

Holbrook Council on Aging Newsletter

9 Jewel Road, Holbrook, MA 02343
781-767-4617 (voice mail 24/7)
COA@holbrookmassachusetts.us

MAY
2024



****MESSAGE FROM THE COA COORDINATOR****

www.holbrookma.gov/council-aging



Welcome Spring!



Please take a look at the May Calendar for the dates and times of our various workshops, activities and events.

The Norfolk County Sheriff's Office completed the nine-week Outreach Program at the Senior Center. We will miss those Tuesday morning workshops and look forward to their next programs.

The SeniorU workshop for April was a huge success. We learned many interesting facts on "Eating Healthy on a Budget".

The passenger list to the Food Pantry for those who do not have transportation is becoming longer and longer. In April, again, our vans made two trips on Tuesday, the 16th (following Patriots Day, the holiday on Monday).

This newsletter went to press prior to Therapy Gardens "Spring Gardening Ideas" on the 25th of April, but I am confident this workshop will be interesting, informative and exciting. There will be a photo in next month's newsletter.

And, as always:

TRIAD is held on the 3rd Thursday of the month at 10:00am at the Senior Center. Come by and chat with our Police, Fire and Communication Officials as well as meet with members of the Norfolk County Sheriff's Department and Norfolk County District Attorney's Office.

A coffee hour hosted by our Veterans Agent, Vince Fontaine, is held on the last Wednesday of the month at 9:30am. If you are a veteran or know a veteran, please spread the word and come by and join Mr. Fontaine for coffee. We had a guest in February, Elaine....a Gold Star Wife, and she has agreed to come by every now and then to speak with our veterans and their wives.

Avon's Memory Café is held on the last Wednesday of the month at the Avon Council on Aging. It's such a wonderful program reaching out to people touched by Dementia. If you are interested in attending or would like more information, please contact the Avon Council on Aging 508-559-0060.

Remember to check the calendar for the dates and times of all the above events and for our Chair Hip-Hop, Line Dancing and other activities and/or events held throughout the month.

We are planning some exciting new trips and activities...so again, please keep in touch!

Hope to see you soon! Cindy Brennan

MEET THE COA STAFF

Cynthia Brennan—Coordinator
Margaret Feeley—Outreach
Sandra Lemieux & Katherine Fabian—Receptionists
Cathleen McCarthy—SHINE
Maria Malinowski & Nancy McLellan—Kitchen
Elaine Hyland—Newsletter Editor
Lorraine Gardiner & Missy (Marion) Rapoza—
(Volunteers) My Senior Center
Peggy Thompson—(Volunteer)
Bruce Thompson— (Volunteer)
Claire Crowell (Volunteer) Master Reiki

VAN DRIVERS

Tom Donovan Paul Stigas
Paul Callinan Rick Evans

BOARD OF DIRECTORS

Gary Newton (Chair)
Beatrice Taggart (Co-Chair)
Sandra Lemieux (Treasurer)
Elaine Hyland (Secretary)
Cynthia Brennan (Coordinator)
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Joseph Bussolari
Louise Currie

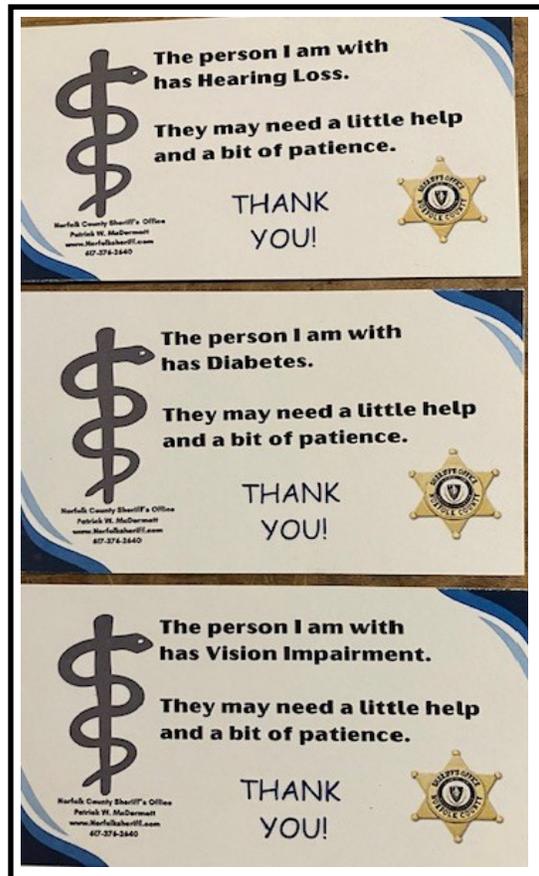
HOLBROOK COA 781-767-4617

Please join us on the **2nd Monday** of the month from **10:30-Noon** for a “CRAFT” project with Kathy Bussolari.

Please remember to check the COA Calendar for other events. Also, feel free to call the COA during the week as there are programs/events that may come up which weren't on the calendar.
781-767-4617

MAY BIRTHDAYS!

Kathy Bussolari—1



These cards are available through the Norfolk County Sheriff's Dept.
(please stop by the COA)

“MY STORY”

A few months ago, we reached out to Seniors asking they provide a *short* summary of “your life” such as where you were born and grew up, your profession, some likes/dislikes, hobbies, life accomplishments and what you are currently involved with. It's always nice to get to know each other a little better. If interested, please submit your story by the 15th of the month for publication in the next newsletter. THANKS!

**THE HOLBROOK FOOD PANTRY AND THE HOLBROOK COUNCIL ON AGING
HAVE PUT TOGETHER A PLAN OFFERING TRANSPORTATION FOR OUR SENIORS
TO “SHOP AT THE FOOD PANTRY”**

The Food Pantry has opened its doors for those Seniors that have *no other means of transportation* to the food pantry and **“ONLY”** those Seniors that have registered with the Holbrook Council on Aging for transportation will be able to participate. The Council on Aging vans will pick-up, drive to the Food Pantry and take you back home.

Please contact the Holbrook Council on Aging at 781-767-4617 for more information and/or to register to take advantage of this program. A huge **THANK YOU** goes out to the volunteers at the Food Pantry for offering this program to our Seniors!

HOLBROOK FOOD PANTRY

St. Joseph’s Church on the second Saturday of each month from 10:15-11:00am
(for those **with** transportation)

2nd FOOD PANTRY PROGRAM

The *New Birth Evangelical Church* and the *Brookville Bible Church* are sponsoring a Food Pantry the last Saturday of each month from 11:30am-1:00pm. Food distribution will be held at the New Birth Evangelical Church, 14 Technical Park Drive, Holbrook.

Veterans who require assistance, please contact our **VETERAN AGENT** Vincent Fountaine who is available Monday thru Thursday 8:00am-4:00pm and Friday 8:00am-12:00pm. Veterans are welcome to visit and/or speak with him regarding any questions or concerns you may have.

The office is located at: Foster Veteran Center
30 Foster Road
Braintree, MA 02184
781-794-8217 or
vfountaine@braintreema.gov

LOCAL HOLBROOK CHURCHES

WINTHROP CONGREGATIONAL CHURCH - 16 N Franklin St, Holbrook, MA 02343 781-844-8094

NEW BIRTH EVANGELICAL - 14 Technical Park Dr, Holbrook, MA 02343 781-805-8908

ST. JOSEPH’S CHURCH - 153 S Franklin St, Holbrook, MA 02343 781-767-0605

ST. JOHN’S EPISCOPAL CHURCH - 322 S Franklin St, Holbrook, MA 02343 781-767-4656

BROOKVILLE BIBLE - 871 S Franklin St, Holbrook, MA 02343 781-767-0217

TEMPLE BETH SHALOM - 85 Plymouth St, Route 139, Holbrook, MA 02343 781-413-1132

LIGHTHOUSE BAPTIST - 217 Centre Street, Holbrook, MA 02343 781-767-2102

UNITED METHODIST CHURCH - 60 Plymouth St, Holbrook, MA 02343 781-767-3639

SENIOR HAPPENINGS! (Ages 60+)



American Folk Revival
(sponsored by Holbrook Cultural Council)



SeniorU Workshop
“Healthy Eating on a Budget”
(2nd Wednesday)



Therapy Gardens
“Make Your Own Tea Blend”
(last Thursday)



Sheriff's Office
Senior Workshop
“Are You OK”



Sheriff's Office
Senior Workshop
“Situational Awareness”



Sheriff's Office
Senior Workshop
“Food Safety”

LOCAL DIRECTORY

POLICE “911” – 781-767-6830 (non-emergency)

FIRE 781-767-2234 (non-emergency)

COA Office 781-767-4617

Town Administrator 781-767-4312

Town Clerk 781-353-4314

Town Treasurer 781-767-4316

Board of Health 781-767-3030

Town Accountant 781-767-9055

DPW 781-767-1800

Building Inspector 781-353-5577

Assessors 781-767-4315

Post Office 781-767-2346

***Animal Control 508-840-8490**

Library 781-767-3644

*** (Jeff Thompson, Licensed Trapper for this area. There is a fee for his services)**

State Senator John Keenan: 617-722-1494

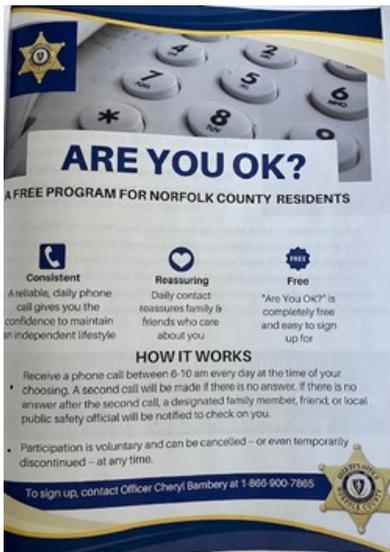
State Representative Ronald Mariano: 617-722-2500

State Representative Mark Cusack: 617-722-2320

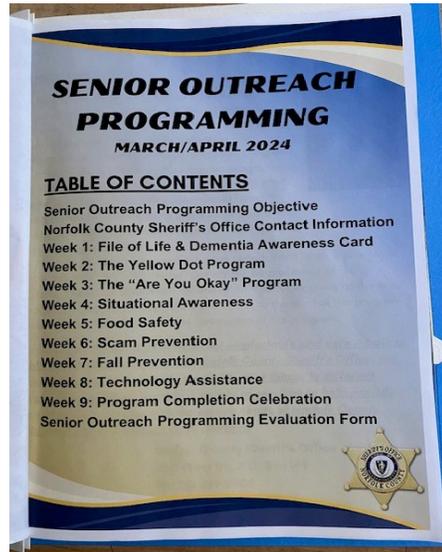
Congressman Stephen Lynch: 617-428-2000

~MAY~ UPCOMING EVENTS!

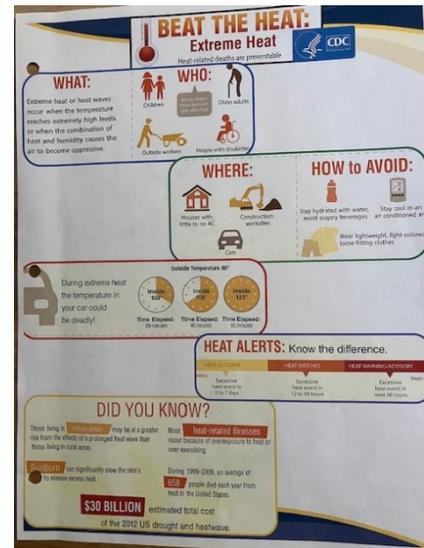
- 1—Lucky’s 777 Senior Luncheon (senior specials) – 12:30 (sign-up)**
 - 8—SeniorU 10:30am-Noon “Unique Garden Ideas” (sign-up) ****
 - 16—TRIAD 10:00am (Norfolk County DA & Sheriff Offices, Holbrook Police, Fire & Regional Communications)**
 - 20—Pizza, Salad, Movie (\$3 donation)**
 - 23—SOCIAL (Thursday) “Bak-Ta-Bak” 1:00pm**
 - 29—Veteran Agent 9:30am-10:30am (drop in for coffee)**
 - 29—Memory Café Avon COA (sign-up) 508-559-0060—11:30am-1:30pm**
 - 30—THERAPY GARDENS 1:00pm-2:00pm “Herb Garden Starter Kit” (sign-up required)**
- **SeniorU workshop will be 1.5 hours, with a half hour of open computer, technology, and cell phone help prior to each event.**



“Are You OK?”



Norfolk County Sheriff Workshop Programs



“Situational Awareness”

“ARE YOU OK?” Is a program where you will receive a phone call between 6-10am every day at the time of your choosing. A second call will be made if there is no answer. If there is no answer after the second call, a designated family member, friend, or local public safety official will be notified to check on you. Participation is voluntary and can be cancelled – or even temporarily discontinued – at any time. To sign up, please contact Officer Cheryl Bambery 866-900-7865

“SITUATIONAL AWARENESS” This workshop focuses on Safety Tips for Seniors in being more aware of your surroundings when you are out and about, making your home safe and secure as well as summer/winter safety tips.

“FOOD SAFETY” Safe vs. Unsafe Choices: Food Prep, Safe Temperatures, Food Storage

Please contact the COA 781-767-4617 if you would like any information regarding these workshops.

APPOINTMENT & TRANSPORTATION SCHEDULE

S*H*I*N*E PROGRAM

“Serving Health Insurance Needs for Everyone”

For assistance with your Medicare Questions & Issues:

Appointments are available in person at the COA on

Mondays and Tuesdays

(10:00am, 11:00am & 12:00 Noon)

Please call to schedule your appointment 781-767-4617

FUEL ASSISTANCE (September—April)

To schedule your appointment
with our Advisor
Please call the COA 781-767-4617

LOCAL SHOPPING TRANSPORT

Call 781-767-4617 to reserve your SHOPPING requests:

MONDAY—Transportation available for Senior activities

TUESDAY—9:00am **WALMART** (Avon)

WEDNESDAY—9:00am **MARKET BASKET** (Hanover)
12:00pm **TRUCCHI'S** (Abington)

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY (only MEDICAL)
(between 8:00am and 11:00am)

**** VANS MUST BE BACK TO THE COA BY NOON ****

REGULARLY SCHEDULED DAILY SOCIAL ACTIVITIES:

Monday—Drop-In at the Council 9:00am-3:00pm

Tuesday—**BINGO** 12:30pm

Wednesday—Drop-In for Coffee and Conversation 12:30pm

Thursday—**SOCIAL** 12:30pm

Friday—9:00-12:00

MEDICAL APPOINTMENT TRANSPORT

Medical Transport is “always” our top priority

Call 781-767-4617 to reserve your MEDICAL Requests:

Service is ONLY to Holbrook, Brockton, Weymouth, Braintree, Randolph, Avon, Abington

Note: Requests for exceptions must be approved by COA Management

PLEASE book your appointments
AT LEAST 7 DAYS in advance

Mon—Tues—Wed—Thurs for appointments from
8:00am—1:30pm

Friday for appointments—8:00am—11:00am

PLEASE NOTE:

The COA will be **“CLOSED”** on Fridays beginning **June 21st** and remain closed on Fridays until after Labor Day (September 2, 2024).

(Van will be available for **“emergency”** Medicals only)

The COA will **“RE-OPEN”** on Fridays beginning September 6, 2024.

PLEASE NOTE: We are more than happy to mail the newsletter upon request. However, if you are able, please consider stopping by the Senior Center to pick up a copy in an effort to reduce our printing and postage costs. **THANK YOU!**

The Newsletter is available on-line at www.holbrookma.gov/council-aging

~Monthly Announcements~

Explore the Fuller Craft Museum, 455 Oak Street, Brockton, MA and discover the world of contemporary craft! Admission is free for all guests. They offer programs, events and classes. Check it out! 508-588-6000 <https://fullercraft.org>

Monday: CLOSED
Tuesday thru Sunday 10am-5pm

We are pleased to have **Therapy Gardens** and **SeniorU** partner with us in providing workshops/presentations for our Seniors on the 2nd Wednesday of the month at 10:30 (**SeniorU**) and the last Thursday of the month at 1:00pm (**Therapy Gardens**)

We offer these presentations/workshops to our Seniors at no cost and are most grateful to have received State budget funds from Senator Keenan for programs and activities. Please join us for some fun and socialization. **Space is limited** “sign up” required 781-767-4617.

YMCA—Stoughton

“FREE” Wednesdays for Seniors who present a COA Membership Card. NOTE: This is a separate card from your COA key ring tag. Please sign up at the COA.

Executive Office of Elder Affairs

Through the Formula Grant, the EOEA not only funds our Newsletter, but the monies awarded to the Town of Holbrook by this program helps defray the cost of many of the day-to-day expenses for the necessities required to operate our Council on Aging.

SOUTH SHORE COMMUNITY ACTION COUNCIL provides transportation to Boston Medical Facilities for ongoing medical treatments. Please contact the COA 781-767-4617 (**7 days** in advance) to schedule appointments.

THE COA IS REACHING OUT TO LOCAL BUSINESSES TO OFFER THE PLACEMENT OF THEIR BUSINESS CARD IN OUR MONTHLY NEWSLETTER FOR THE REMAINDER OF 2024. WE WILL GLADLY ACCEPT A DONATION IN ANY AMOUNT TO HELP US OFFSET OUR NEWSLETTER PRINTING AND MAILING COSTS. WE DISTRIBUTE 600 ISSUES EACH MONTH AS WELL AS POSTING IT ON OUR HOLBROOK COA & TOWN WEBPAGE. PLEASE STOP BY THE COA TO DROP OFF THE BUSINESS CARD AND YOUR DONATION. **THANK YOU FOR YOUR SUPPORT!**



Thank you to Our Newsletter Sponsors

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Shepard Long
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781-690-3630 (cell)
781-767-5550 (office)
shep@stikehomes.com

stikehomes.com | advocaterealty.com

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:00-9:00 Staff & Volunteer Meeting 9:30 Exercise 12:30 Lucky's 777 (Senior Specials)	2 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	3 9:30 Exercise	4
5 Cinco De Mayo 	6 9:15-10:15 Walking Group	7 9:30 Exercise 12:30 BINGO	8 9:30 Exercise 10:30-Noon **SeniorU "Unique Garden Ideas" (sign up) 3:00-COA BOARD Meeting	9 12:30 SOCIAL 1:00-2:30 Blood Pressure	10 9:30 Exercise	11 10:15-11:00 St. Joseph's Food Pantry
12 Mother's Day 	13 9:15-10:15 Walking Group 10:30-Noon "CRAFT" Project (2 nd Monday each month) 10:00 FOOD PANTRY (those without transportation)	14 9:30 Exercise 12:30 BINGO	15 9:30 Exercise	16 10:00-11:00 TRIAD 1:00 REIKI (\$5 Donation)	17 9:30 Exercise	18 2:00pm Bailey Street Brass (Holbrook Court) (transportation available) Call the COA
19	20 9:15-10:15 Walking Group 12:30 Pizza/Salad & Movie (sign up) (\$3 donation)	21 8:00-9:00 Staff & Volunteer Mtg. 9:30-Exercise 12:30-BINGO 7:00-COA Building Advisory Cte.	22 9:30 Exercise	23 12:30 SOCIAL 1:00 Bak-Ta-Bak 1:00-2:30 Blood Pressure	24 9:30 Exercise	25 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
26	27 Memorial Day (CLOSED)	28 9:30 Exercise 12:30 BINGO	29 9:30 Veteran Agent 11:30-1:30 AVON (sign-up) Memory Café	30 12:30 SOCIAL 1:00-2:00pm THERAPY GARDENS "Herb Garden Starter Kit" (sign up)	31 9:30 Exercise	

**** PLEASE NOTE:** We are accepting sign-ups for **Therapy Gardens** and **SeniorU** workshops for the "current" month only in order to avoid any confusion regarding future dates. Please call 781-767-4617.