

LEONARD E. SIMMONS SENIOR MULTI-SERVICE CENTER

558 PLYMOUTH STREET
MIDDLEBOROUGH, MA 02346

MIDDLEBOROUGH

(508) 946-2490
FAX (508) 946-2489
T.D.D. (508) 946-4446



Linda Eatherton, Editor
Andrea M. Priest, Executive Director

LENDING A HAND TO ALL

JANUARY 2014

www.middleborough.com

Notes from the Director

As we begin a new year, we want to give thanks for the generosity of everyone who supports the COA. We carefully made a list of the individuals and organizations that helped us get through a lean year. These contributions of money, time and goods ensure that this COA can provide the services and activities that our seniors need and deserve. We are taking the risk of leaving out a name, but the following are those who donate every day, year in and year out, leaving a lasting impact.

Our thanks to the Maxim Foundation for its long-term and on-going financial support. They pay for the monthly mailing of the newsletter. In addition, they provide a generous contribution to our general donation and outreach fund. Thank you to Oak Point Women's Group for their generous annual donation to support our food program and ongoing support for our food pantry.

Our thanks to Hannaford Supermarkets which provides us daily with a great selection of bread and pastries allowing us to serve goodies with our coffee each day as well as breads and desserts with our daily luncheon and Meals on Wheels Program. Thank you to Panera Bread for their weekly donations of breads, bagels and goodies. We appreciate all the donations of fruits, vegetables and eggs from local farms and gardens and the Farmer's Outlet on Route 44. Our thanks to Nemasket Health Care and Island Terrace for providing refreshments, decorations and gifts.

Thank you to our COA Volunteers who work tirelessly, serving meals, caring for others in our day program, driving to deliver meals or bring people to medical appointments, providing SHINE counseling, cleaning and decorating, working special events and teaching classes. We thank our tax preparers and computer tutors for sharing their expertise. Without all of our dedicated volunteers we could not get through the

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

MUSICAL VARIETY SHOW

with Peter Rebell

Thursday, January 16th at 1:00

Pot Roast luncheon served at noon

Welcome to the New Year with something *New & Different!* Middleboro entertainer, Peter Rebell, will bring us a fun-filled Musical Variety Show on Thursday, January 16th, featuring songs, stories, games, and trivia. The songs are from the 20's through the 60's, spanning country, pop, and traditional styles – with plenty of chances for audience participation. Come for a delicious luncheon at noon (\$4 donation) and stay for the show. Middleboro residents only may sign up January 1-7 and then it's open to all.

Call the COA for reservations.

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 winterhiatus. 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 taught by Valerie Fontaine is currently full. To be put on the wait list for this popular class, please call the front desk at 508-946-2490.

PEDI-CARE CLINIC Heidi Crowley, RN Wednesday, Jan. 8th

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, from 9:00
AM to 1:00 PM
Proceeds benefit the COA.
Donations are accepted.



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, January 14th
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, January 14th

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, January 8th, 2014
7 – 8:30PM

“Laughter is the Best Medicine”
with Guest Speaker, Kathleen MacDonald
RSVP Susan Adams @ 508-946-2490

LOW VISION SUPPORT GROUP
Please call for January date

This very social and informative group meets every 3rd Monday from 1:00 to 2:00 p.m., (unless there is a Monday holiday) with transportation available. Meetings may have special speakers, often meet at restaurants, and also plan interesting excursions. Please call Leo Fuce at 508-947-0808 with any questions.

VETERAN'S SERVICES at the COA
January 15th

Middleborough Veterans' Service
Agent
Paul Provencher



Our thanks (continued)

Our thanks to the COA staff who work hard and care deeply about our mission to provide for the elders of Middleboro. Due to their efforts the Middleborough COA remains one of the busiest and best in the state of Massachusetts. We also express our gratitude to the Board of Directors, who give their time, effort and dedication as volunteers to oversee the operations of the COA and support the staff in their efforts.

We thank all our area professionals who provide free consultations and services at the COA for health screenings and legal advice. This allows us to expand the range of affordable services to our community.

We thank all of our donors who have made financial contributions in memory of deceased family members and friends. Others have donated generously to our food pantry to help us provide for those in need with either goods, donations or gift cards. We are thankful for donations to our outreach department to help with the costs of food, fuel, and other basic necessities. We thank you all for the support of the memorial brick walkway to the gazebo.

Our thanks to the Middleborough Services to the Elderly, which has supported the COA for more than 35 years with donations of large material items such as our big screen TV, the grand piano, our 9 passenger wheelchair accessible van and other helpful gifts that improve the quality of services here at the COA.

We thank community groups including Middleboro Friends, American Legion, Ocean Spray Cranberries, Rotary, Lions and Kiwanis clubs, Oak Point Car Club, Kohl's and the Police Department for their donations and support. Thank you to all who made cash donations to support the food program and for the over 130 donations to the "Can You Help" Program. Thank you to the local TOPS theatre group, Timaron Club, Girl Scout Troops, Town Employees, School Department and all the children and Health Department for their food drives. We appreciate the contribution of yarn and quilting supplies, items for the gift shop, outreach and day program. Thank you for the donations of durable medical equipment to our free loan-closet so that others can benefit from wheelchairs, walkers, etc.

We also want to extend a warm thank you to the Fireside Grill for providing hot turkey meals on Thanksgiving to the homebound for the Meals on Wheels program, generously delivered by volunteers.

*From all of us to you-
We wish you a Healthy, Happy New Year.*

NEWS FROM SHINE

Can I still change my Medicare Plan?

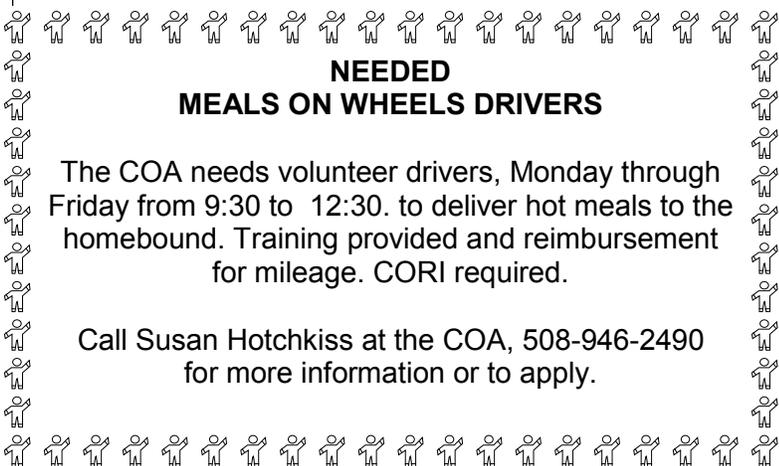
The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with **Prescription Advantage** or getting "**Extra Help**" paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

Trained SHINE (**Serving Health Insurance Needs of Everyone...on Medicare**) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



**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 for more information or to apply.

JANUARY 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
BUSES TO TAUNTON Monday Wednesday Friday Wal-Mart Morton Hospital Shopping Social Security		1 New Years Day COA is closed	2 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	3 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist
6 9:30 Ceramics 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics	7 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist	8 10:30 Strength and Balance 10:30 Town Health Dept. Blood Pressure Clinic 12:00 Lunch	9 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	10 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist
13 9:30 Ceramics 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics	14 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist	15 Veteran's Agent 10:30 Strength and Balance 12:00 Lunch 1:00 Quilting Group	16 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	17 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist
20 Martin Luther King Day COA is Closed	21 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist	22 10:30 Strength and Balance 10:30 Town Health Dept. Blood Pressure Clinic 12:00 Lunch	23 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	24 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage & Whist
27 9:30 Ceramics 12:00 Lunch 12:30 Contract Bridge 12:45 Wii 1:00 Ceramics	28 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crocheting 12:00 Lunch 1:00 Cribbage & Whist	29 10:30 Strength and Balance 12:00 Lunch 1:00 Quilting Group	30 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing & Round Dancing 12:00 Lunch	31 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



CERAMICS CLASSES



Our very popular Ceramics Classes are taking a January break. The 9:30 and 1:00 classes are taught on Mondays by Jackie Hosley, and will be starting up again on Monday, February 3rd. If you are not already registered as a student, please call the COA to sign up.

FOOD HANDLERS' CERTIFICATION

EXAM DATE: Wed, Jan 8th 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. People who have taken this course during the last half of 2013 are already certified through the end of 2014. Everybody else must take this course, offered free of charge for and through the COA. Please sign up with Susan Hotchkiss at 508-946-2490.



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.

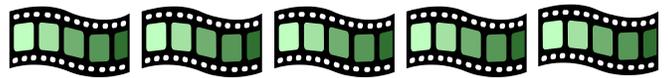
Do not drive to the COA before confirming that we are open. Stay safe and warm!

KUDOS

The Knitting & Crochet Group had its annual outreach distribution with 569 items, lovingly made for 14 recipients: Golden Living Center, Nemasket Healthcare Center, Island Terrace Nursing Home, Serenity Home, Shaw Home, Town Nurses, COA Outreach, Elementary & Middle Schools, High School, WIC, Conway House, Christmas Wishes, and Veteran's Agent. They are considering Blankies by Benjamin for next year.



We have a few independent volunteer "angels" starting up and working with on-going projects: COA Library & Book Nook; Volunteer Closet & Storage; and Food Pantry Donations.



MOVIE & POPCORN

Please Call the COA for reservations.

**Thursday, Jan. 9th , 12:45
MONSTERS, INC.**

2001 – 1 hr. 42 min – G
Animation/Adventure/Comedy
Starring: voices of Billy Crystal,
Mary Gibbs, & John Goodman

Pixar has outdone itself with this one, which is definitely not a movie just for kids. Monsters, Inc. is colorful, clever, fast-paced, and delightful for all ages. In this imaginative world, monsters generate their city's power by scaring children, but they are terribly afraid themselves of being contaminated by children. What happens when one little child accidentally enters Monstropolis?

"One of the most endearing animation films created."

**Thursday, Jan. 23rd, 12:45
THE PHANTOM OF THE OPERA**

2004 – 2 hrs. 21 min – PG13
Starring: Gerard Butler, Emmy Rossum, &
Patrick Wilson
Drama – Musical – Romance

Film-maker Joel Schumacher has taken the Andrew Lloyd Webber Broadway musical extravaganza and created an amazing and exceptional movie. "Phantom" is the story of a disfigured musical genius, hidden away in the catacombs below the Paris Opera House in the years around 1870. He terrorizes the opera company for the unwitting benefit of Christine, a young protégée whom he trains, loves, and wants to possess.

"The Phantom may emerge from the shadows past the point of no return."

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center"><u>LUNCH CANCELLATIONS</u></p> <p>PLEASE REMEMBER TO CALL AND CANCEL if you cannot come in for lunch. Many times we have a waiting list. With our budget cuts, we do not want to lose money by wasting food. Thank you.</p>		
<p align="center">Coffee, Tea and Goodies Served each day In the function room 25 cents Thank you to Hannaford's and Panera Bread for their donations.</p>  		<p align="center">1 Happy New Year COA is Closed</p>	<p align="center">2 Ham and Cheese Quiche Roasted Potato Scali Bread Pudding Parfait</p>	<p align="center">3 Beef Stew w/ Carrots, Potatoes and Peas French Bread Assorted Pastry</p>
<p>6 Grilled Hot Dog on a Roll Bepop Beans Chilled Pears</p>	<p>7 Cheeseburger Deluxe on a Roll Lettuce & Tomato French Fries Fruited Jello</p>	<p>8 Chicken Alfredo with Broccoli over Ziti Dinner Roll Assorted Pastry</p>	<p>9 Roast Pork with Gravy Rice Pilaf Oatmeal Bread Strawberry Shortcake</p>	<p>10 Clam Chowder Tuna Sub Sandwich Lettuce and Tomato Pudding Parfait</p>
<p>13 French Bread Pizza Garden Salad Mixed Fruit Cup</p>	<p>14 Baked Ziti with Meat Sauce Peas Italian Bread Fruited Jello</p>	<p>15 Tangerine Chicken over rice Mixed Vegetables Multi Grain Bread Peach Crisp</p>	<p>16 Pot Roast Potato Carrots Wheat Rolls Grapenut Pudding</p>	<p>17 Seafood Salad Sandwich Potato Puffs Assorted Pastry</p>
<p>20 Martin Luther King Day COA is Closed</p>	<p>21 Split Pea Soup Ham and Cheese Sandwich Chilled Peaches</p>	<p>22 Meatloaf w/ Gravy Mashed Potato Green Beans Rye Bread Assorted Pastry</p>	<p>23 Country Chicken Scalloped Potato Spinach Pudding Parfait</p>	<p>24 Knockwurst, Cabbage Carrot & Potato Corn Bread Mixed Fruit</p>
<p>27 American Chop Suey Green Beans Garlic Bread Chilled Pears</p>	<p>28 Chicken Cutlet with Gravy Rice Beets Assorted Rolls Bread Pudding</p>	<p>29 Meatball Sub Garden Salad Smoothies</p>	<p>30 Open Face Turkey Sandwich Stuffing Carrots Peach Shortcake</p>	<p>31 \$5.00 suggested Donation Fresh Fish Bake Rice Pilaf Coleslaw Apple Crisp</p>



Be a good neighbor. If you are a neighbor to an elderly or frail individual, we need you to help.

 You could get their mail from the mailbox to their house or shovel a path. This is particularly helpful if they have Meals on Wheels. Just checking in with a phone call can prevent an emergency. If you go to the store, check in with them to see if they have the needed perishables. Make sure lights go on and off at appropriate times. If you do not see or hear from your neighbor dial 911 for a wellness check. The Nichols Middle School will be the first shelter to open for the community.



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

FOOD PANTRY

Supplies are low
Kindly help us help those in need

- Cereals
- Sugar free canned fruit, fruit cups & pudding cups
- Canned meats and chicken
- Canned macaroni products (Chef Boyardee for example)

No boxes please of Mac & cheese



Welcome Aboard

New driver, Patrick G. joins the COA driving team, (From left to right) Kathy T., Patrick G., Ken L., Dick G. and Arthur W., (missing from photo is Kwong S.)

JANUARY BIRTHDAYS

- Annette Ferbert..... 1
- Mary Sullivan3
- Eleanor Carriero4
- Joe Silvia8
- Alice LaCombe11
- Gwendy Blanchard23
- Christian Hellpap24
- Joanne Bernabeo24
- Joe Runci26



NEWS FROM OUTREACH

**“Coping with the Loss of a Spouse/Partner”
Grief Support Group**

Beginning January 10th , 2014

Beacon Hospice is offering a new grief support group and educational series, “Coping with the Loss of a Spouse/Partner,” at the Middleborough Council on Aging. This group will meet on Friday afternoons, from 1:00-2:30PM, beginning January 10, 2014. There will be 7 sessions. This group is free of charge and is open to anyone in the community who is currently experiencing grief and loss. **Pre-registration is required** by calling Scott A. Ciosek, M.Div., at Beacon Hospice, **508-747-7222**.

**BOOKS THAT MAY BE HELPFUL
TO CAREGIVERS**

“Into the Mist”——By Deborah Glover-Uetz

“Why Did Grandma Put Her Underwear in the Refrigerator? An Explanation of Alzheimer’s Disease for Children” ——By Max Wallack, Carolyn Given (This is a wonderful book, written by a 17 year old, that will be very helpful for caregivers with children.)

South Shore Women’s Resource 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 support are available. Advocacy within Jordan Hospital’s Emergency Department provides crisis intervention, support, information, resources and referrals to Transitional Assistance, Social Security and SAFE-PLAN. If you are wondering if you *need* to call, you probably *need to call*. The 24 hr. 7 day a week hotline is 1-888-746-2664.

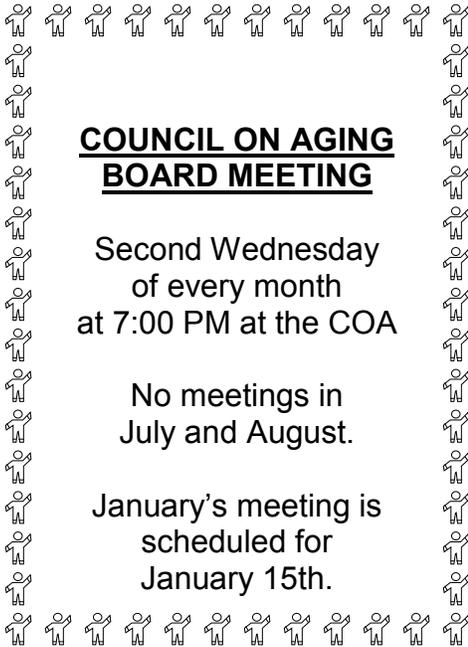
OFFICE HOURS - KEIKO ORRALL
MONDAY
January 13
12:30-1:30



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

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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.

January's meeting is
scheduled for
January 15th.

COUNCIL ON AGING

BOARD OF DIRECTORS
Robert Burke– Chairman
Arthur Turcotte, Co-Chairman
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