



# WHAT'S NEWS?

Janice B. Fitzgerald, *Director* Hours: Monday - Friday 9:00 AM to 4:00 PM

## Mayor's Message

To my Friends at the Council on Aging:

Happy Women's History Month! This month, we will celebrate the women who have made a lasting impact on the "City of Champions," past and present. Watch the City's Facebook page throughout the month for stories of some of the greatest contributors to the success of Brockton.

Did you know that Brockton is the home to several conservation area walking trails? As the weather gets warmer, think about taking "a walk through the woods," without leaving the City. Here are a few nature trails you might enjoy:

- **DW Field Park:** One of Brockton's crown jewels, take advantage of all of the incredible walking and bike trails, or sit on one of the benches overlooking the ponds and say hello to Brockton's beautiful swans. The entrance to the Park is at 331 Oak Street.
- **Brockton Audubon Preserve:** Here you will find approximately two miles of well-established trails throughout a variety of habitats. The parking lot is a small area near 1170 Pleasant Street, in close proximity to Albany Street.
- **Stone Farm Conservation Area:** This area offers about two and a half miles of trail through mixed forests. It is located on the north side of Torrey Street, heading toward Easton, on the right side behind the baseball field. It is near 630 Torrey Street.

For more information, about these trails and trails in the surrounding cities and towns, visit the Wildlands Trust website: [wildlandstrust.org](http://wildlandstrust.org)

I hope to see you all at the Council on Aging St. Patrick's Day event on March 13th. As an Irish-American, St. Patrick's Day is one of my favorite holidays and I look forward to celebrating with you.

**Please contact my office at 508-580-7123 if we can be of any assistance.** From all of us here in the Mayor's Office, we extend our best wishes to you and your families for good health and much happiness throughout the month of March. It is my pleasure to serve as your Mayor. Lastly, I wish you all a very happy St. Patrick's Day!

Sincerely,  
Robert Sullivan, Esq.  
Mayor, City of Brockton



## Director's Message

Usually this time of year I would be looking out the window in the sunroom at our building at Father Kennedy Way to see if the daffodils are poking their heads out of the dirt. But this month I will be watching the Rox getting the field ready for their baseball season.

I want to take this opportunity to welcome our new Activities Assistant, Sophia Moliere, to the COA. She will be working closely with Christina to continue offering some new and exciting programs. Please make sure you read the Newsletter and sign up for anything that interests you before the seats fill up.

The nice weather is here so there is no reason you can't come out to join in the fun. As we know, socialization is the best way to improve mental health, physical health and avoid isolation. If transportation is a barrier call us and we can discuss some options.

In closing, I want to wish you all a Happy St. Patrick's Day and Happy Easter!

**SPRING BEGINS ON  
MARCH 19TH !**

*Janice*










AARP Network of Age-Friendly  
Communities Celebrate Brockton's Age Friendly  
Designation With Us.

"We are supported in part by The  
Executive Office of Elder Affairs"



## March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Remember to sign up for all programs and activities by calling 508-580-7811. For any program with a limited number of participants, <b><u>Brockton Seniors will be given first priority.</u></b></div>			<div>hello MARCH</div>	<div>9:00 Cribbage 1 9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable 12:00 Mah Jongg</div>
<div>4 9:00 Activities Committee Meeting 10:00 Board of Directors Meeting <i>Friends Meeting immediately following</i> 11:30 Senior Self Defense 1:00 Whist</div>	<div>5 9:15 Line Dancing <b>11:00 Freight Farm</b> 11:30 Knitting &amp; Crochet 12:00 Community Dining: <i>Cheese Lasagna</i> 12:30 Hand &amp; Foot 1:00 Grief Support Group 1:00 Vaccine/Booster Clinic</div>	<div>6 9:15 Tai Chi 11:00 Movin and Groovin 1:00 Corn Hole</div> <div></div>	<div>7 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) 12:00 Community Dining: <i>Pot Roast w/ Gravy</i> 12:00 Tutoring with Greg 1:00 Mat Yoga</div>	<div>8 9:00 Cribbage 9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable 12:00 Mah Jongg</div>
<div>11 9:30 Dull Men's Group 11:30 Senior Self Defense <b>1:00 COA Book Club: Being Heumann</b> <b>By Judith Heumann</b> <b>1:00 Ted Talks w/ Ruth</b> 1:00 Whist</div>	<div>12 9:15 Line Dancing 11:30 Knitting &amp; Crochet 12:00 Community Dining: <i>Chicken Salad (cold meal)</i> 12:30 Hand &amp; Foot 1:00 Vaccine/Booster Clinic</div> <div></div>	<div>13 <b>12:00 PM St Patrick's Day Luncheon</b>  <i>(NOTE: No Tai Chi, Movin and Groovin, or Corn Hole today)</i></div>	<div>14 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) 12:00 Community Dining: <i>Corned Beef</i> 12:00 Train Dominoes 12:00 Tutoring with Greg 1:00 Mat Yoga</div>	<div>15 9:00 Cribbage 9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable 12:00 Mah Jongg <b>1:00 Butterfly Diamond Painting Craft w/ Sophia</b></div>
<div>18 11:30 Senior Self Defense 1:00 Whist <b>1:00 Funniest Moments in Film by Marty Gitlin</b></div> <div></div>	<div>19 9:15 Line Dancing <b>11:00 Freight Farm</b> 11:30 Knitting &amp; Crochet 12:00 Community Dining: <i>Taco Beef</i> 12:30 Hand &amp; Foot 1:00 Grief Support Group 1:00 Vaccine/Booster Clinic <b>1:00 Comedian and Storyteller David Shikes</b></div>	<div>20 <b>9:00 Dental Appointments</b> 9:15 Tai Chi 11:00 Movin and Groovin <b>11:00 "Welcome Sign" Craft w/ West Acres</b> 1:00 Corn Hole</div>	<div>21 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) <b>11:00 Blood Pressure</b> <b>12:00 "Spring Fling" Community Dining: Chicken Cordon Bleu</b> 12:00 Tutoring with Greg 1:00 Mat Yoga</div>	<div>22 9:00 Cribbage 9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable 12:00 Mah Jongg</div>
<div>25 9:30 Dull Men's Group <b>10:00 Legal Consults</b> <b>11:00 Jeopardy Trivia w/ Brush Hill</b> 11:30 Senior Self Defense <b>1:00 Ted Talks w/ Ruth</b> 1:00 Whist</div> <div></div>	<div>26 9:15 Line Dancing 11:30 Knitting &amp; Crochet 12:00 Community Dining: <i>Sloppy Joe</i> 12:30 Hand &amp; Foot <b>1:00 Musical Bingo w/ Brockton VNA</b> 1:00 Vaccine/Booster Clinic</div> <div></div>	<div>27 9:15 Tai Chi 11:00 Movin and Groovin 1:00 Corn Hole <b>1:00 Red Cross Disaster Preparedness Training: Flooding</b></div> <div></div>	<div>28 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) 12:00 Community Dining: <i>Meatloaf Patty w/ Gravy</i> 12:00 Train Dominoes 12:00 Tutoring with Greg 1:00 Mat Yoga</div>	<div>29 9:00 Cribbage <b>9:00 Blood Pressure</b> <b><u>NO WALKING GROUP</u></b> <b>9:30 Pet Pantry</b> <b>9:30 Office Hours with Rep. Michelle Dubois</b> 10:00 Posture and Balance <b>10:30 BINGO</b> 11:00 Eldys' Yoga 12:00 Strong &amp; Stable 12:00 Mah Jongg 1:00 Parkinson's Support Group</div>

**John E. McCluskey, Esq.**  
 ELDER LAW ATTORNEY

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## St. Patrick's Day Party



**12:00 PM**

**\$15 A TICKET**

# Saint

## PATRICK'S DAY LUNCHEON

**WEDNESDAY, MARCH 13, 2024**

**MC'D BY CITY CLERK TIMOTHY CRUISE**

Celebrate St. Patrick's Day at the Brockton Council on Aging! A traditional Irish dinner of Beef Barley Soup, Corned Beef, Cabbage, Potatoes, Carrots, and Strawberry Shortcake will be served by Harts Brothers Catering.

The deadline to purchase a ticket is:  
**Wednesday, March 6, 2024**

**TRIPS Trip Policy**— Brockton residents 60 years of age or older will be given first priority on reservations for all trips sponsored by the COA. Anyone living outside of Brockton will be put on a waiting list and if seats are available you will be called.  
**TRIPS ARE NON-REFUNDABLE.**

*Trips supported in part by the Howard Fund.*

**Encore Casino- Wednesday, April 24th**  
**\$37.00 per person plus \$3.00 CASH ONLY tip.**

*Trip Pick-up: 9:00 AM*

*Pick-up location is:*

*Brockton High School - 470 Forest Ave*

*Fine Arts Parking Lot*

**NOTE: WE DO NOT KEEP CASH ON HAND AND WILL NOT ACCEPT BILLS LARGER THAN \$20.00**

Join Us At Boston's Premier Casino!!

The casino at Encore Boston Harbor brings glamour on a grand scale to the riverfront. Enter the main floor—open and airy, colorful and vibrant, ... Try your luck with 2,800+ slot machines, including classic favorites, automated tables and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.

**YOUR DAY INCLUDES:**

- CASINO TIME: 10:00-4:00 PM
- CASINO PKG - \$20 FREE SLOT PLAY

## Freight Farm

### Freight Farm at Brockton COA

Farmer Max and The Big Green Leafy Machine is here every other Tuesday, courtesy of the Boys and Girls Club Metro South. Stop by to pick up **fresh and free produce.**

**Reminder: First-come, First-serve. One bag per person AND one bag per household**

**March Schedule**

**Tuesday, March 5th at 11:00 - 12:00 PM**

**Tuesday, March 19th at 11:00 - 12:00 PM**

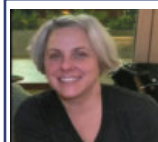
### Freight Farm Family Market Second Thursday 4:00-6:00 PM

ON THE SECOND THURSDAY OF EACH MONTH THROUGHOUT THE SCHOOL YEAR, WE'LL BE OFFERING A FREE BAG OF FOOD TO ALL WHO COME IN! THIS BAG WILL CONTAIN PRODUCE, SOME COMING FRESH FROM OUR FREIGHT FARMS, AND OTHER SHELF STABLE FOODS.

**Boys & Girls Clubs of Metro South**  
**Brockton Clubhouse**  
**233 Warren Ave, Brockton, MA**



## Office Hours



**Office Hours with**  
**Rep. Michelle Dubois**  
**Friday, March 29th from 9:30-11:30 AM**

## OCES Message

**March is Social Work Month**, a time for celebrating the important profession of social work. According to the Bureau of Labor Statistics (BLS), social work is among the fastest growing professions in the United States. BLS projects that there will be almost 800,000 social workers in the United States by 2032, representing a seven percent rise over the decade.

The National Association of Social Workers (NASW) will help lead the 2024 Social Work Month celebration with the theme “Empowering Social Workers.” As the social work profession confronts serious challenges along with our nation, including the need for additional mental health service providers, the campaign will focus on ways in which Americans can support the social work profession.

The annual Social Work Month campaign in March is a time to inform the public, policymakers, legislators, and employers about how social workers assist millions of people every day, helping them to overcome life’s hurdles and live to their full potential.

According to a brief released by the Centers for Disease Control and Prevention (CDC) and the National Association of Chronic Disease Directors (NACDD), an estimated 20 percent of adults aged 55 and older have some form of mental health concern. The brief also states that among older adults, depression is the most prevalent mental health problem.

Furthermore, when it comes to accessing mental health services, older adults may face additional challenges such as social isolation and transportation or financial issues.

Old Colony Elder Services (OCES), which is designated as one of 23 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts, strives to improve access to mental health services for older adults. OCES has an Elder Mental Health Outreach Team (EMHOT) led by licensed clinical social workers.

OCES staff provide behavioral health and wellness services to older adults and people with disabilities, who may be isolated or encounter barriers that limit access to behavioral health care. OCES also supports those who have complex behavioral health conditions, chronic illness, substance misuse, or who are in crisis situations that may require counseling or long-term case management to improve overall wellbeing.

In addition to the Elder Mental Health Outreach Team, OCES’ staff includes many other licensed social workers who provide guidance and resources on a wide range of topics including physical health issues, housing issues, financial hardships, and other challenges that older adults may face.

Join OCES in celebrating Social Work Month and all social workers who help improve the lives of individuals and families!

For more information about OCES, the Elder Mental Health Outreach Team and other programs and services, visit [ocesma.org](https://ocesma.org).

## Messages

### Message from Ruth, BSU Social Work Intern

Did you know older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family and friends, and chronic illness?

At the Council on Aging, we can help by getting involved in our programs/activities.

You can also call Ruth Raymond to book a confidential one-on-one appointment if you have issues you want to talk about.

**Call us to sign up for all programs and activities at 508-580-7811.**

### Message From Sophia

**Hello, my name is Sophia Moliere and I am new to the Brockton Council on Aging!**

I will be the new Activities Assistant to help Christina with programs and activities. I am a recent graduate from Bridgewater State University where I majored in Psychology. I have been a Brockton resident for more than twenty years and I am excited to start my new role and serve members of my community!

## COA Cookbook

### COA COOKBOOK

**Do you have a special recipe that you would like to share?**



In the coming months, The Friends of the Brockton Council on Aging will be publishing a cookbook of recipes from members of the Brockton Council on Aging. To add your name to the cookbook, **please bring in a recipe with your name on it and drop it off at the Front desk.**





## COA Exercise Programs



A reminder of the fitness programs we are offering at the Council on Aging:  
**Senior Self-Defense \*NEW CLASS\***

**Mondays at 11:30 AM - \$5.00 per class**  
 Offering awareness and defense strategies for older adults

**Line Dancing \*NEW CLASS\***

**Tuesdays at 9:15 AM - \$5.00 per class**  
 Learn basic line dance steps and simple routines

**Tai Chi**

**Wednesdays at 9:15 AM - \$4.00 per class**  
 Start your day with the peaceful meditation and movement of Tai Chi

**Movin & Groovin \*NEW CLASS\***

**Wednesdays at 11:00 AM - \$5.00 per class**

A cardio and strength class aimed to help you stay fit

**Mat Yoga**

**Thursdays at 1:00 PM - \$5.00 per class**  
 Practice yoga from a chair or a mat

**Shoe City Walkers**

**Thursdays at 10:00 AM at the Brockton YMCA**

**Fridays at 9:15 at the Brockton COA Eldys' Yoga**

**Fridays at 11:00 AM - \$5.00 per class**  
 Gentle introduction to yoga that will enhance your physical mobility

**Posture and Balance**

**Fridays at 10:00 AM - \$5.00 per class**  
 Improve your balance, coordination, and posture through stretching exercises

**Strong and Stable**

**Fridays at 12:00 PM**

Parkinson's group training classes.  
 Open to Parkinson's participants and their caretakers.

**Call 508-580-7811 to sign up today!**

### New Classes!

## LINE DANCING!

**Every Tuesday at 9:15 AM**  
**\$5.00 per person**

Learn basic line dance steps and simple routines. This is a fun way to exercise, reduce stress, and increase energy! Class is perfect for any age and fitness level. Class will be led by Steve Cavanaugh

**Call 508-580-7811 to sign up!**



## SENIOR SELF DEFENSE

**Mondays at 11:30 AM**  
**\$5.00 per person**

Everybody wants to feel safe, and self-defense is a special concern for older adults. The good news is that ***it's never too late to learn to defend yourself!***

**Elijah Swain will be leading this class.**  
**Call 508-580-7811 to sign up.**

## MOVIN & GROOVIN

**EVERY WEDNESDAY AT 11:00 AM**

**Movin & Groovin** is a cardio and strength class aimed to help you stay fit, challenged and active. The class combines very basic aerobics steps to fun and funky music at varying tempos. We use weights, bands, and our own body resistance for strength. ***A one-stop shop towards fitness and fun!*** Class will be led by certified Instructor Georgi Englishby

**\$5.00 per class**  
**Call 508-580-7811 to sign up!**



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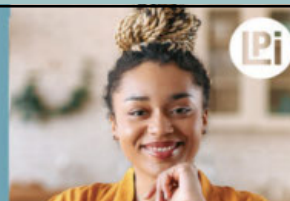
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## Presentations




**Comedian and Storyteller  
DAVID SHIKES**

**Wednesday, March 20th  
at 1:00 PM**

Join us as Storyteller/Comedian David Shikes presents a collection of humorous situations and subjects including New England jokes. Much of his information comes from many years travelling around New England as an independent bookseller. Shikes is a five-time Boston Marathon runner and enjoys classical music and comedy

**Call 508-580-7811  
to sign up!**




**The Funniest Moments in Film!**

**Monday, March 18th at 1:00 PM**

Join award-winning author and pop culture historian Marty Gitlin. During this interactive presentation, Marty will show videos of the best laugh-out-loud scenes from the 1920s to today. He will discuss why they are considered the funniest ever and the impact they made on pop culture. The presentation will include plenty of fun trivia questions and will be followed by a question-and-answer period. This one is a blast, so feel free to join in!

**Call 508-580-7811 to sign up!**



This program is funded by  
a grant from the Mass  
Cultural Council

## Presentations (cont.)

*March is severe weather preparedness month*



**Red Cross Disaster Preparedness  
Training: FLOODING**

**Wednesday, March 27th at 1:00 PM**

Being prepared may not prevent a disaster, but it will give you confidence to meet the challenge. Join us for a presentation by the American Red Cross on flooding.

**Call 508-580-7811 to sign up!**

**Be Red Cross Ready**  
Prepare so you can protect.



## Special Community Dining

*Spring Fling*

**Special Community Meal**

**Thursday, March 21st at 12:00 PM**

**Lunch:**

- Chicken Cordon Bleu
- Baked Potato with Sour Cream
- Country Style Vegetable Blend

**Sign up by calling 508-580-7811**

**RSVP by 3/14/2024**

**Suggested Donation \$2.50**

**A Alliance**  
Health at West Acres

*Special Dessert  
Provided by Alliance  
Health at West Acres!*

## Craft with Sophia



**Butterfly Diamond  
Painting Craft**

Join us for a special craft with our new Activities Assistant, Sophia! Sophia will show us how to make a beautiful Butterfly Diamond Painting.

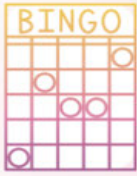
**Cost to attend is \$2.00**

**Call 508-580-7811 to sign up.**

**Space is limited.**



## Bingo



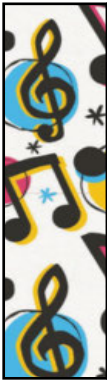
# BINGO!

**Friday, March 29th  
10:30AM - 2:30 PM**

- The cost to play will be \$1 per square with a minimum purchase of 6 squares. Quickies will be \$1.00 each.
- Doors will open at 9:00 am. Bingo Cards will be sold from 9:30-10:15 am.
- The first game will begin promptly at 10:30 am.
- A short break will be given midway for lunch, so please bring something to eat and drink with you.
- If you are not feeling well we ask that you stay home.
- Please bring small bills in the exact amount if possible.

**CALL 508-580-7811 TO SIGN UP**

## Musical Bingo



### Musical Bingo!

**Tuesday, March 26th At 1:00 PM**

Your favorite hits from yesteryear combined with the fun of bingo. Fill up your bingo card and win prizes while you groove to classic hits from pop, rock and roll and R& B!

**Call 508-580-7811 to sign up!**



*Musical Bingo is brought to you by Brockton VNA Hospice.*

## Jeopardy Trivia

BRUSH HILL CARE  
CENTER PRESENTS:

# TRIVIA TIME

**March  
25th at  
11:00 AM**

**Brockton COA**

Join us for Jeopardy  
Trivia with the Brush  
Hill Care Center team!

**Call 508-580-7811 to sign up**



## Discussion Groups

**TED TALKS Seminar** with Ruth Raymond

### Topics

**Monday, March 11th at 1:00 PM**

"How the worst moments in our lives make us who we are."

**Monday, March 25th at 1:00 PM**

"Your body language may shape who you are."

**Call 508-580-7811 to sign up to attend.**

***Are you dull enough for the Dull Men's Club?*** Come discuss the joys we find in everyday, mundane, *dull* things! Dull Men's Club meets on the **2nd and 4th Monday of every month at 9:30 AM.**  
**Call 508-580-7811 to sign up today!**



### Book Club

This month we will be discussing:  
***Being Heumann*** by Judith Heumann  
**On Monday, March 11th at 1:00 PM**  
**To sign up call 508-580-7811.**

A story of fighting to belong in a world that wasn't built for all of us and of one woman's activism--from the streets of Brooklyn and San Francisco to inside the halls of Washington--*Being Heumann* recounts Judy Heumann's lifelong battle to achieve respect, acceptance, and inclusion in society.

## Dental Appointments



Emma Lawson, a registered Public Health Hygienist is offering private 45-minute confidential dental hygiene (cleaning and exam) appointments at the Council on Aging by appointment. If you are on MassHealth the visit is FREE or private pay is \$50.00. **Call us at 508-580-7811 for an appointment.**

## Pet Pantry



**This month's Pet Pantry is on:  
Friday, March 29th at 9:30-10:30 AM**

**Please note:** we are currently at the maximum number of participants available for this program. However, we are still accepting applications to be placed on a **wait list**. You may fill out a request form at the COA. Please call Sophia at 508-580-7811 for any questions.

## Tech Help



**One-On-One iPhone & Computer  
Tutoring with Greg**  
**Thursdays 12:00 PM - 3:00 PM**  
**Call 508-580-7811 for  
an appointment.**





## Happy Birthday! You are Turning 65 ...Now What?

Every 3 months we will be celebrating you turning 65 years old! We are doing that by offering this informative presentation titled,

### "Planning for Medicare"

The next presentation will be on:

**Tuesday, April 9th at 4:30 PM**

If you are turning 65 between February 1, 2024 and May 31, 2024 and have questions on what you need to do, call 508-580-7811 to reserve your seat.

### Planning for Medicare

Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield representative. It's geared towards individuals approaching Medicare Eligibility. Topics covered include explanation of Parts A, B, C and D, health insurance information outside of employer sponsored coverage, an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees and COBRA.

Anyone approaching 65 in 2024 can join this workshop.

Other workshop dates will be:

**Tuesday, July 9<sup>th</sup> at 4:30pm**

**Tuesday, October 8<sup>th</sup> at 4:30pm**

Please call us today at 508-580-7811 to reserve your seat or if you have any questions. We will have SHINE counselors available to answer any other questions you may have after the presentation.

**Where: Brockton Council on Aging  
(temporarily) at 1 Feinberg Way, Brockton, MA 02301**



## LIVE YOUR LIFE WELL

DATE: APRIL 8, 2024

TIME: 9:30 AM - 3:00 PM

LOCATION: THE BROCKTON COA

TEMPORARILY LOCATED AT THE SHAW'S CENTER:  
1 FEINBERG WAY, BROCKTON, MA

We will be discussing various tools that can help you be stronger and more hopeful:

- Connect with others
  - Stay positive
  - Get enough sleep
  - Create joy and satisfaction
  - Eat well
  - Take care of your spirit
  - Deal better with hard times
- Get professional help if you need

**Breakfast and Lunch will be provided!**

**CALL US TODAY TO SIGN UP!**

**508-580-7811**

**Dorothy Slack**  
Health Education/  
Outreach Coordinator  
**Tuesday & Wednesday**  
**9:00 AM - 2:30 PM**  
**508-580-7811**  
**DSlack@cobma.us**

**Lauren Conrad**  
Outreach  
Coordinator  
**Monday - Friday**  
**9:00 AM - 4:00 PM**  
**508-580-7811**  
**LConrad@cobma.us**

### HOW CAN WE HELP?

- Outreach, Social Services
- SHINE Program
- Knox Box
- Transportation
- Fuel Assistance
- Durable Medical Equipment
- Senior Property Tax Work Off Program
- AARP Free Income Tax Assistance
- Prescription Advantage Program
- Safety Assurance
- Support Groups
- SNAP Benefits
- Housing Applications



### **Supplemental Nutrition Assistance Program (SNAP) with Joanne Lobaton**

from the Department of Transitional Assistance (DTA) is assisting individuals with SNAP applications.

**Please call 508-580-7811 and ask to speak with Ruthie to schedule an appointment.**

### **Legal Consults**

#### **Free Legal Consults by Surprenant & Beneski, Monday, March 25th at 10:00 am - 11:30 am**

Discuss the following topics:

- Durable Power of Attorney · Medicaid Planning,
- Advanced Medical Directive · Health Care Proxy
- Will & Trust or other Estate Planning questions.

**Call 508-580-7811 for an appointment.**

### **Health Clinics**



#### **Health Clinics at the Brockton COA**



#### **COVID-19 Vaccine/Booster and Flu Clinic**

every Tuesday between 1:00 PM- 4:00 PM  
by Brockton Board of Health

#### **• Blood Pressure Clinics**

March 21st at 11:00 - 12:00 PM- Brockton VNA  
March 29th at 9:00 - 10:00 AM - Board of Health

# MARCH BIRTHDAYS

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Peggy Curtis	1 <sup>st</sup>	Tom Sarcia	10 <sup>th</sup>	Maral Souza	23 <sup>rd</sup>
Vincent DeCarlo	1 <sup>st</sup>	Priscilla Gomes	12 <sup>th</sup>	Leo Tuite	24 <sup>th</sup>
Angeles DeKim	1 <sup>st</sup>	Chuck Vegal	12 <sup>th</sup>	Sherrie McMullen	25 <sup>th</sup>
Donald Naphen	1 <sup>st</sup>	Ulda Robillard	13 <sup>th</sup>	William Sullivan	25 <sup>th</sup>
Patricia LaBate	2 <sup>nd</sup>	Ellen Gagnon	14 <sup>th</sup>	Evelyn Alston	26 <sup>th</sup>
Lillie Thompson	2 <sup>nd</sup>	Antigone Liatsos	15 <sup>th</sup>	Ann Bush	26 <sup>th</sup>
Elaine Boucher	2 <sup>nd</sup>	Paul Pentz	15 <sup>th</sup>	Alan Caldwell	26 <sup>th</sup>
Laura Howard	2 <sup>nd</sup>	Joe Coots	16 <sup>th</sup>	Matiniah Yahya	26 <sup>th</sup>
Jean M. Keaveney	4 <sup>th</sup>	Mercedes Tully	16 <sup>th</sup>	Masie Morrison	27 <sup>th</sup>
Anthony Meninno	4 <sup>th</sup>	Robert Graham	17 <sup>th</sup>	Christine Ambrose	28 <sup>th</sup>
Astrid Panameno	4 <sup>th</sup>	Dianne Licciardi	18 <sup>th</sup>	Albert Butler	28 <sup>th</sup>
Jean Shanks	4 <sup>th</sup>	Paul Ohrenberger	18 <sup>th</sup>	Gail Credle	28 <sup>th</sup>
Patricia Garcia	5 <sup>th</sup>	Jack Czarniak	19 <sup>th</sup>	Sandra Ivers	28 <sup>th</sup>
Helen O'Connor	5 <sup>th</sup>	Gloria Cesarini	21 <sup>st</sup>	Rose Marie Silva	28 <sup>th</sup>
Nancy Richard	5 <sup>th</sup>	Barbara Maki	21 <sup>st</sup>	Mary Reagan	28 <sup>th</sup>
Anne Gorman	6 <sup>th</sup>	Jayne Tuttle	21 <sup>st</sup>	Barbara Simonds	28 <sup>th</sup>
Susan Bulgar	7 <sup>th</sup>	Norma Correia	22 <sup>nd</sup>	Bunny Prosper	29 <sup>th</sup>
Lana Preston	8 <sup>th</sup>	Richard Kelly	22 <sup>nd</sup>	Betty Whitaker	29 <sup>th</sup>
William Katwick	9 <sup>th</sup>	Mary Lou Costello	23 <sup>rd</sup>	Juana Rivera	30 <sup>th</sup>
Debbie Wasserman	9 <sup>th</sup>	Eloise Miller-Davis	23 <sup>rd</sup>	Carole West	30 <sup>th</sup>
Troy Mae Bennett	10 <sup>th</sup>	Beverly J. Pitty	23 <sup>rd</sup>	Jean Haggerty	31 <sup>th</sup>
Dorothy Lufkin	10 <sup>th</sup>	Glenna Riley	23 <sup>rd</sup>	Annette Thomas	31 <sup>st</sup>

**Reminder:** If you wish to have your name published in our newsletter, please write your name in the COA Birthday Book. Be sure to listen to radio station 95.9 FM WATD at 5:45am to hear your birthday announced

## NEW & RENEWALS

Anne Beauregard	Bobbie Lemasa	William J. Roberts	Lorrie A. Steele
Dara Flynn	Irene Lepro	Suzanne Rodrigues	Norma G. Stephens
Patricia Gorman	Dorothy McCarthy	Marge Shepard	Robert E. Stephens
Sheila Keene	Barbara Navin	Warren Shepard	Roberta L. Tolber
Aileen Kordas	William Navin	Corinne Shute	Esther Tonucci
Dolores M. Langer	Thomas Pileski	Anita L. Stadig	Donna Vass

## MEMORIALS

Aileen Kordas in memory of Stanley A. Kordas  
 Corinne Shute in memory of Philip Shute  
 Anita L. Stadig in memory of Eleanor Duval and my parents Michael & Mary Kelley  
 Lorrie A. Steele in memory of Robert James Steele

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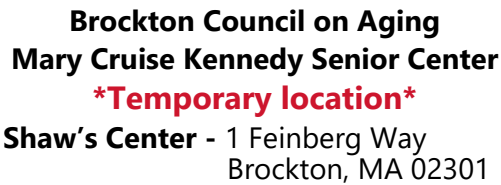
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Janice Fitzgerald.....	Director
Dorothy Slack.....	Health Education/ Outreach Coordinator
Lauren Conrad.....	Outreach Coordinator
Christina Briggs.....	Program Activities Coordinator
Sophia Moliere.....	Activities Assistant
Ruthie Graham.....	Receptionist/Secretary
Hugo Amado.....	Custodian

Janice Fitzgerald - Dan Palotta - Jim Plouffe  
David A. Andrews - Carol Delorey -  
Jeanne Fuller-Jones - Robert Graham -  
Ruthie Graham - Henry G. Soones

The Brockton Council on Aging, a branch of city government, is mandated to assess the needs and provide programs and services to Seniors in the community and strives to improve their quality of life. The Council on Aging offers through its staff and volunteers easy access to an array of general programs, information, and socialization opportunities to seniors age 60 years and older.