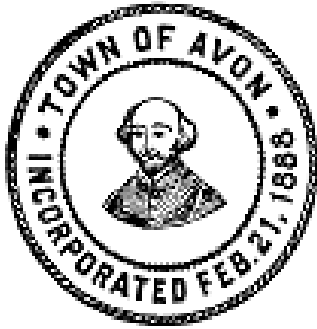


THE AVON TOWN CRIER



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 3

March 2024

A Message from the Director

The Council on Aging has been busy with our monthly activities.

The seniors enjoyed Hip Hop classes on the first and fifteenth. Pam and Paula entertained us with Guitar music and singing, they were fabulous! We look forward to having them back at the COA.

On the 15th we celebrated Valentines Day and Mardi Gras due to the snowstorm cancelling activities on Tuesday the 13th. We would like to thank the Avon Nursery School for their hard work preparing, coloring, and decorating Valentines cards for our seniors!!! They loved them! We had a delicious Jambalaya lunch prepared and served by our fabulous kitchen staff.

The Randolph Public Health Nurses came and gave a great presentation on Heart Health on Thursday the 15th following lunch.

We had our third game night on Thursday the 15th, lots of fun and a great crowd!! Comedian David Shikes will entertain us on Thursday the 22nd following lunch, please join us!

The Council on Aging will host our second Memory Café on Wednesday February 28th at 11:30am. People with memory changes, family members and caregivers are welcome.

Stay Safe,
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

March Birthdays

Josephine Balboni

Rae Berry

Paula Bozoian

Patricia Cerrato

Frank Cream

Mildred Davis



Marie Dunham

Gary Erickson

Julia Fasano

Joanne Kuzborski

Maureen Lynch

Lorraine Robison

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

On 5/15 the shredder will be at the Stoughton COA (110 Rockland St.) 10-1PM.

Holbrook COA (9 Jewel Rd.) will be hosting a "GET BETTER SLEEP" program on 3/13 @ 10:30AM- ALL ARE WELCOME.

On 3/28 will be a "MAKE YOUR OWN TEA BLEND" program @ 1PM CALL TO RESERVE A SPOT 781-767-4617.

BOSTON RED SOX GAME

6/6/24 Red Sox vs. Atlanta Braves
1:30 game \$60 FOR AVON SENIORS,
\$75 for all others

(includes ticket & bus)
Limited number of tick-
ets call Cathy @
774-480-5353 or come
by the COA to sign up.



DID YOU KNOW?

Avon was once the home of a baseball park where regional playoff games were played. Before there was major league baseball, there were regional baseball teams that played their games at Highland Park in Avon.

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


NEXT APPOINTMENT ON 3/28/24

UPCOMING PROGRAMS AT THE AVON COA

Bingo every Tuesday, 1:00 – 2:00	\$5 per card (5 games played using 1 card)
February 22, 1:00	David Shikes – Amusing storyteller and comedian
February 28, 11:30 – 1:30	Memory Café featuring Drum Circle
February 29, 1:00	Eddie the Police Dog visits
March 5	Tuesday Lunch at Blanchard's Tavern
March 6-April 10, Wed@1:15	Balance Class – This six-week program is designed to combat osteoporosis and sarcopenia (muscle loss). We will increase our strength in functional movements we do every day. The program is facilitated by Steve Avellino. \$42.
March 6, 11:30	Restaurant of the Month – Tinker's Son, Norwell, leave COA at 11:30.
March 27, 11:30 – 1:30	Memory Café featuring Dave from Therapy Gardens.
April 3, 9:00 – 1:00	Day of Beauty @ BHRHS – enjoy a facial, manicure, hair treatment, and lunch, leave COA at 8:30am, \$40, limited availability.
May 2, 11:00	Derby Day! Sip Mock Mint Juleps, bet on the horses, and enjoy lunch.
May 8, 1:00 – 2:30	Mother's Day Tea, wear a fancy hat (optional) and enjoy sipping tea while eating fancy cakes and having lively conversations with your tablemates.
May 22, 9:00 am	Boston Duck Boat Tours and lunch, \$TBA
June 5, 10:30 am	Red Sox Game Day, transportation, and ticket to the game at Fenway vs Atlanta Braves, \$60 Avon senior, \$75 all others, limited availability
June 20, 11:00	Lunch at Avon Fish and Game, Get the summer started with a cookout of hamburgers and hot dogs sponsored by the sheriff's dept, SINGO entertainment.
July 25/26	Overnight trip to Saratoga Racetrack, dinner, and fireworks on Lake George, limited availability.

MARCH 2024

***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
4 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	5 7am-8pm VOTING* 11:30 LUNCH @ Blanchard Tavern*	6 11:30 Restaurant* 1:15 Balance Class	7 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1:00 Medicaid Program (see page 7 for more information)	8 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:30 Tap class
11 10:00 Holbrook Food Pantry* 10:30 Line Dancing 12:30 CARDS	12 10:30 Coffee w/ Director 12:00 LUNCH 1:00 BINGO	13 9:15 Market Basket 12-1 Outreach to Fellowship 1:15 Balance Class	14 10:30 Chair Yoga @ Fellowship Cir. 12:00 St. Pat's LUNCH*(reservation needed) 	15 9:15 Walmart or Stop & Shop 10:30 Tap class
18 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	19 12:00 LUNCH 1:00 BINGO	20 9:30 Kohls/Target 9:30 Coffee with the Veteran's Agent 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 LUNCH	22 9:15 Walmart or Stop & Shop 10:30 Tap class
25 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	26 12:00 BIRTHDAY LUNCH 1:00 BINGO	27 9:30 Kohls/Target 11:30 Memory Café 1:15 Balance Class	28 10:30 Chair Yoga @ Fellowship Cir. 11:00 Free Hearing Clinic* see pg. 2 12:00 LUNCH* (see page 6 for details) 12:45 CRAFTS*	29 9:15 Walmart or Stop & Shop 10:30 Tap class

3/5 Presidential Primary Voting -If you need the van to go to the polls you must call the COA by 12pm on Monday 3/4.

3/6 Restaurant of the Month— Tinker's Son, Norwell- 11:30 leave COA sign up is required come by the COA or call Cathy @774-480-5353.

3/6 New Balance class starts \$42 for a 6 week program Steve Avellino, facilitator

This 6 week program is designed to combat osteoporosis and sarcopenia (muscle loss). We will increase our strength in functional movements we do everyday.

3/11 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 3/7 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 3/13

NO Nail Care with Maureen Connolly RN—SHE WILL BE ON VACATION

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

3/20 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.

3/20 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.

3/27 Memory Café – Wednesday 11:30AM – 1:30PM

Celebrate Spring! Dave from Therapy Gardens will lead an Herb Garden Starter. We will learn about the properties of popular flowers and herbs and then we will plant our own. Also enjoy a Spring-themed lunch. Reservations are appreciated. For more information, contact Louise at 774-480-5352.

3/28 Crafts @ 12:45pm Come join us for a fun craft every month!

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

To come in April:

4/3 Day of Beauty @ Blue Hills Regional High School. Enjoy a facial, manicure, hair treatment, and lunch, leave COA at 8:30am, \$40 call Cathy to reserve a spot.

MARCH 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 3/5 Lunch at Blanchard's Tavern (RESERVATIONS NEEDED)

Turkey cheddar wraps, chips, pickle

Thursday 3/7

Raviolis, salad and garlic bread

Tuesday 3/12

Ham & cheese croissants, potato salad, cucumbers

Thursday 3/14 St. Patricks' Day Lunch (RESERVATIONS NEEDED \$10)

CATERED CORNBEEF AND CABBAGE MEAL

Tuesday 3/19

Grilled cheese sandwich, tomato soup, chips, pickle

Thursday 3/21

Chicken pot pie, mashed potatoes

Tuesday 3/26 BIRTHDAY LUNCH

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

Thursday 3/28 Ann Hughes Luncheon (RESERVATIONS NEEDED)

TO BE ANNOUNCED

INFORMATION FROM THE OUTREACH DESK

Medicare Savings Programs – NEW Income and Asset Limits for 2024

As of March 1, 2024, there will no longer be an asset limit for Medicare Savings Programs in Massachusetts. A Medicare Savings Program (MSP) can help pay your monthly Medicare Part B premium. It can also help pay deductibles, copays and coinsurances in certain cases. If you qualify for a MSP, you automatically qualify for the Extra Help program, which helps with prescription drug costs. The income limits change each year on March 1. In early 2024, the single and married income limits were \$2,734 and \$3,698 gross monthly income. Check with Louise at 774-480-5352 or go to: <https://www.mass.gov/info-details/help-paying-medicare-costs> to learn the updated income limits.

Community Medicaid and You– Thursday, March 7 at 1:00 PM

The healthcare services we need to remain independent are expensive and complex to coordinate. Learn how Community Medicaid may be the answer to aging in place. This program will provide information about the benefits and eligibility for Community Medicaid. This program is presented by Harbor Health Elder Service Plan and United Senior Advisors, Inc.

Memory Café – Wednesday, March 27, 11:30AM – 1:30PM

Celebrate Spring! Dave from Therapy Gardens will lead an Herb Garden Starter workshop. We will learn about the properties of popular flowers and herbs and then we will plant our own. Also enjoy a Spring-themed lunch. Reservations are appreciated. For more information, contact Louise at 774-480-5352.

Caring for the Caregiver Webinar – Thursday, March 28 at 12:00 PM

The Massachusetts Executive Office of Elder Affairs offers a webinar series to provide family caregivers in Massachusetts with simple tips, practical solutions, and information on community resources to support loved ones and care for themselves. The topic of the next webinar on March 28th is “Programs that May Assist Families with Medicare Costs”. Go to <https://www.mass.gov/family-caregiver-support-program> or contact the COA for more information.

Family Caregiver Support Program

The Family Caregiver Support Program at OCES offers individuals and caregivers a range of services to help people stay in their own home and community. The FCSP helps caregivers to make informed decisions, solve problems, reduce stress and maintain their own health. Staff provide one on one support for counseling, coaching, and case management. They can provide resources (e.g., medication dispensers, music & memory programs, animatronic pets) as well as memory cafes, support groups, respite care, and caregiver training. Adult family members aged 18 and older providing care to people age 60 or over or caring for someone of any age with Alzheimer’s disease qualify for FCSP services. Grandparents or older relatives who provide care to children under the age of 18 or people over age 60 who provide care to adults with disabilities also qualify for the program. Contact OCES at 508-584-1561 and ask for the Family Caregiver Support Program.

Grief Support Groups


Old Colony Hospice & Palliative Care facilitates free Grief Support groups to the community at various locations in the region. There are specific groups for ages 60 and older and groups for Spouse/Partner loss. Some groups require advance registration while others allow you to just drop in. Grief groups offer social support and a safe place to progress through the grief process. If you are struggling or feeling lonely after the loss of a loved one, take advantage of this free community resource. For a list of groups, call 781-341-4145 or visit the Facebook page for Old Colony Hospice.

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.



Old Colony Elder Services
 Providing services to the community since 1974

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



CARE ONE
 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*