

Holbrook Council on Aging Newsletter

~Monthly Announcements~

JOE-4-SUN 855-563-4786

SAVE 50% on Electricity

Citizens Energy Corporation

88 Black Falcon Avenue

Suite 342, Center Lobby

Boston, MA 02210

617-338-6300

Joseph P. Kennedy, II

Founder & Chairman



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.

Join us at Lucky 777's (Plymouth Street) for our luncheon on the first Wednesday of each month with "Senior Specials"

CALL THE SENIOR HELP LINE (857)-368-8005 (appointments are required) For anyone 65 years of age or older to get help scheduling an in-person appointment at a local RMV during designated service hours.

SCAMS targeting Senior citizens are extremely prevalent and often go unreported due to the victim's embarrassment and fear of losing their independence. Deceptive practices against Seniors are perpetrated in person, over the phone, and on the internet, and can be hard to identify especially if the individual is isolated and unfamiliar with common red flags. Seniors tend to be fraud targets because scammers know that older adults are more likely to have a 'nest egg', have excellent credit and own their own home. Con artists know this and prey on victims they believe are less likely to report fraud because of embarrassment or that their relatives will think the victim lacks the mental capacity to make good financial decisions.

Telemarketing Scams often target people over the age of 60 and with offers of bogus prizes, low-cost medicinal products and services, and travel offers.

Door Knocker Scams target people year-round with specific service or product offers.

Many Seniors have more free time than the average person, which makes them more susceptible to being approached. The offers often turn out to be substandard, cost more than the market rate or do not provide services that were promised.



9 Jewel Road, Holbrook, MA 02343

781-767-4617 (voice mail 24/7)

COA@holbrookmassachusetts.us

Mon-Thurs 9:00-3:00 Fri 9:00-12:00

**May
2023**

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

Our Walking Club had our first outing at Castle Island on the 3rd of April to start off the season. It was a little chilly, but the food was delicious! The Walking Club will venture out to the "Boardwalk of Nantasket Beach" on May 8th before the beach gets too crowded.

The Senior Building Advisory Committee will meet on Tuesday evening, May 2nd at 7:00pm and the Council on Aging Board will meet on May 10th at 3:00pm. Both meetings are held at the Senior Center and all are invited to attend.

On Wednesday, May 3rd, Lucky 777's will again host the Senior Luncheon. Please call the Senior Center if you are interested in attending and/or in need of transportation.

On Thursday, May 11th, from 1:00pm to 2:30pm, the Blood Pressure Clinic will be available here at the Senior Center and the Sheriff's Department will speak on the "Are You Okay" Program during the Social. Come by for "Chair Hip-Hop" on Friday, May 12th at 11:00am.

Our vans will be available to transport those Seniors that have no other means of transportation to the Food Pantry on Monday, May 15th (sign up is required) and a session of Line Dancing will be held at 11:00am at the Senior Center.

The monthly TRIAD meeting will be held on Thursday, May 18th at 10:00am. Take part in this informative program put on by the Norfolk County Sheriff's Department. The Norfolk County DA's Office, our Fire, Police and Communication Officials will also be here to listen to the concerns of our Seniors.

The Book Club will be meeting at 10:30am at the Senior Center on Friday, May 19th, and on Monday, May 22nd at 12:30pm pizza and a movie (sign-up is required and a \$3.00 donation).

We have purchased Market Basket Gift Cards for those Seniors who are having a little difficulty. Outreach uses Fuel Assistance guidelines for the distribution of these gift cards. Please reach out to us for further information. Our vans travel to Market Basket on Wednesday morning for grocery shopping.

Our Reiki Master will again be offering her services during the weekly Social. Fifteen-minute sessions will be available and we ask for a small donation (\$5.00). Only 4 sessions will be offered during the Social.

A huge thank you from our Seniors to the Superintendent of Public Works, Keith Nastasia, and his crew for the upgrades to the Senior Center. Come by to see our raised gardens (vegetables from seedlings growing thanks to Kathy Bussolari), new handicap parking signs, stoop (at back door) and...a new shiny stove!

The Newsletters are available at the Senior Center, on the vans, Banks, Town Hall, Library, Town Businesses, Holbrook Senior Housing, Holbrook Churches, and we will mail Newsletters to our Seniors upon request. They should also appear on the Town's Website, the COA Website and HCAM. Call us for the latest information as events pop up that don't always make the newsletter. Thank you and hope to see you soon!

Cindy Brennan—Holbrook Council on Aging Coordinator

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—GAMES/CARDS 12:30pm
Thursday—SOCIAL 12:30pm
Friday—CRAFTS 9:00am-NOON

LOCAL SHOPPING TRANSPORT

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

Monday—9:00am IN TOWN Shopping
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 Transportation)

NOTE: 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 from 8:00am—11:00am

“Maple on Franklin” Senior Housing
Affordable Senior Living in Holbrook
617-209-5420 (relay #711)

Maple on Franklin is a brand new community for Seniors offering beautiful, modern rental apartments in a fantastic location. Income and eligibility restrictions apply.
Applications will be available on the website as soon as the application period begins, anticipated early in 2023.

Community Amenities:

- ♦ Library
- ♦ Open living room lounge and café with fireplace and TV
- ♦ Community Room
- ♦ Two on-site Laundry Rooms
- ♦ Café areas on two floors
- ♦ Green: Certified passive house design ensures high energy efficiency and lower environmental impacts
- ♦ Green: EV Charging Stations for vehicles
- ♦ In Town location walking distance to shops, library, Town Hall and Holbrook Council on Aging
- ♦ Controlled Access Building via fob and intercom system
- ♦ Free off-street parking
- ♦ On-site and 24/7 emergency maintenance
- ♦ On-site property management by Maloney

Residence Amenities:

- ♦ Designer Fixtures & Modern Floor Plans
- ♦ Heat, Electricity, Hot Water and Air Conditioning included in rent
- ♦ Cable ready
- ♦ Central air conditioning
- ♦ Efficient Appliances
- ♦ Refrigerator
- ♦ Oven and Range
- ♦ Microwave
- ♦ Dishwasher
- ♦ Disposal

**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!

“Senior Sessions at the COA” (Book Club) will be held at the COA on Friday May 19th at 10:30am. “Crafts at the Court” are scheduled for the last Friday of the month. Coffee/Donuts will be provided. Sign up at the COA, contact Sandy at Holbrook Court or register at the Library (Patty 781-767-3644)

JUST FOR LAUGHS!

**You know you’ve had a bad day when.....
Your birthday cake collapses from the weight of the candles
Your twin sister forgets your birthday
You hear running water and remember you just bought a water bed
You put both contact lenses in the same eye
You borrow from your VISA to pay off your MASTERCARD
The Health Inspector condemns your office coffee maker
(Unknown)**

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—Public Relations
Lorraine Gardiner—(Volunteer) My Senior Center
Peggy Thompson—(Volunteer)
Bruce Thompson— (Volunteer)

BOARD OF DIRECTORS

Gary Newton (Chair)
Beatrice Taggart (Co-Chair)
Sandra Lemieux (Treasurer)
Elaine Hyland (Secretary)
Cynthia Brennan (Coordinator)
Thelma (Jean) Douglas
Rosanne Carlo
Louise Currie
Roger Davenport
Kathy Bussolari
Maria Malinowski
Dwight Nevins

VAN DRIVERS

Steve Malinowski
Tom Donovan
Paul Callinan

Join us at the Senior Center on Tuesdays, Wednesdays & Fridays for a light exercise program geared to Senior Citizens. The program will begin at 9:30am each of these mornings and should run only 15-30 minutes. Call the Council on Aging for more information. No commitment is necessary. The program is very informal. DROP IN!

We have purchased Market Basket Gift Cards for those Seniors who are having a little difficulty. Outreach uses Fuel Assistance guidelines for the distribution of these gift cards. Please reach out to us for further information. Our vans travel to Market Basket on Wednesday morning for grocery shopping.

Maya Angelou was a poet, memoirist, and activist who overcame poverty, racism, and sexual abuse to inspire millions with her words and deeds:

- ◆ “I’ve learned that life sometimes gives you a second chance”
- ◆ “I’ve learned that whenever I decide something with an open heart, I usually make the right decision”
- ◆ “I’ve learned that no matter what happens, or how bad it seems today, life does go on and it will be better tomorrow”

FULLER CRAFT MUSEUM

D.W. Field Park, 455 Oak Street, Brockton, MA (Upper Porter Pond)
Tuesday-Sunday 10am-5pm ~ **“Free” Parking** ~ **“Free” Admission to all guests.**

This museum explores contemporary craft in forms you can’t even imagine until you see them. No food services are on-site; however, you are welcome to bring food and enjoy your meal in the Museum Lounge or have an outside picnic.

SENIOR HAPPENINGS! (Ages 60+)



SOCIAL—Norfolk County Sheriff Dept.



CASTLE ISLAND—a bit “cold”



Chair Hip-Hop



SOCIAL—Town Human Resources Dept. Staff

**** Happy Belated Birthdays ****

Roger Davenport—**APRIL 14** Janet Morris—**APRIL 28th**

MAY BIRTHDAYS!

1st

KATHY BUSSOLARI



BINGO



Balancing Class
“Certifications”

Holbrook COA May 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 9:15 Walking Group *weather permitting	2 9:30 Exercise 12:30 BINGO 7:00pm COA Building Advisory Committee	3 9:30 Exercise 12:30 Lucky 777 “Senior Specials”	4 12:30 SOCIAL **	5 9am-Noon CRAFTS 9:30 Exercise Happy Cinco de Mayo!	6 Kentucky Derby
7	8 9:15 Walking Group *weather permitting NANTASKET Beach	9 9:30 Exercise 12:30 BINGO	10 9:30 Exercise 12:30 Yahtzee & UNO 3:00 COA BOARD Meeting	11 12:30 SOCIAL Sheriff's Dept. “Are You OK” Program 1:00-2:30 Blood Pressure	12 9am-Noon CRAFTS 9:30 Exercise 11:00 Chair Hip-Hop	13 10:30 FOOD PANTRY St. Josephs Church
14	15 9:15 Walking Group *weather permitting 10:00 Food Pantry (those who need transportation) 11:00 Line Dancing	16 9:30 Exercise 12:30 BINGO	17 9:30 Exercise 12:30 Yahtzee & UNO 12:30 CARDS	18 10:00 TRIAD 12:30 SOCIAL **	19 9:30 Exercise 10:30 Senior Book Club	20
21	22 9:15 Walking Group *weather permitting 12:30 Pizza/Movie (sign-up required \$3 Donation)	23 9:30 Exercise 12:30 BINGO	24 9:30 Exercise 12:30 Yahtzee & UNO	25 12:30 SOCIAL **	26 9am-Noon CRAFTS 9:30 Exercise Holbrook Court Crafts 12:30-2:30 (781-767-3644)	27
28	29 HOLIDAY (CLOSED)  MEMORIAL DAY	30 9:30 Exercise 12:30 BINGO	31 9:30 Exercise 12:30 Yahtzee & UNO	* Walking Group meets at the Holbrook Sumner Ball Field (weather permitting) **Our Reiki Master will again be offering her services during the weekly SOCIAL. Fifteen-minute sessions will be available and we ask for a small donation (\$5.00). Only 4 sessions will be offered during the Social.		