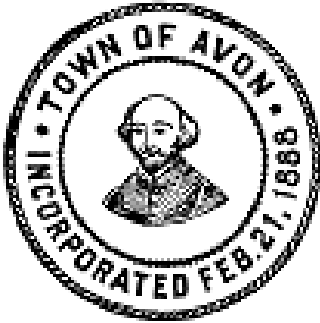


THE AVON TOWN CRIER



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 7

July 2023

A Message from the Director

Hello Summer and Happy Fourth of July!!!

June was filled with fun events at the Council on Aging. We had AMHS students come and help our seniors with their phones, iPad, computers during a "Tech Day".

Our chair yoga classes have been moved to Fellowship on Thursdays, seniors are enjoying a large bright space, and this also gives residents of Fellowship an opportunity to join the class.

A trip to Captains Jack's restaurant in Rhode Island on the 12th was a big success, plenty of food and great service followed by a trip to Mohegan Sun Casino.

The concerts have started at DeMarco Park, please join us on Wednesdays at 6:30pm. The Avon Civic Association has worked hard to put together a great group of musicians for 8 weeks. We look forward to seeing you there, lots of fun things for all age groups.

The COA had a mix it up day and seniors participated not only in their outfits but also changed seats to meet new seniors for a day. KellyAnn provided a brunch for Father's Day celebration which everyone enjoyed!!

We would like to thank the Norfolk County Sheriff Department for hosting our cook-out at Fish & Game on June 29th.

Have A Safe and Happy July,

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

June Birthdays

Byron Abrams

Paul Barker

Dennis Barkhouse

Harry Black

Marilyn Burgess

Joseph Cerrato

Frank Fasano

Willie Foxworth

Bruce Lane

Louie Minchello

Joan Pereira

Frank Staffier

Tony Vecchione

Rick Walker

Bob Young

July Birthdays

Judy Briscoe

Paul Chute

James Cowgill

Alan Dunham

Barbara Eisnor

Maureen Erickson

Claire Ficarra

Joanne Grenham

Elaine Heffernan

Amy Rice



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

My apologies to all of the June Birthdays. I made an error and put the July Birthdays in some of the June Newsletters. So Sorry!

Tricia Pepe

COA Administrative Assistant

Avon Civic Association
2023 Summer Concerts
6:30 pm @ Demarco Park

7/5 Dan & Mary Clark

7/12 Jesse Liam Band

7/19 Diva's With A Twist

7/26 4EverFab

8/2 Dale & The Duds

Free rides from the COA van

must call by 12pm on Tuesday

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

SARATOGA NEW YORK TRIP DETAILS

**PLEASE BE AT THE AVON POLICE STATION LOCATED
AT 86 FAGAN DRIVE BY 6:45AM BUS WILL LEAVE
PROMPTLY AT 7AM - MUST HAVE FILE OF LIFE
BRING AN OVERNIGHT BAG, COOLERS AND SNACKS
ALLOWED ON BUS
WE ARE DUE BACK IN AVON AT APPROXIMATELY
5:30-6:00PM ON FRIDAY**

****COMING IN AUGUST**
Charles Riverboat Cruise &
ENCORE Boston Harbor Casino**



****POSSIBLE CAPE COD CANAL CRUISE IN SEPTEMBER**
LOOKING AT APROXIMATE COST TO BE AROUND \$40 WHICH
WOULD INCLUDE BOAT RIDE AND TRANSPORTATION
PLEASE TALK TO CATHY TO LET HER KNOW IF YOU
ARE INTERESTED IN THIS TRIP**

JULY 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>COA & TOWN HALL CLOSED TO THE PUBLIC</p>	<p>4</p> 	<p>5</p> <p>9:30 Roche Bros. or Target</p> <p>11-12 Outreach to Fellowship</p> <p>1:15 BALANCE CLASS</p> <p>6:30 CONCERT</p>	<p>6</p> <p>10:30 Chair Yoga @ Fellowship Cir.</p> <p>12:00 LUNCH</p> <p>1:00 BINGO</p>	<p>7</p> <p>9:15 Walmart or Stop & Shop</p> <p>10:00 COA Board Meeting</p> <p>10:30 Tap class</p>
<p>10</p> <p>10:30 Holbrook Food Pantry*</p> <p>10:30 Line Dancing</p> <p>12:30 CARDS</p>	<p>11</p> <p>12:00 LUNCH</p> <p>1:00 BINGO</p>	<p>12</p> <p>9:00 Nail Care*</p> <p>9:15 Market Basket</p> <p>11:30 Trip to BinStar in Avon*</p> <p>1:15 BALANCE CLASS</p> <p>6:30 CONCERT</p>	<p>13</p> <p>10:30 Chair Yoga @ Fellowship Cir.</p> <p>12:00 LUNCH</p>	<p>14</p> <p>9:15 Walmart or Stop & Shop</p> <p>10:30 Tap class</p>
<p>17</p> <p>9:00 Market Basket</p> <p>10:30 Line Dancing</p> <p>11:30 Restaurant of the month*</p> <p>12:30 CARDS</p>	<p>18</p> <p>10:30 Coffee with the Director</p> <p>12:00 LUNCH</p> <p>1:00 BINGO</p>	<p>19</p> <p>1:15 BALANCE CLASS</p> <p>6:30 CONCERT</p>	<p>20</p> <p>6:45 Bus to Saratoga NY</p> <p>10:30 Chair Yoga @ Fellowship Cir.</p> <p>10:30-11:30 Blood Pressure Clinic</p> <p>12:00 Lunch</p>	<p>21</p> <p>9:15 Walmart or Stop & Shop</p> <p>10:30 Tap class</p> <p>5:30 Return bus from Saratoga</p>
<p>24</p> <p>9:15 Market Basket</p> <p>10:30 Line Dancing</p> <p>12:30 CARDS</p>	<p>25</p> <p>12:00 LUNCH</p> <p>1:00 BINGO</p>	<p>26</p> <p>9:15 BIG Y IN EASTON</p> <p>1:00 1970'S PROGRAM</p> <p>1:15 BALANCE CLASS</p> <p>6:30 CONCERT</p>	<p>27</p> <p>10:30 Chair Yoga @ Fellowship Cir.</p> <p>11-12 Hearing Clinic @ COA*</p> <p>12:00 Lunch</p>	<p>28</p> <p>9:15 Walmart or Stop & Shop</p> <p>10:30 Tap class</p>
<p>31</p> <p>9:15 Market Basket</p> <p>10:30 Line Dancing</p> <p>12:30 CARDS</p>				

7/5 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.

7/10 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 7/6 if interested. As a result of this trip Market Basket will be on Wednesday 7/12.

7/12 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 \$30. Home visits are \$45.

7/12 Take a trip to a new store called BinStar in Avon (across from C. Tree shop) 11:30-12:30

Come and enjoy their new and sustainable treasure hunt—style shopping experience!

See sign-up sheet @ COA

7/17 Restaurant of the Month– Barrett's Alehouse in W. Bridgewater

Call Cathy at 774-480-5353 to sign up or see list at the COA under TV

7/26 1970" Multi-Media Event 1PM

A cultural Review of the 1970s through Music. In this one-hour presentation, music is used as a "lens" into the major events and ponderings of the decade. Some of the issues that marked the 70s included inflation, the Vietnam War, woman's rights, racial injustice and unemployment. And who can forget the 1973 oil crisis with its long lines and rationing?

7/26 BIG Y IN EASTON– WE'RE TRYING A NEW GROCERY STORE CALL IF INTERESTED

CURRENTLY THERE IS NO CHARGE FOR VAN RIDES!

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.

JULY 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

Thursday 7/6

Sausage Cacciatore w/ziti, salad

Tuesday 7/11

Cobb Salad, Syrian bread

Thursday 7/13

Chicken Pot Pie, egg noodles

Tuesday 7/18

Fish sandwich, French fries, coleslaw

Thursday 7/20

Spaghetti & meatballs, salad, garlic bread

Tuesday 7/25

Monte Cristo, vegetable soup

Thursday 7/27 Birthday Lunch

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

INFORMATION FROM THE OUTREACH DESK

Changes to Real Estate Tax Exemptions – See if You Qualify Now

The May 2, 2023 Annual Town Meeting made changes to Avon's Real Estate Tax Exemption categories. The age to qualify for Elderly exemptions was lowered from 70 to **65**. Income and whole estate limits and exemption amounts were increased. Qualified homeowners over age 65 may be eligible for a real estate tax exemption of **\$1,000** (previously \$750). The income limits for Elderly (Clause 41C) have been raised to \$25,000 for single filers and \$40,000 for married filers, minus a Social Security allowance that is adjusted yearly. The whole estate limit is \$40,000 if single and \$55,000 if married. The exemption amount for legally blind persons is now **\$600**. The exemption amount for disabled veterans (Clause 22) is now **\$500**. (Additional clauses exist for veterans with certain disabilities due to injuries in the line of duty and their surviving spouses.) The exemption amount for Elderly & Surviving Spouse (Clause 17D) is \$200. Clauses referring to tax exemptions and deferrals are found in Mass. General Laws Chapter 59, Section 5. For more information, contact the Assessors Office at 508-588-0414 ext. 1023.

Real Estate Tax Deferrals

Under Clause 41A, seniors may also be able to delay payment of their property taxes. A property tax deferral does not eliminate the tax obligation like an exemption does. Instead, it defers payment until the property ownership transfers. Taxpayers who receive an exemption may defer all or part of the balance of their reduced taxes. The Town can place a lien on the property to collect the unpaid taxes with interest. If qualified for a tax deferral, the homeowner must enter into a written agreement with the local assessors. Mortgagees, joint owners and remaindermen (from Trusts) must give written approval. Interest on deferred taxes accrues at 8%, or a lower rate if the town has adopted one. Homeowners' gross income cannot exceed \$20,000 unless the Town has adopted a higher income limit. The law allows an income limit up to the "circuit breaker" state income tax credit for single filers.

8 Things to Have Your Doctor Check After a Fall


1. An underlying new illness (e.g., UTI, dehydration, anemia, pneumonia, Atrial fibrillation, mini-stroke)
2. Blood Pressure and pulse when sitting and when standing. Some medications can cause drops in blood pressure when standing.
3. Blood tests (e.g., sodium too high or too low, blood sugar, any abnormalities)
4. Medications review. Many medications that increase fall risk can often be reduced, or even eliminated. Ask about sleeping medications, blood pressure and diabetes medications, "anticholinergic" medications, opiates for pain, and antidepressants.
5. Assess gait and balance. Address any pain or discomfort, consider physical therapy.
6. Vitamin D. Studies suggest treating low vitamin D levels may help reduce falls.
7. Underlying heart or neurological conditions.
8. Vision, feet & ankles, and home safety.

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.



Old Colony Elder Services
 Providing services to the community since 1974

144 Main St., Brockton, MA 508-584-1561



CAREONE
 TRUST IN OUR CARE —

Randolph Site - 781-961-1160

*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*