



THE ANCHOR

MONTHLY MAGAZINE | MAY 2021



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Kingston Council on Aging
30 Evergreen Street
Kingston, MA 02364
Phone: (781) 585-0511
www.kingstonmass.org



Facebook.com/
KingstonCouncilonAging



The Kingston Council on Aging is happy to announce the Senior Center building will be open for limited programs and services beginning Monday, May 3, 2021. To celebrate the "Grand Re-Opening", Kingston residents are invited to visit the center for an informal "open house" Tuesday, May 4 through Thursday, May 6 between 10 am and 2 pm each day. Guests will have a chance to see the new safety protocols that have been put into place, updated features to the interior, meet new members of the COA staff, and familiarize themselves with the new schedule of events.

Group programs will begin the week of May 10, and masks and 6 foot social distancing will continue to be mandatory while inside the building until the Governor deems otherwise. In addition, no food or beverages will be served onsite, but attendees are welcome to bring their own beverage to drink (while still following mask protocols). Room capacities are limited to follow current state guidelines, and registration will be required to attend a program.

Some of the exercise programs that will resume at the Senior Center are: 30/30, arthritis fun & fitness, chair aerobics, chair yoga, circuit training, tai chi, tap, and a few new exercise programs will be introduced during the first week of on-site programming. Groups such as quilting, oil painting, and needlers will meet weekly, and drawing class and craft class will be offered once a month. At this time, the COA is unable to bring back card & table games, following the town's Board of Health guidelines and restrictions set in place by Governor Baker.

Each week, the Kingston COA offers three contactless food pick up options, and those will continue to operate as follows: Tuesday grab and go supper pick up at 3:45 pm, Wednesday bag & go grocery pick up from 11 am – 12 pm, and Thursday boxed lunch pick up from 11 am – 12 pm.

For more information on upcoming programs and registration details, contact Programs Coordinator Brenda Fitzgerald at (781) 831-6042.

An important note: At the time of printing, the above information is accurate and up-to-date. Schedules and re-opening procedures may change between print deadline date and newsletter delivery date.

For the most up-to-date information about the Senior Center's re-opening, please check the KCOA webpage at www.kingstonmass.org, or follow Kingston Council on Aging on Facebook.

To sign up to receive a monthly newsletter and weekly email blasts, contact Media & Marketing Coordinator, Holly Nighelli at 781-831-6047.



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www.4lpi.com/careers





Joe Knows!

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

In the last month, the COA has received two calls from seniors telling us of scams they received over the phone. Thank you for letting us know. Communicate with your friends about any bogus call and tell them to inform others. The more people that know of these scams the better, as those that are informed are less likely to be scammed. I must thank the fictional character in the TV drama *Law & Order for being one of our callers*.

Remember the **A, B, C's** we taught our kids and grandchildren? **A** was for **Apple**; **B** was for **Bird** and **C** was for **Cat**. Well, now that we are seniors, we must relearn our **A, B, C's** to avoid being scammed and defrauded. **A** is for **Always**; **B** is for **Be** and **C** is for **Careful** when answering the phone or opening an email. If you do not know who is calling let it go to voicemail and, better still, let all calls go to voicemail and you can call back the people you want to. Never give personal information to unknown individuals. Also, never open attachments from anyone you don't know and trust. Delete the email.

A popular scam at this time is one threatening to shut off your electricity because your bill is overdue. "Never pay money under the threat of an imminent shutoff coming from a voice over the phone." "In Massachusetts, a state ordered moratorium on shutoffs of utilities has been in effect since the pandemic began and is scheduled to remain in effect until at least July 1." "Utility companies don't demand payment information by email, text, or phone. And they won't force you to pay by phone as your only option. If the caller tells you to pay by gift card, cash reload card, money order, or cryptocurrency, it's a scam."

Source: *Boston Globe*

The FTC is getting reports about scammers pretending to be Drug Enforcement Administration (DEA) agents. They're trying to get your money and personal information and using alarming phone calls to do it. The DEA is alerting people to the scam. **Their message: It's not the DEA calling.** Here's what you need to know:

- The DEA will never call and ask for your SSN or other personal information. It will not ask you to pay anything, or say you are under investigation or threaten you with arrest.
- Your caller ID might show a real DEA phone number, but it's not the real DEA calling. Computers make it easy to show any number on caller ID.
- Never give your SSN to anyone who contacts you. Don't confirm the last 4 digits. And don't give a bank account or credit card number - **ever** - to anybody who contacts you asking for it.
- Anyone who tells you to wire money, pay with a gift card, or send cash or cryptocurrency is a scammer. Always. No matter who they say they are.



Celebrating Older Americans Month

May is Older Americans Month and in leading the nation's observance, the Administration for Community Living has announced the theme this year is "Communities of Strength". This month, we celebrate the strength of older adults, which has been built over time through their experiences. By sharing their knowledge and stories, older adults not only provide support to others - they inspire others.

In Massachusetts, there are more residents who are 60 years or older than there are residents younger than 20 years old.¹ Older adults are an incredible source of information and learned experiences. They are a link to our past and to history on the whole. It is to our benefit that older adults are so often willing to impart their stories of difficulties and successes along with the important lessons they have learned over the years.

Building on Strength

Connection and engagement are key in building strong communities. Our connection to older adults - parent, family member, friend, neighbor, teacher or colleague - is priceless. Whether older adults share their life-changing experiences or day-to-day stories, special recipes, car or home repair tips or insight about their profession, and more - their wisdom and connection to us helps to strengthen and better prepare us for the future.

Through their service, actions or stories, older adults continue to engage with and give back to the community. Many older adults connect with others by mentoring or through outreach with their church or another organization such as OCES.

OCES, which is one of 25 Aging Services Access Points (ASAPs) in Massachusetts, has many volunteers who generously give their time and effort to support those in need in the community. For example, with the help of over 400 nutrition program volunteers who perform many tasks, OCES serves 1,600 meals each weekday as part of its Meals on Wheels (MOW) Program. Volunteers also serve on the OCES Board of Directors, and the MMP or the RSVP Community Advisory Council as well as many other important efforts.

Making the World a Better Place

OCES recognizes and celebrates the valuable contributions of older adults and the important role they have in all of our lives. By sharing their interests, experiences and engaging with people of all ages, older adults continue to build upon the power of connection and strengthen our communities.

Source: ¹Commonwealth of Massachusetts. (2021.) *Age-Friendly Massachusetts*.

NO NEWS IS GOOD NEWS!

Andrew Saul, Commissioner of the Social Security Administration, revealed OUTREACH initiatives to help the most vulnerable populations during the COVID-19 pandemic. Various organizations, from non-profit, private sector industries to Federal, State, and local government; joined together along with Congress, to assist with the after-effects of C-19. Individuals struggling with homelessness, mental illness, and low-income can continue to engage with their local Social Security Administration Office. Either on-line at www.ssa.gov, by telephone, and in some cases by appointment. Kingston residents can contact their local SSA Office at 1-877-444-6898 or TTY: 1-781-829-9297

Hours of Operation:

Monday 9:00am - 4:00pm
 Tuesday 9:00am - 4:00pm
 Wednesday 9:00am - 12:00pm
 Thursday 9:00am - 4:00pm
 Friday 9:00am - 4:00pm
 Saturday & Sunday Closed
Closed on Federal Holidays

The effort to address current challenges is aimed to assist with Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) benefits for example. Community and Faith-Based Groups are key components to this OUTREACH CAMPAIGN. Here are some helpful links:

<https://www.ssa.gov/thirdparty/>
<https://www.ssa.gov/thirdparty/groups/vulnerable-populations.html>
<https://www.ssa.gov/thirdparty/groups/faithandcommunity.html>

Do not hesitate to contact the Kingston Council on Aging for assistance with navigating online **resources and other community support services.**

Darlene Regan, 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. 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.

Senior Trips are Back!

Bloom Tours will be offering a trip to the Newport Flower Show on Friday, June 18, 2021.

Come join us at the annual Newport Flower Show, entitled "Back in Bloom: A Floral Ballroom Fantasy". Visitors will enjoy the beauty of nature through creative displays where you will find judged floral displays.

We will enjoy lunch at the all new Atlantic Resort, overlooking the Atlantic Ocean and Newport's Easton Pond. You will have your choice of either baked stuffed scrod or sauteed chicken with tarragon cream sauce. Enjoy some free time downtown before departing for home.

\$99 per person
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Your Motorcoach Will Depart:

Independence Mall Parking Lot at 9:00 AM

Approximate Return Time is 6:00 PM

Contact Joyce Gerraughty at 508-930-3188
by June 1!

Drawing Class

Tuesday, May 11 @ 1:00 pm

Doodling and cartooning step by step beginnings. Learn basic skills for creating your own character! Free, registration required. Call Brenda at 781- 831- 6042 to register.



Quilting with Louise

"Our Tuesday quilt group was very excited to get the news that we will be able to re-start our classes Tuesday, May 11th.

We have so much to catch up on - work we've done at home to share and new projects to discuss.

*It's a great start for us and our Community!"
-Louise*



New Fitness Classes!

Drums Alive®

Fridays at 10:30 am

Begins: May 14 Cost: \$5



Drums Alive® is an innovative evidence based program for the mind and body. The goal is to improve lives physically, psychologically and socially through a unique sensory motor drumming program involving drumsticks, an exercise ball and music.



Chair Yoga

Thursdays at 10 am

Begins: May 20 Cost: \$5

Chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration and strength, and reduce stress and joint strain. All levels are



Contact Brenda Fitzgerald at
781-831-6042 to register!

Importance of Movement



Tuesday, May 18 at 3:00 pm

Amy Strain, clinical home health specialist from Kindred at Home will host a program on the importance of movement. During the pandemic, many of us became suddenly sedentary. Joints have stiffened, muscle loss has happened, unsteadiness due to inactivity. We will discuss the SAFE return to moving your body using gentle stretching and light exercises. Engaging a home health agency for physical therapy if you are feeling very unsteady or having falls will be discussed.

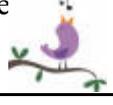
Free, registration required.
Contact Brenda Fitzgerald at 781-831-6042
to reserve your spot!

Craft Class—Tuesday, May 25 at 1:00 pm

Join us to make paper flowers!
All supplies are provided.

Free, registration is required.
Call Brenda at 781-831-6042 to register.

May Meals on Wheels Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sloppy Joe on a whole wheat bun, potato wedges, fiesta blend vegetables, chocolate oatmeal brownie 	4 Chicken scallopini over rotini pasta, Italian blend vegetables, scala bread, fresh orange	5 Fish sticks, home fries, broccoli spears, tartar sauce, whole wheat roll, peanut butter cookie	6 Pork Lo Mein, Asian vegetable blend, whole wheat bread, hot caramelized apples	7 Tuna salad on a mini Kaiser roll, spinach salad, tri-color pasta salad, fresh banana 
10 Chicken cordon bleu, rice pilaf, Scandinavian vegetable blend, snowflake roll, mini cheesecake	11 Swedish meatballs over buttered noodles, mixed vegetables, cracked wheat bread, hot cinnamon pears	12 BBQ chicken, mashed sweet potatoes, green beans, whole wheat roll, fruit cup 	13 Veal roulade, rotini pasta, California vegetable blend, garlic roll, hot cinnamon peaches	14 Homemade meatloaf w/ gravy, oven browned potatoes, peas & carrots, oatmeal bread, lemon square
17 Swiss cheese omelet, home fries, peppers & onions, snack loaf, yogurt, orange juice	18 Cranberry chicken, baked potato half, broccoli flowerets, white roll, brownie cookie 	19 Beef burgundy, buttered noodles, jardiniere vegetables, cracked wheat bread, fresh apple	20 Chicken salad on a whole wheat hamburger bun, tossed salad, macaroni salad, fruit crunch bar	21 Roast turkey w/ gravy, mashed potatoes, cranberry sauce, green beans, whole wheat roll, mixed fruit cup
24 Chicken piccata over buttered noodles, California blend vegetables, multigrain bread, fresh orange	25 Spaghetti w/ meat sauce, broccoli flowerets, scala bread, hot caramelized pears	26 Grilled salmon w/ lemon dill sauce, brown rice & orzo, zucchini & tomatoes, whole wheat roll, fig bar	27 Italian pot roast, butternut squash w/ apples, mixed vegetables, whole wheat bread, oatmeal raisin cookie	28 Hot dog on a whole wheat bun, baked beans, country style vegetables, fresh banana 
31 				

May 2021

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Busy calendar of events? Don't miss out! Be sure you are seeing clearly.

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May Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 	4 10:00 - 2:00 Open House 3:45 Grab and Go Supper: <i>Small meatball sub, macaroni salad, and a fruit cup with vanilla yogurt sauce</i>	5 10:00 - 2:00 Open House 11:00 - 12:00 Bag & Go	6 10:00 - 2:00 Open House 11:00 - 12:00 Boxed Lunch pick up	7
10 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics	11 9:00 Quilting w/ Louise 9:00 Chat Group 11:30 COA Advisory Board 1:00 Drawing Class 3:45 Grab and Go Supper: <i>Chicken cordon bleu, au gratin potatoes, peas & carrots, yellow cake w/ chocolate sauce</i> 5:30 Garden Club	12 9:00 Oil Painting 9:00 Jazz 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE	13 10:00 State Rep. Kathy LaNatra Office Hours 10:30 Tai Chi 11:00 Hearing Screening 11:00 - 12:00 Boxed Lunch pick up 1:00 BINGO	14 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive 
17 9:00 Tap 10:00 Circuit Training 10:00 Book Club 11:30 Chair Aerobics	18 9:00 Quilting w/ Louise 9:00 Chat Group 3:00 Presentation: Importance of Movement 3:45 Grab & Go Supper: <i>Broccoli & cheese quiche served with a tossed salad, and lemon pudding</i>	19 9:00 Oil Painting 9:00 Jazz 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 	20 10:00 Chair Yoga 10:00 Diabetic Shoes 10:30 Tai Chi 11:00 - 12:00 Boxed Lunch pick up	21 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
24 9:00 Tap 10:00 Circuit Training 11:30 Chair Aerobics	25 9:00 Quilting w/ Louise 9:00 Chat Group 3:45 Grab & Go Supper: <i>Hot dog on a roll, potato salad, watermelon slice, and strawberry pie</i> 1:00 Craft Class	26 9:00 Oil Painting 9:00 Jazz 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE	27 10:00 Chair Yoga 10:30 Tai Chi 11:00 - 12:00 Boxed Lunch pick up 11:00 Attorney Services	28 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
31 	<p style="color: green; font-weight: bold;">This calendar reflects the first phase of our re-opening. Programs are currently offered to Kingston Residents only.</p> <p style="color: green; font-weight: bold;"><i>*Events schedule is subject to change from month to month.</i></p> <p style="color: green; font-weight: bold;"><i>*Grab and Go supper menus are subject to change without notice.</i></p> <p style="color: green; font-weight: bold;">Please call Programs and Services Coordinator, Brenda Fitzgerald at 781-831-6042 with any questions regarding scheduled activities.</p>			

Fitness Schedule at the KCOA

30/30 \$5	This class incorporates 30 minutes of aerobics with 30 minutes of strength training. Benefits of this class include increased strength and flexibility. WEDNESDAYS @ 10 am
Arthritis Fun & Fitness \$5	This class will focus on strength, balance, coordination, range of motion, breathing and relaxation. Class workouts are designed to improve joint mobility, muscle strength and endurance-making activities of daily living easier. FRIDAYS @ 9:30 am
Chair Aerobics \$5	This class will teach you exercises designed to improve muscle toning and balance that are performed in and around the chair to motivational music. MONDAYS @ 11:30 am
 Chair Yoga \$5	Chair yoga is a gentle form of yoga that can be done while sitting, or using a chair for support. It can improve your flexibility, concentration and strength, while boosting your mood, allowing for better sleep, and reducing stress and joint strain. All are welcome! THURSDAYS @ 10 am
Circuit Training \$5	Circuit training uses resistance and cardio training to improve endurance and build strength. Circuit training has all the metabolism and mood boosting benefits of standard resistance training but at a faster pace. MONDAYS @ 10 am
 Drums Alive® \$5	Drums Alive® is an innovative evidence based program for the mind and body involving drumsticks, an exercise ball and music. FRIDAYS @ 10:30 am
Jazz \$5	Jazz & Stretch is low-impact exercises that strengthen the muscles without being too stressful on the body. Techniques can be modified to provide a safe workout for all . WEDNESDAYS @ 9 am
Tai Chi \$5	Known as “meditation in motion”, some of Tai Chi’s many benefits are improved flexibility, strength, and balance. Tai Chi is easily adapted for all abilities, so give it a try! THURSDAYS @ 10:30 am
Tap Dance \$5	Get your toes tapping and check out the many fitness benefits you can enjoy by adding tap dancing to your exercise routine! MONDAYS @ 9 am

Workshops & Clubs



Third Monday: Book Club - 10:00 am

Tuesdays: Quilting with Louise - 9:00 am



Chat group on the porch - 9:00 am

Wednesdays: Oil Painting - 9:00 am

Fridays: Needlers - 9:30 am

Drawing Class: 2nd Tuesday of each month

Craft class: 4th Tuesday of each month

BINGO: 2nd Thursday of each month



Virtual Programs

HEALTHY LIVING PROGRAM PRESENTS Diabetes Self-Management



- Learn how to manage daily challenges
- Manage tasks with weekly action plan
- Learn to focus on physical activity
- Learn healthy eating habits and menu planning

MAY 19 - JUNE 30
WEEKLY ON WEDNESDAYS
FROM 1- 3:30 PM
VIA ZOOM
Register by May 6



To register, call Karen Peterson at (781) 624-7415 or email kpeterson@southshorehealth.org

Monthly Memory Corner

Hello all!



I hope that everybody is doing well and continuing to stay safe during this crazy and hectic time. It's been quite a while since I have seen you all in person. I miss being able to come to the center but I look forward to the time when we are able to meet in person again!

In the meantime, I have been still working on and enjoying the stories I collected earlier. I have also been enjoying being able to have our stories in the monthly newsletter and I am eager to hear more! With that being said, I am still looking for anyone who wants to share stories with me. Since summer is approaching, and September right behind it, does anybody have any school or summer memories? First day of school, last day, prom? How about the summertime? Family vacations, beach trips, etc. Of course, you are not limited to just those, tell me any story you'd like!

If you would like to share a memory with me, please email me at kcoalivinglegacy@gmail.com. I look forward to seeing everyone again in the near future!

-Jess Hannon



The SHINE Program is recruiting Volunteers for Counselor Certification Training!

SHINE (Serving the Health Insurance Needs of Everyone) Counselors assist Medicare beneficiaries with understanding their Medicare costs, benefits, and options. We also screen for public benefit programs that can help reduce costs for low income households. SHINE Counseling is confidential, unbiased, and free! Counselors traditionally work within COAs and other human service organizations however, this past year we have learned how well our services can be delivered remotely.

Like so many others, our program continues to evolve to suit a wide variety of needs and circumstances and we are always looking for new candidates to add to our ranks! The next certification training will begin in May!

For more information about this opportunity and the training process, contact SHINE Program Regional Director, Christie Rexford at the Middleboro Council on Aging at (800) 231-1155 or shine.rexford@gmail.com.



FUEL ASSISTANCE EXTENSION



The Commonwealth has increased the benefit limit for the 2020-2021 Low-Income Home Energy Assistance Program (a.k.a Fuel Assistance Program) season. The deadline to submit pre-applications and pending verifications has been extended from April 30, 2021 to May 28, 2021.

Please reference important information about the extension:

- New applicants can now apply online at www.sscac.org in the Fuel Assistance portal *including* uploading required documents.
- Anyone who did not receive an application in the mail and may qualify is encouraged to apply by calling a South Shore Community Action Council intake representative at 508-746-6707 (toll free 877-383-5243)
- Kingston residents can also call the Kingston Council on Aging, a volunteer sight for additional details and application assistance at 781-831-6044.

[SEE THE COA PAGE ON THE TOWN OF KINGSTON WEBSITE FOR DETAILS AND ELIGIBILITY GUIDELINES](#)


Duxbury House
At The Village
MEMORY CARE RESIDENCE

Duxbury's Home
for
Memory Care Assisted Living
CALL 781-694-2205 TODAY FOR A TOUR.



298 Kingstown Way
Duxbury, MA 02332
DuxburyHouse.com



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kfontaine@4LPi.com or (800) 477-4574 x6350

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Joan Hutchison (Vice Chair)
Mary Hayes (Secretary)

Members: Maureen Elwood, Wes Meiggs,
Caty Starr, Austin Sennett

*The next meeting will be held on Tuesday, May 10 at
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Meeting ID: 966 9437 2281 Passcode: 053483

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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

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**Please Contact Brenda Fitzgerald at
781-831-6042 if you would like to
volunteer!**