

What's News?

Janice B. Fitzgerald *Director*

February Holidays

Black History Month

Groundhog Day 2nd

National Wear Red Day 5th

Random Act of Kindness Week
14th –20th

Valentine's Day 14th

President's Day 15th

Purim Begins at Sundown 25th

HOURS

The COA is closed until further notice but staff can be reached at 508-580-7811

Monday-Friday.

From 9:00am -4:00pm

Board of Directors 2019

Richard Bath.....Chair

David Andrews....Vice

Chair

Carol Delorey.....Secretary

Clayton Reichenberg.....

Treasurer

Board Members:

Teddi Bourassa

Daniel Clague

Irene Clague

Barbara Fox

Robert Graham

Jane Moynihan

Joan Madden

Alternate: 3 Vacancies

The next meeting is
Monday, February 1st at
10:00am via Zoom
(link on page 2)



Mayor's Message

To My Friends at the Council on Aging:

I hope that 2021 has been off to a great start for all of you. As we continue to roll out COVID-19 vaccinations in Brockton, I am as optimistic as ever that this year will be much happier and healthier. I recognize that many Brocktonians are still struggling physically, emotionally, and financially. I want you to know that if you need help, the City is always here to support you. If you need anything at all, please don't hesitate to call my office at (508) 580-7123.

In the meantime, here are a few updates from my office:

- The Winter Parking Ban is still in effect.
 - From December 1st to April 1st, from 12 AM to 7 AM, there is no parking on the even-numbered side of the street. On some streets, no parking is allowed at all. If you have any questions or you need to check restrictions on your street, please call the Traffic Commission at (508) 580-7807.
- City Hall will be closed on Monday, February 15th, in observance of President's Day.

I hope February treats all of you well. Stay tuned for all of the great virtual programming being offered by the Council on Aging this month and have a Happy Valentine's Day! It is truly an honor and a privilege to serve as your Mayor. Thank you and my best to you and your families.

Sincerely,

Robert F. Sullivan

Mayor

City of Brockton

Robo-calls

We would like to help everyone stay informed of the latest updates about the Council on Aging and other pertinent issues. However we need your help to do so.

Please call us at 508-580-7811 if you have changed your phone number or address, so that you will continue to receive Robo-Calls and the "What's News" Newsletter, Thank-you.

AARP Network of Age-Friendly Communities



Celebrate Brockton's Age Friendly Designation with us .



"We are supported in part by The Executive Office of Elder Affairs"

This month I want to share a message from Secretary Elizabeth Chen from the Executive Office of Elder Affairs. In the letter, the Secretary, acknowledges the challenges all COA's have faced during the pandemic and the hard work done by COA staff, volunteers and partners to "ensure that essential services were not interrupted". Thank you to all for your support during this time. I truly appreciate it.

Dear EOEPA Partners,

As we close out 2020, I wanted to take this opportunity to reflect on the good that has come from this pandemic, and express our gratitude for your partnership.

- We have learned more about infection prevention and control, produced more policies, changed more of the status quo than we ever thought possible in less than one year's time!*
- Communities came together to check in on each other, help run errands, distribute food, make and drop off cards, care packages, organize car parades, outdoor movies, provide tech support to each other as we all learned a new modality for group participation and socializing.*
- Each of you has doggedly and creatively pursued ways to ensure that essential services were uninterrupted --- delivering meals to older people, providing "grab and go" in place of congregate meals, continuing home care for individuals who depend on us to live independently, helping adults in need of protective services, helping residents in senior housing stay safe, helping caregivers who now juggle work at home with caring for their loved ones at home, helping families and residents in nursing homes who have borne so much pain from isolation, and going to the home of a client who does not have Internet access to make sure they were enrolled in Medicare during open enrollment.*

While these times have taken us through a long, dark tunnel, we can now see the end, and that light is getting closer and brighter with each passing day. There is still a bit of distance to traverse, and I know we can find the collective strength to continue to do everything possible to prevent and contain COVID-19 infection, continue to support older adults, and to pay special attention to caregivers who have given even more of themselves throughout the pandemic.

On behalf of all of us at the Executive Office of Elder Affairs, we offer our gratitude for your partnership and for all that you have done this year to help older adults remain safe, socially and intellectually engaged, and physically and emotionally supported.

We send our best wishes to you and your loved ones for a happy and healthy New Year. My deepest hope is that I will see you all in person later in 2021! May we continue our work together by retaining the goodness that was also present during this period of adversity, and build avenues to support those who will need us more than ever because they were hit hard by pandemic constraints.

With Gratitude,

Elizabeth C. Chen, PhD, MBA, MPH
Secretary

In closing, I want to wish you all a happy Valentine's Day filled with love!



Janice

Board of Directors Meeting Information

Join Zoom Meeting

<https://us02web.zoom.us/j/89305045799?pwd=U0EvWVZlZWVNTZmtXYWpLT0NLWk1BZz09>

Meeting ID: 893 0504 5799 Passcode: 857776 One tap mobile 1 312 626 6799

<p>JOHN E. McCLUSKEY, ESQ.</p> <p>ELDER LAW ATTORNEY ESTATE PLANNING, WILLS, TRUSTS, ASSET PROTECTION</p> <p>508-583-2221</p> <p>www.mccluskeylaw.com</p>	 <p>Brockton 774.470.6700</p>	<p>Let us help take care of your loved one at home...</p> <p>Call to discuss the full array of services that may be provided at NO Cost...</p> <p>Primary Care • Prescriptions Day Center • Transportation</p>
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Staff Directory

Janice Fitzgerald – Director

jfitzgerald@cobma.us

Dorothy Slack – Health Education/Outreach Coordinator

dslack@cobma.us

Michelle Brace —Program Activities Coordinator

mbrace@cobma.us

Ruthie Graham— Receptionist/Secretary

rgraham@cobma.us

Brian Matta - Custodian

Phone 508-580-7811 Fax 508-580-1674

Emergency Hotline 508-941-0292

Elder Abuse Hotline #

1-800-922-2275

Please use this number anytime day or night to report suspected elder abuse.

Mission Statement

The Brockton Council on Aging, a branch of city government, is mandated to assess the needs and provide programs and services to Seniors in the community and strives to improve their quality of life.

The Council on Aging offers through its staff and volunteers easy access to an array of general programs, information, and socialization opportunities to seniors age 60 years and older.

Virtual Exercise Class

If you are interested in taking a virtual exercise class via Zoom please contact the instructor by email .

Forever Fit with Karen McNeeley

Forever Fit is a combination of cardio and weights. It is broken down into two half hour sessions with a short break in between them. If you would like to join this group and receive a schedule Karen can be reached at the following email: kmim@comcast.net

GENEALOGY CLUB

Are you interested in learning more about your family heritage and history?

If so please join us for the second meeting of the Genealogy Club which will take place via Zoom on **Thursday, February 11, 2021 at 1:00 pm.** Learn all about the genealogy resources that the library has to offer.

Please email: tahearn@cobma.us to sign up ahead of time to join the first meeting.

If you are interested but don't have email please contact Michelle at 508-580-7811 to sign up.



Senior Circuit Breaker Tax Credit

As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The **Circuit Breaker** tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. **The maximum credit for 2020 is \$1,150.00.**

Who is eligible:

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by January 1, 2021
- You must file a Massachusetts personal income tax return.
- For tax year 2020 your total Massachusetts income doesn't exceed:
 - * \$61,000 for a single individual who is not the head of a household
 - * \$76,000 for a head of household
 - * \$92,000 for married couples filing a joint return.

Please make sure to ask your tax preparer if you qualify for this Tax Credit.

Veterans Scam

There have been reports from VA Medical Centers that they have had Veterans calling their billing departments stating that they are getting calls from "The VA." The calls state that the Veteran owes money to the VA and then asks the Veteran for their checking information in order to get payment.

This appears to be a phone scam and VA would not ask for their checking account information through a phone call like this.

If you have any questions you should call the Veterans Agent at 508-580-7850.

REMEMBER DO NOT GIVE OUT ANY PERSONAL INFORMATION OVER THE PHONE



The Brockton Symphony Orchestra Virtual Chamber Music Series will be airing monthly on Brockton Community Access Channel 9.

Tune in for their next performance on **Saturday, February 6, 2021 at 12:00 pm**
Featuring the Lin/Valchinov Duo
 Chen Lin (viola) and Angel Valchinov (violin) will delight your senses with a repertoire that ranges from Bach to Hindemith

The Brockton Symphony Orchestra Virtual Chamber Music Series was created to keep music in our lives during the COVID-19 pandemic.
 Music makes our lives better!



Celebrating Community. Supporting Independence.

Our adult day health centers help elders who need support with daily care or who have medical or rehabilitative needs make friends and become more independent. Our services empower adults from a wide range of cultures to remain in their homes or with family, with enriching day activities and opportunities to be active in the community.

- Nursing care
- Nutritious meals
- Medication management
- Daily exercise programs
- Social activities
- Rehabilitation services
- Case management
- Bilingual staff



Please contact our Program Directors for more information or to schedule a tour.

<p>Brockton Adult Day Health Center 764 N. Main Street, Brockton MA 508-897-0600</p>	<p>Fortus Center 25 Christy Drive Brockton, MA 508-586-2222</p>	<p>South Shore Haitian Adult Day Health Center 583 Centre St. Brockton, MA 508-232-3611</p>
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Each of our centers is an equal opportunity employer and program.



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Senior Care Options(SCO) - If eligible this Medicare Advantage plan gives you a choice of doctors and hospitals. It also gives you more benefits and features than Original Medicare and MassHealth. Plus you get coverage for a long list of prescription drugs.

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Tune into Channel 9 Brockton Community Access to check out the following classes and programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 AM– Strength, Balance and Stretch	11:00 AM– Cardio Fitness Class	9:00 AM - Tai Chi	11:00 AM- National Science Foundation	7:00 AM- Eldys’ Yoga	11:00 AM- Mat Yoga
3:00 PM– Fur, Fins, and Feathers	3:00 PM- Two Grannies on the Road	3:00 PM– Off the Shelf	3:00 PM– Zoom Tutorials	11:00 AM– Ragtime and All That Jazz	2:30 PM Holiday Special Events
This schedule will vary each month and is subject to change. Check out channel 9 today!				3:00 PM– Senior Information Series	

Brief Program Descriptions:

Fitness for Seniors– Senior Core and Balance Exercise & Strength, Balance and Stretch (rotating schedule)
Animal Adventures– Fur, Fins, and Feathers
Cardio Fitness Class– Get you heart and limbs pumping with fitness instructor Lee McCaffrey
Two Grannies on the Road– Live vicariously through 2 grannies as they travel throughout Massachusetts
Tai Chi– Start your day with the peaceful meditation and movement of Tai Chi led by Elijah Swain
Fine Arts & Culture– Off the shelf, meet local authors and discover their works
National Science Foundation– Presents *“Science 360: Dispatched from the Cutting Edge”*
Learn About Virtual Forums– Zoom Tutorials
Eldys’ Chair Yoga– Margie Bello’s gentle introduction to yoga that will enhance your physical mobility
Concert Series– Ragtime and all that Jazz
Senior Information Series– S.H.I.N.E : Serving Health Information Needs of Everyone on Medicare
Mat Yoga– Practice yoga from a chair or a mat with Certified Yoga Instructor Patricia Lewis-Murphy
Holiday/Special Events– Frederick Douglas Presentation by Willie Wilson (2/6), 1 North Main-353 Valentine’s Day Special at COA (2/13), FDNA Reading Frederick Douglass Together (2/20), Cooking as Self Care - One Pot, One Pan with Tara Hammes, RD (2/27)



Telephone Nutrition Lessons with Keryn LeBlanc

Keryn LeBlanc is a nutrition educator from the UMass Extension Nutrition Education Program.

In the past seven years she has served the community in Brockton providing food demonstrations, nutrition education, and food access resources. Perhaps you have already met her at the Brockton Council on Aging, Farmers market and other community programs!

We realize that not everyone has the capacity to meet virtually. Therefore, Keryn will be providing individual nutrition lessons for seniors by telephone on Thursdays.

If you would like to register to receive a call please call 508-580-7811 to register.

**“I hope to hear and see from you all soon!
 In good health, Keryn.”**



**Healthy Living Program Presents:
 Healthy Eating on a Budget**

Looking for ways to improve your wellness and gain knowledge about nutrition? Look no further, this is the workshop for you!

- Learn about serving size versus portion size and healthier eating habits
- Create a healthy menu and gain grocery shopping tips for a budget
- Gain tips for being active at home and ordering takeout or delivery

Date: February 18,2021
Day: Thursday
Time: 1:30-3:30 p.m.
Location: At your home via **ZOOM**

**Registration by 2/11/21 via Email:
 mbrace@cobma.us
 508-580-7811**

144 Main Street, Brockton, MA 02301 www.ocesma.org
 508.584.1561

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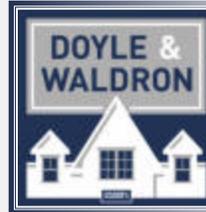
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Random Acts of Kindness Week

February 14th –February 20th

“ No act of kindness,
no matter how small,
is ever wasted”

-Aesop



Please join Deb Kerr from Beacon Hospice as she hosts this joyful presentation about Random Acts of Kindness Week.

Tuesday, February 16th at 1:00 pm

Join Zoom Meeting:

[https://us05web.zoom.us/j/83550700092?](https://us05web.zoom.us/j/83550700092?pwd=S2l6dU5rYUI3Z3dweE81QkhpRjZlZ0Z092)

[pwd=S2l6dU5rYUI3Z3dweE81QkhpRjZlZ0Z092](https://us05web.zoom.us/j/83550700092?pwd=S2l6dU5rYUI3Z3dweE81QkhpRjZlZ0Z092)

Meeting ID: 835 5070 0092

Passcode: 8S5JPs

Please register by calling Michelle Brace at 508-580-7811.



**USSR-RUSSIA
Myths, Mysteries and Spying**

Presented by Henry Quinlan

Monday, February 22nd

at 1:00pm on Zoom

Please join Henry for this exciting and entertaining event as he shares

experiences based on his 30 year involvement with the former Soviet Union and Russia and his 5 year residency in Moscow. Travel with him on this incredible journey as he shares and insiders view of: **The Three Great Mysteries of Russia**

Spying for the F.B.I.

The Overthrow of Communism and much more!

Please email: mbrace@cobma.us

by 2/17/21 to register and receive your Zoom invitation for this amazing experience.

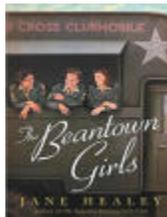
Virtual Book Club

The Brockton Council on Aging and Brockton Public Library are pleased to offer a virtual book club discussion group

On Monday, February 8th at 1:00 pm

Join our virtual conversation about

The Beantown Girls by Jane Healey



A novel of love, courage, and danger unfolds as World War II's brightest heroines, the best of friends, take on the front lines.

1944: Fiona Denning has her entire future planned out. She'll work in city hall, marry her fiancé when he returns from the war, and settle down in the Boston suburbs. But when her fiancé is reported missing after being shot down in Germany, Fiona's long-held plans are shattered.

If you would like to join us for this book club please email: mbrace@cobma.us or call 508-580-7811.

A Thank You From Janice

As I sit here working on the Newsletter and reflecting back on the last 9 months I want to say thank you to all of YOU.

Thank you for all the calls you have made checking on us, all the Christmas cards, the waves as you walk by our office windows, the volunteers who come in to help with the Newsletter and any other jobs we need help with, Chris for taking care of our Grab N Go on Tuesdays and Thursdays, volunteers who stand out in the cold for the monthly Commodity Food distribution, my amazing staff and the generous Friends donations with special notes attached. We know that a lot of our older adults are struggling financially during this time but the \$10.00 Friends donations have included additional donations which is so very much appreciated.

We miss each and every one of you and I can't wait until we are all back together again when it is safe to do so!

Again, from the bottom of my heart,
THANK YOU ALL SO MUCH!!!



Sudoku #10: A Baffler

Try to fill in all the empty boxes so that:

Each Row contains the numbers 1 through 9

Each Column has the numbers 1-9

Each Square, 3 by 3 box has numbers 1-9

Answer is on back cover of newsletter

4	9				1			5
					8		9	
								3
		2		9		4	7	
9		8	7	5	6	1		2
	6	7		2		8		
6								
	1		3					
5			9				1	7



February Birthdays



Linda Brown	1 st	Mary Jane Castiglia	11 th	Morton Feinberg	19 th
Hope Connor	1 st	Joan Madden	11 th	Frances Gibbs	19 th
Mary Gramazio	1 st	Mirian Cruz	12 th	Emily Elmore	20 th
Gerry Howard	1 st	Donna Mahoney	12 th	Guerino W. Marinilli	21 st
Marion Kelliher	1 st	Connie Ebiën-Pesa	13 th	Jocelyn Berthil	21 st
Viola Packard	2 nd	Sandra Van	13 th	Kathleen Lunn	24 th
Dave White	2 nd	Janet Delgado	14 th	Mary Hardy	24 th
Mary Wessa	3 rd	Gregory Doyle	14 th	Rev. James Gibney	24 th
Edward Landolfi	4 th	Donna Smith	15 th	Barbara Pizzanello	25 th
Henry R. Smith	5 th	Annette Cohen	16 th	Diane Slayton	25 th
Edith Webb	5 th	Carol McLaughlin	16 th	Marsha Jackson	26 th
Josephine Jackson	6 th	Richard Pierce	16 th	John Sylvester	26 th
John Hill	7 th	Robert C. Peterson	16 th	Lois Janes	27 th
Elizabeth Durkee	8 th	Lois Wilgoren	16 th	Elliott Johnson	27 th
Joanne Feeny	8 th	Rosa Lotson	17 th	Joseph L. Johnson	27 th
Arlene Whittaker	8 th	Inga Protentis	17 th	David Bergeron	28 th
Charlene Fitzgerald	9 th	Sheldon Boynton	18 th	Jeanne Bowker	28 th
Carolyn Czarniak	10 th	Lina Maciel	18 th	Pauline Silva	28 th
Evelyn Ginsberg	10 th			Dennis Gorin	29 th

Be sure to listen to radio station 95.9 FM WATD at 5:45am to hear your birthday announced.

New and Renewal of Members

Amina S. Amin-Brown	Phyllis Hancock	Robert Perrault
Herschel Brown	Rena Hurwitz	Jean Purificato
Linda Coyle	Barbara Maki	Gisela Silverio
William Coyle	Diane Massaroni	Guy Silverio
Bettie Edwards	Loretta Martins	Lorry Sorgman
Robert Gage	Claire McAfee	Marilyn Williams
Barbara Gregory	Evelyn Muggridge	Jane Patricia Wyman
Tony Gregory	Walter Muggridge	Jan Zeoli
	Beverly Perrault	

Memorials

**Phyllis Hancock in memory of Maurice W. Hancock
Steven Pelaggi in memory of Marie Pelaggi**

Thank-you

Lorry Sorgman for acknowledging the hard work by our COA Staff.

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

Outreach Message

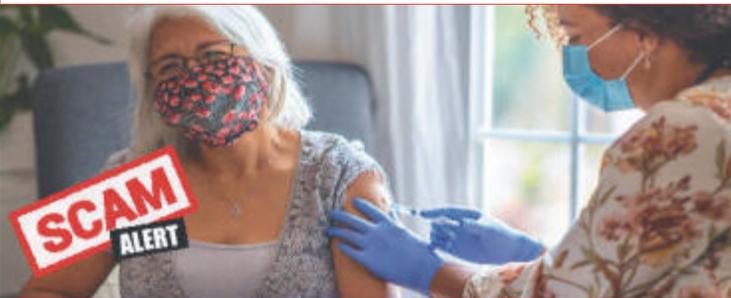
One month of 2021 under our belts. Time to start planning ahead and looking at ways to keep healthy as we continue on this journey. **February is Health Heart month.** Time to take a look at what we can do to keep our hearts healthy.

- A little bit of exercise goes a long way. Use light weights 2-3 lbs. to do arm curls a few minutes while watching TV. Muscle burns calories faster than fat. We could all use a little more muscle as we age, get up off the couch or out of your recliner during commercials and walk around the house or march in place,
- Remember to drink that water before each meal, with your medications, and anytime you have a snack.
- We need to Snack Smart, apples, any fruit, cheese, crackers (not too much of these)

• Increase protein unless on a protein restricted diet.
Know your Blood pressure numbers. Be aware of what can cause your BP to elevate. Sedentary lifestyle, processed foods and unhealthy weight. Be sure to take BP meds as directed. Be sure to let your doctor know of any over the counter supplements you may be taking. Many can interfere with prescription medications.

Just a reminder if you have a **Medicare Advantage Plan** you can change to another advantage plan from **January 1-March 31**. Please call Dottie if you have any questions regarding this. Remember our **Outreach Department** is here for you. Call us if you need help with **Fuel Assistance, SNAP applications, Food Commodity and Grab n Go.**

SNAP is increasing its benefits by 15% the first six months of 2021. This will give an average of \$21 extra each month. If you haven't signed up for SNAP give us a call and we can help. **March 1st** all benefit programs will update their benefits amounts. Call and see if you meet eligibility guidelines.



Warning: Beware of COVID-19 Vaccination Scam Offers

As the first Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you.

Don't get scammed! You should know the following:

- Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency. You cannot pay to get on a list.
- If someone offers to put you on a vaccination list in exchange for money, you are being scammed.
- If someone offers to get you early access to the vaccine in exchange for your credit card or Medicare number, you are being scammed. You cannot pay to get early access to the vaccine.
- No one from Medicare or your municipal or state health department will contact you and offer you the vaccine.
- No one from a vaccine distribution site or a private insurance company will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get such a call you are being scammed.
- If you get a call, text, email, or even someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.

Remember: Never give your Medicare number, your bank account information, your credit card numbers, your Social Security number, or any other personal information to anyone you do not know and trust. Don't get scammed.

For additional guidance call the Massachusetts Senior Medicare Patrol (SMP) Program at 800-852-0890 or visit www.MASMP.org.



FEBRUARY IS FIRE SAFETY MONTH PAGE 9

It is important for older consumers to understand and take precautions against the risks associated with consumer products and activities performed during their daily lives. Hundreds of thousands of seniors age 65 and older are treated in hospital emergency rooms each year due to injuries associated with consumer products. **Falls are the leading cause of both deaths and injuries in this age group. Fires are another top cause of deaths among seniors.**

Although many injuries to seniors result from hazards that are easy to overlook, there is an easy fix. By spotting hazards and taking simple steps to correct them, you can prevent injuries to yourself or visitors to your home.

To prevent falls:

- Make sure stairs and other areas in the home are well lighted.
- Install handrails, and remove tripping hazards, like area rugs.

To address the risk of fires:

- Use carbon monoxide and smoke alarms.
- Install a smoke alarm in every bedroom, outside every sleeping area, and on every floor of the home.
- Install a carbon monoxide alarm outside of sleeping areas.
- Carefully use (away from furniture and curtains) and maintain space heaters, fireplaces and all fuel-burning appliances.

SOUND^{the}ALARM! Fire Prevention Tips for Seniors



Cooking fire safety

Keep sleeves and loose clothing away from the cooktop.



Outdoor fire safety

Keep a safe distance from any outdoor fire. Keep lighter fluid off clothing.



Space heater safety

Space heaters need space. Keep loose pants and robes away from heaters.



Smoking

Smoking materials can ignite clothing. Don't smoke while drowsy.

Remember: All Clothing Burns!



USCPSC



NFPA-1112-2010

Grab & Go Lunch



**Tuesdays and Thursdays
from 9:00 am-12:00 pm**

Grab & Go Boxed Lunch Pilot Project provided by Old Colony Elder Services. The Boxed Lunch will include a sandwich, chips or potato/pasta salad, fruit and a drink.

As a special treat on Tuesdays for the month of February a cup of soup will be provided from Lady C&J Soul Food located right here in Brockton.

If you would like to pick up a boxed lunch please call us at 508-580-7811.

Tuesday	Thursday
2/2 Turkey & Cheese on Kaiser Roll Cheddar Cheese Goldfish Crackers Apple Chicken Noodle Soup	2/4 Egg Salad on Croissant Pasta Salad Fruit Cup
2/9 Chicken with Red Pepper Aioli on Ciabatta Roll Kettle chips Orange Minestrone Soup	2/11 Hummus & Veggie Wrap Chickpea & Cucumber Salad Fruit Cup
2/16 Chicken Caesar Salad Wrap Caesar dressing Chips Apple Chicken Noodle Soup	2/18 Roast Beef & Swiss on Kaiser Roll Potato Salad Mustard Fruit Cup
2/23 Southwest Chicken Wrap Ranch Dressing Kettle Chips Banana Minestrone Soup	2/25 Italian Chicken Salad on Focaccia Bread Italian Pasta Salad Fruit Cup

Please remember to have a mask when you come to pick up your lunch!
Suggested donation of \$2.50
Veterans Free

February is Friendship Month

Friendship blooms from a place of support, compassion and trust. Friends often enjoy similar interests and activities, and feel comfortable sharing their triumphs as well as their setbacks with each other.

Social distancing and being apart from friends during the COVID-19 pandemic has been challenging, but it has been particularly difficult for older adults and individuals with disabilities. Especially individuals living independently in their own home who are already at risk for social isolation.

The importance of social connections

Maintaining positive social connections plays a key role in overall health as studies have shown. Those who lack social connections are at greater risk of experiencing depression and cognitive decline.

It is possible to spend time together, although apart. Take a creative approach. Perhaps take a page from those who have successfully maintained long-distance friendships prior to the pandemic. Despite being many miles (or even time zones apart) long-distance friends tend to remain friends because they are dedicated to staying connected and do so in a variety of ways:

- Regular mail. From annual holiday letters to fun postcards and greeting cards, the letter writing tradition is carried on.
- Email/Text. Whether it's through a long email or a short text, day-to-day thoughts or funny moments can be shared instantaneously - complete with pictures and emoji's.
- Telephone call. A phone call remains one of the easiest ways to stay in touch with friends. And, it's a little more personal than mail, email or text because you are able to hear them laugh and express themselves.
- Video chat and conferencing. From FaceTime to Skype and Zoom, make the most of technology to get together virtually with friends. Don't know how to Zoom? Consider asking a tech-savvy friend or relative to guide you through it over the phone.
- Drive-by greetings. Similar to a drive-by birthday parade, drive-by a friend's home to smile, beep and wave from your vehicle while they remain at their front door. Even though it's a distanced approach, you get to see each other and it's a way of brightening their day and letting them know you care.

Remember that friendships must be nurtured. Maintain those important connections. Be sure to make time for friends on a regular basis. Haven't heard back from a friend in a while? Don't be discouraged - try to reach out again.

Looking to reconnect with old friends but not sure what to say or how to begin? Reminisce about holidays past or times spent together. Places you have been and people you know. Activities you enjoyed together or accomplished since you last connected with them.

Or, you might simply start the conversation with "Remember when..."

February is Friendship Month. Celebrate by letting friends know you are thinking of and care about them.

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Answer to Sudoku puzzle on Page 7

7	1	3	2	9	6	4	8	5
4	6	5	7	8	3	9	1	2
8	2	9	5	1	4	3	7	6
9	5	8	4	2	1	7	6	3
2	3	1	6	5	7	8	4	9
6	7	4	3	9	8	2	5	1
3	4	6	9	7	5	1	2	8
1	9	2	8	4	6	5	3	7
5	8	7	1	3	2	6	9	4

Purpose

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.

Friends of the Council on Aging Board 2020

Bob DeVasto , *Chair*

Eleanor Duval - Lillian Dykes - Melinda Howard - Karen Landers - Suzanne Larke

Helen O'Connor- Maxine Young - Fran Zakszewski

Please consider naming the Friends of the Brockton Council on Aging as a beneficiary under your will or planned giving instrument.

The beneficiary should be designated as: Friends of the Brockton Council on Aging, Inc., a 501C3 corporation organized under the laws of the Commonwealth of Massachusetts and having a principal address of 10 Father Kenney Way, Brockton, MA 02301