

NOVEMBER 2014

Well, Folks, we have a busy, hectic month in store. Even with all the programs we have planned, we are still willing to try new things!

This November, on Election Day, we will be open for lunch. The Staff and Volunteers of the Council on Aging would like to extend an invitation to all senior citizens in the community to join us for a casual lunch on the 4th. We are hoping you plan to cast your ballot between 11:30 AM & 12:30 PM and stop by for lunch, coffee, chit-chat, information on our programs, and see some faces you may not have seen for a while.

DON'T FORGET: The COA van is available to bring you to the polls during the day. If you need transportation outside of regular business hours, please call me and I will help you arrange transportation.

Enjoy this months' newsletter, and I sincerely hope you find something to entice you come by and see what we are all about!

Happy Thanksgiving,
Jane Hanley, Director

Please note: Town offices will be closed on Tuesday, November 11th for the Veteran's Day Holiday.

**Norfolk County
Registry of Deeds
William P. O'Donnell, Register
Avon Office Hours
Thursday, November 13, 2014
10:00 AM – 12:00 Noon
AVON SENIOR CENTER
65 East Main Street**

The Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act and internet ready computers will be on hand to print a Registry recorded deed, confirm the status of amortgage discharge or check on any other filing. No appointment is needed.

COUNCIL ON AGING INCLEMENT WEATHER POLICY: *During the winter months, if school is closed, there will be no van transportation. When schools re-open, the COA will resume transportation. The office will be open unless Town Hall is closed or if the Governor declares a State of Emergency. Please watch your local TV stations or Cable Channel 9 for closures and cancellations. If you call the Council on Aging during a weather emergency and you do not reach the office staff, please leave your name, phone number and a short message. We will call you back.*

COA CAFÉ MENU

Join us at the COA Café for a delicious, home cooked Thanksgiving Dinner on November 20th at 12 noon. (Menu Below) Sign up is required, so please call or stop by *before the end of day, Monday, November 10th*. Pre-payment of \$5.00 is recommended. Don't miss out on this fabulous meal with friends and neighbors!

NOVEMBER LUNCH MENU

Join us at the COA Cafe
Tuesdays & Thursdays at 12 NOON
Suggested donation is \$4.00... Special Holiday Luncheons: \$5.00 **

Tuesday, Nov. 4 th	ELECTION DAY LUNCH Cold Cut Sandwiches, chips, pickles, etc.
Thursday, Nov. 6 th	Baked Potato Bar – Sour Cream, Bacon, Mushrooms, Broccoli, Cheese Sauce, all the fixings!
Tuesday, Nov. 11 th	VETERAN'S DAY – TOWN OFFICES CLOSED
Thursday, Nov. 13 th	Brunch – Scrambled Eggs w/Cheese, Sausage, Danish, OJ
Tuesday, Nov. 18 th	KITCHEN CLOSED FOR THANKSGIVING PREP
Thursday, Nov. 20 th	THANKSGIVING LUNCHEON ** Turkey, Stuffing, Mashed Potato, Gravy, Vegetables, Cranberry Sauce
Tuesday, Nov. 25 th	Spaghetti & Meatballs, Salad, Garlic Bread



Enjoy a movie at the COA on Wednesday, November 12th at 12 Noon. Come in and see ***a newly released movie***. Bring a Brown Bag Lunch! Popcorn & refreshments will be served.



HAPPY BIRTHDAY

	NOVEMBER
5 TH	Rita DeCosta
8 th	Virginia Olsen
11 th	Deborah Chase
12 th	Fred Hunter
23 rd	Towana Texeira-Rosario
30 th	Joseph Qualter

During the Season of Giving, Mary Farrington, Manager of the Love Box Program, would like to tell you that donations for our Veteran's is alive and thriving at the COA. Donation may be dropped off between 9AM-3PM, Monday through Friday. Sox, personal care items, puzzle books, etc. are greatly appreciated.

Also, don't forget the Avon Food Pantry. Non-perishable items can be brought to the Pantry or here at the COA. Let's take care of our neighbors and soldiers this Season. Thank you.

REMEMBER YOUR YEARLY SUBSCRIPTION TO THE TOWN CRIER!
Become a member by donating \$10.00 per calendar year to ensure home delivery of the newsletter.

Are you ready for the Medicare Annual Election Period, Do you know what type of health Insurance is best for you?

TUESDAY, NOVEMBER 18TH AT 1:00 PM

A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans. Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any 2015 changes. All are welcome regardless of your insurance coverage.

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan. That notice outlines changes to be made to your plan for 2015: ***it is important to review, understand and save this information.*** During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center **now!** 508-559-0060

A reminder about our lunch and van programs:

- If you are receiving home delivered meals and will not be home, please call the office to cancel delivery. If we go to your home and you aren't there, we will call your emergency contact, and the Police and/or Fire Departments to conduct a wellness check. Let's avoid the unnecessary panic.

If you are scheduled for a van ride to a medical appointment, shopping, or any other destination and your plans change, it is important that you call the COA and cancel the van. There are always people waiting to use the van. Dispatching the driver to your home and you aren't there can be costly and someone else is missing out. FUEL ASSISTANCE

If you have questions about Fuel Assistance, please contact Louise Hardiman, Outreach Coordinator at 508-559-0060. Help is available for oil through Self Help Fuel Assistance, and for gas heating through Columbia Gas of Massachusetts.

