

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 58, Issue 8

August 2023

A Message from the Director

Hi,

What a fun month July has been at the COA! The concerts at DeMarco Park have been a huge success. What great entertainment and plenty of social time. Our balance class has resumed and many seniors are benefiting from these classes. We also visited Holbrook food pantry where our seniors on the van were able to receive groceries. Sixteen seniors enjoyed lunch together at Boston Tavern, in West Bridgewater.

Our new patio area looks fabulous (see pg. 2) with our new tables and umbrellas--a perfect place for employees to have a break and seniors to enjoy the beautiful area. I want to thank the staff of the DPW for their unbelievable timely work on our patio. The planter box looks fabulous! Thanks also for putting the tables together and all you did to complete this project!

On July 20th, we had our yearly trip to Saratoga Springs, NY. 46 seniors had a great time at the racetrack and a wonderful lunch on the steamboat the next day.

Our lunches at the COA have been spectacular thanks to our kitchen staff, KellyAnn Cole and Kevin Flynn. Our lunch numbers have increased due to the terrific meals they are serving! Also, thank you to our amazing dining room volunteers who help to serve the meals and clean up afterward. What a great team of staff and volunteers!

Thank you, team!

Jane Carthas

IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach:774-480-5352

Cathy Emery-Activity Coord. :774-480-5353

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Exec. Office of Elder Affairs: 617-727-7750

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

August Birthdays

Richard Billings

Joan Fahey

Lillian Figueroa

Bill Given

Eileen Hallisey

Geralyn Hughes



Karen Johnson

Peg Rudy

Grace Omeara

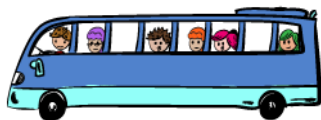
Linda Chute

Marlene Smith

Paul Whittall

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

BARBARA LITTLEFIELD IS HAVING A TURKEY TRAIN RIDE ON SEPTEMBER 30TH, COST IS \$99. Lunch and bus included PLEASE CALL HER AT 774-212-3337 OR EMAIL Barbsbustrips@GMAIL.COM IF YOU ARE INTERESTED. Space limited



THANKS DPW FOR YOUR HELP!

THE COA WOULD LIKE TO THANK EVERYONE THAT HELPED WITH OUR NEW PATIO AREA WE LOVE IT!



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




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

Michael Schmit Lic # 224
Board Certified
Hearing Instrument Specialist



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

INFORMATION FROM CATHY'S DESK 774-480-5353

****MONDAY AUGUST 21, 2023****

**Charles Riverboat Cruise &
ENCORE Boston Harbor Casino**



Charles Riverboat Company and Encore Casino have teamed up to create the ultimate cruise and play package. A 90-minute narrated cruise along the Charles River, out through the locks and into Boston Harbor. Drop-off directly at the Casino's dock and everyone is given a \$15 free slot play. **Cost:\$75.00**

Leaving Avon Police Station (86 Fagan Dr.) at 8:30am Returning at 4:30pm

INFORMATION FROM THE OUTREACH DESK

Financing Home Modifications to Stay in Your Home




In June, we had a presentation about AARP's HomeFit program. HomeFit lists smart ways you can make a home comfortable, safe and a great fit for people of all ages and abilities. Some ideas are low cost such as a choice of lightbulbs. Other ideas are more costly, such as adapting a bathroom. One way to finance improvements that make your home more accessible is through the Home Modification Loan Program (HMLP). HMLP is a state funded loan program that provides financing to homeowners and some landlords for things like ramps and lifts, kitchen and bathroom changes, fencing, hand rails, brighter lighting, flooring renovations, widening of doorways, creation of additional living space. Loans are up to \$50,000 at 0% interest. No monthly payments are required. Repayment is required when the property is sold or transferred. If you are interested in a HMLP loan, visit www.cedac.org/hmlp/ or contact Susan Gillam at 866-500-5599. You can download or order the AARP HomeFit Guide at www.AARP.org/HomeFit.

How Can You Make Your Home Safer?

In addition to the HomeFit guide already mentioned, a registered nurse, physical therapist, or occupational therapist can perform a home safety evaluation to see what changes could be made to make your environment safer. You may recognize some common safety concerns from your own home or someone you know: No grab bars in the bathroom, poor lighting and no nightlights, throw rugs, clutter on the floor, no railings or wobbly railings, slippery or uneven flooring, toilet seats too high or too low, wrong assistive device or not using recommended assistive device.

AUGUST 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 12:00 LUNCH 1:00 BINGO	2 9:30 Roche Bros. or Target 1:15 BALANCE CLASS 6:30 CONCERT	3 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	4 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:30 Tap class
7 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	8 12:00 LUNCH 1:00 BINGO	9 9:00 Nail Care* 9:30 Roche Bros. or Target 1:15 BALANCE CLASS	10 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH	11 9:15 Walmart or Stop & Shop 10:30 Tap class <hr/> 12th Randolph/ Avon Hazardous Waste Day 9-12pm
14 10:00 Holbrook Food Pantry* 10:30 Line Dancing 12:30 CARDS	15 10:30 Coffee with the Director 12:00 LUNCH 1:00 BINGO	16 9:15 Market Basket 11-12 Outreach to Fellowship	17 10:30 Chair Yoga @ Fellowship Cir. 10:30-11:30 Blood Pressure Clinic 12:00 Lunch	18 9:15 Walmart or Stop & Shop 10:30 Tap class
21 8:30 Charles River/Encore Casino Trip* 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	22 12:00 LUNCH 1:00 BINGO 	23 9:30 Roche Bros. or Target	24 10:30 Chair Yoga @ Fellowship Cir. 12:00 Lunch	25 9:15 Walmart or Stop & Shop 10:30 Tap class
28 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	29 12:00 LUNCH 1:00 BINGO	30 9:30 Roche Bros. or Target	31 10:30 Chair Yoga @ Fellowship Cir. 12:00 Lunch	

8/9 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**.

8/14 Holbrook Food Pantry 10:30 Apt. - Must take COA van no personal trans. allowed

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 8/10 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 8/16.

8/16 Outreach Coordinator to Fellowship Circle—

Louise Hardiman will be available to answer any questions and to help seniors with any issues. She will be there from 11-12 in the community room. Come on down to say Hi! If you're not able to come see her but need assistance please call her at 774-480-5352.

8/21 Charles River Cruise and Encore Casino \$75.00 Leave Avon Police Station(86 Fagan Dr.) at 8:30am and Return at 4:30pm

Charles Riverboat Company and Encore Casino have teamed up to create the ultimate cruise and play package. A 90 minute narrated cruise along the Charles River, out through the locks and into Boston Harbor where we'll cruise to Encore Casino. We'll be dropped off directly at the Casino's dock and everyone will be given \$15 in free slot play.

It's Your Health and Your Choice! - OCES Presentation August 24th at 1PM

Every adult can start a simple conversation with family and health care providers about the care they want today and over their lifetime. Everyone can make a personal health care plan. Part of that plan is to choose a Health Care Agent, a person you trust to make care decisions for you if you get sick and cannot make health care decisions yourself, even for a short time. What would you tell your Health Care Agent about your preferences for the kind of care you want? Even if you are not able to choose a Health Care Agent, you can write down your care preferences in a Personal Directive. Understand your right to make your own health care choices.

(Please RSVP by August 22 to Louise at 774-480-5352.)

TIMBER LANES 460 BEDFORD STREET, ABINGTON 781-878-0219

FREE BOWLING FOR SENIORS ON TUESDAYS IN JULY & AUGUST 9:30-11:30AM.

2 STRINGS OF BOWLING AND A PRO BOWLER COACH-ALL YOU NEED TO BRING IS YOUR OWN SHOES OR RENT SOME FOR ONLY \$4. NO RESERVATION NEEDED JUST SHOW UP!

Grief Support Group will be stopping for the summer with the intention of starting up again in the fall.

Avon Baptist Church Ecumenical Lunch will be stopping for the summer and will resume in September.

AUGUST 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 LUNCHESES WILL HAVE A SNACK OR SALAD BEFORE LUNCH IS SERVED

Tuesday 8/1

Spinach Raviolis, salad

Thursday 8/3

Cheeseburgers & potato salad

Tuesday 8/8

Chicken Caesar wraps w/ pasta salad

Thursday 8/10

Beef Stir Fry over rice

Tuesday 8/15

Grilled Caprese Sandwiches, pickle, chips

Thursday 8/17

Pork chops, applesauce

Tuesday 8/22

Quiche with summer salad

Thursday 8/24

Chicken broccoli ziti

Tuesday 8/29

Taco Tuesday

Thursday 8/31 Birthday Lunch

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

INFORMATION FROM THE OUTREACH DESK

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Farmer's Market Coupons

This year, we have \$50 in Farmer's Market Coupons to be distributed. To be eligible for Senior Farmers Market Coupons, you must be age 60 or older and have annual gross income no greater than \$26,973 for a single person and \$36,482 for a household of two. The coupons can be used to buy fresh fruits and vegetables at approved farmer's markets and farmstands through October 31. Contact Louise for more information or to apply at 774-480-5352.

Healthy Incentives Program (HIP) – Money to Buy Local Fruits and Vegetables

HIP is an innovative program in Massachusetts that benefits local farmers as well as SNAP recipients with extra benefits when they use SNAP. Anyone with an EBT card for buying groceries automatically gets additional monthly benefits to buy fruits, vegetables, and food-producing plants at approved farmer's markets and farmstands. Households of 1 or 2 people receive HIP benefits of \$40/month. If you would like to see if you qualify for SNAP and HIP benefits, contact Louise at 774-480-5352.

Eating to Protect Against Infection and Disease

Eating a variety of plant foods can protect the cells in our body from free radicals--substances that attack our healthy cells and lead to "oxidative stress", which may lead to disease. Antioxidants in plant foods give our cells protection from cell damage. Antioxidants fall into 3 main categories:

1. Polyphenols: reduce the risk of cancer, heart disease, and type 2 diabetes. Eat berries, whole oats, nuts and dark chocolate.
2. Flavonoids: reduce the risk of hypertension, viruses, and neurological disease. Eat citrus fruits, green leafy vegetables, asparagus, onions and eggplant.
3. Carotenoids: reduce the risk of eye diseases, and age-related cognitive decline. Eat orange and red fruits and vegetables, brussels sprouts, broccoli and spinach.

There is currently not enough evidence that taking antioxidant supplements prevents infection and disease. In fact, some studies have shown they do more harm than good. Get your antioxidants by eating more plant-based foods. Eat the washed peels, stems, stalks and leaves too as these often contain more antioxidants. For example, broccoli stems and leaves have more polyphenols than florets.

COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:15 P.M.
NO MEDICAL APPOINTMENTS AFTER 12PM-BOOK MEDICAL APTS. 48 hours in advance
VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm
NO CHARGE FOR VAN 1/1-9/30/2023

WESTGATE MALL & 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, 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. Call the COA for more information and assistance.

 <p>Old Colony Elder Services Providing services to the community since 1974</p> <p>144 Main St., Brockton, MA 508-584-1561</p>	<p>CAREONE TRUST IN OUR CARE —</p> <p>Randolph Site - 781-961-1160</p>
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*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*