



KINGSTON SENIOR CENTER

THE ANCHOR

MONTHLY MAGAZINE | February 2021



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Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364
Phone: (781) 585-0511 
Fax: (781) 585-0550
www.kingstonmass.org 
Facebook.com/
KingstonCouncilonAging

To view our newsletter online, visit:
www.ourseiorcenter.com and
 search for
Kingston Council on Aging
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The Senior Center Building will be closed to the public and group meetings unless by appointment for one month beginning Tuesday, January 19th. The selectmen will revisit the issue of re-opening after 3 weeks. We will continue to conduct our outreach work and enhance Grab & Go program options for the month (see page 8).

In addition, transportation services will decrease from 2 passengers to 1 passenger per trip beginning Tuesday, January 19th.

The Baker-Polito Administration and the Department of Public Health developed a three-phase distribution timeline prioritizing groups of individuals who will receive the vaccine, and when. While this document outlines populations who are most at risk and provides a general idea of when these groups should expect to receive the vaccine, it is important to remember that this information can (and will) change frequently. For the most up-to-date information on the vaccination roll out in Kingston, please refer to the Board of Health's webpage on the town website: www.kingstonmass.org. At this time, the Senior Center **has not** been designated as a vaccination distribution site for the town of Kingston.

Kingston's health agent Dr. Marcia Herzberg has provided comprehensive information on the vaccination roll out plan at the Board of Selectman meeting, as well as the Council on Aging Advisory Board meeting, both of which were recorded by PACTV. These meetings can be viewed on PACTV's local government channel (see page 9 for programming information).

While we anxiously await further information on the COVID-19 vaccine, we must remain vigilant in our efforts to combat the virus. As we continue to fight this pandemic, we may notice that some people have let their guard down, and "COVID fatigue" may be setting in. It is important to continue to keep up with the safety measures we have all adopted to help slow the spread - wear a mask, wash your hands, and stay socially distant. Remember that by protecting yourself, you are also protecting your community. We also encourage you to speak to your doctor about when the vaccine will be available, and if it is right for you.

**For more information,
 visit:
Mass.gov/covidvaccine**

When can I get a COVID-19 vaccine in MA?

PHASE ONE <i>In order of priority</i>	PHASE TWO <i>In order of priority</i>	PHASE THREE <i>Vaccine available to general public</i>
<ul style="list-style-type: none"> • Clinical and non-clinical healthcare workers doing direct and COVID-facing care • Long-term care facilities, rest homes and assisted living facilities • First responders (EMS, Fire, Police) • Congregate care settings (including corrections and shelters) • Home-based healthcare workers • Healthcare workers doing non-COVID-facing care 	<ul style="list-style-type: none"> • Individuals with 2+ comorbidities high risk for COVID-19 complications, individuals age 75+, and residents and staff of public and private long-term care and affordable senior housing • Early education and K-12 workers, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers • Adults 65+ • Individuals with low vulnerability 	
December - February <small>Estimated timeframes</small>	February - April	April - June

For more information on vaccine distribution visit Mass.gov/COVIDvaccine



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Adam Frates - Vice President
Janice M. Frates - Funeral Dir.

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fax 781.206.2625

www.shepherdfuneralhome.com

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Joe Kn^Ows!

COA Board Chairman, Joe Favaloro keeps us updated on how to Protect Against Scammers and Spammers Tricks (PASST)

After the last issue of The Anchor someone said there could not be so many gullible people and I was spending too much time on these columns and at the Board meetings talking about scams. This comment concerned me and for the three weeks preceding the deadline for this month's column, I reviewed the police blotter in the Kingston Reporter. Shockingly, there were 40 (yes forty) reports of fraud and stolen identity in town. There is no way of knowing the age of those involved, but please be careful. These parasites like to scam seniors as are we are more trusting than other age groups.

The Federal Trade Commission released this helpful information on how scammers are now using COVID-19 vaccination offers:

Three Ways to Avoid COVID-19 Vaccine Scams

While vaccination details are getting worked out, here's what you can be sure of:

- You can't pay to put your name on a list to get the vaccine. **That's a scam.**
- You can't pay to get early access to the vaccine. **That's a scam.**
- Nobody legit will call about the vaccine and ask for your Social Security, bank account, or credit card number. **That's a scam.**

Ignore any vaccine offers that say different, or ask for personal or financial information.

Learn more at:
ftc.gov/coronavirus/scams

"You'll make a lot of money. I am going to show you how -- using my program, I guarantee you'll be successful." If you see something similar in an ad, there is likely a scammer behind it. Promises about so-called unique and proven techniques to make money in the stock market are generally bogus and to be avoided. Before you consider paying for a program that promises to help you invest money, consider these things:

- Statistics and testimonials can be faked. Scammers want you to believe their program is always success and low risk.
- Scammers exaggerate the press of time. They want you to feel pressured to commit now without doing proper research.
- No one can guarantee a specific amount of return on an investment. Scammers might claim that you can make thousands of dollars a day for life or per month, but no one can guarantee that an investment will be successful.

Source: Federal Trade Commission.

A friend gave me an official looking postcard about turning 65 and the need to update her information. What caught her eye was the return post card went to "Distribution Service Center" in Garland Texas, it was not being sent by Medicare, and she would be contacted by a licensed insurance agent. According to Agingcare.com, these official looking notices are scams.

Throw them away. Source: AgingCare.com.

February is Friendship Month!



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

Studies have shown maintaining positive social connections plays a key role in overall health. 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 through a long email or a short text, day-to-day thoughts or funny moments can be shared instantly - 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. Make the most of technology to get together virtually with friends. Don't know how? Consider asking a tech-savvy friend or relative to guide you through it. 
- ◇ Drive-by greetings. 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. 

Remember that friendships must be nurtured. Be sure to make time for friends on a regular basis.

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..."

A Summary of Medicare Costs in 2021

Welcome to the New Year! Questions about 2021 Medicare out-of-pocket costs have been ushering-in for residents new to Medicare and those already on Medicare. Here is a brief rundown:

MEDICARE PART BE PREMIUM 2021*:

PART A is free for most beneficiaries

PART B standard premium costs are \$148.50; up from \$144.60 in 2020

*If you are in a higher income bracket; surcharges for high earners are based on adjusted gross income from two years earlier. According to Medicare's website, *"if your modified adjusted gross income as reported on your IRS tax return from 2 years ago is above a certain amount, you'll pay the standard premium amount and an Income **Related Monthly Adjustment Amount (IRMAA)**. IRMAA is an extra charge added to your premium."*

PART D average premium plans start at \$30 depending on which plan you choose. **Medicare Part D deductible in 2021 is \$445; up from \$435.** Deductibles vary and are dependent on your plan choice; and based on your formulary drugs. Medicare Beneficiaries with high drug costs may fall into a coverage gap (also known as a donut hole). Medicare gaps begin when you and your Medicare Part D provider has reached a paid-out amount of \$4,130; up from \$4,020 in 2020. It is at that point; a Medicare Beneficiary will pay more for prescriptions; and until they reach a total out-of-pocket amount of \$6,550. Once a Beneficiary reaches the catastrophic point, the cost of medication copay/coinsurance will decrease.

Remember to self-care and always know we are here to provide you with resources and guidance to a SHINE Counselor.

Darlene Regan, M.A.

Community Outreach Coordinator

781-831-6044

BOOK DELIVERIES

KINGSTON PUBLIC LIBRARY 781-585-0517
Call to reserve your favorite book and have it delivered by a COA van driver on Tuesday evenings between 5 pm and 7 pm, when able.

COMMUNITY DURABLE MEDICAL RESOURCES/

DONATIONS

SCITUATE ETRUSCO ASSOC. 781-545-4411
1 Common St, Scituate MA

COMMISSION ON DISABILITIES 781-293-9484

KINGSTON COUNCIL ON AGING 781-585-0511
Accepting some items in good condition/no drop-offs

FUEL/HEAT

SOUTH SHORE COMMUNITY ACTION COUNCIL, INC.
808-746-6707
Kingston Council on Aging is assisting with fuel applications. Call 781-831-6044 for an appointment.

SUPPORT RESOURCES

PLYMOUTH AREA COALITION 781-582-2010
149 Bishop's Highway, Kingston
Clothing and furniture items upon request/Donations accepted

PRESCRIPTION OUTREACH SERVICES

MCPHS PHARMACY OUTREACH PROGRAM 866-633-1617
PRESCRIPTION ADVANTAGE 800-243-4636, press 2
TTY: 1-800-610-0241

PRESCRIPTION DRUG DELIVERIES

BIG Y 182 SUMMER STREET 781-585-1326
CVS 189 SUMMER STREET 781-585-6581
STOP & SHOP 160 SUMMER STREET 781-582-3703

Circle of Care Resource Guide

NATIONAL NUMBERS

UNITED WAY Please dial **211** for local resources and services. WEBSITE: www.211.org

LOCAL STATE REPRESENTATIVE

Kathleen LaNatra Office: 617-722-2430
State Representative serving the 12th District

FOOD ASSISTANCE RESOURCES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

508-875-1237

Assistance with **SNAP** applications and Medicaid questions

PLYMOUTH AREA COALITION

149 Bishop's Highway, Kingston 781-582-2010

Wed 4 – 7 pm / Thurs 10 am – 2 pm / Fri 10 am – 12 pm

SVDP/ST. JOSEPH'S

781-585-6679

272 Main Street, Kingston

2nd and Last Thursday's/MONTHLY

10:00am -11:30am *and* 4:30pm – 6:00pm

VINEYARD CHRISTIAN/CAREWORKS

781-585-6897

41 Pottle Street, Kingston

Mon 5 - 8 pm / Tues 10 am - 1 pm

KINGSTON COUNCIL ON AGING

781-831-6044

30 Evergreen Street, Kingston

781-585-0511

DRY STAPLES OFFERED UPON REQUEST

GRAB n GO DINNERS / BOXED LUNCHES

SAFETY ASSURANCE PROGRAM

PLYMOUTH COUNTY SHERIFF'S DEPARTMENT

508-830-6256

This is a **FREE** daily check program offered to all Plymouth County residents. No equipment is needed, just a cell phone or home telephone line, to receive daily "well check" call.

EXECUTIVE OFFICE OF ELDER AFFAIRS

Direct Line: 617-727-7750 / 1-800-243-4636

ELDER ABUSE HOTLINE

Toll Free Elder Abuse Hotline: 1-800-922-2275

Open 24 hours a day, 7 days a week.

MassRelay: [711 - 800-439-0183](tel:711-800-439-0183), [877-752-2388](tel:877-752-2388)

Voice: [800-439-2370](tel:800-439-2370); [TTY/ASC11](tel:800-439-2370)

STATE HOME CARE COMMUNITY SUPPORTS

SERVICES/MEALS ON WHEELS

OLD COLONY ELDER SERVICES

508-584-1561

(Ask for information and referral department)

FEDERAL PHONE NUMBERS

SOCIAL SECURITY ADMINISTRATION

800-772-1213

MEDICARE AND/OR MEDICAID

(MASSEALTH) ASSISTANCE

- ◇ SHINE (Serving the Health Insurance Needs of Everyone) 800-243-4636, press 4
 - ◇ MASSHEALTH: Customer Service 800-841-2900
 - ◇ SENIOR MEDICARE PATROL 978-946-1200
- (Available to Medicare beneficiaries with questions or concerns about Medicare billing errors)*
- ◇ MEDICARE 800-633-4227
www.Medicare.gov
 - ◇ MEDICARE RIGHTS 800-333-4114
www.MedicareRights.org

LEGAL SERVICES

SOUTH COASTAL COUNTIES LEGAL SERVICES, INC

508-638-0159

MASS BAR ASSOCIATION DIAL-A-LAWYER

(first Wednesday of each month)

617-338-0610

HOURS: 5:30pm –7:30pm

877-686-0711

TRANSPORTATION

GATRA (Plymouth Central Dispatching)

To schedule a ride, call **GATRA (978) 393-4404** or Toll Free **(844) 358-4422**. All rides with the Kingston COA are booked through GATRA central dispatching.

Holiday Spirit Photo Contest

Congratulations to the winners of our holiday spirit photo contest! Winners received a Stop & Shop gift card. Stay tuned for more contests in upcoming issues of The Anchor!



Dede Ferreira (who turned 101 on January 5!) shows us her holiday spirit along side her daughter JoAnne and her son Joe.



Samantha Jane ("Sami") exudes pure joy opening up her presents on Christmas morning! (Photo submitted by proud grandfather Bill Alberti)

Quilting with Louise

"This was our January project - a slender snowman! Always try to have a seasonal quilt for my front door and here he is - hopefully putting a smile on someone's face as they pass by in my neighborhood!"

During the month of February we will be working on bags - many patterns to choose from - market bags, cosmetic bags. A great little Valentine gift for that someone special!

Stay strong, stay healthy and remember to stay home and quilt if it snows on Tuesdays!"

-Louise



The Council on Aging is happy to announce the arrival of our new Greater Attleboro Taunton Regional Transit Authority (GATRA) passenger van! To schedule a ride, call **GATRA (978) 393-4404** or Toll Free **(844) 358-4422**. All rides with the Kingston Council on Aging are booked through GATRA central dispatching.

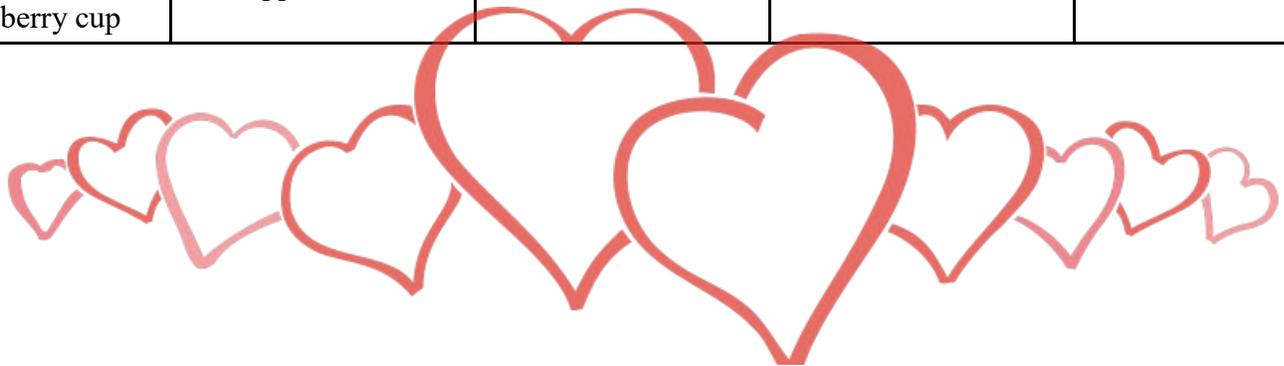


Look for our new GATRA van out on the roads!

Driver John Coombs shows us the inside of the new van!

February Meals on Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken piccata over rotini pasta, Italian veggie blend, scala bread, fresh apple	2 Stuffed shells with meat sauce, broccoli flowerets, garlic roll, cinnamon peaches	3 Fish creole, rice & kidney beans, green beans, whole wheat roll, chocolate brownie	4 Chicken stew, corn muffin, collard greens, pineapple chunks 	5 Italian pot roast, roasted potatoes, carrots, oatmeal bread, fresh pear
8 Macaroni & cheese, pumpernickel bread, California veggie blend, caramelized peaches	9 Herbed chicken breast with scarpariello sauce, cheese mashed potatoes, spinach, cracked wheat bread, Lorna Doones	10 Beef burgundy over buttered noodles, brussels sprouts, whole wheat roll, fresh apple	11 Meatloaf w/ gravy, oven browned potatoes, mixed veggies, pumpernickel bread, fruit crunch bar	12 Chicken cordon bleu, brown rice pilaf w/ peas & carrots, winter veggie blend, snowflake roll
15 	16 Lasagna w/ meat sauce, zucchini squash, whole wheat roll, caramelized pears	17 Cheddar cheese omelet, peppers & onions, home fries, blueberry loaf, yogurt 	18 Potato crunch pollock w/ tartar sauce, potato wedges, Scandinavian veggie blend, whole wheat bread, mandarin oranges	19 Roast pork w/ gravy, mashed sweet potatoes, jardinere veggie blend, rye bread, oatmeal raisin cookie
22 Grilled chicken breast w/ gravy, cranberry sauce, mashed potatoes, peas & onions, whole wheat roll, strawberry cup	23 Sweet & sour meatballs over linguini, Asian veggie blend, cracked wheat bread, cinnamon apple slices	24 Barbeque chicken breast, sweet potato wedges, broccoli flowerets, wheat bread, chocolate chip cookie	25 Cheeseburger on a whole wheat bun, O'Brien potatoes, fiesta veggie blend, fresh pear	26 Salmon w/ ginger sauce, brown rice w/ orzo, Italian green beans, multigrain bread, lemon square



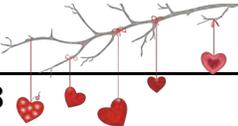
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 <p style="text-align: center;"><i>You have questions, come see us, we have answers!</i></p> <p style="text-align: center;">Associated Eye Surgeons <small>HENRY J. KRIEGSTEIN, MD • LOIS M. TOWNSHEND, MD LAUREN W. BIERMAN, MD</small></p> <p style="text-align: center;">Make an appointment: 508-747-4748</p> <p style="text-align: center;">45 Resnik Road, Plymouth • AssociatedEyeSurgeons.com</p>	<p style="text-align: center;">PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM</p> <p style="text-align: center; font-size: 2em;">\$29.95/MO</p> <p style="text-align: center;"><small>BILLED QUARTERLY</small></p> <p style="text-align: center;">CALL NOW! 1.877.801.5055 WWW.24-7MED.COM</p> <p style="text-align: right; font-size: 0.8em;"><small>PLUS SPECIAL OFFER</small></p>
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February Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 1:00 Shake Your Soul (virtual program) 3:45 Grab and Go Supper: Shaved steak & cheese sub served with potato chips, cold veggie salad and strawberry shortcake	3 11:00 - 12:00 Bag & Go	4 11:00 - 12:00 Boxed Lunch pick up	5 
8 	9 11:30 COA Advisory Board Meeting (virtual) 1:00 Shake Your Soul (virtual program) 3:45 Grab and Go Supper: Chicken Cordon Bleu with au gratin potatoes, green beans and a surprise dessert	10 11:00 - 12:00 Bag & Go	11 11:00 - 12:00 Boxed Lunch pick up	12
15 CENTER CLOSED 	16 1:00 Shake Your Soul (virtual program) 3:45 Grab and Go Supper: Hearty Italian wedding soup served with Italian bread & butter, a small salad, and tiramisu	17 11:00 - 12:00 Bag & Go	18 11:00 - 12:00 Boxed Lunch pick up	19
22	23 1:00 Shake Your Soul (virtual program) 3:45 Grab and Go Supper: Chicken burger with dill sauce served with tater tots, a pickle, and pudding	24 11:00 - 12:00 Bag & Go	25 11:00 - 12:00 Boxed Lunch pick up	26 

Bag & Go!

For the month of February, items donated by the South Shore Community Action Council (SSCAC) will be available for pick up at the Senior Center for those who could use a little extra in their pantry. Every Wednesday, bags of grocery items will be packaged for a NO CONTACT pick up at the main entrance of the Senior Center from 11 am—12 pm. Items will vary from week to week, but will typically include shelf stable items such as dry goods, canned fruit and vegetables, and on occasion, in season produce. Distribution will occur on a first come, first served basis until supplies run out.



NEW! Thursday Boxed Lunches

In partnership with Old Colony Elder Services (OCES), the Kingston Council on Aging will begin offering box lunches on **Thursdays from 11-12pm**, starting on February 4. This **FREE** program will be offered to Kingston seniors, and is designed to replace congregate meals that were served at the Senior Center each day before indoor dining was restricted.



Each boxed lunch will contain a sandwich, chips or crackers, fruit and juice, and will be handed out at the main entrance of the Senior Center in a no-contact manner. **Registration is required, and meals can be reserved by calling Brenda Fitzgerald at (781) 831-6042.** Menus are available upon request.

PacTv Regional TV Guide

Community Channel Programs (Comcast Ch. 13 / Verizon Ch. 43)

Mondays

5:00 am & Noon Senior Friendly Exercise
8:00 am Kay Talks
11:00 am Entertainment Programming

Tuesdays

5:00 am & Noon Tai Chi
1:00 pm & 7:00 pm Education Programming
2:00 pm Kay Talks

Wednesdays

5:00 am & Noon Chair Exercise
10:00 am Mindfulness
1:00 pm Senior Safety (alternating with the Plymouth County Sheriff and the Plymouth County District Attorney)

Thursdays

5:00 am & Noon Yoga

Fridays

5:00 am & Noon Senior Friendly Exercise
11:00 am Kay Talks

Saturdays

5:00 am Tai Chi
5:00 am & Noon Mindfulness



Government Channel Programs

Plymouth (Comcast Channel 15 / Verizon Channel 47)

Duxbury (Comcast Channel 15 / Verizon Channel 39)

Kingston (Comcast Channel 15 / Verizon Channel 42)

Pembroke (Comcast Channel 15)

Delicious & Nutritious can be seen on the following government channels:

Plymouth Mondays at 1:30pm; Tuesdays & Thursdays at 8:00am & 3:30pm

Duxbury Tuesdays & Thursdays at 8:00am & 5:00pm

Kingston Tuesdays & Thursdays at 10:00am

Pembroke Mondays, Wednesdays, & Fridays at 8:00am & 5:00pm; Tuesdays & Thursdays at 11:30am

*Nook News with Plymouth Center for Active Living can be seen on the Plymouth government channel:
Mondays & Fridays at 8am, Noon, & 5:30pm / Tuesdays & Thursdays at Noon/*

Wednesdays at 8am & 5:30pm

**Programs subject to change*

Virtual Programs

Massachusetts Councils on Aging (MCOA) recently debuted its cooking and nutrition series for older adults on their YouTube channel! MCOA is offering a year of **free** monthly nutrition education and cooking videos. Each segment will highlight a nutrition theme, recipe demonstration and overall 'edutainment' for older adults in Massachusetts. Videos can be viewed on their YouTube channel, and are also linked through their website:

www.mcoaonline.com



South Shore Health

Hospice of the South Shore is now offering online grief workshops and bereavement support groups for those dealing with the loss of a loved one. **These programs are free, however registration is required.**

- *"Bereavement Support Group for Survivors of Loss"*. This is a free 8-week bereavement support group for all survivors of death loss.

Wednesdays, February 3 to March 24 5:30 - 7:00 PM

- *"Bereavement Support Group for Survivors of Child Loss"* 8-week support group. Participants of all ages are welcome who have experienced the death of a child.

Thursdays, February 4 to March 25 12:00 - 1:30 PM

- *"Grief During COVID-19: A Workshop"*. This is open to anyone who has experienced the death of someone they love and is coping with grief during the COVID-19 pandemic. *Note: the loss of the loved one can be from a cause other than COVID-19.*

• **Tuesday, Feb 9 5:00 - 6:30 PM**

To register, contact Daniel S. Brown, LCSW, Bereavement Coordinator at (781) 624-7046 or Dbrown3@southshorehealth.org

Monthly Memory Corner

Continental Valentine By Janine M. Boutin



Sonya left the little country town where she grew up and went on a journey that would take her to another continent. She always wanted to travel and looked forward to joining her cousin's family. She lived with them in different states and eventually they all moved to Massachusetts. She quickly got a job at a local sandwich shop to support herself. She felt very fortunate to have her green card and was glad to have the opportunity to earn money and improve her English.

Gary was born locally, his family moved to the area from out of state many years earlier and were very well-liked in the community. Gary was a regular customer at the sandwich shop since before Sonya started working there. The attraction was immediate, and he asked her out the very first time he saw her. They quickly started spending time together and enjoying each other's company.

Gary was also a musician and Sonya loved dancing, so you could say it was a match made in heaven. Many of the restaurants had small dance floors, so they could dance almost any time they wanted. And they sure had fun together, every step of the way to their wedding a year later.

Sonya's journey had taken her from the shores on one continent to the shores of another where she found her Valentine.

Want to chat with Jess face to face? Contact Jess at kcoalivinglegacy@gmail.com, or at (978) 254-0870, and ask about scheduling a time to speak via Zoom! All conversations with Jess are confidential, and your stories will be published as anonymous.



Become a member of the Friends of the COA!

Complete this form and mail to:

Friends of the Kingston COA

**30 Evergreen Street
Kingston, MA 02364**



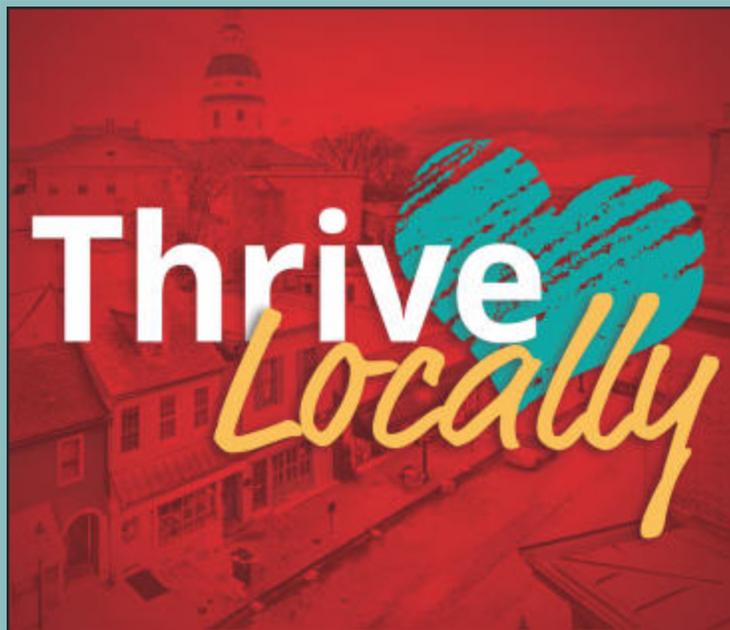
Member: \$10 or \$15 per year
for 2 persons at the same address

Name: _____

Address: _____

Phone: _____

Birthday: _____



➤ Reach the Senior Market
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CONTACT

Karen Fontaine to place an ad today!
kfontaine@lpieniors.com or (800) 477-4574 x6350

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With spacious apartments and stunning common areas for dining and wellness activities, you'll find everything you need — and want — for a winter retreat.

24-Hour Support Staff/Emergency Response | Concierge Services, Including Scheduled Transportation

Three Chef-Prepared Meals Daily | Cultural, Educational and Social Events

Call or email Silver Lake to schedule a tour
781.336.5220 or ldelaney@wingatehealthcare.com

21 Chipman Way, Kingston, MA 02364 | 781.585.4101 | WingateHealthcare.com

Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364

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COA Advisory Board Members:

Joseph Favaloro (Chair)
Joan Hutchison (Vice Chair)
Mary Hayes (Secretary)
Maureen Elwood (Member)
Wes Meiggs (Member)
Cathy Starr (Member)
Austin Sennett (Member)

*The next meeting will be held on Tuesday, February
9 at 11:30 am via Zoom
Meeting ID: 966 9437 2281 Passcode: 053483*



Welcome new COA Advisory Board member, Austin Sennett!

Austin is a Kingston resident, and has been a volunteer medical driver with the COA since 2016 and delivers Meals on Wheels 2 days a week and substitutes when needed. We are excited to have Austin as a new addition to the board.

If you have a used laptop with Windows 7, 8, or 10 that you no longer use, consider donating it to the KCOA! We will send it off to our partners who will refurbish it and pass it on to a deserving Kingston senior. Call the Senior Center at (781) 585-0511 to make arrangements for drop off. **NO WALK-INS** at this time.



Director of Elder Affairs

Paula Rossi-Clapp Ext 6041

Community Outreach

Darlene Regan Ext 6044

Media & Marketing

Holly Nighelli Ext 6047

Programs & Activities

Brenda Fitzgerald Ext 6042

Office & Transportation

Joanne Caratelli Ext 6040

Kitchen Ext 6046

COA - Joyce Santos

OCES - Donna Heney

Van Drivers - Joe Barkas and John Coombs

Welcome Desk Ext. 6045

Betty Sanderson

Dolores Sprague

Contact Us

Phone: (781) 585-0511

Business Hours

Monday 8:30 am - 4:30 pm
Tuesday 8:30 am - 7:30 pm
Wednesday 8:30 am - 4:30 pm
Thursday 8:30 am - 4:30 pm
Friday 8:00 am - 12:00 pm

Monetary check donations to the Council on Aging Gift Fund should be made out to **Kingston Council on Aging**

www.kingstonmass.org