



East Bridgewater Council on Aging

FEBRUARY 2024

East Bridgewater Council on Aging
 355 Plymouth Street
 E. Bridgewater, MA 02333
Phone: 508-378-1610
Fax: 508-378-1611

Hours:
 Monday
 8 am – 6 pm
 Tuesday-Thursday
 8 am – 4 pm
 Friday
 8 am – 12 pm
Council on Aging Staff:

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S.H.I.N.E. Counselor
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David Finlay
Patricia Fay
Van Drivers

Council on Aging Members:

Dee Dee Rogers
Chair

Mary Haines
Treasurer

Katie Cavanagh
Secretary

Robert Ringuette

Susan Muir

Helen Bomar

Anne Marek

Lois Sullivan

Michele Bernard



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

Stop by or call to enter a monthly drawing to win a free hair service by Luann in February! Winner will be pulled on Tuesday, February 27th. One entry per person

Town of East Bridgewater, Massachusetts

Public Input Survey on the Accessibility of Town Facilities, Programs, and Services

We need your help! The Town of East Bridgewater is in the process of developing a Self-Evaluation and Transition Plan to ensure residents and visitors have access to all Town buildings, programs, and services. The Town has engaged the Edward J. Collins Center for Public Management to assist with the plan, which is required by the Americans with Disabilities Act of 1991 (ADA). An important part of this planning process is providing opportunities for the public to offer input and voice concerns.

This survey is intended to gather preliminary data to assist the planning team in identifying any barriers to access for individuals with disabilities at Town buildings or within the programs and services it currently offers. Once the initial study is completed, the Town will solicit additional input on how to best address any deficiencies that are found.

Please take a few minutes to complete this important accessibility survey at the following link:

[East Bridgewater Survey](#)

If you need assistance in completing this survey or would like to request an alternative format, please contact Marcia Birmingham at marcia.birmingham@umb.edu or call the Collins Center at 617-287-4824. We sincerely appreciate your time and effort in helping to ensure East Bridgewater remains a great place to live for ALL of our residents.



Town of East Bridgewater, Massachusetts

Public Input Survey on the Accessibility of Town Facilities, Programs, and Services

The Town of East Bridgewater is in the process of developing a Self-Evaluation and Transition Plan to ensure residents and visitors have access to all Town buildings, programs, and services. An important part of this process is providing opportunities for the public to offer input and voice concerns regarding accessibility of facilities, programs, and services.

Please help by taking a few minutes to complete this important accessibility survey at the following link:

[East Bridgewater Survey](#)

Save time and scan the QR Code below to complete the survey on your phone!
 (Open the camera app on your phone, scan the code, and follow the link.)



If you need assistance in completing this survey or would like to request an alternative format, please contact Marcia Birmingham at marcia.birmingham@umb.edu or call the Collins Center at 617-287-4824.

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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.

Fisherman's Friends (PG-13) 2020 Monday, February 5th @ 1:00pm

A fast living, cynical London music executive heads to a remote Cornish village where he's pranked by his boss into trying to sign a group of shanty singing fishermen. He struggles to gain the respect or enthusiasm of the unlikely boy band and their families. Soon he's forced to reevaluate his own integrity and ultimately question what success really means. *Rated PG-13 by the Motion Picture Association of America for Suggestive references, some strong language* 1hr. 52min.

The Holdovers (R) 2023 Wednesday, February 7th @ 1:00pm

From acclaimed director Alexander Payne, **THE HOLDOVERS** follows a curmudgeonly instructor (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go. Eventually he forms an unlikely bond with one of them -- a damaged, brainy troublemaker (newcomer Dominic Sessa) -- and with the school's head cook, who has just lost a son in Vietnam (Da'Vine Joy Randolph). *Rated R by the Motion Picture Association of America for some drug use, language, brief sexual material* 2hr. 13min

Nyad (PG-13) 2023 Monday, February 12th @ 1:00pm

A remarkable true story of tenacity, friendship and the triumph of the human spirit, **NYAD** recounts a riveting chapter in the life of world-class athlete Diana Nyad. Three decades after giving up marathon swimming in exchange for a prominent career as a sports journalist, at the age of 60, Diana (four-time Academy Award nominee Annette Bening) becomes obsessed with completing an epic swim that always eluded her: the 110 mile trek from Cuba to Florida, often referred to as the "Mount Everest" of swims. Determined to become the first person to finish the swim without a shark cage, Diana goes on a thrilling, four-year journey with her best friend and coach Bonnie Stoll (two-time Academy Award winner Jodie Foster) and a dedicated sailing team. *Rated PG-13 by the Motion Picture Association of America for some strong language, sexual abuse, brief partial nudity, thematic material* 2hr.

Sound of Freedom (PG-13) 2023 Wednesday, February 28th @ 1:00pm

The incredible true story of a former government agent turned vigilante who embarks on a dangerous mission to rescue hundreds of children from human traffickers. *Rated PG-13 by the Motion Picture Association of America for violence, sex trafficking, language, thematic content, sexual references, smoking throughout, some drug references* 2hr. 11min.

Please call the COA to sign up for all movies



Office Hours Wednesday Van Trips

The EBCOA office will be closed on Monday, February 19th in observance of President's Day. Dial-a-Bat will not be running that day, as well. Please remember to schedule your Dial-a-BAT rides by 10:00 a.m. on the preceding business day.



Walmart/Raynham Rt. 138 ~ 2/7 (\$2)
Wareham Crossing ~ 2/14(\$3)
Plainridge Park Casino ~ 2/21 (\$5)
Plainridge Park Casino ~ 2/28 (\$5)

Call the COA to sign up
A minimum of 4 passengers required on all trips

Plainridge Park Casino—We will be going to Plainridge Park Casino on 2 consecutive weeks. We will have one van running each week. If you wish to sign up, please choose one week so that we can give more people an opportunity to go. Thank you for your understanding.

General Quarters! Monthly Roundtable Discussion Wednesday, February 14th @ 1:00pm



This month in General Quarters John Cowan welcomes a 99 yr. old WWII U.S. Navy Veteran to talk about his experiences in the war. All are welcome!

Please call the COA to sign up.

State Representative Alyson Sullivan-Almeida Office Hours

State Representative Alyson Sullivan-Almeida will be here on Wednesday, February 7th @ 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.**



Elaine Sullivan	Feb 4	Jack Sullivan	Feb 20
Richard Moretti	Feb 5	Donna Folloni	Feb 24
Catherine (Kitty) Burns	Feb 9		

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

Crafts with Kathy & Sue Monday, February 26th @ 10am

FREE!! FREE!!

Get your Irish on with Kathy & Sue!! This month you will be making a hanging St. Patrick's Day sign. Join us for a fun and FREE class!

Please call the COA to sign up
Space is limited.



TEDTALKS

What is a TED Talk? TED (Technology, Entertainment, Design) talks are videos that present a great idea in 18 minutes or less. Scientists, researchers, technologists, business leaders, artists, designers, and other world experts take the TED stage to present "Ideas Worth Spreading".

Join **Sarah Franklin**, Social Work Intern from BSU for weekly TED Talks! See below:

**Healing Through Diet
Thursday, February 1st @ 11am**

Dean Ornish talks about simple, low-tech and low-cost ways to take advantage of the body's natural desire to heal itself.

**A Doctor's Case for Medical Marijuana
Thursday, February 8th**

Physician David Casarett was tired of hearing hype and half-truths around medical marijuana, so he put on his skeptic's hat and investigated on his own. He comes back with a fascinating report on what we know and what we don't -- and what mainstream medicine could learn from the modern medical marijuana dispensary.

**It's Time for Infectious Generosity. Here's how
Thursday, February 15th @ 11am**

What would happen to humanity if generosity went viral? Sharing transformative stories from around the world, head of TED Chris Anderson outlines why the time has come for the internet to realize its power to supercharge small acts of kindness, changing lives at a scale never experienced before. Learn how to cultivate a generous mindset -- with or without giving money -- and get inspired with tools to amplify your impact. "Be brave. Give what you can, and then be absolutely amazed at what happens next," Anderson says.

**You Can Grow New Brain Cells. Here's how
Thursday, February 22nd @ 11am**

Can we, as adults, grow new neurons? Neuroscientist Sandrine Thuret says that we can, and she offers research and practical advice on how we can help our brains better perform neurogenesis -- improving mood, increasing memory formation and preventing the decline associated with aging along the way.

**Life Lessons From Beethoven's Symphony No. 9
Thursday, February 29th @ 11am**

Legendary conductor Benjamin Zander explains his view on the difference between "positive thinking" and "possibility" (one's a fraud; the other's the real thing, he says) and intersperses delightful stories from a lifetime in music with a sing-along to Beethoven's Symphony No. 9.

Please call the COA to sign up ~ *Light refreshments will be served*

Health and Wellness Benefits of THC and CBD

Presented by

**Dr. Rosemary Duda, MD, Medical Marijuana Prescriber
Tuesday, February 27th @ 11am**

Questions for the Doctor??? As we are learning, lifestyle, diet, and stress moderation are essential for good health, longevity, and cognitive resilience. According to current medical trends, an "integrated, holistic approach" is the best way to care for patients. Doctors are in a better position now to care for and treat their patients in body, mind, and spirit by combining holistic or alternative medicine with a patient-focused and data-driven approach. According to the National Library of Medicine, the most common conditions for which medical cannabis is used are pain, spasticity associated with multiple sclerosis, nausea, posttraumatic stress disorder, cancer, epilepsy, cachexia, glaucoma, HIV/AIDS, and degenerative neurological conditions. Health professionals have increased the list of conditions of interest, and added that the resulting therapeutic uses are chronic pain, cancer, chemotherapy-induced nausea and vomiting, anorexia and weight loss associated with HIV, irritable bowel syndrome, epilepsy, spasticity, Tourette syndrome, amyotrophic lateral sclerosis, Huntington's disease, Parkinson's disease, dystonia, dementia, glaucoma, traumatic brain injury, addiction, anxiety, depression, sleep disorders, and schizophrenia and other psychoses. Holistic medicine takes an all-encompassing approach to a person's health, with the goal of balancing all aspects of the mind, body, and spirit, and cannabis is being used to enhance the practice. Functional and comprehensive medical methods make cannabis a natural ally to help patients. By investigating the root cause of the disease rather than focusing on individual symptoms, cannabis has the potential to provide many healing physical and mental benefits, especially when it is combined with other forms of alternative therapies, such as yoga, nutritional therapy, and acupuncture.

Please direct any questions you would like the doctor to answer to our intern Sarah Franklin so that she may present them to Dr. Duda, and she can have an answer prepared for the presentation.

Please call the COA to sign up



**Grandparenting With Autism Workshop
Tuesday, February 27th @ 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



**Busting Myths and Getting Savvy About Senior Living
Thursday, February 8th @ 1:00pm**

Senior living expert, Jodi Tolman, has 15 years' experience in the senior living industry and will present an extremely informative program on Tuesday, February 8th, at 1:00PM. **Busting Myths and Getting Savvy About Senior Living** will help seniors and their adult children learn a great deal about how independent living differs from assisted living, memory care, and skilled nursing; when is the right time to make a move; how to find just the right community for yourself or a loved-one; what will it cost; and how will you pay for it! Jodi is the Regional Marketing Consultant with Oasis Senior Living Advisors who provide a face-to-face, personalized and **completely free concierge service** to help seniors avoid the often overwhelming, confusing and time-consuming research necessary to find the right community. Oasis's advisors make what can be a daunting and difficult process easy. **Adult children are welcome and encouraged to join their loved-ones for this very important program!**

Light refreshments will be served! Call the COA to sign up



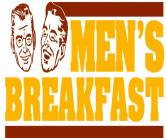
**At Home Hearing Healthcare
Monday, February 26th
Monday, March 25th
10:00am - 12:00pm**

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.



Men's Breakfast
Monday, February 26th
9:00am

Chef Donny is on vacation this month. No worries...the COA staff will be taking over!

Scrambled Eggs, Sausage
Homefries, Muffin
Juice & Coffee

Please call the COA to sign up by
Tuesday, February 20th

Seating is limited

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



Home Cooked Lunch
& SINGO
Wednesday, Feb. 21st
12:00 pm



Meatball Sub
Chips & 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, February 14th

Seating is limited

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





FEBRUARY 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: <u>Tuesday, January 30th</u></p>	<p><u>MONDAY 2/5</u> Chicken Parmesan Rotini Pasta w/Italian Sauce Peas & Carrots Wheat Bread Fresh Banana</p>	<p><u>TUESDAY 2/6</u> Taco Beef Brown Rice Fiesta Vegetable Blend Flour Tortilla Taco Sauce Fresh Orange</p>		
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <u>Tuesday, February 6th</u></p>	<p><u>MONDAY 2/12</u> Teriyaki Chicken Fried Rice Asian Vegetable Blend Oatmeal Bread Diet Jello</p>	<p><u>TUESDAY 2/13</u> Sloppy Joe Whipped Sweet Potatoes Spinach WW Hamburger Bun Fresh Apple</p>		
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <u>Tuesday, February 13th</u></p>	<p><u>MONDAY 2/19</u> </p>	<p><u>TUESDAY 2/20</u> American Chop Suey Tuscany Vegetable Blend Whole Grain Dinner Roll Hot Cinnamon Peaches</p>		
	<p>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY: <u>Tuesday, February 20th</u></p>	<p><u>MONDAY 2/26</u> Baked Chicken With Mushroom Gravy Brown Rice w/Orzo Roman Vegetable Blend Wheat Bread Fresh Apple</p>	<p><u>TUESDAY 2/27</u> Hot Dog w/Bun Baked Beans Zucchini & Yellow Squash Blueberry Lemon Bites</p>		
	<p style="text-align: center;">LEGAL HELP Free Legal Consultations with The Law Office of Stephanie Konarski Thursday, February 15th ~ 1:00pm – 3:00pm Please call the COA to schedule an appointment. <i>Appointments will be scheduled in 15 minute increments.</i></p> 				

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Podiatry Clinic April 1, 2024 8am-1pm Call Dr. Derosier for an appt. 508-946-1444</p>	<p>United Methodist Church Thrift Shop Wednesday 2:30—5:30pm Thursday, Friday & Saturday 10am—12pm</p>	<p>United Methodist Church <i>Community Meals</i> Every Wednesday in February @ 5:00pm <i>The dinners are free but donations are graciously accepted.</i> All are welcome!</p>	<p>Shopper's Van 1 <i>Pick-ups begin@ 8:15am</i> SALT/Triad Mtg. 9:30 Yoga 10am TED Talk—Healing Through Diet 11am Tax Prep (by appt.) 12:50 Line Dancing w/Kelly 1pm</p>	<p>Tax Prep (by appt.) 8:10 2 Cribbage 9am ABLE Bodies Balance Class 10am (Hand Weights) GROUND HOG DAY </p>
<p>Community Dining 11:30 5 Hand and Foot 1pm Movie: Fisherman's Friends 1pm Food Pantry @ St. John's 3pm-5:30 </p>	<p>Tax Prep (by appt) 8:10 6 Errand Van 9am Game Day 10am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Bereavement Group 12:30-2pm Busy Hands 1pm SLN: Cane River Creole National Park-LA 2pm</p>	<p>Walmart/Raynham 9am Clinic 9am-12pm Crocheting 10am Book Club 10am Zumba Gold 10:30-11:30 Advanced Whist 11am State Representative Alyson Sullivan-Almeida Office Hours 11:30—12:30 Mah Jongg 12:30 Movie: Holdovers 1pm</p>	<p>Shopper's Van 8 <i>Pick-ups begin@ 8:15am</i> Friends of Seniors 9am Yoga 10am TED Talk—A Doctor's Case for Medical Marijuana 11am Tax Prep (by appt.) 12:50 Line Dancing w/Kelly 1pm Busting Myths and Getting Savvy About Senior Living 1pm</p>	<p>Tax Prep (by appt.) 8:10 9 Cribbage 9am ABLE Bodies Balance Class 10am (Resistance Bands) </p>
<p>Community Dining 11:30 12 Hand and Foot 1pm Movie: Nyad 1pm </p>	<p>Tax Prep (by appt) 8:10 13 Errand Van 9am Chair Yoga w/Karen 9am Game Day 10am Creativity with Color 10am Outreach w/Kelley 10-11am EB Public Library Tech Help (by appt) 10-11am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Bereavement Group 12:30-2pm Busy Hands 1pm SLN: Glacier Bay National Park and Preserve 2pm</p>	<p>Wareham Crossing 9am Clinic 9am-12pm Crocheting 10am Zumba Gold 10:30-11:30 Advanced Whist 11am Mah Jongg 12:30 Food Pantry @ Union Cong. 12:30-2pm General Quarters! 1pm </p>	<p>Shopper's Van 15 <i>Pick-ups begin@ 8:15am</i> Yoga 10am Tech Help (by appt) 10-11am TED Talk—It's Time For Infectious Generosity 11am Legal Consultations 1pm Tax Prep (by appt.) 12:50 Line Dancing w/Kelly 1pm TEDTALKS</p>	<p>Tax Prep (by appt.) 8:10 16 Cribbage 9am Good Grief Group 9:30 ABLE Bodies Balance Class 10am (Hand Weights) </p>
<p>Town Offices Closed 19  Food Pantry @ St. John's 3pm-4:30</p>	<p>Tax Prep (by appt) 8:10 20 Errand Van 9am <i>No Chair Yoga today</i> Game Day 10am Creativity with Color 10am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Busy Hands 1pm SLN: Beyond Camelot: Life and Legacy of Jacqueline Onassis 2pm</p>	<p>Plainridge Casino 9am Clinic 9am-12pm Crocheting 10am Zumba Gold 10:30-11:30 Advanced Whist 11am Mah Jongg 12:30 Home Cooked Lunch & SINGO 12pm </p>	<p>Shopper's Van 22 <i>Pick-ups begin@ 8:15am</i> Yoga 10am TED Talk—You Can Grow New Brain Cells 11am Grab & Go 12pm-12:30 Tax Prep (by appt.) 12:50 Line Dancing w/Kelly 1pm </p>	<p>Tax Prep (by appt.) 8:10 23 Cribbage 9am ABLE Bodies Balance Class 10am (Resistance Bands) Food Pantry @ Union Cong. 9:30-11am 24</p>
<p>Men's Breakfast 9am Crafts with Kathy & Sue 1pm Hearing Clinic 10am-12pm Community Dining 11:30 Hand and Foot 1pm Memory Lane Café 1pm </p>	<p>Tax Prep (by appt) 8:10 27 Errand Van 9am Chair Yoga w/Karen 9am Game Day 10am Creativity with Color 10am Grandparenting with Autism 10am Health and Wellness Benefits of THC & CBD 11am Hair by Luann 10am-2:30 (by appt. only) Community Dining 11:30 Busy Hands 1pm SLN: The Extraordinary Life of Rosalyn Carter 2pm</p>	<p>Plainridge Casino 9am Clinic 9am-12pm Crocheting 10am Zumba Gold 10:30-11:30 Advanced Whist 11am Mah Jongg 12:30 Movie: Sound of Freedom 1pm Social Security 101 1pm</p>	<p>Shopper's Van 29 <i>Pick-ups begin@ 8:15am</i> Yoga 10am TED Talk—Life Lessons From Beethoven's Symphony No. 9 11am Tax Prep (by appt.) 12:50 Line Dancing w/Kelly 1pm </p>	<p></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

Self Help has sent out re-applications to those that received fuel assistance last year. When you receive your re-application, review it, make any necessary changes, sign it and return it with your income verification (last 4 consecutive pay stubs, SS benefit letter, pension award letter etc). Any questions, please contact Self Help at (508) 588-5440.

New applications will be available at the COA beginning October 2nd. Kelley will be scheduling appointments for Tuesdays and Thursdays.

*If you receive Social Security, a Social Security Benefit letter is required when applying for Fuel Assistance or SNAP benefits.

Please call Kelley for an appointment.

Outreach with Kelley

Kelley will be at the locations listed below with information on Fuel Assistance, S.N.A.P. and Medicare Savings Programs. Stop by for information or just to say hello!

Tuesday, February 13th

East Bridgewater Public Library ~ 10am – 11am



Securing today and tomorrow

Social Security 101
Everything you wanted to know
Wednesday, February 28th @ 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

Medicare Advantage Open Enrollment 2024

The Medicare Advantage Open Enrollment Period (MA OEP) in 2024 may let you switch plans. This enrollment period runs from January 1 – March 31 every year. Here's how it works:

- If you already have a Medicare Advantage plan, you can switch to a different Medicare Advantage plan.
- You can drop your Medicare Advantage and return to traditional Medicare, and then sign up for a stand-alone Medicare Part D prescription drug plan.
- You generally can't make other coverage changes during this period. For example, if you have traditional Medicare, Part A and Part B, you typically can't sign up for a Medicare prescription drug plan or a Medicare Advantage plan.

If you thinking of making a change, this may be the perfect time to check out your options for 2024 Medicare Advantage plans.

Call Kelley to discuss your options.

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.

Monday
February 26, 2024
1:00 pm

RSVP's are appreciated at 508-378-1610 by February 20th but walk-ins are always welcome

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

February Events

- Chair Yoga w/Karen
- Games with Ashlyn Heger of Sachus Center for Health & Rehab
- 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



PUZZLE AND BOOK NOOK!

The Puzzle and Book Nook is located between the front door and the inner lobby at the senior center. The



small area is open for seniors to come and borrow puzzles and books. Our monthly newsletter is also available to take as well as some informational brochures. Enjoy!!

Clinic Hours

Wednesdays ~ 9:00am – 12:00pm



Nurse Heather is returning on Wednesdays beginning in February! Clinic hours are now every Wednesday from 9am-12pm. 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!

Beginning February 14, 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. Those tested who exhibit elevated or abnormal readings upon testing would be referred to their primary care physician for follow-up. With the prevalence of heart disease, stroke, and Type 2 diabetes in this country, cholesterol and glucose screening is endorsed by Healthy People 2030. **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 on 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, February 6th @ 2:00pm ~ Cane River Creole National Park—Louisiana



This unique Louisiana park includes 44.16 acres of Oakland Plantation and 18.75 acres of Magnolia Plantation. The two park sites include a total of 67 historic structures remnant from 200 years of plantation life. Descendants of the plantations' owners and descendants of the plantations' laborers remained on the land through periods of prosperity and depression, war and peace, and dramatic changes in governments, agriculture, technology, and labor systems. Join us as we learn about the skills and strengths of enslaved African Americans who persevered in all of life.

Tuesday, February 13th @ 2:00pm ~ The Glorious Glaciers! - Glacier Bay National Park and Preserve-AK

Glacier Bay National Park has a dynamic glacial history. The area and its people have observed the tide-water glacier cycle of advance and retreat. Today, Glacier Bay is a place of scientific research where ongoing studies are conducted. Join a park ranger to discuss both the history and what the future may be of glaciers in Glacier Bay.



Tuesday, February 20th @ 2:00pm ~ Beyond Camelot: Life and Legacy of Jacqueline Kennedy Onassis



On January 20, 1961, John Fitzgerald Kennedy took the oath of office to become the nation's 35th president. At age 31, Jacqueline Kennedy was the first lady. With her gracious personal style and her passion for history and the arts, she worked hard to be worthy of her new role. While she had a deep sense of obligation to her country, her first priorities were to be a good wife to her husband and mother to her children. Join us from the **National First Ladies Library and Museum** as we explore the layers of Jackie's life, from her role as a wife and mother to her position as First Lady.

Tuesday, February 27th @ 2:00pm ~ The Extraordinary Life of Rosalyn Carter

From her rural beginnings in southwest Georgia to her emergence as our nation's champion of caregivers and mental health, Rosalynn Carter has led a most extraordinary life. This program will engage attendees in Mrs. Carter's early life, her time as First Lady of Georgia and then the nation, and highlight her work with the non-profit Carter Center.- from the **Jimmy Carter Presidential Library**.



Please call the COA to sign up

Tax Prep Time!

2023 INCOME TAX PREPARATION FOR SENIORS

Tuesdays: 8:10am—11:50pm
 Thursdays: 12:50pm— 3:10pm
 Fridays: 8:10am—11:30am

~ By appointment only ~

Call the EBCOA to schedule an appointment

Joe Benson from Joseph Benson Tax Services will, again, be preparing taxes for the East Bridgewater Council on Aging. He will be at The Center on Tuesday mornings, Thursday afternoons and Friday mornings (by appointment).

2023 Income Tax Preparation rates, listed below, are income based and remain the same as last year. **The rates for those age 70 and older is \$40.** The fee for the COA was originally based on helping those in need, people living on a fixed income of Social Security, a pension or disability. The rates are income based and the changes are listed below. The fees are based on taxpayers Adjusted Gross Income which is less than the total income, since only the taxable amount of Social Security, IRA's or pensions will be used. If you have any questions regarding this change, please contact Joe at 781-588-5764.

Taxpayers age 60-69 (as of 12/31/2023)

Single, Head of Household, Married Filing Separately:

< \$60,000	Fee: \$ 50.00	Payment is due at time of appointment and is required prior to return being processed and filed. Checks made payable to Joseph Benson.
\$60,000-\$85,000	\$ 100.00	
\$85,000+	\$ 140.00	

Married Filing Jointly:

< \$85,000	Fee: \$ 50.00
\$85,000-\$120,000	\$100.00
\$120,000+	\$140.00

SOUP & SANDWICH GRAB & GO!

Thursday, February 22nd

12:00pm—12:30pm

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

Minestrone Soup
 Chicken Salad on Croissant
 Bottle of Water

Sign-ups will begin on Monday, February 5th and end on Monday, February 12th. East Bridgewater residents only.

Please support your local businesses!

Many thanks to **Viking Pizza** for DONATING 75 cheese pizzas for our Grab & Go last month!

Support Local Businesses!

FARM TO TABLE

Technology Help

Tuesday, February 13th

Thursday, February 15th

10:00am—11:00am

Join us for Tech Help with students from South-eastern Regional Vocational Technical High School! Bring in you laptop, tablet, or phone...and your questions!

Call to sign up for your 15 minute appointment!



Live Your Life Well

Tuesday, April 9th ~ 9:45am-3pm
Breakfast & Lunch will be served

Welcome to Live Your Life Well, the Mental Health America program designed to help you cope better with stress and create more of the life you want. Maybe you're holding down two jobs or can't find work. Maybe you're the parents of young children or the children of aging parents. 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. They can help you Live Your Life Well. The proven tools identified in the "Live Your Life Well Program" can help individuals feel stronger and more hopeful.

Stay tuned next month for more information!!

Thank You, Thank You, Thank You!

A belated thank you to the East Bridgewater Brownie and Girl Scout troops who put a lot of time and effort into making centerpieces and placemats for our Annual COA Christmas Party. The girls also put together themed baskets which we used for door prizes. Their hard work showed and was appreciated by all who attended the party! Thank you again, girls!

Many thanks also go out to Roche Bros, Trucchi's, Perfectly Flava'd Café and the East Bridgewater Bicentennial Committee. Their generous contributions gift certificates and candles all used for door prizes, were very much appreciated!

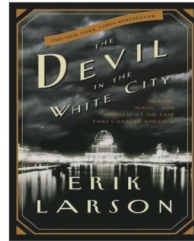
Book Club



Book for February

The Nightingale
By Kristin Hannah

Wednesday, February 7th
10am



Book for March

The Devil in White City
By Erik Larson

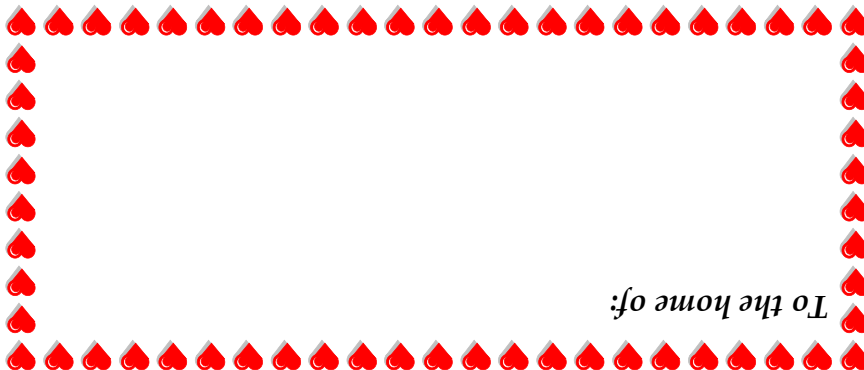
Wednesday, March 6th
10am

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.



To the home of:



The cost of printing and mailing of this newsletter is funded by the Mass. Executive Office of Elder Affairs.

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