

# LEONARD E. SIMMONS SENIOR MULTI-SERVICE CENTER

558 PLYMOUTH STREET  
MIDDLEBOROUGH, MA 02346

MIDDLEBOROUGH



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Andrea M. Priest, Executive Director

SEPTEMBER  
2016

## LENDING A HAND TO ALL

[www.middleborough.com](http://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– a repeat from a precious newsletter– worth repeating! Author unknown

"I grew up with practical grandparents who had been frightened by the Great Depression in the 1930's. A grandmother, God love her, who washed aluminum foil after she cooked in it, then re-used it. She was the original recycle queen, before they had a Name for it... A grandfather who was happier getting old shoes fixed than buying new ones.

Their marriage was good, their dreams focused. Their best friends lived barely a wave away. I can see them now, Grandpa in trousers, tee shirt and a hat and Grandma in a house dress, lawn mower in one hand, and dish-towel in the other. It was the time for fixing things: a curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep. It was a way of life, and sometimes it made me crazy. All that repairing, eating, renewing, I wanted just once to be wasteful. Waste meant affluence. Throwing things away meant you knew there'd always be more.

But then my grandfather died, and on that clear fall night, in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more. Sometimes, what we care about most gets all used up and goes away...never to return. So... While we have it... it's best we love it... And care for it... And fix it when it's broken..... And heal it when it's sick.

This is true... For marriage.... And old cars.... And children with bad report cards..... And dogs and cats with bad hips.... And aging parents.... And grandparents. We keep them because they are worth it, because we are worth it. Some things we keep. Like a best friend that moved away or a classmate we grew up with. There are just some things that make life important, like people we know who are special.... And so, we keep them close!"

### BACK TO SCHOOL

#### "THE OLDE KIDS ON THE BLOCK"

Thursday, September 22, 1:00-2:30

Suggested Show Donation - \$5

Autumn begins with a back-to-school dance featuring the fabulous Olde Kids on the Block. Once again, Mara Castle will sing out, accompanied by 18 great players, all musicians retired and semi-retired from various walks of life. The "Olde Kids" was formed in 1991 and continues to play the music of the big band era, from Count Basie to Glenn Miller to Benny Goodman. This is music for listening as well as dancing. There is a \$5 suggested donation to help defray costs of the band. The show will be followed by delicious refreshments. If you are coming for lunch (\$5 donation), please plan to arrive by 11:45.

Reservations are a must!

Please call 508-946-2490:

Middleboro residents only through September 8, 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

Dancing starts up again September 16.

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

CLASSES START UP AGAIN ON SEPT. 12<sup>TH</sup>. 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. You may register by calling 508-946-2490.



## 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

Wednesday, September 14, 2016

7-8:30PM

What is the Family Caregiver Support Program?

With Old Colony Elder Services

Guest Speaker, Rochelle Sugarman

RSVP Susan Adams @ 508-946-2490

### LOW VISION SUPPORT GROUP

September 19

1:00

Our group will meet on Monday, September 19<sup>th</sup>. 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



### VETERAN'S SERVICES at the COA

September 21

*by appointment*

Middleborough Veterans' Service  
Agent Paul Provencher

Call the COA for an appointment

### PEDI-CARE CLINIC

Wednesday, Sept. 7

Tuesday, Sept. 20

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.

## CAN YOU HELP?

Please drop off at the COA front desk.

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

September 13th

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

September 13th



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.



## New Class MATTER OF BALANCE Classes Sept 27 – Nov 15 Tuesdays, 9:30-11:30

We are able to offer an eight-week workshop series for improving balance, on Tuesday mornings starting the end of September and running into mid-November. One of the most serious threats to good health is falling. These workshops are a spin-off of the popular "My Life My Health" series developed by Stanford University. There is no charge for the classes, and they are open to everyone with a limit on enrollment due to space. Please call 508-946-2490 to sign up for the workshops, and plan to attend an informal one-hour orientation by Susan Hotchkiss on Tuesday, Sept 20 at 9:30.



## COMMUNITY MEMORY CAFÉ

Come Join us  
2nd Tuesdays  
September 13, 2016

12:30-2:30

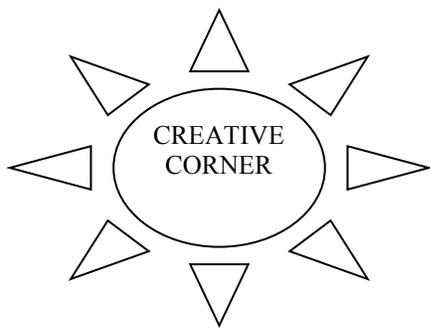
A Memory Cafe is a regularly-scheduled time and safe place for individuals with memory issues AND their care partners to meet together for socialization, fellowship, community-building and information.

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 September 15 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!**  
**Sept 14 & Sept 28**  
**1:00-3:00**  
**\$6 per class**

**NEW**

Phyllis & Gail (formerly of "Paper Art") are bringing a NEW art class to the COA called "Play with Pastels!" Classes will be held on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month from 1:00-3:00. Discover the beauty of pastels. Create vibrant landscapes and still-lives. Learn pastel techniques. This class is FOR EVERYBODY! Materials will be addressed at the first meeting. Please call 508-946-2490 to sign up.

**Sept. 15**  
**JOY**  
**Pg-13 – 2 hrs. 4 min – 2015**  
**Biography, Comedy, Drama**  
**Starring: Jennifer Lawrence, Robert De Niro,**  
**& Bradley Cooper**

The year is 1995. Joy has always been fascinated by creating things, and others have made fortunes on her creativity. Despite being broke, she is also the person her family turns to, making it impossible for her to take care of herself, get an education, and get out of her rut. Her mother doesn't want to get out of bed; her husband is a Latino Tom Jones wannabe. The plot thickens – it's all about "joy."



**Watercolor Painting Class**  
**Taught by Cindi Walsh-Hamlin**  
**Thursdays, 10-12:00**

Cost is \$10 per class. For starter 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.



**Drawing for Joy**  
**Taught by Cindi Walsh-Hamlin**

**Tuesdays at 1:00**  
**\$6.00 per class**



**Sept. 29**  
**BROOKLYN**  
**PG-13 – 1 hr. 51 min – 2015**  
**Drama, Romance**  
**Irish film with subtitles**

Sponsored by her village priest, a young Irish girl immigrates to Brooklyn, where she is assured she will find a full-time job. But the early days are tough, seasickness being soon replaced by loneliness and homesickness. She manages to find her footing, a job, an education and romance with a local boy, although their marriage is a secret. Things change when she is called back to Ireland to support her mother.



**CERAMICS CLASSES**  
**Taught by Jackie Hosley**  
**Mondays at 9:30 and 1:00**

Our popular ceramics classes will be starting up again on September 12. Join the fun – talk to Jackie to see if there is room.

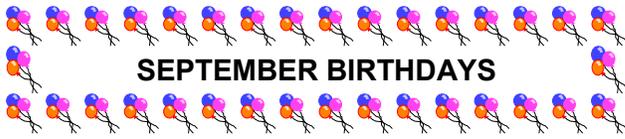


**QUILTING**  
**1st, 3rd, 5th**  
**Wednesdays**  
**1:00**  
**\$5.00 per session**



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





## SEPTEMBER BIRTHDAYS



©www.dreamstime.com

Scarpino, Marion	Sep 01	Reynolds, Sheldon	Sep 13	Storms, Mary	Sep 26
Quintin, Marjorie	Sep 01	Tierney, George	Sep 13	Turcotte, Laurette	Sep 26
Campbell, Marilyn	Sep 01	Donahue, Ann	Sep 13	Murphy, Judy	Sep 26
Werner, Doug	Sep 02	Greenleaf, Ida	Sep 13	Bernado, Peg	Sep 26
Borges, Dianne	Sep 02	Betti, Claire	Sep 13	Campbell, Bonnie	Sep 26
Nichols, Theresa	Sep 02	Corbin, Catherine	Sep 13	Pike, Anna May	Sep 27
Cogan, John	Sep 02	Whalen, William	Sep 13	Cady, Joan	Sep 28
Madden, William	Sep 02	Dees, Estelle	Sep 13	Faul, Pat	Sep 28
Howe, Robert	Sep 02	Polgar, Stephen	Sep 14	McCauley, Virginia	Sep 28
Jackson, Geraldine	Sep 03	Smith, Marion	Sep 14	Nourse, Jud	Sep 29
Goode, Eleanor	Sep 04	Barriault, Shirley	Sep 14	Brier, Nan	Sep 29
MacDonald, Mickey	Sep 04	Marinelli, Betty	Sep 14	Tubridy, John	Sep 29
Mangio, Charles	Sep 04	Ayube, Joan	Sep 14	Ashley, Caren	Sep 29
Robert, Lucille	Sep 05	Staples, Frances	Sep 14	Johnson, Richard	Sep 29
Dresner, Ruth	Sep 05	Grant, Robert	Sep 15	Sukeforth, Mona	Sep 30
Butler, Ken	Sep 05	Eatherton, Linda	Sep 15	Howard, Claire	Sep 24
Payton, Mary	Sep 05	Borges, Pauline	Sep 15	Wright, Mary	Sep 25
McNair, Claire	Sep 06	Richardson, Jean	Sep 15		
Gravelin, Carolyn	Sep 06	Bowman, Sherry	Sep 15		
Mola, Donna	Sep 06	Buote, Lillian	Sep 16		
Mahanor, Dorothy	Sep 06	Doyon, Priscilla	Sep 16		
Labouliere, Norman	Sep 06	Tucker, Gianna	Sep 16		
Hale, Robert	Sep 06	McCarthy, Andrea	Sep 17		
Kaplinger, Susan	Sep 06	White, Lyn	Sep 17		
Ekstrom, Richard	Sep 07	Thomas, Jean	Sep 17		
Ives, Helen	Sep 07	Gosson, Phyllis	Sep 19		
Compton, Mary	Sep 07	Legge, Sheree	Sep 19		
Burke, Loretta	Sep 08	Donahue, Judy	Sep 19		
Shevory, Judy	Sep 08	Eaton, Susan	Sep 19		
Covel, George	Sep 09	Rollins, Betty	Sep 20		
Covel, Robert	Sep 09	Tripp, Joan	Sep 20		
Knox, Marilyn	Sep 09	Colson, Beverly	Sep 20		
Leitos, Barbara	Sep 09	Leonard, Janine	Sep 20		
Coe, Patricia	Sep 09	Marzelli, Pat	Sep 20		
Porter, Charles	Sep 09	Ray, Richard	Sep 21		
Shanks, Roger	Sep 09	FitzGerald, Margaret	Sep 21		
Tobin, Robert	Sep 09	Rebell, David	Sep 21		
Murphy, Irene	Sep 09	Robbins, Jane	Sep 22		
Gordon, Jane	Sep 10	McPherson, Patricia	Sep 22		
Lawson, Florrie	Sep 10	Mancuso, Sheila	Sep 22		
Pratt, Norman	Sep 10	Eaton, Charles	Sep 22		
Sampson, Richard	Sep 11	Pickering, Harry	Sep 23		
Duggan, James	Sep 11	Hosley, Steve	Sep 23		
Kane, Gerald	Sep 11	Richards, Martha	Sep 23		
Varnum, Ethel	Sep 12	Rockwell, Carol	Sep 24		
Lovstad, Thordis	Sep 12	Clark, Sandra	Sep 24		
Costa, Marjorie	Sep 12	McEvoy, Margaret	Sep 24		
Buitenhuys, Louise	Sep 13	Ceriani, Richard	Sep 24		
McCombes, John	Sep 13	DiCostanzo, Marilyn	Sep 24		



### WE HAVE BLUEBIRDS! News of our Ten Bird Boxes 2016 Nesting Season

We have just completed our third year of monitoring bird boxes here at the COA and recording data with "NestWatch," part of the Cornell Lab of Ornithology. This is the first year we have had Bluebirds! Overall, we fledged 24 birds, two nests of Bluebirds and three nests of Tree Swallows. Yay for the birds! Thank you to Susan Hotchkiss for overseeing this project and being such a good bird counter.

**BUSES TO  
TAUNTON  
Monday, Wednesday, Friday  
Wal-Mart, Morton Hospital,  
Shopping,**

**Social Security**

**Call with a 24 hour notice to reserve**



**2016****SEPTEMBER 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**

Transportation is available, for Middleboro Seniors, to most groups and activities. 24 hour notice required  
Call the front desk for a ride.

**1**  
9:00 Shopping at Trucchi's Supermarket  
10:00 Watercolor Painting  
12:00 Lunch

**2**  
9:00 Oil Painting  
9:30 Square & Round Dancing  
10:00 Table Pool  
12:00 Lunch  
12:30 Cribbage & Whist

**5**  
12:00 Lunch  
12:30 Contract Bridge  
1:30 Strength & Balance

**6**  
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

**7**  
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

**8**  
9:00 Shopping at Trucchi's Supermarket  
10:00 Watercolor Painting  
12:00 Lunch

**9**  
9:00 Oil Painting  
9:30 Square & Round Dancing  
10:00 Table Pool  
12:00 Lunch  
12:30 Cribbage & Whist

**12**  
12:00 Lunch  
12:30 Contract Bridge  
1:30 Strength & Balance

**13**  
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

**14**  
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

**15**  
9:00 Shopping at Trucchi's Supermarket  
10:00 Watercolor Painting  
12:00 Lunch  
12:45 MOVIE

**16**  
9:00 Oil Painting  
9:30 Square & Round Dancing  
10:00 Table Pool  
12:00 Lunch  
12:30 Cribbage & Whist

**19**  
12:00 Lunch  
12:30 Contract Bridge  
1:30 Strength & Balance

**20**  
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

**21**  
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

**22**  
9:00 Shopping at Trucchi's Supermarket  
10:00 Watercolor Painting  
12:00 Lunch

**23**  
9:00 Oil Painting  
9:30 Square & Round Dancing  
10:00 Table Pool  
12:00 Lunch  
12:30 Cribbage & Whist

**26**  
12:00 Lunch  
12:30 Contract Bridge  
1:30 Strength & Balance

**27**  
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

**28**  
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

**29**  
9:00 Shopping at Trucchi's Supermarket  
10:00 Watercolor Painting  
12:00 Lunch  
12:45 MOVIE

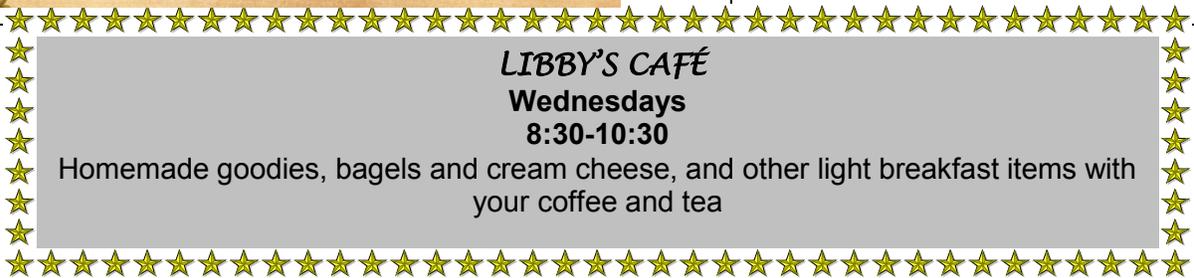
**30**  
9:00 Oil Painting  
9:30 Square & Round Dancing  
10:00 Table Pool  
12:00 Lunch  
12:30 Cribbage & Whist

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Coffee, Tea & Goodies  
Served each day  
In the function room  
25 cents  
Thank you to  
Hannaford's and Panera Bread  
for their donations.




  
**LIBBY'S CAFÉ**  
 Wednesdays  
 8:30-10:30  
 Homemade goodies, bagels and cream cheese, and other light breakfast items with  
 your coffee and tea

<p>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><b>1</b> Italian Sub with Lettuce &amp; Tomato French Fries Ice Cream</p>	<p><b>2</b> Pepperoni French Bread Pizza 3 Bean Salad Fruited Jell-O</p>
<p><b>5</b> COA IS CLOSED</p>	<p><b>6</b> Cheese Ravioli Chef Salad w/ Meat Garlic Bread Chilled Peaches</p>	<p><b>7</b> Corn Chowder Chicken Salad Sandwich Assorted Pastry</p>	<p><b>8</b> Beef Knockwurst Boiled Dinner Cabbage, Carrots and Potato Dinner Rolls Jell-O</p>	<p><b>9</b> Chicken Kiev Baked Potato Broccoli Rye Bread Pudding</p>	
<p><b>12</b> Egg Omelet with Cheese French Toast Bacon Fruit Cup</p>	<p><b>13 MEMORY CAFE</b> Chicken , Broccoli, Garlic Ziti French Bread Chilled Pears</p>	<p><b>14</b> American Chop Suey Green Peas Garlic Bread Bread Pudding</p>	<p><b>15 MOVIE</b> Baked Ham Bebop Beans Oatmeal Bread Ambrosia</p>		<p><b>16</b> Clam Chowder Seafood Salad Sandwich Watermelon</p>
<p><b>19</b> Lasagna Garden Salad Italian Bread Pudding</p>	<p><b>20</b> Cheeseburger Potato Salad with Veggies Mixed Fruit</p>	<p><b>21</b> Chicken Cutlet w/ Gravy Alfredo Noodles Spinach Corn Bread Pudding</p>	<p><b>22 EVENT</b> Roast Turkey with Gravy Mashed Potato Carrots Multi Grain Bread Strawberry Shortcake</p>		<p><b>23</b> Fish Sandwich with cheese 3 bean Salad Pineapple Bits</p>
<p><b>26</b> Ziti w/ Meatballs Garden Salad Scali Bread Pudding</p>	<p><b>27</b> Hot Dog in a roll Potato Puffs Apple Crisp</p>	<p><b>28</b> Hot Pastrami Sandwich Macaroni Salad Mandarin Oranges</p>	<p><b>29 MOVIE</b> BBQ chicken Buttered Noodles Green Beans Jell-O</p>		<p><b>30</b> Fresh Fish Rice Cole Slaw French Bread Grapenut Pudding</p>

**COA VOLUNTEER GATHERING**  
**Friday, October 14, 1:00-2:00**

Mark your calendars now for a special meeting of all COA volunteers on Friday, October 14 from 1:00-2:00. The gathering is part social and part informational, and of course there will be REFRESHMENTS! Stay tuned for more information in the October newsletter. If you are a volunteer at the COA, please plan to come and spend an hour with us.



**GARDENING TEAM**  
**September 9 at 9:00**

**LAST CHANCE OF THE SEASON FOR GARDENING AT THE COA!** Join the Gardening Team from 9:00 to about 10:30 on Friday, Sept 9. We have many beautiful spots that need your tender loving care. Sign up, or just show up! Bring gloves and hand tools if you have them. Call the COA for more information.

We would like to remind you that our vans are scheduled for grocery shopping trips twice a week. On Tuesday, the van goes to Hannaford's and you can benefit from the 5% discount for seniors. On Thursdays, the van goes to Trucchi's Supermarket. Remember to purchase only what you can carry on and off the van. Make your shopping trip more pleasant by going with others. A pass is available for 10 rides for 10 dollars or you can pay \$1.25 each way. Please call the day before, by 1:00, to book your ride.



If you want to go to the Raynham Walmart or other supermarkets and stores on Route 44, you will have to book the Taunton Connection, which is scheduled for Monday, Wednesday and Friday. Walmart is \$2.00 one way and past that is \$3.00 one way. Please only purchase what you can carry on and off the bus.



If you do not have the budget for enough food, please contact Diana in outreach at the COA. She can help with SNAP- food program or the food pantry. Good nutrition is important for your health.

**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.

**WANDERING**

Wandering is a fact of life for more than 60% of those with dementia. It is very important to locate the person who is lost as soon as possible, but especially in weather extremes, such a summers and winters. Signs that someone may be at risk for wandering are:

- Coming back from a regular walk or drive later than usual
- Tries to fulfill former obligations, such as going to work
- Wants to go "home"
- Is restless and paces
- Has a hard time locating familiar places in the house, such as bathroom, bedroom
- Acts as if doing a hobby or chore, moving pots as if planting
- Acts nervous in crowded areas

Some tips to reduce wandering, from law enforcement and first responders, include some simple fixes, such as placing a deadbolt high or low on exterior doors, as long as the person is not alone and has assistance in case of an emergency. Control access to car keys, or disconnect car wiring. Placing a black rubber mat in front of the door may cause the person to hesitate as dementia causes lack of depth perception. A clever deterrent is to hang a curtain on the door to disguise it as a window. Alert trusted neighbors that your loved one may wander. Place a cell phone in a jacket pocket that can be used by responders to locate the lost person. Also make sure that a "File of Life" or other contact paperwork is in the wallet, car glove compartment or jacket/coat.



**Do Not Ignore Medicare Mail!**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

**Do Not Wait Until It's Too Late!**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. 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.



\*\*\*\*\*  
★ **OFFICE HOURS** ★  
★ **Senator MARC PACHECO** ★  
★ office 508-822-3000. ★  
★ 3<sup>rd</sup> 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.*

**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.

**FUEL RECERTIFICATION**

Do not throw away any paperwork from South Shore Community Action Council (SSCAC). If you applied for assistance last year, your recertification paperwork is mailed out beginning in late summer, though appointments for recerts do not begin until mid-September. The program does not start till November 1<sup>st</sup>, and there can be no emergency situations served till that time.

Also, never ignore paperwork from SNAP (formerly Food stamps). There have been many changes to eligibility and re-certifications are now required more often. Check in with Diana x 1419, if you have any questions.

**NEW HAMPSHIRE TURKEY TRAIN**  
**Thursday, September 29**  
**Departure 8:30 ~ Return about 6:30**  
**\$79.00 per person**

Enjoy the Fall Colors of the beautiful White Mountains area of "The Granite State." Board the Railroad Dining Car in Meredith and travel along Lake Winnepesaukee while enjoying a feast prepared by Hart's Turkey Farm: roast turkey, whipped potatoes, butternut squash, a beverage and an ice cream sundae. Final day to sign up September 22.





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Middleborough, MA 02346  
508-588-9100, x4002  
[www.massasoit.edu](http://www.massasoit.edu)



**NATIONAL DAY OF CARING**

Is scheduled for **September 16th**.  
Thank you to **United Way of Plymouth County** for organizing groups of volunteers to volunteer at our COA helping with our grounds.



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.

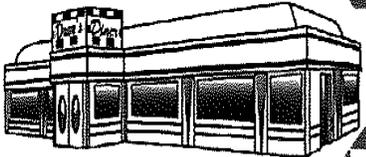
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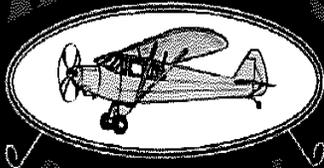
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 Wednesday: Buy any Pizza - get a cheese Pizza for \$1.00  
 Thursday: Full Rack of BBQ Pork Ribs \$11.99  
 Sunday: Buy any Pizza - get a cheese Pizza for \$1.00  
 (no to-go's, not valid w/ any other offer)

Children's Menu • Eat In or Take Out

Follow Rt 28 1 mile South of Middleboro Rotary  
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 508-947-9297

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**Thank you to our State Representatives**

**Keiko M. Orrall**  
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 Phone: 617-722-2460

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Andrea 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

Mike Cruise- Driver  
Bob Doulette-Driver  
Richard Gilli- Driver  
Kenneth Lagerblade- 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**

Arthur Turcotte- Chairperson  
Wayne Perkins-Vice Chair  
Sim Bullard-Treasurer  
Elizabeth Wainwright- Secretary  
Robert Burke  
Jeanine Knowlton  
Elizabeth McLean  
Anne Renaux  
David Singer  
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The COA is now on Facebook- visit our page!



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