

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

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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!

Farmer's Market Coupons

We have Farmer's Market Coupons available after 9:00 AM. First come, first served.

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.

Comcast Affordable Connectivity Program:

ACP in 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.

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.



Annie's Ice Cream!!!!

Please join us **Thursday 9/15** for delicious ice cream sundaes from Annie's Ice Cream! **RSVP by 9/13/22**

COA Closed

Please note the COA will be closed Sept. 14 at 12:00

Coffee & Muffins

Mondays at 10:00 AM to 10:30 AM Starting September 12

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 if you will be attending so we can have enough muffins on hand. Thanks!!

Public Health Nurse Clinic

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse is available on the Second Tuesday of the month. She will be here Tuesday, September 13, 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.

Podiatrist

Dr. Markowitz, will be here Thursday, September 15, 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 on September 19. Please call the Senior Center to book an appointment.

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.**

Police Building Tour

We are planning with the Police Department to give the seniors a tour in early October. If you are interested, please call and let us know.

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

Music with Jackson Gillman

Wednesday September 8 @ 1:00! Musical

Nostalgia (with lots of fun surprises). You'll be tempted and invited to sing along with familiar tunes, but you'll find that many of the lyrics have been comically adulterated. No musical form is safe or sacred in the *Stand-Up Chameleon's* rollicking revue of musical foolishness and finesse. **Please call to reserve. Weather permitting, under the pavilion.**

New Hours and Town Beach Sticker Information

The Transfer Station Hours are now: Tuesday – Friday 8:AM – 4:PM, Saturday 8:AM – 6PM Sunday 8:AM – 12:PM. Gate closes one half hour before closing. Please note the Saturday and Sunday hours are seasonal through October.

Town Beach stickers can be purchased at Town Hall (Mon. – Thurs. 8:AM -4:PM, Fri. 8:AM – 12:PM) or Long Pond Boat Ramp, 211 Middleboro Rd. East Freetown, Fri. 2:pm – 5:PM, Sat. – Sun. 9:AM – 3:PM. They can also be purchased at the Transfer Station During regular business hours.

RMV “Real ID” Information

Please join us at the Lakeville COA on **Tuesday September 13th at 11 AM** for the RMV's Community Outreach Workshop, “Real ID”. This workshop will provide information on new Federal and State requirements concerning driver's license and ID renewals. It will help you to understand who needs a “Real ID” and provides detailed instructions on how to apply for one and answer pressing questions like “Does everyone need to have a real ID?” Light refreshments will be served, sign up is required. Please contact Lakeville COA to sign up: 508-947-7224 press 1.

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.

SHINE COST SAVINGS TIPS

COST SAVINGS Strategies TIP #1 from SHINE
Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for **BIG SAVINGS** on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify! Medicare Savings Plans Gross Monthly Income Limit Asset Limit*
Application to use Benefits MassHealth Senior Buy-In (QMB) \$1,473 (individual) \$1,984 (couple)
\$16,800 (individual) \$25,200 (couple) MassHealth SACA-2 or Buy-In 1-800-841-2900 Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs MassHealth Buy-In (SLMB, QI-1) \$1,869 (individual) \$2,518 (couple)
\$16,800 (individual) \$25,200 (couple) MassHealth SACA-2 or Buy-In 1-800-841-2900 Pays Medicare B premium & full extra help with prescription costs *
Primary residence and one vehicle are not counted If you have any questions about these programs, contact a SHINE counselor or outreach worker at your COA or MassOptions at (1-800-243-4636). You can apply any time and reap big savings!

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 September 21st.

Submitted by The Freetown Public Libraries

Calvary Pentecostal Church Free Drive Through Luncheon

On Friday September 16th Calvary Pentecostal Church, 33 Braley Rd. E. Freetown, will offer a hot drive through luncheon. 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 September 14th to reserve your dinner.

Submitted by Calvary Pentecostal Church

Senator and Representatives

Representative Paul Schmid will be here Monday September 12, at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday September 28, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday September 28, at 9:00 AM. (Office phone 617-722-2430)

Welcome September!

Things to do each day this month:

1. Take a bite of a crisp apple
2. Weed a garden
3. Laugh out loud
4. Put on a happy face 😊
5. Take a short walk
6. Pat a dog
7. Hug a friend
8. Bake some muffins
9. Enjoy a sunny day
10. Call a family member/friend
11. Listen to the birds
12. Give a friend a ride
13. Enjoy quiet time with the moon and stars
14. Smile 😊
15. Pick a flower for your vase
16. Take a deep breath
17. Whistle
18. Don't turn on the TV
19. Help a neighbor
20. Make a wonderful salad
21. HUMMM 🎵
22. Donate to a food pantry
23. Pet a kitty
24. Read only the comics in the newspaper
25. Wake up with a smile
26. Kiss someone
27. Take a friend to lunch
28. Take a walk in the rain
29. Sing a happy tune 🎵
30. Buy yourself a fall plant

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.

Freetown Food Pantry

The Food Pantry is open on Mondays 10:00 AM to 12:00 PM for Freetown/Assonet residents only. If you need assistance please call the COA, Staff will be available to help you

"Brown Bag" Program

Wednesday, September 28th

From 9:00 AM to 10:00 AM

AT THE FRONT OF THE BUILDING

Starting in September, you will come into the building, sign in, then receive your bag.

"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.

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

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. **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.

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 COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717-1008
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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.

Have a safe Labor Day



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