

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!

Freetown-Lakeville Regional School District **would like to invite you to join us for:**

Breakfast at the Freetown-Lakeville Middle School!

Wednesday, November 16th at 8:30 AM. Located at 96 Howland Road Lakeville, MA.

Join us for: Scrambled Eggs, Pancakes, Hash Browns, Bacon, Coffee, Tea and Juice.

Please call the COA before November 9th if you wish to attend.

Senior Tax Work Off Program

Seniors work a set amount of hours in different town departments and receive money off their real estate tax bill. 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 for an application. Thank you.

Fuel Assistance

We have received our new applications for NEW recipients. Call to schedule an appointment.

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

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.

Veteran's Thanksgiving Dinner Delivered

The City of New Bedford Veteran's Office along with a local New Bedford Church is coordinating a hot turkey meal delivered to your home on Thanksgiving Day for Freetown/Assonet residents. You must call the Senior Center at 508-763-9557, by **November 10th** to reserve your meal.

Dinner on Thanksgiving Day

Congregational Church of Berkley and Myricks United Methodist Church are offering a meal to be delivered to your home on Thanksgiving Day, November 24th. The meal is Turkey with all the fixings. We will give them your name, address and phone number in order for you to receive the meal. Please call the COA by **November 18th** to reserve your meal.

Dinner on Christmas Day

Congregational Church of Berkley and Myricks United Methodist Church are offering a meal to be delivered to your home on Christmas Day, December 25th. The meal is baked stuffed chicken breasts with all the fixings. We will give them your name, address and phone number in order for you to receive the meal. Please call the COA by **December 16th** to reserve your meal.

Senior Club

Senior Club Members: Thursday November 3rd at 1:00.
Nov. 17 at 1:00 **OPEN TO THE PUBLIC**

The Freetown Senior Club has a special presentation this month. Hetty Green impersonator, Irene Gutierrez, will bring "The Witch of Wall Street" to Freetown after successfully portraying her at the New Bedford National Park Visitors' Center from May to September. For this presentation, the Senior Club is extending an invitation to anyone interested in meeting "the richest woman in America." Please, send an email by November 10 to gred13@verizon.net If you are not a member of the Freetown Senior Club, but would like to attend.

Senator & Representatives Annual Holiday Party

Senator Rodrigues, Representatives Carole Fiola & Paul Schmid and Norm Orrall will have their annual luncheon December 6 at 12:00 at the VFW, Post 6643, 89 Middleboro Rd. Freetown, for the seniors. Please call the COA by November 23 to RSVP. **COA will close at 10: this day. GRAB & GO will still be at 11:30.**

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, November 8 and December 13, from 10 -11AM 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. **Moderna Booster Clinic coming in November.** Please call the COA to be put on the list.

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 November and December. Please call the Senior Center to book an appointment.

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

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.

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.**

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
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



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.



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.

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, phone number and date of birth. **Pick up at the front of the COA 9: to 10: AM on Nov. 23 and Dec. 21**

Senator and Representatives

Representative Paul Schmid will be here Monday 11/ 7 and 12/5, at 10:00 AM (Office phone 617-722-2210)
Senator Michael Rodrigues will be here Wednesday 11/23 and 12/21, at 9:30 AM (Office phone-508-646-0650)
Representative Carole Fiola will be here Wednesday 11/23 and 12/21, at 9:00 AM. (Office phone 617-722-2430)

Senator Michael Rodrigues

This is an incredible time of year, marked by the arrival of glorious autumn colors, stunning sunsets and shorter days. It is a time of preparation for the excitement of the coming holiday season. The Senior Center is a great place to enjoy the festivities of the season with friends and neighbors. I hope you all take advantage of all the wonderful activities offered. I and my staff wish all of you the warmest of wishes for a happy and safe holiday season. Happy Thanksgiving, Merry Christmas, Happy Hannukah, Happy Kwanzaa!
My staff is always available to answer your questions and to help you however possible. Please call 508-673-8408 or 508-646-0650.

Submitted by Maureen Flanagan

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.** If we receive the menu in time, it will be on the back of the insert, you can always come by and pick one up. 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.

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 November 18th, Calvary Pentecostal Church, 3 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 November 16th 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. November 16 meeting will be held at the **Council on Aging** at 11:00 AM. December 14 will be at the **Police Station.**

Submitted by The Freetown Public Libraries

Freetown Food Pantry

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

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

Please Note:

The deadline for submitting articles for the Newsletter is the 15th of the previous month. Anything submitted after the 15th will appear in the next month's Newsletter



FREETOWN COUNCIL ON AGING
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