

June is the month we honor our volunteers. On June 20<sup>th</sup> we will acknowledge their dedication and commitment to the Council on Aging with a luncheon at George's Café in Brockton.

In attendance will be our newest staff member (through the State's Formula Grant), Volunteer Coordinator, Jayne Carthas. Many of you will remember Jayne as the temp receptionist during Doreen's absence.

Jayne will be recruiting, supervising and coordinating volunteers. We have many positions to fill, so stop by and say hello to Jayne. We hope you will consider contributing some time to the Council on Aging.

On another note, a couple of things to remember:

- The next newsletter will be for 2 months, July and August.
- The Annual Cookout will be on July 11<sup>th</sup> at the Avon Fish & Game. Sign up is required.
- We will have our lunch program this summer on Tuesdays and Thursdays. There will be no lunches on July 8<sup>th</sup> & July 10<sup>th</sup> in preparation of the cookout.
- Our transportation schedule for shopping has changed. Monday to Market Basket/Westgate Mall and Wednesday to Sudbury Farms will be at 12 Noon.
- 48 hours' notice is requested van transportation. We cannot guarantee rides on short notice, but we will try to accommodate you to the best of our ability.

Remember, the COA Senior Center is a place to cool off during the summer and have good times with good people. Don't be shy...stop by!

*Jane Hanley*

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### When is the Summer Solstice?

The solstice heralds the beginning of summer in the Northern Hemisphere. In **2014, the solstice falls on June 21 at 6:51 A.M. EDT.** The timing of the solstice depends on when the Sun reaches its farthest point north of the equator. The word solstice is from the Latin ***solstitium***, from ***sol*** (sun) and ***stitium*** (to stop), reflecting the fact that the Sun appears to stop at this time (and again at the winter solstice). In temperate regions, we notice that the Sun is higher in the sky throughout the day, and its rays strike Earth at a more direct angle, causing the efficient warming we call summer. This summer solstice is the day with the most hours of sunlight during the whole year.

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### Verizon phones available for seniors at the COA

The Council on Aging has a limited number of Verizon phones available to our seniors for free. If you need a phone, please contact the Council on Aging at 508-559-0060. You may activate the phone through Verizon. Plans begin at approximately \$35 per month.

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# **JUNE LUNCH MENU**

Join us at the COA Cafe

Tuesdays & Thursdays at 12 NOON

Suggested donation is \$4. Special Holiday Luncheons: \$5.00

3 <sup>RD</sup>	Macaroni and Cheese, Vegetable, Bread and Butter, Dessert
5 <sup>TH</sup>	Scalloped Ham and Potato, Vegetable, Dessert
10 <sup>TH</sup>	Sweet Sausage, Peppers, and Onions on a roll with Coleslaw, Dessert
12 <sup>TH</sup>	Turkey, Mashed Potato, Vegetable, Roll and Butter, Dessert
17 <sup>TH</sup>	Fish Cakes, Baked Beans, Brown Bread, Dessert
19 <sup>TH</sup>	Brunch – French Toast, Sausage, Fruit cup
24 <sup>TH</sup>	BLT Sandwich and Potato Chips, Dessert
26 <sup>TH</sup>	Pizza, Greek Salad, Dessert

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## **Free exercise classes at the Old Colony YMCA in Stoughton.**

The Stoughton YMCA has free classes available for seniors every Wednesday. Classes include a Healthy Hearts class and Aqua Fitness. For more information, please contact the Council on Aging at 508-559-0060.

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**Professional Consultations for Avon Senior Residents**  
**By Appointment Only - Please call the COA at 508-559-0060.**

See this month's calendar for SHINE, Hearing Exams, Legal Consultations and the Blood Pressure Clinic.

Notary Public Services Available

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Enjoy a movie at the COA on Wednesday, June 18<sup>th</sup> at 12 Noon. Bring a Brown Bag Lunch! Popcorn & refreshments will be served.



## **HAPPY BIRTHDAY**

2 <sup>nd</sup>	Violet Mather	21 <sup>st</sup>	Flora Zablocki
8 <sup>TH</sup>	Gail Gorman	25 <sup>th</sup>	Frank Fasano
12 <sup>th</sup>	Constance Vieira	28 <sup>th</sup>	Bernie Baher
13 <sup>th</sup>	William Cunningham		
19 <sup>th</sup>	Joan Klimas		

## **Medicare and Mental Health Benefits**

Since January 2014, Original Medicare increased its payment for **most outpatient mental health services** to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent coinsurance.

**Medicare Advantage** plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments.

You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. Know that psychiatrists are less likely to **not** accept Medicare than other practitioners.

***Ask your provider if they take Medicare before you begin receiving services!***

Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, call your senior center and ask for a free, confidential SHINE appointment to discuss Medicare health insurance. You can also reach a SHINE counselor at **1-800-AGE-INFO (1-800-243-4636)**, then **press or say 3**. Once you get the SHINE answering machine, leave your name and number. A trained volunteer counselor will call you back as soon as possible.