

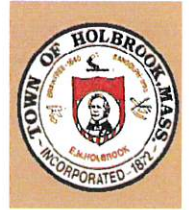
# Holbrook Council on Aging

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



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

[www.holbrookma.gov/council-aging](http://www.holbrookma.gov/council-aging)



## FEBRUARY 2024

We all got through January! Another winter month gone! Please look at the February calendar for the events and activities for the month.

I'd like to highlight three major happenings, events, activities, etc. that took place at the Senior Center in January.

### The First:

The Holbrook Council on Aging would like to thank our "anonymous" donor. It is with heartfelt gratitude that we acknowledge your generous donation of \$1,000.00! Thank you so very much.

### The Second:

As you are aware, The Town will no longer be picking up trash or recycling as of February 1<sup>st</sup>, so we contacted Troupe to ask if someone from their company would come out to speak with us at the Senior Center. Mr. Troupe attended our Social on January 11<sup>th</sup>. It was a very informative presentation. For those of you that did not attend, Mr. Troupe's presentation is on HCAM. If you need further information and/or assistance, please contact the COA. We are happy to help.

### The Third:

TRIAD was held on the 18<sup>th</sup>. These meetings are so informative and helpful to us Seniors. I thank all our members of TRIAD for their participation.

District Attorney Morrissey's Office arrived with information on the latest scams.

The Norfolk County Sheriff's Office offered to extend the "Sand Bucket Program" if needed. Please call the COA if you would like to be included.

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

The Regional Communication Center provides tours of their "amazing" facility. We are currently putting together a list.

Above is only a small amount of information discussed at TRIAD. Our next meeting will be held here at the Senior Center on Thursday, February 15<sup>th</sup> at 10:00am. Hope to see you soon!

Cindy Brennan – Holbrook COA Coordinator

## ~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.

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**Veterans Agent at Town Hall - 1st & 3rd Tuesdays**

Our Veterans Agent Vincent Fontaine will be at Town Hall on the first and third Tuesdays of each month from 4-6pm. He can also be reached at 781-794-8217 or [vfontaine@braintreema.gov](mailto:vfontaine@braintreema.gov)

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Various DUNKIN'S offer a discount to Seniors 55+ (upon request) and it varies from 5-10% depending upon the location  
(note: some locations may not participate)

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**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 postage costs.

THANK YOU!

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**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.

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**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.

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**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.

# UPCOMING EVENTS!

- February 15**—TRIAD (Norfolk County DA & Sheriff Offices, Holbrook Police, Fire & Regional Communications) 10:00am
- 21**—SeniorU 10:30-Noon – “Social Media” (What You Should Know) – (sign up required)
- 28**—(Quincy) Norfolk County Sheriff Breakfast (introducing new Senior programs) \*8:30-11:00\* (limited seating and sign up required)
- 28**— Memory Café Avon COA—11:30am-1:30pm
- 29**—“Therapy Gardens” – “Become a SoupMaster” – (sign-up required) – 1:00-2:00pm

## 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](mailto:info@hcamtv.org)

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

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**DOES YOUR HOME NEED REPAIRS?** (funding is available through a CDBG grant from the Massachusetts Department of Housing and Community Development DHCD)

Holbrook Housing Rehabilitation Program—Pick up an application at the COA

Town of Holbrook Community Development Office  
50 North Franklin Street  
Holbrook, MA 02343  
781-767-0618

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We’d like to thank “Lane Printing” for all their assistance in printing our monthly newsletter. Also, thank you to “Lucky’s 777” for hosting our Senior luncheons on the 1st Wednesday of each month and offering Senior specials.



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

**THANK YOU FOR YOUR SUPPORT!**

# HOLBROOK COUNCIL ON AGING MONTHLY CALENDAR

<h2>February 2024</h2>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>** SeniorU</b> workshop will be 1.5 hours, with a half hour of open computer, technology, and cell phone help prior to each event	<b>1</b> 12:30 SOCIAL  1:00 REIKI (\$5 Donation and sign-up)	<b>2</b> Groundhog Day  9:30 Exercise	<b>3</b>
<b>4</b>	<b>5</b> 9:30 Exercise	<b>6</b> 9:30 Exercise  12:30 BINGO	<b>7</b> 9:30 Exercise  12:30 LUCKY 777 Senior Luncheon	<b>8</b> 12:30 SOCIAL  1:00-2:30 Blood Pressure	<b>9</b> 9:30 Exercise	<b>10</b> 10:30 St. Joseph's FOOD PANTRY
<b>11</b> Super Bowl	<b>12</b> 9:30 Exercise  10:30 FOOD PANTRY—for those <b>without</b> transportation	<b>13</b> 9:30 Exercise  12:30 BINGO  7:00 COA Building Advisory Cte.	<b>14</b> <b>Happy Valentine's Day</b> 9:30 Exercise  11:00 Line Dancing  3:00 COA Board Meeting	<b>15</b> 10:00 TRIAD  12:30 SOCIAL 1:00 Home Care Advisor 1:00 REIKI (\$5 Donation and sign-up)	<b>16</b> 9:30 Exercise	<b>17</b>
<b>18</b>	<b>19</b> <b>President's Day (CLOSED)</b>	<b>20</b> 9:30 Exercise  12:30 BINGO	<b>21</b> 9:30 Exercise  <b>**10:30-Noon SeniorU "Social Media" (what you should know) (sign-up required)</b>	<b>22</b> 12:30 SOCIAL 1:00-2:30 Blood Pressure 1:00-3:00 Senator Keenan	<b>23</b> 9:30 Exercise	<b>24</b> 11:30-1:00 New Birth Evangelical Church Food Pantry
<b>25</b>	<b>26</b> 9:30 Exercise  11:00 Chair Hip Hop	<b>27</b> 9:30 Exercise  12:30 BINGO	<b>28</b> (Quincy) 8:30-11:00 Breakfast with the Norfolk County Sheriff ( <b>sign-up</b> )  9:30 Exercise 11:30-1:30 AVON COA Memory Café 2:00 "Coffee" with <b>Veteran Agent</b>	<b>29</b> <b>Happy 152nd Birthday HOLBROOK!</b>  <div style="text-align: center;">  </div> <b>1<sup>st</sup> "Kickoff" Workshop</b> <b>1:00-2:00pm THERAPY GARDENS</b> <b>"Become a SoupMaster"</b> <b>(sign-up required 781-767-4617)</b>		

**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!

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**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

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**SPEAR FUND**

George N. Spear was born on June 9, 1829, in East Randolph (Holbrook), Massachusetts, and married Ellen Maria Merritt, born February 10, 1829, on January 16, 1851, in Quincy, Massachusetts.

Spear started in business for himself with little capital and common school education, at the age of eighteen he began manufacturing boots and shoes in a small shop. As his business increased, he built a large steam-operated factory on the corner of North Franklin and Union streets in 1865 (current location of Mary Wales Holbrook Park). He later sold this business to Thomas White and went to Chicago, where he engaged in the furniture and upholstery business. However, he was burned out in the great Chicago fire of 1871. In 1873, he returned to Holbrook and went into the oil business in partnership with John Underhay, becoming one of the wealthy men of the Town.

George N. Spear died on April 5, 1894 in his hometown, at the age of 64, and was buried in Holbrook, Massachusetts. He and his wife Ellen did not have any children. He left enough money to care for his wife and the rest was donated to various charities.

In 1912 Mrs. Ellen M. Spear, gave to the town of Holbrook the sum of \$5,000 to be called the "Spear Fund," the income from which would be used for special cases of the poor and needy of the town.

She died on March 20, 1917, having lived a long life of 88 years, and was buried with her husband in Union Cemetery in Holbrook, Massachusetts.

Any resident who would like to apply for a grant from the Spear Fund should fill out an application and submit it to Town Administrator at 50 North Franklin Street, Holbrook, MA 02343, or via email [selectboard@holbrookmassachusetts.us](mailto:selectboard@holbrookmassachusetts.us)

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

## SENIOR HAPPENINGS! (Ages 60+)



**MEMORY CAFÉ — Avon COA (once a month)**



**Plainridge Park Casino w/AVON**



**TEA PARTY at the COA**



**Line Dancing at Maple on Franklin**

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).

## FEBRUARY BIRTHDAYS!

Neva Rix—18

HOLBROOK (152 years)—29

**MEET THE COA STAFF**

Cynthia Brennan—Coordinator  
Margaret Feeley—Outreach  
Sandy Lemieux & Katherine Fabian—Receptionists  
Cathleen McCarthy—SHINE  
Maria Malinowski & Nancy McLellan—Kitchen  
Elaine Hyland—Newsletter Editor  
Lorraine Gardiner—(Volunteer) 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)  
Jean Douglas (Grants)  
Louise Currie  
Roger Davenport  
Kathy Bussolari  
Maria Malinowski  
Joseph Bussolari

**HOLBROOK COA 781-767-4617**



**MEMORIES OF ROSANNE “ROSIE” CARLO**

Rosie made our COA Family complete with her kindness to others along with her smiles and laughter. She will be missed and these are some comforting memories that will fill our hearts!

Her genuine love and caring for others and always offering her help

Kind and Fun! Crazy about Elvis and mad about the Red Sox!

Rosie was a good friend when I first moved to Holbrook 2 years ago. After I retired, she invited me to the Council on Aging and always let me know what was going on at the Court. I’m so glad I’ve met so many nice people thanks to Rosie. She was a kind and caring person. Audrey

I was deeply saddened by Rosie’s passing. She was a very special person and a pleasure to know. I, as so many others, will miss her dearly. Her kindness will be remembered always. Peggy S.

**THANK YOU** to all those who donated to the COA in Rosie’s memory. We truly appreciate your kindness!

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**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.