



## **PLYMPTON COUNCIL ON AGING NEWSLETTER**

Office Hours @ Town House MON-THURS 9-2

Receptionist: Jean Pacheco 781-585-5214

Director: Joy Marble: 617-799-8602

COADirector@town.plympton.ma.us

Outreach Worker: Joyce Curran 781-588-1403

Senior Aide (Transportation): Jim Mustacaros 339-832-

8941; Volunteer Driver: Jackie Freitas 781-582-9752; Board Members: Nancy Butler, Chairperson; Dotti Martel, Treasurer; Michele Llanes, Secretary; Shirley Martin, Marylou White and Inez Murphy.

**OUR MISSION:** Plympton COA serves to link the needs of seniors to resources and information.

**Hello Plympton Seniors!** It's such a beautiful time of year with the colorful foliage and the cool weather perfect for walking. With winter approaching, we need to make the most of the opportunity to get outside and exercise. If anyone would like a walking partner, feel free to call the office so we can arrange for it. A walking group would be great!

**COA BOARD MEETING – NOVEMBER 18:** Please note the change due to holiday. at Town House at 10:30-You're Invited! Please join us. We welcome your Opinions and Ideas! Coffee and Refreshments are served.

**HAPPY BIRTHDAY TO:** Rita LaPointe, Richard Grigorenko, William Neary, Alma Andrews, William Stinchfield, Jr., Donald Carmanica, Nancy Travers, Lawrence Nichols, Jr., Gordan Massingham, Robert Doucette, Robert Reynolds, Jr., and Robert Jacobson!!!!

**EXERCISE:** TIA CHI with Reggie is **Thursday morning at 9 a.m.** Zumba with Lori continues to be **on Mon., Wed, & Fri. is at 9am.** Both classes are \$5 for the hour and **at the Historical Society Building on Main St.; Chair Yoga with Carol is on Tuesday mornings at 10:30a.m. at The Woodlands.** The cost per class is \$2. All are welcome; and **Yoga with Monique, msullyogi@comcast.net: classes meet at the First Congressional Church in the Fellowship Hall on Wed. evenings (all levels flow) at 5:30-6:30 p.m. and Gentle Yoga on Tues. and Thurs. mornings at 9-10 a.m.** Cost for the class is \$7. Walk ins are welcome or you can call the COA for contact info.

**MONTHLY SPEAKER:** Preston R. Trager of the East Bridgewater Census Office will be speaking on job opportunities with the 2020 census. This census is different from the town census as it is federal and only done every 10 years. Please come and bring a friend even if it is just to hear how the data collected is used. Refreshments will be served.

**FUEL ASSISTANCE:** The COA continues to take applications for anyone who wants to file for fuel assistance. We will assist in completing the application. Please call COA for appointment.

**NURSE TRICIA!** Nurse Tricia will be visiting the Plympton COA again on **Monday, November 25<sup>th</sup> from 9-12.** Walk-ins are welcome **FREE OF CHARGE!** She can check your blood pressure, pulse, oxygen, weight and/or sugar levels. She is here to answer any questions you might have in the utmost confidence and she will keep a record of results so that you can have a copy of to bring to your doctors. Also, if you want to bring your medication with you, she can look them up for side effects and interactions.

**VETERAN'S BREAKFAST:** This month's Veteran's Lunch will be on **Tuesday November 26<sup>th</sup> at 10 a.m.** in the COA room. Omelets, Ham Steak, and Home fries will be served!

**MEETING FOR THE SENIORS:** On Monday, **November 18<sup>th</sup> at 10:30 a.m.** at our COA Board Meeting, Selectman John Traynor will be meeting with any seniors interested in the updates on various subjects to do with the Council on Aging. Some things he spoke on at our last meeting was Grants & Grant Writer, Old Police Station space, Masterplan for townhouse campus (24 acres), Senior Citizen/Affordable Housing, Old Town House and Library accessibility and exercise programs. This meeting is to replace October's meeting with Senator Brady that time did not permit him to speak at.

**PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE):** This program of comprehensive, customized healthcare services is developed to meet the needs of older adults with chronic medical conditions and their caregivers. Their mission is to help keep older adult's health while experiencing personal independence living in their own homes and communities. Services can include primary medical care, home health services, behavioral health, rehabilitation programs transportation, medications, hospitalization, dietician support and meal programs, durable medical equipment and family caregiver support. The comprehensive service package is provided all in one place with Adult Day Health Services and when needed, in home. For more information, call the Plympton COA or them directly at 617-533-2400 or [www.elderserviceplan.org](http://www.elderserviceplan.org)

**VETERAN'S DAY EVENT:** In honor of Veteran's Day, we will be having a Classic Car Exhibit on the Town Green, Monday, November 11 at 10 a.m. The Friends of the Council on Aging will be having a bake sale and the COA will be providing refreshments. We hope to see you there.

**FIELD TRIP:** A trip to MGM at Springfield has been planned for November 12, 2019. The bus leaves the Henrich Hall, 33 Redwood Drive, Halifax, (in the Mobile Home Park) at 7:45 a.m. and returns at 6 p.m. The cost is \$31 per person which includes a \$25 slot credit and a \$20 lunch pass. Anyone interested should call Nancy at 781-293-7195.

**DONATION:** The COA gets donations from time to time, sometimes anonymous but appreciated none the less. We would like to thank Pat and Jim Mustacaro who donated a coffee maker and microwave to our space.

**DURABLE MEDICAL EQUIPMENT:** Just a reminder that the COA has various Durable Medical Equipment for anyone who needs it. Having been recently moved to a new storage space, inventory taken, please note that the following are available: Canes (including quad), Walkers (including trays), walkers on wheels (with seats), transfer wheel chairs, crutches, shower chairs, commodes, etc. Also, we have a supply of feminine napkins and disposable underwear. Please call if you need, we can deliver to you.

**SHINE:** Medicare Open Enrollment continues through the month of November. If your health or medication have changed recently, it would be a good idea to at least make sure you are getting the best supplemental and prescription insurance possible. Please call the COA to arrange to meet with a SHINE counsellor.

### **Community Corner @ the Library**

**1st Saturday Coffee Veteran's Salute**      **Sat. Nov. 2**      **10:30 am**

Please join us for this special coffee at the Town House honoring our veterans with special music, color guard, guests & food. We hope to see you there.

**Essential Oils**      **Tuesday, Nov. 12**      **1 pm**

Sign up now for this hands-on workshop about the benefits of using essential oils. Come & make a take home item to give this a try! Limited spaces; so call ahead.

**Book Discussion Group**      **Tuesday, Nov. 12**      **7 pm**

Add your voice to this discussion of Kristin Hannah's bestseller, "The Great Alone".

**Joy of Coloring Crafts**      **Thursday, Nov. 7 & 21**      **10:30 am**

Just try this once..... Many holiday projects to choose from...fabric coloring crafts, too!

**Craft with Chris: Woodland Pinecone Animals**

**Thursday, Nov. 14 or Saturday, Nov. 16**      **10:30 am**

Come & create your own adorable woodland animal with felt/pinecones, etc.

All materials provided.

**Poetry Circle**      **Thursday, Nov. 21**      **6:30 pm**

Sit back, relax and share a few favorite poems with others.

**\*\*Genealogy Group\*\***      **Saturday, Nov.23**      **10:30 am**

Join us on the 4th Saturday of each month. We are here to help with your family search.

Stop by to learn more about searching various sites &

How to find that piece of missing information.

**Knitting Group:**      **Tuesdays 10 am - 12**      **10:30 am - noon**

All handcrafters welcome.

**Plympton Public Library hours: Tuesday: & Thursday: 10 am - 8 pm**

**Saturday: 10 am - 4 pm**      **(Closed Sat. 11/9 & Thurs. 11/28)**

Please call the library at 781-585-4551 or our visit our webpage at [www.plymptonlibrary.org](http://www.plymptonlibrary.org) if you need more information about any of our events.

**PLYMPTON COUNCIL ON AGING  
5 PALMER ROAD  
PLYMPTON MA 02367**

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*- Return Service Requested*

#### RESOURCE DIRECTORY

Elder Abuse Hotline (including self-neglect): 800-922-2275  
Old Colony Elder Services: 508-584-1561/800-242-0246

Housing Solutions for Southeastern, MA: 781-422-4200/800-242-0957

Justice Center of SE Massachusetts: 508-586-2110/800-244-8393 for FREE legal advice

OCES Nutrition Program: 508-584-1561 x 213

Norwell VNA & Hospice: 781-659-2342

South Shore Community Action Council-Fuel Assistance: 508-746-6707

SHINE (serving health information needs for elders) Middleboro: 800-231-1155

VNA of Cape Cod: 508-957-7400 Hospice: 800-978-0838

Wingate at Silver Lake: 781-585-4100

Catholic Charities FREE Elder Outreach for Family Counseling: 508-587-0815 x246

Veteran's Services: 508-747-1620 x 172