

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 12

December 2023

A Message from the Director

Happy Holiday Season!! November has been a busy month, lots of fun activities, restaurants and shows.

The Council on Aging had a wonderful catered Thanksgiving luncheon on the 16th. We had over 50 Seniors in attendance who enjoyed a delicious meal catered by Columbus Catering.

Therapy gardens came in on the 20th to do a demonstration on Diabetic cooking, it was well attended.

On November 29th the seniors will be enjoying a tour of the new Police and Fire Stations followed by lunch.

Coming up on Thursday November 30th we will be having a program on Understanding Dementia with lots of updated information to share. Also, that evening from 5-6:30pm, is another game show night, it was a big hit with lots of laughs in October.

On December 11th we will have our second program from Therapy Gardens on Diabetic Desserts. December 13th Old Colony Elder Services will present a program on Bringing Health to You and providing a box lunch, registration is required.

December 21st will be our Christmas Luncheon, registration is required.

The Town offices will be closed on Tuesday December 26th.

Happy Holidays!

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

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

December Birthdays

Lora Anderson

Laura Barkhouse

Antoinette Hauvuy

Frank Hegarty

Marie Hegarty



Scott MacIssac

Philip Pizzuto

John Smith

Carol Staffier

Philip Tortorella

Cheryl Wilkerson

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

Senior Tax Work-off 2025

The Tax Work-Off Program for 2025 property tax abatements is now accepting applications. Call the COA for more information or look on the Town of Avon website under the Council on Aging for the complete Program description and application.

TOYS FOR TOTS - NOW TILL 12/3



PLEASE BRING AN UNWRAPPED TOY TO THE COUNCIL ON AGING OR TOWN HALL LOBBY THANK YOU!



ART SHOW RECEPTION AT THE STOUGHTON LIBRARY ON 12/2 FROM 2-4PM

OUR CHAIR YOGA INSTRUCTOR MARY RYAN IS ALSO AN ARTIST! COME SEE HER WORKS ON DISPLAY ON SATURDAY DECEMBER 2ND

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 THE OUTREACH DESK

OCES is Bringing Health to YOU – Registration is Required – Call 508-559-0060

On Wednesday, December 13, 2023 from 10 AM to 12 PM, learn about 5 Health Topics and enjoy a **FREE lunch**. You MUST register by Monday, December 11. This fun, innovative program empowers you to take key steps to improve your well-being, add another chapter to your life and strengthen ties to your community and OCES. Meet new friends, provide encouragement, and enjoy a healthy lunch together.

Will you get a check up to \$2,590 from the Massachusetts DOR this year?

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The maximum credit amount for tax year 2023 is \$2,590—more than double what it was in 2022! You must have a primary residence in Mass. You must file a state income tax return with Schedule CB, the Circuit Breaker Credit. Total income cannot exceed \$69,000 for a single person, \$86,000 for a head of household and \$103,000 for married couples filing jointly. Homeowners may claim a credit equal to the amount by which their property tax payments and 50% of water (and sewer) charges paid exceed 10% of their total income for the same tax year. Renters may claim a credit in the amount by which 25% of their annual rent is more than 10% of their total income. If you qualify for the CB tax credit in a prior year but didn't take it, you can file a prior year Schedule CB for the years you did qualify, up to 3 years. You may wish to consult with a tax professional for guidance. The tax credit is not considered income by means-tested benefits or assistance programs.

Help Paying for Heat this Winter

It's not too late to apply to the fuel assistance program through Self Help, Inc. Eligibility is based on household income. For a household of one, maximum gross annual income (before any deductions for Medicare, taxes, etc.) is \$45,392. For a household of two, maximum gross annual income is \$59,359. It doesn't matter what kind of heat you have. You may rent or own your home. You may also be eligible for free conservation services, emergency heating system repairs, and a discount rate on your electric bill. If you are age 60 or older and live in Avon, you can apply at the Avon COA. Call Louise at 774-480-5352 for more information, a list of needed documentation, or to schedule an appointment. You can also apply online at www.selfhelpinc.org.

Medicare Prescription Drug Changes that Help Older Adults

Did you know that the Inflation Reduction Act of 2022 provided the following Medicare cost savings?

- Starting in 2023, insulin costs for people with Medicare were capped at \$35 per month with no deductible.
- For plan years 2024-2029, annual premium increases for Part D coverage are limited to 6%.
- In 2023, cost sharing and deductibles for the shingles vaccine were eliminated (as well as for other vaccines covered under Part D).
- Starting in 2025, all people with Medicare Part D coverage will have their out-of-pocket prescription drug costs capped at \$2,000 per year.
- For the first time, the Medicare program will be required to negotiate the prices of certain high-cost prescription drugs covered under either Part D or B (such as Eliquis, Jardiance and Xarelto). Negotiated prices are to take effect in 2026.

DECEMBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 Walmart or Stop & Shop 10:30 Tap class 10:00 COA Board Meeting
4 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	5 10:30 Coffee w/ Director 12:00 LUNCH 1:00 BINGO	6 9:30 Kohls/Target 1:15 Balance Class	7 10:30 Chair Yoga @ Fellowship Cir. 11:00 RU OK PROGRAM 12:00 LUNCH	8 9:15 Walmart or Stop & Shop 10:30 Tap class
11 10:00 Holbrook Food Pantry* 10:00 Delicious Diabetic Deserts Program* 10:30 Line Dancing 12:30 CARDS	12 12:00 LUNCH 1:00 BINGO	13 9:00 Nail Care* 9:15 Market Basket 10:00 Bringing Health to You Program* 12-1 Outreach to Fellowship 1:15 Balance Class	14 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1:00 Crafts	15 9:15 Walmart or Stop & Shop 10:30 Tap class
18 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	19 9:30 Coffee with the Veteran's Agent 12:00 LUNCH 1:00 BINGO	20 9:30 Kohls/Target 11:30 <u>Avon BC Ecumenical Lunch</u> 1:15 Balance Class	21 10:30 Chair Yoga @ Fellowship Cir. 10:30-11:30 Blood Pressure Clinic 12:00 HOLIDAY LUNCH*	22 9:15 Walmart or Stop & Shop 10:30 Tap class
25 MERRY CHRISTMAS COA CLOSED	26 COA CLOSED DUE TO HOLIDAYS	27 9:15 Market Basket	28 10:30 Chair Yoga @ Fellowship Cir. 11-12 Hearing Clinic* 12:00 BIRTHDAY LUNCH	29 9:15 Walmart or Stop & Shop 10:30 Tap class

12/7 RU OK Program 11am brought to you by Norfolk Sheriff's Office

The "Are You Ok?" program is a daily telephone reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents and has saved the lives of a number of seniors.

12/11 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 12/7 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 12/13.

12/11 Delicious Diabetic Desserts 10-11am

Learn to create delectable desserts using natural sweeteners, whole grains, and nutrient-rich ingredients. Sponsored by the Mass Cultural Council

12/13 OCES is Bringing Health to YOU – Registration is Required – Call 508-559-0060

From 10 AM to 12 PM, learn about 5 Health Topics and enjoy a **FREE lunch.** You MUST register by Monday, December 11. This fun, innovative program empowers you to take key steps to improve your well-being, add another chapter to your life and strengthen ties to your community and OCES.

12/13 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**.

12/14 Crafts @ 12:45pm Come join us for a fun craft every month! PLEASE CALL TO SIGN UP SPACE IS LIMITED.

12/19 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.

12/20 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.

12/28 Free Hearing Clinic from 11-12pm

Mike Schmit, Board Certified Hearing Instrument Specialist of At Home Hearing, can do free hearing screening, hearing aid cleanings and video ear exams. Call 508-250-9324 to make an appointment.

DECEMBER 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 12/5

Meatloaf sandwiches, sweet potato fries

Thursday 12/7

Chicken noodle soup, crusty roll

Tuesday 12/12

Tuna Melt sandwich, chips, pickle

Thursday 12/14

Beef stew w/ fresh made roll

Tuesday 12/19

Chicken Ceasar wrap, chips, pickle

Thursday 12/21 HOLIDAY LUNCH RESERVATIONS NEEDED

Ham, Potato casserole, glazed carrots

Tuesday 12/26 NO LUNCH COA CLOSED

Thursday 12/28 BIRTHDAY LUNCH

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

INFORMATION FROM THE OUTREACH DESK

Gift Ideas for People Who Are Downsizing (or trying to)

- Subscription to a newspaper, magazine, journal or Avon COA newsletter postage for the year
- Bright and lightweight flashlights and batteries
- Postage stamps, security envelopes, small box of pretty notecards
- Cellphone minutes for a pay as you go phone
- Paper goods
- Gift cards to grocery stores, restaurants, food delivery services
- Flowers or plants
- Put together a photo book of meaningful pictures
- Motion detector lights and nightlights that come on when power goes out
- Yard cleanup
- Donation in their honor to their favorite charity
- Cleaning service
- Tuition or membership fee for local Senior College, YMCA or COA program
- Rides OR Homemade meals or treats
- Regularly scheduled calls or visits

Free Weekly Credit Reports

The three national credit reporting agencies—Equifax, Experian, and TransUnion—have permanently extended a program that lets you check your credit report at each of the agencies once a week for free. Visit www.AnnualCreditReport.com to request free copies of your credit reports. Other sites may charge you or be fraudulent sites set up to steal your personal information. Why check your credit report? Mistakes can hurt your credit, increase the interest rate you'll pay if you borrow money or even hurt your ability to get a loan, insurance, a rental home or a job. Mistakes can be due to errors or a sign of identify theft. Report identity theft at www.IdentityTheft.gov.

Wow! Check out these Senior Citizen Discounts at Restaurants and Retail Stores

Here are a few in each category, but you can find a full and complete list online at:

www.seniorcitizendiscountlist.org/massachusetts

NOTE: Discounts often change over time, please contact your local restaurant or store to verify which senior citizen discounts are available.

Discounts at Restaurants

Auntie Anne's Soft Pretzel's
Burger King
Chick-Fil-A
Chili's
Dairy Queen
Dunkin' Donuts
Friendly's
IHOP
KFC
McDonald's
Subway
Taco Bell

Senior Citizen Discounts at Retail Stores

Banana Republic
Clarks
Goodwill
Hallmark
Kohl's
Lens Crafters
Michael's
The Salvation Army Thrift Stores
TJ Maxx
Walgreens

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 1/1-12/31/2023

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. Only travels to Avon, Brockton and some areas of Stoughton. Call the COA for more information.

 <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*