

What's News?



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

MAY 2025 | MONDAY - FRIDAY 9AM - 4PM

DIRECTOR:
Janice B. Fitzgerald

Important Notice Regarding Social Security

Starting March 31st, the Social Security Administration (SSA) requires people to visit their office in person if they need help with records or benefits and can't prove their identity online through the "My Social Security" website. While you can begin things like changing your direct deposit, getting a new card, applying for survivor benefits, or starting a claim over the phone, you'll still need to go to an SSA office in person to verify your identity. You'll need to make an appointment in advance to visit the office.

If you need a new card, this includes situations like:

- Changing your name (for example, if you got married, divorced, or changed your name for any reason)
- Losing your card or having it stolen
- Having a damaged card (including a laminated card)

If you need a Social Security card for a REAL ID or other essential purposes, it's a good idea to request the card as soon as possible if you plan to do it over the phone.

The information below provides step-by-step instructions on how to create a "My Social Security Account."

How to create a **my** Social Security account

To create an account,
you must:

18



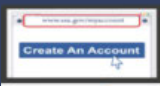



Be at least 18
years of age



Have a social
security number



Have an email
address

-  Visit www.ssa.gov/myaccount, select the **Create an Account** button.
-  Create a credential with one of our two credential service providers, Login.gov or ID.me. If you have a Login.gov or ID.me account, you can select the appropriate button to access your personal **my** Social Security account.
-  If you don't have a Login.gov or ID.me account, select the **Create an Account** link to create a Login.gov credential to access your personal **my** Social Security account.
-  If you create a new Login.gov credential, you will still need to provide some personal information to verify your identity. You will also receive an activation code to complete the process.
-  Read and agree to the **my** Social Security Terms of Service prior to accessing your account.
-  Now that you have successfully created your personal **my** Social Security account, choose email or text under Message Center Preferences to receive courtesy notifications for notices and messages from us.

Note: If you have previously verified your identity with out credential providers Login.gov or Id.me, you do not need to verify your identity again with us. Many online services can now be accessed overseas with an ID.me account. Please visit www.ssa.gov/foreign for more information. To learn more, read *How to Create an Online Account* at www.ssa.gov/pubs/EN-05-10540.pdf

Create Your Account Today!

NOTE: Individuals who do not or cannot use the agency's online **my** Social Security services to change their direct deposit information for any benefit will need to visit a Social Security office to process the change or can call **1-800-772-1213** to schedule an in-person appointment. The agency also recommends that individuals unable to apply online call to schedule an in-person appointment to begin and complete a claim for Retirement, Survivors, or Auxiliary (Spouse or Child) benefits in one interaction



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CALENDAR OF EVENTS




May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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.</p> <p>✿ <u>We accept sign-ups for all programs and activities on or after the 1st of the month.</u> ✿</p>			<p>9:00 Art From Heart ¹ 10:00 Cribbage 12:00 Kentucky Derby Special Community Dining: Cheese Omelet Florentine 12:30 Tutoring with Greg</p>	<p>9:00 Shoe City Walkers ² <i>at Westgate Mall</i> 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable</p>
<p>9:00 Activities Committee Meeting 10:00 Board of Directors Meeting Friends Meeting immediately following 10:00 Silver Boot Camp 1:00 Tonin' & Stretchin' 1:00 Whist</p>	<p>9:15 Line Dancing ⁶ 12:00 Knitting & Crochet 12:00 Nurse Appreciation Special Community Dining: Chicken Fajitas 12:30 Hand & Foot 1:30 Intro to U.S. Constitution w/ Steve Thomasy 2:00 SLN: "Life on the Edge": Rocky Mountain National Park</p>	<p>9:15 Tai Chi ⁷ FREE CLASS! 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold 1:00 Afternoon Tea Hour</p>	<p>9:00 Art From Heart ⁸ 10:00 Cribbage 12:00 Community Dining <i>Sloppy Joe</i> 12:30 Tutoring with Greg 1:00 Movie of the Month: Captain America: Brave New World</p>	<p>9:00 Shoe City Walkers ⁹ <i>at Westgate Mall</i> 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:15 Strong & Stable 12:00 Mah Jongg 2:00 Corsage Craft w/ Auggie & Macey</p>
<p>¹² 10:00 Coffee Hour w/ a Cop 10:00 Silver Boot Camp 1:00 Tonin' & Stretchin' 1:00 Whist 1:00 COA Book Club</p>	<p>¹³ 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Pasta w/ Meat Sauce</i> 12:30 Hand & Foot 2:00 SLN: How inventions during WWI Changed America</p>	<p>¹⁴ 9:15 Tai Chi 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 1:00 Mystery Book Club 2:00 NO ZUMBA 2:00 Caregivers Support Group</p>	<p>¹⁵ 9:00 Art From Heart 10:00 Cribbage 12:00 Mother's Day Special Community Dining: Roast Pork w/ Apple Cider Gravy 12:30 Tutoring with Greg 1:30 Game Shows w/ Kevin Richman</p>	<p>¹⁶ 9:00 Shoe City Walkers <i>at Westgate Mall</i> 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable 1:00 Parkinson's Support Group</p>
<p>¹⁹ 10:00 Silver Boot Camp 10:00 Legal Consults 1:00 Tonin' & Stretchin' 1:00 Whist 2:15 Women's Circle</p>	<p>²⁰ All activities except Community Dining are CANCELLED for our Senior Prom 12:00 Community Dining: <i>Chicken Marsala</i> 1:00 Senior Prom</p>	<p>²¹ 9:15 Tai Chi 10:00 Suncatcher Wind Chime Craft w/ West Acres 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 2:00 Zumba Gold</p>	<p>²² 9:00 Art From Heart 10:00 Cribbage 12:00 Community Dining <i>Meatloaf</i> 12:30 Tutoring with Greg 1:30 What is Bigfoot? w/ Ronny LeBlanc</p>	<p>²³ 9:00 Shoe City Walkers <i>at Westgate Mall</i> 9:30 Pet Pantry 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable</p>
<p>MEMORIAL DAY COA CLOSED</p> 	<p>²⁷ 9:15 Line Dancing 12:00 Knitting & Crochet 12:00 Community Dining <i>Aloha Chicken</i> 12:30 Hand & Foot 2:00 SLN: POP! Goes the West! Whitney Art Museum</p>	<p>²⁸ 9:15 Tai Chi 10:00 Aging & Immunity w/ Brockton Fire Dept. 11:00 Movin' and Groovin' 12:15 Mindfulness, Relaxation, & Meditation 1:00 Fraud Prevention w/Office of Consumer Affairs 2:00 Zumba Gold</p>	<p>²⁹ 9:00 Art From Heart 10:00 Cribbage 10:00 BP & Glucose Clinic w/ Brockton BOH 12:00 Community Dining <i>COLD: Turkey & Swiss</i> 12:30 Tutoring with Greg 1:30 Meet & Greet w/ Assessors Office</p>	<p>³⁰ 9:00 Shoe City Walkers <i>at Westgate Mall</i> 9:30 Office Hours w/ Rep. Michelle Dubois 9:30 Blood Pressure Clinic w/ Brockton VNA 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Mah Jongg 12:15 Strong & Stable</p>



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FEATURED EVENTS



PLEASE JOIN US FOR A:

**Coffee Hour with a
Brockton Police Officer
Monday, May 12th
At 10:00 AM**



Come enjoy a casual Coffee Hour where you can meet with a Brockton Police Officer. This is a relaxed setting to chat, ask questions, and discuss any concerns you may have about your community. It's a great opportunity to connect and share your thoughts in an informal environment. We hope to see you there!

Call 508-580-7811 to sign up today!

Fraud Prevention Presentation



Wednesday, May 28th at 1:00 PM

The Office of Consumer Affairs & Business Regulation is teaming up with the Brockton Council on Aging to provide you with essential information to stay steps ahead of fraudsters.

We'll tell you how to spot and avoid scams, inform you about the latest scams we're seeing, along with steps to take if you have been a victim.

Please call 508-580-7811 to sign up!

**Meet and Greet with Anthony Paull, City Assessor
as well as Franchesca Rodriguez and Jackie Lemus.**

Thursday, May 29th at 1:30 PM

Anthony Paull has been serving the City of Brockton for 3 years while Franchesca has been serving for 2 years and Jackie has served the City of Brockton for 9 years. The Assessor's Office is responsible for maintaining and updating the real estate data, real estate ownership and personal (business) property records for the City of Brockton.

The office is also responsible for classifying real estate, residential, commercial, industrial or open space; determining the full fair cash value of real estate for the purpose of taxation; administering motor vehicle and boat excise taxes for the city; and administering abatements, exemptions and deferrals in accordance with Massachusetts General Law.

Anthony and the Assessors' staff will discuss the various exemptions offered to mainly seniors and Veterans.

Elderly Clause 41C- \$1000.00

Elderly Exemption - \$227.60

Blind Persons- \$500.00

Clause 22- Disabled Veteran

Clause 22- 10%-90% Disabled- \$400.00

Clause 22E-100% Disabled- \$1000.00

Clause 22 Paraplegic- Full Exemption

Hardship

Disabled Veteran

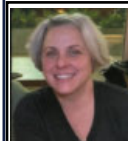
Tax Deferral

Light refreshments will be served.

Please call 508-580-7811 to sign up to attend.



OFFICE HOURS



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

Mayor's Message

To my Friends at the Council on Aging: Happy Older Americans Month! This year's theme, "Flip The Switch On Aging," encourages us to challenge stereotypes, and alter societal perceptions of aging. Let us embrace this by making the most of Brockton's newly renovated Mary Cruise Kennedy Senior Center.

Here are a few events you can enjoy in our wonderful City this May:

Keep Brockton Beautiful Day: Saturday, May 3rd, 9:00 am–12:00 pm. This annual community clean-up event starts at Heights Crossing where volunteers will gather at 7:30 am. Teams go out together to clean-up at 9:00 am. Following the clean up, join us back at Heights Crossing for the cookout. Call 508-580-7827 for more details.

Brockton Garden Club Annual Plant Sale: Saturday, May 17th, 8:30–11:00 am at the Parks and Recreation Department, 45 Meadow Lane. Arrive early for the best selection!

Brockton Rox Opening Day: Friday, May 16th. Be part of history by attending opening day of the Rox Revival Season, and celebrate their new ownership including MLB Hall of Famer Jim Rice! Visit brocktonrox.com for tickets.

Memorial Day Parade: Monday, May 26th, 10:00 am. This beloved tradition honors the brave men and women who made the ultimate sacrifice for our freedom.

Huntington School Parade: May 30th. More details will be coming out about this annual tradition that celebrates the City's children.

Due to Memorial Day, City Hall will be closed, reopening on May 27th. There will be a one-day trash delay.

Wishing all mothers, grandmothers, and guardians a joyful Mother's Day. Thank you for all you do!

It's an honor to serve as your Mayor in our "City of Champions." Please feel free to contact my office at 508-580-7123 if you need any assistance.

Thank you, and stay safe!

Sincerely,

Robert F. Sullivan, Esq.

Mayor

City of Brockton

From the Director's Desk

Mom

*Has ears that truly listen
arms that always hold,
a love that's never ending
and a heart that's
made of gold.*

Happy Mother's Day to all our moms!

So much is going on at the COA lately. Christina and Macey are planning some different, fun and interesting programs. Our Women's Circle is growing each month. We are welcoming new members each and every day and I think we are just about settled in.

Every day I look at the number of participants we have and also take a minute to look at the parking lot. We all know parking is a challenge for us. No need to worry! We are working on trying not to overschedule programs and in the event, you come here and the lot is full, no need to worry, you can just park at St. Patrick's Church.

Data from our FY23 and FY24 Annual Budget shows that we had an increase of 144 new members in FY24, we had 345 new people participating in some form of recreation and Outreach had an increase of about 125 people. I am confident the FY25 report will show an even greater increase.

In addition to some new programs, we are looking for some volunteers that would be willing to teach a beginner Mah Jong, Whist and Cribbage class. If you are interested please see Christina.

Every May the Administration for Community Living (ACL) leads the annual observance of Older Americans Month. This year's theme is "**Flip the Script on Aging**". Macey and Augusta have a very fun event planned to acknowledge Older Americans Month. Please see the details below.


Please make sure you look at all our programs and don't wait to sign up.

"May the spirit of Memorial Day inspire us to strive for a better world". "Let us never forget the brave individuals who gave their lives for our freedom".

Janice



POWERED BY CONNECTION: MAY 2024



SPONSORED BY:






IN CELEBRATION OF OLDER AMERICANS MONTH,
YOU ARE CORDIALLY INVITED TO:

Senior Prom

DATE: TUESDAY, MAY 20TH
TIME: 1:00 PM—3:00 PM
LOCATION: BROCKTON COUNCIL ON AGING
10 FATHER KENNEY WAY, BROCKTON, MA
CALL 508-580-7811 TO RSVP. SPOTS ARE LIMITED. RSVP BY 5/13/2025

Wear your prom attire!

Dance to music!

Light Refreshments!

SPECIAL EVENTS



Join the BCOA's Women Circle for a Special Afternoon Tea Hour!

Wednesday, May 7th at 1:00 PM

We're excited to invite you to a special Afternoon Tea Hour, sponsored by Family and Community Resources, Inc. in Brockton, MA. Bring your favorite tea cup—whether it's an heirloom, a cherished gift, or a quirky find—and share the story behind it with fellow tea lovers! It's the perfect opportunity to connect, relax, and enjoy some lovely conversation over a warm cup of tea.



Don't miss out—call 508-580-7811 to sign up today!

Limited spots are available.

This event is for **women only**.

"Live" Game Shows!

w/ Kevin Richman

Thursday, May 15th at 1:30 PM

Come and participate in our lively program playing game show favorites such as "Jeopardy," "Wheel of Fortune," "Concentration," "Family Feud," "Match Game," and many more.

Call 508-580-7811 to sign up!



Mass Cultural Council

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



WHAT IS BIGFOOT? W/ RONNIE LEBLANC



Thursday, May 22nd at 1:30 PM

Join Ronnie LeBlanc, author of the non-fiction series *Monsterland*, as well as one of the stars of Discovery Channel's *Expedition Bigfoot*, and Travel Channel's *Paranormal Caught on Camera*!

In this captivating talk, Ronny will dive into the origins of Bigfoot, explore Native American culture and its history with Sasquatch, and share his personal field experiences. He'll also reveal intriguing stories from right here in Massachusetts. While you may have heard of the Bridgewater Triangle, not far from there lies *Monsterland* in central Massachusetts, where locals have reported sightings of UFOs, mysterious orange orbs, and other unexplained phenomena! **Call 508-580-7811 to sign up!**



Mass Cultural Council

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**



Aging & Immunity

**Wednesday, May 28, 2025
at 10:00 AM—11:30 AM**

Brockton Firefighter Peter Reardon will be hosting another insightful presentation this month. Join us for a seminar on wellness designed for seniors.

Call 508-580-7811 to sign up

LIFELONG LEARNING

5



An Introduction to the U.S. Constitution w/Steve Thomasy **Tuesday, May 13th at 1:30-3:30 PM**

This presentation will guide participants through a rapid "reading" of the U.S. Constitution, which, perhaps surprisingly, is the shortest constitution in the world. It consists of just the 7 original Articles and 27 Amendments. Along the way, we'll provide brief historical and societal background for the creation of each section of the document. Each participant will receive a free "Pocket Constitution" at the start of the session.

Call 508-580-7811 to sign up



**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.



May 6th: "Life on the Edge": Rocky Mountain National Park

Explore the diverse biodiversity of Rocky Mountain National Park's alpine zone, where hardy plants and animals thrive in harsh, high-

elevation conditions. Learn about the unique ecosystem of alpine tundra, the threats it faces, and the ongoing research aimed at preserving it.



May 13th: How inventions during WWI Changed America: Army Women's Museum

Discover how six everyday items from World War I have shaped American life today. The U.S. Army Women's

Museum highlights the contributions of both men and women during the war and explores the lasting impact of their sacrifices.

May 20th: NO SLN



May 27th: POP! Goes the West! Whitney Art Museum

Experience the POP! art exhibit at the Whitney Art Museum, showcasing the fusion of Pop Art with Western imagery. Featuring vibrant

works by Andy Warhol and others, this exhibit brings together bold designs with iconic Western themes like cowboys, wildlife, and modern-day culture.

Call 508-580-7811 to sign up

**SLN will be going on Summer Break
from June-July**



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- Nutrition
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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!**



Celebrate World Tai Chi Chuan & Chi Kung Day

In honor of this global event promoting peace and wellness, Elijah is offering a special **FREE** class on **Wednesday, May 7th**. Join us to experience the healing energy of Tai Chi Chuan and Chi Kung, and be part of a worldwide wave of harmony.

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 12:15 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

May 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 KENTUCKY DERBY SPECIAL Cheese Omelet Florentine French Toast Sticks Dessert from West Acres
6 NURSE APPRECIATION Chicken Fajitas with Salad Brown Rice & Beans	8 Sloppy Joe Tater Tots Scandinavian Vegetables
13 Pasta w/ Meat Sauce Italian Vegetables Parmesan Cheese	15 MOTHER'S DAY SPECIAL Roast Pork Apple Cider Gravy Mashed Potatoes
20 Chicken Marsala Rotini Pasta Roman Vegetables	22 Meatloaf Brown Gravy 1/2 Baked Potato
27 Aloha Chicken Pineapple Brown Rice Oriental Vegetables	29 COLD MEAL Turkey & Swiss German Potato Salad Tossed Salad

In addition to the Kentucky Derby Special Luncheon on May 1st, we have the following special lunches in May:



Nurse Appreciation

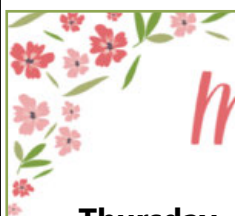
Join us on:

Tuesday, May 6th at 12:00 PM

For a special community dining to celebrate our nurses, past and present!

Call 508-580-7811 to sign up!

Rotary Club of Brockton will be donating a special gift to our nurses that preregistered last month.



Happy Mother's Day

Join us on:

Thursday, May 15th at 12:00 PM

For a special community dining to celebrate Mother's Day!

Call 508-580-7811 to sign up!

BOOK CLUB



COA Book Club

This month we will be discussing:
The Parisian by Louis de Bernieres
On Monday, May 12th at 1:00 PM
Call 508-580-7811 to sign up!



Mystery Book Club

This month we will be discussing:
The Bankers Wife by Christina Alger
Wednesday, May 14th at 1:00 PM
Call 508-580-7811 to sign up!

SUPPORT GROUPS

• **Caregivers Support Group**
Wednesday, May 14th at 2:00 PM
• **Parkinson's Support**
Friday, May 16th at 1:00 PM

DISCUSSION GROUPS



The Brockton COA's Golden Girls
Women's Circle
Monday, May 19th at 2:15 PM
Call 508-580-7811 to sign up!

Dull Men's Club

2nd* and 4th Monday of every month at 9:30 AM

***Please note: On May 12th the Dull Men are invited to attend
Coffee Hour with a Brockton Police Officer at 10:00 AM
in lieu of a regular meeting**

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



Corsage Craft with Auggie & Macey **Friday, May 9th at 2:00 PM**

Get ready for the upcoming senior prom by learning how to create a beautiful corsage with Auggie and Macey! Whether you're looking to make a personalized corsage for yourself or a friend, this class will guide you through the process!

Call 508-580-7811 to sign up!

Limited # of participants. Brockton seniors only.



Suncatcher Wind Chime Craft with Alliance Health at West Acres

Wednesday, May 21st at 10:00 AM
Katie from Alliance Health w/ West Acres is back to show us how to make a beautiful suncatcher wind chime!

Call 508-580-7811 to sign up
**Limited # of participants.
Brockton seniors only.**

Alliance
Health at West Acres

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, May 9th**
at 10:30- 2:30 PM

• **Friday, May 23rd**
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!

MOVIE OF THE MONTH



Captain America

Thursday, May 8th at 1:00 PM

Runtime: 1 hour 58 minutes

Sam Wilson embrace the mantle of Captain America, facing new threats while proving he's ready to lead.

HEALTH & WELLNESS

Health Clinics at the BCOA

• **Blood Pressure/Glucose Clinic**

Thursday, May 29th at 10:00 - 11:00 AM
By Brockton Board of Health

• **Blood Pressure Clinic**

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



Mobile Medical Foot Care

Treat your feet to a 45-minute care appointment with Nurse Practitioner Donna Golden. This service includes comprehensive foot assessments, nail care, and helpful foot care education. Appointments are available on the first Wednesday of each month.

Brockton Seniors only.

The cost is \$40, and payment is required to secure your spot. For more information, please call the COA or visit the Front Desk to make an appointment..



Dental Cleaning w/ Visiting Dental Hygiene

Keep your smile bright with a 45-minute private dental cleaning with our visiting dental hygienist at the Council on Aging. The cost is \$50 (cash or check), or free with MassHealth.

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



SERVICES



HOW CAN WE HELP?

- | | |
|--|--|
| <ul style="list-style-type: none"> • Outreach, Social Services • SHINE Program • Knox Box • Transportation • Fuel Assistance • Durable Medical Equipment • Senior Property Tax Work Off | <ul style="list-style-type: none"> • AARP Free Income Tax Assistance • Prescription Advantage Program • Safety Assurance • Support Groups • SNAP Benefits • Housing Applications |
|--|--|

SNAP APPLICATIONS or FUEL ASSISTANCE

Please call Ruthie at
508-580-7811 to schedule an appointment.

SHINE

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

Legal Consults w/ Surprenant, Beneski & Nunes, P.C. Monday, May 19th at 10:00 am - 11:30 am

You can 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



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

Newport Lighthouse Cruise

Wednesday, July 9th

\$138.00 + \$2.00 CASH TIP

Pick-Up: 9:15 AM

Approx. Return: 5:45 PM

Begin your day with a narrated lighthouse cruise aboard the Coastal Queen, offering stunning views of Newport's historic lighthouses, including Rose Island, Castle Hill, and Goat Island. Enjoy a mimosa as you cruise in comfort, with options for a heated interior or an open-air deck to catch the ocean breeze. After the cruise, head to Johnny's Restaurant at the Atlantic Resort for a delicious lunch, choosing from Baked Scrod, Pasta Primavera, or Chicken Piccata. Finish the day with free time to explore and shop at the Wharf area.

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



The next Pet Pantry is on:
Friday, May 23rd 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.



OCES MESSAGE



Join us to celebrate Older Americans Month this May!

The Administration for Community Living (ACL), which leads the nation's observance of this special month, has announced this year's theme, "Flip the Script on Aging", will focus on "transforming how society perceives, talks about and approaches aging".

The National Council on Aging (NCOA) reports that by 2030, all Baby Boomers will reach age 65 or older; by 2040, this demographic is expected to make up 22 percent of the American population.

The "rocking chair" notion

Many older adults are living longer than their grandparents and parents.

However, there is still a belief among some that growing older means it's time to slow down and step back from things - which means being less involved.

The mindset of being "too old" to participate in and contribute to society is a misconception that both older and younger generations must constantly dispel.

Here are several ways that older adults can flip the script on aging:

Stay engaged in the community. Attend local events - from farmers' markets, parades and local art displays to free concerts on the town common.

Become more active with your local Council on Aging (COA), which offers recreational and educational activities as well as plenty of opportunities to socialize. COAs offer activities such as crafts, games, events, special interest clubs, fitness classes and more. For older adults who no longer drive or who are unable to utilize public transportation, many COAs even offer transportation to and from their sites.

Share your knowledge and ideas. Share your talent or hobby. For example, display your photography or artwork. Knitters might teach a group how to knit or woodworkers may share how to build a birdhouse. Have a knack for gardening? Share your knowledge of plants with others or join the local garden club and take part in your town's beautification process.

Keep learning. Learning new things is another way to stay engaged.

Consider your interests. From art, literature and languages to music, technology, sports and more. Perhaps attend a free presentation, online class or in-person event. Not sure where to start? Your local library or COA is a great resource.

Get involved through volunteering. Volunteering not only helps those you serve; volunteering is also beneficial to you as it keeps you engaged and connected to others. Much research has shown that volunteering can improve physical and mental health, especially in older adults. Getting involved in the community provides a sense of belonging. Older adults who stay engaged in the community are less likely to experience loneliness and social isolation.

Food pantries, animal shelters, senior service agencies, disaster services organizations, advocacy and human rights organizations and many other nonprofit organizations often rely on volunteers to help fulfill their missions. For example, Old Colony Elder Services (OCES) has many volunteers who help ensure the distribution of nearly 2,000 meals each weekday to recipients as part of its Meals on Wheels Nutrition Program. OCES has plenty of opportunities for you to get involved.

Older adults make a difference

Every day, older adults make a positive difference in the lives of others and their communities through their conversations, contributions and outreach.

At OCES, we continually strive to dispel misconceptions about aging. We recognize, support and empower older adults. Join us in celebration of Older Americans Month.

OCES supports the independence and dignity of older adults and individuals with disabilities by providing essential information and services that promote healthy, safe living which positively impacts our community. For more information, visit ocesma.org



MAY BIRTHDAYS

10

Helen Buckler	1 st	Carole Kaplan	12 th	Pat Duval	25 th
Shirley Salukas	1 st	Jean Amorim	13 th	Maureen Williams	25 th
Ellen Silva	2 nd	Toni Peters	14 th	Leo Slack	26 th
Brenda E. Young	3 rd	Anne Louise MacLean	15 th	Mary Weston	26 th
Crystal Coffey	3 rd	Pedro Rios	15 th	Alice Farnsworth	27 th
Emma Chekroun	5 th	Joanne Conrad	16 th	Frank Ippolito	27 th
Wolfgang Decker	5 th	Daniel Hagerty	16 th	Anita Stadig	27 th
Mary Vella	5 th	Cookie Harris	16 th	Dianna Lima	28 th
Carol Geary	6 th	Melbourne A. Baker	17 th	Joaquin Nacho Gonzales	28 th
David R. Pomar	6 th	John DeLuca	17 th	Patrick Hayes	29 th
Al Urbaschak	6 th	Virginia Bethoney	18 th	Barbara LaVoie	29 th
Evelyn Muggridge	7 th	Jean Wagner	18 th	Corinne Shute	29 th
Marjorie Slotnick	8 th	Lourdes Castro	19 th	Lillian Dykes	30 th
Catherine F. Powe	9 th	Russell L. Moore	19 th	Betty Marcouillier	30 th
Yvonne Weekes	9 th	Bettina Ciambriello	20 th	Karen A. Landers	31 st
Kathie Connolly	11 th	Pat Eastman	21 st	Anne McCormack	31 st
Marion Ross-Simmons	11 th			Jeffrey Wasserman	31 st

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



NEW & RENEWALS



David A. Andrews	Diane DuBois	Mary Lapointe	Catherine R. Roscoe
Barbara Bigelow	Lillian Dykes	Sherrie McMullen	Jeannette Sherman
Kay Buckley	Georgia Howland	Chris Moore	Linda Stokes
Natalie Burns	Marie Violette Jean	James Moore	John A. Torchio
Stephanie Church	Ann M. Kaiser	Adele Phillips	Geraldine Weldon
Mary Dolar	Joseph Lapointe	Evora Regis	Henry Weldon



MEMORIALS



- ***David A Andrews in memory of Chris Badgio***
- ***Jeanne Fuller-Jones in memory of Chris Badgio***
- ***Georgia Howland in memory of Esther Cohen***
- ***Ann M. Kaiser in memory of Ted Kaiser***
- ***Chris and James Moore in memory of Jean McDuffy***
- ***Adele Phillips in memory of dear friend Noreen Fahey***
- ***Adele Phillips in loving memory of daughter, Janine Melanson***
- ***John A. Torchio in memory of David Asiaf***



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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Stephanie Costa-Lally, Certified Funeral Director
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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.

Save the Date!

Join us as we march down Main Street on **June 12th!** Keep an eye out for more details in the June newsletter.



FRIENDS OF BCOA

Senior Dollar Fundraiser

April's \$100.00 cash prize winner:
Zulaka Ali! Congrats!

BCOA Country Store

There will be someone from the Friend's Board available to sell items from the Country Store on the following days:

Mondays: 9:00 AM—12:00 PM
Tuesday: 10:00 AM—2:00 PM
Wednesday: **May 7th & 21st:** 12:00 PM—2:00 PM
May 14th & 28th 10:00 AM—2:00 PM
Thursday: 10:00 AM—2:00 PM
Friday: 12:00 PM—2:00PM

All proceeds will go to the Friends of the Brockton Council on Aging.

Donations:

To donate to the Country Store, please bring your *handmade only* items during store hours and leave your name and phone number. Items are not automatically accepted and must be reviewed and approved by members of the Friends Board.

DIRECTORY

Brockton Council On Aging Staff

Janice Fitzgerald.....Director
 Lauren Conrad.....Assistant Director
 Cauna Magnier.....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, May 5th 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,
 Diane Clinton, 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 - Diane Clinton - Vickie Green
 Jeanne Fuller-Jones - Melinda Howard - Suzanne Larke
 Linda Reddin - Bill Reddin - Henry Soones -
 Maxine Young - Fran Zakszewski



SCAN WITH CAMERA PHONE

Scan the QR Code to stay connected with the Brockton Council on Aging.



FIND US ON FACEBOOK!
 Facebook.com/COABrockton

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.



508-580-7811

10 FATHER KENNEY WAY, BROCKTON