



# East Bridgewater Council on Aging

MARCH 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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**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**

## Live Your Life Well

Tuesday, April 9th  
 9:45am-3pm

*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 your lonely but don't know how 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**



### Visiting Dental Hygienist at the COA!

Thursday, March 14th  
 Thursday, May 16th  
 9:00am – 2:00pm

A dental hygienist with Visiting Dental Hygiene, Inc. will be offering private 45-minute confidential appointments (cleaning and exam) beginning on Thursday, March 14th.

If you are on MassHealth the visit is FREE or private pay \$50.00 (cash or check made payable to Visiting Dental Hygiene).

A healthy mouth can actually help prevent many life-threatening diseases. Scientific studies show the relationship between heart disease, stroke, diabetes, respiratory diseases and periodontal (gum) disease.

**Call the COA to schedule an appointment**

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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.

### Yesterday (PG-13) 2019

**Monday, March 4th @ 1:00pm**

Jack Malik is a struggling singer-songwriter in an English seaside town whose dreams of fame are rapidly fading, despite the fierce devotion and support of his childhood best friend, Ellie. After a freak bus accident during a mysterious global blackout, Jack wakes up to discover that The Beatles have never existed. Performing songs by the greatest band in history to a world that has never heard them, Jack becomes an overnight sensation with a little help from his agent. *Rated PG-13 by the Motion Picture Association of America for suggestive content and language* 1hr. 56min.

### Driveways (NR) 2020

**Monday, March 11th @ 1:00pm**

A lonesome boy accompanies his mother on a trip to clean out his late aunt's house, where he ends up forming an unexpected friendship with the retiree who lives next door. 1hr. 23min.

### Wild Oats (PG-13) 2016

**Monday, March 18th @ 1:00pm**

After mistakenly receiving a large amount of money, a woman (Shirley MacLaine) and her best friend (Jessica Lange) travel to the Canary Islands for a fun-filled adventure. *Rated PG-13 by the Motion Picture Association of America for some sexual content* 1hr. 26min

### Tulsa (PG-13) 2020

**Wednesday, March 27th @ 1:00pm**

Inspired by true events, a desperate Marine biker's life is turned upside-down when he is united with the sassy 9-year-old daughter he never knew existed. *Rated PG-13 by the Motion Picture Association of America for some substance abuse, thematic material* 2hr.

**Please call the COA to sign up for all movies**



### Office Hours

#### Wednesday Van Trips

The EBCOA office will have regular business hours for the month of March. Please remember to schedule your Dial-a-BAT rides by 10:00 am on the preceding business day.



Walmart/Raynham Rt. 138 ~ 3/6 (\$3)  
Dollar Tree/Family Dollar/Wendy's~3/13 (\$3)  
\*Colony Place/Plymouth ~ 3/20 (\$5)  
Saver's/Target/Trader Joe's  
in Hanover ~ 3/27 (\$5)

#### Call the COA to sign up

*A minimum of 4 passengers required on all trips*

\*Stores at **Colony Place**, include Aldi's, TJ-Maxx, Walmart, Michaels and so many more! Join us for a fun day of shopping! Lunch on your own.



### General Quarters!

#### Monthly Roundtable Discussion Wednesday, March 13th @ 1:00pm

Join John Cowan, East Bridgewater resident and WWII enthusiast, for discussions about WWII. What events led up to the war and what events followed? Interesting discussions come from people who experienced history, lived during that time and contributed to it, or those who remember relatives or friends who served. 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, March 6th @ 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.**



Roberta Weiner	3/1	Barbara Maki	3/21
Charles Gilbert	3/4	John O'Malley	3/27
Rosemary Johnson	3/5		

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



### Technology Help Tuesday, March 5th Thursday, March 7th 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!**

### Crafts with Kathy & Sue Tuesday, March 19th @ 1:00pm

**FREE!! FREE!!**

THINK SPRING! This month with Kathy & Sue you will be making a hanging bunny! Perfect for Easter and into spring! Join us for a fun and FREE class!

**Please call the COA to sign up**  
*Space is limited.*



### 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**



**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:

**How to Discover Your Authentic Self—at any age**  
**Thursday, March 14th @ 11am**

In a talk packed with wry wisdom, pop culture queen Bevy Smith shares hard-earned lessons about authenticity, confidence, mature success and why, if you put in the work, "life gets greater later."

**Should You Live for Your Resume...or Your Eulogy?**  
**Thursday, March 21st**

Within each of us are two selves, suggests David Brooks in this meditative short talk: the self who craves success, who builds a résumé, and the self who seeks connection, community, love -- the values that make for a great eulogy. (Joseph Soloveitchik has called these selves "Adam I" and "Adam II.") Brooks asks: Can we balance these two selves?

**A Life of Purpose**  
**Thursday, March 28th @ 11am**

Pastor Rick Warren, author of "The Purpose-Driven Life," reflects on his own crisis of purpose in the wake of his book's wild success. He explains his belief that God's intention is for each of us to use our talents and influence to do good.

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

*Did you miss this in January? Sign up now!*  
**Write Your Own Obituary**  
**Tuesday, March 19th @ 10:30am**

Don't leave it to others to write your obituary... write it yourself! Reflect back on your life. Highlight the important people, events, and achievements of your life, leaving your loved ones the gift of telling the story of your life in your own words. Please join our intern Sarah Franklin as she hosts this one-hour workshop. Rev. Beth Stotts from Central Square Church, UCC will offer creative examples of self-written obituaries and guide you in writing your own.

Please call the COA to sign up



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

**Thursday, March 21st @ 10:00am**

Christopher Buckley, Veteran Service Officer, for East Bridgewater, will talk about VA **Healthcare enrollment and Record Requests**.

Please call the COA to sign up.



**Creativity With Color**  
**With Kristen Vincelette**  
**Tuesdays beginning**  
**March 26th – April 30th**  
**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

**Frankly Speaking.....**

*with Sarah Franklin*

**THE AGE OF LOVE**  
**A film by Steven Loring**  
**Wednesday, April 10th**  
**1:00pm**

Dating at any age can be fraught with anxieties and unknowns, especially if you have been out of the dating game for decades. Please join us in April for a viewing of the documentary and discussion following on dating in your golden years. **THE AGE OF LOVE** is a documentary that follows the playful and poignant adventures of 30 older adults who sign up for an unprecedented speed dating event exclusively for 70- to 90-year-olds. As they move from anxious anticipation, through the event itself, then out on dates that follow, all take stock of life-worn bodies yet still-hopeful hearts. Along the way, the film dispels ageist stereotypes, presents unexpected stories of new possibilities and emotional growth, and reveals how our deepest dreams and desires change — or don't change — from first love to the far reaches of life.

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



**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 March!**  
**Winner will be pulled on Tuesday, March 26th.**

**One entry per person**

*Congratulations to Donna M. for winning a free hair service in January!*

**Grief Support for Partner Loss**  
**Tuesdays, March 19th – April 23rd**  
**12:30pm – 2:00pm**

We will be offering a free six week grief support group facilitated by Kimberly Martin, LICSW, ACHP-SW, Social Worker at Old Colony Hospice and Palliative Care.

The group will run six weeks beginning Tuesday, March 19th through April 23rd; 12:30pm-2:00pm at the East Bridgewater Council on Aging.

This grief support group is for those who have experienced the death of a partner. The group will offer an opportunity to talk about this experience with others who have gone through a similar loss and share their unique story.

Kimberly Martin is an experienced group leader who will help foster open discussion, provide education to understand the grieving process and offer coping skills to promote a healthy healing process. The outcome will be to gain self-awareness, embrace healing, meet new friends, and gain a sense of community.

Please call Kimberly Martin at Old Colony Hospice to register or for more information at 781-341-4145.



**Men's Breakfast**  
**Monday, March 25th**  
**9:00am**

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

Scrambled Eggs, Bacon  
 Homefries, Muffin  
 Juice & Coffee

**Please call the COA to sign up by**  
**Monday, March 20th**

**Seating is limited**

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



**Home Cooked Lunch & SINGO**  
**Wednesday, March 20th**  
**12:00 pm**



American Chop Suey  
 Garlic bread & 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, March 13th**

**Seating is limited**

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

**MARCH 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><b>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY:</b>  <i><u>Tuesday, February 27th</u></i></p>	<p><b><u>MONDAY 3/4</u></b>                  Turkey Chili                  White Rice                  Chuckwagon Vegetables                  Corn Muffin                  Apple Oatmeal Bar</p>	<p><b><u>TUESDAY 3/5</u></b>                  Cheese Lasagna with Bolognese Sauce                  Italian Vegetables                  Vienna Bread                  Hot Caramelized Pears</p>	
	<p><b>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY:</b>  <i><u>Tuesday, March 5th</u></i></p>	<p><b><u>MONDAY 3/11</u></b>                  Salisbury Steak with Gravy                  Mashed Potatoes                  Carrots                  Oatmeal Bread                  Mixed Fruit Cup</p>	<p><b><u>TUESDAY 3/12</u></b>  <b>COLD MEAL</b>                  Chicken Salad                  Coleslaw                  Three Bean Salad                  Whole Wheat Bread                  Oatmeal Crème Cookie</p>	
	<p><b>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY:</b>  <i><u>Tuesday, March 12th</u></i></p>	<p><b><u>MONDAY 3/18</u></b>                  Chicken Parmesan                  Rotini Pasta w/Italian Sauce                  Peas &amp; Carrots                  Wheat Bread                  Fresh Orange</p>	<p><b><u>TUESDAY 3/19</u></b>                  Taco Beef                  Mexicali Brown Rice                  Fiesta Vegetables                  Flour Tortilla                  Fresh Banana</p>	
	<p><b>PLEASE CALL THE COA TO SIGN UP FOR THIS WEEK BY:</b>  <i><u>Tuesday, March 19th</u></i></p>	<p><b><u>MONDAY 3/25</u></b>                  Teriyaki Chicken                  Fried Rice                  Asian Vegetable Blend                  Oatmeal Bread                  Jello</p>	<p><b><u>TUESDAY 3/26</u></b>                  Sloppy Joe                  Whipped Sweet Potatoes                  Spinach                  WW Hamburger Bun                  Fresh Apple</p>	
	<p><b>LEGAL HELP</b>                  Free Legal Consultations                  with The Law Office of Stephanie Konarski                  Thursday, March 21st ~ 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><b>Podiatry Clinic</b> April 1, 2024 June 17, 2024 8am-1pm Call Dr. Derosier for an appt. 508-946-1444</p>	<p><b>United Methodist Church Thrift Shop</b> Wednesday 2:30—5:30pm Thursday, Friday &amp; Saturday 10am—12pm</p>	<p><b>United Methodist Church Community Meals</b> Every Wednesday in March @ 5:00pm <i>The dinners are free but donations are graciously accepted.</i> <b>All are welcome!</b></p>		<p><b>Tax Prep (by appt.)</b> 8:10 <sup>1</sup> <b>Cribbage</b> 9am <b>ABLE Bodies Balance Class</b> 10am (Hand Weights)</p>
<p><b>Community Dining</b> 11:30 <sup>4</sup> <b>Hand and Foot</b> 1pm <b>Movie: Yesterday</b> 1pm <b>Food Pantry @ St. John's</b> 3pm-5:30</p> 	<p><b>Tax Prep (by appt)</b> 8:10 <sup>5</sup> <b>Errand Van</b> 9am <b>Game Day</b> 10am <b>Tech Help (by appt)</b> 10-11am <b>Hair by Luann (by appt. only)</b> 10am-2:30 <b>Community Dining</b> 11:30 <b>Busy Hands</b> 1pm <b>SLN: Happy Lunar New Year: Smithsonian's National Museum of Asian Art</b> 2pm</p>	<p><b>Walmart/Raynham Clinic</b> 9am-12pm <sup>6</sup> <b>Crocheting</b> 10am <b>Book Club</b> 10am <b>Zumba Gold</b> 10:30-11:30 <b>Advanced Whist</b> 11am <b>State Representative Alyson Sullivan-Almeida Office Hours</b> 11:30—12:30 <b>Mah Jongg</b> 12:30</p>	<p><b>Shopper's Van</b> 7 <sup>7</sup> <i>Pick-ups begin@ 8:15am</i> <b>SALT/Triad Mtg.</b> 9:30 <b>Yoga</b> 10am <b>Tech Help (by appt)</b> 10-11am <b>Tax Prep (by appt.)</b> 12:50 <b>Line Dancing w/Kelly</b> 1pm</p> 	<p><b>Tax Prep (by appt.)</b> 8:10 <sup>8</sup> <b>Cribbage</b> 9am <b>ABLE Bodies Balance Class</b> 10am (Resistance Bands)</p> 
<p><b>Community Dining</b> 11:30 <sup>11</sup> <b>Hand and Foot</b> 1pm <b>Movie: Driveways</b> 1pm</p> <p>Daylight Savings <sup>10</sup> Time begins! Spring Forward!</p>	<p><b>Tax Prep (by appt)</b> 8:10 <sup>12</sup> <b>Errand Van</b> 9am <b>Chair Yoga w/Karen</b> 9am <b>Game Day</b> 10am <b>Outreach w/Kelley</b> 10-11am EB Public Library <b>Hair by Luann (by appt. only)</b> 10am-2:30 <b>Community Dining</b> 11:30 <b>Busy Hands</b> 1pm <b>SLN: The Marriage of Ulysses and Julia Grant</b> 2pm</p>	<p><b>Dollar Tree/Family Dollar/Wendy's Clinic</b> 9am-12pm <sup>13</sup> <b>Crocheting</b> 10am <b>Zumba Gold</b> 10:30-11:30 <b>Advanced Whist</b> 11am <b>Mah Jongg</b> 12:30 <b>Food Pantry @ Union Cong.</b> 12:30-2pm <b>General Quarters!</b> 1pm</p>	<p><b>Shopper's Van</b> 14 <sup>14</sup> <i>Pick-ups begin@ 8:15am</i> <b>Friends of Seniors</b> 9am <b>Dental Hygienist (by appt)</b> 9am-2pm <b>Yoga</b> 10am <b>TED Talk—How to Discover Your Authentic Self—at any age</b> 11am <b>Tax Prep (by appt.)</b> 12:50 <b>Line Dancing w/Kelly</b> 1pm <b>Alzheimer's Caregiver Support Group</b> 2pm</p> 	<p><b>Tax Prep (by appt.)</b> 8:10 <sup>15</sup> <b>Cribbage</b> 9am <b>Good Grief Group</b> 9:30 <b>ABLE Bodies Balance Class</b> 10am (Hand Weights)</p> 
<p><b>Community Dining</b> 11:30 <sup>18</sup> <b>Hand and Foot</b> 1pm <b>Enhance Your Mental Health</b> 1pm <b>Movie: Wild Oats</b> 1pm <b>Food Pantry @ St. John's</b> 3pm-4:30</p> 	<p><b>Tax Prep (by appt)</b> 8:10 <sup>19</sup> <b>Errand Van</b> 9am <i>No Chair Yoga today</i> <b>Game Day</b> 10am <b>Write Your Own Obituary</b> 10:30am <b>Hair by Luann (by appt. only)</b> 10am-2:30 <b>Community Dining</b> 11:30 <b>Bereavement Group</b> 12:30-2pm <b>Crafts with Kathy &amp; Sue</b> 1pm <b>Busy Hands</b> 1pm <b>SLN: Sacrifice, Unity and Victory-WWII Memorial/ FDR Memorial</b> 2pm</p>	<p><b>Colony Place/Plymouth Clinic</b> 9am-12pm <sup>20</sup> <b>Crocheting</b> 10am <b>Zumba Gold</b> 10:30-11:30 <b>Advanced Whist</b> 11am <b>Mah Jongg</b> 12:30 <b>Home Cooked Lunch &amp; SINGO</b> 12pm</p> 	<p><b>Shopper's Van</b> 21 <sup>21</sup> <i>Pick-ups begin@ 8:15am</i> <b>Yoga</b> 10am <b>Coffee &amp; Conversation w/Veterans Agent</b> 10am <b>TED Talk—Should You Live for Your Resume... or your Eulogy?</b> 11am <b>Tax Prep (by appt.)</b> 12:50 <b>Legal Consultations</b> 1pm <b>Line Dancing w/Kelly</b> 1pm</p> <p><b>TEDTALKS</b></p>	<p><b>Tax Prep (by appt.)</b> 8:10 <sup>22</sup> <b>Cribbage</b> 9am <b>ABLE Bodies Balance Class</b> 10am (Resistance Bands)</p> 
<p><b>Men's Breakfast</b> 9am <sup>25</sup> <b>Hearing Clinic</b> 10am-12pm <b>Community Dining</b> 11:30 <b>Hand and Foot</b> 1pm <b>Memory Lane Café</b> 1pm</p> 	<p><b>Tax Prep (by appt)</b> 8:10 <sup>26</sup> <b>Errand Van</b> 9am <b>Chair Yoga w/Karen</b> 9am <b>Game Day</b> 10am <b>Creativity with Color</b> 10am <b>Hair by Luann (by appt. only)</b> 10am-2:30 <b>Community Dining</b> 11:30 <b>Bereavement Group</b> 12:30-2pm <b>Busy Hands</b> 1pm <b>SLN: Portraits of the West: James Bama</b> 2pm</p>	<p><b>Saver's/Target/Trader Joe's-Hanover Clinic</b> 9am-12pm <sup>27</sup> <b>Crocheting</b> 10am <b>Zumba Gold</b> 10:30-11:30 <b>Advanced Whist</b> 11am <b>Mah Jongg</b> 12:30 <b>Movie: Tulsa</b> 1pm</p> 	<p><b>Shopper's Van</b> 28 <sup>28</sup> <i>Pick-ups begin@ 8:15am</i> <b>Yoga</b> 10am <b>TED Talk—A Life of Purpose</b> 11am <b>Tax Prep (by appt.)</b> 12:50 <b>Line Dancing w/Kelly</b> 1pm</p> <p><b>TEDTALKS</b></p>	<p><b>Tax Prep (by appt.)</b> 8:10 <sup>29</sup> <b>Cribbage</b> 9am <b>ABLE Bodies Balance Class</b> 10am (Hand Weights)</p> <p><b>Food Pantry @ Union Cong.</b> 9:30-11am <sup>30</sup></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 EBCOA is assisting residents of any age with fuel assistance applications. 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.

**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, March 12th**

East Bridgewater Public Library ~ 10am—11am

*~ New Monthly Group ~*

**Alzheimer's Caregivers Support Group**

**Thursday, March 14th**

**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**

**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  
March 25, 2024  
1:00 pm**

RSVP's are appreciated at 508-378-1610 by March 18th 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.

**March Events**

- Chair Yoga w/Karen
- 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, March 18th @ 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**



*Clinic Hours (new day!)*

**Wednesdays ~ 9:00am – 12:00pm**

Nurse Heather is back on Wednesdays! 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!

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 of Aging nor the Massachusetts Executive Office of Elder Affairs assumes any liability nor endorses any specific product.**



**Supplemental Food Program**



We teamed up with the Greater Boston Food Bank to bring a NEW grocery distribution site to East Bridgewater! If you are age 60+ and your single household income is less than \$1,632/month (\$2,215 household of two), you qualify to

receive nutritious, senior-focused shelf-stable foods, fresh produce, and meats at the Senior Center!

If your income falls within these guidelines, please call Kelley Long to complete an application for the program.

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, March 5th @ 2:00pm ~ Happy Lunar New Year: Smithsonian’s National Museum of Asian Art**

Celebrate the Lunar New Year and ring in the year of the Dragon with the National Museum of Asian Art. Museum educators guide us to explore works of Asian art and discuss the entertainment, foods, symbols and other customs of Lunar New Year!

**Tuesday, March 12th @ 2:00pm ~ The Marriage of Ulysses and Julia Grant: “Warmed in the Sunshine of Love”**

In February 1844 Julia Dent met Ulysses S. Grant, a friend and classmate of her older brother, Frederick. After his first visit to their home in White Haven, Grant returned often to court Julia. He proposed that May with his West Point class ring before deploying in the Mexican American war, delaying their wedding by four years. Ulysses and Julia had an intense correspondence during this period.



Join us as we explore the loving relationship of Ulysses and Julia Grant. From their first meeting, until General Grant's death in 1885, Ulysses and Julia worked as partners to support each other through good and bad times while raising four children to adulthood. Despite hardship, family conflicts, and extended separation during two American wars, Ulysses and Julia Grant's love for each other remained constant.

**Tuesday, March 19th @ 2:00pm ~ Sacrifice, Unity and Victory – WWII Memorial/FDR Memorial**



Join us from the National Mall in Washington, DC to explore two memorials in the park, the Franklin D. Roosevelt Memorial and the World War II Memorial. We will focus on the symbolism found in both memorials, examining how this time period is represented in different public spaces.



The FDR Memorial opened in 1997 and the World War II Memorial opened in 2004. Hear about some of the controversies involved with these sites. Stone architecture and bronze sculptures recognize the ways Americans served, honors those who fell, and celebrates the victory they achieved to restore freedom and end tyranny around the globe.

**Tuesday, March 26th @ 2:00pm ~ Portraits of the West: James Bama**



When illustrator and artist James Bama moved from New York to Wyoming in 1968, he began a decades-long project to understand the West by making photographs and paintings of his new friends and neighbors. Although Bama was best known for his highly detailed and realistic illustrations and paintings, photographs were the foundation of his imagery.

On October 21, the Buffalo Bill Center of the West debuted the new special exhibition James Bama’s Photographs: *Portraits of the West*. Photographed mostly in the 1970s and ‘80s, Bama’s images reveal a complex view of western America through portraits of diverse and fascinating people. The exhibition highlights old-timers, children, rodeo performers, reenactors, Native activists, powwow dancers, ranchers, and outfitters through Bama’s lens.

**Please call the COA to sign up**

**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**  
*Appointment availability is now limited*

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
\$60,000-\$85,000	\$ 100.00
\$85,000+	\$ 140.00

Payment is due at time of appointment and is required prior to return being processed and filed. Checks made payable to Joseph Benson.

**Married Filing Jointly:**

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

**Did you know.....**

You can subscribe to sign up for the COA Newsletter on the Town of East Bridgewater website?

**Here’s how:**

- Go to [www.eastbridgewaterma.gov](http://www.eastbridgewaterma.gov)
- Under **Departments:** click **Council on Aging**
- Click **Newsletter** tab on left
- Click **“Click here to sign up for COA Newsletter”**
- Enter your email
- Confirm your email
- Scroll to: **Free-form Document**
- Click **Council on Aging Newsletter**
- Scroll to bottom and confirm you are not a robot
- Click **Subscribe Me**
- When the newsletter is uploaded to the website, you will receive an email notifying you. Click **“Read more”** within the email and you be automatically directed to the newsletter link. It’s easy!!
- Call the COA and let us know you have subscribed so that we can remove you from our mailing list.

**Benefits of receiving your newsletter via email are:**

- Newsletters are emailed the day after they are brought to the post office to be mailed. Chances are good that you will get them sooner via email.
- You will help us cut back on the cost of postage for mailing the newsletters. Currently, that cost is over \$700 per month!!!
- You can still pick up a paper copy at the COA!
- You can unsubscribe at anytime



**At Home Hearing Healthcare**  
**Monday, March 25th**  
**Monday, April 22nd**  
**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.

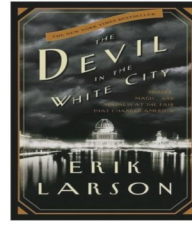
Reserve your team's Bocce day and time beginning Monday, March 4th!!



The Crochet Group has been busy making lap robes to be donated to the VA hospital. Thank you, ladies!! The Crochet Group meets Wednesdays at 10:00am. They work on their own projects as well as projects to donate.

All are welcome!!

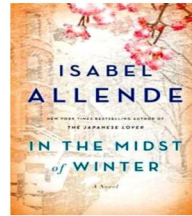
**Book Club**



Book for March

**The Devil in White City**  
 By Erik Larson

**Wednesday, March 6th**  
**10am**



Book for April

**In the Midst of Winter**  
 By Isabel Allende

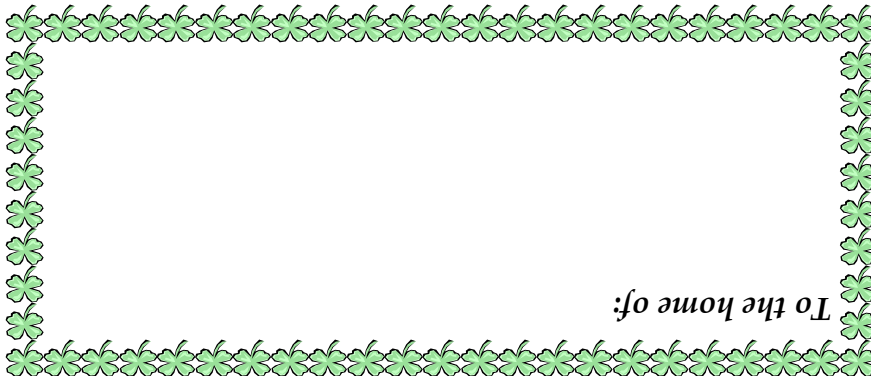
**Wednesday, April 3rd**  
**10am**

**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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