

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!

Note from the Director

Wow! With the most beautiful summer day and a tremendous amount of support, the annual Stop and Shop cookout was a success! First, a huge thank you to Stop and Shop and their amazing team. Special shout out to Gen! On that same note, much appreciation for our volunteer Shelby, the CCD students of Saint John Neumann parish and their organizers, Lisa and Joe for all their help. Thank you to the Freetown Highway Dept. and Tim for helping us set everything up. To everyone who checked on me from Town Hall and made sure we had the support we needed, it did not go unnoticed. Thank you to Senator Rodrigues, Rep Fiola, and Rep Schmid for you and/or your team's presence and engagement. And last, but certainly not least, my team (Andrea, Jackie, Judy & John), Board members, and volunteers who have been my support starting day 1, thank you. Up next.....our BBQ in September! See you there!
Rebecca

Tazz's Barbeque!!!!

Tazz's Barbeque will be cooking up some delicious barbeque chicken dinners for our Seniors! Join us Thursday, September 14th at 12:00 for a great barbeque and some great company!
Please RSVP by September 7th.



Annie's Ice Cream

Please join us! Annie's Ice Cream will be here **Thursday, September 7 at 1:00!** She'll be serving up her delicious ice cream sundaes. **Please RSVP by September 5th.**

Fuel Assistance

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

Family Size: 1 Pers. 2 Pers. 3 Pers. 4 Pers.
UP TO: \$45,392 \$59,359 \$73,326 \$87,294

There are forms and paperwork you must collect to fill out the Fuel Assistance form. New applicants please call the COA to make an appointment if you need assistance with your application.

Coffee & Muffins

Mondays at 9:30 Starting September 11th

Please visit the COA for 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 bake enough muffins.

Thank you!!

Lunch and BINGO!

Join us for lunch and stay for BINGO! **Tuesday, September 26th.** We will be serving lunch at 12:00 and BINGO will start at 1:00. **Please RSVP by Thursday, September 21.**

Farmers Market Coupons!

We have a limited number of coupons left. They are given out on a first come, first serve basis.

Please call the COA (508-763-9557) for an appointment. You must be 60 years old, with an annual household income \$26,973.00 (Single) or 36,482.00 (2 person household) or less, and are a resident of Freetown, MA.

COA Board Meetings

The Council on Aging Board meetings are held the 2nd Thursday of the month at 1:00 PM. Date and time subject to change.

Newsletter Deadline:

Please note: the deadline for the October Newsletter is **September 12, 2023**. Anything received after this date will not appear in that Newsletter.

Senior Club

The 50 Seniors who attended Festival Theater's production of "Joseph and the Amazing Dreamcoat" at the Zeiterion felt as if they were watching a Broadway production. The Freetown Senior Club wishes to publicly thank the Freetown Cultural Council for awarding the grant that made it possible for the 50 Seniors to see this amazing production.

Submitted by Freetown Senior Club

SHINE

Serving the Health Insurance Needs of Everyone

The SHINE Counselor will be available Monday, September 18th. Please call the Senior Center to book an appointment.

Health Nurse Clinic

Lori Desmarais, RN, BSN, the Freetown Public Health Nurse, is available on the second Tuesday of the month. Lori will be here Tuesday, September 19th from 9:30 -10:30 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.

Flu Clinic

The Freetown Board of Health is sponsoring a Flu Clinic for all Freetown residents 18 years of age and older on Tuesday, October 3rd, 9:00 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 and forms will be available at the COA. Info on Mosquitos, Ticks and File of Life will also be available. Please bring your Health Insurance Card.

Submitted by Lori Desmarais

Podiatrist

Dr. Markowitz, will be here Thursday, September 28. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**.

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

Drums Alive!

Monday's at 11:00. Drums Alive is designed to improve physical and mental fitness and above all, be fun! **Please sign up monthly. Classes are free for Freetown Seniors and are being funded by a grant. Please see calendar for schedule.**

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.

Chair Yoga/Aerobics/Movement Class

Tuesday's at 10:00 AM and Thursday's at 8:45 AM for our residents, with Certified Instructor Tara Didi. **Please sign up monthly. Please see calendar for schedule.**

BINGO!

Please join us for BINGO! Every Tuesday at 1:00 at the Senior Center. Light snacks are served during the break.

Line Dancing

Sponsored by the Freetown Council on Aging. Put on your dancing shoes and dance with us.

EVERY WEDNESDAY MORNING:

Absolute Beginners: 9:00AM – 9:30

Line Dancing: 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' E. Freetown

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. Please note: Artists are welcome to meet throughout the summer months to continue to work on their art.

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 is September 20th

Submitted by The Freetown Public Libraries

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. There is no income or age restrictions to participate, and no paper application. We will need your name, address, phone number and date of birth. **Pick up at the front of the COA 9 AM to 10 AM on September 27th.**

Calvary Pentecostal Church Farmer's Market

On Thursdays in September the Calvary Pentecostal Church, 33 Braley Rd. E. Freetown, will offer a free Farmer's Market. **Starting at 12:00.**

Free Hot Drive thru dinner on Friday September 22nd at 12:00

Submitted by Calvary Pentecostal Church

Grab & Go Lunch

Bristol Elder Services is supplying a Grab & Go Lunch Program on **Monday, Tuesday, Wednesday and Thursday. Two short forms must be completed and approved prior to ordering a meal.** Please come by and pick up a menu and let us know which days you would like to 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.

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, walkers, incontinence products etc. Please call us for availability. We also accept donations of above equipment. **Thank you to all who donated Wheelchairs, Transport Chairs, Rollators, Shower Chairs and Benches and Commodes.**

Freetown Food Pantry

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

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. The van is available for Doctor Appointments, Shopping and other needs.

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.

Freetown Flash

For the latest Town news, alerts or emergencies, and other pertinent information for the Town of Freetown enroll in the Freetown Flash. It's free and you can choose to be notified by phone, email or text message. Don't miss out details at www.freetownma.gov need help signing up reach out to the Town Administration Office at 508-644-2201 or stop by our Town Hall, 2nd floor office.

Mass. Community Electricity Aggregation Program

Freetown Community Electricity Aggregation is an electricity supply program offered by the Town of Freetown to provide residents and businesses with new, Town-vetted options for electricity supply. Eversource continues to deliver your electricity, repair power outages, and maintain the electricity grid; they also send you one bill for the electricity you used.

The Freetown CEA is the town's program to provide competitive choice for electricity to our residents and businesses. The Freetown CEA program is part of a 25-community electricity purchasing group, active since January 2016. The supplier for the Freetown Community Electricity Aggregation program is "Constellation New Energy (Freetown CEA)" There are three CEA electricity supply options.

Constellation cost per kilowatt hour:

1. Standard \$0.10470
2. 50% Green \$0.12244
3. 100% Green \$0.14019

Cost for Eversource \$0.25649

Constellation rates are in effect through December 2023. More information, and to sign up, is available on the Freetown Website under Community Electricity or call Town Hall at 508-644-2201 x1.

Senator and Representatives

Representative Paul Schmid will be here Monday 9/11 at 10:00 AM (Office phone 617-722-2210)

Senator Michael Rodrigues will be here Wednesday 9/27, at 9:30 AM (Office phone-508-646-0650)

Representative Carole Fiola will be here Wednesday 9/27, at 9:00 AM. (Office phone 617-722-2430)

The Office of the Town Clerk & Elections Department is seeking registered voters interested in serving as Election Workers as we prepare for the upcoming 2024 elections. Please submit your letter of interest to the Town Clerk Cheryl C.A. Estrella via email elections@freetownma.gov



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:

Rebecca Frias, Director
Andrea Lima, Senior Clerk, Editor
Jacqueline Garell, Senior Clerk, Editor

COA Board:

Robin L. Kendrick-Chair Person
Brenda Motta-Vice Chair Person
Bruce W. Wilbur-Treasurer
Ruth A. Ferland - Secretary
Marion E. Rylands
Evelyn M. Alves
Alfred Barros

Van Drivers:

Judy A. Reese
John E. Pye, Jr.
Arthur Poirier

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press 1 if you need police

Press 2 if you need fire

Press 3 if you need an ambulance

If the 9-1-1 dispatcher asks questions:

Press 4 for YES

Press 5 for NO

Source: MA State 911 Department and the Executive office of Public Safety and Security

PLEASE CHECK IN:

Please sign into My Senior Center for every event or visit to the center. This information helps us obtain grant funding that allows us to continue to operate and offer the events and programs you enjoy. Please see a staff member if you need a key tag or to activate one from another Senior Center. Thank you!

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