

Holbrook Council on Aging Newsletter



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

**MARCH
2024**

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

www.holbrookma.gov/council-aging



The groundhog didn't see his shadow! Happy Spring!

Please look at the March calendar for the events and activities for the month. Don't miss out on the programs and events we have planned!

Unfortunately, I was unable to attend the "kick off" for the new monthly SeniorU Program. However, I was able to watch it on HCAM and I am so excited that we are able to offer the SeniorU and Therapy Gardens Programs to our Seniors through a Grant made possible by Senator Keenan, who visited the Senior Center last Thursday. It was very well attended and always a pleasure having the Senator come by.

Members of the Norfolk County Sheriff's Office are holding workshops at our Senior Center for the next nine Tuesday mornings from 10:30 to 11:30am, starting on March 5 thru April 30. Topics will include the "Yellow Dot" Program, "Are You Okay" and other programs of interest and important for our Seniors.

A coffee hour hosted by our Veterans Agent, Vince Fontaine, will be 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.

A group of us are attending Avon's Memory Café 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.

Again, 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.

Hope to see you soon!
Cindy Brennan

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

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

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)—between 8:00am and 11:00am (MEDICAL)

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

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

HOLBROOK COUNCIL ON AGING MONTHLY CALENDAR

March 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Exercise	2
3	4 9:30 Exercise	5 9:30 Exercise 10:30-11:30 Norfolk County Sheriff Senior Workshop 12:30 BINGO	6 8:00-9:00 Staff Meeting 9:30 Exercise 12:30 Lucky's 777 Senior Luncheon (Van transportation available)	7 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	8 9:30 Exercise	9 10:15-11:00 St. Joseph's Food Pantry
10 Daylight Saving Begins (turn clocks ahead one hour)	11 9:30 Exercise 10:00 FOOD PANTRY (those without transportation)	12 9:30 Exercise 10:30-11:30 Norfolk County Sheriff Senior Workshop 12:30 BINGO 7:00 COA Building Advisory Committee	13 9:30 Exercise **10:30-Noon SeniorU "Get Better Sleep" (sign-up required) 3:00 COA BOARD Meeting	14 COA OPEN 9:00am-12:00pm 12:00 St. Patrick's Day Luncheon Rockland Golf Course (sign-up \$25)	15 9:30 Exercise	16
17 St Patrick's Day 	18 9:30 Exercise	19 8:00-9:00 Staff Meeting 9:30 Exercise 10:30-11:30 Norfolk County Sheriff Senior Workshop 12:30 BINGO	20 9:30 Exercise	21 10:00 TRIAD 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	22 9:30 Exercise	23
24	25 9:30 Exercise	26 9:30 Exercise 10:30-11:30 Norfolk County Sheriff Senior Workshop 12:30 BINGO	27 9:30 "Coffee" with Veteran Agent 11:30-1:30 AVON COA Memory Café (508-559-0060)	28 12:30 SOCIAL 1:00-2:30 Blood Pressure 1:00-2:00 THERAPY GARDENS "Make Your Own Tea Blend" (sign-up required)	29 Good Friday (CLOSED)	30 11:30-1:00 New Birth Evangelical Church (Food Pantry)
31 HAPPY EASTER	<p>** SeniorU workshop will be 1.5 hours, with a half hour of open computer, technology, and cell phone help prior to each event.</p> <p>Note: Indoor light exercise each Monday, Tuesday, Wednesday and Friday. PLEASE JOIN US!</p>					

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

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Cynthia Brennan (Coordinator)
Jean Douglas (Grants)
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Maria Malinowski
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HOLBROOK COA 781-767-4617

MARCH BIRTHDAYS!

Lorraine Ann Gardiner—27
Claudette Theriault—29
Ann Phinney—31



The COA is reaching out to Families with loved ones who are residing in Nursing Homes or Rehab facilities in an effort to provide “Outreach” visitation to them. Kindly contact the COA so we can discuss this in more detail (781-767-4617).

THE CLOCK OF LIFE (A sobering thought)

**The clock of life is wound but once
And no one has the power,
To tell just when the hands will stop
At late or early hour.
Now is the only time you own
Live, love, toil with a will;
Place no faith in tomorrow,
For the clock may then be still.
(F.B. Meyer)
(submitted by Maria Malinowski)**

Carbon Monoxide and Smoke Detectors

Our Fire Department has offered to check the location and/or functioning of our smoke detectors in our homes. If you would like to have them checked, call us at the Senior Center 781-767-4617 and we will get in touch with our Fire Department.

~SENIOR CIRCUIT BREAKER TAX CREDIT~

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2023 is \$2,590. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. (Schedule CB)

**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 pilot 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.

“A LITTLE HUMOR”

- “Mommy, can I swim in the ocean?” “No dear, the water is too rough.” “But Daddy’s swimming,” “Daddy’s insured!”
- Families are like fudge....mostly sweet, with a few nuts!
- Lady Motorist: “Can you fix this fender so my husband will never know I bent it?”
Mechanic: “I doubt it, lady, but I can fix it so you can ask him in a few days how he bent it.”
- Never ask a 3-year old to hold a tomato!

The Good Old Days

(When you know you’re a proud Bostonian)

- You don’t recognize the letter “R” as a part of the English language—EVA!
- Your social security number starts with a “0”
- You know how to pronounce the names of towns like Worcester, Billerica, Gloucester and Haverhill
- You have driven to New Hampshire on a Sunday just to buy alcohol
- You know what they sell at a Packie
- You know what a Frappe is
- You never go to “Cape Cod”, you go “down the Cape”
- You still have your old Flexible Flyer somewhere in your parents’ attic
- You remember Jordan Marsh, Grants, Bradlees, Caldor, Zayres, or Ann & Hope

“911 CELL PHONE BANK”

“911 Cell Phones” for Seniors have been provided to us at NO COST through a special program (limited supply). **These phones are only for those Seniors who do not have a cell phone as they are activated ONLY to dial “911”**. The 911 Cell Phone Bank receives donations of phones and clears all personal data from them and they are repurposed if still usable. Those that fail clearing or are too old or damaged to use, are recycled through a licensed R2 recycler. Sometimes parts are taken from them first (screen, battery, back) if it’s a pretty common model, but never anything that would have a memory to it.

SENIOR HAPPENINGS! (Ages 60+)



Senior Medicare Patrol (SOCIAL)



Valentine's Day SOCIAL



Senator John Keenan (SOCIAL)



**SeniorU Workshop (2nd Wednesday)
Social Media-What You Should Know**

FREE TAX PREPARATION (AARP Tax-Aide) at the Randolph Intergenerational Community Center, 128 Pleasant Street (**by appointment only**) on Thursdays, 9am to 3pm starting February 1, 2024 (Please wear a mask). Call 781-214-0110 or go on-line <https://tinyurl.com/RandolphTaxes> The AARP Foundation offers free, personalized tax preparation and assistance to low and moderate income taxpayers. You do not need to be a member of AARP or a senior citizen to take advantage of this service.

Please join us beginning March 5—April 30 from 10:30-11:30am each Tuesday for special Senior workshops offered through the Norfolk County Sheriff's Office. There will be various topics discussed each week. These are informational sessions to keep our Seniors up to date on services and programs available as well as updates on current issues. Sign-up is required.

UPCOMING EVENTS!

- March 13—SeniorU 10:30am-Noon—Get Better Sleep** (sign-up required)
- 14—St. Patrick's Day Luncheon** (sign-up \$25) 12:00pm-2:00pm
(Rockland Golf Course)
- 21—TRIAD 10:00am** (Norfolk County DA & Sheriff Offices, Holbrook
Police, Fire & Regional Communications)
- 27—Memory Café Avon COA** (sign up 508-559-0060)—11:30am-1:30pm
- 27—Veteran Agent 9:30am** (drop in for coffee)
- 28—THERAPY GARDENS 1:00pm-2:00pm—Make Your Own Tea Blend**
(sign-up required)

Assisted Listening Devices

For those with hearing impairment, ALD's are available thru HCAM for use in the Town Hall Noel King meeting room. They are located on the rear credenza in the Noel King room. If you require assistance please contact HCAM prior to the meeting 781-767-7487 or info@hcamtv.org

APPLICATIONS for DISABLED PARKING PLACARD/PLATE
are available at the Council on Aging by request. Please stop in!

**Thank You to Our
Newsletter Sponsors!**



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781-767-5550 (office)
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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!

~Monthly Announcements~

PLEASE NOTE: During the winter months, if the Holbrook Schools are closed due to bad weather, the vans do not operate. It is your responsibility to inform your doctor's office and reschedule your appointments.

Beginning in March, there will be COA STAFF meetings twice a month on the "first" Wednesday and the "third" Tuesday from 8:00am to 9:00am. It's important the Staff is aware of any changes in policies, procedures and other updates that occur throughout the month. These two meetings are being offered in an effort to accommodate the different schedules of our van drivers and staff.

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.

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 and the last Thursday of the month at 1:00pm.

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.

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.

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 pickup a copy in an effort to reduce our postage costs. THANK YOU!