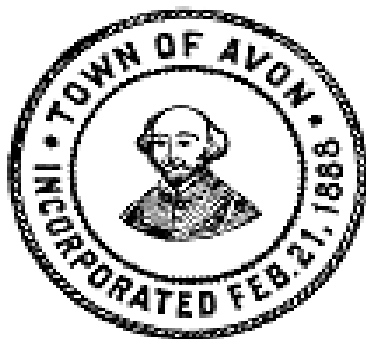


THE AVON TOWN CRIER



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 4

April 2024

Message from the Director

Hooray, the first day of spring was March 19th!

The Council on Aging continues with a full schedule for the month of March.

We hosted lunch at the Tavern on March 5th and played bingo afterwards. The seniors enjoyed lunch at Tinker's Son in Norwell on March 6th, the lunches were delicious.

The program on Medicaid on the 7th was very informative, explaining their programs and what was available to seniors who want to stay in their homes.

March 15th, we celebrated St.

Patrick's Day, with a delicious lunch and entertainment by
Chris Carter.

Pam & Paula are joining us on the 21st to sing and play the guitar. I'm sure it will be as entertaining as it was the last time they were here.

Our Memory Café will have the next meeting on Wednesday the 27th from 11:30am to 1:30pm, Therapy Gardens will guide us on how to make an herb garden.

Be sure to check out our April calendar for many more exciting programs and events coming up in April!

Jayne 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

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

April Birthdays

Marva Callender

James Ficarra

Deb Greene

Cris Kopke

Nelson Laine



Peter Marino

Nancy McEntee

Bob Minerella

Pat Olson

Kathleen Smith

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.

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



Michael Schmit Lic # 224
Board Certified
Hearing Instrument Specialist

- ♦ FREE hearing screening
- ♦ FREE hearing aid cleaning
- ♦ FREE video ear exam



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



Thank You

- CAREONE IN RANDOLPH FOR THE BIRTHDAY LUNCH PIZZA EACH MONTH
 - HEIGHTS CROSSING FOR BRINGING COOKIES TO THE MEMORY CAFÉ
 - HARBOR HEALTH ELDER SERVICES FOR BRINGING COOKIES TO THE MEDICAID PRESENTATION
 - ALL OF OUR VOLUNTEERS WHO HELP SERVE AND CLEAN UP LUNCH AND HELP AT SPECIAL EVENTS
 - MEALS ON WHEELS DRIVERS
 - DPW –ALWAYS THERE WHEN WE NEED YOU!
 - STAFF AND BOARD MEMBERS
-

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

IMPORTANT DATES FROM THE OUTREACH DESK

Detecting and Reporting Medicare Fraud, Waste and Abuse – April 11 at 1PM

In this lively presentation, you will learn how to become an engaged healthcare consumer! Senior Medicare Patrol volunteer Dennis Hohengasser will coach us on Medicare fraud schemes, deceptive marketing, how to wade through all the ads and offers of free products, what to do if you get inadequate health care services, as well as important information about what Medicare does and does not cover.

National Healthcare Decisions Day (NHDD) is April 16

In the absence of a health care proxy and a living will (aka an advanced directive), medical personnel rely on family members to determine what a patient's wishes might be if a person is unable to communicate their own decisions. Family members often struggle to make these difficult decisions without advanced planning. No one likes to think about such unpleasant possibilities as a severe illness or accident, and no one wants to have such conversations with their loved ones. April 16 is the day set aside to help you take care of these potential situations ahead of time. Completing an advanced directive removes the burden from our loved ones and can also provide peace of mind to us. You can find resources such as a Getting Started Toolkit and Health Care Proxy form on the respective websites of: Honoring Choices, The Conversation Project or Five Wishes. Once you've completed your own advanced directive, urge your loved ones to do the same.

Memory Café – Wednesday, April 24, 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, sing along with Pam and Paula, or just sit back and enjoy some live music. Also enjoy a light lunch. Reservations are appreciated. For more information, contact Louise at 774-480-5352.

Dementia Live Experience – April 25th 4-6 PM. You MUST sign up in advance.

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.

Are You Behind on Your Heating Bills?

It's not too late to apply for the federal home energy assistance program at Self Help, Inc. The program helps with heating costs from November 30 through April 30. This year, it is also assisting with water bills. To qualify, gross income must be no more than \$45,392 (single person) and \$59,359 (two-person household). Apply to this program if you are behind on your heat or electric bill, if you have a broken furnace or old oil tank, or if you need weatherization. Homeowners and renters with any kind of heat can apply. Avon residents age 60 or older can apply at the Avon COA. All others can contact Self Help, Inc. at 508-588-5440 or online at selfhelpinc.org.

APRIL 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	2 10:30 Coffee w/ Director 12:00 LUNCH 1:00 BINGO	3 9am Day of Beauty* 1:15 Balance Class	4 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	5 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:30 Tap class
8 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	9 7am-8pm Local Election* 12:00 LUNCH @ Blanchard Tavern* NO BINGO	10 9:00 Nail Care* 1:15 Balance Class	11 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1:00 SMP Program	12 9:15 Walmart or Stop & Shop 10:30 Tap class
15 COA AND TOWN HALL CLOSED FOR PATRIOT'S DAY	16 10:00 <u>Holbrook Food Pantry*</u> 12:00 LUNCH 1:00 BINGO	17 9:15 Market Basket 9:30 <u>Coffee with the Veteran's Agent</u> 11:30 <u>Avon BC Ecumenical Lunch</u>	18 10:30 Chair Yoga @ Fellowship Cir. 10:30-11:30 Blood Pressure Clinic 12:45 Crafts*	19 9:15 Walmart or Stop & Shop 10:30 Tap class
22 9:15 Market Basket 10:30 Line Dancing 12 Restaurant Day* 12:30 CARDS	23 12:00 LUNCH 1:00 BINGO	24 9:30 Kohls/Target 11:30 Memory Café 1:15 Balance Class	25 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1-2:30 Game Night* 4-6 Dementia Alive*	26 9:15 Walmart or Stop & Shop 10:30 Tap class
29 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	30 12:00 BIRTHDAY LUNCH 1:00 BINGO	We are looking for volunteers to help with a garden club this Spring/Summer. Please let us know if you are interested		

4/3 Day of Beauty @ Blue Hills Reg. High School—Van leaves COA at 8:30

Enjoy a facial, manicure, hair treatment, and lunch \$40 Sign up required

4/9 Local voting 7am-8pm -If you need the van to go to the polls you must call the COA by 12pm on Monday 4/8.

4/10 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**.

4/11 Senior Medicare Patrol 1PM Senior Medicare Patrol volunteer Dennis Hohengasser will coach us on Medicare fraud schemes, deceptive marketing, how to wade through all the ads and offers of free products, what to do if you get inadequate health care services, as well as important information about what Medicare does and does not cover.

4/15 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 4/11 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 4/17.

4/17 Monthly Coffee with the Veterans Service Officer at the COA @ 9:30AM

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

4/17 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.

4/18 Crafts @ 12:45pm Come join us for a fun craft every month!

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

4/22 Restaurant of the Month— 11:30 leave COA going to the Outback in Randolph
sign up is required come by the COA or call Cathy @774-480-5353.

4/24 Memory Café – Wednesday 11:30AM – 1:30PM

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

4/24 New Balance class starts \$42 for a 6 week program Steve Avellino, facilitator

Six-week program designed to learn about fascia (connective tissue in the body) and how to make it healthier. It is an integral factor in how we move. Healthy fascia slides and glides over our muscles, bones, and internal organs. Unhealthy fascia gets sticky and makes movement difficult

Coming in April @ the Holbrook COA 781-767-4617

4/10 Strategies for eating healthily without overspending 10:30am

4/25 Explore gardening ideas for both indoor and outdoor spaces 1pm

PLEASE CALL THE HOLBROOK COA TO RESERVE A SEAT

APRIL 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 4/2

Chicken Caesar wrap, potato salad, cucumbers

Thursday 4/4

Pork Chops, apple sauce, roasted potatoes, veggie

Tuesday 4/9 Blanchard Tavern (reservation needed)

Ham & cheese croissants, chips, pickle

Thursday 4/11

Tacos, yellow rice, corn

Tuesday 4/16

Turkey BLT wraps, chips, pickle

Thursday 4/18

Lasagna, garlic bread, salad

Tuesday 4/23

Chicken Quesadilla w/ tortilla chips

Thursday 4/25

Breakfast for lunch

Tuesday 4/30 Birthday Celebration

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

IMPORTANT INFORMATION FROM THE OUTREACH DESK

Great News! More Massachusetts Residents Can Now Save on Part B Payments

Are you single with a gross income at or below \$2,824 per month? Are you married with a gross income at or below \$3,833 per month? If the answer to either question is yes, you can qualify for the Medicare Savings Program (MSP). MSP is not an insurance plan. It is a financial program that pays for Medicare Part A and B premiums. It also lowers your prescription costs. At a minimum, it can save you the Part B premium, currently deducted from Social Security or billed at \$174.70 per month. There is no catch and no asset limit to qualify—as of March 1, 2024! This is great news for many people on limited incomes. The application process is also simple. Learn more at Mass.gov/MedicareSavings or contact Louise at 774-480-5352.

Imposter Scams

Scammers pretend to be someone you can trust, and say they've discovered a problem with one of your accounts—or that someone's using your identity. They may know some things about you and sound very convincing. They may be very sympathetic and offer to help you fix the problem. And then they ask for your verification code to get into your account. A verification code is part of a two-factor authentication that adds a layer of security to your account. When you log in to your account, you may get a text message or email with a verification code. You then enter it at the login screen to confirm it's really you. Anyone who asks you for your account verification code is a scammer. Never share it. Don't engage. Hang up. Block their number. Stop texting them. Then report them to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov. If you're worried there's a problem with your account, contact your bank or investment advisor directly. Use a number you trust, like the one on your statement. Never use the number the caller gave you; it'll take you to the scammer. If you've already been scammed, you are not alone. Tell someone you trust.

Report it to the police and to the FTC.

You Are Never Too Old to Get Stronger

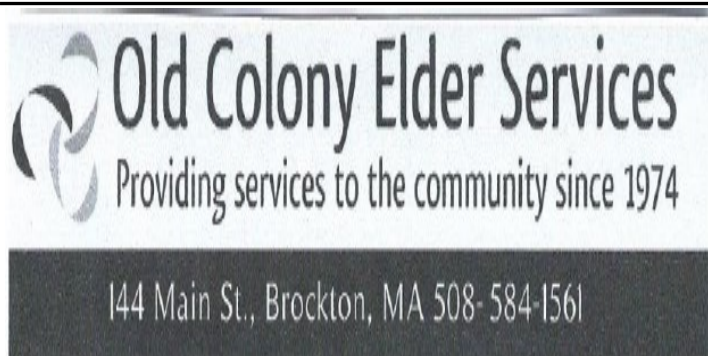
Research suggests that just 1 hour per week of weight training is associated with up to a 70% decrease in cardiovascular disease. A study of people over 75 suggests that as little as an hour of strength training per week can improve walking speed, leg strength, and one's ability to stand up out of a chair. A study of 24 people in their 90s who followed a 12-week program of two workouts per week saw significant improvements in strength, muscle, and power. Longevity studies suggest that people with more muscle tend to live longer. Even cancer risk drops with just one hour of strength training per week. You are not too old--let today be the first day on your road to improvement. Consult with a doctor, seek advice from a personal trainer or physical therapist, and get proper nutrition.

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

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.



*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*