

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 9

September 2023

A Message from the Director

August has been a fun-filled month at the Council on Aging. The Seniors enjoyed 8 wonderful concerts at DeMarco Park, the COA van was available to shuttle Seniors who wanted to attend. The last concert was August 2nd, we will miss this outdoor entertainment, great job to the Civic Association.

The Council on Aging and the Town celebrated Purple Heart Day, a tribute to our veterans. It was observed with a ceremony and flag raising, refreshments followed at the COA.

Our next adventure took us on a 90-minute narrated boat cruise on the Charles River then through the locks into Boston Harbor dropping Seniors off at Encore Casino. What a great day!

Our Bingo group has increased every week, lots of laughs and winners. It is every Tuesday from 1-2pm.

Hearing, foot care and blood pressure clinics continue, see the calendar page for dates and please call if you need an appointment.

The Council on Aging has **free** 911 phones available. These phones can be used during an emergency to call 911, chargers are provided with the phone.. Please contact the COA if you can use one.

We have lots of activities scheduled for the month of September, please see pages 4&5 in our newsletter.

I can't believe summer is winding down, I hope everyone enjoyed their vacation and time with family.

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

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

September Birthdays

Barbara Basinger

Judith Epick

Mary Folan

Ann Hughes

Barbara Joudrey

Barbara Littlefield



Kathleen McDonald

Christine Parkinson

Donna Panzini

Michael Ryman

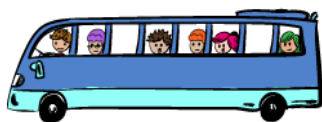
Barbara Richardson

John Richardson

Priscilla 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



THINK ABOUT COMING TO ONE OF OUR EXCERISE CLASSES! SEE PAGE 4 FOR OUR CALENDAR

Volunteers Needed

We are looking for volunteers to help coordinate a game night on Thursdays and a volunteer to organize a walking club. Please call Cathy at 774-480-5353 for details.

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



Michael Schmit Lic # 224
Board Certified
Hearing Instrument Specialist

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




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

INFORMATION FROM THE OUTREACH DESK

Buried in Treasures Free Workshop Starting September 5, 10AM-12PM

Join others who want to regain control of their collections and clutter in a private, judgment-free setting. Learn to resist the temptation to collect and keep “too much stuff”. Figure out what to keep and how to organize it so you can use and enjoy it. This workshop is a facilitated support group that is highly structured and time-limited. It meets weekly for 16 classes, starting on Tuesday, September 5, 2023 from 10AM-12PM. Space is limited. Contact Deana Andrade at 508-584-1561 ext. 232 or at dandrade@ocesma.org to see if this workshop is for you.



BURIED IN TREASURES FREE WORKSHOP

WHAT IS BURIED IN TREASURES?
JUDGEMENT FREE
EDUCATIONAL
SELF-HELP GROUP FOR PEOPLE WITH
HOARDING TENDENCIES

TESTIMONIALS:
"THE WORKSHOP WAS FANTASTIC"
"GREAT PEER SUPPORT"
"INSPIRING"
"INSIGHTFUL"

EVENT INFORMATION:
Facilitated by: Deana Andrade, LICSW & Alexa Moniz, LCSW
Date: Tuesday, September 5, 2023
Duration: 16 classes, once a week
Time: 10:00 am - 12:00 pm
Location: Brockton Council on Aging
Cost: Free

Space is limited. If you think this workshop is for you, please call the OCES or scan the QR code to request a screening for workshop readiness. If you have any further questions contact Deana Andrade at dandrade@ocesma.org or call 508-584-1561 ext. 232.



www.ocesma.org

Grandparents Raising Grandchildren – You Are Not Alone

The Commission on the Status of Grandparents Raising Grandchildren was established in 2008 to be a resource on issues affecting grandparents raising grandchildren and other relative caregivers. The Commission hosts community workshops, trainings, an annual conference and maintains a website full of resources for caregivers. To receive newsletters from the Commission, or for more information, contact the Commission at www.massgrg.com or call 617-748-2454. Find legal and financial resources as well as support services at this website. Kinship Navigator is an additional resource for all kinship caregivers (grandparents and other relatives). Visit www.mass.gov/kinship-navigator or call 844-924-4546.

Avoid Falls this Fall

National Falls Prevention Awareness Day is September 22, 2023. (The Fall equinox begins September 23). Insufficient strength or balance is usually one of the problems that contributes to falls. Research has shown that exercise is the most effective intervention for fall prevention in older adults. Regular exercise can address several risk factors for falling. The COA offers balance classes, dancing and chair yoga that help with balance and strength. It's never too late to start an exercise program. Talk with your healthcare provider if you have an existing health condition or you are just starting an exercise program. Your provider can help make sure the exercise program that you choose is designed with your health and wellness in mind.

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

SEPTEMBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:30 Tap class
4 	5 10:30 Coffee with the Director 12:00 LUNCH 1:00 BINGO	6 10:30 Trip to Castle Island*	7 10:30 Chair Yoga @ Fellowship Cir. 12:00 LUNCH @ Fish & Game*	8 9:15 Walmart or Stop & Shop 10:30 Tap class
11 10:00 Holbrook Food Pantry* 10:30 Line Dancing 12:30 CARDS	12 12:00 LUNCH 1:00 BINGO	13 9:00 Nail Care* 9:15 Market Basket	14 10:30 Chair Yoga @ Fellowship Cir. 12:00 Lunch 1:00 Craft Class*	15 9:15 Walmart or Stop & Shop 10:30 Tap class
18 9:15 Market Basket 10:30 Line Dancing 12:30 CARDS 	19 10:00 Veterans Coffee Hour 12:00 LUNCH 1:00 BINGO 	20 9:30 Roche Bros. or Target 10-11 Chair Hip Hop* 11:30 Avon BC Ecumenical Lunch 1:15 BALANCE CLASS #6 begins	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 LUNCH 1:00 BINGO	27 9:30 Roche Bros. or Target 1:15 BALANCE CLASS	28 10:30 Chair Yoga @ Fellowship Cir. 12:00 Lunch 5:30 Alive Inside Movie*	29 9:15 Walmart or Stop & Shop 10:30 Tap class

9/6 Trip to Castle Island (Avon Residents on van only) others can meet at Castle Island Sign up required-Limited space call Cathy @ 774-480-5353.

9/11 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 9/7 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 9/13.

9/13 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**.

9/19 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.

9/20 – Reverse the Aging 1:15-2:15pm- Six-week program designed as a follow up for Brain Health 1. It will incorporate similar movement patterns from the first program, but we will use music and tempo changes to stimulate new neural programs. We will continue to work on "reaction times" in the upper and lower body. This will not only fire neurons in the brain, it will improve our "stumble reflex time" and improve eye/foot coordination..

9/20 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.

9/20 10am-11am - Hip Hop Chair Dancing (sign up required-space limited)
Travel through time on the "Soul Train" and chair dance to hip-hop and R&B songs.

9/28 Alive Inside Movie (78 minutes) – at 5:30 PM CALL LOUISE @ 774-480-5352 to sign up
Join us for a screening of Alive Inside, winner of the Audience Award at the 2014 Sundance Film Festival. It is a wonderful film that became a movement. See how the impact of sharing the music that's been meaningful in the lives of people brings joy, comfort, and connection—even when living with dementia or a cognitive impairment. (Lite refreshments provided)

NO Outreach Coordinator to Fellowship Circle In September

Grief Support Group will **NOT** be held at the Avon COA this fall. Old Colony Hospice will be holding them in Abington, Canton, Plymouth, Mansfield, E. Bridgewater, W. Bridgewater and Brockton (only for Brockton residents).
Call 781-341-4145 for more information.

SEPTEMBER 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 9/5

Everything Cod, rice pilaf, veggie, dessert

Thursday 9/7 Cookout @ Fish & Game (Space limited sign-up required)

Hamburgers, Hotdogs, chips, dessert

Tuesday 9/12

Turkey club, chips, pickles, dessert

Thursday 9/14

American Chop Suey w/garlic bread, dessert

Tuesday 9/19

Ham & Cheese croissant, chips, pickles, dessert

Thursday 9/21

Chicken cutlets, mashed potato, supreme sauce, veggie, dessert

Tuesday 9/26 Dia de fiesta Mexicana

Chicken fajitas, Spanish rice, dessert

Thursday 9/28 Birthday Lunch

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

INFORMATION FROM THE OUTREACH DESK

There is a New Veterans Service Officer (VSO) in Avon

Vincent Fountaine is Avon's new VSO after the retirement of Dale Kurtz. VSOs serve eligible veterans and their dependents and surviving spouses, including referrals to programs and services and assistance with applications for state and federal benefits, including Chapter 115 financial benefits and the annuity program. Vinnie's office is in Braintree but he will be visiting Avon by appointment. Call him at 781-794-8217 or email vfountaine@braintreema.gov.

Monthly Coffee with the Veterans Service Officer at the COA - Tuesday 9/19 at 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.

The Most Affordable Lifelong Learning Program in Massachusetts

Bridgewater State University's Senior College offers courses for mature learners (age 50+) ranging from American History topics to learning to play the Ukulele. There are no tests, no assignments, and no grades! Enjoy learning for the fun of it. Senior College is open to everyone. There are no educational requirements. For a single registration fee of \$85, you may enroll in as many courses as you like during the semester. In-person courses are held in Bridgewater, Plymouth, and Easton. Many courses are also virtual and can be accessed from your own home via Zoom. People age 90 or over register for free! See the Fall 2023 classes at www.bridgew.edu/ccs/seniorcollege. For more information, call 508-531-1052 or email BSUseniorcollege@bridgew.edu.

Are You Prepared for an Emergency?

Be informed. How will you receive emergency alerts and warnings? Whether it's severe weather, natural hazards, a public health emergency or a power outage, you will want to be informed and prepared. Sign up for Avon's Code Red with the Fire Department, get a NOAA weather radio, or see this website for more information:

<https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts>.

Plan ahead. Write down important phone numbers (family, friends, doctors) in case you cannot access them from your cellphone. Have an emergency kit that includes batteries, flashlights, first aid kit, whistle, dust mask, towelettes, plastic bags, can opener, cellphone with charger, cash, waterproof matches, paper and pencil, eyeglasses, utensils, a warm blanket or sleeping bag, food and water. Secure vital documents, including copies of insurance cards, personal records and financial documents.


Create a support network. Who can help you during an emergency? Does someone have an extra key to your home and know where you keep medication or other important items? If not, ask the Fire Department about a lockbox. Learn more about safety tips for specific threats and hazards from the Massachusetts Emergency Management Agency at www.mass.gov/mema or at 508-820-2001.

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.



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

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 Members - Joanne Grenham., Ed Selman, Deborah Greene*