



East Bridgewater Council on Aging

September 2008

Volume 32 Number 12

East Bridgewater Council on Aging

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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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Fund-raising walk set for Sachem Rock Farm

The East Bridgewater Friends of Seniors (FOS) is sponsoring a late-summer fund-raising walk at beautiful Sachem Rock Farm on September 13. A portion of the funds raised will assist the Council on Aging in its efforts to help seniors and other town residents during the upcoming - and potentially difficult - winter season.

This is the second year that the FOS, a 501c charitable organization, has sponsored the 2 – 3 mile walk at the bucolic, 32-acre town-owned property located at 355 Plymouth Street. Last year, the organization raised more than \$3000 at the walk, through private donors such as East Bridgewater Savings Bank and through sponsored participants.

"Sachem Rock Farm is beautiful in September," said Sandra Ockers, a member of FOS, "and we need to do everything we can to assist the Council on Aging. What



The Friends of Seniors is sponsoring a fund-raising walk on September 13 at Sachem Rock Farm. Pictured is the house and barn located on the historic 32-acre, town-owned property.

*"If everyone who
receives this newsletter
was able to donate
even \$2, just think how
much we could raise."*

-Sandra Ockers

they do there is vital to the community."

Ockers also stated that since the Town Meeting vote on May 12 that approved funding for plans for the construction of a senior cen-

ter at the farm, the walk is all the more appropriate.

"As the project is moving forward, we'd love to have as many townspeople, young and old, come see where the center will be," she said.

Walking participants are encouraged to go at their own pace and enjoy the sights and sounds of the property, which includes trails through the woods, fields, and along a river. Many varieties of

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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.

Fund-raising walk set for September 13

(Continued from page 1)

wild flowers, birds and butterflies call Sachem Rock Farm home.

Those who would like to participate are encouraged to contact Ockers at 508-378-7080. Sponsor sheets are available at Town Hall, the Council on Aging and the Town Library. Sign-ups begin at 9 am, and the walk begins at 10 am. Volunteers are needed to assist on the day of the walk.

Ockers and the FOS are optimistic about raising more money than last year.

"If everyone who receives the newsletter was able to donate even \$2, just think how much we could raise." ♦



SeniorNet Open House & Presentation September 10

SeniorNet, Massasoit Community College's computer learning center for adults 50 and over, is having an open house on Wednesday September 10 from 10:30—11:30 am at the Student Center in Brockton. There will be a presentation titled "What is OpenOffice.org?"



that will explore the open source office software suite that can be used for word processing, spreadsheets, presentations, graphics, databases and more. It can be downloaded and used completely free of charge for any purpose. Fall class registration will take place from 10 am—12 pm. Ask about course offerings including: Introduction to Computers; Internet; Windows; Photo Editing; Buying and Selling on eBay; Google; OpenOffice.org; Copying and Adding Files; Computer Maintenance; Computer Security; Blogging and many more. For more information call 508-588-9100 x1063 or visit <http://seniornet.massasoit.mass.edu>.

SeniorNet is a non-profit organization formed in 1986 to provide adults 50 years and older with access to computer technology and the internet. SeniorNet operates learning centers in 200 communities across the United States and other countries. SeniorNet at Massasoit Community College (MCC) was established in 1998 thanks to the generosity of Verizon, IBM, MCC and Microsoft.

Protecting Your Nest Egg

New York Life will sponsor a seminar on
Tuesday, September 9 @ 10 am @ EBCOA

The issues covered include retirement income and long-term care concerns. The seminar will be conducted by Melissa Coleman, an agent from New York Life Insurance Company.

Melissa works with seniors in Massachusetts on a variety of issues.

Topic to be included in this seminar are:

- ♦Transferring assets to heirs ♦Trusts
- ♦Estate Taxes ♦Nursing Home and Medicaid
- ♦The Probate Process ♦Uses of Life Insurance and Annuities

Efforts will be made to cover all issues desired by the attendees. In addition, Melissa will be available at the end of the seminar to answer any specific questions individuals may have and to schedule individual appointments for interested parties.

**Call the EBCOA if you plan to attend.
Refreshments will be served.**

Medicare & Medicaid Presentation

Sponsored by Banker's Life & Casualty
**Wednesday, September 24
@ 10 am @ EBCOA**

The issues covered include in-depth discussions on Medicare Parts A, B & C, and Medicaid issues, including how to protect your assets from Medicaid. The presentation will be conducted by Karen M. Shurga, an agent from Banker's Life & Casualty, who will be happy to answer any questions you may have concerning these topics.

**Call the EBCOA if you plan to attend.
Refreshments will be served.**

The seminars above are for educational purposes only. Agents are licensed in Massachusetts. You should consult your professional advisors for tax, legal or accounting advice.

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.



Ralph's Swing

**A tribute to Ralph
Morse by Annette
Tarantino**

Editor's Note: Ralph Morse was a popular resident of the Riddell Road community and a kind and gentle soul. The following is a lovely tribute by his friend, Annette Tarantino. — Christine White

Ralph lived where many of us reside, Riddell Road in East Bridgewater, for nearly seven years.

Last year, on December 2, he had just returned from a hospital stay of more than three weeks.

Ralph promptly drove to the store to shop for groceries, get a haircut and went on various other errands. Although he had lost weight, he hadn't lost his spirit or energy for life. His favorite expression was, "Gee whiz, I don't know."

There is a swing on the circular island at Riddell Road, and during all kinds of weather Ralph was host to many of us who would stop by to chat with him - on occasion, it was standing room only!

Seven and one half years ago, Ralph's home burned to the ground. He lost a lot, including his parrot. His kind neighbors and able firefighters pulled him out to safety. However, he had an extensive stay at a hospital to recuperate from the smoke inhalation. His next home was a trailer, but thankfully he came to live at our Riddell Road Community.

Ralph became a fixture on the swing, even during the pouring rain. As a mutual friend said, it was the "King's Court", with Ralph being the King. Sometimes Ralph would reminisce about the old days, especially about his beloved late wife, Lillian, and their many cross stitching projects. He would say that they did everything together. These were the happier times of his life. But he still had the courage to go on regardless of his painful arthritis and other ailments. He always wanted to know what the rest of us were up to, even if our automobile inspection stickers were up to date!

Ralph had a daily habit, in spite of his painful stiffness, of going down to our American flag to pay it tribute. In this day and age, it was a sight to behold, especially for our youth, both in and out of war.

There is an unfinished Eagle cross stitching project. I feel there is another mutual friend who would love to bring it to completion.

Well, now Ralph is with his beloved Lillian, free from pain and discomfort. He passed away on May 31, 2008 - he would have been 80 on September 9.

Looking at the swing, presently adorned with a flower and a black ribbon in his memory, we all wonder what we will do now that Ralph has gone to a better place.

"Gee whiz, I don't know."

Now, visits to the swing are less frequent. I, for one, know why. ♦



Academy Award-winner Catherine Zeta Jones and the charming Aaron Eckhart team up for the romantic comedy about love and the restaurant business in *No Reservations*.

Movie Day: *No Reservations*

Catherine Zeta Jones plays workaholic Kate, a master chef running an upscale Manhattan restaurant in the romantic charmer, *No Reservations*. Kate is a no-nonsense - and somewhat repressed single mom to the precocious nine-year old Zoe (played by the adorable Abigail Breslin) who has recently come to live with her. Further complicating her life is her handsome, newly hired sous-chef, the freewheeling Nick (Aaron Eckhart). The romantic chemistry between employer and employee is an undeniable, but unwelcome distraction for Kate as she tries to adjust to her new situation. But it just may be Nick's high-spirited ways that help Kate to slow down, enjoy her career and still be a good mom.

Showing on Wednesday, September 13 at 1 pm. Call if you plan to attend.

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

September office schedule

The EBCOA office will be closed on Monday, Sept. 1 in observance of Labor Day. Please call in your Dial-a-BAT rides for Tuesday, Sept. 2 no later than 11 am on Friday, August 29. There is no Dial-a-BAT service on most holidays.

Transportation available to weekly Cribbage Club

The EBCOA van is now available for transportation to and from the weekly Cribbage Club. Call the EBCOA if you are interested in joining this congenial group. The group meets at 9 am every Friday. Pick-ups are 8:30—8:45 am.

Mall Trip

The EBCOA van will be taking a trip to the Independence Mall in Kingston on Wednesday, Sept. 17, with a stop for lunch on the way home. Cost is \$5. A minimum of four people is required for the mall trip to take place. Call the EBCOA if you would like to go along.

Dance Class cancelled September 18 & 25

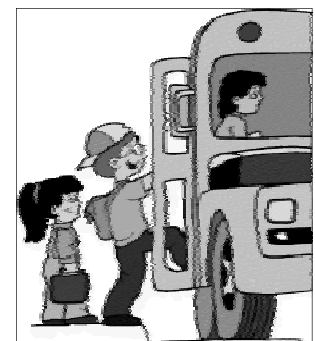
There will be no Dance Class on Thursday, Sept. 18 and 25 as the instructor will be on vacation.

Happy Birthday

Constance Boni	Sept. 1
Eileen McNulty	Sept. 4
Jean Tower	Sept. 6
True Tower	Sept. 7
Joan Donahue	Sept. 9
Gloria Mullen	Sept. 24
Evelyn Pittsley	Sept. 30
Elizabeth Guiu	Sept.30




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



**School's open.
Please drive
carefully.**

September 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p>Labor Day EBCOA OFFICE CLOSED</p>	<p>2</p> <p>Errand Van <i>Pick-ups begin @ 9:30</i></p> <p>Busy Hands 1 pm @ EBCOA</p> <p>Melodians rehearsal 1–3 pm @ Riddell Rd.</p> <p>COA meeting 6 pm @ EBCOA</p>	<p>3</p> <p>Blood Pressure Clinic 1–2 pm @ Prospect St.</p>	<p>4</p> <p>Shoppers Van <i>(Pick-ups begin @ 8:15 am)</i></p> <p>Salt Meeting 9:30 am @ EBCOA</p> <p>Exercise/Dance Class 10 am @ Riddell Rd.</p> <p>Tai Chi 2:30 @ Riddell Rd.</p>	<p>5</p> <p>Bowling 9 am @ Viking Cost: \$6</p> <p>Cribbage 9 am @ EBCOA</p>
<p>8</p> <p>Food Pantry 3– 4:15 pm @ St. John’s Catholic Church</p>	<p>9</p> <p>Errand Van</p> <p>“Protecting Your Nest Egg” Presentation 10 am @ EBCOA <i>Sponsored by New York Life</i></p> <p>Blood Pressure Clinic 11 –12 pm @ EBCOA</p> <p>Busy Hands 1 pm @ EBCOA</p>	<p>10</p> <p>Food Pantry 12:30 pm @ Union Cong. Church</p> <p>Movie Day: <i>No Reservations</i> 1 pm @ COA</p> 	<p>11</p> <p>Shoppers Van <i>(Pick-ups begin @ 8:15 am)</i></p> <p>Exercise/Dance Class 10 am @ Riddell Rd.</p> <p>Tai Chi 2:30 @ Riddell Rd.</p> <p>Friends of Seniors 7 pm @ EB Library</p>	<p>12</p> <p>Bowling 9 am @ Viking Cost: \$6</p> <p>Cribbage 9 am @ EBCOA</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Friends of Seniors Fundraising Walk 9 am Saturday Sept. 13</p> </div>
<p>15</p> <p>Senior Citizen’s Club meeting 11:30 am @ Commercial Club</p>	<p>16</p> <p>Busy Hands 1 pm @ EBCOA</p> <p>Errand Van <i>Pick-ups begin @ 9:30</i></p>	<p>17</p> <p>The Big E Eastern State Exposition (see page 7)</p> <p>Mall Trip: Independence Mall <i>Pick ups begin @ 9:30</i></p>	<p>18</p> <p>Shoppers Van <i>(Pick-ups begin @ 8:15 am)</i></p> <p>Exercise/Dance Class <i>Cancelled</i></p> <p>Tai Chi 2:30 @ Riddell Rd.</p>	<p>19</p> <p>Bowling 9 am @ Viking Cost: \$6</p> <p>Cribbage 9 am @ EBCOA</p>
<p>22</p> <p>Food Pantry 3– 4:15 pm @ St. John’s Catholic Church</p>	<p>23</p> <p>Errand Van</p> <p>Blood Pressure Clinic 11 am –12 pm @ Riddell Road</p> <p>Busy Hands 1 pm @ EBCOA</p>	<p>24</p> <p>Medicare/Medicaid Presentation 10 am @ EBCOA <i>Sponsored by Banker’s Life and Casualty</i></p> <p>Food Pantry 12:30 pm @ Union Cong. Church</p>	<p>25</p> <p>Shoppers Van <i>(Pick-ups begin @ 8:15 am)</i></p> <p>Exercise/Dance Class <i>Cancelled</i></p> <p>Tai Chi 2:30 @ Riddell Rd.</p>	<p>26</p> <p>Bowling 9 am @ Viking Cost: \$6</p> <p>Cribbage 9 am @ EBCOA</p>
<p>29</p> <p>Podiatry Clinic @ Riddell Road Community Bldg. <i>By appointment only. Call Dr. Derosier at 508-946-1444,</i></p>	<p>30</p> <p>Errand Van <i>Pick-ups begin @ 9:30</i></p> <p>Busy Hands 1 pm @ EBCOA</p>		<p>New Hampshire Turkey Train daytrip SOLD OUT</p>	

Clinic schedule resumes

The Board of Health and Partners VNA will resume their free clinics for seniors this month. Blood pressure clinics are held on the following days, times and locations:

1st Wednesday of the month
1–2 pm

Prospect Street Elderly Housing Complex

2nd Tuesday of the month
11 am –12 pm
EBCOA office

4th Tuesday of the month
11 am –12 pm
Riddell Road Community Building

See calendar on page 5 for specific dates. Individual appointments are also available for blood pressure and fasting blood sugar screenings. Call the Board of Health at 508-378-1610 to make an appointment.

New food stamp asset rules help seniors

Help is available to beat the high cost of food. If you are a low-income senior (age 60 or over), you may now qualify for food assistance through the Food Stamp Program even if you own a home or a car or have savings. Thanks to new changes to the Food Stamp Program,

assets are no longer considered for seniors whose incomes fall within certain guidelines; and other program improvements have increased benefits for thousands of households. (Seniors whose incomes fall above the guidelines may still be eligible, but their assets will be considered.) For a household with one person whose monthly gross income is below \$1734 assets are not counted; For a household with two people whose gross monthly income is below \$2334 assets are not counted. Food stamp eligibility is based on income and certain expenses. To find out if you are eligible, call Project Bread's FoodSource Hotline at 800-645-8333. The counselor will explain the food stamp requirements and help you maximize your benefits by identifying medical and other deductions. Counselors can estimate your eligibility in just a few minutes. All calls are confidential. You apply for food stamps at your local Department of Transitional Assistance but you are not required to apply in person. You can apply by mail or online and you can indicate your preference for a telephone interview. You can also mail or fax the documents that your worker requests. You may also call Nancy Hill at the EBCOA if you have further questions. To apply online, visit www.gettingfoodstamps.org.

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.**

Early Stage Alzheimer's Disease Support Group Meeting

Emmanuel House Residence Assisted Living in Brockton hosts an Alzheimer's Disease support group on the second Thursday of every month to discuss: personal feelings and experiences related to receiving a diagnosis; recent developments in treatment; coping skills; local research projects; pharmaceutical trials; community resources. The group also invites speakers to present up-to-date information related to Alzheimer's Disease. All meetings are free of charge and refreshments are served. For more information, call 508-588-5334 and speak with either Valerie Lomus at x613 or Susan Sheehan at x626.



Upcoming Daytrips

Sponsored by the East Bridgewater COA

The Big E ~ Eastern States Exhibition

Wednesday, September 17

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

Join the EBCOA on its annual trip to the Eastern State Exhibition in Springfield. "The Big E" is the ninth largest fair in the nation, hosting more than 1 million people each September. Enjoy free entertainment, the Avenue of the States, animals, shopping, rides, a huge array of New England food favorites, a colorful parade and so much more.

New Hampshire Turkey Train

Thursday, September 25

SOLD OUT

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 in the unpaved parking lot at the front of the building**. Ample parking provided.

Official trip policy available at EBCOA office.

"Big Band Christmas Spectacular" Van Daytrip November 18

Join the EBCOA for a delightful afternoon of great food and first-class entertainment at Lombardo's in Randolph on November 18. The talented cast of performers and 20-piece orchestra of Latshaw Productions will take to the stage and perform all of your favorite Christmas songs and carols arranged in a big band-style reminiscent of a nostalgic bygone era.

The lunch includes: New England roasted turkey, garlic mashed potatoes, glazed petite carrots, lemon angel cake, coffee and soft drinks.



The charming and talented performers of Latshaw Productions' "Big Band Christmas Spectacular" will be at Lombardo's in Randolph this November. Their professional harmonies and solo numbers are accompanied by a full 20-piece orchestra. The performance and luncheon are to be held in one of Lombardo's elegant ballrooms.

Latshaw Productions presents:
Big Band Christmas Spectacular

Tuesday, November 18
 Van pick-ups begin at 10:30 am

Luncheon: 11:30 am

Show: 1 pm

Return to East Bridgewater at approximately 3:45 pm

Cost: \$50 per person upon registration

Make checks payable to: Town of East Bridgewater

Call the EBCOA to reserve your seat!

This is strictly an EBCOA van excursion. Space is limited. Persons desiring to attend this event with their own transportation may contact Latshaw Productions for ticket information at 800-528-7429.

East Bridgewater Council on Aging
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To the home of: