

# WHAT'S NEWS?

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



**\*\*\*NEW DATE FOR RIBBON CUTTING CEREMONY!\*\*\***

The Ribbon Cutting Ceremony at 10 Father Kenney Way has been rescheduled to: **Monday, March 3rd at 10:00 AM.**



Join us as we celebrate the grand re-opening of the newly renovated Mary Cruise Kennedy Senior Center! Be part of the excitement as we unveil the updated space, with guided tours available to explore the facility. Light refreshments will be provided.

**Kindly RSVP by calling 508-580-7811. We look forward to welcoming you!**

**Important Announcements**

Due to unexpected delays beyond our control, we will continue to be at the Shaw's Center for the month of February. Like last month, we will continue with limited programs and are **NOT ACCEPTING ANY WALK-INS OR VISITORS FOR THE MONTH.** If you need to speak with someone or would like to sign up to attend a program, please call us at **508-580-7811.**

**We appreciate your continued patience and understanding as we navigate this transition!**

 On Pause in February 
<b>All Games:</b> <i>Whist, Hand &amp; Foot, Corn Hole, Cribbage, and Mah Jongg</i>
<b>1-on-1 Tutoring w/ Greg</b>
<b>Art From Heart</b>
<b>Bingo</b>
<b>Knitting &amp; Crochet</b>
<b>Movies</b>
<b>Senior Learning Network</b>

Scheduled in February
<b>Blood Pressure Clinic w/ Brockton VNA</b>
<b>COA Book Club &amp; Mystery Book Club</b> <i>Location: Brockton Library Main Branch....(see page 8)</i>
<b>Community Dining</b>
<b>Community Health Assessment Focus Group</b>
<b>Dull Men's Group</b>
<b>Exercise Classes:</b> <i>Eldy's Yoga, Line Dancing, Mindfulness Relaxation &amp; Meditation, Movin' &amp; Groovin', Posture &amp; Balance, Silver Boot Camp, Strong &amp; Stable, Tai Chi, Tonin' &amp; Stretchin'', &amp; Zumba Gold</i>
<b>Fuel Assistance Appointments w/ Ruthie</b>
<b>Golden Girls Discussion Group</b>
<b>Legal Consults</b>
<b>Musical Bingo</b>
<b>SHINE Appointments w/ Cauna</b>
<b>Shoe City Walkers @ Westgate Mall</b>
<b>SNAP Appointments w/ Joanne Lobaton</b>
<b>Special Events</b>
<b>Support Groups:</b> <i>Grief Support, Caregivers Support, &amp; Parkinson's Support</i>
<b>Vaccine &amp; Booster Clinic w/ Brockton BOH</b>

**\*NEW\* COA SWIPE CARD REPLACEMENT POLICY**


When you become a new member of the Brockton COA you are issued a swipe card. This card allows you to "swipe" or scan in for all of our events and programs at our check-in station. Due to the rising cost of supplies, starting in February 2025, if you are issued a swipe card and it is lost, the following policy applies:

- The first replacement will be provided free of charge.
- A \$5.00 fee will be charged for each subsequent replacement.

**Thank you!**

# CALENDAR OF EVENTS

## February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Activities Committee Meeting 10:00 Board of Directors Meeting (<i>Friends Meeting immediately following</i>) 10:00 Silver Boot Camp 1:00 Tonin' &amp; Stretchin'</p>	<p>4</p> <p>9:15 Line Dancing 12:00 Community Dining <i>Breaded Pollock</i> 1:00 Vaccine/Booster Clinic <b>1:00 Grief Support Group</b></p>	<p>5</p> <p>9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, &amp; Meditation 2:00 Zumba Gold</p>	<p>6</p> <p>12:00 Community Dining <i>Turkey Chile</i></p>	<p>7</p> <p>9:00 Shoe City Walkers at Westgate Mall 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable</p>
<p>10</p> <p><b>9:30 Dull Men's Group</b> 10:00 Silver Boot Camp 1:00 Tonin' &amp; Stretchin' <b>1:00 COA Book Club</b> <b>Location:</b> Brockton Library Main Branch Large Conference Room</p>	<p>11</p> <p>9:15 Line Dancing 12:00 Community Dining <i>Chicken Parmesan</i> 1:00 Vaccine/Booster Clinic</p>	<p>12</p> <p>9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, &amp; Meditation <b>1:00 Mystery Book Club</b> <b>Location:</b> Brockton Library Main Branch Large Conference Room 2:00 Zumba Gold <b>2:00 Caregivers Support Group</b></p>	<p>13</p> <p>12:00 Community Dining <i>American Chop Suey</i> <b>1:30 Winter History Series: "Reexamining the Master Narrative of the Abolition Movement in Pre-Civil War America"</b></p>	<p>14</p> <p>9:00 Shoe City Walkers at Westgate Mall 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable</p>
	<p>18</p> <p>9:15 Line Dancing <b>10:00 Let's Talk: Fraud Awareness</b> 12:00 Community Dining <i>BBQ Chicken</i> 1:00 Vaccine/Booster Clinic <b>1:00 Grief Support Group</b></p>	<p>19</p> <p>9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, &amp; Meditation 2:00 Zumba Gold</p>	<p>20</p> <p>12:00 Community Dining <i>Chicken Scampi</i> <b>12:00 Focus Group (Cape Verdean Creole)</b> <b>1:30 Focus Group (Haitian Creole)</b></p>	<p>21</p> <p>9:00 Shoe City Walkers at Westgate Mall 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable <b>1:00 Parkinson's Support Group</b> <b>2:00 Meet and Greet with Veterans Services</b></p>
<p>24</p> <p><b>9:30 Dull Men's Group</b> <b>10:00 Legal Consults</b> 10:00 Silver Boot Camp 1:00 Tonin' &amp; Stretchin' <b>2:15 Golden Girls Discussion Group</b></p>	<p>25</p> <p>9:15 Line Dancing 12:00 Community Dining <i>Cheeseburger</i> 1:00 Vaccine/Booster Clinic <b>1:00 Musical Bingo</b></p>	<p>26</p> <p>9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, &amp; Meditation 2:00 Zumba Gold</p>	<p>27</p> <p><b>10:00 Brockton Fire Monthly Presentation</b> 12:00 Community Dining <i>Egg Salad on Lettuce Bed (English)</i> <b>1:30 Focus Group (English)</b></p>	<p>28</p> <p>9:00 Shoe City Walkers at Westgate Mall 9:30 Blood Pressure Clinic w/ Brockton VNA 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong &amp; Stable</p>

Sign up for all programs and activities by calling **508-580-7811**. For any program with a limited number of participants, Brockton Seniors are given first priority.

**· We accept sign-ups for all programs and activities on or after the 1st of the month.  
· NO WALK-INS OR VISITORS FOR THE MONTH OF FEBRUARY!**

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# ST. PADDY'S LUNCHEON

**12:00 PM**      *Saint*      **\$15 A TICKET**

**PATRICK'S DAY LUNCHEON**

**THURSDAY, MARCH 13, 2025**

**LOCATION: 10 FATHER KENNEY WAY**

**MC'D BY: CITY CLERK TIMOTHY CRUISE**      **PERFORMANCE BY: THE COUNCIL CHORDS**

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 Hart Brothers Catering.

**THE DEADLINE TO RSVP IS THURSDAY, FEBRUARY 27, 2025**

**To RSVP please sign up and pay at the front desk! Brockton Seniors Only.**

# FRIENDS OF COA

**AND THE WINNER IS...**

**Senior Dollar Fundraiser**  
January's \$100.00 cash prize winner: **Lillian Dykes** Congrats!

# RECIPES

**CHICKEN CRUNCH OLE'**

2 cans cream of chicken soup  
2/3 cup water  
1/4 tsp. hot pepper sauce  
2 lbs. boneless chicken  
1/3 cup flour  
2 cups finely crushed (original) Doritos.  
2 TBS melted butter.

Dust chicken with flour. Mix water, soup and hot sauce together. Dip in 1/2 cup soup mixture. Roll in Doritos. Drizzle 2 Tbs melted butter over top. Place in shallow baking dish. Bake at 350 degrees for 30-45 minutes. Heat remaining sauce, pour over rice, mashed potatoes or chicken. Serves 4

**Recipe Submitted by: Barbara Wesson**



**Mayor's Message**

To my Friends at the Council on Aging:  
Happy Valentine's Day on February 14th!

By the time you read this, the newly renovated and expanded Mary Cruise Kennedy Senior Center will either be operational or close to it. This remarkable new facility offers all the features of a state-of-the-art senior center, including an upgraded kitchen, expanded event space, updated restrooms, and small meeting rooms. Beyond its functional improvements, the Center is also a stunning, modern space, with a completely redesigned exterior, soaring cathedral ceilings, and a more efficient layout. While I hope your temporary stay at the Shaw's Center was enjoyable, this new facility is exactly what Brockton's Senior community deserves. We expect it to serve our Seniors for many years to come.

This month, we celebrate Black History Month. I encourage everyone to visit the Brockton Public Library to learn more about the many contributions within our "City of Champions." Be sure to check the City's events page at [brockton.ma.us/events](http://brockton.ma.us/events) for a list of related activities, and follow our Facebook page for special features celebrating Black history.

Due to the Presidents' Day Holiday on Monday, February 17th, please remember that the trash/recycling pick-up will take place on Saturday.

Please contact my office at 508-580-7123 if we can be of any assistance. Thank you from all of us here in the Mayor's Office, and we extend our best wishes to you and your families for good health and much happiness.

Sincerely,

Robert F. Sullivan, Esq.

Mayor

City of Brockton

**Director's Message**

**ALMOST THERE!!!!!!**

Just when I thought I would be writing my message from my brand-new office, we have a slight delay. We have been pretty lucky that things have moved along very smoothly and I guess I shouldn't complain that we have a little set back. I would rather find issues now than find them later when everyone is gone.

Once again, if things get straightened out in the next week or so we should be rocking and rolling next month. Just a reminder to make sure you have a "swipe" card that is to be used **every time** you enter the building and you have a parking sticker for your car. You can get both at the reception desk. We will replace a lost or damaged swipe card once, after that there will be a charge.

This month is "**National Senior Independence Month** (NSIM)". Every February, the nation celebrates NSIM to support dignified and full lives for each senior member in our community.

A simple way to support NSIM is by investing in making public spaces accessible through construction of public infrastructure such as elevators, ramps and rails. This helps keep seniors active and mobile while still retaining their independence. There are many other ways to support.

Back in December of 2020, we worked with AARP to be designated as an **Age Friendly Community**. An age-friendly community encourages older people to be actively engaged in community life as is the goal of NSIM. I am looking for people to help us on the Age Friendly project. If you are interested please see me for more details. Lastly, I am very excited to let you know that next month we will be showcasing our new brand and logo. I want to thank **MORE Advertising**, my staff and members from the Board of Directors and Friends group for their help.

Happy Valentine's Day and I hope to see you on  
March 3<sup>rd</sup> for our Ribbon Cutting!

*Janice*

**COA's Golden Girls Women's Circle**

As you may or may not know, I have been facilitating the Women's Circle. The idea of this group came from a recent Conference I attended. The purpose of a Women' Circle is to create a space for women to be seen, heard and validated without judgement, allowing them to share stories, challenges and joys openly.

The benefits can provide emotional support, build community and promote self-awareness and foster personal growth. After a few meetings, it was clear that the group wanted time to socialize with refreshments, bring in presenters to discuss issues of interest to women and to work on community projects at least 4 times a year.

I am very excited on how the group is growing each month and quite honestly, I am enjoying having time away from my desk.

**The next meeting is Monday, February 24<sup>th</sup> at 2:15 PM.**

For February it will be here at the Shaw's Center.  
**Stop in and check it out!**



## SPECIAL EVENTS



### Let's Talk: Money Matters Workshop Series

#### Let's Talk: Fraud Awareness

**When:** Tuesday, February 18th

**Time:** 10:00 - 11:00 AM

**Where:** The Shaw's Center  
1 Feinberg Way, Brockton, MA

Learn about the most common  
scams and how to avoid them

- How to use computers safely
- Common ways scammers gain access to your information and how to avoid this
- What to do if it happens to you

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

## LIFELONG LEARNING



Join us for Steve Thomasy's Winter History Series! This month's topic is:

### **Reexamining the Master Narrative of the Abolition Movement in Pre-Civil War America**

**February 13th at 1:30-3:30 PM**

Join us for an insightful presentation exploring the Abolition Movement in pre-Civil War America. This session will encourage audience participation as we collectively reflect on key events and figures associated with the movement. Steve will guide us through an evolving understanding of this pivotal period in history.

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

## FUN & GAMES



### **Musical Bingo!**

**Tuesday, February 25th 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.*

## FOCUS GROUP



### **COMMUNITY HEALTH ASSESSMENT FOCUS GROUP INVITATION**

**Dear Brockton community members! We want to hear from you! Join our focus group on community health!**

PN-5 (including the communities of Abington, Avon, Brockton, Stoughton, and Whitman in Plymouth and Norfolk Counties) is conducting a Community Health Assessment (CHA). The CHA identifies and assesses the health needs of the community. An important component of this assessment is to listen to community member opinions regarding health and social issues.

Your responses, along with others who participate in these focus groups, will be summarized in the needs assessment report. The assessment will further shape our community programs, and help us better understand (and meet) the needs of our community members.

**Here are the details of the focus group:**

**Location:** Shaw's Center (1 Feinberg Way, Brockton, MA)

**Date and time:**

- Thursday February 20th, 12:00 - 1:00 pm (Cape Verdean Creole interpretation provided)
- Thursday February 20th, 1:30 - 2:30 pm (Haitian Creole interpretation provided)
- Thursday February 27th, 1:30 - 2:30 pm (English Language)

**Refreshments will be provided as a thank you!**

There is NO preparation needed for this focus group and you don't need to bring anything but yourself. We are only asking for your time to talk and share your opinions and expertise.

**If you would like to participate, please call Dottie Slack or Christina Long at 508-580-7811 for more information.**

We hope you will join in this effort to strengthen programs, services and partnerships as we work together to improve the health of our community.



### **Meet and Greet with Veterans' Services!**

**Friday, February 21st at 2:00 PM**

Join representatives from the City of Brockton Veterans' Services Department to learn about available benefits and resources for veterans and their families. Topics will include veterans' benefits, services for dependents, and much more. Come with your questions and get the information you need!

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



### **Brockton Fire Monthly Presentation**

**Thursday, February 27th  
at 10:00 AM**

Join Peter Reardon, Public Education Officer of the Brockton Fire Department for another informative session in his monthly series. This presentation will cover important safety topics and offer valuable insights for the community.

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



# EXERCISE

# COMMUNITY DINING PG 7



## EXERCISE PROGRAMS FOR 2025

We are excited to let you know that we have received a grant from the Old Colony Planning Council (OCPC) located here in Brockton to supplement some of the cost of our exercise programs **starting in February**. Instead of your

\$5.00 donation each class, the fee will be a **\$3.00 donation**. This will allow you to be able to participate in more classes.

We are so thankful for the support from OCPC.

**Please Note:** This discounted \$3.00 donation fee will remain in place as long as grant funds are available. We will reapply for the grant each year and continue seeking other funding sources to help keep costs low.



## COA Exercise Programs



### Silver Boot Camp

Mondays at 10:00 AM - \$3.00 per class

### Tonin' & Stretchin'

Mondays at 1:00 PM - \$3.00 per class

### Line Dancing

Tuesdays at 9:15 AM - \$3.00 per class

### Tai Chi

Wednesdays at 9:15 AM - \$3.00 per class

### Movin' & Groovin'

Wednesdays at 11:00 AM - \$3.00 per class

### Mindfulness, Relaxation, & Meditation

Wednesdays at 12:15 PM - \$3.00 per class

### Zumba Gold

Wednesdays at 2:00 PM - \$3.00 per class

### Shoe City Walkers

Fridays at 9:00 AM at the Westgate Mall

### Posture and Balance

Fridays at 10:00 AM - \$3.00 per class

### Eldys' Yoga

Fridays at 11:00 AM - \$3.00 per class

### Strong and Stable

Fridays at 12:00 PM

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

**A waiver must be completed by every new participant for each program. Payment is due at the start of each class.**

## Community Dining Returns in February!

We're excited to announce that community dining will resume in February at the Shaw's Center (1 Feinberg Way, Brockton, MA). Rather than postponing for another month, we're eager to bring our seniors back together for shared meals and social connection.

We look forward to seeing you there!

### February Menu

Meals are served at 12:00 PM. Reservations are required **1 week in advance**. Call **508-580-7811** to sign up. Suggested donation is **\$2.50**. Menus are subject to change.

TUESDAY		THURSDAY	
4	<b>Breaded Pollock</b> Tater Tots Scandinavian Vegetables Tartar Sauce Hamburger Bun	6	<b>Turkey Chile</b> White Rice Spinach Corn Muffin Corn Muffin
11	<b>Chicken Parmesan</b> Pasta w/ Ital. Sauce Italian Vegetables Whole Wheat Bread	13	<b>American Chop Suey</b> Fiesta Vegetables Oatmeal Bread Hot Cinnamon Peaches
18	<b>BBQ Chicken</b> Mashed Spiced Yams Riviera Vegetables Whole Wheat Bread	20	<b>Chicken Scampi</b> Parslied Rotini Green Beans Dinner Roll
25	<b>Cheeseburger</b> Oven Browned Potatoes Broccoli & Carrots Hamburger Bun	27	<b>Egg Salad on Lettuce</b> Pasta Vegetable Salad Spinach Salad w/ Mandarin Oranges



American Heart Association.

**Need more food for thought?**  
Go to: [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

## 10 Ways To Improve Your Heart Health

1 Balance calories with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use non-tropical liquid plant oils.



6 Choose minimally processed foods.



7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!

# HEALTH CLINICS



## Health Clinics at the Brockton COA



### COVID-19 Vaccine/Booster Clinic

Every Tuesday at 1:00 PM - 4:00 PM  
By Brockton Board of Health

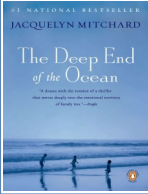
### Blood Pressure Clinic

Friday, February 28th at 9:30 - 10:30 AM  
By Brockton VNA

## BOOK CLUBS



**NOTE:** For February, the COA Book Club and Mystery Book Club will be held at:  
**The Brockton Public Library - Main Branch**  
 304 Main Street, Brockton, MA 02301  
 @ the Large Conference Room

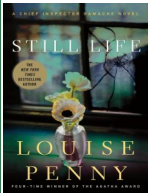


### COA Book Club

This month we will be discussing:

***Deep End of the Ocean***  
 by Jacqueline Mitchard

**On Monday, February 10th at 1:00 PM**  
**Call 508-580-7811 to sign up!**



### Mystery Book Club

This month we will be discussing:

***Still Life***

by Louise Penny

**Wednesday, February 12th at 1:00 PM**  
**Call 508-580-7811 to sign up!**

## SUPPORT GROUPS

### Parkinson's Support

**Friday, February 21st at 1:00 PM**

### Caregivers Support Group \*NEW DATE/TIME!\*

**Wednesday, February 12th at 2:00 PM**

*The Caregivers support group will now be meeting on the 2nd Tuesday of every month at 2:00 PM*



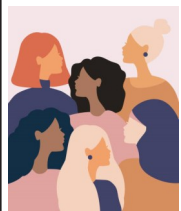
### Grief Support Group

**1st and 3rd Tuesday of the month**  
**from 1:00 - 2:30 PM**

**A \*NEW\* 6-week Grief Support Group session will begin on Tuesday, February 4th.**

A grief support group is for those who have experienced the death of a loved one. 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. Kevin Mossman is a Chaplain with Old Colony Hospice 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.

## DISCUSSION GROUPS



### The Brockton COA's Golden Girls

**Monday, February 24th at 2:15 PM**  
 Come meet some new friends at our Women's Circle!  
**Call 508-580-7811**



### Do you have what it takes to join the Dull Men's Club?

Join us for conversation! Celebrate the joy in everyday things and moments. 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!**

## HEALTH & WELLNESS

### Mobile Medical Foot Care

Welcome Nurse Practitioner and certified Foot Care Specialist Donna Golden, who will assess your feet and lower extremities for circulation, skin condition, and overall lower extremity health.



From Donna: *"Hello. My name is Donna Golden. I am a nurse practitioner who has been working on the South Shore for the past 20 years.*

*I am the owner of **Mobile Medical Foot Care PLLC**. I make home visits as well as see clients in facilities. I am very excited to be seeing you in your new Brockton Facility!"*

### Services Include:

- Lower Leg and Foot General Assessment and Cleansing
- Edema/Excess Fluid Assessment
- Foot Measuring and Shoe Assessment
- Routine Foot and Nail Care
- Cutting Toenails
- Reduction of Thickened Hard Nails
- Reduction of Corns and Calluses
- Foot Care Education/Materials
- Physician/ Provider Referrals As Needed (PCP, Podiatry, Wound Center)

Appointments are 30-minutes long and begin on the *first Wednesday of every month.*

**Cost is \$40.00 per person. Payment is required in advance to reserve your slot. Call the COA for more information or to schedule an appointment.**

*This service is available to Brockton seniors only.*



### Dental Appointments

### Welcome Visiting Dental Hygiene!

We're excited to host *Visiting Dental Hygiene* at the Brockton COA!

This special program brings licensed public health dental hygienists to our center to provide quality dental care right here in our community. Services include teeth cleanings, oral health education, and tips for maintaining a healthy smile.

Don't miss this opportunity to prioritize your oral health with care designed to fit your needs.

**If you have MassHealth the visit is FREE or private pay \$50. Payment is required in advance to reserve your slot.**

**Call the COA for more information or to schedule an appointment.**

*This service is available to Brockton seniors only.*



# OCES MESSAGE

## Taking Care of Your Heart

**Did you know?** Heart disease is the leading cause of death for men and women in the United States, according to the U.S. Centers for Disease Control and Prevention (CDC).

February is American Heart Month, a time to bring awareness to heart disease and lifestyle changes that can help reduce your risk for this serious disease.

It's important to know the risk factors for heart disease; the major factors are high blood pressure, high blood cholesterol and smoking. According to the CDC, other factors include diabetes, obesity, physical inactivity and an unhealthy diet.

**Know your numbers.** Do you know your cholesterol level? How about your blood pressure? These numbers help provide a clearer picture of your overall health and risk factors for heart disease. Your physician or health care team can check your cholesterol and blood pressure. Based on your results, they will advise you of the next steps to take and how often you should have blood pressure and cholesterol screenings.

**Healthier food choices.** Eating a diet that is high in saturated fats and trans fats (which may be found in fried foods, some baked goods and snack foods) can raise your cholesterol and your risk for heart disease. Too much sodium can increase blood pressure, which can also increase your risk for heart disease. Many highly processed foods such as packaged snacks and instant products are high in sodium as well as some canned vegetables and breads. Be sure to check nutrition labels for saturated fat, trans fats and sodium content. Consider swapping foods such as French fries, pastries or chips for healthier options as fresh fruits, vegetables and whole grains. The Nutrition Program at Old Colony Elder Services (OCES) offers nutritional counseling and dietician services for those in need of nutrition assistance or resources. Learn more by visiting [ocesma.org/programs-services/nutrition](http://ocesma.org/programs-services/nutrition).

**Stay active.** A lack of physical activity can increase your risk of heart disease. Exercise can help you maintain mobility, strength and balance. According to the CDC, older adults need at least 150 minutes of physical activity each week. This could be 30 minutes of walking or cycling at least five days a week. You could even exercise in two, 15-minute sessions over the course of a day. Your doctor or health care team can recommend the best exercises for you.

**Don't smoke.** If you smoke, quit. If you don't smoke, don't start. For information and resources on how to quit smoking, visit the American Heart Association's web page <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/help-i-want-to-quit-smoking>

**Volunteer.** Research shows that volunteering is beneficial to your health. Volunteering provides a sense of purpose and boosts your social connection to others. It can also help increase physical activity and reduce stress.

Looking to help others and contribute to your community while realizing the health benefits of volunteering? Learn more about volunteer opportunities by visiting OCES' volunteer web page, [ocesma.org/get-involved/volunteer-opportunities](http://ocesma.org/get-involved/volunteer-opportunities).

### Sources:

U.S. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/heart-disease/data-research/facts-stats/index.html>

U.S. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/heart-disease/about/index.html>

U.S. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/physical-activity-basics/adding-older-adults/index.html>

Points of Light. <https://www.pointsoflight.org/blog/volunteering-improves-your-mental-and-emotional-health/>

# COA SERVICES

## HOW CAN WE HELP?

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



**NO WALK-INS! Call to make an appointment in the month of February.**



### Supplemental Nutrition Assistance Program (SNAP) Applications w/ Joanne

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

**Please call Ruthie to schedule an appointment. NO WALK-INS.**

**SNAP Appointments will be held at:  
1 Feinberg Way, Brockton, MA 02301  
for the month of February**



### This month's Pet Pantry is on:

**Friday, February 28th at 9:30-10:30 AM**

**Please note:** The program is full but we are accepting applications to be placed on a **wait list**. Please call 508-580-7811 for any questions.



### One-on-One iPhone & Computer Tutoring with Greg will resume in March



### Surprenant & Beneski, P.C.

*Strategic Planning for Your Peace of Mind*

**Free Legal Consults!**

**Monday, February 24th at 10:00 am - 11:30 am  
Call 508-580-7811 for an appointment**



### FUEL ASSISTANCE

**Recertifications:** If you are already receiving fuel assistance, please be on the lookout for your recertification application. Once you receive it, look it over, attach current income documents (ONLY if there are any changes), sign it and return it to SELF HELP.

**New Applications:** If you are applying for the first time, you must call Ruthie to make an appointment in order to complete an application.

**If you need help, call Ruthie to schedule an appointment. NO WALK-INS. Fuel Assistance appointments will be held at:**

**1 Feinberg Way, Brockton, MA 02301  
for the month of February.**



# FEBRUARY BIRTHDAYS

Hope Connor	1 <sup>st</sup>	Priscilla Furtick-Walker	10 <sup>th</sup>	Guerino W. Marinilli	21 <sup>st</sup>
Mary Gramazio	1 <sup>st</sup>	Mary Jane Castiglia	11 <sup>th</sup>	Jocelyn Berthil	21 <sup>st</sup>
Gerry Howard	1 <sup>st</sup>	Mirian Cruz	12 <sup>th</sup>	Lisa Cerullo	22 <sup>nd</sup>
Dave White	2 <sup>nd</sup>	Donna Mahoney	12 <sup>th</sup>	Miles A. Jackson	22 <sup>nd</sup>
Edward Landolfi	4 <sup>th</sup>	Connie Ebien-Pesa	13 <sup>th</sup>	James Keelan	22 <sup>nd</sup>
Henry R. Smith	5 <sup>th</sup>	Sandra Van	13 <sup>th</sup>	Bernice Holland	24 <sup>th</sup>
Roberta Vernaglia	5 <sup>th</sup>	Willie Wilson Jr.	13 <sup>th</sup>	Kathleen Lunn	24 <sup>th</sup>
Edith Webb	5 <sup>th</sup>	Janet Delgado	14 <sup>th</sup>	Rev. James Gibney	24 <sup>th</sup>
Roger Doucette	6 <sup>th</sup>	Donna Smith	15 <sup>th</sup>	Diane Slayton	25 <sup>th</sup>
Josephine Jackson	6 <sup>th</sup>	Annette Cohen	16 <sup>th</sup>	Elliott Johnson	27 <sup>th</sup>
John Hill	7 <sup>th</sup>	Carol McLaughlin	16 <sup>th</sup>	Marsha Jackson	26 <sup>th</sup>
Elizabeth Durkee	8 <sup>th</sup>	Richard Pierce	16 <sup>th</sup>	John Sylvester	26 <sup>th</sup>
Joanne Feeney	8 <sup>th</sup>	Rosa Lotson	17 <sup>th</sup>	Lois Janes	27 <sup>th</sup>
Arlene Whittaker	8 <sup>th</sup>	Joe DiMaddalena	19 <sup>th</sup>	Joseph L. Johnson	27 <sup>th</sup>
Stephen Donahue	9 <sup>th</sup>	Morton Feinberg	19 <sup>th</sup>	Albert Butler	28 <sup>th</sup>
Charlene Fitzgerald	9 <sup>th</sup>	Frances Gibbs	19 <sup>th</sup>	Pauline Silva	28 <sup>th</sup>
Carolyn Czarniak	10 <sup>th</sup>	Florraine Johnson	19 <sup>th</sup>	Dennis Gorin	29 <sup>th</sup>
		Emily Elmore	20 <sup>th</sup>		

**Reminder: If you wish to have your name published in our newsletter, please write your name in the COA Birthday Book!**

# NEW & RENEWALS

Evelyn V. Alston  
Robert L. Alston  
Connie Ebien-Pesa

Ken Goldblatt  
Patricia Gorman  
Deb Hance  
John Hance

Steven Pelaggi  
Deborah Santos  
Maxine E. Young

# MEMORIALS

**Connie Ebien-Pesa in memory of Paul Ebien-Pesa.**

**Steven Pelaggi in memory of Marie Pelaggi.**

***Donations in memory of Clayton Reichenberg:***

*Murphy & Riley, P.C.  
Maxine E. Young*



## FRIENDS OF THE BROCKTON COUNCIL ON AGING

10 Father Kenney Way, Brockton, MA 02301

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Membership for **\$10.00 pp** \_\_\_\_\_ Additional Contribution \$ \_\_\_\_\_

Memorial Donation \$ \_\_\_\_\_ In Memory of: \_\_\_\_\_

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



**Brockton Council on Aging**  
**Mary Cruise Kennedy Senior Center**  
**Temporarily at: 1 Feinberg Way**  
**Brockton, MA 0230**  
**Phone: 508-580-7811**  
**Fax: 508-580-0289**

**Brockton Council On Aging Staff**

Janice Fitzgerald.....Director  
 Lauren Conrad.....Assistant Director  
 Cauna Magnier.....Outreach Coordinator  
 Christina Briggs.....Program Activities Coordinator  
 Vacant.....Activities Assistant/Volunteer Coordinator  
 Ruthie Graham.....Receptionist/Secretary  
 Hugo Amado.....Custodian

**Board of Directors**

Jeanne Fuller-Jones.....Chair  
 David Andrews.....Vice Chair  
 Carol Delorey.....Secretary  
 Henry Soones.....Treasurer

Board Members:

Harriet Beasley  
 Paul Beckner  
 Robert Graham  
 Mary James  
 Gerald Koelsch  
 Anne McCormack  
 Fabienne Zephyr

Alternates

Robert Beauchesne  
 Marge Shepard  
 1 Vacancy

The next meeting is **Monday, February 3, 2025**  
 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 - Gail Burman - Leonard Burman -  
 Melinda Howard - Karen Landers - Dolores Langer -  
 Suzanne Larke - 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 - Gail Burman -  
 Leonard Burman - 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



**AARP Tax-Aide Program for  
 2024 Income Tax Prep Assistance**

The AARP Tax-Aide Foundation will again be providing volunteers certified by the IRS to help those who meet AARP guidelines in filing their federal and state income tax returns. The AARP Foundation offers free, personalized tax preparation and assistance to low and moderate income taxpayers. You do not need to be a member of AARP, a senior citizen, or a resident of Brockton to take advantage of this service.

**Appointments may be made by calling 508-580-7811**

Appointments for preparing tax returns are available on Wednesdays at the Brockton COA through April 9<sup>th</sup>, starting at 9:00 AM each day. To make your tax visit as efficient as possible, we ask that you complete our intake questionnaires before arriving for your appointment. You may pick up these questionnaires at the COA after you have scheduled your appointment. Please bring your spouse to your appointment if you are filing jointly.

**Documents that you will need to bring:**

- Your completed intake questionnaires
  - Your Social Security Card(s) and photo ID(s), and for your spouse if applicable
  - Social Security cards for all dependents you are claiming
  - All W2's, 1099s, and other tax-related documents for 2024
  - Mortgage Interest Statements for 2024, if any
  - Medical Expenses if they exceed 7.5% of your income (Please total expenses by category before your appointment)
  - Massachusetts Form 1099-HC for anyone who does not have health insurance from Medicare or Mass Health
  - Form 1095-A if you purchased health insurance through the Massachusetts Health Connector
  - Charitable contributions for which you have a receipt or written record
  - If claiming the Senior Circuit Breaker credit, bring your property tax (or rent costs) and water & sewer bills **paid** in calendar year 2024 (normally bills marked as "final" for fiscal year 2024 and "preliminary" for fiscal year 2025). Go to the Assessor's Office at City Hall to get a print out of your calendar year 2024 payments if you do not have the receipts.
  - A voided check if requesting direct deposit of any refunds
  - A copy of your 2023 federal & state income tax returns
- Our guidelines state that we may not prepare tax returns involving:
- Rental Income FOR MORE THAN 15 DAYS
  - Any virtual currency transactions or investments
  - Complicated Schedule K-1
  - Alternative Minimum Tax, Additional Medicare Tax, or Net Investment Income Tax.
  - Any sort of depreciation
  - Self-employment with expenses exceeding \$35,000, losses, employees, inventory, business use of home, or other complicating factors
  - Moving expenses
  - Returns for ministers, military or those that have farm income
  - Some investment income or itemized deductions that are not included in our training

**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.