

# AVON COUNCIL ON AGING -MAY 2016 NEWSLETTER

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\*The Avon Council on Aging and Senior Center offers a wide variety of services and information for seniors, people with disabilities, and their families. We offer wellness programs, information and referral, social programs, workshops, Medicare planning, Legal Assistance, Hearing Exams, Blood Pressure Clinics, Caregiver Support and much more. The Outreach Coordinator is available to provide information, advocacy and social support including fuel, food, home care services, assisted living facilities and more.

Currently the Senior Center offers Chair Yoga which is yoga poses that can be done while seated in a chair. Chair Yoga can help to improve mobility and give you a better sense of well-being. We also offer Tap Dancing which is a fun way to get some exercise and is a very easy class to follow. Join in on a Cribbage game on Tuesdays after lunch is served.

Lunches are served at the Senior Center in the COA Café on Tuesday and Thursday at noon and if you are ill or unable to attend we offer home delivered meals. We have special occasion lunches including our Annual cookout in July and many holiday luncheons with entertainment. Volunteers of the senior center enjoy a special luncheon each June at a local restaurant and members have enjoyed trips to Castle Island and the Scallop Festival in Mashpee.

If you are in need of a ride to the COA Café for lunch, your local doctor appointment, hair dresser, grocery store, mall or Pharmacy we can help you out. The COA van can pick you up at home and bring you to shopping or your appointment. Please call the office and ask for more information at 508-559-0060 or stop by at 65 East Main Street (across from Town Hall).



**INTERESTED IN RECEIVING THE COUNCIL ON AGING NEWSLETTER IN YOUR MAILBOX EVERY MONTH. CONTACT THE AVON COUNCIL ON AGING AT 508-559-0060.**

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## **LUNCH AT CHATEAU DE BLEU - BLUE HILLS REGIONAL HIGH SCHOOL**

**Join us for a Brunch Lunch Buffet at Blue Hills. The cost is \$12.50 and there is no charge to the seniors for the COA van ride. Please call the Council on Aging to sign up for our next trip on May 4<sup>th</sup>. Lunch is served at 11 a.m. The van will pick you up at approximately 10:30 a.m. and is limited to only 8 people. We look forward to scheduling more of these trips in the fall.**



COA CAFÉ LUNCH MENU  
 TUESDAYS & THURSDAYS AT 12 NOON  
 SUGGESTED DONATION IS \$4.00 FOR ALL LUNCHES IN MAY

TUESDAY		THURSDAY	
3 <sup>rd</sup>	Scalloped Ham & Potato, Vegetable & Dessert	5 <sup>th</sup>	<b>Mother's Day Luncheon</b> – Baked Chicken, Mashed Potato, Cornbread and Brownie Sundae
10 <sup>th</sup>	Beef Wellington, Ceasar Salad & Congo Bars	12 <sup>th</sup>	Baked Potato Bar with peppers, onions, mushrooms, bacon bits, sour cream, and broccoli & Tapioca Pudding
17 <sup>th</sup>	Meatball Sub with Sweet Potato Fries & Jello/Fruit	19 <sup>th</sup>	Brunch Lunch – Scrambled Eggs, Bacon, Home Fries, assorted donut holes, toast & Birthday Cake
24 <sup>th</sup>	Chicken Patty on a roll with Lettuce, Tomato & Pickle and Apple Crisp	26 <sup>th</sup>	Corn Chowder and Fish Sandwich with Blueberry Cake
31 <sup>st</sup>	Pizza & Salad with Whoopie Pies		

## WHAT IF?

WHAT IF something unexpected were to happen to you? Would your family or trusted friend know about your finances, who to contact, your important documents, (*do you have your important documents in place??*) final wishes, family medical history? Please join us for a presentation by Scituate author Gwen Morgan as she shares with us the *What if ...* Workbook, a fill in the blank organizational guide.

**Give the Gift of Preparedness to your Loved Ones.**

Join us on Tuesday, May 24, 2016 from 6:00 p.m. to 7:00 p.m. at the Avon Council on Aging. **FREE Coffee & Refreshments** will be served. Everyone is welcome.

Please call to make reservations by May 17<sup>th</sup> at 508-559-0060

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## Scam, Scam, Scam!

It is getting more difficult to know when a phone call, email or piece of mail is legitimate or a scam, as scammers get more creative in trying to imitate the real thing. Common sorts of scams involve “free” vacations or prizes, “refunds” that require you to first send money, debt collectors or the IRS threatening arrest or other penalty, stores notifying you about “your order”, calls from “loved ones” who are in trouble unless you send money right away and don’t tell anyone, offers to “fix” your computer via remote access, and so on.

Some general guidelines to avoid being taken in by a scam:

- Screen your calls and only answer when you recognize the name/number.
- Beware of robocalls (pre-recorded messages) that ask you to press a number. By pressing “0” or some other number, you are letting them know your phone number is real.
- If it sounds too good to be true, it probably isn’t.
- If someone is pressuring you to make an immediate decision—don’t!
- Don’t pay any money based on a promise that you will get more money.
- Never provide your social security, credit card, bank account or insurance card numbers over the phone unless you initiated the call and know you can trust the person/organization with whom you’re speaking. Know that Medicare, the Government, the IRS, banks or utilities will never ask you for personal information over the phone.
- Don’t send anyone money or give out personal information before checking with a trusted source.

Are you getting the idea here? It seems like common sense, but the scammers have become so good at mimicking the real thing, it’s not always easy to know who you are dealing with. If you encounter a scammer, or if you have already been scammed—know that you are not alone. Report scams to the Attorney General’s Office Elder Hotline at 888-243-5337 and the Federal Trade Commission at 877-382-4357.

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## MAY BIRTHDAYS

1<sup>st</sup> Bunny Metivier

5<sup>th</sup> Mary Reiser

16<sup>th</sup> Ella Jackson

19<sup>th</sup> Mark Dombrosky

24<sup>th</sup> Charlene Picard



3<sup>rd</sup> Agatha Pals

6<sup>th</sup> Carol Geary

18<sup>th</sup> William Salter

23<sup>rd</sup> Mary Scherber

31<sup>st</sup> Joan Crockett

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### LOOKING FORWARD:

June 14<sup>th</sup> is Flag Day      COA Volunteer Recognition Luncheon in  
June

FATHER’S DAY IS JUNE 19<sup>TH</sup>

COA Annual Cookout is July 13<sup>th</sup> @ the Avon Fish & Game

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