

What's News?



BCOA
Brockton Council On Aging
At the heart of active living.

APRIL 2025 | MONDAY - FRIDAY 9AM - 4PM

DIRECTOR:
Janice B. Fitzgerald

RIBBON CUTTING



Thanks to everyone who helped make this event special!

BINGO



BINGO IS BACK!

See page 8 for more information.

FEATURED EVENTS

**Need Help Paying Your Energy Bill? Join Us For An:
Understanding Your Gas Bill
Presentation and One-on-One Support**
Thursday, April 10, 2025 | 1:30 – 2:30 PM

Learn about programs to help manage your energy bills

Topics We'll Cover:

Home Energy Assistance Program (HEAP): Can provide money to help pay your heating bill.

Discount Rate: If you qualify, you can receive a monthly discount of 25% off your natural gas bill.

Residential Arrearage Management Program (RAMP): If you're receiving the Discount Rate, RAMP can help you pay your past due balance in as little as 12 months when you make on-time payments.

Flexible Payment Plans: All customers regardless of income, can pay a past due balance over a period of time.

Good Neighbor Energy Fund: May provide additional financial assistance for overdue utility bills.

Energy Efficiency Programs: Explore ways to lower your energy usage and costs.

What We Offer:

One-on-One Support: Speak with our outreach representatives about assistance programs and payment plans.

Call 508-580-7811 to sign up!

EVERSOURCE

Saturday, April 26, 2025

**NATIONAL
PRESCRIPTION DRUG
TAKE-BACK DAY**

10AM to 2PM

**10 Father Kenney Way
Brockton, MA 02301**

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unused, unwanted, expired
medications*



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508-580-7811



CALENDAR OF EVENTS



April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Chicken Stew</i> 12:30 Hand & Foot 2:00 SLN: Tour of the Petroleum Museum	2 9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold	3 9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining <i>Roast Pork</i> 12:30 Tutoring with Greg	4 9:00 Shoe City Walkers at Westgate Mall 9:30 Pet Pantry 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
7 10:00 Silver Boot Camp 1:00 Tonin' & Stretchin' 1:00 Whist	8 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Chicken Marsala</i> 12:30 Hand & Foot 2:00 SLN: Stars of the Vikings	9 9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 1:00 Mystery Book Club 2:00 Zumba Gold 2:00 Caregivers Support Group	10 9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining <i>Meatloaf</i> 12:30 Tutoring with Greg 1:30 Understanding Your Gas Bill Presentation w/ Eversource	11 9:00 Shoe City Walkers at Westgate Mall 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
14 9:30 Dull Men's Club 10:00 Silver Boot Camp 12:30 Movie of the Month: Wicked 1:00 Tonin' & Stretchin' 1:00 Whist 1:00 COA Book Club	15 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Aloha Chicken</i> 12:30 Hand & Foot 2:00 SLN: The Civil Rights Trail	16 9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold	17 9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining <i>American Chop Suey</i> 12:30 Tutoring with Greg	18 9:00 Shoe City Walkers at Westgate Mall 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg 1:00 Parkinson's Support Group
 PATRIOTS' DAY BCOA CLOSED	22 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Chicken Scampi</i> 12:30 Hand & Foot 1:00 Dog Licensing 2:00 SLN: Federal One: Saving the Arts in the Great Depression	23 9:15 Tai Chi <div> THE BCOA WILL BE CLOSING AT 10:15 AM FOR A VOLUNTEER APPRECIATION EVENT  </div>	24 9:00 Art From Heart 10:00 Cribbage 10:00 BP & Glucose Clinic w/ Brockton BOH 12:00 Community Dining <i>Honey Ginger Chicken</i> 12:30 Tutoring with Greg 1:30 Reiki & Sound Bath	25 9:00 Shoe City Walkers at Westgate Mall 9:30 Office Hours w/ Rep. Michelle Dubois 9:30 Blood Pressure Clinic w/ Brockton VNA 9:30 Pet Pantry 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg
28 9:30 Dull Men's Club 10:00 Legal Consults 10:00 Economic Concerns Presentation 10:00 Silver Boot Camp 1:00 Tonin' & Stretchin' 1:00 Whist 2:15 Golden Girls Women's Circle	29 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Jerk Chicken</i> 12:30 Hand & Foot 1:00 Musical Bingo 2:00 No SLN program today	30 9:15 Tai Chi 10:00 Norman Rockwell Remembered 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold	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. <div> • <u>We accept sign-ups for all programs and activities on or after the 1st of the month.</u> </div>	



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REMINDERS

REAL ID
Are you REAL ID ready? On May 7, 2025, U.S. travelers must be REAL ID compliant to board domestic flights and access certain federal facilities.

GET YOUR REAL ID
BY MAY 7, 2025
TO BE CLEARED FOR TAKEOFF.

Starting May 7, 2025, you will need a REAL ID to fly within the U.S.

To make an appointment at the RMV, you can call the RMV's Senior License Renewal Appointment Line at (857) 368-8005

PARKING STICKER

Please ensure your Brockton COA Parking Permit Sticker is correctly placed on the **rear window of your vehicle, on the passenger side**. If you need an additional sticker, please visit the Front Desk to pick one up.

Thank you!

DOG LICENSING

Dog Licensing
Tuesday, April 22, 2025
from 1:00 - 4:00 PM

- Licenses are **FREE** if you are over 70 years old.
- For all others, it is \$10.00 if your dog is spayed or neutered and \$24.00 if they are not.
- Cash, Check, or Money Order **ONLY**.
- Please bring a current rabies certificate.
- Dog licenses must be renewed by **April 30th**.

OFFICE HOURS

Office Hours with Rep. Michelle Dubois
Friday, April 25th
at 9:30 AM - 11:30 AM



Mayor's Message

To my friends at the Council on Aging,
Happy Spring! I hope you are enjoying the changing of the seasons.

As you settle into the newly renovated Mary Cruise Kennedy Senior Center, I hope you are taking full advantage of the wonderful amenities the upgraded facility has to offer. I would like to extend my heartfelt thanks to the Brockton Council on Aging staff for their dedication throughout the construction and transition. I also want to express my appreciation to all of the members for their patience during the renovation process. While the Shaw's Center was a great temporary solution, it is wonderful to have your beautiful space returned to you. Lastly, this incredible transformation was made possible with the support of our Federal Delegation—Senators Elizabeth Warren and Edward Markey, and Congressman Stephen Lynch. The funding from the American Rescue Plan Act (ARPA) which they secured for Brockton will have a lasting impact on our community.

During April, please avail yourselves of the following community events:

- Now through September 20th at the Fuller Craft Museum, 455 Oak Street, visit the exhibit entitled "BeLOVED." This exposition features the work of abstract installation artist Cicely Carew. The Boston Globe featured an article about the installation in February. For more information, visit fullercraft.org.
- On Sunday, April 6th, the ASPCM, 1300 West Elm Street Extension, is hosting a Rabies and Microchip Clinic from 10:00 am-1:00 pm. The clinic is for dogs and cats. The rabies vaccine is \$15 and microchips are \$25. This is an excellent opportunity to keep your pet protected and save money. Remember, dog licenses expire on April 30th. Please stop by the Elections Office at City Hall to renew your dog's license. For residents over 70 years of age, the license is free.
- **"Keep Brockton Beautiful Day"** is coming up in May! This is a day to get together with friends and family to help rid the City of litter and trash. More details to follow.
- Due to the observance of **Patriots Day on Monday, April 21st**, City Hall will be closed to the public, and regular business hours will resume on **Tuesday, April 22nd. 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 Easter and Passover.

Be well and stay safe!

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

From the Director's Desk

It's been 4 weeks since our Ribbon Cutting ceremony. What a great turnout! We had roughly 150 people in attendance. If you haven't been by to see our new center, please stop by. We will be more than happy to give you a tour.

I appreciate everyone's patience with us as we ourselves get used to the building, and make sure we are putting groups, programs and activities in the space that work best. However, just be aware there may be times we will need to move you but the goal is to keep things as consistent as we can.

Please note that our doors do not open until 9:00am. Only front desk volunteers will be allowed to enter early. With this bigger building it takes us a little longer to get things set up and floors and restrooms washed.

Lastly, please take a moment to introduce yourselves to our 2 new hires. Augusta Daluz, Volunteer Coordinator and Macey Eccher, Activities Assistant. They are here Monday-Friday from 8:30am-4:30pm. We are excited to have them join our TEAM. If you have any ideas for programs and activities please see Macey or if you are interested in volunteering, see Augusta for a packet.

We are so happy to be back HOME and we are excited to bring in some new programs.
Stay Tuned!

From all of us to you...Happy Easter and
Happy Passover.

Janice



Thank you to all our volunteers!

Your willingness to give your time and service is greatly appreciated. Your efforts and dedication have played a pivotal role in the success of our COA.

Volunteer Appreciation week is April 21-25th.

Please make sure you say *Thank You* to our volunteers, not just during this week but every week.



SPECIAL EVENTS



Reiki & Sound Bath



Thursday, April 24th at 1:30 PM

April is Stress Awareness Month.

Relax with some Reiki & Sound Bath!

You will be bathed in the beautiful sounds of the singing bowls and other instruments as they help to bring harmony to the mind, body, and spirit!

This Sound Bath is filled with the rich tones from crystal and metal singing bowls, drums, bells, and a gong. During the Sound Bath, Reiki will be offered if desired. What is Reiki? It is a hands on or off relaxation technique to help bring the body into balance and help reduce stress.

Cost to attend is \$5.00.

Please sign up at the Front Desk.

As spots are limited, Brockton Seniors will get first priority.



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



Brockton Fire Department
Office of Public Education
& Council on Aging



Economic Concerns

Monday, April 28, 2025

10:00 AM—11:30 AM

Brockton Firefighter Peter Reardon will be hosting another insightful presentation this month. Join us for an informational session on economic concerns for seniors.

Call 508-580-7811 to sign up



LIFELONG LEARNING

Senior Learning Network Every Tuesday at 2:00 PM

Discover History with Senior Learning Network!

Join us every Tuesday at 2:00 PM via Zoom for fascinating programs tailored for older adults. These live sessions will connect you to museums, parks, historical sites, and more. Experience engaging topics and enrich your understanding of history from the comfort of the COA.



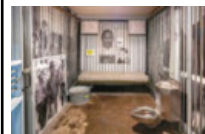
April 1st: Tour of The Petroleum Museum, Permian Basin

Founded in 1975, the Petroleum Museum showcases the history of the petroleum industry and its pioneers. With over 230 million years of history, it is the largest museum dedicated to this field, welcoming over a million visitors globally.



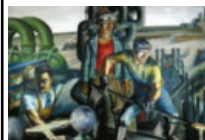
April 8th: "Stars of the Vikings" - Mystic Seaport Museum

Join Brian Koehler at the Mystic Seaport Museum to explore how the Norse people of Scandinavia viewed the stars. Learn about their legends and how they explained phenomena like the Milky Way, eclipses, and the Aurora Borealis.



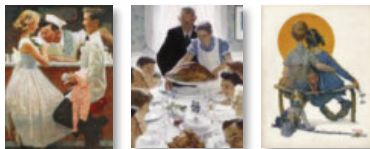
April 15th: The Civil Rights Trail - Selma Interpretive Center

Explore the Selma to Montgomery National Historic Trail, established in 1996 to honor the Voting Rights Movement and the 1965 March. Park Ranger Theresa Hall will guide us through this pivotal moment in American history.



April 22: Federal One: Saving the Arts in the Great Depression - FDR Presidential Library and Museum

Discover how the WPA's Federal One Project supported the arts during the Great Depression. Learn about the New Deal murals, writings, and performances that helped preserve American creativity during challenging times.



Norman Rockwell Remembered

Wednesday, April 30, 2025

10:00—11:00 AM

Experience a selection of beloved Rockwell images—from his familiar, humorous illustrations to his lesser-known, serious social statements. See how surprisingly sophisticated his paintings are while learning about his techniques and inspirations.

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds—artists and non-artists alike.

In just one hour, you'll discover ways to get more out of looking at art. The guided format and carefully selected images reveal clues and meaningful connections.

Enrich your mind!

Join local art historian Jill Sandford for an enjoyable hour of challenging yourself to see in new ways!

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.



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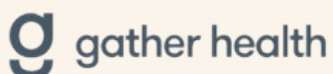
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- Family Caregiver Support
- Healthy Living
- Information & Referral
 - Consumer Benefits Assistance
 - Aging & Disability Resources
- Options Counseling
- Money Management
- Nutrition
- One Care Plan
- Personal Care Management
- Private Care Coordination
- 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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EXERCISE



Silver Boot Camp

Mondays at 10:00 AM – \$3.00 suggested donation
Get fit and stay fit! This class offers a mix of cardio, strength, and conditioning, with varying levels of intensity. Designed specifically for seniors, Silver Boot Camp is floor-free and fully modified to suit your needs.

Tonin' & Stretchin'

Mondays at 1:00 PM – \$3.00 suggested donation
A fun, low-impact class that will have you moving and dancing right in your seat!

Line Dancing

Tuesdays at 9:15 AM – \$3.00 suggested donation
Learn the basics of line dancing, including simple steps and routines.

Tai Chi

Wednesdays at 9:15 AM – \$3.00 suggested donation
Start your day with the calming meditation and fluid movement of Tai Chi. First class free for new participants!

Movin' & Groovin'

Wednesdays at 11:00 AM – \$3.00 suggested donation
Stay active and challenged in this cardio and strength class designed to keep you fit and moving.

Mindfulness, Relaxation, & Meditation

Wednesdays at 12:15 PM – \$3.00 suggested donation
Learn various techniques to relieve stress, enhance relaxation, and gain personal insight.

Zumba Gold

Wednesdays at 2:00 PM – \$3.00 suggested donation
A fun, low-impact dance class designed to boost balance and coordination with easy-to-follow moves and lively music.

Shoe City Walkers

Fridays at 9:00 AM at Westgate Mall
Join us for a group walk and get moving with a supportive community.

Eldys' Yoga

Fridays at 11:00 AM – \$3.00 suggested donation
A gentle introduction to yoga to improve mobility and flexibility. First class free for new participants!

Posture and Balance

Fridays at 10:00 AM – \$3.00 suggested donation
Improve your posture, balance, and coordination through targeted stretching exercises.

Strong and Stable

Fridays at 12:00 PM
This class offers Parkinson's group training, available for Parkinson's participants and their caretakers.



Our exercise programs are funded, in part, by a grant from Old Colony Planning Council.



COMMUNITY DINING

7

April 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	
1	Chicken Stew Corn Muffin Green Peas Canned Pears	3	Roast Pork w/ Apple Cider Gravy Mashed Potatoes Mixed Vegetables
8	Chicken Marsala Parley Rotini Pasta Roman Vegetables Vienna Bread	10	Meatloaf Brown Gravy 1/2 Baked Potato Green Peas
15	Aloha Chicken Pineapple Brown Rice Oriental Vegetables Dinner Roll Mandarin Oranges	17	American Chop Suey Jardiniere Vegetables Oatmeal Bread Hot Cinnamon Bread
22	Chicken Scampi Parsley Rotini Pasta Green Beans Dinner Roll	24	Honey Ginger Chicken Lo Mein Noodles Oriental Noodles Whole Wheat Roll
29	Jerk Chicken Corn Muffin Collard Beans Red Beans & Rice Fried Plantains		

Wear your best hat or fascinator!

Enjoy a virgin mint julep!

Kentucky Derby Special Community Meal Thursday, May 1, 2025

Lunch:

*Cheese Omelet Florentine
French toast sticks with syrup
Home Fried Potatoes
Mixed Fruit*

• Special Dessert from
Alliance Health at West Acres
• Music by DJ Bill Reddin

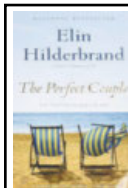
**Sign up by calling 508-580-7811
RSVP By 4/24/2025**



Upcoming: Nurse Appreciation Day!

We will be acknowledging our nurses on National Nurse Appreciation Day on **Tuesday, May 6th at 12:00 PM** at community dining. If you are a current or former nurse and would like to attend, please call **508-580-7811** to sign up!

BOOK CLUB



Mystery Book Club

This month we will be discussing:

The Perfect Couple

by Elin Hilderbrand

Wednesday, April 9th at 1:00 PM

Call 508-580-7811 to sign up!



COA Book Club

This month we will be discussing:

Corelli's Mandolin

by Louis de Bernieres

On Monday, April 14th at 1:00 PM

Call 508-580-7811 to sign up!

SUPPORT GROUPS

• Parkinson's Support

Friday, April 18th at 1:00 PM

• Caregivers Support Group

Wednesday, April 16th at 2:00 PM

DISCUSSION GROUPS



The Brockton COA's Golden Girls Women's Circle

Monday, April 28th at 2:15 PM

SPECIAL GUEST: Janan Thomas

Janan Thomas, owner of Serene Transitions, specializes in all things decluttering, downsizing and full service move management for seniors. You are invited to attend on where she will share her process in a presentation she calls "Decluttering 101". Come meet some new friends at our Women's Circle!



Call 508-580-7811 to sign up!

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

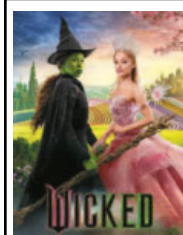
Call 508-580-7811 to sign up today!

ARTS & CRAFTS

Knitting & Crochet: every Tuesday at 12:00 PM

Art From Heart: every Thursday at 9:00 AM

MOVIE OF THE MONTH



Wicked

Monday, April 14th at 12:30 PM

Runtime: 2 hours 40 minutes

"Wicked" tells the untold story of the witches of Oz, focusing on the friendship between Elphaba, who becomes the Wicked Witch of the West, and Glinda, who becomes Glinda the Good, before Dorothy arrives in Oz.

FUN & GAMES

8

Whist: every Monday at 1:00 PM

Hand & Foot: every Tuesday at 12:30 PM

Cribbage: every Thursday at 10:00 AM

Mah Jongg: every Friday at 12:00 PM



BINGO!

**• Friday, April 11th
at 10:30- 2:30 PM**

**• Friday, April 25th
at 10:30- 2:30 PM**

- The cost to play is \$1.00 per square with a minimum purchase of 6 squares.
- Quickies will be \$1.00 each.
- Bingo Cards will be sold from 9:30-10:15 AM.

Call 508-580-7811 to sign up!



Musical Bingo!

Tuesday, April 29th 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.

HEALTH & WELLNESS

Health Clinics at the BCOA

• Blood Pressure Clinic

Friday, April 25th at 9:30 -10:30 AM

By Brockton VNA

• Blood Pressure/Glucose Clinic

Thursday, April 24th at 10:00 - 11:00 AM

By Brockton Board of Health

• Dental Cleaning w/ Visiting Dental Hygiene

Cost is \$50.00 cash or check. MassHealth Free.

Appointment only.

Call 508-580-7811 for available dates or more information.

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.

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.





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



Supplemental Nutrition Assistance Program (SNAP) Applications w/ Joanne
Please call Ruthie at
508-580-7811 to schedule an appointment.



The next Pet Pantry is on:
Friday, April 4th & 25th 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.



FUEL ASSISTANCE

If you need help, call Ruthie at 508-580-7811 to schedule an appointment.



Surprenant & Beneski, P.C.

Strategic Planning for Your Peace of Mind

Legal Consults w/ Surprenant & Beneski, P.C.
Monday, April 28th 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.



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



SHINE

If you need help with your health insurance, call Cauna at 508-580-7811 to schedule an appointment.



BLOOM TRIPS



TRIP POLICY: Open to Brockton AND out-of-town residents 60 years of age or older. Please sign up and pay at the Front Desk. Full payment is due at time of sign up. **NOTE: WE DO NOT KEEP CASH ON HAND. IF PAYING CASH, PLEASE BRING EXACT CHANGE. TRIPS ARE NON-REFUNDABLE and NON-TRANSFERABLE**

TRIP PICK-UP & DROP-OFF LOCATION:
BROCKTON HIGH SCHOOL (FINE ARTS LOT)
470 FOREST AVE, BROCKTON, MA

Blithewold Mansion RSVP BY: 4/14/2025

Thursday, May 8th \$122.00 + \$2.00 CASH TIP
Pick-Up: 10:00 AM Approx. Return: 5:00 PM

We're off to Bristol, Rhode Island, to explore Blithewold Mansion! First, we'll enjoy lunch at Johnny's Restaurant in the Wyndham Resort, with stunning views of the Atlantic Ocean. Afterward, we'll tour Blithewold, a 33-acre estate with breathtaking views of Narragansett Bay. Known for its historical significance, the property features a 45-room mansion, lovely gardens, rare plants, specimen trees, and whimsical stonework, offering a romantic and inspiring atmosphere.

Meal Choice: Baked Stuffed Scrod, Pasta Primavera or Chicken Piccata.



OCES MESSAGE



April is National Volunteer Month - a time to celebrate individuals who generously donate their time and effort to make a difference in the lives of others and in our communities.

At Old Colony Elder Services (OCES), we are grateful for all of our volunteers who assist us in providing essential services to older adults, individuals with disabilities and others throughout the 23 communities we serve in Plymouth County and surrounding towns. OCES has more than 800 dedicated volunteers supporting several programs. Volunteers for the Money Management Program (MMP) assist older adults and individuals with disabilities with bill paying, reconciling bank statements, and in special cases negotiating debt with creditors.

The majority of OCES volunteers serve our Nutrition Program. With the help of more than

600 Nutrition Program volunteers, OCES delivers over 2,200 nutritious meals every weekday, 550,000 meals each year, to older adults affected by food insecurity and social isolation in our service area as part of its Meals on Wheels Program.

Meals on Wheels nationwide

According to [Meals on Wheels of America](#), The Meals on Wheels network of community-based programs across the country collectively serve more than 251 million meals to 2.2 million seniors annually.

March for Meals is Meals on Wheels America's national campaign. It

recognizes the Older Americans Act (OAA) Nutrition Program, the federal legislation that provides funding for nutrition services for seniors and helps support programs such as Meals on Wheels. Food insecurity is on the rise among older adults

As the number of older adults experiencing food insecurity continues to rise, the need for senior nutrition services and Meals on Wheels increases. Essentially, more Nutrition program and Meals on Wheels volunteers are needed to help serve meals, pack meals and deliver the meals. Meals on Wheels volunteer drivers deliver 15-20 meals a day, Monday to Friday to older adults in our service area.

Volunteers make a difference

Interested in helping others? Consider joining OCES' volunteer team and enhancing people's lives in your community. Opportunities include volunteering at one of our meal sites or delivering meals for two hours, at least one to two days a week. For more information, contact the Volunteer Department at OCES at (508) 584-1561.

OCES is a nonprofit organization providing in-home and community-based services for older adults and people living with disabilities in Southeastern Massachusetts. For more information about all volunteer opportunities, visit OCES' website at ocesma.org/get-involved/volunteer-opportunities.



APRIL BIRTHDAYS

10

Ray Villoeneuve	1 st	Betty Maguire	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	Virginia Sharpe	26 th
Anna M. Santiago	4 th	Janice Salls	16 th	Richard Fontaine	26 th
Barbara Wenson	4 th	Elaine Shakis	16 th	Howard Britton	27 th
Mary Temkin	5 th	Barbara Buonopane	17 th	Linda Bryant	28 th
Anne-Marie Similien	7 th	Celina Dsouza	17 th	Joan Gay	28 th
Willie Dykes	9 th	Janet Blair Tavares	17 th	Anita Barnes	29 th
Annette Lai-Fook	9 th	Jane M. Hughes	19 th	Samuel Davis	29 th
Warren Poole	9 th	Frances P. Lonergan	19 th	Maria Guilbe	29 th
David West	9 th	Cora Sue Boone	20 th	Carol Reed	29 th
Joanne Balzano	10 th	Joanna Gibau	20 th	John "Jack" White	29 th
Fred Mehl	10 th	John Messia	20 th	Debra Dellamano	30 th

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



NEW & RENEWALS



Yvonne Belizaire	Anne Durgin	Patricia E. Kurpeski	Anita L. Stadig
Jocelyne Berthil	Bettie Edwards	Suzanne Larke	Roberta L. Tolber
Robert Bonnette	Adel Fenelon-Leconte	Dorothy McCarthy	Ernest J. Webby
Sherri Bonnette	Sheila Keene	Thomas M. Pileski	Roberta Webby
Carol Lucier Cudworth	Doris L. Evans	Suzanne Rodrigues	Fran Zakszewski
	Melinda Howard	Lela Spekin	



MEMORIALS



- Doris L. Evans in memory of Sue Alves
- Fran Zakszewski in memory of Chris Badgio
- Suzanne Price in memory of my grandparents, Rocco & Mary Galante
- Anne Louise M. MacLean in memory of my husband Tarmo Niilo Holma
- Jocelyn Berthil in memory of Elder LaFortune, JR
- The Council on Aging staff were saddened to hear of the passing of one of our dedicated volunteers, Chris Badgio. Chris was such a professional, kind and hard working front desk volunteer. He will be greatly missed by us all!



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

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Experiencing balance, brain, and/or bladder problems?

- Balance:** Problems walking, or shuffling feet
- Brain:** Trouble with thinking or memory loss
- Bladder:** Difficulty with control and urgency

It could be a treatable condition called normal pressure hydrocephalus.

60+ YEARS If you or a loved one experience these symptoms and are 60 years of age or older, you may be eligible for the **STRIDE** clinical trial.



Scan the QR code or visit **STRIDEclinicalTrial.com** to learn more about STRIDE and see if you prequalify

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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.

FRIENDS OF BCOA



Senior Dollar Fundraiser
March's \$100.00 cash prize winner:
Linda Pietrantonio! Congrats!

RECIPES

JERK CHICKEN

3 lbs cut up chicken
3 tablespoons soy sauce
2 stalks scallions
1 large onion
1 sweet pepper
1 head garlic
Thyme
1 tablespoon ginger
3 tablespoons pimento seed
1 teaspoon cinnamon powder
2 teaspoons mixed spice
1 teaspoon paprika
2 hot habanero peppers
2 tablespoons adobo seasoning



Wash chicken with vinegar, drain.

Blend all seasonings and spices. Use to marinate chicken overnight.

Bake chicken in 375 degree oven, turning occasionally.

Submitted by Beverly Sterling-George

DIRECTORY

Brockton Council On Aging Staff

Janice Fitzgerald.....Director
Lauren Conrad.....Assistant Director
Cauna Magner.....Outreach Coordinator
Christina Briggs.....Program Activities Coordinator
Macey Eccher.....Activities Assistant
Augusta Daluz.....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 Board of Directors meeting will be on
Monday, April 7th, at 10:00 AM
at 10 Father Kenney Way, Brockton, MA 02301

Friends of the Council on Aging Board

Fran Zakszewski.....Chair
Maxine Young.....Vice Chair
Lillian Dykes.....Treasurer
Vickie Green.....Secretary

Friends Board Members:

Martha Badgio, Gail Burman, Leonard Burman,
Melinda Howard, 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

Emergency Hotline
508-941-0292

Elder Abuse Hotline
800-922-2275

*Please use this number any
time day or night to report
suspected elder abuse.*



10 FATHER KENNEY WAY, BROCKTON

508-580-7811