

# THE AVON TOWN CRIER



## COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: [www.avon-ma.gov/council-aging](http://www.avon-ma.gov/council-aging)

EMAIL: [coa@avon-ma.gov](mailto:coa@avon-ma.gov)

**Volume 59, Issue 5**

**May 2024**

### *Message from the Director*

We continue to be busy with programs for May, we have a Derby Day scheduled on May 2<sup>nd</sup> followed by Matt York singing songs and telling stories about country artist Willie Nelson.

A Mother's Day tea is scheduled for May 8, the late Queen will be available for pictures.

May 9<sup>th</sup> attorney Lauren Killman will be here for a talk on trust funds and other topics seniors would like to discuss (see pg. 7).

Dementia Live Experience is being held on May 16 from 4-6pm. This program gives people an opportunity to see the adjustments to simple life tasks that a person with Dementia deals with daily.

We have a fun day booked for the Boston Duck tour and lunch at Venezia on the 22, and our monthly Memory Café will be held on Wednesday May 29 with a presentation on aroma therapy.

We look forward to seeing everyone!

Jayne Carthas

**We are looking for volunteers  
To help with a garden club  
this Summer. Please let us  
know if you are interested**



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## IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach:774-480-5352

Cathy Sheldon-Activity Coord. :774-480-5353

Tricia Pepe-Admin. Assist.: 508-559-0060

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

Exec. Office of Elder Affairs: 617-727-7750

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## May Birthdays

Janice Barker  
Dianne Famolare  
Denise Frierson  
Carol Geary  
Ella Jackson  
Joe Kuzborski



Mable Brice  
Marcia Pennington  
Katherine Peterson  
Comfort Udo  
Jane White  
Carole Dick  
Bob Leonard

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## FREE USED MEDICAL EQUIPMENT

We have used walkers, rollators, tub chairs, commodes, knee scooter and size large disposable briefs currently on hand. Please call Louise if you are interested in any of these.

## ATTENTION ALL VETERANS UPCOMING EVENTS

**Veterans breakfast on 5/1 at the Foster Veteran Center in Braintree @ 9:15am. Space limited call to reserve seat before 4/26 by calling 781-794-8218.**

**House to House for Heroes on 5/18 from 10am-2pm @ Quincy Recreation Dept. 1 Merrymount Parkway, Quincy. This event aimed at offering information and resources.**

**19th annual Stand Down, June 21st 9am-3pm 69 Grove St., Worcester, MA 01605. Bring DD -214 or VA card as proof of Veteran status. Pre-registration is required call 1-800-482-2565 or email [StandDown@veteransinc.org](mailto:StandDown@veteransinc.org).**

**Any questions call Veterans agent Vincent Fountaine 781-794-8217.**

Don't miss out on Life.....  
Improve your hearing today

◆ FREE hearing screening  
◆ FREE hearing aid cleaning  
◆ FREE video ear exam

Michael Schmit Lic # 224  
Board Certified  
Hearing Instrument Specialist

CALL THE COA @ 508-559-0060  
TO BOOK AN  
APPOINTMENT  
10:30-12:30am

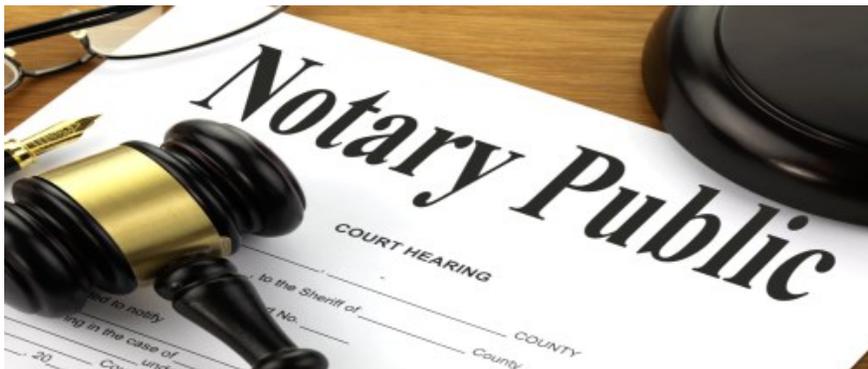
**NEXT APPOINTMENT DATE WILL BE  
5/23/24**

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# UPCOMING ACTIVITIES

- May 2 12pm Derby Day Lunch– Wear a fancy hat, bet on the races, drink mock mint juleps.
- May 8, 1-2:30 Mother’s Day Tea – Save those fancy hats and wear them to a Mother’s Day tea with the queen (gentlemen are also welcome), a delightful afternoon sipping tea and enjoying each other’s company.
- May 23, 1-2:30 Game Show Day– Join us at the COA for a fun afternoon of team play with shows that you’ve seen on TV like Family Feud, Jeopardy, Millionaire, and Wheel of Fortune
- May 22, 9-3:30 Boston Duck boats and lunch – enjoy a tour on the Duck boats in Boston and the Charles River followed by a delicious lunch by the water at the Venezia Restaurant. \$104.00
- July 25-26 Saratoga Spectacular – we have a few seats left on our yearly Saratoga trip which includes a narrated dinner cruise on Lake George with Fireworks, lodging at The Marriott Townplace and then an afternoon at the historic Saratoga Racetrack with transportation on a luxury Coach. \$335.00

NOTARY SERVICES are available at the COA. Please call  
Cathy @ 774-480-5353 for more information.



# MAY 2024

**\*Activities indicated with an asterisk require advanced sign-up.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Kohls/ Target 1:15 Balance Class*	2 10:30 Chair Yoga @ Fellowship Cir. <b>11:00 Derby Day</b> 12:00 LUNCH <b>6:00 Willie Nelson Program</b>	3 9:15 Walmart or Stop & Shop <b>10:00 COA Board Meeting</b> 10:30 Tap class
6 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	7 10:30 Coffee with the Director 12:00 LUNCH 1:00 BINGO  <b>7pm Town Meeting*</b>	8 9:00 <b>Nail Care*</b> 9:30 Kohls/ Target 1pm <b>Mothers Day Tea*</b> 1:15 Balance Class*	9 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1:00 <b>Elder Law Attorney Presentation</b>	10 9:15 Walmart or Stop & Shop 10:30 Tap class
13 10:00 <b>Holbrook Food Pantry*</b> 10:30 Line Dancing 12:30 CARDS	14 12:00 LUNCH 1:00 BINGO	15 <b>9:15 Market Basket</b> 9:30 <b>Coffee with the Veteran's Agent</b> 11:30 <u>Avon BC Ecumenical Lunch</u> 1:15 Balance Class *	16 10:30 Chair Yoga @ Fellowship Cir. <b>10:30-11:30 Blood Pressure Clinic</b> <b>12:45 Crafts*</b> <b>4-6 Dementia Alive Experience*</b>	17 9:15 Walmart or Stop & Shop 10:30 Tap class
20 9:15 Market Basket 10:30 Line Dancing 12:00 <b>Restaurant Day*</b> 12:30 CARDS	21 12:00 LUNCH 1:00 BINGO	22 <b>9:15 Boston Duck Boat Trip*</b> 9:30 Kohls/ Target 1:15 Balance Class *	23 10:30 Chair Yoga @ Fellowship Cir. <b>11:00 Free Hearing Appointments *</b> 12:00 LUNCH <b>1-2:30 Game Day*</b>	24 9:15 Walmart or Stop & Shop 10:30 Tap class
27 <b>COA AND TOWN HALL CLOSED FOR MEMORIAL DAY</b>  	28 12:00 BIRTHDAY LUNCH 1:00 BINGO	29 9:30 Kohls/ Target 11:30 <b>Memory Café</b> 1:15 Balance Class*	30 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	31 9:15 Walmart or Stop & Shop 10:30 Tap class

**5/2 Willie Nelson program performed by Matt York @6pm (Sponsored by Avon Cultural Council grant)** Singing and stories about the great country artist Willie Nelson.

**5/8 Nail Care with Maureen Connolly RN**

Nail trimming is done by a certified foot care nurse at the COA and is **\$35**. Home visits are **\$50**.

**5/9 Elder Law Attorney @1pm**

Attorney Lauren Killman from Richardson & Tyler, LLP in Stoughton will address some of the most frequently asked questions she has received from Avon seniors over the years. See page 7 for more information.

**5/13 Holbrook Food Pantry 10:30 Apt. - Must take COA van**

The Holbrook food pantry has invited Avon seniors to take part in their free food pantry once a month. The limit will be 3 bags of non-perishable, fresh produce, meat, and dairy items. Please call the COA by Thursday 5/9 if interested. **We have a 8 person maximum and it is on a first come first serve basis.** Van leaves COA promptly at 10am. As a result of this trip Market Basket will be on Wednesday 5/15.

**5/15 Monthly Coffee with the Veterans Service Officer at the COA @ 9:30AM**

Veterans of all ages and their family members are welcome to attend.

**5/15 Avon Baptist Church Ecumenical Lunch Wednesday @ 11:30**

The luncheons are open to any senior in Avon and surrounding communities. They start at 11:30 a.m. with an informal worship (hymns, light message, announcements of interest) and at 12 p.m. a lunch is served. A goodwill offering basket is put out to help defray the cost of the luncheons.

**The COA van is available, call to reserve a ride by 12 the day before.**

**May 16<sup>th</sup> 4-6 PM Dementia Live Experience – You MUST sign up in advance.**

(Rescheduled from April 25<sup>th</sup>) Back by popular demand, Dementia Live is a simulation experience that briefly puts you in the shoes of a person with dementia, experiencing sensory change and cognitive impairment. **SEE PAGE 7 FOR MORE INFORMATION**

**5/20 Restaurant of the Month— 11:30 leave COA going to the ??????????????????**

**sign up is required come by the COA or call Cathy @774-480-5353.**

**5/29 Memory Café – Wednesday 11:30AM – 1:30PM(see pg. 7 for more information)**

Reservations are appreciated. For more information, contact Louise at 774-480-5352.

**Coming in May @ the Holbrook COA 781-767-4617**

**5/8 Unique Garden Ideas@ 10:30am**

**5/30 Herb Garden Starter Kit @1pm**

**PLEASE CALL THE HOLBROOK COA TO RESERVE A SEAT**

**MAY LUNCH MENU**

**LUNCH IS SERVED AT 12PM DONATION IS \$5.00**

**PLEASE PLAN TO BE SEATED BY 11:45**

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**PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND  
ALL LUNCHES WILL HAVE A SNACK OR SALAD BEFORE LUNCH IS SERVED**

**Thursday 5/2 Derby Day**

Brown Betty, Mint Juleps

**Tuesday 5/7**

Chicken Salad sandwich, chips, pickles

**Thursday 5/9**

Spaghetti & Meatballs, salad

**Tuesday 5/14**

Tuna salad sandwich, chips, pickles

**Thursday 5/16**

Ham & Macaroni and cheese, salad

**Tuesday 5/21**

Italian subs, chips, pickles

**Thursday 5/23**

Honey mustard chicken, roasted potato

**Tuesday 5/28**

Grilled cheese & Tomato soup

**Tuesday 4/30 Birthday Celebration**

Pizza, salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

## **IMPORTANT INFORMATION FROM THE OUTREACH DESK**

### **17<sup>th</sup> Annual Alzheimer's Association Education Conference & Caregiver Day – May 8<sup>th</sup>, 9:30 AM – 3:30 PM at Congregation Sha'aray Shalom in Hingham**

Free Admission for Family Caregivers. Professional speakers include a neurologist, a geriatric psychiatrist, other professionals and caregivers. Topics include diagnosis, clinical research, understanding and responding to dementia related behavior and the power of music. For more information or to register, contact the Alzheimer's Association 24/7 Helpline at 800-272-3900.

### **Elder Law Attorney – Thursday, May 9<sup>th</sup> at 1PM**

Attorney Lauren Killman from Richardson & Tyler, LLP in Stoughton will address some of the most frequently asked questions she has received from Avon seniors over the years. Here is a sample of topics:

- Reverse mortgages – how they work and what you should know if you're considering one;
- Wills vs. trusts – what's the difference and do you need both;
- Probate – what is it and should you avoid it;
- The house – should you deed it to the kids and what is a life estate.
- Trusts to protect your house from the nursing home – should you or shouldn't you?

Attorney Killman has been volunteering at the Avon COA for 14 years, providing free half hour consultations once a month by appointment. She is a member of the National Academy of Elder Law Attorneys.

### **Dementia Live Experience – May 16<sup>th</sup> 4-6 PM. You MUST sign up in advance.**

(Rescheduled from April 25<sup>th</sup>) Back by popular demand, Dementia Live is a simulation experience that briefly puts you in the shoes of a person with dementia, experiencing sensory change and cognitive impairment. This experience is recommended for caregivers or anyone who knows a person with dementia. You will gain understanding of the constant struggles affecting people with dementia as they go about their daily lives. You will also gain tools to improve your communication and engagement with them. The entire experience takes 30-40 minutes. Education is provided by Old Colony Hospice & Palliative Care through the AGE-u-cate Training Institute. You must reserve a timeslot in advance. Call the COA at 508-559-0060. Don't miss out on this high-impact experience.

### **Memory Café – Wednesday, May 29<sup>th</sup>, 11:30AM – 1:30PM**

The Memory Café is a free program open to people with memory changes and their families and care partners. This month, Chris Ventura leads a program about aromatherapy, the use of essential oils from plants. Aromatherapy is used to relieve pain; improve mood; and relieve anxiety, stress, and depression. Also enjoy a light lunch. Reservations are appreciated. For more information, contact Louise at 774-480-5352.

**COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:15 P.M.**  
**NO MEDICAL APPOINTMENTS AFTER 12PM OR ON FRIDAYS**  
**BOOK MEDICAL APPOINTMENTS A MINMUM OF 48 hours in advance**  
**OTHER VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm**  
**NO CHARGE FOR VAN 1/1/24—6/28/24**

<b>MARKET BASKET, Brockton</b>	<b>Monday</b>	<b>9:15 pick-up</b>
<b>Lunch &amp; BINGO at Avon COA</b>	<b>Tuesday</b>	<b>10:30 – 11:00 pick-up</b>
<b>ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON</b>	<b>Wednesday</b>	<b>9:15 pick-up</b>
<b>Lunch at Avon COA</b>	<b>Thursday</b>	<b>10:30 – 11:00 pick-up</b>
<b>WALMART, DOLLAR TREE, STOP &amp; SHOP BROCKTON</b>	<b>Friday</b> <b><u>No Medical Appts.</u></b> <b>(day ends @ 1pm)</b>	<b>9:15 pick-up</b>

**Avon COA Van** is available to assist Avon seniors and disabled people with transportation to local medical appointments, social events, shopping, haircuts, banking, post office, voting or Town Hall appointments throughout the week. **If there is another store you want to go to call the COA and ask for Tricia.** The van transports to Avon, Randolph, Holbrook, Brockton, Braintree, Stoughton, Easton, Whitman, Abington.

**BAT Van (New Freedom Program)** and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Only travels to Avon, Brockton and some areas of Stoughton. Call the COA for more information.



**Old Colony Elder Services**  
 Providing services to the community since 1974

144 Main St., Brockton, MA 508-584-1561



**CARE ONE**  
 TRUST IN OUR CARE —

**Randolph Site - 781-961-1160**

*Printing, distribution and/or production of the Avon COA newsletter and COA news flyers supported in part by the Executive Office of Elder Affairs. Director - Jane Carthas, Co-Chair - Karen Johnson, Co-Chair Nancy Puckett, Secretary - Linda Chute, Treasurer - Jean Kopke  
 Members - Joanne Grenham,, Ed Selman, Deborah Greene*