



KINGSTON SENIOR CENTER

THE ANCHOR



MONTHLY MAGAZINE | April 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/](https://www.facebook.com/KingstonCouncilonAging)

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To view our newsletter online, visit:
www.ourseiorcenter.com and
search for

Kingston Council on Aging



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the newsletter online simply by
entering your name and email
address!



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.



DURING THE MONTH OF FEBRUARY, WE HELD WEEKLY PHOTO CONTESTS WITH DIFFERENT THEMES EACH WEEK. CONGRATULATIONS TO OUR WINNERS, WHO EACH RECEIVED A STOP AND SHOP GIFT CARD! THANK YOU TO ALL THOSE WHO ENTERED THEIR PHOTOS!



Week 1: Nature
Winner: Tom Bolus



Week 2: Animals/Pets
Winner: Jan B



Week 3: Happiness
Winner: Louise Wilson

**STAY TUNED FOR
MORE INFORMATION
ON ADDITIONAL
PHOTO CONTESTS!**



Week 4: Travel/Favorite Place
Winner: Kathy Lansing

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 KCOA 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.





SHEPHERD

Funeral & Cremation Service

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

shepherdfuneral@aol.com

Kingston • Carver

781.585.4453
fax 781.206.2625

www.shepherdfuneralhome.com

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669 State Rd., Plymouth M.Lic #8563

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For Appointment Times

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Short Term Rehab
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Speech Therapy
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www.banecare.com

OCES Providing services to the community since 1974

508-584-1561 info@ocesma.org www.ocesma.org
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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)

Winter often brings the blues, but when it brings Arctic blasts, burst pipes, power outages, and even icicles indoors, scammers aren't far behind with weather-related scams.

Scammers might pose as your utility company. They might call to say that they are sorry but you overpaid and offer a reimbursement, but first they need your bank account information. They might email you to say that there's an error in their system, and you must give them personal information so they can turn your gas on again. They could even threaten to shut off your utilities shut off if you don't send them money immediately. But those are all lies.

If you get one of these calls, texts, or emails, here are some things you can do:

- If you get a call, just hang up. Never call a number left in a voicemail, text, or email. Instead, if you are worried, contact the utility company directly using the number on your bill or on the company's website and verify if the message came from them.
- If you get a call out of the blue and the caller claims you must pay a past due bill or your services will be shut off, never give banking information over the phone. To pay your bill over the phone, always call a number that you know is legitimate.
- Utility companies do not demand payment information by email, text, or phone. And they do not force you to pay by phone as your *only* option.
- If the caller tells you to pay by gift card, cash reload card, money transfer, or cryptocurrency, it is a scam.



Source: Federal Trade Commission

It is income tax time and scammers are trying to take advantage of this, If you get a call or email from someone who claims to work for the IRS and states your return was not clear and they need another copy, this is a scam. They will request you email or send a copy to them at an address which is not the IRS. If you send this information, the scammer will have all the information they need to cause you serious financial harm. **The IRS will never contact you by phone or email for information.**

Source: Internal Revenue Service

Supporting At Home Caregivers and their loved ones in the time of COVID-19



Are you presently providing care for someone you live with who has medical, physical or other needs that require daily support and supervision to be safe in their environment and have their needs met?

The Adult Family Care (AFC) Program supports individuals who can no longer live alone safely and need assistance with bathing, dressing, toileting, eating, transferring or ambulating. Often times, additional support is needed with medication management, transportation to medical appointments and quality of life activities such as shopping, banking, socialization and companionship.

In the OCES AFC Program, monthly support is provided by a multidisciplinary team comprised of an OCES Care Manager and Registered Nurse who work in collaboration with the individual's Caregiver and Primary Care Physician. This collaboration ensures that the individual's needs are being met medically, physically, emotionally and socially. Along with monthly support, you also have access to a 24 hour emergency cell phone number to report any medical emergencies or receive support when you are unsure of what to do in a situation.

To qualify, a loved one must have Primary Care Physician approval, be receiving Mass Health Benefits and live with their Caregiver, among other requirements set forth by Mass Health. Caregivers must also meet specific requirements and these are all reviewed and discussed during a comprehensive assessment process. This process allows all involved to ask questions to ensure they are comfortable and understanding of the program and its requirements. This past year has been difficult for so many reasons. Many families have had to combine households due to job loss, change in incomes, as well as combat isolation of elders and others that cannot get out. This program provides support to families who are living together and caring for one another. Currently Mass Health has enabled telehealth options along with safe state guidelines for socially distant approved interactions. Your health and that of your family is a priority for everyone at OCES AFC program.

For additional information on how this program could benefit you and your loved one and to discuss qualifications- Please contact OCES by calling 508-584-1561 and ask to speak with someone in the AFC Program today.

Who Will Care For Me As I Age?

Aging is never discussed when things are going well. Some may never experience chronic illness or disease during their life cycle, but when we do, *are we prepared for who will care for us?*

We may not want to think about aging but, it is part of life. We plan for our children's education and yet we tend to ignore a plan for aging. Why then do we choose to wait when a situation happens? Is it because of our inability to adapt to change while aging (aka DENIAL)?

According to Chang, Decker and Scott, clinical practitioners in the area of social work and psychology, "viewing challenges, experienced by individuals and families, can be a way to either build resilience and/or strength or it can create dissolution of the family unit." An example: Deciding if nursing home placement versus coordinated care while at home best fits your beliefs and financial structure. A question some ask "*who will care for me as I age?*"

Stressors of family dynamics vary from household to household, and the real "game changer" is when we see changes in one's inability to care for themselves. Adults are living more into their eighties. Added stressors for their children make it even more difficult to manage a crisis for their loved ones.

Four considerations to think about:

1. ***Aging is not a toothache; it will not go away!*** Talk with your spouse and include the immediate family if possible. Or talk with an elder specialist to help with options, not to commit but, to be a "hunter and gatherer" of information.
2. ***Who will care for you me as we age?*** As we age, the aim is to retain our independence and to understand that it will be ok to accept help when needed. Heathy choices will keep you independent! Choose an agency or person who can coordinate your care while at home.
3. ***No one wants to a burden to their children, neighbor or friend(s).*** There are many services out there to deliver meals or monitor our medications, accept the latest technology – it will help keep you at home.
4. ***Lastly, long-term services and supports can drain financial security.*** In some cases, individuals/families will need to reach out to Medicaid programs for help. Having choices while we are well can allow for continued health.



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.

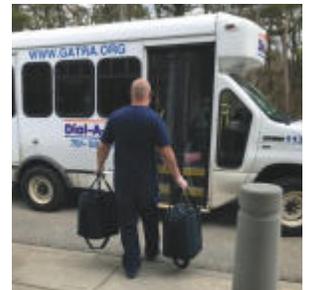
April is National Volunteer Month!

According to Oxford Languages, a Volunteer is a person who freely offers to take part in an enterprise or undertake a task. At the Kingston Council On Aging, we are fortunate to have a dedicated group of volunteers who help us in a wide variety of ways throughout the year. We are so appreciative of their hard work and willingness to undertake tasks that benefit countless members of our community.



Kitchen helpers assist with the preparation and distribution of hundreds of meals each month. This past year, the COVID-19 pandemic halted all in-person dining, and our kitchen staff quickly pivoted to a Grab and Go meal program to continue feeding the community. Each nutritious meal is made in the COA kitchen with fresh ingredients and served to Kingston seniors in a no contact manner outside of the COA building on Tuesday afternoons. Every week, the kitchen staff preps, cooks, and packages over 70 meals which can take up to 10-11 hours over two days.

Although most of our Grab and Go meals are picked up by seniors in Kingston, some of our homebound seniors rely on deliveries to their doorstep. Our volunteer Meals on Wheels drivers play an important role in getting food to the tables of seniors with medical issues, transportation challenges and other mobility obstacles. We have seen a tremendous increase in the number of seniors who now rely on meal deliveries since the pandemic has inhibited their ability to go grocery shopping and dine at restaurants.



Medical transportation drivers volunteer their time to transport seniors to medical appointments both locally and as far away as Boston when patients are unable to drive themselves. Our drivers provide a safe, reliable, comfortable ride to various healthcare facilities without the worry of public transportation or parking. These rides are offered on a case-by-case basis and are currently not available due to COVID restrictions.

The Friends of the Kingston Council on Aging are a group of volunteers who provide financial assistance to the COA by sponsoring events, subsidizing fees for class instructors, selling goods at their gift shoppe, and by hosting an annual Christmas Fair. In addition to monetary support, the Friends volunteer their time and talent to a variety of events during the year including special luncheons and teas, assistance with projects, decorating for the holidays, and much more.



The KCOA Advisory Board is made up of 7 volunteer seniors who actively support COA staff with the operation of the senior center building and budget. These volunteers lend their time, talent, and invaluable advice to the Senior Center and are always looking for ways to improve and enhance services and programs offered through the Council on Aging.

Thanks to our tremendous group of volunteers, the Kingston Council on Aging continues to provide services to the aging population of Kingston. If you are interested in volunteering your time and talents to the COA, please call us at (781) 585-0511.

April Meals on Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef burgundy with buttered noodles, carrots & cauliflower, rye bread, fresh pear	2 Broiled salmon w/ honey ginger sauce, herbed brown rice, California veg. blend, wheat roll, mini cheesecake
5 BBQ riblet on a whole wheat bun, tater tots, green beans, fresh orange	6 Macaroni & cheese, Jardiniere vegetables, snack loaf, pineapple chunks 	7 Lemon pepper chicken, buttered noodles, carrot coins, cracked wheat bread, chocolate chip cookie	8 Lasagna rolls with meat sauce, Italian vegetable blend, garlic roll, hot caramelized peaches	9 Pot roast w/ gravy, mashed sweet potatoes, mixed vegetables, cracked wheat bread, fresh banana
12 Cheeseburger on a whole wheat bun, O'Brien potatoes, broccoli, fresh apple	13 Aloha chicken over white rice, Asian vegetable blend, cracked wheat bread, fig bar	14 Potato crunch pollock, sweet potato wedges, California vegetable blend, whole wheat bread, apple sauce	15 Swiss cheese omelet, home fries, spinach, snack loaf, fresh pear 	16 Roast turkey w/ gravy, mashed potatoes, cranberry sauce, peas & carrots, snowflake roll, Lorna Doones
19 PATRIOTS DAY 	20 Stuffed shells w/ meat sauce, green beans, scala bread, hot cinnamon peaches	21 Chicken a la orange, brown rice & orzo, zucchini squash, rye bread, brownie cookie	22 Beef stew, parslid potatoes, broccoli, buttermilk biscuit, fresh apple	23 Roast pork w/ apple cider gravy, baked potato half, brussels sprouts, whole wheat roll, lemon square
26 Chicken fajitas, tortillas, brown rice & beans, fiesta blend vegetables, pineapple chunks	27 Steak & cheese on a sub roll, O'Brien potatoes, peas, fresh orange	28 Unstuffed pepper casserole, green beans, scala bread, hot caramelized apples	29 Baked pollock w/ lemon dill sauce, rice pilaf w/ carrots & peas, butternut squash, pumpernickel bread, oatmeal raisin cookie	30 Homemade meatloaf w/ gravy, roasted potatoes, zucchini & tomatoes, oatmeal bread, fruit crunch bar

April 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11:00 - 12:00 Boxed Lunch pick up	2 
5	6 3:45 Grab and Go Supper: <u>Easter Dinner</u> Ham, mashed potatoes, green bean almondine, Easter dessert surprise	7 12:00 - 1:00 Bag & Go	8 11:00 - 12:00 Boxed Lunch pick up	9
12	13 11:30 COA Advisory Board Meeting (virtual) 3:45 Grab and Go Supper: Turkey salad on whole wheat bread, diced apples w/ Splenda & cinnamon, lemon pudding w/whipped cream	14 12:00 - 1:00 Bag & Go	15 11:00 - 12:00 Boxed Lunch pick up 	16
19 	20 3:45 Grab and Go Supper: American chop suey, oven roasted zucchini, garlic bread, chocolate & vanilla pudding w/ whipped cream	21 12:00 - 1:00 Bag & Go	22 11:00 - 12:00 Boxed Lunch pick up 	23
26 	27 3:45 Grab and Go Supper: Hearty corn chowder, oysterettes, corn bread, chocolate chip cookies	28 12:00 - 1:00 Bag & Go	29	30

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*

Old Colony Elder Services Healthy Living Program Presents FREE Virtual Programs

Healthy Eating on a Budget

Gain knowledge about nutrition, and how to create a healthy menu while learning about healthy food. Guests will also learn grocery shopping tips for shopping on a budget.



Thursday, April 15 1-3 p.m. Via Zoom

To register, please call Marshfield Council on Aging 781-834-5581

Fall Prevention Awareness



Learn to identify fall risks, and simple steps to prevent falls to remain independent! Guests will receive a safety checklist for your home!

Thursday, April 22 1:30 - 2:30 p.m.
Via Zoom

To register, email forand@ocesma.org

Matter of Balance

A Matter of Balance emphasizes practical strategies to reduce the fear of falling and increase activity levels through exercise to gain strength. Learn to view falls as controllable, and how to reduce fall risk factors.



Tuesdays and Thursdays, April 20 - May 20 1-3 p.m.
Via Zoom *Register by April 8

To register, call Carver Council on Aging
Connie Kelly: 508-866-4698 Ext 3

Kingston Public Library Presents: Spring Author Series



Tobey Pearl, author of
*Terror to the Wicked: America's First Trial
by Jury That Ended a War and Helped to
Form a Nation*

April 1 at 7:00 pm

Free, registration required. To register, visit the library's online calendar at www.KingstonPublicLibrary.org, or call the Library at 781-585-0517.

The ongoing author series is sponsored by the Kingston Public Library in partnership with the Kingston Council on Aging and Kingston Public Library Foundation. The series is sponsored by WATD 95.9 FM radio.

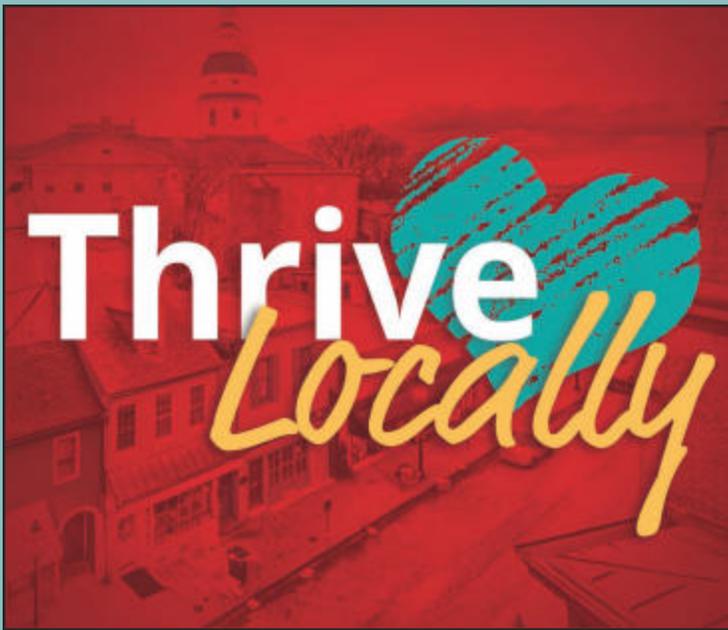
To the Dump-dump-dump! By Janine M. Boutin



Six-year-old Nancy loved going to the dump with her father. It was the highlight of her weekend. If she woke up and saw her father hooking up the big gray trailer, she hurriedly dressed and wolfed down breakfast so she wouldn't be left behind. As soon as the trailer with its tall wooden sides was loaded up, off he'd go, with Nancy right beside him, grinning from ear to ear. Back in the early sixties there were no seatbelts or car seat rules and she'd slide across the big bench seat in front every time her dad went around a corner. They sang "to the dump, to the dump, to the dump-dump-dump!" as loudly as possible!

The dump was nothing more than a big hole in the ground with cars lined up to toss their trash over the edge. It was very fragrant, and a very exciting place to Nancy. The seagulls loved the place and there were always huge groups of them on the ground. Nancy's father would head right into the middle of the biggest flock, beeping his horn, and sending them all into the air. Nancy thought it was great fun to be in the middle of all those gulls and she squealed gleefully! It felt like she was flying with them. It was worth all the stinky smells. Nancy was not allowed to get out of the car. But, if she was good, her father would stop before their house and let her ride in the trailer to the driveway. That was the best part of an exciting start to her weekend.

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.



Thrive Locally

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kfontaine@lpieniors.com or (800) 477-4574 x6350

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Other luxuries include:

- Chef-Prepared Meals — Three Meals Inclusive Daily
- 24-Hour Wellness Staff
- Complimentary Driver/Transportation
- Fitness Center
- Weekly Housekeeping
- Life Enrichment Activities

Call 781.536.7481 to find out more about our Spring incentives!

WingateHealthcare.com • 21 Chipman Way, Kingston, MA 02364



Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364

RETURN SERVICE REQUESTED

PRSRSTD
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COA Advisory Board Members:

Joseph Favalaro (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, April 13 at
11:30 am via Zoom*

Meeting ID: 966 9437 2281 Passcode: 053483

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



Become a member of the Friends of the COA!

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

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