

Holbrook Council on Aging Newsletter

9 Jewel Road, Holbrook, MA 02343
781-767-4617 (voice mail 24/7)
COA@holbrookmassachusetts.us

**JUNE
2024**



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

www.holbrookma.gov/council-aging



Greetings! In an effort to meet printing deadlines in May for our June newsletter, it is my pleasure to provide everyone with an update on our COA happenings while our COA Coordinator (Cindy Brennan) is on a well-deserved (May) vacation in Disney. I'm certain it will be a relaxing get-away!

Last month, we had our SeniorU workshop and we each created an Herb Garden Starter Kit while learning about various herbs and their uses. Therapy Gardens was our 2nd monthly workshop which provided us with Unique Garden Ideas. Both these monthly workshops were very well attended and we encourage more Seniors to join us. Please call the COA to reserve a spot as there is limited seating 781-767-4617.

Through a grant from the Mass Cultural Council, the Holbrook Cultural Council and Holbrook Rotary provided our Seniors with a Saturday BBQ at Holbrook Court with a live music performance by Bailey Street Brass. Again, during one of our Thursday Socials, we enjoyed more entertainment when "Bak-ta-Bak" visited the COA.

With the nice weather approaching, we started up our walking group on Monday mornings from 9:15-10:15 at the Holbrook Sumner Field. Hope you can join us. Also, during inclement weather keep in mind we have indoor exercise on Tuesday and Wednesday from 9:30-10:00. Please note, due to the Town Hall being closed on Fridays during the summer months, we too will be closed and re-open on Fridays after Labor Day from 9:00am-Noon.

As always, Bingo is every Tuesday at 12:30 and our Social is every Thursday at 12:30. Last month, we provided pizza, salad and a movie for our Seniors which was a wonderful way for Seniors to socialize. We completed our 9-week Norfolk County Sheriff's office workshop series which provided Seniors with information on food safety, situational awareness tips, scam education, technology plus others which was a great opportunity to educate our Seniors and keep them informed about current times. TRIAD meets on the 3rd Thursday of the month which is sponsored by our Police, Fire and Communication officials along with the Norfolk County Sheriff's office and the Norfolk County District Attorney's office. Our Veteran Agent encourages all Veterans to stop by for coffee on the last Wednesday of the month from 9:30-10:30am. There are many opportunities and benefits available to Veterans which you may not be aware of.

We make every attempt to collaborate with Avon COA for events and trips such as their Memory Café, a day trip to the Boston Red Sox and an overnight to Saratoga, NY for a dinner and firework cruise on Lake George and a few races at the track. Please check our calendar and or call the COA as we have events that may pop up. Enjoy! Elaine Hyland

MEET THE COA STAFF

Cynthia Brennan—Coordinator
Margaret Feeley—Outreach
Sandra Lemieux & Katherine Fabian—Receptionists
Cathleen McCarthy—SHINE
Maria Malinowski & Nancy McLellan—Kitchen
Elaine Hyland—Newsletter Editor
Missy (Marion) Rapoza—(Volunteer) My Senior Center
Peggy Thompson—(Volunteer)
Bruce Thompson— (Volunteer)
Claire Crowell (Volunteer) Master Reiki
Kathy Bussolari—(Volunteer) Activities Coordinator

BOARD OF DIRECTORS

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Paul Callinan Paul Stigas

HOLBROOK COA 781-767-4617

SOUTH SHORE ELDER SERVICES “TUESDAY” WEEKLY “GRAB AND GO” LUNCH AT 10:00am

**Randolph Intergeneration Community Ctr.
128 Pleasant Street, Randolph**

We kindly request that you register by the Wednesday before the “grab and go” lunch if you plan on attending. The SSES “grab and go” lunch menu/weekly sign-up sheet is available each week for the following week’s “grab and go” lunch (suggested \$2.00 donation for Seniors). Lunches must be picked up between 10:00am and 11:00am. To register, please call 781-961-0930 and press option 2 between 8:30am and 2:00pm Monday-Friday. Please see posted menu for the meals offered this month.

JUNE BIRTHDAYS!

**4—Missy Rapoza
16—Francis Schutz—“80th”
29—Rose Mary Amadeo**

“INSPIRATIONS”

“The best gift to others may be your time”

Compassion is “love” in action

A smile happens in a flash, but the memory of it can last a lifetime!

UPCOMING in JULY

**~ “CLAMBAKE” SENIOR TRIP ~
Departs from the COA at 10am**

**JULY 22 – (Monday) “Limited Seating”
(sign-up required)**

Luxury Coach to “FOSTER’S Clambake & Catering” in York, Maine. \$45 (includes gratuities). The COA will pay for the cost of transportation.

Menu: Lobster, steamers, mussels, chowder, corn on the cob, potatoes, rolls, beverages (coffee, tea), dessert

AVAILABLE ENTRÉE ALTERNATIVE:

**Hickory BBQ Chicken
OR**

**Vegetarian Polenta with Roasted Vegetables,
Marinara & Goat Cheese**

**WE FIND CONTENTMENT, MEANING
AND FULFILLMENT WHEN WE POUR
OURSELVES OUT FOR THE WELL
BEING OF OTHERS (Amy Boucher Pye)**

**THE HOLBROOK FOOD PANTRY AND THE HOLBROOK COUNCIL ON AGING
HAVE PUT TOGETHER A PLAN OFFERING TRANSPORTATION FOR OUR SENIORS
TO “SHOP AT THE FOOD PANTRY”**

The Food Pantry has opened its doors for those Seniors that have *no other means of transportation* to the food pantry and **“ONLY”** those Seniors that have registered with the Holbrook Council on Aging for transportation will be able to participate. The Council on Aging vans will pick-up, drive to the Food Pantry and take you back home. Please contact the Holbrook Council on Aging at 781-767-4617 for more information and/or to register to take advantage of this program. A huge **THANK YOU** goes out to the volunteers at the Food Pantry for offering this program to our Seniors!

NOTE: Anyone who requires TRANSPORTATION to the Food Pantry on a Monday **MUST CALL** the prior **Thursday** before 3:00pm. Thank you!

HOLBROOK FOOD PANTRY

St. Joseph’s Church on the second Saturday of each month from 10:15-11:00am
(for those with transportation)

2nd FOOD PANTRY PROGRAM

The *New Birth Evangelical Church* and the *Brookville Bible Church* are sponsoring a Food Pantry the last Saturday of each month from 11:30am-1:00pm. Food distribution will be held at the New Birth Evangelical Church, 14 Technical Park Drive, Holbrook.

Veterans who require assistance, please contact our **VETERAN AGENT** Vincent Fountaine who is available Monday thru Thursday 8:00am-4:00pm and Friday 8:00am-12:00pm. Veterans are welcome to visit and/or speak with him regarding any questions or concerns you may have.

The office is located at: Foster Veteran Center
30 Foster Road
Braintree, MA 02184
781-794-8217 or
vfountaine@braintreema.gov

Quick Mediterranean Chicken Dinner (compliments of **Therapy Gardens**)

This meal provides a balanced combination of lean protein, fresh vegetables, and whole grains, all of which are beneficial for heart health. Serving size: **1 person**

Ingredients

- 1 chicken breast
- 1 ripe tomato, chopped
- 1 garlic clove, minced
- Fresh basil leaves, chopped
- Olive oil
- Salt and pepper

Instructions

Preheat the oven to 375 degrees
Season the chicken breast with salt and pepper
Place the chicken in a baking dish
Mix chopped tomato, garlic, basil, a drizzle of olive oil, salt and pepper in a bowl
Top the chicken with the tomato mixture
Bake for 25-30 minutes or until the chicken is cooked through.

Heart Healthy Sides:

1. *Steamed Broccoli:* Steam a cup of broccoli florets for about 5 minutes. Season with a pinch of salt and a squeeze of lemon juice.
2. *Quinoa Salad:* Cook 1/4 cup of quinoa as per package instructions. Mix with diced cucumber, cherry tomatoes, a sprinkle of feta cheese, lemon juice, olive oil, salt, and pepper.

SENIOR HAPPENINGS! (Ages 60+)



THERAPY GARDENS
“Spring Gardening Ideas”
 (last Thursday)



SeniorU
“Herb Garden Starter Kit”
 (2nd Wednesday)



BINGO
 (Tuesdays at 12:30)

NORFOLK COUNTY SHERIFF'S OFFICE SENIOR WORKSHOPS



Scam Prevention



Fall Prevention



Technology Assistance



NOTE: Only for the Summer months (June/July/Aug)

SENIORS Bowl “FREE”

(you pay a Shoe Rental fee only—\$4.00)

Tuesdays: 9:30-11:30 (just drop in)

Webster Timber Lanes Bowling (Candle Pin)

460 Bedford Street (Route 18)

Abington, MA 02351

Phone: 781-878-0219

WEEK 8

TECHNOLOGY ASSISTANCE:

- “AARP’s latest Tech Trends and the 50-Plus study found....Three in four people age 50-plus say they rely on technology to stay connected, with those in their 50s (76%), 60s (79%), and 70s (72%) all exceeding 70%.”
- According to an AARP study, for the 50-plus overall:
 - 66% use technology to connect with others, via text, video chat, and/or email.
 - 59% use it for entertainment such as, news articles, streaming service (Netflix, Hulu, etc.), and/or games.
 - 47% find it helpful to manage responsibilities such as, banking, online purchases, medical patient portals, etc.
 - 43% use it to stay healthy, via applications such as Apple Health, tracking steps, and logging dietary data.
 - 38% use it to learn a new skill via tutorials on YouTube and other streaming apps.
 - 36% use it to pursue a passion by finding classes and groups to attend.




UPCOMING EVENTS!

~JUNE~

5—Red Sox game with Avon (SOLD OUT)

5—Lucky's 777 Senior Luncheon (senior specials) – 12:30 (sign-up)

10—"Craft" Project – 10:30-Noon (sign-up)

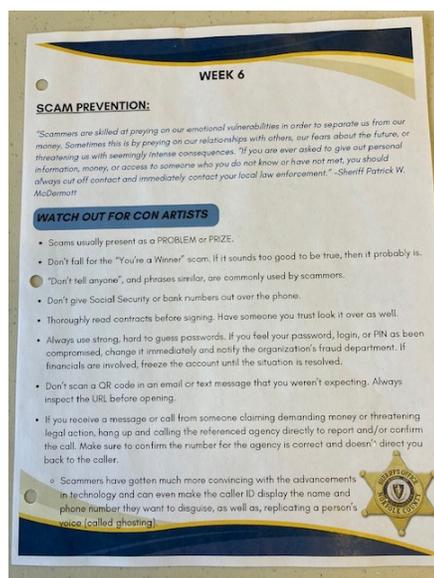
12—SeniorU 10:30am-Noon "Follow the Mediterranean Diet" (sign-up)

20—TRIAD 10:00am (Norfolk County DA & Sheriff Offices, Holbrook Police, Fire & Regional Communications)

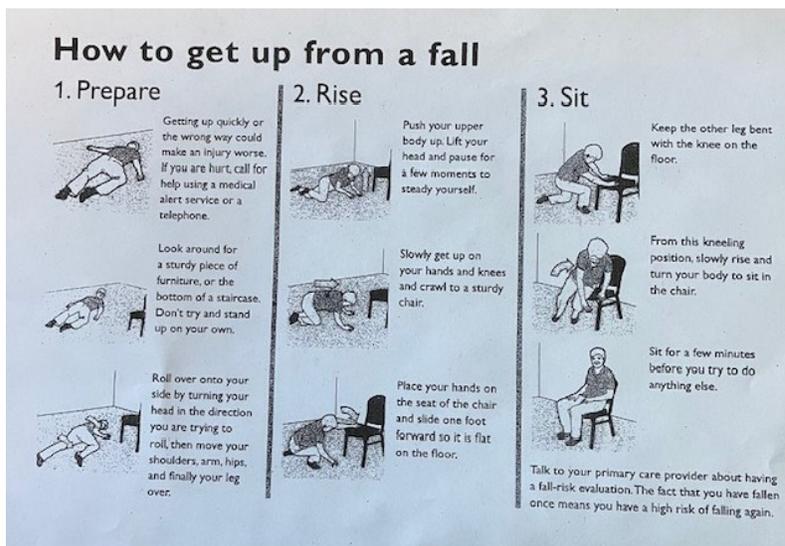
26—Veteran Agent 9:30am-10:30am (drop in for coffee)

26—Memory Café Avon COA (sign-up) 508-559-0060—11:30am-1:30pm

27—THERAPY GARDENS 1:00pm-2:00pm "Vegetarian Soups/Meals" (sign-up required)



**Sheriff Senior Workshop
(Scam Prevention)**



**Sheriff Senior Workshop
(Fall Prevention)**

SCAM PREVENTION: Scammers are skilled at preying on our emotional vulnerabilities in order to separate us from our money. Never give out any personal information, money or access to someone you do not know. Be aware of Con Artists, Health Insurance Fraud, Home Repair & Contractor Fraud and other scams such as Medicare, Telemarketing, Law Enforcement, Charity and Military Benefits.

Report to: 1-877-FTC-HELP

FALL PREVENTION: Falls are the leading cause of injury for adults ages 65+ years old. Over 14M (or 1 in 4 older adults) report falling every year. Knowing about items and situations which may result in a fall is critical in prevention. Be safe on stairs/steps (indoors/outdoors), floors, kitchen, bedroom and bathroom.

If you were unable to attend the Norfolk County Sheriff's Office workshops and would like to receive any information, please contact the COA 781-767-4617.

APPOINTMENT & TRANSPORTATION SCHEDULE

S*H*I*N*E PROGRAM

“Serving Health Insurance Needs for Everyone”

For assistance with your Medicare Questions & Issues:

Appointments are available in person at the COA on

Tuesdays (11:00am & 12:00 Noon)

Please call to schedule your appointment 781-767-4617

FUEL ASSISTANCE (September—April)

To schedule your appointment
with our Advisor
Please call the COA 781-767-4617

LOCAL SHOPPING TRANSPORT

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

MONDAY—Transportation available for Senior activities

TUESDAY—9:00am **WALMART** (Avon)

WEDNESDAY—9:00am **MARKET BASKET** (Hanover)

12:00pm **TRUCCHI’S** (Abington)

THURSDAY—9:00am **IN TOWN** Shopping

FRIDAY (only MEDICAL)

(between 8:00am and 11:00am)

**** VANS MUST BE BACK TO THE COA BY NOON ****

REGULARLY SCHEDULED DAILY SOCIAL ACTIVITIES:

Monday—Drop-In at the Council 9:00am-3:00pm

Tuesday—**BINGO** 12:30pm

Wednesday—Drop-In for Coffee and Conversation 12:30pm

Thursday—**SOCIAL** 12:30pm

Friday—9:00-12:00

MEDICAL APPOINTMENT TRANSPORT

Medical Transport is “always” our top priority

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

Service is ONLY to Holbrook, Brockton, Weymouth, Braintree, Randolph, Avon, Abington

Note: Requests for exceptions must be approved by COA Management

PLEASE book your appointments
AT LEAST 7 DAYS in advance

Mon—Tues—Wed—Thurs for appointments from
8:00am—1:30pm

Friday for appointments—8:00am—11:00am

PLEASE NOTE:

The COA will be “**CLOSED**” on Fridays beginning **June 21st** and remain closed on Fridays until after Labor Day (September 2, 2024).

(Van will be available for
“**emergency**” Medicals only)

The COA will “**RE-OPEN**” on Fridays beginning September 6, 2024.

PLEASE NOTE: We are more than happy to mail the newsletter upon request. However, if you are able, please consider stopping by the Senior Center to pick up a copy in an effort to reduce our printing and postage costs. **THANK YOU!**

The Newsletter is available on-line at www.holbrookma.gov/council-aging

~Monthly Announcements~

Explore the Fuller Craft Museum, 455 Oak Street, Brockton, MA and discover the world of contemporary craft! Admission is free for all guests. They offer programs, events and classes. Check it out!
508-588-6000 <https://fullercraft.org>

Monday: CLOSED
Tuesday thru Sunday 10am-5pm

We are pleased to have **Therapy Gardens** and **SeniorU** partner with us in providing workshops/presentations for our Seniors on the 2nd Wednesday of the month at 10:30 (**SeniorU**) and the last Thursday of the month at 1:00pm (**Therapy Gardens**)

We offer these presentations/workshops to our Seniors at no cost and are most grateful to have received State budget funds from Senator Keenan for programs and activities. Please join us for some fun and socialization.
Space is limited "sign up" required 781-767-4617.

South Shore Elder Services are conducting a 10-week "**BINGOcize**" summer program, 2 days a week (Tuesday/Thursday) for one-hour sessions (10:00-11:00). This is a "pilot program" and there is limited seating of 15 people. These workshops will be a "Bingo" theme and geared to educate our Seniors pertaining to Nutrition/Balance. Workshops will begin on **JULY 9th** Call 781-767-4617.

Executive Office of Elder Affairs

Through the Formula Grant, the EOEA not only funds our Newsletter, but the monies awarded to the Town of Holbrook by this program helps defray the cost of many of the day-to-day expenses for the necessities required to operate our Council on Aging.

SOUTH SHORE COMMUNITY ACTION COUNCIL provides transportation to Boston Medical Facilities for ongoing medical treatments. Please contact the COA 781-767-4617
(**7 days** in advance) to schedule appointments.

THE COA IS REACHING OUT TO LOCAL BUSINESSES TO OFFER THE PLACEMENT OF THEIR BUSINESS CARD IN OUR MONTHLY NEWSLETTER FOR THE REMAINDER OF 2024. WE WILL GLADLY ACCEPT A DONATION IN ANY AMOUNT TO HELP US OFFSET OUR NEWSLETTER PRINTING AND MAILING COSTS. WE DISTRIBUTE 700 ISSUES EACH MONTH AS WELL AS POSTING IT ON OUR HOLBROOK COA & TOWN WEBPAGE. PLEASE STOP BY THE COA TO DROP OFF THE BUSINESS CARD AND YOUR DONATION.
THANK YOU FOR YOUR SUPPORT!



Thank you to Our Newsletter Sponsors

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shep@stikehomes.com

stikehomes.com | advocaterealtyma.com

**** PLEASE NOTE:** We are accepting sign-ups for **Therapy Gardens** and **SeniorU** workshops for the “current” month only in order to avoid any confusion regarding future dates. Please call 781-767-4617.

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:15-10:15 Walking Group (Sumner Field)	4 9:30 Exercise 9:30-11:30 Bowling (Abington) 12:30 BINGO	5 8:00-9:00 Staff & Volunteer 9:30 Exercise 10:30 Red Sox (SOLD OUT) 12:30 LUCKY'S (Senior Lunch)	6 12:30 SOCIAL 1:00 REIKI (\$5 donation) (sign up)	7 9:30 Exercise	8 10:15-11:00 St. Joseph's Food Pantry
9	10 (Sumner Field) 9:15-10:15 Walking Group 10:30-Noon “CRAFT” Project 10:00 FOOD PANTRY (those without transportation)	11 9:30 Exercise 9:30-11:30 Bowling (Abington) 12:30 BINGO 7:00 COA Bldg. Advisory	12 9:30 Exercise 10:30-Noon SeniorU “Follow the Mediterranean Diet” (sign up) 3:00 COA Board Meeting	13 12:30 SOCIAL 1:00-2:30 Blood Pressure	14 Flag Day 9:30 Exercise	15
16 Father's Day	17 9:15-10:15 Walking Group (Sumner Field)	18 8:00-9:00 Staff & Volunteer 9:30 Exercise 9:30-11:30 Bowling (Abington) 12:30 BINGO 7:00 ANNUAL MEETING	19 Juneteenth Holiday (CLOSED)	20 10:00-11:00 TRIAD 12:30 SOCIAL 1:00 REIKI (\$5 donation) 7:00 ANNUAL MEETING *2 nd night (if necessary)	21 COA CLOSED	22
23	24 9:15-10:15 Walking Group (Sumner Field)	25 9:30 Exercise 9:30-11:30 Bowling (Abington) 12:30 BINGO	26 9:30 Exercise 9:30-10:30 Veteran Agent	27 12:30 SOCIAL 1:00-2:30 Blood Pressure 1:00-2:00 THERAPY GARDENS “Vegetarian Soups & Meals” (sign up)	28 COA CLOSED	29 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
30	NOTE: Anyone who requires TRANSPORTATION to the Food Pantry on a Monday <u>MUST CALL</u> by the prior Thursday before 3:00pm. Thank you!					