



East Bridgewater Council on Aging

May 2008

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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)*

Fax: 508-378-1611

Hours:

Mondays
8 am – 6 pm
Tuesdays-Thursdays
8 am – 4 pm
Fridays
8 am – 12 pm

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To build a senior center, your votes are needed again!

*By Jane A. Haines
Director*

The Senior Center Building Committee listened to everything that was said at the February town meeting, and it has heard many suggestions and offers of help since. In response, the committee has asked the Board of Selectmen to place a new article on the annual town meeting warrant asking the town to appropriate \$275,000 for architectural and engineering plans for a Senior Center at Sachem Rock Farm. The meeting is **Monday, May 12 at 7:30 p.m. at the Middle School.**

The special town meeting starts at 7 pm, but the Senior Center article would definitely come up after 7:30 pm.

We need these plans to show people what the building would look like and to provide more detailed information about the cost. We need plans before we can accept offers of help from volunteers. Finally, we need plans to show potential donors that the town is committed to the project and to allow them to decide how they would want their donations used.

Getting these plans is only the first step toward

building the Senior Center, but it is a very important one, and the committee needs your help. The town meeting process can be frustrating and time-consuming, but democracy often fits that description. The people who come out to hear the presentations and vote at town meeting are the ones who get to make the decisions. Many of you came in February, and we came very close. Please come again. If you weren't able to make the meeting in February, hopefully, you can get to this one. Remember "They will not build a Senior Center. We have to do it!" ♦

Try these helpful tips for increasing your memory

As we age, many of us fear the day we will possibly start to experience memory loss. Here are a few tips that have been proven to help people increase their memory:

- Get a good night's sleep; 6 to 8 hours each night.
- Consume foods and spices which have anti-inflammatory properties such as fruits, vegetables,

green tea, virgin olive oil, sardines and salmon

- Exercise your mind with crossword puzzles and word searches.

- Play board and card games.

- Read articles and books, and listen to books on tape.

- Try or learn something new; a foreign language or how to play a musical instrument.

- Stay active with volunteer work, socialization with friends or activities at a senior center.

- Exercise and stay physically fit and engage in activities that reduce stress such as Tai Chi or meditation. ♦

For a free booklet on understanding memory loss, call Stacey Hiltner at 774-203-1306.

Source: Community VNA

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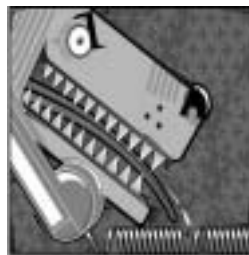
East Bridgewater Council on Aging Mission Statement:

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.

Economic Stimulus Payment deadline October 15

The deadline to file for the Economic Stimulus Payment from the federal government is October 15, which is also the deadline for all tax filers who applied for an extension to the April 15 deadline. To receive a stimulus payment, taxpayers must have a valid Social Security number, \$3,000 of income and file a 2007 federal tax return. The IRS will take care of the rest. Eligible people will receive up to \$600 (\$1,200 for married couples), and parents will receive an additional \$300 for each eligible child younger than 17. Millions of retirees, disabled veterans and low-wage workers who usually are exempt from filing a tax return must file a federal tax return this year in order to receive a stimulus payment. Starting in May, the Treasury will begin sending economic stimulus payments to more than 130 million households. **Contact the EBCOA or a tax preparer to obtain a form 1040A and for further information.**

Tax Stimulus scam alert



AARP warns of a recent scam targeting seniors who are expecting the Tax Stimulus Payment from the IRS. The scam is perpetrated via email, mail and telephone. The scammers call, email or mail people and say they are from the Internal Revenue Service (IRS). They claim that personal information is needed before the tax stimulus payment can be processed. What they are after is the same thing most scammers are after: They want your social security number, bank account numbers or other personal information so they can steal your identity and open fraudulent credit cards in your name, or illegally withdraw money from your bank accounts. It is worth repeating: **NEVER** give out your personal information to **ANYONE** who calls you on the phone or sends you a letter or an email. Do not respond to such solicitations. If you receive a suspicious letter, contact the police and describe it to them. They are well-acquainted with such scams. In the case of email, do not open any suspicious emails. Delete them. If you do open them, do not open any attachments in case they contain computer viruses. The IRS does not notify people via email, and it already has your social security number. Many older people feel badly about seeming to be rude and hanging up on people, but in the case of scammers, hanging up isn't rude. As Detective John Grillo from the East Bridgewater Police Department put it, "These people are criminals. They're predators. Hang up right away! Don't give them the time of day."

Melodians

There will be no Melodians rehearsal this month. The group will be performing at St. Joseph's Manor in Brockton on May 6 from 2—3 pm (leave Riddell Road at 1:30 pm). They will be in song again on the 20th at Lifecare in West Bridgewater from 2:30—3:30 pm (leave Riddell Road at 2 pm). Their last performance of the month will be on the 27th at Easton Healthcare from 2—3 pm (leave Riddell Road at 1:30 pm).

Middle School students perform "South Pacific"

The students of Gordon W. Mitchell Middle School will be performing the musical *South Pacific* at the middle school auditorium on May 2 and 3 at 7:30 pm, and on May 4 at 2 pm. Tickets are \$10 for adults and \$5 for students and seniors. Call Annette Jackson at 508-378-8209 x159 or email at ajackson@ebps.net for ticket orders.

"Radio Classics Live" at Massasoit

Massasoit Community College in Brockton will once again be hosting *Radio Classics Live* featuring live performances of classic radio and TV shows from the 40s, 50s and 60s. Performances are on Saturday May 3 at 7 pm and Sunday May 4 at 3 pm at the Buckley Performing Arts Center. Featured guests include Barry Nolan, Jordan Rich, Gil Santos, Rex Trailer, Peg Lynch, Arthur Anderson and others. All seats are reserved. Tickets are \$19 for adults and children and \$17 for seniors over 65. Call 508-588-9100 x3020 for ticket orders.

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 \$31,200 for a single person and \$42,000 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 the EBCOA 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. The EBCOA has a SHINE counselor (Serving the Health Information Needs of Elders) available by appointment only. Call Nancy Hill at the EBCOA to make an appointment.



Especially for the Seniors of East Bridgewater

The East Bridgewater Arts
Council and the Council on
Aging present:

A Celebration of Rogers and Hammerstein:

A concert by soloist Ruth Harcovitz

"Boston's Julie Andrews"

Tuesday, May 6 at 1 pm @ the
Riddell Road Community Building

Includes selections from *The King and I*, *Oklahoma*, *South Pacific*, and others. Featured throughout the presentation are stories about the creation of the musicals.

Call the EBCOA if you would like to attend.

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

This program is sponsored by a grant from the East Bridgewater Cultural Council, a local agency of the Massachusetts



Elder Law "Legal Check-up"

May is Elder Law Month.

Attorney Joanne Erickson will do a brief presentation about the many legal issues that she encounters in her elder law practice on:

Thursday, May 29 @ 10 am @ the EBCOA office

Attorney Erickson represents, counsels and assists seniors, people with disabilities and their families with a variety of legal issues. The primary emphasis of her practice is to promote the highest quality of life for individuals and she uses a holistic approach which considers the legal, medical, financial, social and family issues in her clients' matters.

Call the EBCOA if you would like to attend.

There will be a question and answer period after the presentation. Refreshments will be served.

The Senior Center at Massasoit
Community College presents
The Massasoit Senior Orchestra
under the direction of Mr. Richard Nelson and
The Massasoit Senior Chorus
under the direction of
Mr. John Ferruzzi in their annual

Spring Pops Concert

Tuesday, May 13th
12:30 PM

EBCOA VAN EXCURSION MAY 13

If you would like to
attend this free event
and need
transportation,
call the EBCOA office.
Space is limited.



Uncle Henry (Albert Finney) teaches his nephew Max (the wonderful Freddie Highmore from *Finding Neverland*) the fine art of growing the perfect grapes for French wine in the 2006 film *A Good Year*, directed by Ridley Scott.

Movie Day: *A Good Year*

Russell Crowe, Albert Finney, Freddie Highmore and recent Oscar-winner, French actress Marion Cotillard star in the charmer, *A Good Year*. Max Skinner (Crowe) is a greedy London-based investment shark who returns to the south of France to claim and immediately sell his inheritance, a crumbling chateau and wine vineyard left to him by his eccentric uncle (Finney). Max has nearly forgotten the idyllic summer he spent at the chateau with his uncle as a boy (Highmore), and all the life lessons he learned. He also forgets how much the old place meant to his uncle. While preparing to sell, Max encounters romance, long lost relatives and threats to his inheritance. He also has to come to terms with his own avarice. Intoxicating scenery and poignant characters make this film enjoyable and heartwarming.



Showing on Wednesday, May 14 at 1 pm at the EBCOA.

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

May office hours

The EBCOA office will be closed on Monday, May 26 in observance of Memorial Day. Please make your Dial-a-BAT appointments for Tuesday, May 27 before 11 am on Friday, May 23. There is no Dial-a-BAT service on most holidays.

Senior lunches

The Senior Lunches at the Middle School will take place every Thursday this month at 12:45 pm.

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 on Wednesday, May 28, 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

Partners Healthcare in cooperation with the Board of Health holds blood pressure clinics on the first Wednesday of the month at the Prospect Street senior housing building from 1–2 pm; at the Council on Aging office on the second Tuesday from 11 am–12 pm; and at the Riddell Road Community Building on the fourth Tuesday from 11 am–12 pm. Fasting blood sugar screenings are now available by appointment at the Board of Health office. Call 508-378-1612 for an appointment.






Happy Birthday

Lorraine Kerrigan	May 11
Dotty Jordan	May 12
Alice Jones	May 19
Chester Hill	May 27



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

May 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Food Pantry 5 3- 4:15 pm @ St. John's Catholic Church (canned goods only)</p>	<p>Errand Van 6  RUTH HARCOVITZ CONCERT 1 pm @ Riddell Rd. Busy Hands 1 pm @ EBCOA COA Meeting 6 pm @ EBCOA Melodians performance</p>	<p>Blood Pressure Clinic 7 1-2 pm @ Prospect St. <i>Spring Tea</i> 1 pm @ EBCOA </p>	<p>Regular Thursday schedule 1 (see May 15) SENIOR PROM 6-8 pm @ The Commercial Club</p>	<p>Bowling 2 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA</p>
<p>ANNUAL TOWN MEETING 12 7 pm @ Gordon W. Mitchell Middle School</p>	<p>Errand Van 13 Blood Pressure Clinic 11-12 @ EBCOA Massasoit Pops Concert - VAN EXCURSION 12:30 pm @ Massasoit Call the EBCOA to sign up Busy Hands</p>	<p>Food Pantry 14 12:30 pm @ Union Cong. Church Friends of Seniors 7:30 pm @ Town Hall</p>	<p>Shoppers Van 15 (Pick-ups begin @ 8:15 am) Exercise/Dance Class 10 am @ Riddell Road Senior Lunch 12:45 @ Middle School Tai Chi 2:30 @ Riddell Rd.</p>	<p>Bowling 16 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA</p>
<p><i>Happy Mother's Day</i> Sunday, May 11 </p>				<p>COMMUNITY SPRING FLING Saturday, May 17 10 - 2 @ Commercial Club </p>
<p>Food Pantry 19 3- 4:15 pm @ St. John's Catholic Church (canned goods only) Senior Citizen's Club 11:30 am @ Commercial Club</p>	<p>Errand Van 20 <i>Pick-ups begin @ 9:30</i> Caregiver Support Group 10 am @EBCOA  Busy Hands 1 pm @ EBCOA Melodians performance</p>	<p>Movie Day: A Good Year 21 1 pm @ EBCOA </p>	<p>Shoppers Van 22 (Pick-ups begin @ 8:15 am) Exercise/Dance Class 10 am @ Riddell Road Senior Lunch 12:45 @ Middle School Tai Chi 2:30 @ Riddell Rd.</p>	<p>Bowling 23 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA</p>
				<p> LAST CHANCE!! 2 TICKETS LEFT AT PRESS TIME! Call the EBCOA if you would like to attend! John Williams "Film Night" Boston Pops Saturday, May 24 Meet the motor coach @ Commercial Club at 6 pm. Please park in front of the club in the unpaved parking area.</p>
<p>MEMORIAL DAY - COA OFFICE CLOSED 26 Podiatry Clinic <i>By appointment only. Call Dr. Derosier at 508-946-1444</i> 8-3 pm @ Riddell Road Community Building</p>	<p>Errand Van 27 Blood Pressure Clinic 11-12 @ Riddell Rd. Busy Hands 1 pm @ EBCOA Melodians performance</p>	<p>Mall Trip Independence Mall 28 <i>Pick-ups begin @ 9:30</i> Food Pantry 12:30 pm @ Union Cong. Church</p>	<p>Shoppers Van 29 ELDER LAW "LEGAL CHECK-UP" FOR SENIORS presentation 10 am @ EBCOA Exercise/Dance Class 10 am @ EBCOA Senior Lunch 12:45 @ Middle School Tai Chi 2:30 @ Riddell Rd.</p>	<p>Bowling 30 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA</p>



*No matter my mood,
I can always take notice of trees.*

*The shapes and apparent ages are
fascinating to see.*

*There were a dozen slender new trees
shivering with the unknown like novice ballerinas
awaiting their audition.*

*Oh, but when the leaves soon adorn them,
they'll feel
like they've been dancing for years!!*



5th Annual Spring Tea

Join the EBCOA
Wednesday,
May 7 at 1 pm for a
relaxing afternoon of tea and conver-
sation to celebrate Spring. Space is
limited; reservations are required.
Bring your favorite china tea cup
(carefully wrapped, of course).

White gloves and fancy hats are optional.

Call the EBCOA to reserve your
place. ☐ The EBCOA van is available
for transportation to this event.

Quick Fact:

Health benefits of volunteering: An
analysis of data from the *Longitudinal Study
of Aging* found that those individuals who
volunteer have lower mortality rates than
those who do not.

Pictured below is one of our valued
Meals-on-Wheels
volunteers, Lori
Mansfield. She takes
time out from a
busy lifestyle to de-
liver meals to our
seniors. A friend of
hers even fashioned
a Meals-on-Wheels
volunteer t-shirt for
her to wear. If you
are interested in vol-
unteering, contact
the EBCOA.



The author of the poem above, Annette Tarantino accompanied five others on a van excursion to the Island Terrace Nursing Home Christmas Tree Tour and Tea this past December. The group had a wonderful time touring the facility that is situated on an island in the middle of a lake in Lakeville. The staff decorates nearly a dozen trees with different themes, and the trees adorn the lovely rooms of the facility, which is a converted mansion. The tour concluded with a deliciously elegant "high tea" served by the staff. Watch the newsletter next holiday season to sign up for this wonderful annual tour. ♦

From left to right are Betty Randall, Christine White (kneeling), Annette Tarantino, Kitty Connors, Jack Sullivan and Eileen McNulty.



Upcoming Daytrips

*Sponsored by the East Bridgewater
Council on Aging*

Horizon's Edge Atlantic Casino Cruise from Lynn, Mass.

Thursday, June 12

Cost: \$40 per person ~ \$10 CASH BACK; Pick up: 9 am; Return: 6 pm

Featuring onboard entertainment, \$10 cash bonus, luncheon buffet, casino gambling.

Martha's Vineyard Excursion

Tuesday, July 15

Cost: \$70 per person; Pick up: 9 am; Return: 7 pm

Featuring Island Queen Ferry, Martha's Vineyard island tour, shopping in Edgartown, dinner at Country Buffet.

Mohegan Sun Casino, Uncasville, Connecticut

Tuesday, August 19

Cost: \$25 per person; Pick up: 7:30 am; Return: 5:30—6 pm

Featuring \$10 meal voucher, two \$5 bets & shopping.

New Hampshire Turkey Train

Thursday, September 25

Cost: \$63 per person; Pick up: 8 am; Return: 5:30 pm

Featuring a scenic train ride through autumnal White Mountains, a full course turkey luncheon onboard, local sightseeing and foliage tour.

A Salem Cross Christmas, Western Massachusetts

Wednesday, December 10

Cost: \$60 per person; Pick up: 9 am; Return: 7:30 pm

Featuring luncheon at Salem Cross Inn, shopping at Oakwood Farm Christmas Barn, Bavarian Christmas Village (Yankee Candle) & Bright Nights Display

Call the EBCOA office to sign up for any of these trips. •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 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.

Community Spring Fling

Saturday, May 17 ~ 10 am – 2 pm, Commercial Club (outdoors)

Our non-profit organizations give to our community all year long in the form of financial support, special programs and the opportunity for socialization. **Come out for a fun few hours getting to know these wonderful folks and a chance to:**

- ~Meet your East Bridgewater neighbors ~Explore volunteer opportunities
- ~ Learn about interesting clubs to join

Raffles and food will be sold to benefit the organizations. Bring the family! Children are welcome to this multi-generational event. Fire trucks and other fun vehicles will be on display.

**A few of the organizations participating are: Kiwanis ~ YMCA ~ Friends of Seniors ~ Many more!
(Attention organizations: Call the EBCOA if you would like to participate. Participation is free!)**



Sponsored by: The East Bridgewater S.A.L.T. Council (Seniors and Law Enforcement Together). The S.A.L.T. Council is a cooperative effort between the East Bridgewater Council on Aging, the East Bridgewater Fire and Police Departments, the Plymouth County Sheriff's Department and the Plymouth County District Attorney's Office. The Council's mission is to help seniors feel safer in their homes and communities.

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To the home of: