



East Bridgewater Council on Aging

APRIL 2024

East Bridgewater Council on Aging
 355 Plymouth Street
 E. Bridgewater, MA 02333
Phone: 508-378-1610
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Hours:

Monday
 8 am – 6 pm
 Tuesday-Thursday
 8 am – 4 pm
 Friday
 8 am – 12 pm

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Chair

Mary Haines
Treasurer

Katie Cavanagh
Secretary

Robert Ringuette
Susan Muir
Helen Bomar
Anne Marek
Lois Sullivan
Michele Bernard

Live Your Life Well

Tuesday, April 9th
 9:30am-3:00pm

*You can handle life's hurdles.
 We can show you how.*

Live Your Life Well, the Mental Health America program, is designed to help you cope better with stress and create more of the life you want. Maybe you're lonely but don't know how to make new friends. Maybe you face a rush of daily demands or one potentially lifechanging challenge. Whatever your situation, we are here to help. The non-profit Mental Health America has been working for 100 years to promote well-being for all Americans. They have put together the 10 Tools to Live Your Life Well. Based on extensive scientific evidence, these tools can help you relax, grow, and flourish.

Sarah Franklin, Social Work Intern from BSU, will be leading this program. Sarah has been with us since September and is here until May. If you haven't met Sarah yet, this is a great opportunity. She is wonderful!

Learn 10 tools to help you feel stronger and more hopeful.

- Connect with others ~ Stay positive
- Get physically active ~ Help others
- Get enough sleep ~ Create joy and satisfaction
- Eat well ~ Take care of your spirit
- Deal better with hard times ~ Get the help you need

You can feel better—more vibrant, alert and gratified.

You can feel stronger—more comfortable, confident and productive.

You can Live Your Life Well!

Breakfast & Lunch will be served
 Call the COA to sign up

The Age of LOVE

THE AGE OF LOVE
A film by Steven Loring
 Tuesday, April 10th @ 1:00 pm
 (immediately following lunch at 12:30pm)

THE AGE OF LOVE follows the comic and poignant adventures of 30 seniors who attend a first-of-its-kind Speed Dating event for 70- to 90-year-olds, and discover how the search for love changes—or doesn't change—from first love to the far reaches of life.

It's never too late to date. SHORT SYNOPSIS: An unprecedented speed dating event for 70- to 90-year-olds serves as the backdrop for THE AGE OF LOVE, an alternately poignant and funny look at the search for love among the senior set. Over one summer, we intimately follow as ten speed daters—recently widowed, long-divorced or never-married—prepare for the big day, endure a rush of encounters, then anxiously receive their results. Fearlessly candid about themselves and what they're seeking, these WWII babies are spurred to take stock of life-worn bodies and still-hopeful hearts. Then, as they head out on dates that result, comic and bittersweet moments reveal how worries over physical appearance, romance and rejection, loss and new beginnings change—or don't change—from first love to the far reaches of life. The Age of Love is a story of the universality of love and desire, regardless of age.

Call the COA to sign up
 Lunch will be provided at 12:30pm

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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.

The Boat Builder (PG) 2021 Wednesday, April 3rd @ 1:00pm

An embittered old mariner (Christopher Lloyd) and an unwanted young orphan form an unlikely bond building a boat. 1hr 28min.

The Boys in the Boat (PG-13) 2023 Monday, April 8th @ 3:00pm

This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer games. *Rated PG-13 by the Motion Picture Association of America for language and smoking.* 2hr 4min.

The Miracle Club (PG-13) 2023 Wednesday, April 24th @ 1:00pm

Laura Linney, Agnes O'Casey and Oscar® winners Kathy Bates and Maggie Smith play four overwhelmed housewives from the 1960s hyper conservative Dublin who, with a little help from their priest, earn a much-needed trip to Lourdes, France. *Rated PG-13 by the Motion Picture Association of America for some language/thematic elements* 1hr. 31min.

Please call the COA to sign up for all movies



Office Hours

Wednesday Van Trips

The EBCOA office will be closed on Monday, April 15th in observance of Patriots' Day. Please remember to schedule your Dial-a-BAT rides by 10:00 a.m. on the preceding business day.



- Walmart/Raynham Rt. 138 ~ 4/3 (\$3)
 - Patriot Place/The "Lighthouse" ~ 4/10 (\$5)
 - Plainridge Park Casino ~ 4/17 (\$5)
 - Frugal Fannies/99 Restaurant in Westwood ~ 4/24 (\$5)
- ~Call the COA to sign up~

*Patriot Place/The "Lighthouse" - Visit the tallest "Lighthouse" in America. The top of the structure stands 22 stories above the playing field and is the tallest "lighthouse" in the US. The 360-degree observation deck, known as the Lookout, provides spectacular panoramic views of the stadium and the surrounding area, including the Boston and Providence skylines. Admission is \$5 (payable at the door). Veterans are free. Lunch to follow at Olive Garden.

SAVE THE DATE!

Safety & Wellness Fair for Seniors
Thursday, June 6th
More info to follow in May's newsletter

General Quarters!

Monthly Roundtable Discussion Wednesday, April 10th @ 1:00pm



This month, Father William Devine of St. Thomas Aquinas Church in Bridgewater will talk about his experiences as a Military Chaplain.

Please call the COA to sign up.

On May 8th, we will be traveling to the Newport Naval War College. Applications are available at the COA and must be completed and returned by April 5th. Space is limited.

State Representative Alyson Sullivan-Almeida

Office Hours

State Representative Alyson Sullivan-Almeida will be here on Wednesday, April 3rd @ 11:30am – 12:30pm. You may also contact Rep. Sullivan-Almeida @ 617-722-2488. Rep. Sullivan-Almeida represents Precincts 1, 2 & 3 of East Bridgewater.

Come by with your questions or concerns or to simply say hello.

Senator Michael D. Brady

Office Hours

Senator Michael D. Brady will be here on Monday, April 22nd @ 10:30am – 11:30am. You may also contact Senator Brady @ 617-722-1200. Senator Brady represents the town of East Bridgewater.

Technology Help

Tuesday, April 2nd & Thursday, April 4th
Tuesday, April 23rd & Thursday, April 25th
10:00am – 11:00am



Join us for Tech Help with students from Southeastern Regional Vocational Technical High School! Bring in your laptop, tablet, or phone...and your questions!
Call to sign up for your 15 minute appointment!

LUNCH & LEARN!

Understanding Vascular Disease Wednesday, April 3rd 12:00pm



Please join us in welcoming Stratton Danes, MD of The Vascular Care Group located in Plymouth. During this presentation you will:

- Understand your risk factors
- Learn about the symptoms
- Gain valuable information regarding the many treatment options available

Sandwiches and chips will be provided by The Vascular Care Group

Call the COA to sign up by Wednesday, March 27th

Crafts with Kathy & Sue
Tuesday, April 24th @ 1:00pm

FREE!! FREE!!

SPRING HAS SPRUNG!! This month with Kathy & Sue you will be painting and decorating a mason jar and filling it with beautiful silk flowers! Perfect for spring and into summer! Join us for a fun and FREE class!

Please call the COA to sign up
Space is limited.



Solar Eclipse Coming!

A total solar eclipse will cross North America on April 8, offering millions of sky-watchers a rare opportunity to see afternoon skies temporarily darken and an illuminated halo appear overhead. The eclipse on Monday, April 8 promises to be a major event because its path fortuitously cuts across Mexico, the continental U.S. and a small part of eastern Canada. In the U.S., weather permitting, sky-watchers in 15 states will have the chance to see the moon almost completely cover the sun, casting its shadow over the fiery orb and creating the effect of a ring in the sky. In all other states in the continental U.S., viewers will be treated to a partial solar eclipse, with the moon appearing to take a "bite" out of the sun and obscuring only part of it in the sky. Here is everything you need to know about the coming total solar eclipse.

What is a solar eclipse?

Solar eclipses are essentially cosmic confluences, occurring when the sun, the moon and Earth align. The moon passes in front of the sun, temporarily blocking its light. The moon can fully obscure the sun, as is the case with total solar eclipses, or it can block only a part of the sun's light, as happens with partial solar eclipses.

After it crosses Mexico, the eclipse's path will travel through Texas, Oklahoma, Arkansas, Missouri, Illinois, Kentucky, Indiana, Ohio, Pennsylvania, New York, Vermont, New Hampshire, and Maine. The most spectacular views will require being within the path of totality, but people coast to coast still have the opportunity to take part in the astronomical event. A partial solar eclipse will be visible throughout all 48 states of the contiguous U.S., and NASA (along with several other organizations) plans to stream live views of the total solar eclipse online.

Here in Massachusetts, we will have the partial eclipse with 80-88% of the sun effected. The best hours for viewing are between 2-3:30 PM. On Monday, April 8, 2024.

How to safely view a solar eclipse

People should never gaze directly at the sun during a solar eclipse, even when it is partly or mostly covered by the moon. Special eclipse glasses or [pinhole projectors](#) are required to safely view solar eclipses and prevent eye damage.

Don't use binoculars, telescopes or camera lenses without specific solar filters attached to them. Failing to take the proper precautions will result in severe eye injury.

The Board of Health has obtained a limited supply of solar eclipse glasses from the Halifax Public Health Excellent Group (HPHEG) and they will be available at the Council on Aging. Glasses are also for purchase through commercial outlets.

Be Safe.....Enjoy the view but protect your eyes!

Glasses are available at the COA during business hours. One pair per household. East Bridgewater Residents only



Hair by Luann

**TUESDAYS
At the COA
by appointment only
10:00am—2:30pm**

Wash, Cut & Dry—**starting at \$20**
Wash, Set & Dry—**\$20.00**
Wash Only—**\$8.00**
(Tipping not necessary)

Luann has been a hairdresser for 40+ years and is looking forward to meeting new clients!

Call the COA to schedule an appointment
Cash or check only

Aging in Place

Tuesday, April 16th @ 12:30pm

Look around your home with the future in mind. Do you have handrails along the stairs? What about a walk-in shower? Are your doorways wide enough to allow a wheelchair to pass through? Evaluate your living space to see if it is ready to age gracefully, along with you.

Please join Sarah Franklin and her fellow intern peers, for a presentation providing suggestions on ways of improving the conditions of your house so that you age in place safely.

Call the COA to sign up
Come early for lunch! See page 4 for details

**12th Annual Ladies Spring Tea
Monday, May 13th @ 3:00pm**



We are thrilled to have our 12th Annual Ladies Spring Tea!! Enjoy delicious Scones, Tea Sandwiches, Desserts and many variety's of Tea!

Reservations are required and are limited to 50.

Sign-ups will begin on Monday, April 29th and will end on Wednesday, May 8th. East Bridgewater residents only.

We welcome back Sheryl Faye Presents for another amazing performance as she brings to life Queen Elizabeth II—"Her Majesty"



This program is supported by a grant from the East Bridgewater Arts Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Transportation is available.
Please let us know, when signing up, if you need a ride.



**Annual S.A.L.T. Breakfast
Thursday, May 2nd @ 9:30 a.m.**

Join us once again for our annual S.A.L.T. breakfast! East Bridgewater Police and Fire Departments will be helping to cook and serve a delicious breakfast of pancakes, sausage, bacon and eggs! Immediately following your delicious breakfast, Minh Tran, Chief Legal Counsel for Diversity, Equity & Inclusion, from the Plymouth County D.A.'s Office, will talk about the latest scams and how to detect and avoid becoming a victim of one.

Sign-ups for East Bridgewater residents will begin on Tuesday, April 16th. Out-of-town seniors may sign-up beginning Monday, April 22nd. Sign-ups will close on Friday, April 26th.

The East Bridgewater S.A.L.T. Council (Seniors and Law Enforcement Together) is made up of members of the Plymouth County Sheriff's and District Attorney's Departments, the East Bridgewater Police and Fire Departments and the Council on Aging, as well as private citizens. Its purpose is to provide information and resources to increase senior safety in their homes and communities.



**BOXED LUNCH
GRAB & GO!
Thursday, April 25th
12:00pm—12:30pm**

This month's Grab & Go is being provided by **Hardy Catering** and will include:

*Chicken Caesar Roll Ups
Potato Chips, Cookies
Fresh Fruit and a Bottle of Water*

Sign-ups will begin on Monday, April 8th and will end on Friday, April 19th.
East Bridgewater residents only.

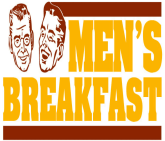
Please support your local businesses!
We look forward to seeing you!



LEGAL HELP

**Free Legal Consultations
with The Law Office of Stephanie Konarski
Thursday, April 18th ~ 1:00pm—3:00pm**

Please call the COA to schedule an appointment.
Appointments will be scheduled in 15 minute increments.





Men's Breakfast
Monday, April 22nd
9:00am

Chef Donny is back! We hope to see you again this month!

Scrambled Eggs, Pancakes
Sausages, Muffin
Juice & Coffee

**Please call the COA to sign up by
Friday, April 12th**
Seating is limited

*Donations to defer the cost of this breakfast
are gratefully accepted and appreciated*

**Home Cooked Lunch
& SINGO**
Wednesday, April 17th
12:00 pm

Hotdogs & Beans
Dessert!

After lunch, stay for SINGO! Test your musical knowledge and luck! Have some fun & win prizes

**Please call the COA to sign up by
Wednesday, April 10th**
Seating is limited


*Donations to defer the cost of this lunch
are gratefully accepted and appreciated*



APRIL COMMUNITY DINING

Community Dining meals on MONDAYS and TUESDAYS at 11:30 am. (unless otherwise noted)

We invite you to come in and have a sit-down lunch!

You must sign-up in advance by calling the COA at (508) 378-1610. Suggested donation is \$2.50 per meal.

<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i><u>Tuesday, March 26th</u></i></p>	<p><u>MONDAY</u> 4/1</p> <p>Pasta with Meat Sauce Italian Vegetables Whole Wheat Dinner Roll Hot Caramelized Apples</p>	<p><u>TUESDAY</u> 4/2</p> <p>Chicken Stew Green Beans Corn Muffin Hot Cinnamon Pears</p>	
<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i><u>Tuesday, April 2nd</u></i></p>	<p><u>MONDAY</u> 4/8</p> <p>Swiss Cheese Omelet Home Fries Peppers & Onions Snack Loaf Yogurt Orange Juice</p>	<p><u>TUESDAY</u> 4/9</p> <p>Hot Dog w/bun Vegetarian Baked Beans Zucchini Squash Apple Oatmeal Bar</p>	
<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i><u>Tuesday, April 9th</u></i></p>	<p><u>MONDAY</u> 4/15</p> 	<p><u>TUESDAY</u> 4/16</p> <p>Chicken Parmesan Pasta with Italian Sauce Italian Vegetables Dinner Roll Graham Crackers</p>	
<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i><u>Tuesday, April 16th</u></i></p>	<p><u>MONDAY</u> 4/22</p> <p>BBQ Chicken Mashed Spiced Yams Fiesta Blend Vegetables Whole Wheat Bread Chocolate Pudding</p>	<p><u>TUESDAY</u> 4/23</p> <p>Macaroni & Cheese Spinach Whole Wheat Roll Fresh Apple</p>	
<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <i><u>Tuesday, April 23rd</u></i></p>	<p><u>MONDAY</u> 4/29</p> <p>Cheeseburger w/bun Oven Browned Potatoes Jardiniere Blend Vegetables Fresh Tangerine</p>	<p><u>TUESDAY</u> 4/30</p> <p>Chicken with Gravy Roasted Sweet Potatoes Collard Greens Oatmeal Bread Cinnamon Bites</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Podiatry Clinic 1 Call Dr. Derosier for an appt. 508-946-1444 8am-1pm</p> <p>Community Dining 11:30 Hand and Foot 1pm</p> <p>Food Pantry @ St. John's 3pm-5:30</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Podiatry Clinic June 17, 2024 8am-1pm Call Dr. Derosier for an appt. 508-946-1444</p> </div>	<p>Tax Prep (by appt) 8:10 2</p> <p>Walking Club 9am</p> <p>Errand Van 9am</p> <p>Chair Yoga w/Karen 9am</p> <p>Game Day 10am</p> <p>Creativity with Color 10am</p> <p>Tech Help (by appt) 10-11am</p> <p>Hair by Luann 10am-2:30 (by appt. only)</p> <p>Community Dining 11:30</p> <p>Bereavement Group 12:30-2pm</p> <p>Busy Hands 1pm</p> <p>SLN: Soldiers in Skirts: Army Women in Vietnam 2pm</p>	<p>Walmart/Raynham 9am 3</p> <p>Clinic 9am-12pm</p> <p>Crocheting 10am</p> <p>Book Club 10am</p> <p>Zumba Gold 10:30-11:30</p> <p>Advanced Whist 11am</p> <p>Lunch & Learn— Understanding Vascular Disease 12pm</p> <p>State Representative Alyson Sullivan-Almeida Office Hours 11:30—12:30</p> <p>Mah Jongg 12:30</p> <p>Movie: The Boat Builder 1pm</p>	<p>Shopper's Van 4 Pick-ups begin@ 8:15am</p> <p>Walking Club 9am</p> <p>SALT/Triad Mtg. 9:30</p> <p>Yoga 10am</p> <p>Tech Help (by appt) 10-11am</p> <p>Tax Prep (by appt.) 12:50</p> <p>Line Dancing w/Kelly 1pm</p> 	<p>Tax Prep (by appt.) 8:10 5</p> <p>Cribbage 9am</p> <p>ABLE Bodies</p> <p>Balance Class 10am (Resistance Bands)</p> 
<p>Community Dining 11:30 8 Hand and Foot 1pm</p> <p>Movie: The Boys in The Boat 3pm</p> 	<p>Tax Prep (by appt) 8:10 9</p> <p>Walking Club 9am</p> <p>Errand Van 9am</p> <p><i>No Chair Yoga today</i></p> <p>Live Your Life Well 9:30-3pm</p> <p>Game Day 10am</p> <p>Creativity with Color 10am</p> <p>Hair by Luann 10am-2:30 (by appt. only)</p> <p>Community Dining 11:30</p> <p>Bereavement Group 12:30-2pm</p> <p>Busy Hands 1pm</p> <p>SLN: Connecting with Ancient Civilizations at Hearst Castle 2pm</p>	<p>Patriot Place/Lighthouse 10 10am <i>Van leaves at</i></p> <p>Clinic 9am-12pm</p> <p>Crocheting 10am</p> <p>Zumba Gold 10:30-11:30</p> <p>Advanced Whist 11am</p> <p>Mah Jongg 12:30</p> <p>The Age of Love 1pm</p> <p>General Quarters! 1pm</p> <p>Food Pantry @ Union Cong. 12:30-2pm</p>	<p>Shopper's Van 11 Pick-ups begin@ 8:15am</p> <p>Walking Club 9am</p> <p>Yoga 10am</p> <p>Tax Prep (by appt.) 12:50</p> <p>Line Dancing w/Kelly 1pm</p> <p>Alzheimer's Caregiver Support Group 2pm</p>  	<p>Tax Prep (by appt.) 8:10 12</p> <p>Cribbage 9am</p> <p>ABLE Bodies</p> <p>Balance Class 10am (Hand Weights)</p> 
<p><i>Patriots' Day</i> <i>Town Offices Closed</i></p>  <p>Food Pantry @ St. John's 3pm-4:30 15</p>	<p>Walking Club 9am 16</p> <p>Errand Van 9am</p> <p>Chair Yoga w/Karen 9am</p> <p>Game Day 10am</p> <p>Creativity with Color 10am</p> <p>Hair by Luann 10am-2:30 (by appt. only)</p> <p>Community Dining 11:30</p> <p>Aging in Place 12:30</p> <p>Bereavement Group 12:30-2pm</p> <p>Busy Hands 1pm</p> <p>SLN: The Life and Times of Will Rogers 2pm</p>	<p>Plainridge Park Casino 9am 17</p> <p>Clinic 9am-12pm</p> <p>Crocheting 10am</p> <p>Zumba Gold 10:30-11:30</p> <p>Advanced Whist 11am</p> <p>Mah Jongg 12:30</p> <p>Home Cooked Lunch & SINGO 12pm</p> 	<p>Shopper's Van 18 Pick-ups begin@ 8:15am</p> <p>Walking Club 9am</p> <p>Yoga 10am</p> <p>Coffee & Conversation w/Veterans Agent 10am</p> <p>Line Dancing w/Kelly 1pm</p> <p>Legal Consultations 1pm</p>	<p>Cribbage 9am 19</p> <p>ABLE Bodies</p> <p>Balance Class 10am (Resistance Bands)</p> 
<p>Men's Breakfast 9am 22</p> <p>Hearing Clinic 10am-12pm</p> <p>How to Play the Ukulele 10am</p> <p>Senator Michael D. Brady Office Hours 10:30—11:30</p> <p>Community Dining 11:30</p> <p>Hand and Foot 1pm</p> <p>Memory Lane Café 1pm</p> 	<p>Walking Club 9am 23</p> <p>Errand Van 9am</p> <p>Chair Yoga w/Karen 9am</p> <p>Game Day 10am</p> <p>Creativity with Color 10am</p> <p>Tech Help (by appt) 10-11am</p> <p>Hair by Luann 10am-2:30 (by appt. only)</p> <p>Community Dining 11:30</p> <p>Bereavement Group 12:30-2pm</p> <p>Busy Hands 1pm</p> <p>SLN: Whales in North Carolina: Diversity, Distribution, Conservation 2pm</p>	<p>Frugal Fannies/Lunch 9am 24</p> <p>Clinic 9am-12pm</p> <p>Crocheting 10am</p> <p>Zumba Gold 10:30-11:30</p> <p>Advanced Whist 11am</p> <p>Mah Jongg 12:30</p> <p>Crafts with Kathy & Sue 1pm</p> <p>Movie: The Miracle Club 1pm</p>	<p>Shopper's Van 25 Pick-ups begin@ 8:15am</p> <p>Walking Club 9am</p> <p>Yoga 10am</p> <p>Tech Help (by appt) 10-11am</p> <p>Grab & Go 12pm-12:30</p> <p>Line Dancing w/Kelly 1pm</p> <p>Social Security 101 1pm</p>	<p>Cribbage 9am 26</p> <p>ABLE Bodies</p> <p>Balance Class 10am (Hand Weights)</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Food Pantry @ Union Cong. 27 9:30-11am</p> </div>
<p>Community Dining 11:30 29 Hand and Foot 1pm</p>	<p>Walking Club 9am 30</p> <p>Errand Van 9am</p> <p>Chair Yoga w/Karen 9am</p> <p>Game Day 10am</p> <p><i>Creativity with Color (date changed to 4/14)</i></p> <p>Hair by Luann 10am-2:30 (by appt. only)</p> <p>Community Dining 11:30</p> <p>Busy Hands 1pm</p>	<p>The Council on Aging was awarded a Field Demonstration Grant from a grant awarded to the Massachusetts Council on Aging by the Executive Office of Elder Affairs. The COA was the recipient of \$25,000 to update our audio/video equipment in three rooms. The current equipment, which is now approaching twelve years old, is obsolete. That's the good news! The not so good news is that the equipment is being installed on April 29 & 30 and May 1. This means that our large multi-purpose room, classroom, and upstairs computer room will be out of commission on those three days. We will do the best we can to relocate some of our smaller groups, but many activities will need to be cancelled on those days. Please read the calendar carefully! We are sorry for the inconvenience but are happy that we can bring this updated technology to our Center!</p>		
		<p>Zumba Gold will be canceled on Wednesday, May 1st .</p>		

Kelley's Korner....

Kelley Long, Client Services Coordinator,
S.H.I.N.E. Counselor, and
Certified SMP Counselor

WWW.SHINEMA.ORG

Check out the website for information and forms



MEDICARE WILL NEVER CALL YOU!!

If you receive a call from someone claiming to be from Medicare, **HANG –UP!! IT IS A SCAM!!!**

Fuel Assistance & S.N.A.P. Appointments

The Fuel Assistance deadline has been extended to May 10th for new applicants only. Contact Kelley Long at the EBCOA for an appointment and for a list of documentation needed.

S.N.A.P. (Supplemental Nutrition Assistance Program) applications can be filed at any time. Please contact Kelley Long at the EBCOA for an appointment or with any questions you may have.

Memory Lane Café



East Bridgewater Council on Aging
355 Plymouth Street
East Bridgewater, MA
(508) 378-1610

What is the Memory Lane Café?

The Memory Lane Café provides a place for those experiencing memory loss, along with their care partners and families, to relax and enjoy socialization, refreshments, discussion and entertainment.

A care partner must accompany anyone who requires supervision or assistance. Visit our Facebook page at East Bridgewater Council on Aging for updates.

**Monday
April 22, 2024
1:00 pm**

RSVP's are appreciated at 508-378-1610 by April 16th but walk-ins are always welcome

April Events

- Chair Yoga w/Karen
- Mad Science with Jolting Jonathan
- Fun and games
- Socialization
- Refreshments



Funding is provided by Old Colony Planning Council Area Agency on Aging through Title III of the Older Americans Act

**ENHANCE YOUR MENTAL HEALTH
Monday, May 6th @ 1:00pm**

OCES' Elder Mental Health Outreach Team (EMHOT) aims to support older adults 60+ with complex behavioral health conditions, substance misuse, chronic illness, and crisis situations, who may require counseling or long-term case management to improve overall well-being.

Join Deana Andrade, LICSW and Behavioral Health Manager at OCES to learn more about services offered by the Elder Mental Health Outreach Team that may improve your well-being..

Call the COA to sign up



Virginia Williams April 11

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



Securing today
and tomorrow

Social Security 101
Everything you wanted to know
Wednesday, April 25th @ 1:00pm

Delia De Mello, Public Affairs Specialist, will present a **FREE** workshop from Social Security.

- When are you eligible to receive retirement benefits?
- How does early retirement affect your benefits?
- Do you qualify for disability, survivors and spouse benefits?
- How do you get the most from your benefit?
- What is the future of Social Security?
- When should you file for Medicare?

Learn how to use **my Social Security** online account and other online services. You should go to www.socialsecurity.gov/myaccount to create a **my Social Security** account and print out your Social Security Statement **before** attending the workshop.

Please call the COA to sign up



Helpful Information about Medicare Savings Programs (MSPs)

Welcome to the Medicare Savings Programs (MSPs)!


MSPs are not insurance plans. They are programs run by MassHealth that can help lower your Medicare costs. There are two levels of benefits, based on your income, as shown in the table. These program levels are known by their initials: **QMB** (Qualified Medicare Beneficiaries), and **SLMB** (Specified Low Income Medicare Beneficiaries) or **QI** (Qualifying Individuals).

If you are	And your monthly income is*	You may be able to get
Single	Below \$2,385 Between \$2,386 and \$2,824	QMB SLMB/QI
A married couple	Below \$3,237 Between \$3,238 and \$3,833	QMB SLMB/QI

*Income limits change each year on March 1.

QMB and SLMB/QI Benefits

The level of benefits you can get depends on your income. This table shows what these programs could do for you.

Benefits	QMB	SLMB/QI
Pays your Medicare Part A premium	✓	
Pays your Medicare Part B premium	✓	✓
Comes with Health Safety Net (HSN) coverage at acute care hospitals and community health centers (CHCs)	✓	✓
Helps you with prescription drug costs by automatically enrolling you in Medicare Part D Extra Help	✓	✓
Pays all costs of your Medicare Part A and Part B covered services, like Medicare deductibles, coinsurance, and copays	✓	
MassHealth card 	✓	
Show your Medicare and MassHealth cards so providers know you are in the QMB program.		✓

What is HSN?

HSN pays for some health services provided by acute care hospitals or CHCs for certain low-income, uninsured, or underinsured patients. If you're eligible for an MSP, and you get care from a hospital or CHC, HSN can be a secondary payer for copays or deductibles billed by the hospital or CHC. This means HSN may pay some costs after Medicare has been billed. HSN may also pay for services Medicare does not cover, if you get the care at a hospital or CHC. There is no member card for Health Safety Net.

What is Extra Help?

Extra Help is a Medicare program that helps people with limited income and resources pay Medicare drug coverage (Part D) premiums, deductibles, coinsurance, and other costs. Extra Help also limits your prescription drug copay amounts. Recipients can sign up for Medicare Part D any time of year, with no late enrollment penalty.

MSPInfo-0124

Contact Kelley for more information



Clinic Hours
Wednesdays ~ 9:00am – 12:00pm

Blood pressure and blood sugar screenings are available, as well as any other general health questions that you may have. Come on in for a blood pressure check and welcome back Heather!

Nurse Heather will be available to use our new CardioChek Plus analyzer. This analyzer is a portable, handheld device designed to do on-the-spot testing of important blood values. Taking only seconds to deliver results, it will provide consistent and accurate information. Each test will provide overall cholesterol, LDL, HDL, triglycerides, and glucose readings. **This equipment has been purchased, in full, from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs. The Massachusetts Association of Councils of Aging nor the Massachusetts Executive Office of Elder Affairs assumes any liability nor endorses any specific product.**



Senior Learning Network facilitates lifelong learning programs via interactive video conferencing. Participants have the opportunity to “meet” with presenters from all over the country.

Tuesday, April 2nd @ 2:00pm ~ Soldiers in Skirts: Army Women in Vietnam



During the height of the Vietnam War, the first women from the Women’s Army Corps (WAC) arrived overseas as part of a new program to help train Vietnamese women for their own Corps.

In this program the U.S. Army Women’s Museum will lead us on a journey through the years of the Vietnam War, exploring women’s roles as they served their country as soldiers and nurses. Exploration takes place through newspapers, photographs, and oral testimonies about this period during the Cold War.

Tuesday, April 9th @ 2:00pm ~ Connecting with Ancient Civilizations at Hearst Castle

A long-awaited return to Hearst castle to explore the mythology, the art, and the architecture of ancient civilizations! Statues such as the Egyptian goddess Sekhmet will transport us 3000 years back in history. The Neptune Pool will provide proof that the Greeks and Romans still influence our world today. Hearst Castle preserves a collection of art and artifacts that symbolizes the traditions and beliefs of these cultures. Join us!



Tuesday, April 16th @ 2:00pm ~ The Life and Times of Will Rogers



Will Rogers was born Cherokee native American in Indian Territory (now Oklahoma), was a cowboy delivering cattle to market on his father’s ranch and learned trick roping from his dad’s ranch hands. That trick rope led him into showbusiness first in Wild West shows, then vaudeville, before moving to be a headliner on Broadway’s biggest pageant, the Ziegfeld Follies. His gift of Improv and telling jokes relocated him to Hollywood where he begins in silent films but eventually leapfrogs to the number one box office star in 1934 for Twentieth Century Fox studios when sound comes to the movies. His launch of a weekly and then daily newspaper column syndicated to over 500 newspapers, found everyone reading his WR remarks with their morning coffee. Come take a peek at this Hollywood Golden Age Superstar, as we explore Rogers through the 1920’s and ‘30’s, his iconic ranch home, and artifacts.

Tuesday, April 23rd @ 2:00pm ~ Whales in North Carolina: Diversity, Distribution, Conservation



Carteret County, NC was home to a dolphin and whale hunting industry, used primarily for oil. Historical records aren’t clear how large the industry was. The industry was founded because there are plenty of cetacean species off the coast. As of 2021, the whale center has documented 34 species of cetaceans (all whales, including dolphins and porpoises) in addition to displays of beaked whale skeletons (Plus another being prepped for display) a 37-foot humpback whale skeleton, plus whale teeth, baleen, and whale oil.



“Because of our location near ocean currents, the continental shelf, and many other reasons, North Carolina is a hotspot for cetacean diversity on a global scale and we wanted to explain that” said Keith Rittmaster, Natural Sciences Curator at the North Carolina Maritime Museum and one of the leaders in the effort to create Bonehenge Whale Center. “And quite frankly, these creatures are amazing, and I get excited when people learn about them and say WOW!”

Please call the COA to sign up



**Learn How to Play the Ukulele
Monday, April 22nd @ 10am**

Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary. Ukuleles provided or bring your own.

Julie Stepanek lives in a pine forest in western Massachusetts where she raised a son and taught herself how to play the ukulele. She has been teaching and making

music at libraries, preschools and senior centers throughout New England for the last twelve years.

Call the COA to sign up



LET’S KEEP MOVING!!

**EAST BRIDGEWATER COA
WALKING CLUB!**

**Tuesdays & Thursdays @ 9:00am
Beginning April 2nd**

The Walking Club meets in the parking lot behind St. John’s Church.

Walk as much as you want at a pace you are comfortable with.

Join us and walk with new friends!!



**Grandparenting With Autism Workshop
Tuesday, May 21st @ 10:00am**

Grandparenting with autism can be extraordinary and different. Let Dr. Valarie Whiting be your guide to enriching your grandchild’s life with love and understanding. Join us for this workshop and at AutismColorClub.com to make every moment count.

Dr Valarie Whiting was employed at various Human Services agencies before her retirement in 2023. Her 47 year career began in 1978 at the May Institute for Autistic Students on Cape Cod, Mass. She retired in 2023 after 18 years of service as the MA Department of Developmental Services (DDS) Statewide Training Director. She was instrumental in the implementation of Positive Behavior Supports, creating autism supports training to the 8 Community Colleges in the Commonwealth while running the Direct Support Certificate Program, as well as other major initiatives. She created the DDSLearning.com website for the Commonwealth. Any family, professional, or teacher, can take advantage of free learning opportunities. All available to anyone with a computer, free of charge.

Please call the COA to sign up



**Coffee & Conversation with
the Veteran’s Agent**

Thursday, April 18th @ 10:00am

Christopher Buckley, Veteran Service Officer, for East Bridgewater, will talk about VA Healthcare enrollment and Record Requests. Bring your questions!

Please call the COA to sign up.



~ New Monthly Group ~

**Alzheimer’s Caregiver Support Group
Thursday, April 11th ~ 2:00pm – 3:00pm**

Jillian Spinale from Stafford Hill Assisted Living in Plymouth, will lead this group to help caregivers, family and others dealing with Alzheimer’s and dementia-related illnesses. This group will be held on the 2nd Thursday of each month.

Any questions please contact Kelley at the COA.

Please call the COA to sign up



At Home Hearing Healthcare
 Monday, April 22nd
 Monday, May 20th
 10:00am – 12:00pm

Lauren Warburton, Hearing Instrument Specialist from At Home Hearing Healthcare, will be here to provide:

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

no obligation to purchase

Don't miss out on life...improve your hearing today!

Contact the COA to schedule an appointment. Each appointment will run approximately 20 minutes.



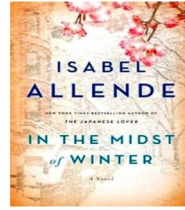
Creativity With Color
 With Kristen Vincelette
 Tuesdays beginning
 March 26th – May 14th

(The last class of this session, April 30th, has been rescheduled to May 14th)
 10:00am – 12:00pm ~ \$5 per person/class

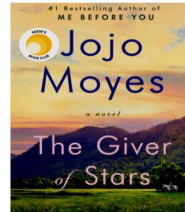
Sign-up today for this 6 week acrylic painting class with instructor Kristen Vincelette, owner of Creativity With Color. Kristen will guide you through a weekly lesson and send you home with a finished project each week! All materials are included in the cost of the class.

Call the COA to sign up for one or more classes
Payment is due one week prior to each class
 Seating is limited to 10 per class

Book Club



Book for April
In the Midst of Winter
 By Isabel Allende
 Wednesday, April 3rd
 10am



Book for March
The Giver of Stars
 By Jojo Moyes
 Wednesday, May 15th
 10am

All Are Welcome!

Copies will be available at the COA the month prior to in regular hardcover, large print and book on CD formats. The title is also available as an eBook and eAudio through the Library's Libby App.
 Please call the COA to sign up

Disclaimer: References to any person, product, service or information does not constitute an endorsement or recommendation by the East Bridgewater Council on Aging or any of its employees. The East Bridgewater Council on Aging neither assumes any liability nor endorses ANY specific products or services provided by public or private organizations.



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