STOUGHTON COUNCIL ON AGING NEWS *The SCAN*

November 2021

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

TRIAD Meeting & Speaker

Wednesday, November 17, 2021 at 10:30 AM
Refreshments at 9:30 AM

The Norfolk County Sheriff's Office is committed to offering a number of programs devoted to the safety and security of the county's elderly residents. Information on all of their programs will be available at the meeting. **Pre-registration is required.** AW

"Are You OK?"

The Norfolk County Sheriff's Office would like to introduce you to the "Are You OK?" Program. It is a free daily telephone program that checks on the well-being of senior citizens or people with disabilities. You will receive a daily call to ask "Are You OK?" This program allows you the comfort and security needed to maintain independence and give you piece of mind. **Call 866-900-7865**.

Stoughton Public Library Presents The Short Story Reading Group

Tuesday, November 16, 2021 at 11:00 AM

3rd Tuesday of the month at the Stoughton COA, 110 Rockland Street, Stoughton

Stoughton Public Library's Outreach Coordinator, Christine Iacobucci, will discuss this month's short story. This months selection is:

"Dear Emily Etiquette" *By Barb Goffman.*

Copies of the story are available at the senior center.
Pre-registration is required. Call 781-344-8882. ***AW***

Holiday Cookies, Coffee, Cocoa & Caroling

Monday, December 13, 2021 11:30 AM

Entertainer Jennifer Mello will join us to help celebrate the holidays. Prizes, giveaways, yummy cookies and other desserts will be served. AW

Pre-registration is required. Call 781-344-8882.

Old Colony Elder Services lunch is available before the program at 11:00 AM.

Call Stacey 781-344-8882 Ext. 9516. AW

Garden Workshop #2 Indoor Gardening AW

By Therapy Gardens in Brockton

Thursday, November 4, 2021 at 11:00 AM.

Grow all kinds of flowers and plants inside in the comfort of your own home. Learn about the types of indoor gardens, what light sources are needed, and more! Sample indoor gardens will be presented.

Pre-registration is required. Call 781-344-8882.

Drawing with Artist Frank Holub

Anyone can draw! Stop by the senior center to see Frank's beautiful art work. He will teach you how to draw beautiful pictures. Next classes are

Wednesday, November 3, 10, 17, December 1, 8, 15 at 10:30 AM. $35 Per Person AW

Pre-registration is required. Call 781-344-8882.

Crafts with Christine at the Stoughton COA

Stoughton Public Library's Outreach Coordinator, Christine Iacobucci will be at the Stoughton COA, 110 Rockland Street for these two programs. **Pre-registration is required**.

Poems & Pies

Monday, November 8 11:00 AM-12:00 PM.

Join Christine for a morning of reading, discussing and creating poems while enjoying a personalized size pie. Beverages will be served. AW

Gingerbread House Decorating

Monday, December 6, 2021 12:30 PM - 1:30 PM

$12 Decorate your own Gingerbread House. AW

Animal Winter Survival Program

Thursday, December 9, 2021 11:00 AM

Join local Teacher Naturalist, Michael Scutari, for a hands-on, interactive presentation about the many ways in which animals survive the Winter here in New England. Learn how feathers, fur, and other adaptations help animals to stay warm, and dry, during the coldest season of the year.

Pre-registration is required. Call 781-344-8882. AW

BINGO The Stoughton COA weekly Bingo game will resume on Tuesday, November 2nd. Sign-ups start on October 27th for this game. There have been some changes so please take a minute to read what is listed below.

- If we are forced to postpone again, updates will be posted on the website under "COA News".
- Please be aware that the doors will now be opening at 11:30 AM and the early bird game will begin at 12 PM.
- We ask that you wait in your cars until 11:30 AM to avoid congestion in the lobby.
- Coffee and snacks will not be provided at this time.
- Masks are required by all while purchasing tickets and whenever a volunteer comes to your table.
- Temperatures will be taken at the door. Please stay home if you are not feeling well.
- The seating plan has changed and is limited. You must sign up to reserve your spot. Sign-ups for each Bingo game will start on the Wednesday before.

  And as always
- You must be a senior citizen (60+) or an adult with disabilities to play Bingo at the Stoughton COA.
- To keep our numbers down, this game is open to Stoughton, Avon, Canton, Sharon, Easton, Brockton, and Randolph residents only.
- There are no assigned seats.

Pre-registration is required. Call 781-344-8882
Call Jessica at the COA for more information.

Exercise Program Passes

Exercise Passes are $25. We use a punch system. $2.50 punch per class (Tai Chi two punches) and includes two free punches. Passes are required to participate. First class is free for new students (excluding Tai Chi).
The instructor will punch the pass at the start of class. Use your COA pass on Wednesdays at the Stoughton YMCA for Stoughton Residents Only.

COA Exercise Pass Classes All welcome!

Tai Chi Monday 10:30AM
Senior Fitness Tuesday and Thursday 9:00 AM
Gentle Yoga Wednesday 10:30AM

Other Exercise

Walking Club Free Monday, Wednesday, Friday 9:00 AM. Meet at the cul-de-sac on Lowe Avenue
Zumba Gold at the YMCA Tuesday 2PM.
Bring a donation for the Food Pantry. AW
Core Workout Using Rotational Movements Six-week program designed to stabilize the core using movements we normally don't use in daily life. Great for posture, back pain, and incontinence. Program is facilitated by Steve Avellino. Cost is $42.Pre-registration is required. Call 781-344-8882

COA Ongoing Programs

Alzheimer's/Dementia Caregiver Support Group
3rd Monday of the month 11AM AW

Drawing Learn how to draw with Frank Holub. Sign up for a six week session. November 3, 10, 17, December 1, 8, 15.Wednesday 10:30AM $35 AW

BANANAGRAMS Monday 12:30-1:30PM AW

BINGO Tuesday, doors open at 11:30AM

Blood Pressure Clinic will resume in January. AW

Breakfast Club 2nd Friday, 9AM November 12 at Beantown Diner, Stoughton $8 **Pre-registration** SRO

Congregate Lunch @ COA Mon Wed Thurs. 11AM w/Old Colony Elder Services. Call Stacey at 781-344-8882 Ext. 9516 to order. Menu is available at **www.ocesma.org/nutrition-menu or at the Stoughton COA.** AW

Come Color Tues. 10:00 AM. It's a great way to relax. We provide all of the supplies for coloring. AW

Library The library at the COA has books available to borrow. We accept new and gently used books, puzzles and games. AW

Multiple Sclerosis Society Support Group
3rd Thursday Call Gayle Soule at 508-400-0869. AW

Notary Deb LeBlanc @ Town Hall 781-341-1300 Ext. 9212 or Gayle Bellotti, Coordinator, Senior Programs at Norfolk County District Attorney's Office, provides notary services. She will meet you in Canton at the office or at the Stoughton COA. 781-830-4920.

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

Quilting Thursday 11:00AM-12:30PM Some sewing experience is necessary.AW

Short Story Book Group 3rd Tuesday 11:00AM AW

TRIAD Meeting Wed Nov 17 10:30AM Coffee & Refreshments at 9:30AM.

SRO - Stoughton Residents Only AW - All Welcome

If any of our fees are a financial hardship, please call Robin at the COA. 781-344-8882 Ext. 9513.

SOCKS - The Sock Lady, Gladys Berkowitz is collecting new socks. Socks can be dropped off at the senior center. If you would like to make a monetary donation make checks payable to **Town of Stoughton** "Sock Lady Donation" on the memo line. Send to PO Box 582, Stoughton, MA. 02072. Please do not send checks to town hall. They have to go to the senior center first. Thank you!

Self Help Inc
Programs & Resources to Help Families & Individuals Thrive

Fiscal Year 2022 Low-Income Home Energy Assistance Program

Number in Household	60% of Estimated State Median Income
1	$40,951
2	$53,551

Call the Stoughton Council on Aging if you need help with fuel assistance this winter. 781-344-8882

Blue Cross Blue Shield of Massachusetts Medicare Seminar

Stoughton Council on Aging
110 Rockland Street, Stoughton AW
Wednesday, December 8, 2021 1:00 PM

Health Plan Options for People with Medicare

If you are already enrolled in Medicare, you may be wondering if you chose the right coverage. This seminar is a presentation and discussion and it typically includes:

- Explanation of Medicare Parts A, B and C
- Medicare enrollment timeline.
- Medicap plans that help supplement Medicare coverage.
- Medicare Advantage plans, such a HMO's and PPOs.
- Medicare Part D prescription drug plans.

Pre-registration is required. Call 781-344-8882.

SHINE 1-800-231-1155
Serving the Health Insurance Needs of Everyone
Open Enrollment October 15-December 7

It's that time of year...if you have a Medicare Part D Prescription Drug or Medicare Advantage you can change your plan for 2022 during Open Enrollment. SHINE has certified counselors to help you with questions about Medicare. Their services are free and unbiased: they are available to discuss all options related to Medicare and additional coverage, and do not sell any plans. Contact SHINE at 1-800-231-1155. A SHINE counselor will return your call. They offer excellent resources online through their website.

www.shinema.org. AW

Alzheimer & Dementia Caregiver Support Group

Monday, November 15, 2021 at 11:00 AM

3rd Monday of the month at the Stoughton COA, 110 Rockland Street. This group is a partnership with the Stoughton Council on Aging, Compassionate Care Hospice and Associated Home Care.

Pre-registration is required. Call 781-344-8882. AW

Stoughton Council on Aging Outreach

Application Assistance for:

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

Amy Corwin Russell, 781-344-8882 Ext. 9457
Medical Social Worker, LCSW
Linda Rodrigues, 781-344-8882 Ext. 9511
Bilingual (Portuguese)

If you or anyone you know is in need of a well-being check, please let Amy or Linda know.

We are here to help you. All calls are confidential and your privacy is most important.

Reporting Elder Abuse & Neglect

Elder Abuse reports can be filed 24 hours a day either online or by phone at (800) 922-2275. Elder abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Elder Protective Services can only investigate cases of abuse where the person is age 60 and over and lives in the community. 1-800-922-2275.

REPORT ELDER ABUSE
1-800-922-2275
Operating 7 days a week 24 hours a day.

Registration for the Stoughton YMCA Community Market at the Stoughton COA

Wednesday, November 17, 2021 9:30 AM
(Same day as the TRIAD Meeting)

The YMCA is offering food boxes that contain staple food items to make healthy meals. Boxes are available for those who need it at no cost. Registration is required. You can register online or come to the COA on November 17th and a YMCA staff member will answer questions and get you started. The Market is available throughout the week.

Call or email Lauren Bartell at 781-341-2016 Ext. 204.

Stoughton YMCA $2 Food Bag Program

445 Central Street, Stoughton
Wednesday, November 3, 2021 and
Wednesday, November 17, 2021
3:30 PM - 5:30 PM

Each bag contains over twelve pounds of mixed fresh produce. Items range from fresh spinach, mangoes, potatoes, and more. Cash only. Call 781-341-2016.

NOVEMBER 2021 - STOUGHTON COA

MONDAY	TUESDAY	WEDNE
1 7:30 Grocery Shopping 8:00 Walking Club 10:30 Tai Chi with Vince 11:00 Congregate Lunch 12:30 BANANAGRAMS 	**2** 7:30 Grocery Shopping 9:00 Senior Fitness with Karen 10:00 Coloring 11:30 BINGO Doors New Start Time 2:00 Zumba Gold with Ruth at the YMCA Watch COA Programs on Comcast 9 & Verizon 28	7:30 Grocery Shopping 8:00 Walking Club 10:30 Tai Chi with Vince 11:00 Congregate Lunch 11:45 Bereavement Group w 12:30 BANANAGRAMS 3:30-5:30 Stoughton YMCA Call 781-341-2016
8 7:30 Grocery Shopping 9:00 Walking Club 10:30 Tai Chi with Vince 11:00 Poems and Pies 11:00 Congregate Lunch 12:30 BANANAGRAMS Comcast 9 & Verizon 28 	**9** 7:30 Grocery Shopping 9:00 Senior Fitness with Karen 10:00 Coloring 11:30 BINGO 2:00 Zumba Gold with Ruth at the YMCA Watch COA Programs on Comcast 9 & Verizon 28	7:30 Grocery Shopping 9:00 Walking Club 10:30 Drawing with Frank 10:30 Gentle Yoga with Jud 11:00 Congregate Lunch 11:45 Bereavement Group w Watch COA Programs on
15 7:30 Grocery Shopping 9:00 Walking Club 10:30 Tai Chi with Vince 11:00 Congregate Lunch 11:00 Alzheimer/Dementia Support Group 12:30 BANANAGRAMS Call to sign up for Food Pantry delivery. 	**16** 7:30 Grocery Shopping 9:00 Senior Fitness with Karen 10:00 Coloring 11:00 Short Story Reading Group with Christine 11:30 BINGO 2:00 Zumba Gold with Ruth at the YMCA Short Story Reading Group Book "Dear Emily Etiquette" By Barb Goffman	7:30 Grocery Shopping 9:00 Walking Club 9:30 Refreshments for TRI 9:30 Registration YMCA C 10:30 TRIAD Meeting 10:30 Drawing with Frank 11:00 Congregate Lunch 11:45 Bereavement Group w 3:30-5:30 Stoughton YMCA Call 781-341-2016
22 7:30 Grocery Shopping 9:00 Walking Club 10:30 Tai Chi with Vince 11:00 Congregate Lunch 12:30 BANANAGRAMS 	**23** 7:30 Grocery Shopping 9:00 Senior Fitness with Karen NO BINGO TODAY 2:00 Zumba Gold with Ruth at the YMCA. Ruth needs your support. Bring a few more food items for the Food Pantry. Happy Thanksgiving!	9:00Walking Club Meals on Wheels No Progra
29 7:30 Grocery Shopping 9:00 Walking Club 10:30 Tai Chi with Vince 12:30 BANANAGRAMS Comcast 9 & Verizon 28	**30** 7:30 Grocery Shopping 9:00 Senior Fitness with Karen 10:30 Coloring 11:30 BINGO 2:00 Zumba Gold at the YMCA 	Mah Jong We have a wants to teach and pl Office at 781-344-88 looking for a volunte Canasta, Left Center games. Carolyn Ext. 9

Count the pictures of the Pilgrim's in this months newsletter. If you guess correctly your name will be entered in to a drawing to win a Dunkin Gift Card. Call the office at 781-344-8882 or send your guess to cturner@stoughton-ma.gov.

There were 10 pictures of Golden Retrievers in the October newsletter. Regina Cuddy was one of several seniors that guessed correctly. Her name was pulled in the drawing and she won a Dunkin Gift Card. Congratulations!

781-344-8882 www.stoughton.org/council-aging

ESDAY	THURSDAY	FRIDAY
3 vith Teresa & Brendan A $2 Food Bag Program	4 9:00 Senior Fitness with Karen 11:00-12:30 Quilting 11:00 Therapy Garden Workshop #2 All welcome! Indoor Gardening Pre-registration is required. Call 781-344-8882.	5 8:00 Walking Club 9:00 Foot Stability/Ankle Mobility with Steve Avellino Comcast 9 & Verizon 28
10 y vith Teresa & Brendan Comcast 9 & Verizon 28	11 	12 9:00 Walking Club 9:00 Foot Stability/Ankle Mobility with Steve Avellino 9:00 Breakfast Club at Beantown Diner $8 Pre-registration is required. Call 781-344-8882. Watch COA Programs on Comcast 9 & Verizon 28
17 AD Meeting ommunity Market vith Teresa & Brendan A $2 Food Bag Program	18 9:00 Senior Fitness with Karen 11:00-12:30 Quilting 12:00 Food Pantry 1:00 Multiple Sclerosis Meeting FOOD PANTRY MS National Multiple Sclerosis Society	19 9:00 Walking Club Open Enrollment is October 15, 2021 - December 7, 2021 and changes take effect January 1st. THE SHINE PROGRAM Serving the Health Insurance Needs of Everyone
24 : Delivery Only ms Today	25 Happy Thanksgiving! Senior Center Closed 	26 9:00 Walking Club Meals on Wheels Delivery Only No Programs Today Watch COA Programs on Comcast 9 & Verizon 28
volunteer that ay weekly. Call the 382. We are er to teach & play Right and other 9510.	At Home Services All Welcome Foot Care at Home Maureen 617-775-6198. Haircut at Home Call Julie 857-266-6721. 	SAVE THE DATE! Gary Hylander Thursday, December 16 "Valley Forge" Happy New Year with the Pietro Family Thursday, January 6, 2022 Blood Pressure Clinic Thursday, January 6, 2022 Breakfast Club at Beantown Diner Friday, January 14, 2022

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BREAD
CORN
CRANBERRY SAUCE
GRAVY
HAM
MASHED POTATOES
MILK
PUMPKIN PIE
ROLLS
SQUASH
STUFFING
SWEET POTATOES
TURKEY

N	S	T	U	F	F	I	N	G	I	R	L	U	N	Y
F	G	K	D	A	E	R	B	V	G	C	A	D	Q	E
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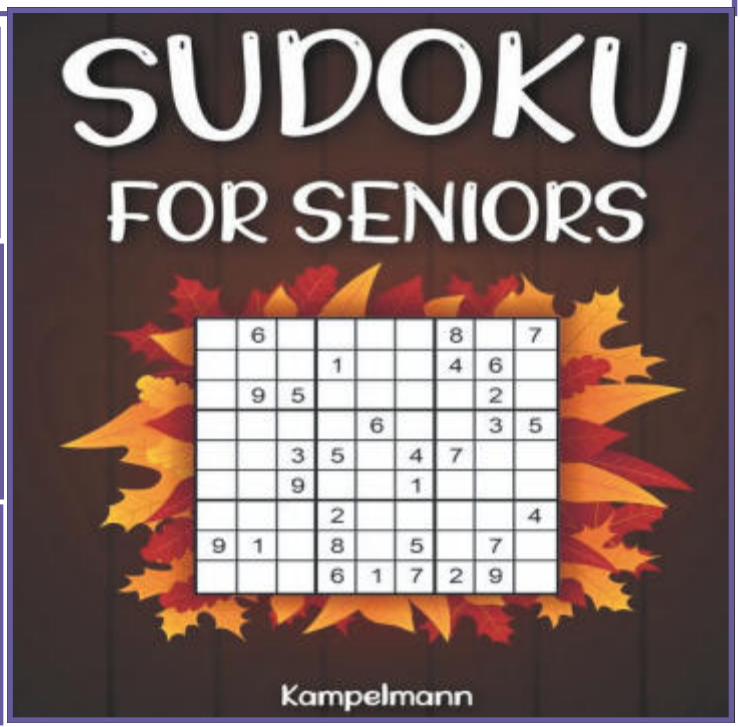
G	J	X	S	G	R	A	V	Y	I	E	Q	I	S	T

Mah Jong We have a volunteer that wants to teach Mah Jong and play weekly at the senior center. We are looking for a volunteer to teach & play Canasta, Left Center Right and other games.
Call Carolyn at 781-344-8882 Ext. 9510. **AW**

BANANAGRAMS Join us at the senior center for Bananagrams every Monday from 12:30-1:30PM. Addictively simple, and simply addictive, Bananagrams is a word game where players and their opponents aim to use all of their letters to build a word grid in a race to the finish. **AW**

Jigsaw Puzzle's Online
www.jigsawexplorer.com/online-jigsaw-puzzle-player.html?puzzle_id=thanksgiving-2020



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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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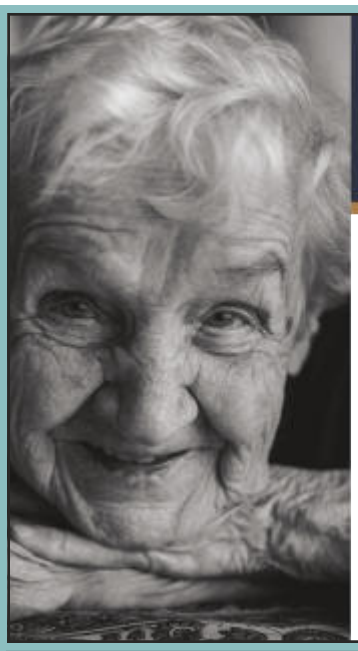

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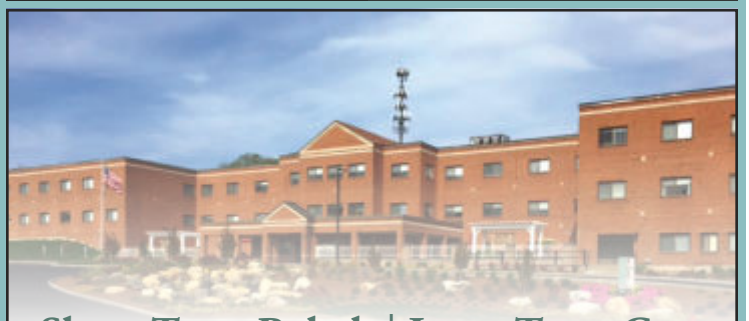

Short Term Rehab | Long Term Care

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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. Have the SCAN emailed to you Stoughton.org/council-on-aging/newsletter/subscribe

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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

Stoughton COA Board of Directors

Chairman: Bunny Kirchdorfer
Vice Chairman: Mary Ellen Soares
Joanne Callanan, Jane Desberg, Christean Jones-Powell, Ellen Lash, Boyd Walls, Maryann Walsh

Next meeting Wednesday, NOVEMBER 3, 2021 3:00 PM

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 adults 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 are available as our schedule permits. Call in advance to make arrangements.

Food Pantry Delivery from St. Anthony's Free Market on Park Avenue is available on the second Thursday of the month for Stoughton senior citizens and adults with disabilities **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 now open to the Public. Some restrictions still apply.

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