



PEMBROKE PIONEER

A newsletter for Pembroke's Older Adults

Published by the Pembroke

Council on Aging

144 Center Street

Pembroke, Massachusetts 02359

Front office 781-294-8220/ Kitchen 781-294-4645

MAY 2021

Happy May! I know I am looking forward to May flowers, wonderful weather, sound of laughter and even thunder and lightning! It has been a long winter and very draining for a lot of us myself included. The Council on Aging is currently open by appointment for programs, with limited quantities and health protocols in place. You must sign up at least 24 hours in advance for these programs, or we will not be able to admit you. Take a look and see what tickles your fancy, everything is listed in this newsletter. All the staff is working non stop on COVID, but still we want to have some FUN through all this, so we are always thinking of new programs and events that we can safely provide to you. Congregate lunches have started each Tuesday, reservations must be made in advance the Tuesday before. iPads are still available to be taken out of our lending library for short or long periods of time! Happy Feet Walking Club has started up again with Sally, call to sign up. Then call on Monday and we will give your meeting place for Tuesday. So much happening, so much to feel grateful for! We are also making plans for this summer which is right around the corner believe it or not.



Trips are starting up again with Joyce Gerraughty, the first one will be on June 18th to the Newport Flower Show called "Back in Bloom: A Floral Ballroom Fantasy" You will enjoy lunch at the Atlantic Resort overlooking the Atlantic Ocean and Newport's Easton Pond. Choice of meal will be your choice of either baked stuffed scrod or sautéed chicken with tarragon cream sauce. Enjoy some free time downtown before departing for home. Limit for this trip is currently 25 people and the cost is \$99. Call Joyce Gerraughty at [508-930-3188](tel:508-930-3188), reservation will not be secure until she has received your payment. Trip leaves the Kingston Independence Mall Lot at 9:00 am and will return at 6:00 pm. I can

already smell the flowers! There will be more postings over the next few months for other trips that are being planned this summer and into the fall.

Grab & Go Meals



These meals have been a huge hit so we have decided to continue them. Please remember that these meals are for Pembroke Seniors only and all meals have a limit of 50-60. Please make your reservation and payment asap. Monday May 10, it will be Blueberry Pancakes, Home fries and bacon from the Omelet Factory, Monday May 17, will be a free meal provided from Heart to Home Meals (see page 9) Monday May 29 will be Gennaro's with Chicken Parmigiana, ziti, a salad and dessert. Another free meal is being donated by DE Foods/Kentucky Fried Chicken will be on Wednesday May 26. All meal cost is \$6.00 except for the free ones.

Pick up is from 2 pm to 3 pm except for Heart to Home where pick up time is at 12:00.

Please make your reservation asap, 781-294-8220

These meals paid for in part by Karen Hansen and Gail Shaw

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Pembroke COA, Pembroke, MA

03-1106

The Pembroke Council on Aging is now a SNAP Partner

What is SNAP

SNAP stands for the Supplemental Nutrition Assistance Program. SNAP is a federal program that helps millions of low-income Americans put food on the table. Across the United States there are 9.5 million families with children on SNAP. It is the largest program working to fight hunger in America.

Why is SNAP important?

SNAP provides families with their basic nutritional needs to get them through temporary hard times. It helps people get back on their feet and on the road to a better life — in 2015, SNAP lifted 4.6 million Americans above the poverty line, including 2 million children and 366,000 seniors. Moreover, SNAP helps to ensure that children are given a fair chance at a healthy adulthood, that seniors age with dignity and that family can care for themselves. SNAP is absolutely critical to making sure no one in America goes hungry. On top of that, SNAP supports America's economy and creates jobs. Research from Moody's Analytics suggests that for every dollar spent by SNAP, 1.7 dollars are added to the economy. A 2010 study by the USDA found that for every \$1 billion of added SNAP funding, between 8,900 and 17,000 jobs were created. By contrast, another study found that for every \$1 billion in cuts, 11,437 jobs would be destroyed.

Who is eligible to receive SNAP benefits?

SNAP is targeted toward our most at-risk citizens, predominantly serving households with children, elderly or disabled members. Nearly half of all SNAP participants are children. Federal eligibility for SNAP is limited to people with gross incomes up to 130% of the federal poverty line — meaning a family of four can make no more than \$2,633 a month to receive benefits. Able-bodied adults without dependents can only receive three months of benefits during any three-year period if they're not working a minimum of 20 hours per week or participating in a training program. We are now able, at the Council on Aging, to apply for SNAP! You could benefit greatly if approved and YOU deserve it! Please see income levels, this is good for anyone in Pembroke not just seniors.

Household Size	Gross Month	Net Month
1	\$1,383	\$ 1,064
2	\$1,868	\$1,437
3	\$2,353	\$1,810
4	\$2,839	\$2,184

2021 Friends of the COA

Officers for 2021

President: Gail Shaw
Vice President: Carol Gravel
Secretary: Mary Salters
Treasurer: Mary Driver

Board of Directors

Connie Marino, Patricia Henderson, Sharon Tyler,
Connie Delano, George Veglas

News from Gail

So here is April 8th and I'm writing for the May newsletter. So you can see I'm always behind, maybe, in my comments. What I want to say is in regards to March. I think the March Grab & Go was the best one we've had and I think Gretchen and her staff and other volunteers deserve a huge thank you for preparing and putting together the meal, no small effort by any means. Also, the other Grab & Go's have to be bagged then doled out, so a lot of work goes in putting the meals together. (they can't pat themselves on their shoulders so I will) Thank you COA

The Friends of the Council on Aging

IN MEMORY OF MARIE DONNELLY

Edgewater Landing Condominium, Jeffery & Candance Stone, Karen & Dennis Lozzi, John & Kerryn Peagram
Nicholas & Marilyn Zechello, The Manderville Family
Thomas & Marry Kelly, Dr. Thomas DeCosta

In Memory of Mary & John Medaglia, Sandy Medaglia
In Memory of Joe O'Reilly, Roberta O'Reilly
In Memory of Avis Ludlow, Sandy Kelly

Donations to the Friends

Eugene & Elizabeth Downing
Paula McGuinness
Teresa & Michael Cushing
Audrey & John Hughes
Katherine Sabo
Mary & Michael Villanova
Evelyn & Jim Stone
Karen Hansen
Jeana & Kenneth Homola



Renew your Membership for the Friends of the COA for 2021

Your \$5 membership donation will help the Friends underwrite the cost of activities and resources for the COA. Please mail your check (made payable to: **Friends of the COA** (with this coupon) to:

**Friends of the COA,
P.O. Box 221, Pembroke, MA 02359**

Name: _____ Phone: _____

Address: _____

Date: _____

Membership Dues for 2021 : _____ \$ 5.00

Additional contribution: _____ \$ _____

Gift in Honor of: _____ \$ _____

CHECK ONE: New Existing member TOTAL: \$ _____

The Friends is a 501C(3) not for profit organization



Women's Veterans Network - The Department of Veteran's Services in acknowledging that women veterans have needs and concerns not experienced by the male population, created the Women's Veteran Network in 1997. Its purpose is to find women who served in the military, some of whom may not be aware that they are eligible for benefits. The Network is a central source for women veterans in Massachusetts. Its mission is to:

1. Provide women Veterans with information on federal, state and local benefits.
2. Expand awareness of the needs of women veteran's and identify available health and human resources to meet those needs.
3. Advocate on behalf of women veterans in Massachusetts.

The Women Veteran's Network maintains a confidential database of women veterans in Massachusetts. The database is used as a mailing list for the Network's biannual newsletter which contains information on programs, benefits and events for women veterans. To add your name by telephone 617-210-5958 or email dvswomen@vet.state.ma.us.

Information for this piece collected from Sec. of State William Galvin's Book of Veteran's Laws and Benefits.

Pactv Guide

Delicious and Nutritious can be seen on Channel 15 - Monday, Wednesday and Fridays at 8:00 am and 5:00 pm, Tuesday and Thursdays at 11:30 am

Monday:

5:00 am & Noon - Senior Friendly Exercise

8:00 am - Kay Talks

11:00 - Entertainment

Tuesday:

5:00 am and Noon - Tai Chi

1:00 pm & 7:00 pm - Education Programming

2:00 pm - Kay Talks

Wednesday:

5:00 am & Noon - Chair Exercise

10:00 am - Mindfulness

1:00 pm - Senior Safety or Plymouth County DA (alternating)

Thursday:

5:00 am & Noon - Yoga

Friday:

5:00 am & Noon - Senior Friendly Exercise

11:00 am - Kay Talks

Saturday:

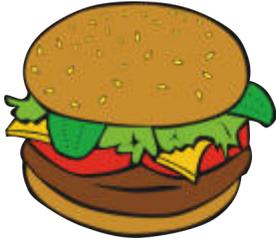
5:00 am - Tai Chi

12:00 pm - Mindfulness



Monday	Tuesday	Wednesday
<p>3 10:00 Chair Aerobics w/Sally 1:00 Cribbage 5:30 Droning 101 6:00 Mindfulness Shaw's/Dollar Store 8 am or 11:30</p>	<p>4 9:30 Happy Feet Walking 11:30 Congregate Lunch (must sign up week prior) Walmart 8 am or 11</p>	<p>5 11:00 Body Shop Fitness 1:00 Tai Chi</p>
<p>10 10:00 Chair Aerobics w/Sally 1:00 Cribbage 2:00 Grab & Go Breakfast 5:30 Droning 101 6:00 Mindfulness Market Basket 8 am or 12</p>	<p>11 9:30 Happy Feet Walking 11:30 Congregate Lunch (must sign up week prior) Walmart 8 am or 11</p>	<p>12 11:00 Body Shop Fitness 1:00 Tai Chi</p>
<p>17 10:00 Chair Aerobics w/Sally 12:00 Heart to Home Grab & Go 1:00 Cribbage 5:30 Droning 101 6:00 Mindfulness Big Y/Ocean State 8 am or 11:30</p>	<p>18 9:30 Happy Feet Walking 11:30 Congregate Lunch (must sign up week prior) Walmart 8 am or 11</p>	<p>19 11:00 Body Shop Fitness 1:00 Tai Chi</p>
<p>24 10:00 Chair Aerobics w/Sally 1:00 Cribbage 2:00 Grab & Go 5:30 Droning 101 6:00 Mindfulness Stop & Shop North River 8am or 11</p>	<p>25 9:30 Happy Feet Walking 11:30 Congregate Lunch (must sign up week prior) Walmart 8 am or 11</p>	<p>26 11:00 Body Shop Fitness 1:00 Tai Chi 2:00 KFC Grab & Go</p>
<p>31</p> 		<p>Please remember you up for all progr and transportation to if needed</p>

<p>PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM</p>  <p>\$29.95/MO BILLED QUARTERLY</p> <p>CALL NOW! 1.877.801.7772 WWW.24-7MEDALARM.COM</p> <p>PLUS SPECIAL OFFER</p>	
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	Thursday	Friday	
	6 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games 1:00 Knitting	7	
	13 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games	14	
	20 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games 1:00 Knitting	21	
	27 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games	28	
You must sign programs programs			

	<p>781-878-0920 781-293-2020</p> <p>SULLIVAN FUNERAL HOMES</p> <p>ROCKLAND HANOVER HANSON</p> <p>www.SullivanFuneralHomes.com</p> <p><i>- Family Owned & Operated For 5 Generations Since 1897 -</i></p>	<p>ADT-Monitored Home Security Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> ● Burglary ● Fire Safety ● Flood Detection ● Carbon Monoxide <p>ADT Authorized Provider</p>	 <p>SafeStreets</p> <p>1-855-225-4251</p>
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Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. ... Originally known as **Decoration Day**, it originated in the years following the Civil War and became an official federal holiday in 1971.



Thank you for your generous donations

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In Memory Of Robert Ingalls
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Remember if you are turning 65 you should sign up 3 months prior for Social Security and Medicare benefits

Elder Abuse and Neglect:

If you have any concerns regarding elder abuse, neglect, self - neglect or financial exportation, you may call the State wide Elder Abuse Hotline at **800-922-2275**. This Hotline operates 24/7.

You may also reach out to Gretchen at 781-294-8220 if you need support through this process.





A Big thanks to North River Community Church for providing the blessing of Easter Baskets for Pembroke Seniors. Also a big thank you to Curtis Kuta our volunteer for delivering these amazing baskets



Heart to Home Meals
Free Grab & Go
Monday May, 17th - 12:00 pm

The team at Heart to Home Meals is offering a free Grab & Go lunch to celebrate a record breaking year of sales since opening their services in August of 2019. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! The company provides a selection of over 160 healthy and nutritious, meals, soups and desserts that are hand delivered by a local driver right to your freezer. Their friendly, convenient service can be adapted to suit any dietary preferences, with free delivery and no contract or minimum commitment required.

Easy, curbside pickup will be provided at the Pembroke Council on Aging for this Grab & Go **RSVP** is required as it is limited. Please call 781-294-8220 to reserve yours today. If you are unable to make it to the Senior Center, please call 508-658-3000 to request a catalog and redeem your free meal and dessert today!

Please choose one meal option when you call

Turkey with Cranberry Orange Sauce: sliced turkey with a cranberry and orange sauce, a side of stuffing, and served with seasoned potatoes and mashed turnp
 (this meal is suitable for anyone following a low fat or low calorie diet)

Crumb Topped Cod in Lemon Sauce: Cod fillet, topped with parsley crumb, in a lemon butter sauce, served with rice, asparagus and green beans

(this meal is suitable for anyone following a low fat, low calorie, low sodium or high fiber diet)



Exercise Classes

Join us for the following classes
 (pre register)

Monday at 10:00 am Chair Exercise \$5

Tuesday at 9:30 am Happy Feet Walking Club with Sally Gwin, weekly spot TBD **free**

Wednesday at 11:00 Body Shop Fitness \$5
 1:00 pm Tai Chi \$5

Thursday at 11:00 Body Shop Fitness \$5

Zumba on Tuesdays is currently postponed until further notice
All in center exercise classes are limited to 6 people and you must pre register. First preference given to Pembroke Residents
Please bring exact change

Free Grab & Go

D. E. Foods who own the local Kentucky Fried Chicken restaurants are generously donating a free boxed lunch for a Grab & Go on May 26th. Please call the COA to make your reservation for your free meal. This meal is one per person please. Call early to reserve your spot as these meals are limited.

It's Finger Lickin Good



Starting in May - Transportation Days

Transportation has started to pick up and we are getting busier. In order to still be able to get you out for groceries and other items we are providing rides to certain places on Monday and Tuesday only. You do need to make a reservation for this as we are currently only able to take 3 clients per trip. We will make two trips to these set locations each week. Please see the locations and times inside the calendar section of this publication. Monday's will alternate to different grocery stores and shopping locations and Tuesday's there will be two trips daily to Walmart in Halifax. Please note these will be the only two days that we will be doing any shopping. I know a lot of you have been able to go where ever when ever during this past year but happily more people are getting out, going back to employment and programs so in order to still get you to where you want to be it does have to be certain days. Please call Nancy 781-294-8220 to make reservations for these shopping trips. Please remember we must have 48 business (M-F) hours to book these rides.

Transportation

Please remember, you must make your transportation appointments at least business **48 hours** in advance. During this COVID time we must follow these guidelines for planning purposes as we can only have so many passengers on the vans at once. Please also note that times quoted to you can change due to medical rides being most important. **Please call the afternoon before** to find out your transport time. We as always will try our best to get you where you want to go.

To schedule your ride please call
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- * Hanover Crossing
- * Target (Hanover)
- * Social Security Office (Hanover)
- * South Shore YMCA (Hanover)

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MAY 2021

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Principal Clerk: Susan Larkin – PM
Outreach Coordinator: **Open**
Senior Aide: Cathy Bruce
Transportation: Nancy O'Neill
Outreach worker: Ken Pike
Nutrition Site Manager: Lori Naughton
Van Drivers - Jack Breen, Brian Foley,
Jim McPherson, Joe Ryan,
Ed Steele, Tim White
Custodian: Matt Newman

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Chairman: Joseph Ryan – 2021
Vice Chairman: Pam Blades – 2022
Recording Clerk: John Melchin – 2023
Treasurer: James Kinkade – 2021
Linda Osborne – 2023
Sue Ellen Hewitt – 2021
Marilyn Christmann-2022
Shelley Campbell –2022

Alternates

Janet O'Melia
Open position