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

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.

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

Senator and Representatives

Representative Paul Schmid will be here Monday, September 13th, at 10:00 AM, office phone-617-722-2210

Senator Michael Rodrigues will be here Wednesday, September 22nd from 9:30 AM to 11:30 AM, office phone-508-673-8408

Representative Carole Fiola: 617-722-2430

Brown Bag" Program

Wednesday, September 22nd

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.

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.

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.

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

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.

Carving Out Your Story
An Oral History Workshop

Stories come from the most amazing places! If you've lived a life, you have stories to share!

Please join us for a **free 90-minute Oral History workshop**. This fun and friendly workshop will help you uncover interesting stories from your life. Using story prompts and interactive activities, award-winning storytellers Karen Chace and Andrea Lovett will guide you through the process of finding those jewels that deserve to be remembered.

For the past seven years, Karen and Andrea have collaborated with senior citizens in the greater Lakeville/Freetown area, helping them excavate priceless memories. These are a few of the touching, beautiful, funny and courageous stories captured in the past:

- A boy's pain of losing a parent dovetailed with the joy of summer camp.
- The joy of winning a coveted bicycle and the resulting mayhem.
- A young bride's excitement and trepidation when she moves away from the small-time life she loves, to join her husband who is drafted into the Marines during the Korean Conflict.
- The courage of a high school boy who stands up to the bullies in his life and finds himself in the process.
- An historic meeting with Coretta Scott King.

Your Stories are important!

There are generations of children who have no concept of what it was like to grow up in the 30's, 40's, 50's, 60's, 70's... Come join us! All you need to bring is a notebook, pencil and a willingness to explore and have fun!

Date: Thursday, September 30th

Time: 1:30-3:30

Location: Lakeville Library, 4 Precent St, Lakeville
Registration is required and space is limited.
Please call Jayme Viveiros at (508) 947-9028 to register for the free workshop.

Questions before you decide to register? Contact Karen at storybug@aol.com or Andrea at love2tell2@aol.com. We will be delighted to speak with you. We hope to see you there!

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!

Board of Registrars Vacancy

There is a current vacancy that exists on the Board of Registrars. If you would be interested in serving on the board, please submit a letter of interest to:

Cheryl C. A. Estrella, Town Clerk,

Town of Freetown

P. O. Box 438

Assonet, MA 02702

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

The Board of Registrars meet at the Town Clerk's Office for Final voter registrations before elections and town meetings, check in voters at town meetings and take part in election recounts.

Requirements: Must be a Republican or Democrat for a period of 2 years or more & must have own transportation.

Submitted by Town Clerks' Office

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



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

Directors Note

We would like to say thank you for a local donation which helped pay for the coffee and donuts and our Ice Cream get together on September 9th.

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.

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 on Tuesday, September 28th, 10:00 AM to 12:00 PM at the Freetown Council on Aging. Pre-registration recommended. To register please contact Board of Health 508-644-2202, Ext. #3 Walk-in's welcome Also available: Pneumonia shots, Blood Pressure, Info on Mosquitos, Ticks And File of Life. Please bring your Health Insurance Card.

