

Holbrook Council on Aging Newsletter

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

**OCTOBER
2024**



****MONTHLY UPDATE****

www.holbrookma.gov/council-aging



Greetings!

September was another month of activities, programs and trips. Our Senior luncheons at Lucky's 777 is an opportunity to socialize with others while enjoying a nice meal. Come join us on the first Wednesday of each month at 12:30. Senior specials are offered with "individual" checks.

TRIAD (Norfolk County DA/Sheriff & Holbrook Police/Fire/Communications) on the 3rd Thursday of each month, enlightens our Seniors with safety tips regarding scams and other important current issues in an effort to keep our Seniors informed and safe.

BINGO is every Tuesday at 12:30 and our weekly SOCIAL is on Thursday at 12:30. Our monthly workshop presentations with SeniorU (2nd Wednesday) and Therapy Gardens (last Thursday) are very well attended and we continue to encourage our Seniors to participate.

During July and August, South Shore Elder Services provided a Bingo themed 10-week summer workshop pertaining to nutrition and balance. In September, we partnered with Avon for a Plymouth Harbor Cruise and the weather was perfect that day! We look forward to a Mobsters and Lobsters Senior trip in October sponsored by the Sean Joyce Foundation. We'll take a tour of Boston and return to Lucky's 777 for lunch. This event is almost "full" however, there is a waiting list. THANK YOU to the Sean Joyce Foundation!

As always, please call the COA for any information and updates on events and activities that may arise that aren't on the calendar.

We hope you'll visit with us and we look forward to seeing you.

Best regards,

Elaine Hyland – COA Board of Directors

BOARD OF DIRECTORS

MEET THE COA STAFF

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*)

(Select Board appointments)

Gary Newton
Elaine Hyland
Roger Davenport
Holly Rose
Beatrice Taggart
Kathryn Bussolari
Robert Montgomery
Thelma (Jean) Douglas

VAN DRIVERS

Tom Donovan
Paul Callinan
Rick Evans

HOLBROOK COA 781-767-4617

* We are seeking new members for our COA Board. Please consider serving a **one-year** term. **THANK YOU!**

BOSTON — 2024 NOVEMBER VOTER INFORMATION

IF YOU ARE IN NEED OF A RIDE (ON ELECTION DAY) PLEASE CALL THE COA AND WE WILL MAKE EVERY EFFORT TO ACCOMMODATE YOU (781-767-4617)

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.

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.



While captions have been available on HCAM's Video on Demand for about a year now, we are excited to announce that they are now also conveniently available on live and re-broadcasted HCAM-produced original programming on cable! If you already have your TV settings enabled for closed captions, the captions will automatically appear on HCAM channels when they are available.

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

UPCOMING SENIORU AND THERAPY GARDENS PRESENTATIONS: (November & December)

11/13 – Indoor Gardening: How to successfully grow flowers, herbs, and vegetables indoors.

11/21 – Chowders, Bisques & Stews: Learn to make a variety of homemade chilis and stews.

12/11 – Trivia Fund (Famous MA Residents): Quiz on notable figures from Massachusetts based on quotes.

12/19 – Edible Gifts: Explore making and gifting homemade edible treats.

As the winter season approaches, please make note:

EMERGENCY CONTACTS

(when in doubt call 911)

Outages: National Grid 800-465-1212 or report online www.nationalgridus.com

Downed Power Lines & Wires: "911" or National Grid 800-465-1212 to

report it immediately and keep everyone away from the scene

NON-EMERGENCY issues: downed trees or storm debris in the roadways:

Holbrook Regional Emergency Communications Center 781-767-1212 &

Press 0. The Town will respond as quickly and safely as possible

PLEASE KEEP MOBILE DEVICES FULLY CHARGED SO YOU CAN STAY CONNECTED

SENIOR HAPPENINGS! (Ages 60+)



Therapy Gardens
“Delicious Less Sugar Desserts”
 (last Thursday)



SeniorU Workshop
“Chocolate Tasting & Talk”
 (2nd Wednesday)



Gazebo Concert
“Magic Moments”
 (Holbrook Cultural Council)



“BINGO”— Tuesdays at 12:30pm
 (always looking for a Bingo Caller)



HP Accessible
DROP-OFF—FRONT



HP Accessible
PARKING—REAR

Each month we distribute 700 copies of our COA Newsletter. Approximately 150 are mailed to those who are less mobile. We distribute our newsletters locally to the following locations:

**STANNEY’S – HOLBROOK COURT – LIBRARY
 TOWN HALL – LUCKY’S 777 – AVON COA –
 MAPLE ON FRANKLIN – T-SQUARE – VANS –
 WINTHROP CONGREGATIONAL – ST. JOHN’S
 ST. JOSEPH’S – UNITED METHODIST –
 BROOKVILLE BIBLE – ABINGTON BANK –**

As always, please let us know if you are unable to pick up our newsletter and we will gladly add you to our mailing list 781-767-4617.

SAVE THE DATE

FOOD. MUSIC. RAFFLES.

MONDAY, OCTOBER 7, 2024 AT 6PM
 HOLBROOK COURT, HOLBROOK

PLEASE RSVP TO COUNCIL ON AGING
 BY FRIDAY, OCTOBER 4

SPONSORED BY
 HOLBROOK ROTARY CLUB

~OCTOBER~

- 2—Lucky’s 777 Senior Luncheon (senior specials) – 12:30pm (sign-up)**
- 7—ROTARY SENIOR COOKOUT – Holbrook Court 6:00pm (sign-up deadline 10/4/24)**
- 9— (COA CLOSED) The Sean Joyce Foundation has graciously offered our Seniors a Mobsters & Lobsters Tour into Boston followed by a luncheon back at Lucky 777’s. This event is almost “full” however, we can place you on a waiting list.**
- 10—SeniorU 10:30-Noon “Aging in the Kitchen” (sign-up)**
- 17—TRIAD 10:00-11:00 (Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications)**
- 28—National Grid – 10:00am-2:00pm to discuss options to manage your energy bill and help you find assistance for enrollment in our Discount Rate Program (sign-up)**
- 30—Veteran Agent 9:30-10:30am (drop in for coffee)**
- 31—THERAPY GARDENS 1:00-2:00pm “Make Your Own Salt-Free Seasoning” (sign-up)**



**Plymouth Harbor Cruise
(partnered with Avon COA)**

15% Senior Discount (every day)



**SARA’S PIZZA – 424 North Franklin Street, Holbrook
(next to the Highland Plaza)**

**Enjoy Oven Hot Pizza, Great Tasting Subs,
Fresh Salads & Delicious Dinners!
(781) 963-0351 or “Text” John 781-901-1423
(mention the Senior discount)**

“Farmer’s Market” Program ENDS October 31st 2024 (please call the COA)

Massachusetts Seniors Farmers’ Market Nutrition Program (SFMNP) Receipt of Coupons

I acknowledge receipt of coupons from the Massachusetts Farmers’ Market Nutrition Program.
I am (check one):

- 60 years of age or older
- Disabled and living in a housing facility primarily occupied by older individuals where congregate nutrition services are provided.

I understand the income guidelines or have had them explained to me. I certify that my household income is at or below 185 percent of the federal poverty guidelines. I have not received farmers’ market coupons from any other location.

Household Size	Monthly Income	Annual Income
1	\$2,322	\$27,861
2	\$3,152	\$37,814
3	\$3,981	\$47,767
4	\$4,810	\$57,720
5	\$5,640	\$67,673
6	\$6,469	\$77,626
7	\$7,299	\$87,579
8	\$8,128	\$97,532

For each additional household member, add \$830 monthly or \$9,953 annually.

PLEASE NOTE:

SeniorU workshops on the 2nd Wednesday of the month offer technology assistance with your phone, laptop or Ipad prior to the featured workshop at 11:00am.

If you would like to schedule an appointment for 10:30am on the day of the workshop, please call the COA 781-767-4617

TRANSPORTATION & APPOINTMENT SCHEDULE

S*H*T*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

Mondays/Tuesdays (10:00am - 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

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.

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

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.

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

~Monthly Announcements~

The COA Board of Directors is seeking **3** more members to serve on our Board for a **one-year** term. The COA Board is comprised of 11 members who meet on the 2nd Wednesday of each month at 3:00pm at the Council on Aging building. Please submit your letter of interest along with the volunteer application form

<https://www.holbrookma.gov/select-board/pages/volunteer-application-form> and forward it to the Select Board at Town Hall (50 North Franklin Street) or email it to: Town_Administrator@holbrookmassachusetts.us

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!**



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



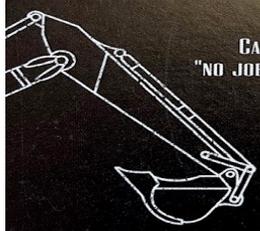
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REAL ESTATE

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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



COMMERCIAL & RESIDENTIAL

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

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

CERTIFIED & INSURED

October 2024

(Events/Activities are subject to change)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please sign up for SeniorU & Therapy Gardens workshops	1 9:30 Exercise 12:30 BINGO	2 9:30 Exercise	3 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	4 9:30 Exercise	5
6	7 9:15-10:15 Walking Group (Sumner Field)	8 9:30 Exercise 12:30 BINGO	9 COA CLOSED 10:30 Mobsters & Lobsters Trip	10 12:30 SOCIAL 10:30-Noon SeniorU "Aging in the Kitchen" 1:00-2:30 Blood Pressure	11 9:30 Exercise	12 10:15-11:00 ST. JOSEPH'S Food Pantry
13	14 Columbus Day (CLOSED)	15 9:30 Exercise 10:15 & 11:00 FOOD PANTRY (those without Transportation) 12:30 BINGO	16 9:30 Exercise	17 10:00-11:00 TRIAD 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	18 9:30 Exercise	19
20	21 9:15-10:15 Walking Group (Sumner Field)	22 9:30 Exercise 12:30 BINGO	23 9:30 Exercise	24 12:30 SOCIAL 1:00-2:30 Blood Pressure	25 9:30 Exercise	26 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
27	28 9:15-10:15 Walking Group (Sumner Field) 10:00-2:00 National Grid Discount Rate Program (sign-up)	29 9:30 Exercise 12:30 BINGO	30 9:30 Exercise 9:30 Veteran Agent	31 Happy Halloween 12:30 SOCIAL 1:00-2:00pm THERAPY GARDENS "Make Your Own Salt-Free Seasoning"	National Grid October 28 If you receive SNAP, MassHealth, SSI or WIC, please bring your benefit card and/or program acceptance letter to enroll in the Discount Rate Program. Call the COA to sign-up	

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