



KINGSTON SENIOR CENTER

THE ANCHOR

MONTHLY MAGAZINE | March 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.ourseniorcenter.com and
 search for

Kingston Council on Aging



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 the newsletter online simply by
 entering your name and email
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The Senior Center Building is closed to the public and group meetings unless by appointment until further notice. We continue to conduct outreach work, and operate Grab & Go programs.

If you are over the age of 75 and wish to receive the COVID-19 vaccine, please contact the Council on Aging at (781) 585-0511 Monday through Thursday from 8:30 am to 4:30 pm and Friday from 8:00 am until noon. COA staff will place your name on a list and you will be notified when a clinic is available. Please be prepared to provide your name, address, phone number, date of birth and an email address. Again, by providing this information, you are not making a vaccination appointment, you are being **placed on a list to receive a call back** when a vaccination site becomes available in Kingston.

As a reminder, if individuals ages 75 and older cannot use or have difficulty accessing the internet to book an appointment online, they may call **2-1-1** (877-211-6277) Monday through Friday from 8:30 am to 5:00 pm and speak with a representative who can assist in the booking of an appointment.



Mass vaccination sites are available in various parts of the state, and appointments are added on a weekly basis. Although these sites may not be in your town, they are safe, easy, and age friendly. These sites strive to provide an experience without long lines or long wait times, allow one person to accompany you to the appointment if you need assistance, and some offer handicapped parking with wheelchairs available to use on-site.

The VA is offering vaccination appointments to Veterans who are enrolled in VA Healthcare. Veterans should contact the Kingston Veteran's office at 781-585-0515.

We will continue to update our residents on the vaccination roll out as more information becomes available. Please continue to check the Kingston Board of Health webpage on the town's website: www.kingstonmass.org and our Facebook page for announcements. We encourage you to contact your doctor for potential appointments and log onto Mass.Gov for the latest news on COVID vaccines.

Bag & Go!



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 12 –1 pm. Items will vary from week to week, and distribution will occur on a first come, first served basis until supplies run out.

Thursday Boxed Lunches



In partnership with Old Colony Elder Services (OCES), the KCOAging will begin offering box lunches on **Thursdays from 11-12pm**. This program will be offered to Kingston seniors for a suggested donation of \$2.50. 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. **Call Brenda Fitzgerald at (781) 831-6042** to reserve! Menus are available upon request.



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Janice M. Frates - Funeral Dir.

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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)

Buyer beware: That merchandise you are looking to purchase in commemoration of the inauguration of President Joe Biden might be fake. The Better Business Bureau (BBB) is warning about gear tied to the inauguration that's not authentic as well as vendors accepting payments for items that never arrive. The BBB advises purchasing inauguration merchandise directly from the official Presidential Inaugural Committee Store, and warns about buying inauguration merchandise appearing in ads on social media sites. *Source: Better Business Bureau*

It's often said that imitation is the sincerest form of flattery, but we are not flattered at all by a scam website designed to look like a Federal Trade Commission (FTC) site and steal your money.

The imposter calls itself the US Trading Commission and uses the FTC's seal and address. It claims it operates a "personal data protection fund" to compensate people whose personal information has been exposed on the web. The site says you can "instantly receive" a cash payment by clicking on some links and giving the site your personal data and bank account or electronic wallet information. Of course, if you do that, your money will be gone, you may download malware onto your device, and scammers can misuse your personal information to steal your identity.

The site pops up as a YouTube link and has used several different URLs. It promises that payment "is available to residents of all countries of the world." People as far away as Russia, Ukraine, Belarus, Kazakhstan, and Latvia have reported the site to the FTC, and several have reported losing money. *Source: Federal Trade Commission*

In continued effort to fight fraud connected to the COVID-19 pandemic, the Department of Justice, the Department of Health and Human Services, and the FTC are partnering to alert the public of emerging threats to steal money and sensitive information through contact tracing scams. Contact tracing is a process underway to identify people who have come in contact with someone who has tested positive for COVID-19, instruct them to quarantine, and monitor their symptoms. Contact tracing scams often appear in the form of text messages or telephone calls seeking money, or other sensitive information not required for authentic contact tracing. Depending on the state, a person who had contact with someone infected with COVID-19 will either get a telephone call or a text message from the health department indicating that the person will be receiving a telephone call from a specific number. State health departments will not text individuals asking them to call a telephone number or to click a link. *Source: Department of Justice, Office of Public Affairs*

Social Work Appreciation Month – Social Workers and those in the social work profession are Essential!

March is Social Work Appreciation Month. The National Association of Social Workers helps to lead this year's celebration with the theme "Social Workers Are Essential".

Social work benefits our society on the whole. Social workers are essential, as they help individuals cope with life challenges. They also strive to raise awareness of issues and serve as an advocate for others.

As one of 25 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts, Old Colony Elder Services (OCES) is a human services organization with a mission to support the independence and dignity of older adults and individuals with disabilities by providing essential information and services that promote healthy and safe living. OCES' employees, many which are licensed social workers, assist individuals who are experiencing changes or challenges related to their overall physical and mental wellness, housing or living situation, financial circumstance and more.

OCES' care managers, protective service workers, administrative staff and extensive network of providers and direct service workers also contribute to the social work profession. OCES also has hundreds of dedicated volunteers throughout their service area of 23 communities who contribute to the social work profession. OCES' Nutrition program volunteers deliver more than 44,000 nutritious meals a month to homebound older adults and individuals with disabilities. Over the past year, social isolation, food insecurity and other issues related to the COVID-19 pandemic have dramatically increased the need for home-delivered meals. The work of OCES volunteers is essential to the well-being of so many.

OCES recognizes and appreciates social workers and all who contribute to the social work profession for making a positive difference in the lives of individuals and families over the short- and long-term which will resonate for generations.

All of OCES programs remain in place and are operating during the COVID-19 pandemic. Older adults, individuals with disabilities, and caregivers who are in need of assistance, contact OCES' Information and Referral Department at 508-584-1561.

Outreach News

COVID-19 Blues and You

C-19 (aka COVID-19) has altered our lives, no doubt. We have been bombarded with negatives, and how its future impact will affect our lives forever. We cannot change the current impact but, we can cultivate positivity in our minds and gain control of our new world order.

It has been scientifically proven that focusing on the present does make people happier. Are you a daydreamer? Do you worry or overthink about issues you have no control over? Do you focus too much on social media and less on facts?

Benjamin Shapero, a Harvard University psychiatrist teamed up with psychologist and neuroscientist from Massachusetts General Hospital, and Harvard Medical School radiologist, Gaelle Desbordes, to approach “mindfulness-based meditation.” They recognized that the effects of what is tossed at our doorsteps is a direct affect of how our bodies react. For example: Redirecting our thoughts can help with certain chronic illnesses and diseases such as depression or chronic bowel syndrome. Your beliefs become your biology!

Some suggestions while the impact of C-19 hovers all of us:

- Listen to music – a sensory function
- Listen to music with a hearing impairment or visually impaired – there are various ways to experience the groove! Easterseals MA offers support with Assistive Technology:

(800) 244-2756 (voice)
(800) 564-9700 (tty)
(508) 831-9768 (fax)
email: info@eastersealsma.org
- Exercise – “dance like no one is watching”
- Exercise with limited mobility – get a tailor-made activity from your physician
- Open the window and/or walk outside and breathe the fresh air
- Spiritual Meditation works for the soul
- Work on the overdue “to do” list
- Get your finances and personal affairs in order

When you achieve a task for the day – C-19 Blues may go away. Alternative medicine at your fingertips!

Circle of Care Resources

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.
508-746-6707

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.

Did you make a nutrition or health-related New Year's Resolution for 2021? Consider trying the Mediterranean Diet to help you succeed. The Mediterranean Diet actually is not a diet. It is a way of life for people living in countries along the Mediterranean Sea; these populations are generally healthier when compared to populations living elsewhere. Take a look at the following tips provided by Oldways- a nonprofit that focuses on the "old ways" of eating-heritage-based diets high in taste, nourishment and sustainability.

8 SIMPLE STEPS FOR GOOD HEALTH

1. Eat lots of vegetables. From a simple plate of sliced tomatoes drizzled with olive oil and topped with feta cheese to stunning salads, or oven-roasted medleys--vegetables are vitally important to the fresh tastes and delicious flavors of the Mediterranean Diet. Try to fill half your plate with veggies for lunch and dinner.



2. Change the way you think about meat. If you eat meat, have smaller amounts. Add small strips of sirloin to a vegetable sauté, or garnish a dish of pasta with diced prosciutto. As a main course, try smaller portions (3 ounces or less) of chicken or lean meat.

3. Always eat breakfast. Start your day with fiber-rich foods such as fruit and whole grains that can keep you feeling full for hours. Layer granola, yogurt, and fruit, or mash half an avocado and enjoy on a slice of whole grain toast.

4. Eat seafood twice a week. Fish such as tuna, herring, salmon, and sardines are rich in heart-healthy omega-3 fatty acids, and shellfish including mussels, oysters, and clams have similar benefits for brain and heart health.



5. Cook a vegetarian meal one night a week. Build these meals around beans, whole grains, and vegetables, and heighten the flavor with fragrant herbs and spices. When one night feels comfortable, try two nights per week.

6. Use good fats. Include sources of healthy fats in daily meals, especially extra-virgin olive oil, nuts, peanuts, sunflower seeds, olives, and avocados.



7. Enjoy some dairy products. Eat Greek or plain yogurt, and try small amounts of a variety of cheeses.

8. For dessert, eat fresh fruit. Choose from a wide range of delicious fresh fruits—from fresh figs and oranges to pomegranates, grapes and apples. Instead of daily ice cream or cookies, save sweets for a special treat or celebration.

**Shared by Marcia Richards, Registered Dietician at Beth Israel Deaconess Hospital Plymouth*

Friends News March 2021



We're Back...

With hope and enthusiasm we are turning the page and celebrating the New Year. Like Alfred Lord Tennyson said "Hope smiles from the threshold of the year to come, whispering 'it will be happier'."



Lunches...

Thank you for all the positive feedback on the Thanksgiving and Christmas box lunches! We enjoyed seeing you all even if it was for just a quick ride by. A little bit of snow in December didn't deter the turnout; we supplied 150 meals for both holidays and are looking to do more! We are working on a special meal for April to welcome in Spring.

As things start to get back to "normal", we will continue to support you with funding programs, events and classes where we can. If you have any thoughts or ideas on what you would like to see, please let us know.

See you soon!

Elaine, Shelley, Chris, Mary, Fran, Margaret and Mary Ann

**Friends of the Kingston COA
30 Evergreen Street
Kingston, MA 02364**

March Meals on Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe on a whole wheat bun, sweet potato tots, mixed vegetables, pineapple chunks	2 Chicken marsala over buttered noodles, broccoli flowerets, whole wheat roll, brownie cookie	3 Cheddar cheese omelet, home fries w/ peppers & onions, croissant, yogurt, orange juice	4 Pork Lo Mein w/ vegetables, Asian veggie blend, cracked wheat bread, fig bar	5 Potato crunch pollock, potato wedges, California veggie blend, rye bread, Lorna Doones
8 Beef stew with winter vegetables, fresh apples, and a buttermilk biscuit 	9 Chicken meatballs w/ Italian sauce over pasta, Italian veggie blend, garlic roll, yogurt	10 Salmon w/ lemon Dijon sauce, oven roasted potatoes, spinach, pumpernickel bread, cinnamon apples	11 BBQ pork patty on a whole wheat bun, home fries, fiesta vegetables, fruit crunch bar, 	12 Italian pot roast, garlic mashed potatoes, green peas, multigrain bread, fresh pear
15 Chili with ground beef, brown rice, California vegetables, corn muffins, fresh orange	16 Chicken scallopini over rotini pasta, zucchini & tomatoes, scala bread, chocolate cookie 	17 Corned beef & cabbage, parslid potatoes, carrots, wheat bread, oatmeal chocolate bar	18 Turkey tetrazzini, green beans, rye bread, hot caramelized pears	19 Baked pollock w/ lemon dill sauce, brown rice w/ orzo, broccoli & carrots, whole wheat roll, fresh apple
22 Lasagna w/ meat sauce, Italian green beans, scala bread, hot cinnamon peaches	23 Grilled chicken w/ valdostano sauce, baked potato half, broccoli flowerets, whole wheat roll, fresh orange	24 Fish stew, white rice, Italian vegetables, multigrain bread, lemon square 	25 Roast pork w/ apple cider gravy, roasted sweet potatoes, jardiniere vegetables, pumpernickel bread, oatmeal raisin cookie	26 Chicken cacciatore over rotini pasta, cauliflower w/ red peppers, garlic roll, fresh pear
29 Salisbury steak w/ gravy, mashed sweet potatoes, green beans, oatmeal bread, fresh pear	30 Hot dog on a bun, baked beans, peas & carrots, pineapple chunks	31 Herbed chicken breast w/ gravy, mashed potatoes, roasted butternut squash and apples, snowflake roll, peanut butter cookie		

March 2021

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You have questions, come see us, we have answers!

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March Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 1:00 Shake Your Soul (virtual program) 3:45 Grab and Go Supper: Shepherds Pie, Salad & Croutons, Chocolate Chip Square	3 12:00 - 1:00 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: Tuna Roll, Pickles, Potato Chips, Cole Slaw, Butterscotch Pudding	10 12:00 - 1:00 Bag & Go	11 11:00 - 12:00 Boxed Lunch pick up	12 Don't forget to spring ahead this weekend! 
15	16 1:00 Shake Your Soul (virtual program) 3:45 Grab and Go Supper: St. Patrick's Day Special: Ham, Mashed Potatoes, Peas, Pistachio Cake	17 12:00 - 1:00 Bag & Go Happy St. Patrick's Day! 	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: Turkey Tetrazini Pasta Casserole, Garden Salad, Lemon Square	24 12:00 - 1:00 Bag & Go	25 11:00 - 12:00 Boxed Lunch pick up	26
29	30 1:00 Shake Your Soul (virtual program) 3:45 Grab and Go Supper: Vegetable Beef Soup, Cheese Muffin, Fruit Cup, Tapioca Pudding	31 12:00 - 1:00 Bag & Go		

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*

Jewish Family & Children's Service (JF&CS) is offering **FREE**, exciting new online programming as part of their Services for Older Adults.

These interactive, fun and thoughtful programs will meet three consecutive **Tuesdays a month from 10:30 AM to 11:30 AM starting March 9th** by Zoom. Registration is encouraged but not required. To register, visit www.jfcsboston.org. For more information, please contact Mary Curlew at mcurlaw@jfcsboston.org.

Potluck: *Second Tuesday of each month at 10:30 AM.* Potluck gatherings offer a little something for everyone! One month, we may participate in a workshop on writing your story, another might focus on the history of vaudeville. At least one workshop will feature food, cooking and sharing your favorite Potluck recipe! Whatever the topic, each month will be led by a guest artist / facilitator and offer time for connection, reminiscing, and trying out what we've learned. There will be plenty of "leftovers" to try at home.

Jukebox Memories: *Third Tuesday of each Month at 10:30 AM.* We invite you to connect with others through shared musical experiences in our workshop series Jukebox Memories. Besides being fun and relaxing, music is also healing! Our workshops will offer different opportunities ranging from quiet listening to taking part in music activities together. Each workshop will have a unique feature, including sing-alongs, games such as "name that tune," storytelling through music, and much more.

Spirited Aging: *Fourth Tuesday of each month at 10:30 AM.* The Spirited Aging program invites participants to explore together how we understand and find meaning and purpose in the experience of growing older – the challenges, the transitions, the losses, and the joys. This interactive conversation will include how we might turn to music as a resource in our lives, as well as practices to foster wellbeing.



Almost a nun

By Jessica Hannon



When my grandmother was young girl in the late 1800's, she wanted nothing more than to be a nun. She attended the convent, completed the entire program, and did anything she had to do so that she could fulfill her goal. She was so happy to be following the path she chose for herself. The very last thing she had to do was to purchase her habit, the official garments worn, and go through the ceremony. Of course, she was thrilled and couldn't wait until the day arrived.

Her mother, however, never wanted her to become a nun. When it came time to pay for the habit, her mother, my great grandmother, refused to pay for it. My grandmother was crushed by this because she had no money of her own to buy the habit for herself. This was all she wanted in the world and it was just out of her reach because of this. My grandmother reluctantly left the convent. Shortly after, she wound up getting married. In the end, she had ten wonderful children and many grandchildren, of which I was one. So, although it was her dream, if my great-grandmother had paid for the nun's habit, enabling my grandmother to join the convent, I wouldn't even be here!

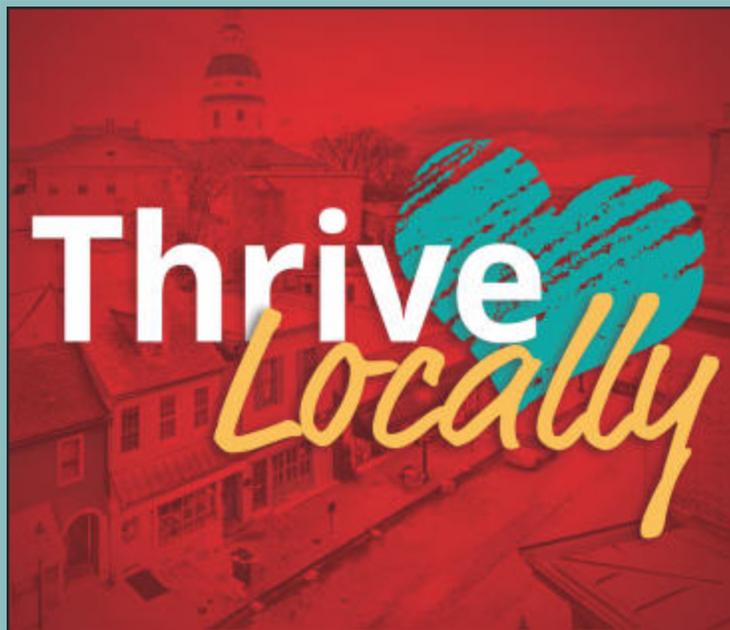
Contact Jess at kcoalivinglegacy@gmail.com, or at (978) 254-0870, and ask about scheduling a time to speak via Zoom! All conversations with Jess are confidential, and your stories will be published as anonymous.

Quilting with Louise

"Things are looking up! Many of us have or will be getting the vaccine and Spring is on its way! So much to look forward to!

We are looking forward to working on something cheerful and I'm hoping to encourage the ladies to work on some "machine quilting". Once a quilt top is completed; the next step is to sandwich it with the batting and backing; then machine quilt it with our home machines. It takes years of practice to perfect and many of us opt to have our quilts machine quilted by a professional. No matter what you're striving to do, it still holds true – practice makes perfect!"

-Louise



➤ Reach the Senior Market
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Karen Fontaine to place an ad today!
kfontaine@lpiseniors.com or (800) 477-4574 x6350

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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

RETURN SERVICE REQUESTED

PRSRSTD
US POSTAGE PAID
PLYMOUTH, MA
PERMIT NO.80

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, March 9
at 11:30 am via Zoom*

Meeting ID: 966 9437 2281 Passcode: 053483

Kingston Public Library Presents: Trusts, Wills, and Estate Planning

March 8 | 6– 7:30 PM | Online Program

Sean Hagan will provide advice and answer your questions.

This is a free program, however registration is required. A Zoom link will be sent in a confirmation email upon registration. To register, go to KingstonPublicLibrary.org, or contact Al Ealy at 781-585-0517 x6279

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