

Holbrook Council on Aging Newsletter

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COA@holbrookmassachusetts.us

**APRIL
2024**



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

www.holbrookma.gov/council-aging



HAPPY SPRING!



If you have not be able to attend our new workshops, please take a look at the April Calendar for the dates and times of the various workshops.

This month the Norfolk County Sheriff's Office are continuing their nine-week program. Among the topics offered in March were the "Yellow Dot" and "File of Life" Programs. These weekly workshops have been very informative.

The **SeniorU** and **Therapy Gardens** programs are educational.....and fun! If you haven't attended, you are missing out on opportunities for learning about and enjoying the themed programs offered twice monthly. April **SeniorU** workshop is "Healthy Eating on a Budget" and **Therapy Gardens** workshop is "Spring Gardening Ideas".

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.

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.

In closing, I'd like to thank everyone who participated in our St. Patrick's Day Luncheon on March 14th at the Rockland Golf Club. A great time, great meal and great company!!!

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

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HOLBROOK COA 781-767-4617

RECIPE CORNER

(submitted by Maria Malinowski)

Cherry Dump Cake

(all in a 9x13 pan (spray the pan))

350 degrees for 45-50 minutes

1 can cherry pie filling
1 can crushed pineapple (**don't drain**)
1 box yellow cake mix

2 sticks oleo margarine (sliced)
Place pie fillings in the pan and mix the fruit. Sprinkle cake mix over fruit (don't mix the fruits with the cake mix just sprinkle evenly over the fruit). Add sliced margarine over the cake mix. Nuts can be added (optional). Bake as above. Top with cool whip.

APRIL BIRTHDAYS!

Roger Davenport—14



Lemon Blueberry Yogurt Cake

(compliments of **Therapy Gardens**)

| | |
|----------------------------|-------------------------|
| 1 ½ cups all-purpose flour | 3 large eggs |
| 1 tsp. baking powder | ½ cup vegetable oil |
| ½ tsp. baking soda | Zest of 1 lemon |
| ¼ tsp. salt | 1 tsp. vanilla extract |
| 1 cup plain Greek yogurt | 1 cup fresh blueberries |
| 1 cup granulated sugar | |

Preheat oven to 350 degrees. Grease and flour a 9-inch round cake pan. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt (set aside). In a large bowl, mix together Greek yogurt, sugar, eggs, vegetable oil, lemon zest and vanilla extract until well combined. Gradually add the dry ingredients to the wet ingredients, mixing until just combined. Be careful not to overmix. Gently fold in the fresh blueberries until evenly distributed throughout the batter. Pour the batter into the prepared cake pan and smooth the top with a spatula. Bake in the preheated oven for 35-40 minutes, or until a toothpick inserted into the center comes out clean. Allow the cake to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely. Once cooled, slice the cake and serve with a dollop of Greek yogurt and extra fresh blueberries on top, if desired. Enjoy this moist and flavorful lemon blueberry yogurt cake as a delightful spring dessert or snack!

~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 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

“INSPIRATIONS”

“Only those who will risk going too far can possibly
find out how far one can go” - T.S. Elliot

“Anyone who keeps the ability to see beauty never grows old” - Franz Kafka

“Old age ain’t for sissies” - Bette Davis

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

SENIOR HAPPENINGS! (Ages 60+)



Therapy Gardens
"Become a SoupMaster"
(last Thursday)



SeniorU Workshop
"Get Better Sleep"
(2nd Wednesday)



St. Patrick's Day Luncheon
(Rockland Golf Course)



Norfolk County Sheriff
Senior Breakfast



Sheriff's Office Senior
Workshop (File of Life)



Sheriff's Office Senior
Workshop (Yellow Dot Program)

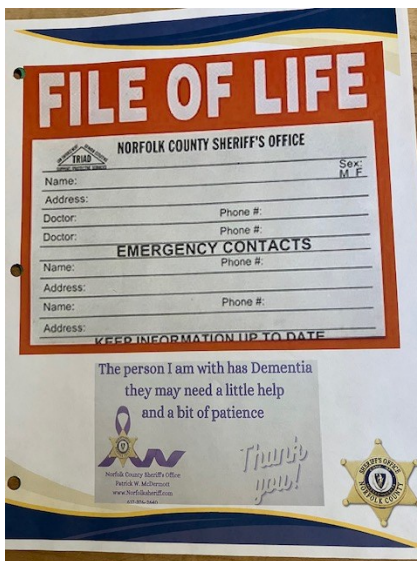
FREE TAX PREPARATION (AARP Tax-Aide) at the Randolph Intergenerational Community Center, 128 Pleasant Street (**by appointment only**) on Thursdays, 9am to 3pm starting February 1, 2024 (Please wear a mask). Call 781-214-0110 or go on-line <https://tinyurl.com/RandolphTaxes> The AARP Foundation offers 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.**

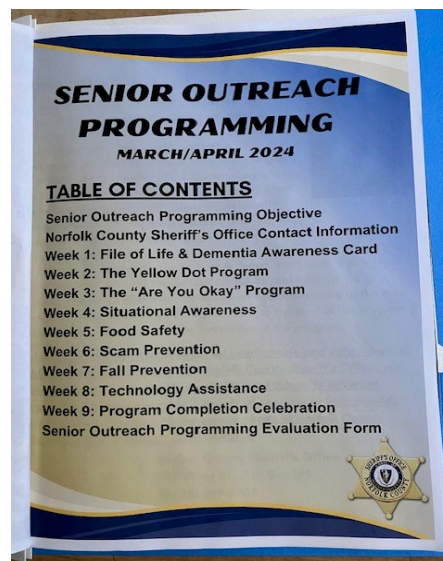
UPCOMING EVENTS!

~APRIL~

- 2, 9, 16, 23, 30 (Tuesdays)**—Norfolk County Sheriff Dept. Senior Workshops (**sign-up**)
(see complete schedule below)
- 3**—Lucky's 777 Senior Luncheon (senior specials) – 12:30 (**sign-up**)
- 4**—American Folk Revival – 1:00pm (thru the Holbrook Cultural Council)
- 10**—SeniorU 10:30am-Noon **“Healthy Eating on a Budget”** (**sign-up**)
- 18**—**TRIAD** 10:00am (Norfolk County DA & Sheriff Offices, Holbrook Police, Fire & Regional Communications)
- 24**—Veteran Agent 9:30am-10:30am (drop in for coffee)
- 24**—Memory Café Avon COA (**sign-up**) 508-559-0060—11:30am-1:30pm
- 25**—**THERAPY GARDENS** 1:00pm-2:00pm **“Spring Gardening Ideas”** (**sign-up required**)
- 29**—**STANNEY’S** Breakfast 9:00am (**sign-up**)



File of Life & Dementia
(March 5th)



| SENIOR OUTREACH PROGRAMMING | |
|---|--|
| MARCH/APRIL 2024 | |
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| Senior Outreach Programming Objective | |
| Norfolk County Sheriff's Office Contact Information | |
| Week 1: | File of Life & Dementia Awareness Card |
| Week 2: | The Yellow Dot Program |
| Week 3: | The "Are You Okay" Program |
| Week 4: | Situational Awareness |
| Week 5: | Food Safety |
| Week 6: | Scam Prevention |
| Week 7: | Fall Prevention |
| Week 8: | Technology Assistance |
| Week 9: | Program Completion Celebration |
| Senior Outreach Programming Evaluation Form | |

Norfolk County Sheriff
Workshop Programs



Yellow Dot (March 12th)

If you would like to receive a **“File of Life”** please pick them up at the COA. These are for placement on your fridge at home as well carrying one with you in the event of a medical emergency. We also have cards for caregivers to use when traveling with someone who is experiencing dementia.

The **“Yellow Dot”** program are stickers which are placed on the driver's side rear window which alerts emergency responders that your medical and contact information is located in your glovebox. Please contact the COA 781-767-4617.

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

~Monthly Announcements~

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

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!**



Therapy Kitchens

Zach Metz
Account Manager

774-381-3368
orders@therapykitchens.com
www.therapykitchens.com

Prepared food you can feel good about.

Thank you to Our Newsletter Sponsors



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

stikehomes.com | advocaterealty.com

April 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|---|---|---|----------------------------|--|
| | 1 9:15 Walking Group (Sumner Field) | 2 9:30 Exercise 10:30 Norfolk County Sheriff's Office Workshop (sign-up) 12:30 BINGO | 3 8:00-9:00 Staff/Volunteer Meeting 9:30 Exercise 12:30 Lucky's 777 (Senior Specials) | 4 12:30 SOCIAL 1:00 American Folk Revival (sponsored by the Holbrook Cultural Council) | 5 9:30 Exercise | 6 |
| 7 | 8 (Sumner Field) 9:15 Walking Group 10:30-Noon "CRAFT" Project (2 nd Monday each month) | 9 9:30 Exercise 10:30 Norfolk County Sheriff's Office Workshop 12:30 BINGO 7:00 COA Bldg. Committee Mtg. | 10 9:30 Exercise 10:30-Noon **SeniorU "Healthy Eating on a Budget" (sign-up) 3:00 COA BOARD meeting | 11 12:30 SOCIAL 1:00-2:30 Blood Pressure | 12 9:30 Exercise | 13 10:15-11:00 St. Joseph's Food Pantry |
| 14 | 15 PATRIOT'S DAY (CLOSED) | 16 8:00-9:00 Staff/Volunteer Meeting 9:30 Exercise 10:30 Norfolk County Sheriff's Office Workshop 10:00 FOOD PANTRY (those without transportation) 12:30 BINGO | 17 9:30 Exercise | 18 10:00-11:00 TRIAD 12:30 SOCIAL 1:00 REIKI (\$5 donation) (sign-up) | 19 9:30 Exercise | 20 |
| 21 | 22 Earth Day (Sumner Field) 9:15 Walking Group 11:00 Chair Hip-Hop | 23 9:30 Exercise 10:30 Norfolk County Sheriff's Office Workshop (sign-up) 12:30 BINGO | 24 9:30 Veteran Agent (coffee hour) 11:30-1:30 AVON COA Memory Café (sign-up) 508-559-0060 | 25 1:00-2:00pm THERAPY GARDENS "Spring Gardening Ideas" (sign-up) 1:00-2:30 Blood Pressure | 26 9:30 Exercise | 27 11:30-1:00 New Birth Evangelical Church (Food Pantry) |
| 28 | 29 (sign-up) 9:00 Breakfast STANNEY'S (separate tabs) (Sumner Field) 9:15 Walking Group | 30 9:30 Exercise 10:30 Norfolk County Sheriff's Office Workshop (sign-up) 12:30 BINGO | ** SeniorU workshop will be 1.5 hours, with a half hour of open computer, technology, and cell phone help prior to each event. | | | |

**** 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.