



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 spring! I hope you are enjoying the changing of the seasons. I want to tell you about some great community events that are happening in April.

- There is a phenomenal exhibit at the Fuller Craft Museum, 455 Oak Street, entitled "The Red Dress." The dress took approximately 14 years to complete and involved embroidery from more than 380 individuals, mostly women, from 51 different countries. The resulting dress represents women's experiences world- world. The Fuller Craft Museum is the exhibit's last stop in the United States, and will end on May 19th. For more information, visit fullercraft.org.
- On Sunday, April 21st, the Brockton Symphony Orchestra performs Sinfonia Portuguesa at 3:00 pm at Christ Congregational Church, 1350 Pleasant Street. Brockton is very fortunate to have a symphony orchestra that is recognized as one of the best community symphony orchestras in the Commonwealth. Adults: \$25 | Seniors: \$20 | Students and children under 18: free
- On Saturday, April 27th, the Kids' Road Races is celebrating their 47th year at D.W. Field Park. Registration is at 9:30 am and the races start at 10:00, every Saturday through June 15th. This is Dave and Judy Gorman's final year hosting the races and we thank them for their dedication to our City's young people.
- **Saturday, May 18th is "Keep Brockton Beautiful Day,"** a day to get together with friends and family to help rid the City of litter and trash. The day begins between 7:30 and 9:00 am at Heights Crossing, 35 Christy's Place, for registration, materials, and assignments. Teams deploy across the City to pick up litter and at 12:00, we return to Heights Crossing for a celebratory cook-out. I hope to see you there. It is a great way to get fresh air, exercise, and help out the community.

Due to the observance of **Patriots Day on Monday, April 15th**, City Hall will be closed to the public, and regular business hours will resume on **Tuesday, April 16th. Trash pick-up will be delayed one day due to the holiday.**

Please contact my office at 508-580-7123 if we can be of any assistance to you. Thank you from all of us here in the Mayor's Office. We are better when we all work together.

On behalf of myself and the entire Mayor's Office, I wish all of you and your families a happy Passover and Eid al-Fitr Mubarak. Be well and stay safe!

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



Director's Message

Spring is here! We were very lucky to not have much snow during the winter months but we certainly had our share of wind. I am counting the days until I can get back to my "Happy Place", Cape Cod. My goal this year is to explore some new beaches and some new restaurants. There are so many hidden gems that I am hoping to find.

This month we celebrate "Volunteer Appreciation". Please join me in saying THANK YOU to all our dedicated, hard working volunteers. Without their generosity of time, we would not be who we are today. If you are interested in learning more about our Volunteer Program please ask myself or Lauren.

Christina and Sophia have a great schedule of events this month. Please read the Newsletter and sign up ASAP if you see something you are interested in.

BUILDING UPDATE:

I hope you have all been checking out the progress at our building located at 10 Father Kenney Way. The mild winter made it possible for the contractors to not miss any days due to bad weather. As much as the Shaw's Center has accommodated us, I am so ready to get back "home". It is my hope to be able to move back before the winter.

Lastly, I want to let you all know I have filled the Assistant Director position. Lauren Conrad is our new Assistant Director. I am very excited to have her work along side me and work on some shared goals, programs and vision for the future of the COA.

Enjoy the fresh air and we will see you soon!

Janice



Assistant Director's Message

Happy April!

When you are reading this, I will already be a couple of weeks into my new position as the Assistant Director here at the Council on Aging. My time here at the Council on Aging has been full of growth and learning, as well as getting to know and help many residents. I look forward to taking my experience from previous administrative positions, combining it with what I have learned here and continue to grow. I am excited about this new opportunity, and looking forward to my new responsibilities.

Lauren Conrad, Assistant Director



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"



Brockton Council on Aging **Temporarily located at** 1 Feinberg Way Brockton, MA 02301 508-580-7811

CALENDAR OF EVENTS

PAGE 2

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Activities Committee Meeting 10:00 Board of Directors Meeting <i>Friends Meeting immediately following</i> 11:30 Senior Self Defense 1:00 Tonin' & Stretchin' 1:00 Whist	2 9:15 Line Dancing 11:00 Freight Farm 11:30 Knitting & Crochet 12:00 Community Dining: <i>Chicken Stew</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic	3 9:15 Tai Chi 11:00 Movin and Groovin 1:00 Corn Hole	4 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) 12:00 Community Dining: <i>Honey Mustard Chicken</i> 12:00 Tutoring with Greg 1:00 Mat Yoga	5 9:00 Cribbage 9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
8 9:30 Live Your Life Well 9:30 Dull Men's Club 11:30 Senior Self Defense 1:00 Tonin' & Stretchin' 1:00 Whist 1:00 COA Book Club: Horse By Geraldine Brooks	9 9:15 Line Dancing 11:30 Knitting & Crochet 12:00 Community Dining: <i>Hot Dog</i> 12:30 Hand & Foot 1:00 Grief Support Group 1:00 Vaccine/Booster Clinic 4:30 Turning 65 - Planning for Medicare	10 9:15 Tai Chi 11:00 Movin and Groovin 1:00 Corn Hole	11 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) 12:00 Community Dining: <i>Turkey Chile</i> 12:00 Train Dominoes 12:00 Tutoring with Greg 1:00 Mat Yoga	12 9:00 Cribbage 9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
15 CLOSED FOR PATRIOTS DAY 	16 9:15 Line Dancing 11:00 Freight Farm 11:30 Knitting & Crochet 12:00 Community Dining: <i>Chicken Parmesan</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 3:30 Hidden in Plain Sight	17 9:15 Tai Chi 11:00 Movin and Groovin 1:00 Corn Hole 1:00 Button Bouquet Craft w/ West Acres 1:00 Dog Licensing	18 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) 12:00 Community Dining: <i>Cajun Tilapia</i> 12:00 Tutoring with Greg 1:00 Mat Yoga	19 9:00 Cribbage 9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg 1:00 State of MA Wildlife Presentation
22 9:30 Dull Men's Club 11:00 Podiatry Presentation 11:30 Senior Self Defense 1:00 Tonin' & Stretchin' 1:00 Whist 1:00 TED Talks w/ Ruth Raymond	23 9:15 Line Dancing 11:30 Knitting & Crochet 12:00 Community Dining: <i>Macaroni & Cheese</i> 12:30 Hand & Foot 1:00 Grief Support Group 1:00 Vaccine/Booster Clinic	24 Closed for Volunteer Appreciation Event 	25 9:00 Cribbage 9:00 Art from Heart 10:00 Walking Group (at YMCA) 11:00 Blood Pressure 12:00 "Garden Party" Community Dining: Pot Roast w/ Gravy 12:00 Tutoring with Greg 12:00 Train Dominoes 1:00 Mat Yoga	26 9:00 Cribbage 9:30 Blood Pressure NO WALKING GROUP 9:30 Pet Pantry 9:30 Office Hours with Rep. Michelle Dubois 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg 1:00 Parkinson's Support Group
29 10:00 Legal Consults 11:30 Senior Self Defense 1:00 Tonin' & Stretchin' 1:00 Whist 1:00 Jeopardy Trivia w/ Brush Hill	30 9:15 Line Dancing 11:00 Freight Farm 11:30 Knitting & Crochet 12:00 Community Dining: <i>Chicken w/ Gravy</i> 12:30 Hand & Foot 1:00 Musical Bingo w/ Brockton VNA 1:00 Vaccine/Booster Clinic	Remember to sign up for all programs and activities by calling 508-580-7811. For any program with a limited number of participants, Brockton Seniors will be given first priority		

John E. McCluskey, Esq.
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WELCOME APRIL!

The Brockton Council on Aging Celebrates:

Volunteer Appreciation Month

Thank you to all of our amazing volunteers!



APRIL
AUTISM
AWARENESS MONTH



APRIL IS MOVE MORE MONTH,
TIME TO GET UP AND MOVE!



Drug Take-Back

Saturday, April 27th

NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY

10AM to 2PM

The Shaw's Center
1 Feinberg Way, Brockton MA

safely rid of your
unused, unwanted, expired
medications



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.

Essex Steam Train & Riverboat

Date: Thursday, June 20th

\$152.00 per person plus \$3.00 CASH ONLY tip.

Trip Pick-up Time: TBA

Pick-up location: Brockton High School (Fine Arts Parking Lot)
470 Forest Ave, Brockton, MA

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

ALL ABOARD! Join Bloom Tours for a special Rail & Sail in Essex, Connecticut. We begin by boarding the restored 1920's Pullman Dining Car to savor a hot lunch at historic Essex Station that is prepared and cooked on board. Let the attentive staff transport you back to when rail travel was king and eating in the "Diner" was a delicious special occasion. You will travel aboard the train along the Lower Connecticut River Valley while you finish your meal. At Deep River Landing you will transfer to the Becky Thatcher Riverboat for a cruise on the Connecticut River - bursting with lush scenery and historic sights. You will finish your journey riding the train back to Essex Station.

Please sign up and pay at the Front Desk.

Full payment is due at time of sign up.

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

April Schedule

Tuesday, April 2nd at 11:00 - 12:00 PM

Tuesday, April 16th at 11:00 - 12:00 PM

Tuesday, April 30th at 11:00 - 12:00 PM

Health Expo

For more information,
call 781-925-1515

29th Annual
senior
Celebration
free health & lifestyle expo

WEDNESDAY MAY 8, 2024

9AM-2PM

HOLIDAY INN, DEDHAM

60+ Vendors, Health Screenings, Raffles, Giveaways,
Free & Open to the Public

OCES Message

April is National Volunteer Month, a time to celebrate and honor volunteers who help make a difference in the lives of so many and in the communities they serve.

Volunteers are all around, dedicating their time and effort to many different nonprofit organizations and causes. Volunteers have a beneficial influence in countless ways. For instance, volunteers provide daily meals to families in need and to homebound older adults; assist with home renovations for those not able to complete the work themselves; help shape a younger generation by reading to children; write letters of support to deployed U.S. service members; and help care for animals, the environment, and many other causes.

The benefits of volunteering are significant. Volunteering provides a vital connection to others and to the community. Studies have associated volunteering with reduced depression and living longer. Not only that, volunteering helps keep the brain active, which contributes to cognitive health. Research has also shown that volunteerism within organizations can boost morale.

Those who volunteer share their knowledge and experiences with organizations and causes that benefit from it - while building on skills they already have and developing new skills along the way.

Old Colony Elder Services (OCES) has a Volunteer Center located at 204 South Meadow Road in Plymouth that serves as a central resource for volunteers as well as for local agencies offering volunteer opportunities in Plymouth County. Stop by or schedule an appointment to visit the Volunteer Center to learn about the variety of short and long-term opportunities that are available to fit your lifestyle and interests.

Aspiring volunteers can individually talk with OCES Volunteer Program staff who can help locate volunteer opportunities that fit your interests and skill set. OCES' Volunteer Program includes Meals on Wheels and the Money Management Program as well as the Retired and Senior Volunteer Program (RSVP) of Plymouth County, available for individuals age 55+. The Volunteer Center is equipped with computers for researching volunteer opportunities as well as brochures and other literature from organizations seeking volunteers. It also serves as a designated space for volunteers to work together on specific projects, such as *Letter Writing to Troops* for National Days of Service and Remembrance. OCES assists service partner organizations such as Beth Israel Deaconess Hospital, local food banks and Veterans Service Agencies that rely on volunteers.

Do you have a passion for helping others? Do you want to contribute to your community and help enhance people's lives? Consider becoming one of the 63 million Americans who volunteer each year. To learn more about volunteer opportunities, RSVP at OCES' Volunteer Center by visiting, ocesma.org/get-involved/volunteer-opportunities.

Celebrating 50 Years of Care and Collaboration

OCES, the largest provider of in-home and community-based services for older adults and people living with disabilities in Plymouth County and surrounding areas in Massachusetts, is Celebrating 50 Years of Care and Collaboration in 2024. To learn more about OCES' 50th Anniversary and the special fundraising campaign, visit ocesma.org

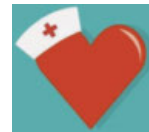
Announcements

SENIOR DOLLARS

The "**Friends of the Brockton Council on Aging**" will be selling tickets for the Senior Dollar fundraiser. Tickets are \$10.00 each with the opportunity to win 12 times. Drawing is held at the beginning of each month starting in July 2024 for a \$100.00 cash prize. If you are interested in purchasing any tickets, they will be on sale this month on:

Tuesday- Friday from 10:00 AM - 2:00 PM.

No. 001		Brockton Council on Aging "SENIOR DOLLARS" July 1, 2024 - June 1, 2025 \$100 Monthly Prize (12 Monthly Drawings) \$10 Per Ticket <i>Help us raise funds for the COA events</i>	No. 001
Name	Address		
Phone	E-mail		



Nurse Appreciation Day Monday, May 6th at 1:00 PM

If you are an active or retired registered nurse or LPN, age 60+ and living in Brockton, please give us a call at **508-580-7811**! We would love to celebrate you on Nurse Appreciation Day. We will be providing a tasty treat! Dig out your old yearbooks, class picture, class pins and caps and bring them with you!



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.**



April is MOVE MORE Month Time to Get Up & Move!



COA Exercise Programs



A reminder of the fitness programs we are offering at the Council on Aging:

Senior Self-Defense

Mondays at 11:30 AM - \$5.00 per class

Offering awareness and defense strategies for older adults

Tonin', & Stretchin' - *NEW CLASS*

Mondays at 1:00 PM - \$5.00 per class

A low impact & fun class which will encourage you to move and dance in your seat!

Line Dancing

Tuesdays at 9:15 AM - \$5.00 per class

Learn basic line dance steps and simple routines

Tai Chi *FREE FOR THE MONTH OF APRIL*

Wednesdays at 9:15 AM -

Start your day with the peaceful meditation and movement of Tai Chi

Movin' & Groovin'

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

A cardio and strength class aimed to help you stay fit, challenged, and active.

Mat Yoga

Thursdays at 1:00 PM - \$5.00 per class

Practice yoga from a chair or a mat

Shoe City Walkers

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

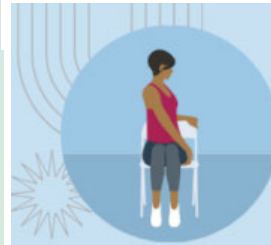
Fridays at 12:00 PM

Parkinson's group training classes.

Open to Parkinson's participants and their caretakers.

Call 508-580-7811 to sign up today!

New Class!



TONIN' & STRETCHIN'

MONDAYS AT 1:00 PM
\$5.00 PER CLASS

Mondays at 1:00 PM starting April 1st

TONIN' AND STRETCHIN'

all from the comfort of your chair!

Come join our low impact fun class which will encourage you to move and dance in your seat. Tone your arms using weights, bands and Pilates techniques. Stretch your body with chair yoga. Balance and strengthen your body in a low intensity way - All in one class.

Class will be led by certified instructor,
Georgie Englishby

Call 508-580-7811 to sign up!
\$5.00 Per Class

Tai Chi Announcement

In celebration of **World Tai Chi** day on Saturday, April 27th, our Tai Chi classes led by instructor Elijah Swain will be

FREE for the month of April!

Tai chi is a mind-body exercise that combines movements, meditation, and deep breathing. This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

Call 508-580-7811 to sign up!



LET'S GROW YOUR BUSINESS

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kfontaine@lpicommunities.com

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- Consumer Directed Care
- Emergency Assistance
- Family Caregiver Support
- Healthy Living
- Information & Referral
 - Consumer Benefits Assistance
 - Aging & Disability Resources
- Options Counseling
- Money Management
- Nutrition
- One Care Plan
- Personal Care Management
- Private Care Coordination
- Protective Services
- Senior Care Options
- State Home Care
 - Care Management
 - Nursing Services
- Supportive Housing
- Transitional Support
- Veteran-Directed Home Care
- Volunteer Programs



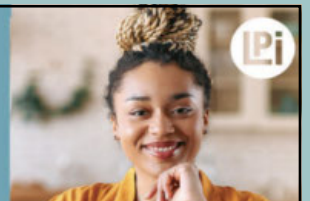
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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Brockton Council on Aging, Brockton, MA 06-5072

Presentations



State of Massachusetts Wildlife

**Friday, April 19th
at 1:00 PM**

Wildlife populations are constantly changing. In this presentation we will share some of the most up-to-date information about the status of wild animals in Massachusetts, explain some of their conservation challenges, and suggest what you could do to help. Meet with a Massachusetts naturalists or biologist to discuss what wildlife you can find and protect in MA. Ask questions and learn about real research projects throughout the state and discover possible volunteer opportunities!

*There will be a **LIVE** animal encounter!*

Call 508-580-7811 to sign up!



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Presentations (cont.)



Hidden in Plain Sight & Substance Use Presentation

When: Tuesday, April 23rd
at 3:30 PM - 5:30 PM

Where: The Brockton COA:1 Feinberg Way, Brockton
Join us for this two-part presentation intended for parents, grandparents, and other adults who care for youth.

Hidden in Plain Sight is an interactive presentation where you are encouraged to explore and interact with a display designed to resemble a teenager's bedroom.

Throughout the exhibit are items that may indicate a teenager is involved in some high-risk behavior such as substance abuse, underage drinking, eating disorders, sexual activity and more. Participants will be enlightened, educated and astonished.

In addition, join Dr. Muse from Signature Healthcare for a **Substance Use Presentation**, including Q&A

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

Presented by High Point
Treatment Center -
Brockton Meadowbrook Campus

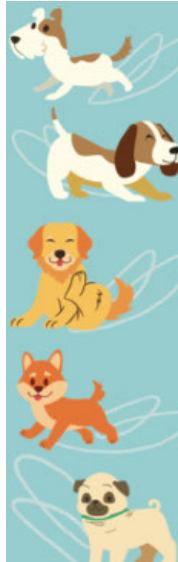


SIGNATURE HEALTHCARE
www.MySignatureCare.org

Dog Licensing

Dog Licensing at the Brockton Council on Aging **Wednesday, April 17th from 1:00 PM to 4:00 PM**

- Licenses are **FREE** if you are over 70 years of age.
- For all others, it is \$10 if your dog is Spayed or Neutered, and \$24 if they are not.
- You should bring a current rabies certificate and documentation of Spaying/Neutering if it is not included on the rabies certificate.
- **Cash, Check or Money Order ONLY**



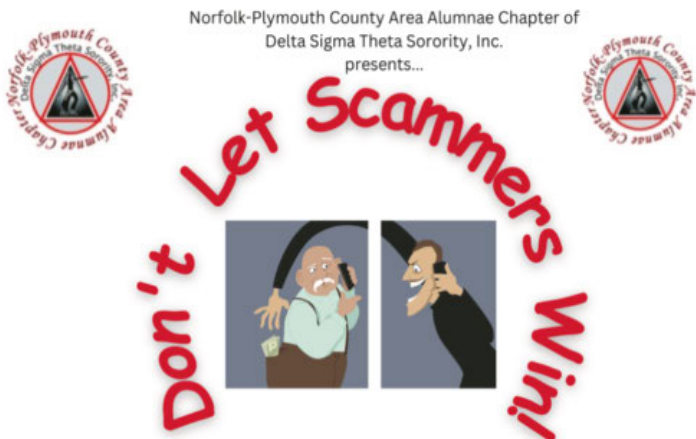
Craft

Button Flower Bouquet Craft **Wednesday, April 17th at 1:00**



Join Katie from Alliance Health at West Acres for a fun craft! She will be showing us how to make an adorable Button Flower Bouquet. If you have a pair of wire cutters and/or needle nose pliers, please bring them as it will be helpful during the craft. **Call 508-580-7811 to sign up.**

There is limited spots available.



WHEN: Tuesday, May 7, 2024 at 1:00 PM
WHERE: Brockton Council on Aging
1 Feinberg Way, Brockton, MA, 02301
ADMISSION: FREE!

Join us for a **FREE** workshop that arms you with the tools to identify, prevent, and report scams that disproportionately affect older adults.

EQUIP YOURSELF WITH THE KNOWLEDGE TO PROTECT YOUR HARD EARNED MONEY AND PEACE OF MIND



**SENIOR
SCAM
ALERT**

For more information, email economic.npcaac@gmail.com

Bingo



**Friday, April 26th
10:30 AM - 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, April 30th 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



TRIVIA TIME

with Brush Hill Care Center

**Monday, April 29th
at 1:00 PM**



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

Call 508-580-7811 to sign up!

Pet Pantry



**This month's Pet Pantry is on:
Friday, April 26th 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.

Discussion Groups



Join us for Ruth's **LAST:**
TED TALKS Seminar
w/Ruth Raymond

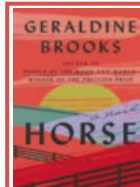
Monday, April 22nd at 1:00 PM

Topic: "Connected but alone."

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

Do you have what it takes to join 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:

Horse by Geraldine Brooks

On Monday, April 8th at 1:00 PM

To sign up call 508-580-7811.

Special Community Dining



Garden Party

Special Community Meal

Thursday, April 25th at 12:00 PM

Lunch:

Homemade Pot Roast w/Gravy
Mashed Potatoes w/Gravy
Zucchini & Tomato
Dinner Roll

Sign up by calling 508-580-7811

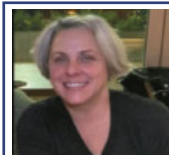
RSVP by 4/8/2024

Suggested Donation \$2.50



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

Office Hours



**Office Hours with
Rep. Michelle Dubois
Friday, April 26th
from 9:30-11:30 AM**

Get Help Paying Medicare Costs

Apply to the Medicare Savings Program (MSP) NOW to save up to \$3,000 a year on Medicare costs.



What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who qualifies?

Medicare beneficiaries who meet the following income limits:

MassHealth

You Are	Your income is at or below	
Single	\$2,824 per month	
Married	\$3,833 per month	
NEW AS OF MARCH 1, 2024: THERE IS NO ASSET LIMIT		

Call 508-580-7811 and ask to speak with a Shine Counselor with any questions.

Dorothy Slack

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

Cauna Magner

Shine
Counselor
Tuesday & Wednesday
9:00 AM - 2:30 PM
508-580-7811
CMagner@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, April 29th 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.**

Vaccine & Booster Clinic

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

April 25th at 10:00 - 11:00 PM- Board of Health
April 26th at 9:30-10:30AM - Brockton VNA



Foot Care 101 Understanding Podiatry with Dr. Kevin Buczkowski, DPM

WHEN: Monday, April 22nd at 11:00 AM

WHERE: Brockton COA
Temporarily at 1 Feinberg Way
Brockton, MA

Join us for an informative health presentation on basic foot care and common foot and ankle conditions.

Call 508-580-7811 to sign up.



PODIATRY



SIGNATURE HEALTHCARE

www.MySignatureCare.org

Reminder

When being discharged from a hospital, it is required that a discharge plan be in place. A Case Worker/ Social worker should be assigned to organize any discharge plan needed. This may include services from Old Colony Elder Services, VNA, and follow-up appointments. If you do not have a discharge plan provided to you with contact information for any services needed be sure to ask your nurse BEFORE signing any discharge documents.

APRIL BIRTHDAYS

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Ginger O'Connor	1 st	Betty Maguire	10 th	John Messia	20 th
Ray Villoeneuve	1 st	Joyce McDonough	10 th	Joe Zakszewski	20 th
Judith LeRoy	2 nd	Theresa Trammell	11 th	Dennis Elder	21 st
Daniel Morales	2 nd	Robert G. Dunn	12 th	Lucille LaFranchise	23 rd
Debbie McBride	2 nd	Mercedes Quintero	12 th	Irene Vaca	24 th
Eleanor Wright	2 nd	John Houstle	14 th	Rosalind Boroff	26 th
Cheryl DeVaughn	3 rd	Robert L. Spicer	14 th	Robert Daley	26 th
Ellen Flaherty	3 rd	Frantz Hyppolite	15 th	Annie Dudley	26 th
Arvilla Colley	4 th	Theresa Ohrenberger	16 th	Ray Sheffield	26 th
Anna M. Santiago	4 th	Janice Salls	16 th	Virginia Sharpe	26 th
Barbara Wenson	4 th	Elaine Shakis	16 th	Richard Fontaine	26 th
Mary Temkin	5 th	Barbara Buonopane	17 th	Howard Britton	27 th
Anne-Marie Similien	7 th	Celina Dsouza	17 th	Linda Bryant	28 th
Willie Dykes	9 th	Janet Blair Tavares	17 th	Joan Gay	28 th
Annette Lai-Fook	9 th	Jane M. Hughes	19 th	Anita Barnes	29 th
Warren Poole	9 th	Frances P. Lonergan	19 th	Samuel Davis	29 th
David West	9 th	Cora Sue Boone	20 th	Maria Guilbe	29 th
Joanne Balzano	10 th	Joanna Gibau	20 th	Carol Reed	29 th

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

Linda Balzotti	Alice H. Carchidi	Gail Kelleher	David Rooslet
Pamela Berger	Anne M. Caswell	Lucille LaFranchise	Gisela Silverio
Barbara Bigelow	Natalie Connelly	Ruth Lutale	Guy Silverio
Carol Bowers	Mary Dolar	Dianne Murphy	Lela Spekin
Stephen H. Bryant	Maureen Haughey	Beverly Perrault	Ernest J. Webby, Jr.
Natalie Burns	Melinda Howard	Robert J. Perrault Sr.	Roberta R. Webby
			Alfreda M. Wright

MEMORIALS

Alice H. Carchidi in memory of Frank Carchidi
Beverly and Robert J. Perrault Sr. in memory of Jeanette Thomas
Guy and Gisela Silverio in memory of Carlos Pereira

FRIENDS OF THE BROCKTON COUNCIL ON AGING

10 Father Kenney Way, Brockton, MA 02301

Temporarily located at :The Shaw's Center 1 Feinberg Way, Brockton, MA 02301

Name: _____ Phone: _____

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Make checks payable to The Friends of the Brockton Council on Aging



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Brockton Council on Aging
Mary Cruise Kennedy Senior Center
Temporary location
Shaw's Center - 1 Feinberg Way
Brockton, MA 02301

Brockton Council On Aging Staff

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

Board of Directors

Jeanne Fuller-Jones.....Chair
David Andrews.....Vice Chair
Carol Delorey.....Secretary
Clayton Reichenberg.....Treasurer

Board Members:

Paul Beckner
Robert Graham
Mary James
Gerald Koelsch
Anne McCormack
Henry Soones
Fabienne Zephyr

Alternates

Harriet Beasley
2 Vacancies

The next meeting is **Monday, April 1, 2024**
at 10:00 AM in person at
The Shaw's Center
1 Feinberg Way
Brockton, MA

Friends of the Council on Aging Board

Fran Zakszewski, Chair - Maxine Young, Vice Chair
Lillian Dykes, Treasurer - Vickie Green, Secretary
Martha Badgio- Melinda Howard - Karen Landers -
Dolores Langer - Suzanne Larke - Helen O'Connor-
Linda Reddin

The Friends of the Brockton Council on Aging, Inc.

is a non-profit organization that shall consist of individuals, associations, organizations, partnerships or corporations interested in improving the resources and services of the Brockton Council on Aging.

Activities Committee

Teddi Bourassa - Vickie Bassett - Vickie Green - Jeanne Fuller-Jones - Melinda Howard - Suzanne Larke Linda Reddin - Bill Reddin - Henry Soones - Maxine Young

Building Committee

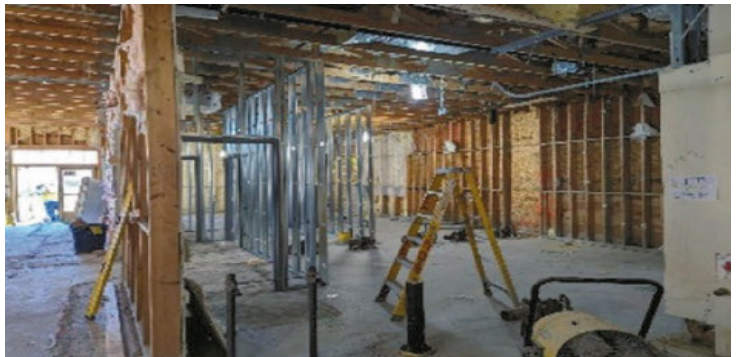
Janice Fitzgerald - Dan Palotta - Jim Plouffe
David A. Andrews - Carol Delorey -
Jeanne Fuller-Jones - Robert Graham -
Ruthie Graham - Henry G. Soones

COA SNAPSHOTS

St. Patrick's Day Luncheon on March, 13, 2024



Building Update



Phone: 508-580-7811

Fax: 508-580-0289

Emergency Hotline 508-941-0292

Elder Abuse Hotline #

1-800-922-2275

Please use this number anytime day or night to report suspected elder abuse.

Mission Statement

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.