

LEONARD E. SIMMONS SENIOR MULTI-SERVICE CENTER

558 PLYMOUTH STREET
MIDDLEBOROUGH, MA 02346

MIDDLEBOROUGH

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Andrea M. Priest, Executive Director

LENDING A HAND TO ALL

FEBRUARY 2014

www.middleborough.com

Notes from the Director

They say the first year after a deep loss is the hardest. My father's passing, one year ago, is the deepest loss I have felt, although there have been other deaths and losses which have had a significant impact in my life. Here are some of the things I have learned. I am sure all of you know them and could share even more of the experiences of losing a loved one. There is a whole year of "firsts" - first father's day, first birthday, and first holiday with an empty seat. You think maybe for a moment that maybe your loved one may somehow be there at the family party and you miss them even more because they are not. Then there are all kinds of memories that are triggered - some unexpectedly. When the big band played music in the function room, I stayed in my office, wiping away tears as each new song started. Not really tears of sadness, more of memory. My Dad loved all of those songs and knew them all by heart. I could hear him singing and see him dancing with my Mom. And then there was the World Series with the Red Sox and I could almost hear my Dad yelling (and swearing) at the TV. Many times it is food that triggers a memory because my Dad loved to cook and eat. It could be fresh home fries, linguica sandwiches, or eclairs. When I saw the boxed amaryllis, I thought, "I will have to buy that for Dad, he loved that bright red colored one", even though I knew he was no longer with us to enjoy it. After a while people forget to ask you how you are doing after such a great loss. I try to remember to ask others how they are doing when I know that their loss is with them every day. Maybe the real reason we are here on earth is to pay tribute and remember all who have come before us.

This Valentine's Day, let us remember to tell our loved ones, "I love you" and to remember all the love that has passed through our lives. And I always say that roses and chocolates are a welcomed gift!

Hope to see you soon, Andrea

CELEBRATE VALENTINE'S DAY

With Dave Burbank

Thursday, Feb. 13th at 1:00

Lunch served at noon

It's a treat to welcome back Dave Burbank - a consummate musician, great singer, and fine entertainer. Dave puts on a smooth and elegant show featuring a wide range of style and a fair share of audience participation-- just right for our Valentine's Day Celebration. Come for a cranberry chicken luncheon (\$4 donation) and stay for the performance. Reservations are required, Middleboro residents only through Feb. 7th, then open to all.

Valentine's Day --- Card Making Workshop

Tuesday, February 4 at 1:00

All supplies provided, please register at 508-946-2490



SENIOR CENTER ACTIVITIES

- Are You OK? Program
- Big Screen Television
- Bridge
- Ceramics
- Congregate Meals
- Cribbage
- Community Outreach
- Dance: Square, & Round
- Day Trips
- Food Stamp Application
- Fuel Assistance
- Gift Shop
- Health Education Workshops
- Hearing Screening
- Information/Referrals
- Intergenerational Programs
- Knitting & Crochet
- Legal Referrals
- Legislative Hours
- Lunch Served Daily
- Meals on Wheels
- Medical Equipment Loans
- Movies
- Oil Painting Classes
- PediCare services
- Pool Tables
- Quilting
- Seasonal Celebrations
- SHINE Medicare Counseling
- Supportive Day Program
- Support Groups
 - Caregiver's
 - Bereavement
 - Diabetes
 - Visually Impaired
- Transportation
- Town Nurse Visits
- Volunteer Opportunities
- Wellness Programs
 - Strength and Balance
 - Walking Club
 - Yoga
- Whist
- Wii

Join us at the Center
Mon.-Fri.
8:00 AM to 4:30 PM

Wellness

HEALTH & WELLNESS

Please call for more information
508-946-2490

Blood Pressure Clinics

The Town Nurses are available the second and fourth Wednesday of each month from 10:30 to 11:00 to check blood pressure.

Yoga for (Your Whole) Life Thursdays 3:15-4:15

Gentle Yoga is on a February hiatus. The next start-up date is March 6th with a FREE CLASS. Subsequent classes are \$5 each.

Cardio & Dancing Thursdays 9:30-11:30

Join the dance-fun with Caller Bill White for square and round dancing. New members are always welcome.

Walking Club Daily at the Y, before 10:00 a.m.

If you're a senior, you don't need a membership to join the Senior Walkers at the Y. The cost is 50 cents to use the beautiful track that runs the perimeter of the building on the second floor. This is open to seniors until 10:00 a.m. Mondays through Fridays.

Building Strength & Balance Wednesdays 10:30-11:45

The Strength & Balance Class is taught by Valerie Fontaine. To be put on the roster for this popular class, please call the front desk at 508-946-2490.

PEDI-CARE CLINIC Heidi Crowley, RN Wednesday, Feb. 5th

30 minute session -- \$29.00

Pedi-Care is offered the first Wednesday each month. To schedule your appointment for this unique low cost program, please call the COA at 508-946-2490.

COA GIFT SHOP

Open Monday– Thursday
9:00 AM to 1:00 PM

Proceeds benefit the COA.

Donations are accepted.

Closed the 1st Thursday of the month.



REGARDING ALL SUPPORT GROUPS

It is always a good idea to verify meetings with the front desk or your facilitator. If you participate in a support group, we may not have a contact number to notify you of a meeting cancellation.

HEARING SCREENINGS

Tuesday, February 11
1:00-3:00

Free hearing screenings and free minor repairs to hearing aids are provided. Appointments are required.

Call the COA at 508-946-2490.

You should hear what you're missing!



FREE LEGAL ADVICE Tuesday, February 11

Attorney Youngberg will be here to answer questions on simple estate planning, health care proxies and Mass Health issues. Call the COA at (508) 946-2490 to set up your free 20-minute appointment.



CAREGIVER SUPPORT GROUP

Wednesday, February 12
7:00PM– 8:30PM

“Five Wishes Program”

with Guest Speaker Trish Garbitt
from Brookhaven Hospice

RSVP Susan Adams @ 508-946-2490

LOW VISION SUPPORT GROUP February 18, 2014

This very social and informative group will meet February 18th due to the President's day holiday. Regular meetings are held every 3rd Monday from 1:00 to 2:00 p.m., with transportation available. Special speakers and special excursions are often planned. Please call Leo Fuce at 508-947-0808 with any questions.

VETERAN'S SERVICES at the COA February 19

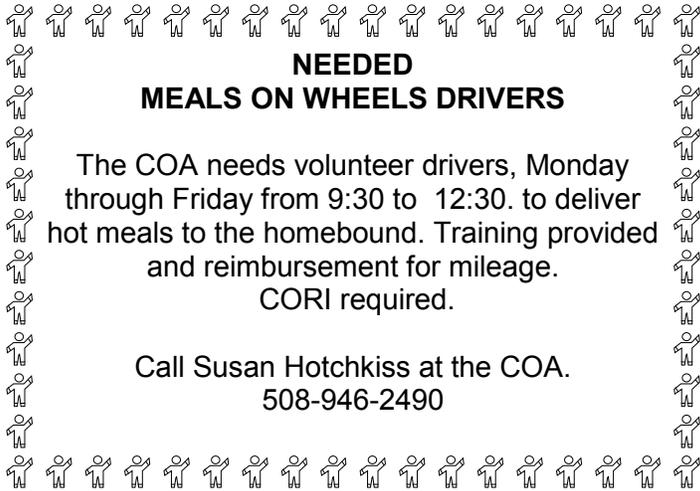
Middleborough Veterans' Service
Agent
Paul Provencher





Free AARP Tax Services

AARP Volunteers will begin offering free tax appointments for Year ending 2013. Appointments will begin Tuesday, February 18 and will end, Friday April 11. This year, new forms will need to be filled out and brought to the appointment. Forms will be available at the front desk or can be mailed to you. Call the COA for your appointment at 508-946-2490.



NEEDED MEALS ON WHEELS DRIVERS

The COA needs volunteer drivers, Monday through Friday from 9:30 to 12:30. to deliver hot meals to the homebound. Training provided and reimbursement for mileage. CORI required.

Call Susan Hotchkiss at the COA.
508-946-2490

Veterans

There are State and Federal programs that provide cash and medical assistance to low-income, Massachusetts veterans and their families in need of immediate help. If you are facing a financial emergency, your local Veterans' Agent can assist with approval of emergency cash payments and advances on benefits for food, rent, or other basic needs. To apply for these Veterans' Services, you must meet with your local Veterans' Service Officer, who will assist you in filling out applications. Paul Provencher, the Service officer for Middleborough, can be reached at 508-946-2407 for an appointment. Agent Provencher also has appointments here at the COA the third Wednesday of each month. Military discharge papers are helpful but not required to start the application process.

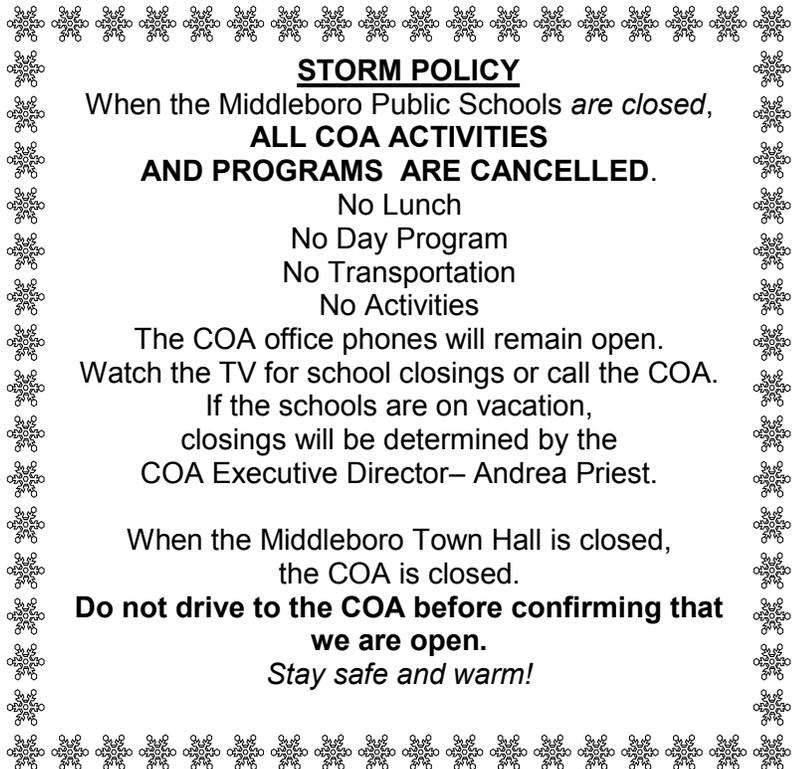


Help!
My new Part D Plan doesn't cover all of my medications!!

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary **OR** that has restrictions (prior authorization or step therapy).

It is important to understand that a transition refill is only a temporary solution. You need to call your doctor right away to talk about switching to a drug your plan does cover **OR** filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

Call the SHINE program to speak to a SHINE Counselor at 1- 800-243 4636.



STORM POLICY

When the Middleboro Public Schools *are closed*,
**ALL COA ACTIVITIES
AND PROGRAMS ARE CANCELLED.**

- No Lunch
- No Day Program
- No Transportation
- No Activities

The COA office phones will remain open. Watch the TV for school closings or call the COA. If the schools are on vacation, closings will be determined by the COA Executive Director— Andrea Priest.

When the Middleboro Town Hall is closed, the COA is closed.

Do not drive to the COA before confirming that we are open.

Stay safe and warm!

FEBRUARY 2014

WEEKLY ACTIVITIES

All activities are open to the public.
For more information or an appointment,
Please give us a call 946-2490.

Monday– Friday, 8:00am– 10:00am, Walking Club at the Middleboro YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Ceramics 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics	4 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist 1:00 Valentine's Day Card making workshop	5 10:30 Strength and Balance 12:00 Lunch 1:00 Quilting Group	6 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	7 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist
10 9:30 Ceramics 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics	11 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist	12 10:30 Strength and Balance 10:30 Town Health Dept. Blood Pressure Clinic 12:00 Lunch	13 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	14 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist
17 HOLIDAY COA IS CLOSED	18 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist	19 Veteran's Agent 10:30 Strength and Balance 12:00 Lunch 1:00 Quilting Group	20 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	21 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist
24 9:30 Ceramics 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics	25 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist	26 10:30 Strength and Balance 10:30 Town Health Dept. Blood Pressure Clinic 12:00 Lunch	27 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	28 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist

WALGREENS TRANSPORTATION

The COA will now be offering a trip to Walgreen's Pharmacy in Lakeville
 on the
FIRST WEDNESDAY
 of the month for
SENIOR SAVINGS DAY
 Reservations required– fee \$2.00 one way with a pass



BUSES TO TAUNTON
 Monday
 Wednesday
 Friday
 Wal-Mart
 Morton Hospital
 Shopping
 Social Security



**Transportation is available to most groups and activities.
 Call the front desk for a ride.**

ANNOUNCING

2014 DAY-TRIPS

We have four great day-adventures lined up for 2014 through Fox Tours:

March 12 – Spring Day in Boston with the Boston Flower Show & luncheon at Maggiano's - \$79. (see article below)

June 25 – Cape Cod Canal's 100th Anniversary Tour with Sandwich Glass Museum, Daniel Webster House Grand Buffet, and narrated 2-hour Cape Cod Canal Tour - \$74.

August 6 – Newport Playhouse & Cabaret Restaurant with bountiful Luncheon Buffet, Theatre Comedy ("Murder at the Howard Johnson's"), and Dessert Cabaret - \$79.

In October – New Hampshire's Beautiful Foliage & Spectacular Castle in the Clouds, including delicious Hart Turkey Farm Luncheon and a tour of Thomas Plant's 5200-acre estate above Lake Winnepesaukee - \$72.



2014 BOSTON FLOWER SHOW Wednesday, March 12th

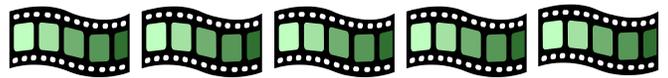
Departure 8:30 a.m., Return ~ 5:00
Luxury Silver Fox Motor Coach

The special theme of this year's horticultural exhibition is "Romance in the Garden," featuring the region's best green thumbs, vendors, new plants, methods, and materials to usher in Spring. Following the Flower Show, enjoy a five-course meal at Maggiano's: appetizers, salads, entrees, pasta, and dessert. **Sign-ups open January 16th, and payment is due starting February 12th.** Please call Susan Hotchkiss at 508-946-2490 for details and reservations.

CERAMICS CLASSES

Resume, Monday, February 3rd
9:30 and 1:00

Registration required for new students
Class fee \$5.00
plus the cost of pieces.
These classes fill up quickly with the popular instructor, Jackie Hosley.



MOVIE & POPCORN
Please Call the COA for reservations.

Thursday, Feb. 6th

THE GUILT TRIP

2012 – 1 hr 35 min – PG13
Comedy

Starring: Barbara Streisand & Seth Rogen



As inventor Andy Brewster is about to embark on the road trip of a lifetime, a quick stop at his mom's house turns into an unexpected cross-country voyage with her along for the ride.

Get ready for one mother of a road trip!

Thursday, Feb. 20th

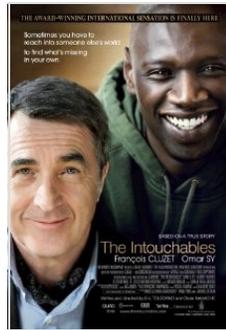
THE INTOUCHABLES

2011 – 2 hrs – R (language)

Biography – Comedy – Drama

Starring: Francois Cluzet & Omar Sy
In French - with English subtitles

"The Intouchables" has been called a film of true humanity: comedy in the face of hardship. After he becomes a quadriplegic from a paragliding accident, an aristocrat hires a young man from the projects to be his caretaker, bringing the spark of life back into a gloomy and predictable world. Come for something "French" for lunch (\$4 donation,) and stay for the movie!



Sometimes you have to reach into someone else's world to find out what's missing in your own.

QUILTING GROUP

The Quilting Group invites you to join them on the 1st, 3rd and 5th Wednesdays of the month at 1:00. There is a \$5.00 fee per class. All ages are welcome and no registration is required. Quilters work on a variety of projects with different levels of difficulty.



CAN YOU HELP?

Please drop off at the COA front desk.

- Coffee—Regular and Decaf
- Lemonade and Juice drink mixes
- Aluminum Lasagna Pans
- Napkins
- Cooking Spray

Thank you for your support!

THANK YOU

FOOD PANTRY NEEDS

**Supplies are low
Kindly help us help those in need**

- Cereals
- Sugar free canned fruit, fruit cups & pudding cups
- Canned meats and chicken
- Peanut Butter
- All fruit Jelly and Jam
- Canned macaroni products (Chef Boyardee for example)
- *No boxes please of Mac & cheese*

FOOD HANDLERS' CERTIFICATION EXAM DATES:

Wed, Feb. 12th at 1:00
Tues, Feb. 25th at 1:00



All COA staff and volunteers who handle food are required annually to take a short mandatory class followed by a short exam. This course is administered through the Middleboro Health Dept., and the certification expiration date will be the end of December 2014. This class and exam are offered free of charge for staff and volunteers at the COA. Please sign up with Susan Hotchkiss at 508-946-2490.

FEBRUARY BIRTHDAYS

- Noreen Anderson..... 9
- Sally Bettencourt..... 8
- Helen Laphorn..... 14
- Edna Bishop..... 15
- Judy Thompson..... 16
- Gertrude Waine..... 22
- Ruth Watt..... 25
- George Andrade..... 28
- Charles Cochrane..... 28
- Adrian Haynes..... 28
- Francine Perry.....28



NEWS FROM OUTREACH

South Shore Women's Center

The Older Women's Program helps support women over 55 with issues of neglect and abuse while working to preserve their dignity and independence. Services are confidential. Comprehensive domestic violence programs, intervention services and advocacy are available. The 24 hr. 7 day a week hotline is 1-888-746-2664.

BOOKS THAT MAY BE HELPFUL TO CAREGIVERS

- Elder Care Assistance: A Practical Guide Covering Health, Financial and Legal Considerations
Sandy Myerson
- Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions
Paul Hogan and Lori Hogan

DURABLE MEDICAL EQUIPMENT

The COA offers a loan closet of all types of needed items including commodes, walkers, canes, wheelchairs and shower chairs. This equipment can be helpful when recovering from an injury or when visiting. There is no charge for the use of the equipment and no limit on amount of time it can be borrowed. The loan closet always needs do-



WELCOME TO THE COA BOOK NOOK

Kudos to retired librarian Betty Hillcoat for creating and maintaining our new and cozy reading area. Our free lending library is full of books and puzzles to borrow. Check it out!



The Memorial Brick Walkway is accepting orders for additional bricks. This is a great way to honor our loved ones. Order forms are available at the front desk and on the website. The cost is \$50. per brick which can include 3 lines of lettering. All proceeds from this project benefit the grounds beautification fund.

OFFICE HOURS -
Representative KEIKO ORRALL
MONDAY
February 10, 12:30-1:30



MIDDLEBOROUGH COUNCIL ON AGING NEWSLETTER
558 PLYMOUTH STREET
MIDDLEBOROUGH, MA 02346

ADDRESS SERVICE REQUESTED

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MA 02346



**COUNCIL ON AGING
BOARD MEETING**

Second Wednesday
of every month
at 7:00 PM at the COA

No meetings in
July and August.

COUNCIL ON AGING

BOARD OF DIRECTORS

Robert Burke– Chairperson
Arthur Turcotte, Vice Chair
Sim Bullard, Treasurer
Barbara Chadwick, Secretary
Geoff Hebert
Annette Holmes
Anders Martenson, Jr.
Betty Murphy
Elizabeth Wainright
James Waite
Richard Young

THE COST OF MAILING THIS NEWSLETTER HAS BEEN PAID BY THE MAXIM FOUNDATION

The COA is now on Facebook– visit our page!



Listen to the COA's spot on the radio
Wednesday at 12:30
Middleboro Midday with Ed Rand
WVBF 1530AM