

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

EMAIL: coa@avon-ma.gov

Volume 59, Issue 2

February 2024

A Message from the Director

Winter has arrived!!

The Council on Aging has been busy with our monthly activities. The seniors enjoyed breakfast at Yaz's Table in Abington on the 10th of January.

One of our favorite seniors passed away this month, Ann Hughes. She touched every person she met over the years at the Council on Aging. She always had a bag of goodies to share with her tablemates! Ann remembered everyone's birthday and had gifts for them, her laughter and quick wit will be remembered always. She will be missed by all but never forgotten.

Game night was lots of fun on Thursday the 25th, with lots of laughs and strong competition!

The seniors took a trip to Plainridge Casino on Monday, January 29th.

The Avon Council on Aging is hosting our first Memory Café on Wednesday the 31st @ 11:30. There will be activities and a SINGO (bingo w/ music) game which our guests can enjoy along with a box lunch.

Stay safe & warm!

Jane Carthas

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

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

February Birthdays

Sally Bonasera
Cindy Colby
Janet Cowgill
Scott Crane



Ausenda Desena
Virginia Kindem
Nancy Puckett
Phil Small

ANY AVON RESIDENT THAT WOULD LIKE THEIR BIRTHDAY IN THE NEWSLETTER PLEASE CALL THE

♥ happy ♥
Valentine's
♥ day ♥

Sand for seniors

Once again we are distributing buckets of sand to seniors to keep them safe this winter. If you need a refill or would like a sand bucket please call Cathy at 774-480-5353



by February 13th. We would like to thank the Norfolk County Sherriff's Dept., Home Depot and the Avon DPW for their help with this project.

DID YOU KNOW?

The Blanchard Tavern building was the first Avon Town Hall. Henry Lawton Blanchard gave the building to the town of Avon. Avon used the building for town offices from 1938-1975. It reopened as a tavern in 1980.

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TO BOOK AN APPOINTMENT
10:30-12:30am



**NEXT APPOINTMENT DATE WILL BE
3/28/24**

INFORMATION FROM THE OUTREACH DESK

Memory Café, Wednesday, February 28, 11:30AM – 1:30 PM

The Memory Café is a free program open to people with dementia or other memory issues and their families and care partners. February's Café includes a special treat with Cornell Coley, an award-winning percussionist, recording artist, teacher and more. Mr. Coley is a favorite at Memory Cafes throughout greater Boston using therapeutic drumming, movement and singing. Drumming and rhythm are therapeutic interventions that are particularly helpful for people with stroke, Parkinson's, Alzheimer's, brain injury and trauma. This program will follow a lunch. Reservations are appreciated but not required. For more information, contact Louise at 774-480-5352.

Annual Alzheimer's Association New England Family Conference - March 1-2, 2024

This conference is free for individuals living with dementia and family caregivers. This year, the conference is being held virtually. There are sessions for people living with dementia on March 1 and sessions for caregivers on March 2. All sessions will be simultaneously translated into Spanish. There is no cost to attend but registration is required. Registration is open at www.alzfamilyconference.org.

Thursday, March 7th at 1PM – Community Medicaid Information Session

Are you or a loved one finding you need more assistance in the home? Are you bored and isolated at home? Are you worried about a loved one at home alone while you are at work? Is your physical, emotional or mental health declining because you do not get a break from caring for someone? Are you starting to think that a nursing home may be the only alternative? This presentation will provide information about a Medicaid (MassHealth) program that can keep a loved one in the community with a medical support system. You will learn about the legal and financial implications and how to qualify as well as what the program offers.

Do You Have Questions about Your Smart Phone, Tablet or Computer?

Are you interested in Tech Tutoring? A "Tech Tutor" can help you with your Apple or Android smart phones, tablets, laptops or other devices. For example, you could get a basic orientation of your device, learn how to make and receive phone calls and Zoom calls, read and send email, use your calendar, watch movies, read or listen to books/music/podcasts, access library resources, take and send and organize photos. Let us know what kind of device and help you are looking for. If there is enough interest, the COA will pursue a Tech Tu-

FEBRUARY 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00 Chair Hip Hop* 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1:00 CRAFTS*	2 9:15 Walmart or Stop & Shop 10:30 Tap class 10:00 COA Board Meeting
5 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	6 10:30 Coffee w/ the Director 12:00 LUNCH 1:00 BINGO	7 11:30 Restaurant Day-Lucky 7's* 1:15 Balance Class	8 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	9 9:15 Walmart or Stop & Shop 10:30 Tap class <u>10th AVON BULK PICK UP</u>
12 10:00 <u>Holbrook Food Pantry*</u> 10:30 Line Dancing 12:30 CARDS	13 12:00 MARDI GRAS LUNCH 1:00 BINGO	14 9:00 Nail Care* 9:15 Market Basket 12-1 Outreach to Fellowship 1:15 Balance Class <b style="color: red;">HAPPY VALENTINES DAY	15 10:00 Chair Hip Hop* 10:30 Chair Yoga @ Fellowship Cir. 10:30-11:30 Blood Pressure Clinic 12:00 LUNCH 1:00 Heart Health Program	16 9:15 Walmart or Stop & Shop 10:30 Tap class
19 PRESIDENTS DAY COA AND TOWN HALL CLOSED	20 12:00 LUNCH 1:00 BINGO	21 9:15 Market Basket 9:30 Coffee with the Veteran's Agent 11:30 <u>Avon BC Ecumenical Lunch</u> 1:15 Balance Class	22 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1:00 Comedy w/ David Shikes	23 9:15 Walmart or Stop & Shop 10:30 Tap class
26 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	27 12:00 LUNCH 1:00 BINGO	28 9:30 Kohls/Target 11:30 Memory Cafe	29 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	

2/1 Crafts @ 12:45pm Come join us for a fun craft every month!

PLEASE CALL OR COME BY TO SIGN UP SPACE IS LIMITED.

2/1 & 2/15 Hip Hop Chair Dancing with Rondae 10-11am

Wear comfortable clothes and get ready to hip hop around the world on the "Soul Train". Sponsored by Mass Cultural Grant

2/7 Restaurant of the Month—Lucky 7's in Holbrook—11:30 leave COA

Enjoy their \$10 lunch menu sign up is required

2/12 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 2/8 if interested. **We have a 10 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 2/14.

2/14 Nail Care with Maureen Connolly RN—Call the COA to make an appointment.

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

2/21 Monthly Coffee with the Veterans Service Officer at the COA @ 9:30AM

Veterans of all ages and their family members are welcome to attend. As of January 2024 monthly coffee hours will take place on the third Wednesday of the month at 9:30AM.

2/21 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.

2/28 Memory Café 11:30AM – 1:30 PM

The Memory Café is a free program open to people with dementia or other memory issues and their families and care partners. February's Café includes a special treat with Cornell Coley, an award-winning percussionist, recording artist, teacher and more. Mr. Coley is a favorite at Memory Cafes throughout greater Boston using therapeutic drumming, movement and singing. Drumming and rhythm are therapeutic interventions that are particularly helpful for people with stroke, Parkinson's, Alzheimer's, brain injury and trauma. This program will follow a lunch. Reservations are appreciated but not required. For more information, contact Louise at 774-480-5352.

***** 6/6/24 Red Sox vs. Atlanta Braves 1:30 game \$75 (includes ticket & bus) Limited number of tickets call Cathy @ 774-480-5353 or come by the COA to sign up. *****

FEBRUARY LUNCH MENU

LUNCH IS SERVED AT 12PM DONATION IS \$5.00

PLEASE PLAN TO BE SEATED BY 11:45

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

Tuesday 2/6

Corn chowder, salad

Thursday 2/8

Spring rolls, chicken stir-fry, rice

Tuesday 2/13 Mardi Gras

Jambalaya

Thursday 2/15

Raviolis, salad, garlic bread

Tuesday 2/20

Beef stew, roll

Thursday 2/22

Pork roast, root vegetables

Tuesday 2/27

American Chop Suey, salad

Thursday 2/29 BIRTHDAY LUNCH

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

INFORMATION FROM THE OUTREACH DESK

Did You Know...?

The Inflation Reduction Act of 2022 includes several provisions to lower out-of-pocket drug costs for people with Medicare:

- A \$35 cap on monthly cost sharing for insulin
- Free vaccines under Part D – including the Shingles vaccine
- Elimination of 5% coinsurance for people who reach the catastrophic threshold
- In 2025, out-of-pocket drug spending will be capped at \$2,000
- New drug price negotiation program – new prices will take effect in 2026 for 10 medications: Eliquis, Jardiance, Xarelto, Januvia, Farxiga, Entresto, Enbrel, Imbruvica, Stelara, and NovoLog

Tips for Power Outages

- Sign up for alerts from your utility provider for outage updates.
- Know how to operate the manual release lever for your electric garage door opener.
- Keep cellphones and other devices fully charged.
- Keep your car's gas tank full. Gas station pumps may not work during an outage.
- Keep flashlights and batteries to use rather than candles. Never leave a burning candle unattended.
- Keep refrigerator and freezer doors closed. An unopened refrigerator will keep food cold for about 4 hours. A full freezer will keep the temperature for about 48 hours. When in doubt, throw it out!
- Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, and those who may need additional assistance.

If you have medical conditions that depend on electricity to run life-sustaining equipment, you should notify the Fire Department and your electric company so that they are aware before a power outage happens. There is a downloadable form at https://www.nationalgridus.com/media/pdfs/storms-outages/ri/cm6239_lifesupport_ma_ri_01_16.pdf. Contact National Grid at 800-322-3223.

During medical emergencies, always dial 911.

Tax Relief for Massachusetts Older Adults

In 2023, the maximum Circuit Breaker income tax credit amount is \$2,590. If you were eligible for this tax credit in previous years, but did not take it, you can go back 3 years and file amended returns. Ask your tax preparer about the Massachusetts CB Tax credit. Even if you don't need to file Massachusetts taxes, it may be worth doing! There is more information at:


<https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>.

COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:15 P.M.
NO MEDICAL APPOINTMENTS AFTER 12PM OR ON FRIDAYS
BOOK MEDICAL APTS. A MINIMUM OF 48 hours in advance
OTHER VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm
NO CHARGE FOR VAN 1/1-3/31/24

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

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



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Randolph Site - 781-961-1160

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