

# 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)

**January  
2024**

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

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



**HAPPY NEW YEAR!**

My New Years' Resolution is to exercise and we are exercising inside! Come join us on Mondays, Tuesdays, Wednesdays and/or Fridays at 9:30am for light exercise.

The Christmas Party at the Rockland Golf Club was a huge success! Over 70 of us attended and danced to the music of DJ Rich Jones, gave Santa (and Rudolph) our Christmas Wish List, and enjoyed the energy and entertainment of Buddy the Elf.

**Please look at our January calendar for the events and activities for the month.**

I'd like to take this opportunity to thank everyone who helped The Senior Center thrive in 2023. We are so grateful for your support.

We introduced many new programs, events, and activities during this past year that wouldn't have been possible without the many businesses, volunteers and Town employees who offered not only donations but time and energy.

During the coming year, we will continue to partner with Avon to offer a wide range of programs to our Seniors.

The Senior Center welcomes our new neighbors at 120 North Franklin. We are looking forward to meeting and greeting. Let us introduce you to the Holbrook Community and all it has to offer.

In closing, I want to also thank the staff, volunteers and participants of the Holbrook Council on Aging and Avon Council on Aging for a banner year.....and let's make 2024 even better.

Thank you and hope to see you soon!  
Cindy Brennan  
Holbrook Council on Aging Coordinator

***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 **Mondays and 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

## **REGULARLY SCHEDULED DAILY SOCIAL ACTIVITIES:**

Monday—Drop in at the Council 9:00am-3:00pm  
Tuesday—BINGO 12:30pm  
Wednesday—GAMES/CARDS 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**)—between 8:00am and 11:00am (**MEDICAL**)

**\*\*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

**MEET THE COA STAFF**

Cynthia Brennan—Coordinator  
Margaret Feeley—Outreach  
Sandy Lemieux & Katherine Fabian—Receptionists  
Cathleen McCarthy—SHINE  
Maria Malinowski & Nancy McLellan—Kitchen  
Elaine Hyland—Public Relations  
Lorraine Gardiner—(Volunteer) My Senior Center  
Peggy Thompson—(Volunteer)  
Bruce Thompson— (Volunteer)  
Claire Crowell (Volunteer) Master Reiki

**VAN DRIVERS**

Tom Donovan Paul Stigas  
Paul Callinan Rick Evans

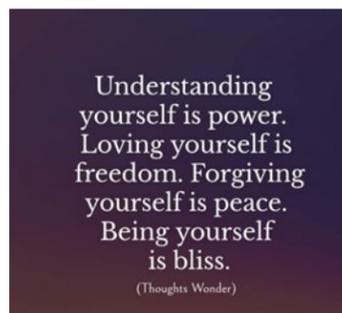
**BOARD OF DIRECTORS**

Gary Newton (Chair)  
Beatrice Taggart (Co-Chair)  
Sandra Lemieux (Treasurer)  
Elaine Hyland (Secretary)  
Cynthia Brennan (Coordinator)  
Jean Douglas (Grants)  
Rosanne Carlo  
Louise Currie  
Roger Davenport  
Kathy Bussolari  
Maria Malinowski  
Joseph Bussolari

**HOLBROOK COA 781-767-4617**



**THANK YOU TO  
LOUISE CURRIE WHO  
CRAFTED 100 RED  
BOWS TO DECORATE  
THE CENTER OF  
HOLBROOK**



**Truths Adults have learned:**

- ◆ Raising teenagers is like trying to nail Jello to a tree!
- ◆ Middle age is when you choose cereal for the fiber, not the toy.
- ◆ You're getting old when you stoop to tie your shoes and wonder what else you can do while you're down there!

**I DON'T KNOW HOW TO  
ACT MY AGE....I'VE NEVER BEEN  
THIS OLD BEFORE!**

**OUR STORY ON "FRIENDSHIP"—Cindy Brennan & Nancy McLellan**

Cue the music. Picture it. Frankie and Grace. Thelma and Louise. Felix Unger and Oscar Madison. Cindy Brennan and Nancy McLellan.

Antsy to downsize into her new place, Nancy found herself without her own home to live in. Not appreciating that patience is a virtue, Nancy arrived at Cindy's, Chico's bags in hand, in close proximity to keeping an eye on the Maple on Franklin progress. Little did Cindy know, the Nancy whirlwind came to town.

Cindy's ability to fly by the seat of her pants quickly became an advantage. The duo transitioned from top down day trips in the Jeep to full on pajama parties. Cindy now had two hyper beings in the house; Buster and Nancy. She would need to chill with the cats.

Folks watched with bated breath, wondering if an implosion would occur. Bets were placed with the over/under on how long the visit would last. No implosions, but potentially some retail explosions as they headed out, coupons in hand, for days filled with adventure. Returning home at the end of the day was like getting back to the sorority house, with plenty of oohing and aahing over the days finds. How did their friendship survive the sorority house? Let's just say, it's a good thing Cindy has two floors in her home.

There are many clichés that fit this story. Opposites attract. Whatever doesn't kill you makes you stronger. However, the most appropriate cliché is, you can pick your friends but you can't pick your family. What a fine pair of friends they are!

**~Monthly Announcements~**

**PLEASE NOTE:** During the winter months, if the Holbrook Schools are closed due to bad weather, the vans do not operate. It is your responsibility to inform your doctor's office and reschedule your appointments.

**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.

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

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**Veterans Agent at Town Hall - 1st & 3rd Tuesdays**

Our **Veterans Agent Vincent Fontaine** will be at Town Hall on the first and third Tuesdays of each month from 4-6pm. He can also be reached at 781-794-8217 or [vfontaine@braintreema.gov](mailto:vfontaine@braintreema.gov)

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**SALVATION ARMY GOOD NEIGHBOR FUND**

The Salvation Army's Good Neighbor Energy Fund offers one-time grants for eligible consumers. The Fund is available to any Massachusetts resident who cannot meet a month's energy expense because of temporary financial difficulty and is not eligible for state or federal energy assistance. To be eligible, your income must fall between 60 and 80 percent of the state's median income.

<http://www.magoodneighbor.org/assistance.html>

**Brockton Corps  
216 Centre Street, Brockton, MA 02303-4047  
ph. (508) 583-1896 • fax: (508) 427-5548**

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**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 pickup a copy in an effort to reduce our postage costs.

**THANK YOU!**

## UPCOMING EVENTS!

**January 29**—Plainridge Park Casino w/Avon COA  
**January 31** — Memory Café Avon COA—11:30am-1:30pm  
 (Thursday night Line Dancing is postponed until Spring)

### Assisted Listening Devices

For those with hearing impairment, ALD's are available thru HCAM for use in the Town Hall Noel King meeting room. They are located on the rear credenza in the Noel King room. If you require assistance please contact HCAM prior to the meeting 781-767-7487 or info@hcamtv.org

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### ROSANNE "ROSIE" CARLO



We are greatly saddened at the loss of our dear Friend. Her smiling face will be missed at the COA. Not only was she a member of our COA Board, she was our Bingo "caller" on Tuesdays and was a die-hard Red Sox and Elvis fan. She loved being active and whenever there was an event to attend, Rosie was on the Van! We truly appreciate all that she contributed to our COA. Rest in peace, Rosie, your memories will live on in our hearts.

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### MONTHLY RECIPE

#### Blueberry Muffins (Rose Alberti)\*

- |                         |                       |
|-------------------------|-----------------------|
| 1 stick butter          | 4 tsps. Baking Powder |
| 1-1/2 Cups Sugar        | 1/2 tsp. Salt         |
| 2 Eggs                  | 1 Cup Milk            |
| 3 Cups Flour (unsifted) | 2 Cups Blueberries    |
| 1/8 tsp. Nutmeg         |                       |

#### SUGAR TOPPING:

2 TBLS. Sugar with 1 tsp. Cinnamon

Cream butter and sugar until light and fluffy. Add eggs and mix well. Add dry ingredients alternately with milk. Fold in blueberries (batter will be thick). Hint: use an ice cream scoop to fill the cups. Sprinkle topping on each muffin. Bake at 350 degrees for about 20-25 minutes. (about 18 muffins)

\* This is my Mother's recipe (she passed in 1973). She always taught me that all recipes have one secret ingredient—"LOVE" in preparation (Elaine Hyland)

## HOLBROOK COUNCIL ON AGING MONTHLY CALENDAR

January 2024						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> New Year's Day (CLOSED)	<b>2</b> 9:30 Exercise 12:30 BINGO	<b>3</b> 9:30 Exercise 12:30 LUCKY 777 Senior Luncheon	<b>4</b> 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	<b>5</b> 9:30 Exercise	<b>6</b>
<b>7</b>	<b>8</b> 9:30 Exercise 11:00 Line Dancing	<b>9</b> 9:30 Exercise 12:30 BINGO 7:00 COA Bldg. Advisory Cte.	<b>10</b> 9:30 Exercise 3:00 COA Board Meeting	<b>11</b> 12:30 SOCIAL 1:00-2:30 Blood Pressure	<b>12</b> 9:30 Exercise	<b>13</b> 10:30 St. Joseph's Food Pantry
<b>14</b>	<b>15</b> Martin Luther King Jr. (CLOSED)	<b>16</b> 9:30 Exercise 10:00 FOOD PANTRY (those without transportation) 12:30 BINGO	<b>17</b> 9:30 Exercise 11:00 Chair Hip-Hop	<b>18</b> 10:00 TRIAD 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	<b>19</b> 9:30 Exercise	<b>20</b>
<b>21</b>	<b>22</b> 9:30 Exercise	<b>23</b> 9:30 Exercise 12:30 BINGO	<b>24</b> 9:30 Exercise 12:30 Tea Party (subject to change)	<b>25</b> 12:30 SOCIAL 1:00 SMP * Presentation 1:00-2:30 Blood Pressure	<b>26</b> 9:30 Exercise	<b>27</b> 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
<b>28</b>	<b>29</b> 9:30 Exercise Plainridge Park Casino w/AVON COA (call the Holbrook COA)	<b>30</b> 9:30 Exercise 12:30 BINGO	<b>31</b> 9:30 Exercise 11:30-1:30 Memory Café AVON COA	<b>* Senior Medicare Patrol</b>		

**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 pilot program. A huge **THANK YOU** goes out to the volunteers at the Food Pantry for offering this program to our Seniors!

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**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

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THANK YOU TO ALL OUR LOCAL SUPPORTERS WHO SO GRACIOUSLY ASSIST US IN DISTRIBUTING OUR MONTHLY NEWSLETTERS:

- TOWN HALL \* ABINGTON BANK \* STANNEY’S
- HOLBROOK COURT \* LIBRARY \* LUCKY’S 777 \* T-SQUARE FOOD SHOP
- AVON COUNCIL ON AGING \* ST. JOSEPH’S CHURCH
- WINTHROP CONGREGATIONAL CHURCH \* ST. JOHN’S EPISCOPAL CHURCH
- BROOKVILLE BIBLE CHURCH \* MAPLE ON FRANKLIN

THE COA IS REACHING OUT TO LOCAL BUSINESSES TO OFFER THE PLACEMENT OF THEIR BUSINESS CARD IN OUR NEWSLETTER OF WHICH WE DISTRIBUTE 600 ISSUES EACH MONTH. WE WILL GLADLY ACCEPT A DONATION IN ANY AMOUNT TO HELP US OFFSET OUR NEWSLETTER PRINTING COSTS. PLEASE STOP BY THE COA TO DROP OFF THE BUSINESS CARD AND YOUR DONATION.

THANK YOU FOR YOUR SUPPORT!

**HAPPY NEW YEAR TO ALL!**

**SENIOR HAPPENINGS! (Ages 60+)**



**WINTER SAND BUCKETS for Seniors (Compliments of Norfolk County Sheriff)**



**December 2023 Holiday Stroll**



**COA Christmas Party 2023 (Rockland CC)**

**JANUARY BIRTHDAYS!**

- Shirley Soloman—13
- Phyllis Webber—21
- Gail Sargent—29
- Peggy Thompson—15
- Bea Taggart—24

