

Holbrook Council on Aging Newsletter

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

**AUGUST
2024**



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

www.holbrookma.gov/council-aging



WOW! What a heat wave! Hopefully, we are heading into a little cooler weather. Although, the Senior Center is nice and cool and we are continuing our programs and workshops.

Bingocize turned out to be a big hit. We are not only playing BINGO but also doing some light exercise as well as learning some very interesting facts on nutrition thanks to our friends at South Shore Elder Services.

SeniorU and Therapy Gardens are going strong. They offer so many useful ideas and programs. The SeniorU Program for July was “Local Trivia Fun FOOD”. What a fun hour we had identifying all the local foods and where they originated.

Because of the increase in Senior requests for transportation to the Food Pantry, our vans are now offering two trips on the Monday mornings following the second Saturday of the month. Please remember that only those Seniors without transportation should and must sign up by the previous Thursday.

The Senior Center is closed on Fridays from June 15th through Labor Day Weekend.

I hope you had an opportunity to visit us here at the Senior Center to see the improvements made possible by a Grant through the Massachusetts Council on Aging. It made quite a difference to both entrances of the building. Take a look at the photos inside. We are so appreciative to the MCOA for awarding Holbrook this grant and to Morales Construction for all their hard work.

And remember,

The Newsletters are available at the Senior Center, on the vans, Banks, Town Hall, Library, Town Businesses, Holbrook Senior Housing, Holbrook Churches, and we will mail Newsletters to our Seniors upon request. They also appear on the Town’s Website, the COA Website and HCAM. Call us for the latest information as events pop up that don’t always make the newsletter.

Thank you and hope to see you soon.

**Cindy Brennan
Holbrook Council on Aging Coordinator**

BOARD OF DIRECTORS

MEET THE COA STAFF

(per appointments by Select Board on 7/17/24)

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

Gary Newton
Elaine Hyland
Roger Davenport
Cindy Brennan (*Ex-Officio*)

** We had several members who resigned. We are an 11 member Board. Please consider applying to serve on our COA Board of Directors. THANK YOU!

VAN DRIVERS

Tom Donovan Rick Evans
Paul Callinan Paul Stigas

(Board member Officers to be determined)

HOLBROOK COA 781-767-4617

Fresh Berry Spinach Salad (compliments of Therapy Gardens)

This Fresh Berry Spinach Salad is a refreshing and vibrant dish, perfect for a summer lunch or dinner. It combines baby spinach, strawberries, blueberries, feta cheese, and candied pecans, all drizzled with a tangy balsamic vinaigrette.

Ingredients:

6 cups baby spinach
1 cup strawberries (sliced)
1 cup blueberries
1/2 cup feta cheese (crumbled)
1/2 cup candied pecans
1/4 cup balsamic vinegar
2 tablespoons olive oil
1 tablespoon honey
Salt and pepper to taste

Instructions:

In a large bowl, combine spinach, strawberries, blueberries, feta, and pecans. In a small bowl, whisk together balsamic vinegar, olive oil, honey, salt, and pepper. Drizzle the dressing over the salad and toss gently to combine.

Zucchini Noodles with Pesto and Cherry Tomatoes (compliments of Therapy Gardens)

For a low-carb, summer-friendly dish, this recipe features spiralized zucchini tossed with homemade basil pesto and sweet cherry tomatoes.

Ingredients:

4 medium zucchini (spiralized)
2 cups cherry tomatoes (halved)
1 cup fresh basil leaves
1/4 cup pine nuts
1/4 cup Parmesan cheese (grated)
2 cloves garlic
1/2 cup olive oil
Salt and pepper to taste

Instructions:

In a food processor, combine basil, pine nuts, Parmesan, garlic, salt, and pepper. Slowly add olive oil while processing until smooth. In a large bowl, toss zucchini noodles with pesto. Add cherry tomatoes and toss gently. Serve immediately.

THANK YOU TO THE “M.C.O.A” (Massachusetts Councils on Aging) for awarding us with a \$25,000 Senior Center Modernization Grant for FY24. This Grant assisted us in partially funding ADA renovations to our current building at 9 Jewel Road: new wider concrete rear ramp with handrails and extended overhead awning, new 42” front door to accommodate extra-wide wheelchairs, new concrete front ramp with handrails as well as 2 new push button automatic door openers. These renovations will assist our Seniors by providing better access to our COA. MANY THANKS!

**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

**STOP BY THE COA at 9 JEWEL ROAD
AND SEE OUR NEW RENOVATIONS!**



A LITTLE HUMOR

(Norfolk County Sheriff’s Workshop Team)

Why is a baseball stadium always cool?

A: It is full of fans!

What fish swims at night?

A: A star-fish

Why isn’t there a clock in the library?

A: Because it tocks too much!

What did one plate say to the other plate?

A: Dinner is on me

SENIOR HAPPENINGS! (Ages 60+)



Therapy Gardens
“Vegetarian Soups/Meals”
(last Thursday)



SeniorU Workshop
“Trivia Fun: Local Foods”
(2nd Wednesday)



TRIAD
(3rd Thursday)
(to resume in September)



BAK-TA-BAK “Social”



South Shore Elder Services “BINGOcize” Workshops



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

SENIORS Bowl “FREE” (2 strings)

(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

CRAFT CLASS
“THANK YOU” to Kathy
Bussolari for offering
these classes.



Decoupaged Vases

Tuesday BOWLING is an activity available
for those who are able to drive.

UPCOMING EVENTS!

~AUGUST~

1—Norfolk County Register of Deeds William P. O'Donnell 1:00pm

6,8,13,15,20,22,27,29—S.S.E.S. “**BINGOcize**” program 10:00-11:00am (limited seating)

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

14—SeniorU 10:30am-Noon “**Pizza Talk & Tasting**” (sign-up) **

TBD: Castle Island Tour with Senior luncheon discount at Sully's (PAY YOUR OWN)

28—Veteran Agent (Vacation—No meeting this month)

29—**THERAPY GARDENS** 1:00-2:00pm “**Delicious Less Sugar Desserts**” (sign-up)

** SeniorU workshop will be 1.5 hours, with the first half hour of open computer, technology, and cell phone assistance prior to each event.

NORFOLK COUNTY REGISTER OF DEEDS “**WILLIAM P. O'DONNELL**” ~ Speaking Program ~

AUGUST 1st 1:00pm – Registrar O'Donnell will be visiting our COA in an effort to bring us information regarding the services offered at the Norfolk County Registry of Deeds. Some of the topics of discussion will include: primary residence Declaration of Homestead, researching a deed from your home computer, check the status of a mortgage discharge and Deed scams. Please join us!

“SENIOR TRIP TO “CASTLE ISLAND” – TBD

David Dingley has graciously offered his services for a tour of Castle Island to learn about the island's history. This will be followed by lunch at the infamous “SULLY'S” (*pay your own w/Senior discount*). Transportation will be provided by the COA van. Please contact the COA to sign up.

YMCA—Stoughton

“FREE” Wednesdays for Seniors who present a COA Membership Card.
NOTE: This is a separate card from your COA key ring tag.
Please sign up at the COA.

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

***Note: SHINE is temporarily unavailable until further notice due to a medical leave.**

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 (**CLOSED** during July/August)

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~

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.

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.

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!**



Therapy Gardens

David Wheeler
President
Therapy Gardens, Inc.

508-944-1370 cell
info@therapygardens.com

www.therapygardens.com
@TherapyGardening on Facebook

Thank You to Our Newsletter Sponsors

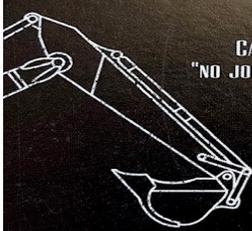


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"NO JOB IS TOO SMALL FOR US"

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617-653-8188

Paul Callinan
General Manager
pmcall1829@aol.com



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- WELDING OF STEEL, STAINLESS STEEL, ALUMINUM, CAST

CERTIFIED & INSURED

August 2024 (Events/Activities are subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>“FREE” SUMMER CONCERT 6-7:30pm Sundays (Holbrook Gazebo)</p>		<p>NOTE: The Tuesday BOWLING is an activity available for those who are able to drive.</p>		<p>1 12:30 SOCIAL 1:00 Norfolk Register of Deeds 1:00 REIKI (\$5 donation)</p>	<p>2 COA (CLOSED)</p>	<p>3</p>
<p>4 Knock on Wood “Acoustic Folk-Rock Duo” (rain date 8/8)</p>	<p>5 9:15-10:15 Walking Group (Sumner Field)</p>	<p>6 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES BINGOcize 12:30 BINGO</p>	<p>7 8:00 Staff & Volunteer 9:30 Exercise 12:30 LUCKY’S 777</p>	<p>8 10:00-11:00 SSES BINGOcize 12:30 SOCIAL 1:00-2:30 Blood Pressure</p>	<p>9 COA (CLOSED)</p>	<p>10 10:15-11:00 ST.JOSEPH’S Food Pantry</p>
<p>11 Magic Moments “Music of the 50’s-70’s (rain date 8/15)</p>	<p>12 9:15-10:15 Walking Group (Sumner Field) 10:00 FOOD PANTRY (those without transportation)</p>	<p>13 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES BINGOcize 12:30 BINGO</p>	<p>14 9:30 Exercise 10:30-Noon SeniorU “Pizza Talk & Tasting”</p>	<p>15 10:00-11:00 SSES BINGOcize 12:30 SOCIAL 1:00 REIKI (\$5 donation)</p>	<p>16 COA (CLOSED)</p>	<p>17</p>
<p>18 Uncommon Soul “Rock & Dance Band” (rain date 8/22)</p>	<p>19 9:15-10:15 Walking Group (Sumner Field)</p>	<p>20 8:00 Staff & Volunteer 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES BINGOcize 12:30 BINGO</p>	<p>21 9:30 Exercise</p>	<p>22 10:00-11:00 SSES BINGOcize 12:30 SOCIAL 1:00-2:30 Blood Pressure</p>	<p>23 COA (CLOSED)</p>	<p>24</p>
<p>25 Bailey Street Brass “Brass Quintet” (rain date 8/29)</p>	<p>26 9:15-10:15 Walking Group (Sumner Field)</p>	<p>27 9:30 Exercise 9:30-11:30 Bowling (Abington) 10:00-11:00 SSES BINGOcize 12:30 BINGO</p>	<p>28 9:30 Exercise</p>	<p>29 10:00-11:00 SSES BINGOcize 1:00-2:00 THERAPY GARDENS “Delicious Less Sugar Desserts”</p>	<p>30 COA (CLOSED)</p>	<p>31 11:30-1:00 New Birth Evangelical Church FOOD PANTRY</p>

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