

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 10

October 2023

A Message from the Director Editor

Jayne is on vacation so you get a message from the newsletter editor! Below are pictures from our latest trips one to Castle Island and the other was a Charles River-boat/Encore trip. Cathy does a great job organizing these fun events and if you have any ideas please give her a call so she can look into it.

Important events happening this month: See inside for more information

10/5 Game night from 4-5:30pm

10/7 Oktoberfest @ Demarco Park (see flyer inside)

10/11 Shredding Event from 10-1

10/17 **FLU SHOT CLINIC 12-5PM** @ TOWN HALL-NO APPOINTMENT NEEDED

BRING INSURANCE CARD, HIGH DOSE AVAILABLE, ANYONE CAN COME

10/19 Lunch at Blanchard Tavern and Dementia Live from 4-6pm

10/26 SHINE Medicare presentation from 1-2pm



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

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

October Birthdays

Sheila Anderson

Susan Favreau

Lee Green



Nadine Obin

Gerald Picardi

Gladys Rysman

Elsy Vasquez

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.

TOWN HALL NEWS!

We are very excited to announce our new Fall program, Passport to Avon! Passports will be available at the library.

Passport to Avon
September 23rd - October 28th

ALL AGES WELCOME!
TO PARTICIAPTE, PICK UP YOUR PASSPORT BOOK AT THE LIBRARY.

- Visit the noted locations around town to explore and learn about Avon.
- Each location will have a stamp or sticker to add to your passport. *While Supplies Last!*
- When you have collected all the stamps, please return passport to the library to be entered for multiple prizes!
- One passport per family.

#PassportToAvon

FOR QUESTIONS, PLEASE CONTACT THE TOWN CLERK'S OFFICE (508) 588-0414

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

Improving Communication with People Living with Dementia

People with Alzheimer's disease or other types of dementia often come to live in an altered reality. They may struggle to maintain their senses of time and place. To a person with dementia, their perceptions are very real to them. As the disease progresses, they can become agitated or upset if their concept of reality is challenged over and over again.

Different forms of validation are accepted as a practical way of interacting with people who have dementia. "Validation" is recognizing that a person's feelings or opinions are valid or worthwhile. Validating a loved one's perceptions and emotions helps reduce stress and improve communication. It increases a sense of happiness for people living with dementia because they aren't continually being told that they are wrong and confused by truths that they cannot fully understand or remember.

The idea of validation stems from an empathetic attitude toward our loved ones. We learn to effectively validate their thoughts and experiences by making ourselves see the world through their eyes. Validating your loved one rather than correcting them is life-enhancing for both of you. It is an expression of kindness and respect that helps them feel heard and prevents you from starting unnecessary arguments you will never win.



When you validate your loved one, you enter into their world. You do not have to pretend that it's real or correct. You explore the needs and feelings of the other person, accepting those as important and real. Here is an example of validation, rather than correction: "Oh, Mom, I'm sorry you're so scared that someone is out to harm you. That must be a terrible feeling. What would make you feel more safe right now?" Validation is about letting the person with dementia be heard, acknowledging their feelings, and offering comfort, support, and safety. It's not about correcting or arguing. If you are caring for a person with dementia, practicing validation could reduce stress and frustration for you and for them.

For more information about the validation method, go to www.vfvalidation.org. For more tips on successful communication with someone with dementia, go to www.alz.org/help-support/caregiving/daily-care/communications. You can also find a Dementia Friends Information Session to attend at www.dementiafriendsma.org.



OCTOBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	3 10:30 Coffee with the Director 12:00 LUNCH 1:00 BINGO	4 9:30 Kohls or Target 1:15 BALANCE CLASS	5 10:30 Chair Yoga @ Fellowship Cir. 12:00 Lunch 1:00 Pumpkin Decorating * 4-5:30 Game Night 4-6pm Veteran's agent @ Town Hall	6 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:30 Tap class <hr style="width: 10%; margin: 5px auto;"/> 7 OCTOBERFEST @ Demarco Park
9 Indigenous Peoples Day COA and Town Hall Closed	10 12:00 LUNCH 1:00 BINGO 	11 9:00 Nail Care* 9:15 Market Basket 10-1 Shredding Event 1:15 BALANCE CLASS	12 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH 1:00 Crafts*	13 9:15 Walmart or Stop & Shop 10:30 Tap class
16 10:00 Holbrook Food Pantry* 10:30 Line Dancing 12:30 CARDS	17 10:00 Coffee with the Veteran's Agent 12:00 LUNCH 12-5 Flu Shot Clinic @ Town Hall 1:00 BINGO	18 9:15 Market Basket 11:30 Avon BC Ecumenical Lunch 12-1 Outreach @ Fellowship 1:15 BALANCE CLASS	19 10:30 Chair Yoga @ Fellowship Cir. 10:30-11:30 Blood Pressure Clinic 12:00 Lunch @ Blanchard Tavern* 4-6pm Dementia Live Experience*	20 9:15 Walmart or Stop & Shop 10:30 Tap class
23 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	24 12:00 LUNCH 1:00 BINGO	25 11:00 Restaurant of the month 1:15 BALANCE CLASS	26 10:30 Chair Yoga @ Fellowship Cir. 11-12 Hearing* 12:00 Lunch 1:00 SHINE Medicare Presentation	27 9:15 Walmart or Stop & Shop 10:30 Tap class
30 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS	31 12:00 Halloween Birthday Lunch 1:00 BINGO			

10/11 Shredding Event from 10-1

Office of the District Attorney, Mike Morrissey is sponsoring a shredding event at the Avon Council on Aging on Wednesday October 11th in the back parking lot of Avon Town Hall. We will be sharing this event with Holbrook residents.

10/11 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**.

10/16 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 10/12 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 10/18.

10/17 Monthly Coffee with the Veterans Service Officer at the COA @ 10AM

Come and meet Avon's new VSO at the Council on Aging. Veterans of all ages and their family members are welcome to attend. Monthly coffee hours for veterans will continue to take place on the third Tuesday of the month at 10AM.

10/18 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.

10/19 Dementia Live Experience – 4-6PM. You MUST sign up in advance.

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. The entire experience takes 30-40 minutes (see page 7).

10/25 Restaurant of the Month-Must sign up in advance call Cathy at 774-480-5353.

10/26 Free Hearing Clinic @ the COA 11-12pm @ COA

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.

SHINE Medicare presentation - Thursday, October 26 at 1PM

If you would like to get a better understanding of Medicare, come to the presentation by Kathy Chianca, Regional SHINE Director at HESSCO Elder Services (see page 7).

OCTOBER 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 10/3

Turkey club, chips, pickles

Thursday 10/5

Shepherds Pie w/ biscuit

Tuesday 10/10

BLT wrap w/sweet potato fries

Thursday 10/12—Sponsored by ACAM

Spaghetti & meatballs

Tuesday 10/17

Baked potato bar w/ chili

Thursday 10/19 @ Blanchard Tavern (Space limited sign-up required)

Harvest chicken salad, chips, pickles

Tuesday 10/24

Italian subs w/ chips, pickles

Thursday 10/26 Oktoberfest

Wiener schnitzel

Tuesday 10/31 HALLOWEEN BIRTHDAY LUNCH

COME IN COSTUME BE ENTERED INTO A RAFFLE

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

INFORMATION FROM THE OUTREACH DESK

Dementia Live Experience – October 19 4-6PM. You MUST sign up in advance.

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.

AARP Tax Aide Volunteers Needed

AARP Foundation Tax-Aide is seeking volunteers to be tax preparers, as well as other roles to help with appointments. All levels of experience are welcome. Volunteer tax preparers complete tax preparation training and receive IRS certification. Assistance to taxpayers is from early February through mid-April during the weekday. Training begins this fall. Call 888-227-7669 or visit <https://www.aarp.org/volunteer/programs/tax-aide/> to register or to get more information.

Open Enrollment for Medicare October 15-December 7

It happens every year at this time, but most people don't fully understand what it is. If you are on Medicare, and you have a private Medicare supplement or Medicare Advantage plan, Open Enrollment applies to you. Even if you have a \$0 premium Medicare Advantage plan, plans can change as far as what medications they cover, the copays, preferred pharmacies, and the network of providers. Open Enrollment is the time to review your current insurance and see if it will continue to be the most cost effective plan for you in the new year. SHINE counselors offer free, unbiased information to help you find the right coverage for you. They can also look for ways to save money on your prescription drugs. Contact Avon COA or call 800-243-4636 to find a counselor near you.

SHINE Medicare presentation - Thursday, October 26 at 1PM

If you would like to get a better understanding of Medicare, come to the presentation by Kathy Chianca, Regional SHINE Director at HESSCO Elder Services. Kathy does a great job explaining how SHINE can help, Medicare coverage choices, why Open Enrollment is important, how to compare options, programs that help with Medicare and prescription drug costs, and where to go for help.

Tune into Avon cable Channel 9 everyday at @1pm for COA programs. You can also view Avon cable programs on avontv.org

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 1/1-9/30/2023

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
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