

# Holbrook Council on Aging Newsletter

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

**SEPTEMBER  
2024**



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

[www.holbrookma.gov/council-aging](http://www.holbrookma.gov/council-aging)



I would like to thank the 2017 Select Board for the opportunity and confidence they placed in me when they appointed me as the interim Holbrook Council on Aging Coordinator to replace the retiring Coordinator. My thoughts at that time was to complete the fiscal year and assist with the transition of a new Coordinator.

Here I am, seven and a half years later turning in my resignation to be effective August 31, 2024. Being the Coordinator for the Holbrook Council on Aging was such a rewarding experience and, although, at times frustrating (I like things done YESTERDAY), I think the time has come to step aside in this capacity and do what is right for the Seniors of this Town.

I understand that the Town is going in a different direction in regards to the Council on Aging and the Select Board feels a Director is the way to go. I don't think it is necessary to have both a Council on Aging Coordinator and a Director.

In closing, I would like to thank our State Senator Keenan, Representatives Mariano and Cusack, Norfolk County District Attorney Michael Morrissey, Norfolk County Sheriff Patrick McDermott, our wonderful TRIAD Team of the Holbrook Fire, Police and Communications as well as their staffs for all their support and assistance and the Massachusetts Department of Elder Affairs and South Shore Elder Services for their guidance.

I thank the staff and volunteers at the Senior Center and, of course....the Seniors of Holbrook for their support and assistance during the last seven and a half years and in placing their confidence in me.

To the Seniors of Holbrook, it has been a pleasure.

Sincerely,

Cynthia M Brennan – COA Coordinator

## BOARD OF DIRECTORS

### MEET THE COA STAFF

(Select Board appointments: 7/17/24 & 7/31/24)

Cynthia Brennan—Coordinator (*resigned as of 8/31/24*)  
Margaret Feeley—Asst. Coordinator/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  
Cynthia Brennan  
Holly Rose

\* We had several members who resigned. We are an 11 member Board. Please consider applying to serve on our COA Board of Directors (*one-year position*).  
**THANK YOU!**

### VAN DRIVERS

Tom Donovan    Rick Evans  
Paul Callinan    Paul Stigas

(Board member Officers to be determined)

**HOLBROOK COA 781-767-4617**

A HUGE “THANK YOU” TO OUR FORMER COA COODINATOR, **CINDY BRENNAN**, FOR THE 7.5 YEARS OF DEDICATION AND DEVOTION TO OUR SENIORS IN HOLBROOK. YOU HAVE MADE AN INCREDIBLE POSITIVE IMPACT IN THE LIVES OF SO MANY.

WE ALL EXTEND OUR GRATITUDE TO YOU FOR ALWAYS GOING ABOVE AND BEYOND, STAYING WITHIN BUDGET AND PLACING THE NEEDS OF OUR SENIORS “FIRST”.

THE COA BOARD OF DIRECTORS, STAFF AND VOLUNTEERS WISH YOU ALL THE BEST THAT LIES AHEAD AS YOU CONTINUE THE NEXT CHAPTER OF YOUR LIFE.

THANK YOU AGAIN, CINDY, YOU DESERVE THE “BEST” LIFE CAN OFFER! ENJOY!



**YOUR HOLBROOK COA FAMILY!**

## BOSTON — 2024 NOVEMBER VOTER INFORMATION

According to the Secretary of the Commonwealth Elections Division, the applications for **mail-in ballots** for the November 5 general election were sent out to voters. **They are also available at Holbrook Town Hall (Town Clerk’s office).**

To vote by mail in the upcoming **November 5 general election** ballot, residents should request their ballots by filling out the pre-addressed, postage-pre-paid application. Voters who have already applied for a ballot this year will not receive another application, according to Galvin’s announcement.

The **deadline** to apply for the **November 5 State election**, is **October 29 at 5 p.m.**

Galvin’s office recommends that voters apply as early as possible to ensure that they have enough time to mail their ballots back.

**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**

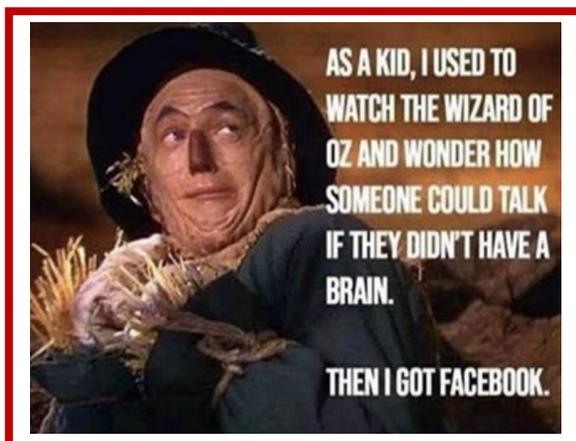
St. Joseph’s Church on the second Saturday of each month from 10:15-11:00am  
(for those with transportation)

**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** who is available Monday thru Thursday 8:00am-4:00pm and Friday 8:00am-12:00pm. Veterans are welcome to visit or call us with any questions or concerns you may have.

The office is located at: Foster Veteran Center  
30 Foster Road  
Braintree, MA 02184  
**781-794-8217**



# SENIOR HAPPENINGS! (Ages 60+)



**Therapy Gardens**  
**“Low Sugar Cooking”**  
 (last Thursday)



**SeniorU Workshop**  
**“Pizza Talk & Tasting”**  
 (2<sup>nd</sup> Wednesday)



**TRIAD**  
 (3<sup>rd</sup> Thursday)



**“Social”—Register of Deeds**  
**William P. O’Donnell**



**SSES “BINGOcize” Workshops**



**COA Vegetable Garden**



**“FOSTER’S” Clambake – York Beach, Maine**



## COUNCIL ON AGING

### **“MISSION STATEMENT”**

**Through activities, programs and services, the Council on Aging encourages and promotes independence to our Senior Community. It is the mission of the COA to enhance the quality of life and promote the dignity of all our Senior Citizens that live within the Town of Holbrook.**

## SENIOR TRIP ~ SARATOGA RACE COURSE – N.Y.

**Lake George Dinner Cruise & Fireworks** (partnered with Avon COA)



### UPCOMING EVENTS!

### ~SEPTEMBER~

- 4—Lucky's 777 Senior Luncheon (senior specials) – 12:30pm (sign-up)**
- 10,12—S.S.E.S. "BINGOcize" program 10:00-11:00am (limited seating) \*Final Week\***
- 11—SeniorU 10:30-Noon "Chocolate Tasting & Talk" (sign-up) \*\***
- 14—Veterans Meet and Greet 10:00am-2:00pm (OPEN HOUSE) 30 Foster Road, Braintree**
- 19—TRIAD 10:00-11:00am (Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications)**
- 25—Veteran Agent 9:30-10:30am (drop in for coffee)**
- 26—THERAPY GARDENS 1:00-2:00pm "Make Your Own Pickles" (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.**

**OCTOBER 9, 2024** the Sean Joyce Foundation has graciously offered our Seniors a **Mobsters & Lobsters Tour** into Boston followed by a luncheon back at Lucky's 777's. Seating is limited, please call the COA for more information 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 (10:00am - 11:00am - 12:00 Noon)**

Please call to schedule your appointment 781-767-4617

## PLEASE NOTE:

The COA has **“RE-OPENED”** on Fridays beginning September 6, 2024.

## FUEL ASSISTANCE (September–April)

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

## 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

## 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 \*\***

## 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:** 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!**

On-line Newsletter is available at  
[www.holbrookma.gov/council-aging](http://www.holbrookma.gov/council-aging)

## 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.

## ~Monthly Announcements~

**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.

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.

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!**



**David Wheeler**  
President  
Therapy Gardens, Inc.

508-944-1370 cell  
info@therapygardens.com

www.therapygardens.com  
@TherapyGardening on Facebook



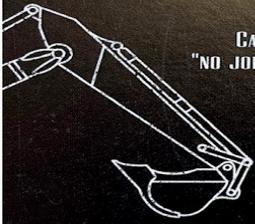
### Thank You to Our Newsletter Sponsors



**Shepard Long**  
Managing Broker

781-690-3630 (cell)  
781-767-5550 (office)  
shep@stikehomes.com

stikehomes.com | advocaterealtyma.com



**CALLINAN ASSOCIATES**  
"NO JOB IS TOO SMALL FOR US"

85 Abington Ave  
Holbrook, MA 02343  
617-653-8188

**Paul Callinan**  
General Manager  
pmcall829@aol.com



**COOKS CUSTOMS**  
WELDING AND METAL  
FABRICATION  
617-981-3029  
COOKSCUSTOMS94@GMAIL.COM

COMMERCIAL & RESIDENTIAL

- IRONWORK
- HANDRAILS
- BRAKE FORMING
- HARDFACING & BUCKET REPAIRS
- MARINE FAB & REPAIRS
- ON SITE WELDING REPAIRS
- WELDING OF STEEL, STAINLESS STEEL, ALUMINUM, CAST

CERTIFIED & INSURED

# September 2024

(Events/Activities are subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Labor Day (CLOSED)</b>	3 <b>STATE PRIMARY Election 7am-8pm</b> 9:30 Exercise 12:30 BINGO	4 8:00-8:30 Staff & Volunteer 9:30 Exercise 12:30 LUCKY's 777	5 12:30 SOCIAL 1:00 REIKI (\$5 donation)	6 <b>COA RE-OPENS 9:00-12:00</b> 9:30 Exercise	7
8	9 9:15-10:15 Walking Group (Sumner Field)	10 9:30 Exercise 10:00-11:00 SSES BINGOcize 12:30 BINGO	11 9:30 Exercise 10:30-Noon SeniorU "Chocolate Tasting & Talk 3:00 COA Board Meeting	12 10:00-11:00 SSES BINGOcize 12:30 SOCIAL 1:00-2:30 Blood Pressure	13 9:30 Exercise	14 10:15-11:00 ST.JOSEPH'S Food Pantry 10:00-2:00 Veterans Meet/Greet (Braintree)
15	16 9:15-10:15 Walking Group (Sumner Field) 10:15 & 11:00 FOOD PANTRY (those without transportation)	17 8:00-8:30 Staff & Volunteer 9:30 Exercise 12:30 BINGO 7:00 COA Bldg. Advisory Cte.	18 9:30 Exercise	19 10:00-11:00 TRIAD 12:30 SOCIAL 1:00 REIKI (\$5 donation)	20 9:30 Exercise	21
22	23 9:15-10:15 Walking Group (Sumner Field)	24 9:30 Exercise 12:30 BINGO	25 9:30 Exercise 9:30 Veteran Agent	26 12:30 SOCIAL 1:00-2:30 Blood Pressure 1:00-2:00pm THERAPY GARDENS "Make Your Own Pickles"	27 9:30 Exercise	28 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
29	30 9:15-10:15 Walking Group (Sumner Field)	<b>PLEASE NOTE:</b> If you require technology assistance with your phone, laptop or Ipad, <b>SeniorU workshop is 1.5 hours, which includes the first half hour for assistance.</b>				

**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 (781-767-4617).

**IN CONSIDERATION OF YOUR FELLOW PASSENGERS,  
THE VAN TIME WILL BE LIMITED TO 5 MINUTES OF WAITING.  
THANK YOU FOR YOUR COOPERATION!**