

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

**DECEMBER  
2024**



## MESSAGE FROM OUR COA DIRECTOR

Dear COA Community,

**“REVISED”**

As I continue to settle into my new role as Director, I've been truly enjoying getting to know the incredible staff, volunteers, and members here at the COA. It's been a busy and rewarding start, and I'm excited about all the great things ahead for our community.

I'd like to give a special shout-out to our dedicated S.H.I.N.E. volunteer, Cathleen. She's been so highly requested that we've had to create a waitlist for her services! To accommodate as many members as possible, Cathleen has graciously expanded her volunteer hours. If you're still unable to get an appointment with her, please refer to the newsletter for instructions on how to find alternative resources.

While I'd love to spend all my time with our wonderful members, I've been diving into the details of how our COA operates, including the administrative aspects. I have also been doing a bit of planning, and coordinating such as the flu clinic the COA hosted on November 21, I hope everyone was able to get their influenza vaccine and is staying healthy as we head into the winter season.

And of course, I've been planning our upcoming Christmas party, which will take place on **December 19**, from 12:00-2:00pm. We're thrilled to welcome back Buddy the Elf to help us celebrate! While we've had to cancel the blood pressure clinic that day to make room for the party, our wonderful nurses, Ann and Ann, will be joining us to celebrate, so it's a great time to check in with them (but we won't ask them to work!).

Before the big party, I hope to see you all at the Holiday Stroll on December 7, 2024. The COA will be open and warm, and we'll be serving hot chocolate, coffee, and popcorn—many thanks to the Rotary for hosting this wonderful event! It's always a great time to come together and enjoy the season.

Brand new to the Holbrook COA: Join Lisa from Pop-Up Art School on December 9 from 12:30-2:00pm to create beautiful Watercolor Wreaths. This workshop is limited to 15 participants, so please be sure to sign up early and only if you're absolutely certain you will attend. We can't wait to see your artistic creations! Also, please join Holly on December 2<sup>nd</sup> & 18<sup>th</sup> from 12:30-2:00pm for a fun, sparkly new craft experience—Diamond Art and add some sparkle to your Holiday season.

Most importantly, we want to extend a heartfelt thank you to Senator Keenan for his continued hard work and dedication to our community. I hope everyone had a happy and healthy Thanksgiving, and as we move into December, I'm excited for all the fun, festive events and quality time ahead with our COA community. Let's make this season truly special together!

Warmly,

Holly R. Rose - Director, Council on Aging

## MEET THE COA STAFF

Holly Rose—COA Director  
 Margaret Feeley—Asst. Coordinator/Outreach  
 Sandra Lemieux & Katherine Fabian—Receptionists  
 Cathleen McCarthy—SHINE  
 Maria Malinowski—Kitchen  
 Elaine Hyland—Newsletter Editor (*Volunteer*)  
 Missy (Marion) Rapoza—My Senior Center (*Volunteer*)  
 Claire Crowell—Master Reiki (*Volunteer*)

## VAN DRIVERS

Tom Donovan - Paul Callinan - Rick Evans

## BOARD OF DIRECTORS

Elaine Hyland—Chair  
 Beatrice Taggart—Vice Chair  
 Gary Newton  
 Claudette Leahy Theriault  
 Kathryn Bussolari  
 Robert Montgomery-Thomas  
 Holly Rose—Director (ex-officio)  
 \* Please consider applying to serve on our COA Board of Directors for a **one-year term**.  
**THANK YOU!**

**\*\*We have an opening for the Secretary position\*\***

**IF YOU REQUIRE FUEL ASSISTANCE IN THE UPCOMING MONTHS, PLEASE CONTACT THE COA. THE PROGRAM RUNS FROM SEPTEMBER 2024-APRIL 2025**

## About The RIDE

The RIDE paratransit service provides door-to-door, shared-ride public transportation to people who can't use the subway, bus, or trolley all or some of the time due to temporary or permanent disability.

The RIDE is available year-round in 58 cities and towns in the greater Boston area, with similar operating hours to the MBTA—generally from 5 AM to 1 AM daily. Customers schedule their trips on The RIDE one to five days in advance and are given a pick-up window for their ride's arrival. Travel times are comparable to the same trip taken on fixed-route transit (bus, subway, or trolley) plus an additional 20 minutes. Like other public transit services, The RIDE is a shared service, so you'll travel with other customers going in the same general direction.

Paratransit, like other public transportation services, may not meet all the needs of people with disabilities, and it does not function as medical or human service transportation. For information about alternative transportation options, please contact the [Mobility Center](#).

The Mobility Center, located in Boston at 1000 Massachusetts Ave, is available to anyone looking to explore accessible transit options and other community transport resources.

Find out how the Mobility Center can help you by calling us at 617-337-2727.

Fiscal Year 2025  
 Home Energy Assistance Program (HEAP)  
 Income Eligibility and Benefit Levels

Number of People in a Household	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 15,060	\$ 18,825	\$ 22,590	\$ 26,355	\$ 30,120	\$ 49,196
2	\$ 20,440	\$ 25,550	\$ 30,660	\$ 35,770	\$ 40,880	\$ 64,333
3	\$ 25,820	\$ 32,275	\$ 38,730	\$ 45,185	\$ 51,640	\$ 79,470
4	\$ 31,200	\$ 39,000	\$ 46,800	\$ 54,600	\$ 62,400	\$ 94,608
5	\$ 36,580	\$ 45,725	\$ 54,870	\$ 64,015	\$ 73,160	\$ 109,745
6	\$ 41,960	\$ 52,450	\$ 62,940	\$ 73,430	\$ 83,920	\$ 124,882
7	\$ 47,340	\$ 59,175	\$ 71,010	\$ 82,845	\$ 94,680	\$ 127,720
8	\$ 52,720	\$ 65,900	\$ 79,080	\$ 92,260	\$ 105,440	\$ 130,559
9	\$ 58,100	\$ 72,625	\$ 87,150	\$ 101,675	\$ 116,200	\$ 133,397
10	\$ 63,480	\$ 79,350	\$ 95,220	\$ 111,090	\$ 126,960	\$ 136,235
11	\$ 68,860	\$ 86,075	\$ 103,290	\$ 120,505	\$ 137,720	\$ 139,073
12	\$ 74,240	\$ 92,800	\$ 111,360	\$ 129,920	\$ 141,912	\$ 141,912
13	\$ 79,620	\$ 99,525	\$ 119,430	\$ 139,335	\$ 144,750	\$ 144,750
14	\$ 85,000	\$ 106,250	\$ 127,500	\$ 147,588	\$ 147,588	\$ 147,588
15	\$ 90,380	\$ 112,975	\$ 135,570	\$ 150,427	\$ 150,427	\$ 150,427
16	\$ 95,760	\$ 119,700	\$ 143,640	\$ 153,265	\$ 153,265	\$ 153,265
17	\$ 101,140	\$ 126,425	\$ 151,710	\$ 156,103	\$ 156,103	\$ 156,103
<b>Homeowners and Non-Subsidized Housing Tenants</b>						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$600	\$550	\$510	\$470	\$470	\$430
Utility and Heat-Included-in-Rent	\$500	\$460	\$425	\$390	\$390	\$355
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
<b>Subsidized Housing Tenants</b>						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$420	\$385	\$355	\$325	\$325	\$300
Utility and Heat-Included-in-Rent	\$350	\$325	\$300	\$275	\$275	\$250
High Energy Cost Supplement	TBD	TBD	TBD	TBD	TBD	TBD
<b>High Energy Cost Supplement (HECS) Thresholds - TBD</b>						

Note: Contact EOHLIC to determine eligibility for a household of 18 and above.

Sources (Income Levels): "Annual Update of the HHS Poverty Guidelines, Federal Register, January 17, 2024 (89 FR 2961-2963) and "Federal Poverty Guidelines and State Median Income Estimates ... Mandatory Use in FY25 LIHEAP", USHHS, OCS, DEA, LIHEAP-1M-2024-02

The Benefit Amount awarded to eligible households is based on several household factors reflected on this chart. Those include the number of people in a household, their gross income, the energy source, and the housing situation.

The High Energy Cost Supplement is an additional benefit provided only to qualifying, eligible HEAP households whose previous year's heating source costs exceed the above listed HECS thresholds.

## 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. Stop by and meet our new Veteran Service Officer, **Tim Forti** ([tforti@braintreema.gov](mailto:tforti@braintreema.gov))

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

## UPCOMING **SENIORU** AND **THERAPY GARDENS** PRESENTATIONS: (December)

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

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

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

ABINGTON BANK - STANNEY'S - LIBRARY  
HOLBROOK COURT - LUCKY'S 777  
ST. JOSEPH'S - ST. JOHN'S EPISCOPAL  
UNITED METHODIST - BROOKVILLE BIBLE  
MAPLE ON FRANKLIN - TOWN HALL –  
WITHROP CONGREGATIONAL - T-SQUARE  
AVON COUNCIL ON AGING

**CHRISTMAS PARTY!** with "Buddy the Elf"

ROCKLAND GOLF COURSE

276 Plain Street, Rockland 02370

**DECEMBER 19, 2024** (THURSDAY)

**12:00-2:00pm**

**\$25.00** (SIGN UP REQUIRED)

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.



# SENIOR HAPPENINGS! (Ages 60+)



**Therapy Gardens**  
**Make Your Own Salt-Free Seasoning**  
(last Thursday)

**SeniorU Workshop**  
**Indoor Gardening**  
(2<sup>nd</sup> Wednesday)

**GRAND "DEBUT"**  
**OF THE NEW VAN**  
11.13.24

## VETERAN'S DAY CEREMONY



Veterans are welcome to visit or call us with any questions or concerns you may have. Stop by and meet our new Veteran Service Officer, **Tim Forti**.

**Foster Veteran Center**  
30 Foster Road  
Braintree, MA 02184  
**781-794-8217**

Provides services for Braintree, Holbrook & Avon Veterans; however, *all* Veterans are welcome and encouraged to stop by the Center for coffee, socialization, games, cards, darts, pool and ping pong.



## ~ WATERCOLOR WREATHS ~

🌀 **Craft Day at the COA!** 🌟  
Monday, December 9th 12:30-2:00pm  
Join us for a creative afternoon!  
**Limited to 15 spots**, so sign up today!  
We can't wait to craft with you! &

**NOTE:** 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. Thank You!

## ~DECEMBER~ \*REVISED\*

- 2 & 18**—CRAFT Day (at the COA) – Diamond Art with Holly 12:30-2:00pm
- 4**—Lucky’s 777 Senior Luncheon (senior specials) – 12:30pm (sign-up)
- 7**—HOLIDAY STROLL (Holbrook Center) 3:00pm-7:00pm
- 9**—CRAFT Day (at the COA) – Watercolor Wreaths – 12:30-2:00pm
- 11**—SeniorU 10:30-Noon “Trivia Fun: Famous MA Residents” (sign-up)
- 11**—COA Board of Directors meeting – 3:00pm (9 Jewel Road)
- 12**—THERAPY GARDENS 11:30-12:30pm “Edible Gifts” (sign-up)
- 18**—Veteran Agent 9:30-10:30am (drop in for coffee)
- 19**—TRIAD 10:00-11:00 (Norfolk County DA/Sheriff, Holbrook Police, Fire and Communications). **NOTE: Due to lack of space at the COA, these TRIAD meetings are being held at the Holbrook Public Safety building Training Room.** Enter thru the rear parking lot (300 South Franklin Street).
- 19**—COA Christmas Party (Rockland Golf Course) \$25 12:00-2:00pm (sign up required)
- 25**—COA CLOSED “MERRY CHRISTMAS”

**ATTENTION:** To enroll in or review your health insurance plans, please do so before Medicare enrollment ends on December 7, 2024. Please visit with a SHINE Counselor for assistance or call MEDICARE 800-633-4227.

[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,  
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**(781) 963-0351** or “Text” John **781-901-1423**  
(mention the Senior discount)

THANK YOU TO **SENATOR JOHN KEENAN** FOR  
SECURING \$32,500 IN THE FY25 STATE BUDGET. WE  
ARE EXTREMELY GRATEFUL AS THESE FUNDS ARE  
USED FOR OUR PROGRAMS AND SERVICES WHICH  
ENHANCE THE LIVES OF OUR SENIORS AND ALLOWS  
THEM TO REMAIN ACTIVE IN THE COMMUNITY.

MANY THANKS!

46th Annual Festival  
of Lights and  
Third Annual  
Holiday Stroll

DECEMBER 7

FOOD TRUCKS - MUSIC - VENDORS

HOLBROOK TOWN HALL  
50 N FRANKLIN STREET  
3PM-7PM

VENDOR SIGN UP:

[GIVEBUTTER.COM/VENDORSTROLLREGISTRATION2024](https://GIVEBUTTER.COM/VENDORSTROLLREGISTRATION2024)

RAIN DATE: SUNDAY, DECEMBER 15

# TRANSPORTATION & APPOINTMENT 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

**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

**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 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~

The COA Board of Directors is seeking **5** 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](mailto:Town_Administrator@holbrookmassachusetts.us)

### 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.

**TRIAD** is a program that the Norfolk County Sheriff's Office runs by working with local councils on aging to put senior citizens in touch with any and all pertinent public safety and social service organizations in their area. Through regular meetings, **TRIAD** facilitates two-way communication that allows seniors to directly voice their concerns, while police and fire officials and any number of other safety and health organizations can make the seniors aware of relevant programs.

**Morales Construction**

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owner  
info@moralesconstruction.net  
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Office: 781-885-1649



**THERAPY GARDENS**

David Wheeler  
President  
Therapy Gardens, Inc.

508-944-1370 cell  
info@therapygardens.com

www.therapygardens.com  
@TherapyGardening on Facebook

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**ADVOCATE REALTY**

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Managing Broker

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

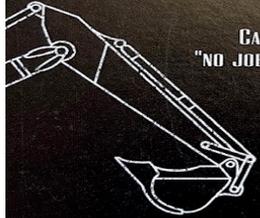
stikehomes.com | advocaterealtyma.com



**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



# December 2024 – “REVISED”

Sun	Mon	Tue	Wed	Thu	Fri	
<b>1</b>	<b>2</b> 9:00-3:00 Stop in for Coffee and Conversation 9:30 Exercise 12:30-2:00 <b>CRAFT DAY</b> Diamond Art (with the Director)	<b>3</b> 9:30 Exercise  12:30 BINGO	<b>4</b> 9:30 Exercise  12:30 LUCKY 777's (Senior Specials)	<b>5</b>  12:30 SOCIAL  1:00 REIKI (sign up) (\$5 donation)	<b>6</b> 9:30 Exercise	<b>7</b> HOLIDAY STROLL (Holbrook Town Hall) 3:00-7:00pm Rain Date 12/15  <b>LAST DAY FOR MEDICARE ENROLLMENT</b>
<b>8</b>	<b>9</b> 9:00-3:00 Stop in for Coffee and Conversation  9:30 Exercise  12:30-2:00 <b>CRAFT DAY</b> Watercolor Wreaths	<b>10</b> 9:30 Exercise  12:30 BINGO  7:00 COA Building Advisory Committee	<b>11</b> 9:30 Exercise  10:30-Noon SeniorU “TRIVIA FUN” (Famous MA Residents)  3:00 COA Board Mtg.	<b>12</b>  12:30 SOCIAL  10:30-11:30 <b>Blood Pressure</b>  11:30-12:30pm <b>THERAPY GARDENS</b> “Edible Gifts” (sign up)	<b>13</b> 9:30 Exercise	<b>14</b> 10:15-11:00 ST.JOSEPH'S FOOD PANTRY
<b>15</b>  (HOLIDAY STROLL) RAIN DATE	<b>16</b> 9:00-3:00 Stop in for Coffee and Conversation 9:30 Exercise  10:00 & 11:15 Food Pantry (those without transportation) (SIGN UP)	<b>17</b> 9:30 Exercise  12:30 BINGO	<b>18</b> 9:30 Exercise  9:30-10:30 Veteran Agent  12:30-2:00 <b>CRAFT DAY</b> Diamond Art (with the Director)	<b>19 TRIAD</b> 10:00-11:00 <b>Public Safety Building</b>  <b>*NEW DATE*</b> <b>Christmas Party 12-2pm</b> (Rockland Golf Course) \$25 (sign up required)  (COA CLOSED)	<b>20</b> 9:30 Exercise	<b>21</b>
<b>22</b>	<b>23</b> 9:00-3:00 Stop in for Coffee and Conversation  9:30 Exercise	<b>24</b> 9:30 Exercise  <b>*UPDATE*</b> <b>COA CLOSSES AT 12:00pm</b>	<b>25</b>  <b>Merry Christmas</b> (CLOSED)	<b>26</b>  12:30 SOCIAL	<b>27</b> 9:30 Exercise	<b>28</b> 11:30-1:00 New Birth Evangelical Church FOOD PANTRY
<b>29</b>	<b>30</b> 9:00-3:00 Stop in for Coffee and Conversation  9:30 Exercise	<b>31</b> 9:30 Exercise  12:30 BINGO	<b>HAPPY “2025” NEW YEAR!</b> 			