

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



Andrea M. Priest, Executive Director

OCTOBER
2016

LENDING A HAND TO ALL

www.middleborough.com

SENIOR CENTER ACTIVITIES

Are You OK? Safety Assurance Program
Big Screen Television
Bridge
Ceramics
Congregate Meals
Cribbage
Community Outreach
Dance: Square
Day Trips
Drawing Classes
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
Men's Social Group
Movies
Oil Painting Classes
PediCare services
Pool Tables
Quilting
Seasonal Celebrations
SHINE Medicare Counseling
Supportive Day Program
Support Groups
Caregiver's
Bereavement
Visually Impaired
Transportation
Town Nurse Visits
Volunteer Opportunities
Watercolor Painting
Wellness Programs
Chronic Disease Self Management
Strength and Balance
Walking Club
Yoga
Whist
Wii

Join us at the
COA

Mon.-Fri.
8:00 AM to 4:30 PM

Notes from the Director,

"You can *complain* because roses have thorns, or you can rejoice because thorns have roses." — Tom Wilson.

I have a plaque on my office wall that states. "Yesterday was the deadline for all complaints!" So I was very interested in reading an article based on some research done at Stanford University entitled, "Complaining may be dangerous to your health." It reinforced how I think about complaining. It basically says that we should stop our complaining because no one wants to hear it, and it is bad for our health. It did outline though that there are some ways to complain productively.

The article pointed out that a half hour of complaining every day actually physically damages a person's brain whether you are the complainer or recipient. It also can become a habit, and as we have all noticed—if you have complainers all around you, you are more likely to complain. We use complaining for the wrong reason- to vent instead of to create change. Venting "gets it off our chest" but just upsets us further and because we are not complaining to the right people, the issue is not resolved.

Here are their suggestions you can try. 1. Your complaint should have a purpose and a specific goal. This helps us to not only calm down but also to invite the person to help us towards a resolution 2. Start with a positive statement which allows others to be less defensive such as "I have been a loyal customer of your company but..." 3. Deliver a lean complaint and be as simple and clear as possible. We have heard people go on and on and at the end we are not really sure how to help. 4. End with another positive statement which creates a "complaint sandwich" and results in a better resolution. I "would really appreciate your help," really invites cooperation. 5. Consider your listener- if you are calling a company, the person who answers the phone may have limited ability to solve the problem. You can acknowledge that you are not aggravated at them, just the situation. 7. Let it go. When you complain productively to those who can actually resolve it, whether it is perfect or not, let it go. Holding on to negative emotions will only hurt you and not cause a positive ending.

So now you can decide which role to take—the complainer who vents to everyone with no goal of resolution or the productive complainer who works toward resolution and accepts that life is not all that perfect. Who would you rather be around?

Hope to see you soon, Andrea

HALLOWEEN SPOOKTACULAR
Featuring Vic Solo
Thursday, October 20, 1:00

A warm "welcome-back" to Middleboro's own Vic Solo, this time bringing us a fun-filled Halloween themed show. We've seen him as Elvis, Neil Diamond, Jimmy Buffet, and Cowboy Sam. Now we will witness DRACULICE, a hybrid between Dracula and Alice Cooper! Vic has a big warm presence, not to be missed. The show is followed by special refreshments provided by Shaw Home. Join the fun – please arrive at 11:45 for a delicious luncheon (\$5 donation), followed by a FREE show at 1:00.

Reservations are a must! Please call 508-946-2490
Middleboro residents only through October 7, then open to all.

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.

Square Dancing

Fridays 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 Senior Walkers until 10:00 a.m. Mondays through Fridays.

Building Strength & Balance

Mondays 1:30-2:45

Wednesdays 10:30-11:45

These popular weekly classes, offered either Mondays or Wednesdays, are taught by Valerie Fontaine. If you are not already registered, please call the COA at 508-946-2490 to be put on the waiting list.

Yoga for New Life – Chair Yoga

Mondays 10:00-11:00

Nancy Brady Cunningham teaches Chair Yoga classes (formerly Gentle Chair Yoga) with a focus on movements to give new life by developing strength and balance. The cost is \$5 per class.



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.

CAREGIVER SUPPORT GROUP

2nd Wednesdays of the month
7:00pm-8:30p

Wednesday, October 12th, 2016 7:00-8:30PM

Nutrition and Feeding Techniques
for those with Dementia

With Trish Garbitt of Cranberry Homecare
Caregivers will receive advice and tips on getting those in their care to eat and drink for strength and nutrition.

Wednesday, November 9th, 7:00-8:30PM

A presentation about CAREGIVER STRESS
and Caring for the Caregiver

by Lindsay Coppola RN of Seven Hills Adult Family Care in Fall River

Wednesday, December 14th, 7:00-8:30PM

What is the Family Caregiver Support Program?

With Guest Speaker, Chris McClaren
of Old Colony Elder Services (OCES)
A presentation about the services provided by OCES
under the Family Caregiver Support Program

LOW VISION SUPPORT GROUP

OCTOBER 17

1:00

Our group will meet on Monday, October 17th. The group has gone back to meeting on the 3rd Monday of the month, to accommodate our facilitator. This is a very popular, proactive and social group. New members and family members are always welcome. Please call Leo Fuce at 508-947-0808 if you have any questions regarding schedules.

BEREAVEMENT SUPPORT GROUP

October 14th

A new Bereavement Support series will begin October 14 from 1:00pm to 2:30 at the Middleboro Council on Aging. This six week group is for individuals who have experienced the loss of a spouse/partner. Registration is required. Please contact Jackie Duchin, LICSW, Bereavement Counselor, HopeHealth, 508-957-0200.

CAN YOU HELP?

Please drop off at the COA front desk.

- SOS cleaning pads
- Kleenex Tissue
- Heavy Duty Aluminum Foil
- Napkins and Paper Towels
- COFFEE**— Regular and Decaf
- Hot and Cold Cups— 8 ounce
- Canned Cooking Spray
- Zip Lock Sandwich Bags
- Dish Soap (not dishwasher)
- Large, Deep 20x12
- Aluminum Steamer Pans

Thank you for your support!

FOOD PANTRY NEEDS

Kindly help us help those in need

- NEEDED** Pudding cups, small
- all-fruit cups, sugar free cups
- Hearty, low-salt soups
- Peanut butter, Jelly
- Sugar free snacks
- Powdered, boxed, and canned milk
- Gift cards are always welcome:
- Hannaford, Trucchi's, Benny's, Walmart



HEARING SCREENINGS

October 11

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

October 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.



When your 10 ride bus pass is all used, enter it into a drawing for a free lunch. Once a month we will draw a used bus pass to choose the winner. Drawing box at the COA front desk.



Housing and Downsizing Forum

October 25

1:00 to 3:00

The COA will be presenting a free, informational forum with speakers specializing on various aspects of downsizing, relocating, and the different housing options available.

Are you planning on staying in your home but wonder what changes you might have to make to have it accessible? Are you thinking of moving but have to learn what is available to help with all the collections in the house? Do you wonder what is available in the community for housing that would be comfortable and fit your budget? Do you know how to prepare to sell your house?

Come and ask your questions and get answers.

Please register by calling 508-946-2490.

COMMUNITY MEMORY CAFÉ

Come Join us
2nd Tuesdays
October 11, 2016

November's café will be November 15
12:30-2:30

A Memory Cafe is a regularly-scheduled time and safe place for individuals with memory issues AND their care partners to meet together for socialization, fellowship, community-building and information.

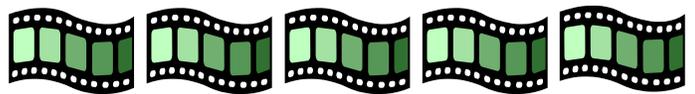
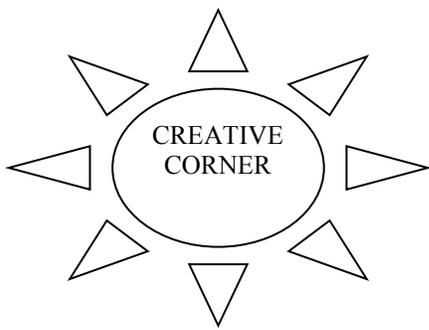
Join us for activities, music, games, conversation, creative projects, movement, refreshments and friendship.

Please RSVP to help with our planning to:
Susan Adams, 508-946-2490.

RITE AID PHARMACY

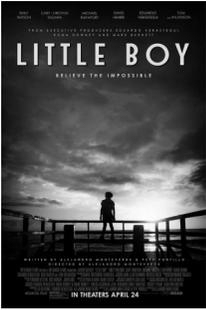
Wellness Ambassador

* Rite Aid Wellness Ambassador, Denise Salvador, will *
* be here on October 20 at 10:30 with the topic being *
* "Healthy Aging". As always, Denise will bring infor- *
* mation, coupons and samples. *



MOVIES and POPCORN
Thursdays at 12:45
Please Call to reserve your seat
508-946-2490

PLAY WITH PASTELS!
Second & Fourth Wednesdays
October 12 & 26
1:00-3:00 - \$6 per class
 Interested in creating artwork? Phyllis & Gail (formerly of "Paper Art") are retired professional artists, volunteering to teach "Play with Pastels!" on the 2nd and 4th Wednesdays of each month from 1:00-3:00. Discover the beauty of pastels. Create vibrant landscapes and still-life scenes. Learn pastel techniques. This class is FOR EVERYBODY! Please call 508-946-2490 to sign up.



October 13
LITTLE BOY
PG-13 – 1 hr. 46 min – 2015
Drama, War
Starring: Jakob Salvati,
Emily Watson, & David Henrie

An eight-year-old boy is willing to do whatever it takes to end World War II so he can bring his father home. The story reveals the indescribable love a father has for his little boy, and the love a son has for his father.

Watercolor Painting Class
Taught by Cindi Walsh-Hamlin
Thursdays, 10-12:00
 Cost is \$10 per class. For start-up supplies, please bring a small set of watercolor tubes, brushes, a small container for water, paper towels, HB pencils, a board for taping paper onto, masking tape, and 9 X 12 watercolor pad. Please call the COA at 508-946-2490 to register.



October 27
CONCUSSION
PG-13 – 2 hrs. 4 min – 2015
Biography, Drama, Sports
Starring: Will Smith & Alec Baldwin

This film is a dramatic thriller based on the true story of Dr. Bennet Omalu, an American immigrant and brilliant forensic neuropathologist. Omalu made the first discovery of CTE, a football-related brain trauma, in a pro player. He fought for the truth to be known, putting himself on an emotional quest with dangerous odds against one of the most powerful institutions in the world.
"Nothing hits harder than the truth."



Drawing for Joy
Taught by Cindi Walsh-Hamlin
Tuesdays at 1:00
\$6.00 per class



CERAMICS CLASSES
Taught by Jackie Hosley
Mondays at 9:30 and 1:00
 Our popular ceramics classes are back. Join the fun – talk to Jackie to see if there is room.



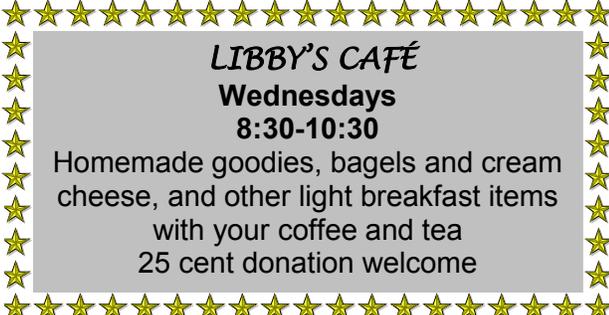
QUILTING
1st, 3rd, 5th
Wednesdays
1:00
\$5.00 per session

KNITTING and CROCHET GROUP
Every Tuesday
10-12
No fee
Share ideas and patterns



2016**OCTOBER 2016
WEEKLY ACTIVITIES****2016**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 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 1:00 Ceramics 1:30 Strength & Balance	4 9:00-Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 12:30 Cribbage & Whist 1:00 Drawing Class	5 8:30-10:30 LIBBY's CAFE 9:30 Strength and Balance 10:30 Men's Social Group PEDICARE by appt. 12:00 Lunch 1:00 Quilting	6 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting 12:00 Lunch	7 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 12:30 Cribbage & Whist
10 HOLIDAY COA is CLOSED	11 9:00-Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 12:30-2:30 MEMORY CAFÉ (2nd Tuesday) 12:30 Cribbage & Whist 1:00 Drawing Class	12 8:30-10:30 LIBBY's CAFE 10:30 Town Health Dept. Blood Pressure Screening 10:30 Men's Social Group 10:30 Strength & Balance 12:00 Lunch 1:00 Pastels 7:00 CAREGIVER SUPPORT GROUP	13 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting 12:00 Lunch 12:45 MOVIE	14 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 12:30 Cribbage & Whist
17 9:30 Ceramics 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 1:00 Ceramics 1:00 Low Vision Support Group 1:30 Strength & Balance	18 9:00-Shopping at Hannaford Supermarket PEDICARE by appt 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 12:30 Cribbage & Whist 1:00 Drawing Class 1:00 Low Vision	19 8:30-10:30 LIBBY's CAFÉ Veteran's Agent by appt. 10:30 Strength and Balance 10:30 Men's Social Group 12:00 Lunch 1:00 Quilting	20 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting 10:30 RITE AID AMBASSADOR 12:00 Lunch 1:00 HALLOWEEN SPOOKTACULAR	21 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 12:30 Cribbage & Whist
24 9:30 Ceramics 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 1:00 Ceramics 1:30 Strength & Balance	25 9:00-Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting & Crochet Group 12:00 Lunch 12:30 Cribbage & Whist 1:00 Drawing Class 1:00 DOWNSIZING WORKSHOP	26 8:30-10:30 LIBBY's CAFE 10:30 Strength and Balance 10:30 Men's Social Group 10:30 Town Health Dept. Blood Pressure Screening 12:00 Lunch 1:00 Pastels	27 9:00 Shopping at Trucchi's Supermarket 10:00 Watercolor Painting 12:00 Lunch 12:45 MOVIE	28 9:00 Oil Painting 9:30 Square & Round Dancing 10:00 Table Pool 12:00 Lunch 12:30 Cribbage & Whist
31 9:30 Ceramics 10:00 YOGA 12:00 Lunch 12:30 Contract Bridge 1:00 Ceramics 1:30 Strength & Balance	 Transportation is available, for Middleboro Seniors, to most groups and activities. 24 hour notice required Call the front desk for a ride.			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 <p style="text-align: center;">Coffee, Tea & Goodies Served each day In the function room 25 cents Thank you to Hannaford's and Panera Bread for their donations.</p> 	
3 French Bread Pizza Chef's Salad Chilled pears	4 Fish Sandwich with Cheese 3 Bean Salad Chilled Peaches	5 Soup du Jour Italian Sub with Lettuce & Tomato Macaroni Salad Pudding	6 Chicken, Broccoli, Garlic Pasta Italian Bread Mandarin Oranges	7 Meatloaf w/Gravy Scalloped Potato Pea Pods Dinner Rolls Apple Crisp
10 HOLIDAY COA IS CLOSED	11 MEMORY CAFÉ American Chop Suey Green Beans Garlic Bread Chilled Pears	12 BBQ chicken Buttered Noodles Stewed Tomatoes Rye Bread Peach Shortcake	13 MOVIE Baked Ham Sweet Potato Yellow wax Beans Corn Bread Ambrosia	14 Cheeseburger on a Roll Lettuce & Tomato French Fries Ice Cream
17 Chicken Parmesan Sandwich Garden Salad Pudding	18 Egg Omelet Pancakes Bacon Mixed Fruit	19 Beef Knockwurst Boiled Dinner Cabbage, Carrots & Potato Scali Bread Chilled Fruit	20 EVENT Roast Turkey Dinner Mashed Potato Carrots Oatmeal Bread Grapenut Pudding	21 Clam Chowder Seafood Salad Sandwich Pineapple Chunks
24 Soup du Jour Hot Dog on a Roll Bepop Beans With peppers Brownies	25 Rosemary Chicken Baked Potato Broccoli AuGratin Pudding	26 Tuna Sub Lettuce & Tomato Potato Puffs Pie a la Mode	27 MOVIE Fresh Fish Bake Rice Coleslaw French Bread Apple Crisp	28 Cheese Ravioli with Meat Sauce Green Beans Garlic Bread Chilled Fruit
31 Linguine with White Clam Sauce Green Peas Garlic Bread Fruited Jell-O	 <p style="text-align: center;">Menu is subject to change. Coffee, tea or milk is served with all meals. Please make reservations and remember to cancel if you cannot attend.</p> 		 <p style="text-align: center;">LIBBY'S CAFÉ Wednesdays 8:30-10:30 Homemade goodies, bagels and cream cheese, and other light breakfast items with your coffee and tea 25 cent donation welcome</p>	

Holiday Bazaar

FRIDAY
November 4

9:00-1:00

COA Function Room

Holiday Items, Bake Sale,
White Elephant Table,
Jewelry, Gifts,
Goodies & Gadgets....

*Proceeds benefit our
Supportive Day Program
Special Events Fund*



VA Benefit for Aid and Attendance Chapter 115

Tuesday, October 18 1:00 to 2:00

Join our Veterans' Agent Paul Provencher and Cranberry Home Care for an informative program regarding the VA Aid and Attendance benefit available to eligible veterans and/or their surviving spouse. Please reserve your seat by calling 508-946-2490

Eligibility Requirements for Chapter 115

*Veteran or Surviving Spouse of a veteran who served 90 days or more on active duty, with at least one day of service during a period of war.

*Applicant must have a medical condition not related to military service requiring assistance with activities of daily living.

*Veteran must have an honorable discharge.

*Meet income-to-medical expense ratio.

*Must meet asset requirements.

COA OPEN HOUSE Friday October 21 at 1:00

Welcoming all (but especially newcomers) to enjoy a tour of the COA, meet the staff, receive a welcome packet of information and enjoy some refreshments. Please RSVP if possible 508-946-2490.

Town of Middleborough Senior Tax Work Off Program

Purpose:

To allow qualified Middleborough taxpayers to perform volunteer community service for participating Town departments in order to receive an abatement on their property tax.

Application Procedure:

Applications are available and must be filed by November 1, 2016. Applications are available at, and submitted to, the Middleborough Council on Aging.

Applications are available on the Town website– COA home page and at the COA front desk.



Arthur Turcotte

Arthur passed away August 17, 2016 at the age of 87. He will be missed. Arthur was a very active volunteer at the Middleboro COA– as an art instructor for over 30 years. He also served on the Board of Directors for the Middleboro Council on Aging and the Middleboro Services to the Elderly. He is pictured here with his wife of 64 years, Laurette.

Thank You!



MEDICARE INSURANCE CHECK-UP

Do you know we may be able to save you **HUNDREDS** even **THOUSANDS** of dollars on your Prescription Drug Plan. It is important to have your plans checked during Open Enrollment, October 15th through December 7th which can be done with just a phone call and speak to a S.H.I.N.E counselor. (Serving Health Insurance Needs of Everyone)
 Call SHINE 800-243-4636
 And join us on
WEDNESDAY October 26th
at 1:00 or 6:00
Medicare and coverage changes for 2017.
 Please call 508.946.2490 to make a reservation
 Refreshments will be served.



OFFICE HOURS
Senator MARC PACHECO
 office 508-822-3000.
 3rd Mon between 11 and 12:00.
 at 617-722-1551

OFFICE HOURS
Representative KEIKO ORRALL
2nd MONDAYS , 12:30-1:30
On Holiday Mondays,
call to get new date

GIFT SHOP

Now open Mondays too.

Open Monday, Tuesday,
 Wednesday, Thursday
 9:00 AM to 1:00 PM
 Donations are accepted.
 Closed Fridays.



Proceeds benefit the COA.
We accept donations of gently used, clean items.

FUNDRAISER

SACRED HEART FOOD PANTRY

Held at Oak Point
 "Italian Feast" Saturday, October 22, 2016

Fantastic new menu that includes Italian Meatballs, Baked Lasagna, Chicken Cacciatore, Italian Sausage with Pepper and Onions, Antipasto Salad, Crusty Rolls and Butter, Dessert & Coffee— catered by Riccardi's in New Bedford, in the Oak Point Ballroom, 200 Oak Point Drive. Hosted by the Oak Point Friends of the Sacred Heart Food Pantry Club and the Society of St. Vincent de Paul to benefit nearly 450 families who are in need every month in Middleboro, Lakeville, Rochester and Carver.



TICKETS: \$20.00 Donation. For Tickets— contact Donna Blaschke at 401-835-4650. No tickets will be sold at the door— Last chance to buy tickets is October 15, 2016. Cash Bar provided by Muckey's Liquors. There will be a huge basket raffle, a scratch ticket raffle, and silent auction. "Help Us Help Others" to alleviate hunger in our local community.

FUEL ASSISTANCE

FUEL RECERTIFICATION

The program does not start till November 1st, and there can be are no emergency situations served until that time. Eligibility is based on gross income, household size, and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal.

Applications for new recipients start October 4.

Family of 1	\$34,001
Family of 2	\$44,463
Family of 3	\$54,925
Family of 4	\$65,387



VETERAN'S SERVICES at the COA
 October 19
by appointment
 Middleborough Veterans' Service
 Agent Paul Provencher
 Call the COA for an appointment

PEDI-CARE CLINIC
Wednesday, Oct. 5
Tuesday, Oct. 18
30 minute session -- \$29.00

Pedi-Care is offered by Lynda Krasner, R.N. on the first Wednesday and the third Tuesday of every month. To schedule your appointment for this unique low cost program, please call the COA at 508-946-2490.



Did you know you can take classes at Massasoit right here in Middleborough?

We offer computer courses, foreign languages, history, film, music appreciation, quilting, extreme couponing, and so much more!

Middleborough Center
49 Union Street (behind Town Hall)
Middleborough, MA 02346
508-588-9100, x4002
www.massasoit.edu

Avoid Becoming a Victim of SCAM Stinky Check Ask Maintain

To reduce or minimize the risk of becoming a victim of identity theft or fraud, there are some basic steps you can take.

STINGY: Be stingy about giving out your personal information to others unless you have a reason to trust them, regardless of where you are. Adopt a "need to know" approach to your personal data.

CHECK: Check your financial information regularly. Look for what should be there and what should not.

ASK: Periodically ask for a FREE copy of your credit report from credit reporting bureaus:

Experian. (888) 397-3742.

Equifax. (800) 685-111

TransUnion, LLC. (800) 888-4213.

MAINTAIN: Maintain careful records of your banking and financial accounts. You should retain your monthly statements and checks for at least one year.

Some new scams that have been noted: **Helping Flood Victims in Louisiana:** Do not donate anything to people who call you on the phone. Mail requests should also be verified.

The Grandparent Scam: Oldie but still working: The scammer may say "Hi grandma," hoping that you actually have a grandson or grand-daughter. If you ask, "David, or Kathy, is that you?" the scammer will say "Yes!" No matter the story, they always want you to send money immediately. Don't! If you are concerned, call your family to check with them.



Helping the community
is always a smart investment.

Rockland Trust is dedicated to giving back to the communities we serve. We know that by taking action, we're strengthening the same communities in which we live and work. And that's something we can all get behind.

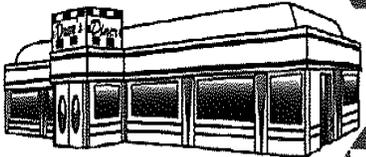
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800.222.2299

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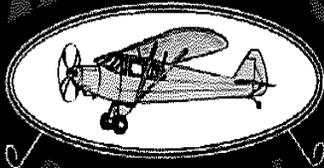
Dave's Diner "The Hottest Diner Around"
 Breakfast - Lunch - Dinner
 Open 5:30 am • 7 Days



Try OUR NEW COUNTRY FRIED CHICKEN

508-923-4755 www.daves-diner.com
 390 W. Grove St. • Rt. 28 • Middleboro, MA

HARRY'S
 KENO BAR & GRILL



Wide Screen TV's

LUNCH & DINNER VISA

Steak • Seafood • BBQ • Chicken • Pizza

Famous for our Buffalo Wings & Roast Beef Sandwiches
 Open Tues - Sat at 11 am
 Sunday at Noon • Monday Closed
Bar Open to 1 AM
 Serving Food Until Midnight

SPECIALS
 Tuesday: 1/2 price Chicken Wings!
 Wednesday: Buy any Pizza - get a cheese Pizza for \$1.00
 Thursday: Full Rack of BBQ Pork Ribs \$11.99
 Sunday: Buy any Pizza - get a cheese Pizza for \$1.00
 (see for-go's, not valid w/ any other offer)

Children's Menu • Eat In or Take Out

Follow Rt 28 1 mile South of Middleboro Rotary
 407 W. Grove Street • Middleboro
 508-947-9297

**You put community first.
 We put you first.**

Eastern Bank is proud to support the Middleborough Council on Aging.

Here, you're first.
Eastern Bank
 Member FDIC hereyourefirst.com

Gregory Scot Jewelers



Scot Dean
 President

Hours:
 Tue-Fri 9:30-5:00
 Sat & Mon 9:30-3:00

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 scot@gregoryscotjewelers.com • www.gregoryscotjewelers.com

Dr. Dwayne R. Hannam
 Dr. Barbara J. Hannam

Cranberry CHIROPRACTIC



FAMILY CHIROPRACTIC CARE

205 WEST GROVE STREET • SUITE D • MIDDLEBORO, MA 02346
 508.947.6455



Thank you to our State Representatives

Keiko M. Orrall
 State House
 Room 540
 Boston, MA 02133
 Phone: 617-722-2090
 Email: Keiko.Orrall@mahouse.gov

Susan Williams Gifford
 State House
 Room 124
 Boston, MA 02133
 Phone: 617-722-2100
 Email: Susan.Gifford@mahouse.gov

Thomas J. Calter
 State House
 Room 443
 Boston, MA 02133
 Phone: 617-722-2460

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MIDDLEBOROUGH COUNCIL ON AGING NEWSLETTER
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MIDDLEBOROUGH, MA 02346

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MA 02346

COA STAFF

Andrea M. Priest- Executive Director
Linda Eatherton -Assistant to the Director
Terri B. Wager-Meals on Wheels Coordinator
Regina Bissonnette- Receptionist/Dispatcher
Carol Smith- Receptionist/Dispatcher

Diana Ambrose- Outreach/Health Coordinator
Susan Hotchkiss-Activity/Volunteer Coordinator
Susan Adams- Supportive Day Program Director
Valerie Morse- Supportive Day Program-
Activity Coordinator
Michelle McClellan- Supportive Day Program-
Activity Assistant
Barbara Fontaine- Supportive Day Program-
Activity Aide
Mary Bessey- SHINE Regional Director
Tracey Benson- SHINE Assistant Director

Shirley Ruberto- Head Cook
Laura Ibbitson- Assistant Cook
Maureen Phillips- Kitchen Assistant
Noreen Bjorkman– Kitchen Assistant
Kenneth McKee- Custodian

Bob Doulette-Driver
Richard Gilli- Driver
Kenneth Lagerblade- Driver
Wayne Reynolds-Driver
Kathy Tobin- Driver

**COUNCIL ON AGING
BOARD MEETING**

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

No meetings in
July and August.

BOARD OF DIRECTORS

– Chairperson
Wayne Perkins-Vice Chair
Sim Bullard-Treasurer
Elizabeth Wainwright– Secretary
Robert Burke
Jeanine Knowlton
Elizabeth McLean
Anne Renaux
David Singer

Richard Young

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