

# HOLBROOK COUNCIL ON AGING NEWSLETTER



**SEPTEMBER  
2025**

**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)

## **MESSAGE FROM OUR COA DIRECTOR**

September always feels like a fresh start. The mornings are a little cooler, routines start to settle in, and there's a certain energy in the air that makes it a great time to reconnect, try something new, or just fall back into a rhythm with your favorite programs. We're leaning into that feeling this month with a mix of fun, movement, and a few surprises, just the way we like it.

August brought a mix of sunshine, activity, and connection. We made the most of Summer with day trips to Ward's Berry Farm and Nantasket Beach. Our Drumming Circle made its debut, and it was such a hit that we've decided to keep the beat going this Fall. We also painted, walked, and danced our way through the month with Amy's creative programs and a high-energy Hip Hop class sponsored by the Holbrook Cultural Council. We also hosted a viewing of *JAWS*, which turned out to be a surprise favorite. While the shark was busy munching his way through Amity Island, our members were enjoying fish sticks, french fries, and red Jell-O with gummy sharks, call it our delicious revenge! Captain Scott Collins welcomed us into the Holbrook Fire Department's training room for CPR certification, and we're proud to share that six COA members and our Coordinator, Amy Mills, are now certified. After the training, participants were given a tour of the Communications Center, several members said it looked like the inside of a spaceship. We'll be shuttling back to the training room later this month for a second CPR class, with another group of future lifesavers ready to step up in an emergency. The COA and Holbrook Public Library co-hosted a Block Party that was a huge success, bringing together families, neighbors, and local organizations for a day filled with music, food, games, and community spirit.

Looking ahead, September has no shortage of highlights. We're visiting the Norwood Theater for the Boston Comedy Blowout, guaranteed a night of laughs and entertainment. Stanney's is back on the calendar, offering 50% off to COA members (just don't forget to sign up). Lifeline will be here with a demonstration on emergency response technology and how it can support safety and independence at home. A trip to Bally's Casino in Tiverton RI, will be a fun Fall outing with a little luck (or at least a good lunch and great company). We'll also screen *Back to the Future!* TRIAD returns this month as well, this important collaboration between seniors, law enforcement, and emergency services promotes safety and education while giving members a chance to stay informed and voice concerns directly with those who serve the Holbrook community. This month's Veterans Appreciation Day features a powerful presentation on Bataan, along with breakfast, games, lunch, and a chance to connect. Most programs require sign-up, so call early to save your spot, it's going to be a great month.

Holly

## MEET THE COA STAFF

Holly Rose—Director  
Amy Mills—Coordinator  
Michele Goode —**\*NEW\***Activities Coordinator  
Margaret Feeley—Principal Clerk  
Katherine Fabian—Principal Clerk  
Denise West—**\*NEW\***Alternate Principal Clerk  
Cathleen McCarthy—SHINE  
Maria Malinowski—Kitchen  
Claire Crowell—Master Reiki (*Member Volunteer*)  
Elaine Hyland—(*Member Volunteer*)  
Marion (Missy) Rapoza—(*Member Volunteer*)

## VAN DRIVERS

Tom Donovan - Paul Callinan - Rick Evans  
Joe Gugliotta - **\*NEW\***Alternate Van Driver

## BOARD OF DIRECTORS

Elaine Hyland  
Beatrice Taggart  
Marion (Missy) Rapoza  
Rosemary Clarke  
Susan Mann  
Susan Murray  
Christopher Eddington  
Gene Santorelli

Holly Rose-Director (ex-officio)

\* Please consider applying to serve on our COA Board of Directors for a **one-year term**.

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.

**Executive Office of Aging & Independence**  
(formerly (EOEA) Executive Office of Elder Affairs)

Through the Formula Grant, the EOAI not only provides funding for our Newsletter costs, 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 COA.

**EVERY COA MEMBER COUNTS!** Be sure to "check in" by tapping your "My Senior Center" tag each time you visit the COA. This is extremely important for our Formula Grant funding by keeping track of each and every one of you who attend our activities, events and programs. THANK YOU!

## Assisted Listening Devices

For those with hearing impairment, ALD's are available by request to HCAM for use in the Town Hall Noel King meeting room. Kindly inform them if you would like to utilize this service when attending meetings.

781-767-7487 or [info@hcamtv.org](mailto:info@hcamtv.org)

## DAILY SOCIAL ACTIVITIES:

PLEASE BE SURE TO CHECK OUR MONTHLY CALENDAR FOR ALL THE DAILY EVENTS AS THERE MAY BE CHANGES EACH MONTH

## PLEASE JOIN US FOR THESE "MONTHLY" RECURRING EVENTS:

(subject to changes)

**BIRTHDAY BASH!**

**WALKING CLUB**

**GENTLE YOGA**

**BINGO**

**SOCIAL**

**BLOOD PRESSURE**

**TRIAD**

Last Monday 12:30-2:00

Tuesdays 8:30-9:15

Tuesdays 10:15-11:30

Tuesdays 12:30-2:30

Thursdays 12:30-2:30

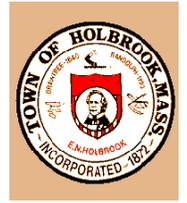
2<sup>nd</sup>/4<sup>th</sup> Thursdays 1:00-2:30

3<sup>rd</sup> Thursday 10:00-11:00



# HOLBROOK COA

## SENIOR HAPPENINGS



**PLAINRIDGE PARK CASINO**



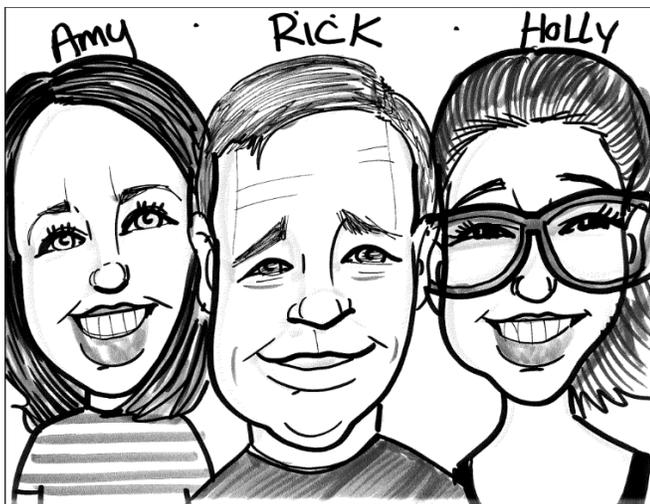
**PLYMOUTH WATERFRONT DAY TRIP**



**DRUMMING CIRCLE**



**CPR TRAINING CLASS WITH CAPTAIN SCOTT COLLINS**



**BLOCK PARTY CARICATURE**



**"JAWS" MOVIE & LUNCH**



# 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

Mondays only (10:00am - 11:00am - 12:00 Noon)

Please call to schedule your appointment 781-767-4617

## 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

## LOCAL SHOPPING TRANSPORT

Call 781-767-4617

to reserve your SHOPPING requests:

MONDAY—10:00am *IN TOWN* Shopping

TUESDAY—9:00am *WALMART* (Avon)

WEDNESDAY—9:00am *MARKET BASKET* (Hanover)  
and 12:00pm *TRUCCHI'S* (Abington)

**\*\*SEPTEMBER 17<sup>th</sup> 12:00pm OCEAN STATE JOB  
LOT (Avon) - NO TRUCCHI'S**

THURSDAY—9:00am *IN TOWN* Shopping

FRIDAY — Closed with the exception of scheduled  
day trips and special celebrations. Our vans will  
generally not be available for medical runs, though in  
rare cases we may make exceptions.

## YMCA (Stoughton) “FREE”

Wednesdays for  
Seniors who  
present a COA  
Membership  
key ring tag.  
Please sign up  
at the COA.

## YMCA-Stoughton \$2 Food Bag Distribution

This takes place on  
*certain* Wednesdays  
between 3:30-5:30pm.  
Each \$2 bag contains  
over 12 pounds of  
mixed fresh produce.  
Call 781-341-2016 for  
more information.

## FOSTER VETERANS SERVICE CENTER



If you are a **Veteran** in need we can help

*We take donations. Food must be non-perishable or boxed.  
We cannot take used clothes or toiletries.*

Foster Veterans Service Center, 30 Foster Road Braintree, MA 02184  
Veterans Services for the Towns of Braintree, Holbrook, and Avon  
781-794-8218 or [Pmarshall@braintreema.gov](mailto:Pmarshall@braintreema.gov)

## HOME DELIVERED MEALS (HDM)

A service that provides home-delivered  
meals to elderly and disabled citizens  
without regard to income. HDM is funded  
through a combination of federal funds,  
state funds, private-pay contracts and local  
donations.

## **SOUTH SHORE ELDER SERVICES NUTRITION DEPARTMENT**

350 Granite Street, Suite 2303,  
Braintree, MA 02184  
781-848-3910 or [sselder.org](http://sselder.org)

FAX LINE: 781-843-8279

TDD LINE: 781-356-1992

HAITIAN INFORMATION LINE: 781-930-0303

HOLBROOK COUNCIL ON AGING  
IN COLLABORATION WITH  
SOUTH SHORE ELDER SERVICES



# FARMERS Market

**COUPONS FOR SENIORS**

AVAILABLE JULY-  
SEPTEMBER 2025

MUST MEET INCOME &  
AGE REQUIREMENTS



FOR MORE INFORMATION, PLEASE SEE

HOLBROOK COUNCIL ON AGING  
MONDAY-THURSDAY 9AM-3PM

## HALLOWEEN HAPPENINGS

**SAVE THE DATES:**

- October 17<sup>th</sup> - Nihtila Farm Visit
- October 20<sup>th</sup> - Hocus Pocus Movie
- October 24<sup>th</sup> - Pumpkin Painting
- October 31<sup>st</sup> - Monster Mash  
Halloween Party @11am-2pm

We hope you'll join us at the  
Holbrook COA!

Call ahead to reserve a spot!  
781-767-4617

## NEW FACEBOOK PAGE!

**“Holbrook Council On Aging”**  
The Holbrook COA has a new Facebook page!  
Follow us for more information  
on daily activities, special events, and outings!

HOLBROOK  
SENIOR  
CENTER

THIS IS OUR  
PROFILE PICTURE!

## FALL WALKING CLUB

EVERY TUESDAY  
8:30AM

MEET AMY AT SUMNER FIELD  
95 SOUTH FRANKLIN ST.

WEAR YOUR SNEAKERS!

## MassVets Chapter 115

Massachusetts has made generous provisions for providing to veterans in need of financial assistance. This coverage is extended to the veteran's eligible dependents.

Anyone qualifying under the "Veteran" definition, including eligible dependents, may apply for veterans' benefits in the community in which they reside, if they meet the Income and Asset Limits for this needs-based program. However, applicants whose income is slightly above the income limit may be eligible at a "spend down" adjustment amount.

Benefits may be available at several levels, and include financial assistance to help pay shelter, heating, and medical expenses. To determine eligibility, the VSO will ask the applicant to provide proof of the veteran's military service and certain expenses, as well as proof of income and assets. The VSO may require other supporting documents such as marriage, birth, or death certificates, depending on the situation. Using the documents provided, the VSO will determine an allowable budget as outlined in 108 CMR. Once the applicant's budget has been established, the VSO will determine if the applicant is eligible for any financial assistance.

Recipients of financial assistance under this program may fall into several categories. For instance, a recipient who is not totally and permanently disabled or retired, would be expected to seek full time employment, and might expect to receive assistance for a brief period while they secure a job. A recipient who is totally and permanently disabled, or who is retired, might find themselves in a financial situation whereby their needs dictate that they continue to receive benefits indefinitely.

Paul Marshall, US Navy Veteran  
Clerical Assistant for Braintree Veteran Services  
30 Foster Road Braintree, MA  
781-794-8218  
Website: <https://www.braintreema.gov/166/Veterans-Services>



### **HOLBROOK COUNCIL ON AGING VETERAN APPRECIATION DAY Wednesday, September 24, 2025**

**Location:**

**Holbrook Council on Aging  
9 Jewel Road, Holbrook, MA**

**Schedule:**

**10:00 AM — Light Breakfast  
Egg Sandwich & Fresh Fruit, Coffee, Tea, or Water  
10:00 AM – 11:00 AM — Veteran Agent Administrative Assistant  
Paul Marshall available to assist with veterans' services  
11:00 AM – 12:00 PM — Bataan  
12:00 PM – 1:30 PM — Cornhole, Cribbage, & Rummy  
1:30 PM – 2:30 PM — Hot Dog & Chips**

**Drop in anytime!**

**Stay for the whole day or just stop by for what interests you!**

**Transportation Provided**

**If you need a ride, please call 781-767-4617 at least one day in advance to schedule.**

**All veterans aged 60 and over are welcome!**

**Come enjoy a day of camaraderie, support, and appreciation.**

**Registration is required.**

**Please call 781-767-4617 to sign up.**



**September Boston Comedy Blowout!**

**Saturday, September 20, 2025**

**7:30pm**

**\$30**

**BOSTON COMEDY BLOWOUT!**



Boston Comedy Blowout returns to the Norwood Theater with an amazing lineup of local talent.

Featuring Jimmy Dunn, Chris Tabb, Janet McNamara, Al Park and Peter Martin, we guarantee your night will be full of laughs and entertainment.

**~ COA Van Leaves Holbrook At 6pm ~**  
**Registration Required**

*Lunch at*  
**Lucky's 777**  
 WEDNESDAY,  
 SEPTEMBER 3RD @ 12PM




**SIGN UP TODAY!**  
 COA VAN RIDE AVAILABLE

**ESSENTIAL**   
**FIRST AID & CPR**  
**TRAINING**

**SEPTEMBER 11<sup>TH</sup>, 2025**  
 9:00 AM - 11:00 AM

**HOLBROOK FIRE STATION**  
 300 South Franklin St.  
 Holbrook, MA




 **COA VAN RIDE TO THE FIRE STATION**

*Stanney's*  
**RESTAURANT**

FRIDAY, SEPTEMBER 12<sup>TH</sup> 10AM-12PM

**50% OFF COA MEMBERS**



CALL FOR A RIDE 781-767-4617

**ROCK**  
**PAINTING**

MONDAY, SEPTEMBER 15<sup>TH</sup>  
 AT 10:00AM

 ALL SUPPLIES PROVIDED!

 smile

 you got this



 be kind



**DIAMOND ART**  
**FRIDGE MAGNETS**  
 MONDAY, SEPTEMBER 15<sup>TH</sup> - 12PM



\*\*\*  
**VETERAN**  
**APPRECIATION**  
**DAY**  
 \*\*\*

SEPTEMBER 24<sup>TH</sup>, 2025  
 10AM-2:30PM

**FALL** *Craft*



Pumpkin & Ghost Painting  
 Perfect Decoration For Your Front Door!

September 25<sup>th</sup> @ 10-12pm  
 Sign up now!



*Bally's Tiverton*  
**Casino**

FRIDAY, SEPTEMBER 26<sup>TH</sup>

VAN LEAVES HOLBROOK COA AT 9AM



**BIRTHDAY**  
**BASH**

Monday, September 29<sup>th</sup>  
 at 12:30pm





# SEPTEMBER 2025



**“SIGN-UP” for Activities/Events**

**HOLBROOK COUNCIL ON AGING**

**781-767-4617**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>(CLOSED)</b>  <b>LABOR DAY</b>	<b>2</b> 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	<b>3</b> 9:30 Exercise 10:00-12:00 AMANDA’S NAILS (Private Pay) 12:00 LUCKY’S 777 (Senior Specials) (Private Pay)	<b>4</b> 9:30 Exercise 11:00-12:00 DRUMMING CIRCLE 12:30 SOCIAL 1:00 REIKI (\$5 Donation)	<b>5</b> <b>(CLOSED)</b> <b>STAFF TRAINING DAY</b>	<b>6</b>
<b>7</b>	<b>8</b> 9:30 Exercise 10:00 TAI CHI 12:30-1:30 (2) EPISODES OF THE NETFLIX SERIES “GRACE & FRANKIE”	<b>9</b> 9:30 Exercise 8:30-9:15 Walking Club (No Amy) 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	<b>10</b> 9:30 Exercise 10:00 ZUMBA 11:00 COFFEE & PASTRIES & CARD GAMES ALL DAY  3:00 COA Board Meeting	<b>11</b> 9:30 Exercise 9:00-11:00 Captain Collins CPR Training (Public Safety Bldg.) 12:30 SOCIAL 1:00-2:30 BLOOD PRESSURE 6:00 Cook the Book	<b>12</b> <b>STANNEY’S 50% OFF COA MEMBER DISCOUNT BREAKFAST 10AM-12PM</b> (Private Pay)	<b>13</b> 10:15-11:00 St. Joseph’s Food Pantry (those with transportation)
<b>14</b>	<b>15</b> 9:30 Exercise 10:00 ROCK PAINTING W/AMY 10:00 & 11:15 FOOD PANTRY (Van Only) 12:00 DIAMOND ART w/ HOLLY	<b>16</b> 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	<b>17</b> 9:30 Exercise 10:00 LIFELINE DEMONSTRATION 12:00 OCEAN STATE 12:00 TROUPE RECYCLE EDUCATION PRESENTATION 	<b>18</b> 9:30 Exercise 10:00-11:00 TRIAD 11:30-12:30 CRITICAL HOME REPAIR 12:30 SOCIAL 1:00-2:30 REIKI (\$5 Donation)	<b>19</b> <b>(CLOSED)</b>	<b>20</b> “BOSTON COMEDY BLOWOUT” AT NORWOOD THEATER 7:30PM (Private Pay)
<b>21</b> 	<b>22</b> 9:30 Exercise 10:00-11:00 Exercise w/Alex 12:00 HARPER COMFORT DOG 12:30-2:30 Movie/Lunch “Back to the Future”	<b>23</b> 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO	<b>24</b> 9:30 Exercise 10:00-11:00 VETERAN AGENT W/ BREAKFAST SANDWICHES 11:00-12:00 BAATAN 12:00-1:30 CRIBBAGE, RUMMY, CORNHOLE 1:30-2:30 HOT DOGS	<b>25</b> 9:30 Exercise 10:00-12:00 FALL CRAFT PROJECT 12:30 SOCIAL 1:00-2:30 BLOOD PRESSURE 	<b>26</b> <b>BALLY’S TIVERTON CASINO VAN LEAVES AT 9AM</b> (Private Pay)	<b>27</b>
<b>28</b>	<b>29</b> 9:30 Exercise 11:00-12:00 Drumming Circle 12:30-2:00 “SEPTEMBER” Birthday BASH	<b>30</b> 9:30 Exercise 8:30-9:15 Walking Club w/Amy 10:15-11:30 Gentle YOGA (w/Susan) 12:30 BINGO				

# **SEPTEMBER** \**(SIGN UP is required for events/activities – call the COA 781-767-4617)*

- 2,9,16,23,30**—Walking Club 8:30, Gentle YOGA w/Susan 10:15-11:30, and Bingo at 12:30
- 3**—Amanda’s Nails 10-12, Lucky’s 777 Senior Lunch (Senior Specials-**Private Pay**) 12:00
- 4,11,18,25**—Social at 12:30
- 4, 29**—Drumming Circle 11:00-12:00
- 8**—TAI CHI 10:00, “Grace & Frankie” tv showing 12:30-1:30
- 10**—Zumba 10:00, Coffee & Pastries & Card games all day 11:00, COA Board Meeting 3:00
- 11**—CPR Training w/ Captain Collins at the Fire Dept. 9:00-11:00, Cook the Book 6:00pm
- 12**—**STANNEYS’S 50% OFF** Senior Breakfast (**Private Pay**) 10:00-12:00
- 15**—Rock Painting w/Amy 10:00, Food Pantry, Diamond Art w/Holly 12:00
- 17**—Lifeline Demonstration 10:00, Troupe Recycle Presentation 12:00
- 18**—TRIAD 10:00, Critical Home Repair Presentation 11:30
- 20**—Boston Comedy Blowout Norwood Theater 7:30pm (**Private Pay - \$30 tickets**)
- 22**—Exercise w/ Alex 10:00, Harper Comfort Dog 12:00, Movie “Back to the Future” 12:30
- 24**—“**Veteran Appreciation Day**” Veteran Agent Breakfast 10:00-11:00, Baatan Presentation 11:00-12:00, Cribbage, Rummy, Cornhole 12:00, Hot dog lunch 1:30
- 25**—Fall Craft Project (Pumpkins & Ghosts) 10:00
- 26**—Bally’s Tiverton Casino-van leaves COA at 9am (**Private Pay**)
- 29**—“**SEPTEMBER**” Birthday Bash 12:30-2:00

**10**—\***AVON COA**\* - Avon Council on Aging Caregiver Support Group - Second Wednesday of the month. 11:30-12:30

**24**—\***AVON COA**\* - Memory Café – Last Wednesday of the Month (For Caregivers along with their individuals who are experiencing memory loss). 11:30-1:30



HOLBROOK CULTURAL COUNCIL  
**FREE SUMMER CONCERT SERIES**  
FRIDAY, SEPTEMBER 5TH

**5:30PM** The Reminisants (Rain Date)  
Classic Oldies

Kris Carew Memorial Gazebo  
Castle Canyon Playground  
97 S. Franklin Street  
Scan to learn more!



**3** Join your friends from Brookville Bible Church for an **ICE CREAM TREAT & CORNHOLE**

Thursday, September 11<sup>th</sup>  
@ 2pm  
Holbrook Court Community Center

**FREE**

## TROUPE RECYCLE EDUCATION PRESENTATION- September 17<sup>th</sup>, 2025 @12pm



From gadgets to packaging, today's "stuff" leaves behind a lot of leftovers. Join Troupe Waste & Recycling to learn how to cut the clutter the right way – what truly goes in the bin (and what doesn't), and simple "Reduce-Reuse-Recycle" habits that make a real difference on the South Shore.

We'll cover why proper recycling matters – less landfill, conserved resources, saved energy, and cleaner air - plus practical, local examples so you can feel confident on trash day. Bring your questions, and your trickiest items, and leave with clear do's and don'ts for a cleaner, greener community!



### HOME ENERGY ASSISTANCE PROGRAM (HEAP) OVERVIEW

The Massachusetts Home Energy Assistance Program (HEAP) is a free resource to help eligible households pay a portion of winter heating bills. Eligibility for home energy assistance is based on several factors, including but not limited to household size and combined gross annual income of household members. Homeowners and renters, including households whose cost of heat is included in rent, can apply.

For detailed information on criteria used for eligibility, please contact your local agency. For Holbrook residents, our local agency is **Self Help, Inc** located at **780 West Main Street, Avon**. Their phone number is **508-588-5440**. You can also dial 2-1-1 for additional information. The program is 100% free for those who qualify. Beware of scams by people charging an "application fee" to help submit an application.

**Apply online, in person, or by mail beginning October 1<sup>st</sup>. Fuel Assistance runs November 1<sup>st</sup> – April 30<sup>th</sup>.**

Necessary Documents – be prepared to have the following documents ready when you apply!

- Photo Identification for the head of household or primary applicant (e.g. driver's license)
- A list of household members
- Information on your heating bills (e.g. heating company name and account number)
- Information on your housing situation (e.g. an active lease or mortgage statement)
- Proof of income for 30 days prior to application date (e.g. wages, pension)



Fiscal Year 2026  
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	\$ 15,650	\$ 19,563	\$ 23,475	\$ 27,388	\$ 31,300	\$ 51,777
2	\$ 21,150	\$ 26,438	\$ 31,725	\$ 37,013	\$ 42,300	\$ 67,709
3	\$ 26,650	\$ 33,313	\$ 39,975	\$ 46,638	\$ 53,300	\$ 83,641
4	\$ 32,150	\$ 40,188	\$ 48,225	\$ 56,263	\$ 64,300	\$ 99,573
5	\$ 37,650	\$ 47,063	\$ 56,475	\$ 65,888	\$ 75,300	\$ 115,504
6	\$ 43,150	\$ 53,938	\$ 64,725	\$ 75,513	\$ 86,300	\$ 131,436
7	\$ 48,650	\$ 60,813	\$ 72,975	\$ 85,138	\$ 97,300	\$ 134,423
8	\$ 54,150	\$ 67,688	\$ 81,225	\$ 94,763	\$ 108,300	\$ 137,410
9	\$ 59,650	\$ 74,563	\$ 89,475	\$ 104,388	\$ 119,300	\$ 140,397
10	\$ 65,150	\$ 81,438	\$ 97,725	\$ 114,013	\$ 130,300	\$ 143,385
11	\$ 70,650	\$ 88,313	\$ 105,975	\$ 123,638	\$ 141,300	\$ 146,372
12	\$ 76,150	\$ 95,188	\$ 114,225	\$ 133,263	\$ 149,360	\$ 149,360
13	\$ 81,650	\$ 102,063	\$ 122,475	\$ 142,888	\$ 152,347	\$ 152,347
14	\$ 87,150	\$ 108,938	\$ 130,725	\$ 152,513	\$ 155,334	\$ 155,334
15	\$ 92,650	\$ 115,813	\$ 138,975	\$ 158,321	\$ 158,321	\$ 158,321
16	\$ 98,150	\$ 122,688	\$ 147,225	\$ 161,308	\$ 161,308	\$ 161,308
17	\$ 103,650	\$ 129,563	\$ 155,475	\$ 164,295	\$ 164,295	\$ 164,295
<b>Homeowners and Non-Subsidized Housing Tenants</b>						
<b>Deliverable Fuel (Oil, Propane, Kerosene &amp; Other)</b>	\$600	\$550	\$510	\$470	\$470	\$430
<b>Utility and Heat-Included-in-Rent</b>	\$500	\$460	\$425	\$390	\$390	\$355
<b>High Energy Cost Supplement</b>	TBD	TBD	TBD	TBD	TBD	TBD
<b>Subsidized Housing Tenants</b>						
<b>Deliverable Fuel (Oil, Propane, Kerosene &amp; Other)</b>	\$420	\$385	\$355	\$325	\$325	\$300
<b>Utility and Heat-Included-in-Rent</b>	\$350	\$325	\$300	\$275	\$275	\$250
<b>High Energy Cost Supplement</b>	TBD	TBD	TBD	TBD	TBD	TBD
<b>High Energy Cost Supplement (HECS) Thresholds - TBD</b>						

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

Sources (Income Level): "Annual Update of the HHS Poverty Guidelines, *Federal Register*, January 17, 2025 (90 FR 5917-5918) and "Federal Poverty Guidelines and State Median Income Estimates ... Mandatory Use in FY26 LIHEAP", USHHS, OCS, DEA, *LIHEAP-IM-2025-02*

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.