STOUGHTON COUNCIL ON AGING NEWS *The SCAN*

JUNE 2021

Stoughton Council on Aging 110 Rockland St. Stoughton, MA 02072 Tel: 781-344-8882 Fax: 781-344-4920

Free Mobile Shredding Event Tuesday, June 8, 2021, 10AM-1PM

Stoughton Council on Aging, 110 Rockland Street, Stoughton, MA
Safeguard your identity with Mobile Shredding sponsored by District Attorney Michael Morrissey. All are welcome to safely dispose of sensitive and personal documents to further protect themselves from identity theft and fraud. You can watch the shredding of your documents through a screen or just stay in your car. There is no limit to what you can bring and no need to remove paperclips, elastics, or staples.

Massachusetts Designates Juneteenth As A State Holiday

Juneteenth is an annual observance on June 19 to remember when Union soldiers enforced the Emancipation Proclamation and freed all remaining slaves in Texas on June 19, 1865. This day is an opportunity for people to celebrate freedom and equal rights in the United States.
The Town of Stoughton is observing this holiday on Friday, June 18, 2021.
The Stoughton MA COA/Senior Center will be closed.

Welcome Back Luncheon #2 Sponsored by Rosie Sampson of BrightView Senior Living Canton and Old Colony Elder Services Dollar Store Menu Planning Program
At the Stoughton MA COA/Senior Center on Tuesday, June 22, 2021 at 11:00AM

Join us for our 2nd luncheon held inside and sponsored by
Rosie Sampson of Brightview Senior Living in Canton.
Armindo Rocha, Volunteer Program Manager at OCES will present their Menu Planning Program.
Seating is limited/Names will be drawn. Call Carolyn at 781-344-8882 Ext. 9510 to sign up or email cturner@stoughton-ma.gov. **SRO.**

BRIGHTVIEW SENIOR LIVING CANTON

Old Colony Elder Services
Providing services to the community since 1974

New & Ongoing Programs/Exercise at the COA!

Inside and Outside Exercise. We offer Tai Chi and Gentle Yoga inside and Senior Fitness and Zumba Gold outside. Call the COA for next session information.

Food Pantry St. Anthony's Free Market Delivery 2nd Thursday 12PM for seniors that don't drive. Delivery only and Stoughton Residents only. SRO

Foot Care at Your Home Maureen 617-775-6198.

Transportation for Grocery Shopping Stop & Shop in Stoughton & Shaws in Canton on Monday, Tuesday, Wednesday 7:30AM.
Call to make your reservation. SRO

Haircut at Your Home Call Julie 857-266-6721. AW

COA Library - Sign up today to visit the COA Library. Choose a book, puzzle or game to bring home. No returns yet. 781-344-8882 Ext. 9510. SRO

Notary A Notary is available by appointment. SRO

Old Colony Elderly Services Meals on Wheels
Meals on Wheels are delivered to Stoughton residents every weekday by Stoughton Council on Aging Volunteers. Call Old Colony Elder Services at 508-584-1561 to arrange for home delivery.

OUTREACH 781-344-8882 Amy Corwin Russell Ext. 9457 and Linda Rodrigues Ext. 9511 can help with Health Information, Welfare Assistance, Pharmacy Assistance, Fuel Assistance and SNAP (Food Stamps). Stoughton Residents Only. SRO

SHINE Serving Health Insurance Needs of Everyone. Help is available for those who need assistance with Health Insurance. Call 800-231-1155.

Medical Transportation Town of Stoughton COA
We provide Stoughton senior citizens and disabled residents with excellent service by our drivers and a fleet of six vehicles. We travel to towns that touch Stoughton. See Page 8 of this newsletter for more information. SRO

Walking Club Monday, Wednesday, Friday 8:00 AM. Meet at the cul-de-sac on Lowe Avenue All welcome.

Welcome Back Luncheon #2 Tuesday, June 22, 2021 at 11:00AM. Seating is limited. SRO

FOOD PANTRY'S IN STOUGHTON AND OTHER MEANS FOR FOOD

1. Isle Mark's Food Pantry
Open every Tuesday 8:30-10:30 A.M.
116 Seaver Street 781-344-2922 for **Stoughton and Sharon residents**. Bring proof of your residency (drivers license or utility bill). Pre-bagged food will be brought to your car. Pick up is accessed in the parking lot behind the First United Methodist Church.
Monetary Donations by check made payable to:
Ilse Marks Food Pantry
103 Pleasant Street
Stoughton MA 02072.

2. St. Anthony's Free Market
Open every Friday 9:30AM-12:00PM
2 Park Avenue 781-344-6390 for Stoughton residents. First time people must call Christine Gallagher at 781-344-6390 to sign up. Pre-bagged food for Stoughton residents using a drive-thru procedure.
On the 2nd Thursday of the month St. Anthony's makes up bags of food and coordinates with the Council on Aging to have food delivered to seniors (60+) and disabled residents **that do not drive** between 12PM-2:00PM. You must call the Stoughton COA every month for delivery.
Monetary Donations by check made payable to:
Immaculate Conception Parish
122 Canton St., Stoughton, MA 02072
Put St. Anthony's Free Market on the memo line.

3. Meals on Wheels Delivery OCES 508-584-1561
Microwavable meals delivered by a Stoughton COA Volunteer. The volunteer will check to make sure you or your loved one is ok.

4. Stoughton Council on Aging. If you or someone you know needs food call us. The Staff at the COA will help you with what you need. **Call Robin at 781-344-8882.**

If you need food call us no matter what. No one in Stoughton should be without food.

"Every one of us needs to show how much we care for each other and in the process care for ourselves." ***Princess Diana***

Bereavement Support

The Staff at the Stoughton COA is sorry for your loss. Our Bereavement Coordinator would be happy to speak with you. Call Teresa at 781-344-8882 Ext. 9453.

Sheehan Funeral Home Grief Support

"One day someone is going to hug you so tight. that all of your broken pieces will stick back together" - Anonymous

The cure for grief is motion.
- Elbert Hubbard

As you work through your grief, it is important to go from focusing on your thoughts to addressing your physical being. One of the best things you can do is to begin some form of light exercise as you work through these difficult days. Take a 15-20 minute walk in your neighborhood each day. If you have to get up earlier or go to bed later, make the time.

As you walk, see the children in carriages, the dogs pulling on their leashes, and all the life that still surrounds you. Moving is good for your head and your heart. You do not have to do anything radical or strenuous. Simply walk, and you will be amazed at how effective a tool it is for gradually helping you to heal and reconnect.

New programs will be coming soon as the COA Staff plans events that will keep all seniors safe.

Good things come to those who wait.

The Phantom Senior Suggests

BACKSTREET GRILLE & TAVERN Always Make Reservations

531 Pearl Street, Stoughton, MA 02072 (781) 297-0100

- *Outside Dining*
- *Raspberry Lime Rickey*
- *Complimentary Sweet Cake, Dinner Rolls and Homemade Potato Chips .*
- *Teriyaki Chicken Tenders*
- *Carne Asada Tacos and Side Salad.*

Going to Backstreet Grille is always a great experience. The staff are all very pleasant , the food is amazing and outside dining was wonderful. The quiet music in the background was so lovely that I thought it was someone playing. Enjoy!

Stoughton Council on Aging Outreach

Our Outreach Staff can help with:

- Fuel Assistance
- Health Information
- Welfare Assistance
- Pharmacy Assistance
- SNAP (Food Stamps)

If you or anyone you know is in need of a well-being check, please let us know.
We are here to help you. All calls are confidential and your privacy is most important. 781-344-8882.

Amy Corwin Russell, 781-344-8882 Ext. 9457
Medical Social Worker, LCSW

Linda Rodrigues, 781-344-8882 Ext. 9511
Bilingual (Portuguese)

Reporting Elder Abuse & Neglect

Elder abuse includes physical, sexual, and emotional abuse, caretaker neglect, financial exploitation, and self neglect.

REPORT ELDER ABUSE

1-800-922-2275

Operating 7 days a week 24 hours a day.

JUNE 2021 - STOUGHTON COA 781-344

MONDAY	TUESDAY	WEDNES
Happy Birthday to Everyone celebrating their birthday in June. JUNE 2021	1 7:30 Grocery Shopping** 9:30 Senior Fitness Outside** 2:00 Zumba Gold Outside** Zumba Gold Cable TV 9 & 28. 	7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Gentle Yoga** Go To Sleep Easier - Make your b According to a survey those who every day were more likely to get
7 7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Tai Chi** Gentle Yoga Cable TV 9 and 28. Last day to call for food pantry delivery on Thursday, June 10 781-344-8882	8 7:30 Grocery Shopping** 9:30 Senior Fitness Outside** 2:00 Zumba Gold Outside** Zumba Gold Cable TV 9 & 28 Shredding Event 10AM-1PM 	7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Gentle Yoga** Drawing with Frank Cable T Change your bed sheets eve can disrupt sleep. To cut do your sheets weekly. Replace two years and mattresses ev hygiene and comfort.
14 7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Tai Chi** Gentle Yoga Cable TV 9 & 28 Call your Mother, Grandmother, Aunt Daughter, Daughter-In-Law or Niece and say "I love you."	15 7:30 Grocery Shopping** 9:30 Senior Fitness Outside** 2:00 Zumba Gold Outside** Zumba Gold Cable TV 9 & 28 ZUMBA gold	7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Gentle Yoga** "A cup of tea solves everything."
21 7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Tai Chi** Gentle Yoga Cable TV 9 & 28 	22 7:30 Grocery Shopping ** 9:30 Senior Fitness Outside** 11:30 Welcome Back Luncheon #2 2:00 Zumba Gold Outside** Zumba Gold with Ruth Cable TV 9 & 28 SENDING HUGS Give someone a hug. It is good for your soul, and makes you feel connected.	7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Gentle Yoga** Drawing with Frank Cable T Haircut at Yo Call Julie 857-
28 7:30 Grocery Shopping** 8:00 Walking Club 10:30 Tai Chi** Last day of Session 1 Gentle Yoga Cable TV 9 & 28 Go to Castle Island and see the ocean, feel the breeze.	29 7:30 Grocery Shopping** 9:00 Senior Fitness Outside** 2:00 Zumba Gold Outside** Zumba Gold with Ruth Cable TV 9 & 28 Make plans to see fireworks!	7:30 Grocery Shopping** 8:00 Walking Club AW 10:30 Gentle Yoga** Last day Drawing with Frank Cable T Meet a friend

Do you need food?

The Stoughton Council on Aging wants you to know that if you or someone you know needs food call us.

The Staff at the COA will help you with what you need. No one in Stoughton should be without food. Call Robin at Ext. 9513.

Stoughton MA COA Website

Visit the Stoughton Council on Aging Website:

www.stoughton.org/stoughton-council-aging.

- See our Monthly Newsletter
- Meet the Staff
- Pictures of Programs, Events and Volunteers.

SDAY	THURSDAY	FRIDAY
2 bed each morning. make their bed nearly ting a good night's sleep.	3 9:30 Senior Fitness Outside** 10:30 Drawing & Painting Inside** Tai Chi with Vince Cable TV 9 & 28 If tolerable, walking immediately after meals appears to yield the most benefits.	4 8:00 Walking Club Go for a walk. with the Walking Club.
9 TV 9 & 28 ry Sunday. Allergens wn on buildup wash pillows at least every ery 10, both for	10 9:30 Senior Fitness Outside** 10:30 Drawing & Painting Inside** 12:00 Food Pantry** Tai Chi with Vince Cable TV 9 & 28 FOOD PANTRY	11 8:00 Walking Club Forgotten Girls Names Ava, Joyce, Georgia, Pamela, Hattie, Leona, Anita, Roseanne, Tabitha, Bonnie, Dorothy, Louisa, Marguerite , Betty, Etta, Odessa, Daisy, Polly, Delphine , Gloria, Dorothy, Shirley. A Rose is a Rose is a Rose"
16 	17 9:30 Senior Fitness Outside** Tai Chi with Vince Cable TV 9 & 28 Call your Son, Brother, Uncle, Dad, Grandfather And say "I Love You." 	18 8:00 Walking Club AW The Stoughton Senior Center will be closed on Friday, June 18, 2021 in observance of Juneteenth.
23 TV 9 & 28 our Home -266-6721.	24 9:30 Senior Fitness Outside** Tai Chi with Vince Cable TV 9 & 28 	25 8:00 Walking Club AW THE SHINE PROGRAM Serving the Health Insurance Needs of Everyone 1-800-231-1155 All Welcome
30 y Session 1 TV 9 & 28 for lunch!	 Count how many of these roses you can find in this newsletter. Call or email Carolyn Ext. 9510 with your guess and you will be entered in a drawing to win a bouquet of roses.	

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Email, Text & Phone Scams Targeting Seniors Can Seem Very Real!
Slow Down and Don't React! It's a Scam!

NEW SCAM: There is a problem with your Delivery/Order: You get an email or text that looks like it is from "Fedex", "UPS" or "Amazon" stating that there is an issue with delivering a package to you and it tells you that you just need to click the link or the attachment to fix the problem. You may see that the address is not yours or it is something you did not order which is concerning and seems like a problem. Sometimes the email says you have been charged for an expensive item that you know you did not order. **Stop before you click! These scammers are trying to scare you into clicking the link. Do not click on the link or attachment!** This is called a phishing scam and is a way that scammers will steal your personal and financial information.

COMMON SCAM: The email asking you to do a "favor" for your friend/relative: Do not respond! We all want to help our friends, but this is a scam. Look closely at the actual email address. The scammer often has a fake address that is similar to your friend's address. Also, the email is often written using phrasing your friend might not generally use such as "I am presently engaged and cannot respond". And remember: Companies or friends will never ask you to buy them gift cards as a payment or a favor! Don't get scammed!

NEW PHONE SCAMS: Do not press any keys on your phone if you get a call saying "your package" has been "confiscated at the border" and "you will be arrested". It is a scam. **Hang up!** Also: Your bank will not text or email you a code and then call to ask you to read them the code. This is a scammer trying to steal your bank information. Do not give any caller a code that is emailed or texted to you.

JUNE WORD SEARCH

Fathers Day

P	R	S	K	N	I	L	F	F	U	C	O	F	P
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A	E	E	S	H	H	T	O	L	R	A	C	E	N
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HERO
PARENT
WATCH
CUFF LINKS
STRONG
FATHER
JACKET
UNCLE
HAT
FISHING
PHONE
MAN CAVE
FOOTBALL
DADDY
SPORTSCAR
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For those 62+ & persons w/disabilities under 62. Info contained herein subject to change w/o notice.

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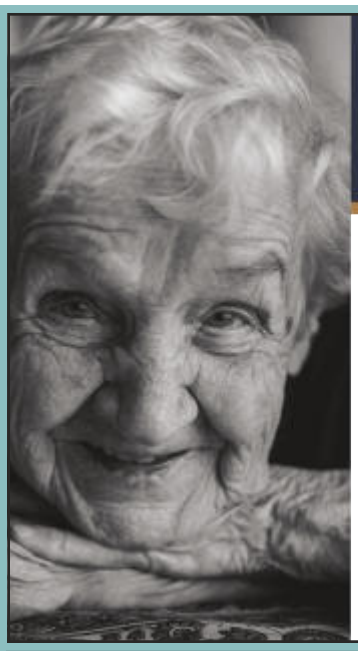

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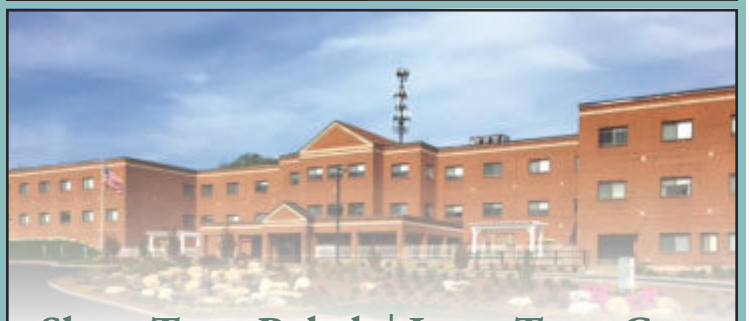

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Stoughton Council on Aging News - SCAN
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Facebook *Stoughton MA COA*

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One year subscriptions of the SCAN are available by mail. Send a check for $6 made payable to Stoughton COA, P.O. Box 582, Stoughton MA 02072.

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Phone:781-344-8882 Fax:781-344-4920
www.stoughton.org/council-aging

Janiece Bruce, Director of Human Services
jbruce@stoughton-ma.gov
781-344-8882 Ext. 9252

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Town of Stoughton Medical Transportation Service - Hours of Operation

Monday, Tuesday, Wednesday, Thursday 7:00AM - 3:00PM Friday, 8:00AM - 1:00PM
Stoughton senior citizens age 60 and over and people with disabilities are encouraged to use our Medical Transportation Service. Medical Transportation including wheelchair transport is available to Avon, Brockton, Canton, Easton, Randolph, Sharon and Stoughton. The fee for transportation is $2.50 each way. Tickets are sold 6 rides for $15 and 12 rides for $30. All passengers must have a ticket when boarding. If the fee is a financial hardship, please call Robin at the COA. All passengers must wear a mask. In the event of inclement weather we may have to cancel or delay transportation. We will send a Robo call to your phone number on file and leave a detailed message on our answering service.

We will do everything possible to keep you informed.

Transportation for Grocery Shopping

Transportation for Grocery Shopping is now offered on **Monday, Tuesday and Wednesday** mornings at 7:30AM for $2.50 each way. Seating is limited. Call early to make your reservations.

Transportation for Errands

Transportation for Errands is available as our schedule permits. Call in advance to make arrangements.

Food Pantry Delivery Delivery from the St. Anthony's Free Market on Park Avenue is available on the second Thursday of the month for Stoughton senior residents and disabled residents **that do not drive**. Call in advance to make delivery arrangements.

Stoughton Council on Aging Hours of Operation

Monday, Tuesday, Wednesday 7:00 AM to 4:00 PM
Thursday 7:00AM to 7:00PM ▪ Friday 7:00AM to 2:00PM

The Stoughton MA Senior Center is Currently Closed to the Public Until Further Notice Due to COVID-19.

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