The VOICE of Canton's Department of Elder and Human Services

500 Pleasant Street - Canton, MA 02021
781-828-1323

NOVEMBER 2021

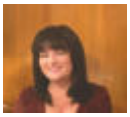
Happy November!

Time flies…….This is a time of a lot of changes at the Department of Elder and Human Services with the retirement of Peggy Cibotti after 24 years and the resignation of Marylou Sullivan after six years and Shalini Mathur after two years. We will miss them so much and are so grateful for the significant contributions that they have made.

We were honored to be a part of the Town's Covid Remembrance Evening On October 5, 2021, at the Williams Estate. All those who passed too soon due to Covid or any other illness were remembered and honored as were their loved ones. This is not over but if we stand together as a community, neighbors, as friends, loved ones with hope, love and kindness, we will get through it. As our beautiful vocalist, Candida Rose sang, we need to "love each other through".

The Senior Center will be closed in honor of Veteran's Day on November 11th and for Thanksgiving on November 25th and 26th. Wishing you all a wonderful Thanksgiving!

Warmly,



Diane Tynan

Director, Department of Elder and Human Services
Phone: 781-828-1323

LOMBARDO'S THANKSGIVING CELEBRATION

Unfortunately with Covid-19 cases still rising, Lombardo's was forced to cancel the in person dinner for 2021. Instead they will be offering individually packaged dinners again, as they did last year. This is the safest way to celebrate the holiday, while continuing their tradition of serving the community on Thanksgiving.

If you would like to receive a Thanksgiving dinner this year, please call the Senior Center at 781-828-1323 by November 12th.

Senior Men's Club: The Canton Senior Men's Club is looking for new members. We are extending an invitation to all senior men to join us at our next meeting to be held at the Senior Center at 10:00AM on Tuesday, November 16th. The speaker that morning will be Select Board Chairman, Mike Loughran. Mike will be enlightening us to what is currently happening in Town. Please join us! Coffee available at 9:30.

SAVE THE DATE: Wednesday, Dec 15th.

HOLIDAY PARTY RETURNS!

Stay tuned for more information!

MEDICARE OPEN ENROLLMENT:
October 15 to December 7, 2021

Any changes made during open enrollment go into effect 1/1/22. It is important that you review your coverage every year, as plan premiums, formularies and co-pays may change. Certified SHINE Counselors are available to assist you in finding coverage that meets your needs at the lowest cost.

Call us at 781-828-1322 to schedule a meeting or call with a certified SHINE counselor.

It is hard to believe that this will be the last newsletter I write for the Canton Senior Center. After almost 6 years of working at this wonderful place, I will be leaving at the end of October. It has been such a joy to work with Diane and her amazing staff. I will miss them dearly—and all of you as well! You have truly become my home away from home—-thank you!! And please—if you see me around town—be sure to say hello!

Marylou Sullivan

REGULARLY SCHEDULED PROGRAMS

MONDAYS

POOL: Mondays from 8:30 to 10:15 AM. Why not challenge a friend to a game? The table may be available other days. If you want to play, call ahead and talk to the office staff before you head over.

CHORUS: Monday mornings at 10:30 AM on November 1 and 15 This group is such fun! Music makes people happier and let's face it, we all need that! Dolly returns to accompany this talented group!

HAND & FOOT. Monday at 12:30 PM.
A North American game related to canasta. Come join us for some fun!

TUESDAY

KNITTING EMBROIDERING AND CROCHETING-Tuesdays at 12:30 PM.
Come and join the group for NO charge. This is a great way to have some fun, learn a new skill and make some new friends! Beginners are welcome! Join us!

GOOD MORNING BOOK CLUB: First Tuesday of the month at 10:30 AM. (Nov. 2)
We meet at the Senior Center (both in person and/or virtually). Discussion of a wide variety of books, recommended by members, invites a lively discussion and a very entertaining morning! If you are interested in the virtual version of the meeting (via Zoom), but need help connecting, please contact me at the address below and I am happy to walk you through the connection process! **Upcoming reads include:** November 2021: ***An American Duchess*** by Karen Harper; December 2021: ***An American Marriage*** by Tayari Jones; January 2022: ***Signed, Sealed and Delivered*** by Nina Sankovitch

Questions? Please email us at *goodmorningbookclub@yahoo.com*.

CAREGIVER'S SUPPORT GROUP: Group meets on the second Tuesday of the month at 1:00 PM at the Canton Senior Center. Our next meeting is Nov. 9th. Are you a caregiver? If so, you may feel as if you are pulled in multiple directions as you struggle to find balance among many life demands. This group is for you! For more information please call the Senior Center at 781-828-1323.

SENIOR MEN'S CLUB MEETING: Third Tuesday of the month at 10:00 AM. The Canton Senior Men's Club is looking for new members. We are extending an invitation to all senior men to join us at our next meeting to be held at the Senior Center **at 10:00 AM on Tuesday, November 16, 2021.** The speaker that morning will be Select Board Chairman, Mike Loughran. Mike will be enlightening us to what is currently happening in Town. **Coffee and donuts available at 9:30AM. All are welcome! Join us!**

CCOA WOMEN'S CLUB MEETING: Tuesday, November 16th @ 1:00PM. The guest speaker will be award winning mystery writer, Hallie Ephron, in her return visit to the Club. Her topic is: "Crafting a Mystery." Hallie lives in Milton and locals will recognize many of the settings in her most recent book "Careful What You Wish For" – a cautionary tale about a "professional organizer with a deadly problem she may not be able to clean up." The author will sign copies of her book for anyone who wishes to purchase. All senior women are welcome – nonmembers pay $3. Light refreshments will be served.

Upcoming Events: On Tuesday, December 21 from 12:00-2:00PM Annual Holiday Luncheon - details to follow. January 18, 2022 @ 1:00PM guest speaker from The National Black Doll Museum of History and Culture.

WEDNESDAY

BINGO: 12:30pm

DUPLICATE BRIDGE: 12:30 pm. Call 781-828-1323 for more information.

LOW VISION SUPPORT GROUP: 4th Wednesday of the month at 11:30 AM. **Next meeting: Nov. 17 Note change of date due to Thanksgiving week.** Call 781-828-1323 for more information and/or to register for this congenial and informative group! Guest speaker is Cheryl Bambery from the Sheriff's Office.

THURSDAY

VETERAN'S COFFEE HOUR. First Thursday of the month—Nov. 4th. Coffee and donuts at 9:30 AM followed by a program at 10:00 AM. This month our speaker will be Bob Socci, Play by Play Voice of the New England Patriots. Don't miss out! All those who served in the U.S. Armed Forces are welcome to join us!

MAH JONG: Thursday afternoons beginning at **1:00 PM.**

FRIDAY

BEGINNERS/REFRESHER BRIDGE LESSONS: **Friday mornings from 10:30 to 12:00. Call 781-828-1323 for more information and to register**

CRIBBAGE: Friday afternoons at 12:30 PM. Call 781-828-1323 for more info and to register

FRIDAY MOVIES

Movies begin promptly at 12:30 PM. Space is limited so please call or stop by to register.

It is recommended that you read the description before coming so you can make sure it is something you are interested in. We try to offer a variety of movies-something for everyone!

November 12: ***BARB & STAR GO TO VISTA DEL MAR.*** **2021 COMEDY.** Lifelong friends Barb & Star embark on the adventure of a lifetime when they decide to leave their small midwestern town for the first time...ever! Romance, friendship and a villain's evil plot —hop into your culottes!
PG 13, 1 hour 47 mins.

November 19: ***SENIOR MOMENT.*** **2021 Comedy.** Victor Martin (William Shatner) is a retired NASA test pilot often seen speeding around Palm Springs in his vintage Porsche convertible with his best friend Sal (Christopher Lloyd) in tow. His life changes when his license is revoked for drag racing and his car impounded. Forced to take public transportation for the first time, he meets his polar opposite Caroline (Jean Smart) and learns to navigate love and life again as he goes up against the state's new DA to get back his license and car. NR, 97 mins.

NOVEMBER SPECIAL PROGRAMS

Neck and Shoulder Training for Seniors. Tuesdays at 1:30 PM October 26 through Nov. 29.

Six-week program designed to relieve stress and increase mobility in the neck and shoulder region. Some students have experienced a reduction or total elimination of pain. It will also improve thoracic posture to counter the effects of sitting. Program is facilitated by Steve Avellino CFT, CES, SSF, SSN. **The cost is $42 for the 6 week session. Pre-registration and Payment are required. 781-828-1323**

Pie and Ice Cream Social with music by Steve Lanzilotta! Tuesday, November 2 at 11:30 AM. Let's start the holiday season early with some delicious pie and ice cream! We will have Steve Lanzilotta—always a favorite—here to entertain you while you eat your pie and socialize with your senior center friends. **The cost is $5.00 Pre-registration is required. 781-828-1323**

Healing Through Stories: A 4 Session Study of Mythology, Folklore and Fairytales. with Dr. Angelina Avedano. Thursday, November 4 and 19 and Dec. 2 and 9 at 10:30 AM. Stories are more than fictitious entertainment. They provide humorous reflections on life, cautionary tales, and eternal wisdom when we learn to read them "mythically." In the spirit of C.G. Jung and Joseph Campbell, we'll explore a variety of stories to uncover hidden messages of healing. **Cost is $10 for all 4 sessions or $3 per individual class. Pre-registration is required. 781-828-1323**

Health Plan Options. Friday, November 5 at 12:15 PM. Sue Flanagan from Blue Cross Blue Shield of Massachusetts will be back here with a 45 minute presentation geared towards individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. The presentation will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans. All are invited to attend regardless of insurance coverage. **Pre-registration is required.**

Lecture Series with Anthony M. Sammarco

Referred to as the "Balzac of Boston History" by the Boston Globe, Anthony Mitchell Sammarco is a noted historian and author of over seventy books on the history and development of Boston, and he lectures widely on the history and development of his native city.
Don't miss out on these wonderful programs!
Refreshments appropriate to each topic will be served!

1. Jordan Marsh: New England's Largest Store. Thursday, November 4 at 1:00 PM. Jordan Marsh opened its first store in 1851 on Milk Street in Boston. By the 1970s, it had become a regional New England icon and the largest department chain in the nation. Don't miss out on this fascinating presentation! Topic appropriate refreshments will be served! **Cost is $5.00. Pre-registration is required.**

2. A History of Howard Johnson's: How a Massachusetts Soda Fountain Became an American Icon. Thursday, November 18 at 1:00 PM.
Howard Johnson created an orange-roofed empire of ice cream stands and restaurants that stretched from Maine to Florida and all the way to the West Coast. With a reputation for good food at affordable prices, hungry customers would regularly return for more. Learn how Howard Johnson introduced 28 flavors of ice cream, the "Tendersweet" clam strips, grilled hot dogs and a menu of delicious and traditional foods that families eagerly enjoyed when they traveled.
Cost is $5.00 Pre-registration is required.

3. Christmas Traditions in Boston. Thursday, December 2 at 1:00 PM. Learn about Christmas traditions in Boston in the first 2 centuries after the city was settled in 1630. From the introduction of the Christmas tree by Charles Follen to Louis Prang's colorful Christmas cards, to the next century where Boston would see caroling, hand bell ringing, a Nativity scene and other traditional displays on Boston Common, this program revisits the memories of the past and brings together the shared tradition of how Bostonians celebrated the holiday season. **Cost is $5.00. Pre-registration is required.**

Music Therapy: A Music and Wellness Workshop with Hannah.
Fridays, Nov. 5 and Nov. 19 at 11:00 AM.

Hannah, a music therapist at Sing Explore Create, LLC, returns with this music and wellness workshop, a fun and refreshing way to socialize and cope with the stressors of the past year. Join us as we engage in a variety of creative arts wellness techniques, including active music making, drumming, singing, and guided relaxation. No experience necessary.
Cost is $5/person. Pre-registration is required. Call 781-828-1323

SENIOR CENTER WELLNESS PROGRAMS

SENIOR FITNESS CLASSES

We are pleased to offer a wide range of fitness classes each week—there is truly something for everyone!
The cost is $25 for 12 classes or $3 per class if you prefer to just drop in.
The weekly schedule is as follows:

MONDAY

8:45 AM Heart Fit Class: 30 minutes of moving to energetic music to achieve heart health, 10 minutes of strength work with weights and 5 minutes of stretching. Taught by Sherry Boulanger.

9:30 AM. Sit Fit: 20 minutes of aerobics, 20 minute weight work and 5 minutes of flexibility. This class is for those who are more comfortable sitting throughout the entire class. Taught by Sherry Boulanger.

TUESDAY

8:45 AM. Men's Fitness: Heart Fit class for men.

9:30 AM. Yoga: 45 minutes of standing, sitting and yoga postures to enhance balance, flexibility and strengthen core muscles. Yoga mats are required. Taught by Sherry Boulanger.

****Please Note that the wall is closed on the 3rd Tuesday of the month, so class size is limited****

10:30 AM Line Dancing with Rich Kulas: Come and get fit with us as you dance the morning away!

WEDNESDAY

9:00 AM. T'ai Chi: Better health through motion! An ancient Chinese art that harmonizes body, spirit and mind. Taught by Vincent Jornales.

11:00 AM. Zumba Gold with Alba: The Zumba Gold fitness program is designed to meet the needs of the aging population. Like the traditional Latin-inspired Zumba workout, the Zumba Gold workout incorporates many of the dance/fitness routines set to Latin and international rhythms but is performed at a lower intensity.

THURSDAY

8:45 AM. Sports Fitness with Sherry: 20 minutes of sports moves to music, 20 minutes of strength training with weights and 5 minutes of flexibility training.

9:30 AM. Sit Fit Class with Sherry: See prior description.

FRIDAY

9:00 AM. Pickleball: Come and try out this great game! We are currently playing on the courts behind Canton High School. Beginners are welcome-we have equipment for you to use. Call 781-828-1323 for more information.

9:00 AM. Yoga: See prior description.

10:15 AM. Zumba Gold with Giliana.

WELLNESS CLINICS

****Call 781-828-1323 to book your appointments for these services****

Blood Pressure and Glucose Screening: Wednesday mornings from 9:30 to 11:30 AM
Conducted by our Board of Health nurses.

Chair Massages. Third Thursday of the month (Nov.18) from 10:30 to 12:30.
Joanne O'Brien returns to bring us some much needed relaxation! Massages can be booked for 15 or 20 minutes. **The cost is $1/minute and payment goes directly to the provider.**

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 to 10:15 Pool 8:45 Heart Fit Class 9:00 AM SHINE 9:30 Sit Fit Class 10:30 Chorus 12:30 Hand and Foot 	2 8:45 Men's Fitness Class 9:00 SHINE Appts. 9:30 Yoga 10:30 Line Dancing 10:30 Book Club 11:30 Pie & Ice Cream Social 12:30 Knitting Group 1:30 Neck & Shoulder Training 	3 9:00 T'ai Chi 9:30 to 11:30 Blood Pressure Clinic 11:00 Zumba with Alba 12:30 Bingo 12:30 Duplicate Bridge	4 8:45 Sports Fitness Class 9:00 Veteran's Coffee Hour 9:00 SHINE Appts. 9:30 Sit Fit Class 10:30 Healing Through Stories 1:00 Mah Jong 2:00 Jordan Marsh: Boston's First Department Store 	5 9:00 Yoga 10:15 Zumba with Giliana 10:30 Beginner/refresher Bridge 11:00 Music Therapy 12:30 Cribbage
8 8:30 to 10:15 Pool 8:45 Heart Fit Class 9:00 AM SHINE 9:30 Sit Fit Class 12:30 Hand and Foot	9 8:45 Men's Fitness Class 8:45-12:00 Waxing 9:00 SHINE Appts. 9:30 Yoga 10:30 Line Dancing 12:30 Knitting Group 1:00 Caregivers Support Group 1:30 Neck & Shoulder Training	10 9:00 T'ai Chi 9:30 to 11:30 Blood Pressure Clinic 11:00 Zumba with Alba 12:30 Bingo 12:30 Duplicate Bridge 	11 SENIOR CENTER CLOSED	12 9:00 Yoga 9:00-12:30 Reflexology 10:15 Zumba with Giliana 10:30 Beginner/refresher Bridge 12:30 Cribbage 12:30 Movie: Barb and Star Go to Vista Del Mar
15 8:30 to 10:15 Pool 8:45 Heart Fit Class 9:00 AM SHINE 9:30 Sit Fit Class 10:30 Chorus 12:30 Hand and Foot	16 8:45 Men's Fitness Class 9:00 SHINE Appts. 9:30 Yoga 10:00 Men's Club 10:30 Line Dancing 12:30 Knitting Group 1:00 Women's Club 1:30 Neck & Shoulder Training	17 9:00 T'ai Chi 9:30 to 11:30 Blood Pressure Clinic 11:00 Zumba with Alba 11:30 Low Vision Support Group 12:30 Duplicate Bridge	18 8:45 Sports Fitness Class 9:00 SHINE Appts. 9:30 Sit Fit Class 10:30-12:30 Chair Massages by appointment 10:30 Healing Through Stories 1:00 Mah Jong 2:00 The History of Howard	19 9:00 Yoga 10:15 Zumba with Giliana 10:30 Beginner/refresher Bridge 11:00 Music Therapy 12:30 Cribbage 12:30 Movie: Senior Moment

			Johnsons How a MA Soda Fountain Became an American Icon	
22 8:30 to 10:15 Pool 8:45 Heart Fit Class 9:00 AM SHINE 9:30 Sit Fit Class 12:30 Hand and Foot	**23** 8:45 Men's Fitness Class 9:00 SHINE Appts. 9:30 Yoga 10:30 Line Dancing 12:30 Knitting Group 1:30 Neck & Shoulder Training	**24** 9:00 T'ai Chi 9:30 to 11:30 Blood Pressure Clinic 11:00 Zumba with Alba 121:30 Bingo 12:30 Duplicate Bridge 	**25** SENIOR CENTER	**26** CLOSED
29 8:30 to 10:15 Pool 8:45 Heart Fit Class 9:00 AM SHINE 9:30 Sit Fit Class 11 to 12:30 Cornhole 12:30 Hand and Foot	**30** 8:45 Men's Fitness Class 9:00 SHINE Appts. 9:30 Yoga 10:30 Line Dancing 12:30 Knitting Group 1:30 Neck & Shoulder Training			

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Podiatry Clinic with Dr. McLaughlin. Second Thursday every other month from 10AM to 12PM. Next clinic is **Thursday, December 8th.** There is a $30 fee payable directly to Dr. McLaughlin.

Waxing Services: Tuesday, Nov. 9th from 8:45 to 10:30 AM. Call 781-828-1323 to book your appointment for Lip, Brow or Chin Waxing. Cost is $15 for one service, $20 for two or $25 for all three.

Legal Clinic: Second Friday every other month from 1 to 3:00 pm. The next clinic is Nov. 12. Call the Senior Center at 781-828-1323 to make your appointment with Attorney Vera Ochea from Metrowest Legal Services.

Low Vision Support Group: Fourth Wednesday of the month at 11:30 AM. The next session is November 17th.

****NEW** Reflexology. Friday, November 12. 30 Minute appointments available between 9AM and 12:30PM.**

Louise Arguello joins us to provide this valuable service! Reflexology is a technique based on stimulating specific points on the feet that correspond to other areas and organs of the body. It is used to restore and maintain the body's natural equilibrium by improving circulation and reducing tension. You will leave feeling relaxed and rejuvenated! **Cost is $35/session**

DAY TRIPS

Encore Boston Harbor CasinoTrip! Tuesday, November 9th. We will be leaving the senior center at 8:30AM. The cost of the trip will be $32.00/person. This trip is currently sold out—-BUT if you are interested please call the Senior Center at 781-828-1323—-we may get cancellations and be able to accommodate you.

The American Heritage Museum & Longfellow's Wayside Inn. Thursday, Dec. 16, 2021. The Canton Senior Center and Veterans Services are offering this wonderful trip to the new American Heritage Museum in Hudson, MA. There you'll experience the story of America's Veterans told through a series of compelling exhibits in chronological order from the Revolutionary War to the War on Terrorism. Later you will enjoy a delicious, full course luncheon at the historic Wayside Inn. Bus departs the Senior Center at 8:30 AM and returns by 5:30 PM. **Cost is $99/person. Checks payable to Fox Tours.**

*****IMPORTANT*****

Fox Tours is requiring that all passengers have been vaccinated as a prerequisite for traveling on their tours. The drivers will check vaccine cards before allowing passengers on the bus.

CANTON COA TRANSPORTATION PROGRAM

Please call Beth at 781-828-1323 to make your reservation to ride the bus. Beth is available Monday-Friday from 8:30-4:00. If she is not available when you call, please leave a message and she will call you back as soon as possible.

****REMINDER: MASKS ARE STILL MANDATED/REQUIRED BY EVERYONE IN OUR VEHICLES AT THIS TIME****

****Allow us 24 hours in advance for errands and 48 hours for medical appointments.****

When you are given a pick-up time, please remember that is only an estimate, the driver could get to your home 15 minutes before or after the time given to you; *PLEASE BE READY!* (please do not call the office unless the time given has been exceeded). We do the best we can to get everyone on time; however, sometimes we run into weather, road or other conditions that make it impossible.

****Grocery bags**** Please make sure your bags are not too heavy for our drivers to pick up. Drivers will bring bags to front door only, they are not allowed to go into private homes. **We have found that re-usable grocery bags work best because they are more stable and hold more.**

Suggested Donations: $2 for Canton trips, round trip and $4 for trips out of Canton, round trip.
Checks should be made out to Canton COA
These amounts are just suggested donations and you should not be discouraged from using our buses if you are unable to make a contribution.

Contributions can be mailed or brought to: Canton Senior Center, 500 Pleasant St. Canton, MA 02021

If you need to go somewhere that is not listed, please call as we have other resources available to us

*****DRIVERS DO NOT ACCEPT TIPS*****

****Please schedule all medical appointments between 10:00 AM-2:00 PM****

TRANSPORTATION SCHEDULE
Food Pantry Days: Tuesdays

Monday: * Doctor's appointments Canton, Norwood, Milton, Sharon, Stoughton, Westwood, and parts of Randolph, Brockton, Dedham and Easton

Tuesday mornings:
Food Pantry
3rd Tuesday, Nov. 16 @ 9:30: Roche Bros, Dollar Store, etc.

Tuesday Afternoons:
Nov 2 @ 12:30: Westwood Station (Target, Marshall's, Wegmans, Panera, etc)

Nov. 9 @ 12:30: Market Basket

Nov. 16 @12:30: Walmart, Kohls, Walpole Mall, etc

Nov. 23 @ 12:30: Westwood Station

Nov. 30 @ 12:30: Market Basket

Wednesday: *Local Errands
*Bingo/Transportation to Senior Center for Programs

Thursday: *Doctor's appointments Canton, Norwood, Milton, Sharon, Stoughton, Westwood, and parts of Randolph, Brockton, Dedham and Easton

Friday: 9:30 AM: Cobbs Corner/Downton Canton
* Doctor's Appointments (as above)

Transportation to Senior Center Daily

RESOURCES AND REFERRALS

Safety Program Information: We have information on a variety of safety programs including: Are You OK?, Carrier Alert, Vial of Life, Safety Net, Lockbox, Yellow Dot Program, and Emergency Management Program Identification Form. Call 781-828-1323 for more information or to discuss other possible programs.

Food Assistance Benefits: For information about **SNAP (food stamp) benefits** and an application, call the Department of Transitional Assistance SNAP Benefits Hotline, 800-645-8333. Hours are Monday-Friday, 8:00 AM to 7:00 PM; Saturday, 10:00 AM to 2:00 PM.

Money Management Program: Offered through BayPath, this free program assists low-income people 60 and over as well as persons with disabilities who have difficulty paying bills on time or managing money and who have no family or friends to help them. Certain income and asset guidelines may apply. Volunteers are background checked, trained, and supervised by BayPath staff. If you think you would benefit from this program, or have questions regarding the program, call Sue at BayPath, 508-573-7241

Medicare Advocacy Project: The Medicare Advocacy Project (MAP) operates legal aid offices across the state, assisting elders and persons with disabilities in obtaining Medicare and Medicare-related health insurance coverage to which they are entitled, representing both individual and group issues. To reach MAP call Greater Boston Legal Services, 617-603-1576.

Notary Services: Gayle Bellotti from the Norfolk County District Attorney's Office is a Notary who is available to Seniors during the day from Mon through Fri. Call Gayle at 781-830-4920 to set up a time to meet her either here at the Senior Center or at her office in Canton.

SHINE (Serving Health Insurance Needs of Everyone) We have a SHINE counselor who takes appointments on Monday mornings. SHINE counselors are trained and certified to provide information, counseling, and assistance regarding health insurance and benefits to seniors. This free program is available to elders, their families or caregivers, and Medicare beneficiaries of all ages. To schedule an appointment call the Senior Center at 781-828-1323. You can also call 1-800-AGE-INFO (243-4636). SHINE is funded and managed by the MA Executive Office of Elder Affairs.

Circuit Breaker Information: Massachusetts homeowners and renters age 65 and older may qualify for up to $4,460 in a cash refund or credit from the State Department of Revenue for the past three years if your property taxes (or 25% of your rent) exceeds 10% of your annual income and you meet other qualifying criteria. Call the Senior Center for a detailed information sheet on the guidelines. Also: www.mass.gov/dor/seniors or call the Department of Revenue, Customer Service, 617-887-6367.

Home Modification Loan Program: State-funded Home Modification Loan Program provides loans to make modifications to primary, permanent residence of elder adults with disabilities, and families with children with disabilities. Various loans available based on income. For more information, contact the South Middlesex Opportunity Council at 508-202-5919, or www.mass.gov and search for "Home Modification Loan Program."

Senior Medicare Patrol Program: Provides information on how to protect, detect, and report healthcare errors, fraud, and abuse. Contact 1-800-892-0890, or www.masmp.org

Grandparents Raising Grandchildren: For additional information/resources, contact: Grandparents Raising Grandchildren of MA (508-771-4336 or www.massgrg.com) or Haley Stansberry at HESSCO, 781-784-4944.

There are several other local resources available. Please call Canton COA at 781 828-1323 for more information on what may be available to you.

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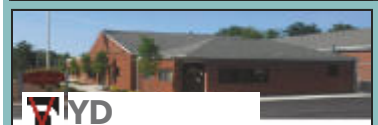
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Reminder – This newsletter is complimentary. Spelling errors may and do occur. Events, times and dates are subject to change. While it is meant to be informative, please read it with a light and forgiving heart.

WE WOULD LIKE TO THANK THE EXECUTIVE OFFICE OF ELDER AFFAIRS FOR MAKING DISTRIBUTION OF THIS NEWSLETTER POSSIBLE

LEGAL SERVICES: Metrowest Legal Services provides certain free services, including advocacy to elders and lower income non-elders. Elder law issues include housing, durable power of attorney for health care, guardianship, conservatorship benefits, nursing home issues, domestic relations, bankruptcies, and more. Please call 1-800-696-1501 and leave a message. Intake hours: Mon, Wed, and Fri 2-4 PM. Tues and Thurs, 9:30 AM to noon. If you have an urgent situation, leave the nature of your call and the need for an urgent response in your voice mail message.

CANTON FOOD PANTRY. If you are in need of the Food Pantry, you must first call them to register. **The phone number is: 781-821-8062 or email cantonfoodpantry@gmail.com**

For Your Information……..

Friendly Visitor Program (FVP)

This program matches volunteers with seniors in the community who could use some conversation/connection. If you are interested in volunteering or know a senior who could use a smile, please contact Outreach Worker, Robin Tobin, 781-828-1323.

****GO GREEN****
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