

East Bridgewater Council on Aging

March 2008

Volume 32 Number 6

East Bridgewater Council on Aging

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East Bridgewater,
Mass. 02333

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*(Please try to call before
1 pm for appointments)*
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Hours:
Mondays
8 am—6 pm
Tuesdays-Thursdays
8 am—4 pm
Fridays
8 am—12 pm

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Demystifying the analog-to-digital conversion

The MA Department of Telecommunications and Cable has issued a notice regarding the upcoming conversion from analog to digital television. Elder consumers are a large audience that may be affected by this change.

At midnight on February 17, 2009, full power broadcast stations will be required to stop broadcasting in analog format. Digital TV will replace the analog system. There are several ways to prepare for this:

- Buy a new TV that has a built-in ATSC tuner.
- Buy a Digital-to-Analog Converter Box.
- Subscribe to a Cable TV or Satellite TV service.

Since VCRs and DVD players also have built-in analog NTSC tuners, they are also subject to the effects of the analog cut-off date.

To help curb the cost impact for analog TV owners, the National Telecommunications and Information Administration (NTIA) and the U.S. De-



partment of Commerce developed a converter box program to allow analog TV owners to request coupons towards the purchase of a digital-to-analog converter box.

The coupons will be available from January 1, 2008 to March 31, 2009. All households that own a TV using over-the-air analog reception are eligible. Coupons, which will look like plastic gift cards, will be

redeemable through local electronic stores. Households may request two \$40 coupons toward the purchase of digital-to-analog converter boxes beginning by calling 888-DTV-2009, (1-888-388-2009) or on-line at www.DTV2009.gov, which also provides answers to frequently asked questions. Coupons will be forwarded via U.S. mail. ♦

Source: Commonwealth of Mass.

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East Bridgewater Council on Aging Mission Statement:

The East Bridgewater Council on Aging serves older persons, disabled persons of all ages and their caregivers, and others in need of services and referrals. Programs that enhance dignity, support independence and encourage general wellness are developed, coordinated and promoted to meet the needs of these individuals.

Caritas Good Samaritan Medical Center Community Health Education Programs

Caritas Good Samaritan Medical Center is sponsoring the two following free community programs in March: *Tuesday, March 11: "Weight Loss in the Community,"* which includes discussion on the problem of obesity, the multidisciplinary approach to weight loss (nutritionists, psychologists, sleep lab) and treatment options including lapband surgery; *Tuesday, March 18: "Know Your Nutrition: A Guide to Better Diabetes Control,"* which includes discussion on diabetes: what it is, complications of diabetes, target blood glucose levels, nutrition, exercise and weight loss. Programs run from 6:30—8:30 pm and will be held at the Moakley Conference Room, 235 N. Pearl Street in Brockton. Pre-register by calling 508-427-3547.

Dementia seminar March 26

The Alzheimer's Partnership of the South Shore and the Massachusetts Alzheimer's Association are presenting a one-day seminar titled "Making Sense of Our Senses: The Perceptual World of Dementia" on Wednesday, March 26 at North River Community Church in Pembroke. The cost is \$50 for professionals, but caregivers can attend at no charge. Registration forms are available at the EBCOA office. Call David Banks at 781-871-0555 for further information.

"Road Wise Review" program March 13

The Neponset Valley Alzheimer's Partnership will host it's monthly meeting on March 13 from 10—11 am at Emmanuel House Residence in Brockton. At the meeting, attendees will have the opportunity to test their driving skills with a computer program that focuses on eight different areas of driving health including eye sight and cognition. The meeting will also include a general overview of the effects of age on driving. Call Sue Sheehan at Emmanuel House at 508-521-1626 to reserve your place.

"Helping Seniors Stay in Their Homes"

A free educational seminar presented by *Your Home for Life*
WEDNESDAY, APRIL 9 @ 10 am @ THE COMMERCIAL CLUB
Refreshments served. Call the EBCOA to reserve your place.

This seminar is designed to educate and provide information to seniors to help them learn about options available to remain in their homes for as long as they choose.

Disclaimer: References to any person, product, service or information does not constitute an endorsement or recommendation by the EBCOA or any of its employees. Although the EBCOA offers presentations by governmental and non-governmental agencies as a service to its clients and provides information upon request, the EBCOA does not endorse ANY specific products or services provided by public or private organizations.



Tax Assistance

for low- to moderate-income senior citizens ~By appointment only~

The EBCOA is once again offering free tax preparation for low- to moderate-income seniors by appointment on the following dates:

Thursdays: March 6, 13, 20 & 27; April 3 & 10

Seniors who use this service are requested to bring the following documents with them:

**2007 Federal and State tax returns
W2s, 1099s, Social Security forms (SSA-1099)
*Form MA 1099-HC
and any other pertinent tax info for 2007**

***NEW THIS TAX SEASON: Schedule HC: Health Care Information**

If you have health insurance coverage (other than Medicare), your provider should have sent you a Form MA 1099-HC no later than January 31. Please bring this form with you also. Those who cannot show that they have health insurance by Dec. 31, 2007 (in accordance with the new health care reform law) may lose their personal exemption. Ask the tax preparer for further information.

Certain taxpayers aged 65 or over may qualify for the Senior Circuit Breaker Tax Credit depending on their income and the amount of real estate taxes or rent and water/sewer bills they paid in 2007. Information on eligibility requirements is available from the Massachusetts Department of Revenue at 1-800-392-6089. If you believe you meet the eligibility requirements, you must bring the following to your appointment:

Real estate tax bills and Water/Sewer bills paid in 2007

When getting your taxes done, it is also a good idea to bring your checkbook ledger from the tax year.

Call the EBCOA office to make an appointment.

Seniors and sex: A frank discussion

Is it strange for seniors to talk about sex? On the contrary, it's probably strange *not* to talk about it. One of the many myths about growing old is that you lose your interest in, or need for sex.

Many people in our culture don't like to connect the two words "seniors" and "sex," but this is just another form of age discrimination. Many assume that when people get old they're no longer useful as workers, as lovers, as role models. In our culture, it sometimes seems that society has a hard time thinking of older people as people.

A new national survey of 3005 Americans between the ages of 57 and 85 reveals that seniors want to talk about sex, but have no one

to talk to. The study found that more than half to three quarters of those surveyed said they were still sexually active and that interest in sex remains high as people get older. The frequency remains "surprisingly stable" among the physically able "who are lucky enough to still have partners."

"There's a popular perception that older people aren't as interested in sex as younger people," said one of the researchers. "Our study shows that's simply not true. Older people value sexuality as an important part of life."

According to the study, elderly men reported more sexual activity than women, but researchers said that was because women live longer than men, giving the surviving men more opportunities to

have sex than women, because the women can't find partners (the prevalence of same-sex activity does not seem to make the headlines in such studies).

One intriguing part of the study is the suggestion that sex may make you healthier. Individuals who remain sexually active gain the benefit of physical exercise that comes with sex. It is also possible that hormones - the endorphins released during sex - give a general sense of well-being that could be beneficial.

Said one researcher, "The psychological benefits of being loved and cared-for may also trickle over to physical health." ♦

Source: Old Colony Elderly Services



A group of lawmen and hired gunmen that includes Civil War veteran Dan Evans (Christian Bale, top right) embark on a nail-biting adventure as they escort the notorious outlaw Ben Wade (Russell Crowe, far left) to the train to prison in the film, *3:10 to Yuma*.

Movie Day: 3:10 to Yuma

Russell Crowe and Christian Bale star in this riveting 2007 Western about a down-and-out Civil War veteran amputee Dan Evans (Bale). Struggling to raise a family and strapped for cash, Evans joins a small team of men assigned to escort a captured outlaw and gang leader to the 3:10 pm train to Yuma Prison. The notorious gunman, Ben Wade (Crowe) is the perfect foil for Evans, as the men are exact moral opposites. The battle of good vs. evil is explored as the world-weary Evans struggles to understand why he has been rewarded with hardship for a life lived honestly while the merciless-yet-elegant Wade has lived extravagantly as a killer and a thief. Also starring Peter Fonda.

Showing on Wednesday, March 19 at 1 pm at the EBCOA.

☞ The EBCOA van is available for transportation to this event.

March office hours

The EBCOA office will close at 12 pm on Thursday, March 20 and will be closed on Friday, March 21 in observance of Good Friday. Please schedule Dial-a-BAT rides for Monday, March 24 by 11 am on Thursday. There is no Dial-a-BAT service on most holidays.

Senior lunches

The Senior Lunches at the Middle School will take place on Thursday, March 6 and 27 at 12:45 this month, unless there is a school cancellation due to inclement weather.

EBCOA Van shopping trips

The EBCOA van goes on two weekly group shopping trips: On Tuesdays, the van takes seniors to run errands at Carriage Crossing and surrounding locations in East Bridgewater. On Thursdays, the van goes to Johnnie's Foodmaster in Whitman. Once monthly, the van goes to a local mall. ☞ Call the EBCOA for more information or to sign up.

Mall Trip

The EBCOA van will be taking a trip to the Independence Mall in Kingston on Wednesday, March 26, with a stop for lunch on the way home. Call the EBCOA to sign up. Pick ups begin at approximately 9:30 am.

Health screening clinics

Dr. Sarah Derosier has a podiatry clinic scheduled at the Riddell Road Community Building on Monday, March 17 by appointment only. Call Dr. Derosier at 508-946-1444 to schedule an appointment. Blood pressure clinics will be held this month on March 5 from 1–2 pm at Prospect Street, March 11 from 11–12 at the EBCOA and March 25 from 11–12 at Riddell Road. Fasting blood sugar screenings will be held at Riddell Road on March 11 at 8:30 am.

Happy Birthday

Roberta Weiner	March 1
Charles Gilbert	March 4
Allyn "Ruth" Garabedian	March 21
Elaine Powers	March 22
Helen Lynch	March 24
Sally Sloane	March 30
Anthony Silva	March 31
Catherine Connors	March 31



If you would like to be included in our monthly birthday listing, please contact the EBCOA office with your name, birth month and date.

March 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Food Pantry 3 3- 4:15 pm @ St. John's Catholic Church (canned goods only)</p>	<p>Errand Van 4 Pick-ups begin @ 9:30</p> <p>Busy Hands 1 pm @ EBCOA</p> <p>Melodians performance</p> <p>COA Meeting 6 pm @ EBCOA</p>	<p>Blood Pressure Clinic 5 1- 2 pm @ Prospect St.</p>	<p>Shoppers Van 6</p> <p>S.A.L.T. Meeting 9:30 @ Town Hall</p> <p>Tax Assistance <i>By appointment only.</i></p> <p>Exercise/Dance Class 10 am @ Riddell Road</p> <p>Senior Lunch 12:45 @ Middle School</p> <p>Tai Chi 2:30 @ Riddell Rd.</p>	<p>Bowling 7 9 am @ Viking Cost: 5.25</p> <p>Cribbage 9 am @ EBCOA</p>
<p>10</p>	<p>Errand Van 11 Pick-ups begin @ 9:30</p> <p>Blood Pressure Clinic 11-12 @ EBCOA</p> <p>Busy Hands 1 pm @ EBCOA</p>	<p>Food Pantry 12 12:30 pm @ Union Congregational Church</p> <p>Friends of Seniors 7:30 pm @ Town Hall</p>	<p>Shoppers Van 13 (Pick-ups begin @ 8:15 am)</p> <p>Tax Assistance <i>By appointment only. Call the EBCOA.</i></p> <p>Exercise/Dance Class 10 am @ Riddell Road</p> <p><i>No Senior Lunch today</i></p> <p>Tai Chi 2:30 @ Riddell Rd.</p>	<p>Bowling 14 9 am @ Viking Cost: 5.25</p> <p>Cribbage 9 am @ EBCOA</p>
<p>Spring Ahead!</p>  <p>Daylight Savings Time begins Sunday March 9</p>				
<p>Senior Citizen's Club 17 11:30 am @ Commercial Club</p> <p>Food Pantry 3- 4:15 pm @ St. John's Church (canned goods only)</p> <p>Happy St. Patrick's Day</p> 	<p>Errand Van 18 Pick-ups begin @ 9:30</p> <p>Caregiver Support Group  10 am @EBCOA</p> <p>Busy Hands 1 pm @ EBCOA</p>	<p>Movie Day: 3:10 to Yuma 19 1 pm @ EBCOA</p> 	<p>Shoppers Van 20</p> <p>Tax Assistance 20</p> <p>Exercise/Dance Class 10 am @ Riddell Road</p> <p><i>No Senior Lunch today</i></p> <p>Tai Chi 2:30 @ Riddell Rd.</p> <p><i>First day of Spring</i></p> 	<p>Bowling 21 9 am @ Viking Cost: 5.25</p> <p>Cribbage 9 am @ EBCOA</p>
<p>Podiatry Clinic 24 @ Riddell Road Community Bldg</p> <p><i>By appointment only. Call Dr. Derosier at 508-946-1444</i></p>	<p>Errand Van 25</p> <p>Blood Pressure Clinic 25 11-12 @ Riddell Road Comm. Bldg.</p> <p>Busy Hands 1 pm @ EBCOA</p> <p>Melodians performance</p>	<p>Mall Trip Kingston Mall 26 Pick-ups begin @ 9:30</p> <p>Food Pantry 12:30 pm @ Union Congregational Church</p>	<p>Shoppers Van 27</p> <p>Tax Assistance 27 <i>By appointment only.</i></p> <p>Exercise/Dance Class 10 am @ Riddell Road</p> <p>Senior Lunch 12:45 @ Middle School</p> <p>Tai Chi 2:30 @ Riddell Rd.</p> <p>Parker's Maple Barn Daytrip (see page 7)</p>	<p>Bowling 29 9 am @ Viking Cost: 5.25</p> <p>Cribbage 9 am @ EBCOA</p>
<p>Happy Easter Sunday March 23</p> 				

We're here to help . . .

- ♦ With prescription drug insurance coverage and Medicare questions*
- ♦ With fuel assistance applications*
- ♦ With financial assistance inquiries
- ♦ With medical equipment loans
- ♦ With social opportunities such as daytrips, seasonal parties and monthly movies
- ♦ With referrals for elder law issues, home health care, Meals on Wheels, tax assistance, transportation, adult day health and many other issues

*In order to serve you more efficiently, insurance and fuel assistance applications are *by appointment only*. Please call the office for an appointment.



Christine White
Activities Coordinator
Newsletter Editor
Volunteer Coordinator



Jane Haines
Director



Nancy Hill
Client Services
Coordinator
S.H.I.N.E. Counselor

S.H.I.N.E. Counselor available by appointment

Our client services coordinator Nancy Hill is a certified S.H.I.N.E. counselor. S.H.I.N.E. stands for "Serving the Health Information Needs of Seniors," a state health insurance assistance program for Medicare beneficiaries of all ages. If you need help navigating through the healthcare system, call the EBCOA office for an appointment.

Alzheimer's Association educational presentation

The Alzheimer's Association is sponsoring a lecture titled "Getting Started: What to do when your family member has memory loss" at the Middleboro Council on Aging on March 12 from 6:30—8:30 pm. The program is free of charge, but pre-registration is required. Call 800-272-3900 for more information.

Alzheimer's Educational Update - free continental breakfast

The McCourt Foundation is hosting a free breakfast at the Newton Marriot Hotel on Saturday, March 15 at 9 am, followed by a lecture by Dr. Dennis Selkoe, world-renowned researcher from Brigham and Women's Hospital. Call 781-444-2544 to reserve your seat.

Assistive Technology Exposition

Easter Seals of Massachusetts is hosting a one-day seminar for people with disabilities, their families, teachers, therapists and assistive technology professionals on Thursday, April 3. The seminar will be held at UMass Campus Center in Boston, and is sponsored by the Massachusetts Rehabilitation Commission and MassMATCH. The seminar includes 9 assistive technology sessions and an exhibitor hall showcasing the latest in assistive technology. Cost is \$40. Registration deadline is March 21. For more information and a registration form, contact Christina Foley at Easter Seals at 508-751-6418.

Did you miss the Part D Open Enrollment?

Enrollment for the Medicare Part D prescription drug plans ended December 31. Fortunately, Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November.

If you are concerned about added cost, you will be happy to know that there is *no charge* for Prescription Advantage for members with an annual income less than \$30,630 for a single person and \$41,070 for a married couple. And, depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all or part of your Medicare prescription drug plan's monthly premium, deductible and drug co-payments.

There is no reason not to have coverage for your prescription drugs. Call Prescription Advantage today for an application form.

You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

EBCOA & Easton COA Daytrip:
**PARKER'S MAPLE BARN,
 MASON, NEW HAMPSHIRE**

Thursday, March 27
Cost: \$47 per person
EB pick-up: 8:15 am
Easton pick-up: 8:45 am
Approx. return: 5-5:30 pm



The EBCOA is happy to join the good folks of Easton COA for this delightful daytrip to New Hampshire during maple sugar season.

- Visit the **Basket Barn** for a unique shopping experience
- Next stop, **Parker's Maple Barn** and sugar house for a fascinating guided tour
- Enjoy a **scrumptious lunch** of griddle cakes, bacon, sausage, eggs and maple ham (and, of course, 100% pure maple syrup!) followed by blueberry cake for dessert
- Before returning home, visit **Stonyfield Yogurt Farm**

Full payment is appreciated with reservation. Make checks payable to: *Town of East Bridgewater*. A \$1 gratuity for the bus driver is included, however, feel free to tip an additional amount.

- Please note: There will be no seats available on the buses on the day of a given trip for those who have not pre-registered and prepaid. All attendees must be pre-registered and prepaid. **All East Bridgewater pick-ups and drop-offs will be at the Commercial Club on Neilson Avenue. Ample parking provided.**

EBCOA Trip Policy

East Bridgewater residents over the age of 60 (and one guest) will be given priority on reservations for all trips sponsored by the Council on Aging. When additional seats are available as of a given date, reservations will be open to the general public. There is a "no children under 18 years" policy on most trips. When children are welcome, the information will be advertised.

Senior Citizen's Club meeting March 17

The Senior Citizens Club will hold its March meeting on Monday, March 17, at 11:30 am at the Commercial Club. The guest speaker will be Jason Epaminonde, the fitness director at the East Bridgewater YMCA. He will discuss the importance of fitness for seniors and will demonstrate some exercises. Lunch is available for a minimal fee.

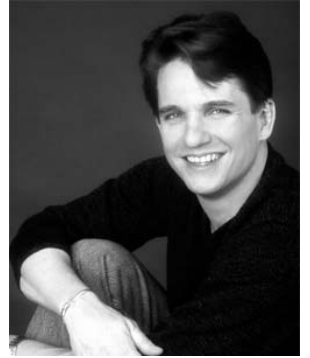
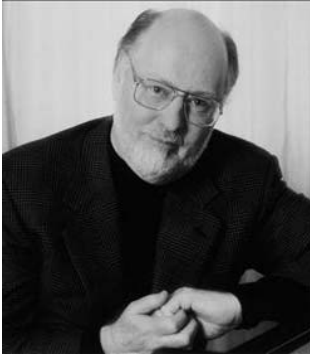
Join our email list

If you would like to receive our newsletter via email, contact Jane Haines at jahaines@ebmass.com. The newsletter is also available at www.eastbridgewaterma.org. Click on "Town Departments" and then on "Council on Aging."

A Night at the Boston Pops

The East Bridgewater Recreation Commission and the EBCOA are in the process of planning a joint trip to the Boston Pops on either Saturday evening, **May 24** ("Film Night"- John Williams conducting) or Saturday evening, **June 14** (" A Little Night Music" by Steven Sondheim - Keith Lockhart conducting), The cost of the trip will be \$50 to \$70

each and will include motor coach transportation. The trip is open to all adults and older children who are mature enough to attend a Symphony Hall Pops concert. **Anyone who is interested in the trip (on either night) is asked to call the EBCOA at 508-378-1610 no later than March 7 at noon. Final details will be provided after interest is determined.**



Saturday evening, May 24:

Pops Laureate Conductor **John Williams** will present "Film Night" which features some of the famed composer's film scores such as *Jaws*, *Harry Potter* and *Star Wars*.

Saturday evening, June 14:

Pops Conductor **Keith Lockhart** will present music from Steven Sondheim's "A Little Night Music," which includes the beautiful composition *Send in the Clowns*.

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To the home of: