

TAUNTON COUNCIL ON AGING

NEWSLETTER

30 OLNEY STREET
TEL: 508-821-1425

MAYOR: SHAUNNA O'CONNELL
CHAIRMAN: EDWARD J. O'BRIEN
DIRECTOR: CHARLENE BONENFANT



EDITOR: Tracy Heger



May
2021



Grab & Go Art Projects

Our May arts-n-crafts project includes everything needed to make a shell planter from a clay pot. This project is available for the first (30) Taunton Seniors who call our office starting May 1st at (508) 821-1425. Make sure you TAKE a picture and send it to us so we can see your finished project.

Don't miss out...Call early!!



Outside Programming

In May more fitness classes have been added along with 2 Yoga classes, a Tai Chi class and a new class called Rhythm Rock, weather permitting. Because these are being held out in the elements, please dress appropriately and bring your own water and chair. There are limits on class sizes, so call the Senior Center for more information and to sign up at (508) 821-1425.



OLDIES LUNCH!!

Come and join us outside in the parking lot under a tent on Wednesday, June 2nd at 12:30 for an Oldies Lunch with DJ Dogs that features music along with a Hot Dog lunch. After lunch you will play Jukebox BINGO in a socially distant environment. You'll hear the hits you LOVE from the 50's & 60's while playing their version of "Name that Tune" in a BINGO format! The Hot Dog lunch will include an all beef hot dog on a bun with your choice of toppings, a bag of chips, a drink and a bag of cookies!! Reservations are needed so call (508) 821-1425 to reserve your spot.

Space is limited!



Walking Group

Sick of being stuck in the house!! Ready to enjoy some fresh air!! The Council on Aging is offering a 1+ mile walk on Mondays at 9 am. Masks must be worn and please make sure you bring water and wear comfortable appropriate footwear.

Registration is necessary!
Join by calling our office
at (508) 821-1425.

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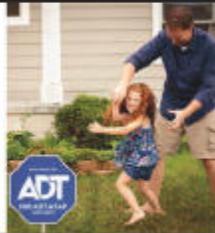
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Older Americans Month: Communities of Strength

May 2021

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in the City of Taunton as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, The Taunton Council on Aging, will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate!





RHYTHM ROCKS

Move to the beat of your own drum! Find your rhythm with this exciting, cardio boosting fitness class with amazing music with instructor Kelley Brophy on Wednesdays at 1:30 pm. This new fun class will be seated using social distancing guidelines and of course you will have to wear a mask. Class size is limited, so make sure to register by calling the Senior Center to at (508) 821-1425.

Watch Weekly on TCAM TV

Mondays at 11am – Senior Fitness with Lee

Tuesdays at 9am – Tai Chi with Elijah

Wednesdays at 9am – Meditation with Nancy

Thursdays at 10am – Zumba with Kelley

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**TCAM TV is Comcast channel 15
and Verizon channel 22.**



“Meals on the Go”

We are offering (2) Drive Thru, “Grab N Go’s” in the month of May and (1) in June. All Grab N Go’s will be held at the **Taunton Nursing Home, 350 Norton Ave. and registration is necessary.**

Make sure to call the Council on Aging at **(508) 821-1425** to join in on the fun!!

On **Tuesday, May 18th at 4:00 PM** please join us at the Taunton Nursing Home for a **Musical drive thru** with Mike Higgins, while you pick up your Pot Roast with gravy, mashed potatoes, green beans and biscuit dinner provided by Home Plate Restaurant in Taunton. You need to call by **May 13th** to reserve your space.

On **Tuesday, May 25th at 4:00 PM** come to the Taunton Nursing Home for a **“BBQ on the Go!”**, provided by DeAvila’s. Your BBQ meal will consist of BBQ Chicken, corn on the cobb, cole slaw, potato salad & watermelon. Make sure you call before **May 20th** to sign up. And don’t forget to wave at Mike Higgins serenading you as you drive thru!!

The Grab N Go on **Tuesday, June 16th at 11:00 AM** at the Taunton Nursing Home, is a **Luau theme**, with teriyaki chicken, fruit cup, glazed carrots, vegetable stir fry rice and a pineapple upside down cake all made by DeAvila’s. You need to sign up by calling the Taunton Council on Aging by **June 10th**.

Please stay in your vehicle at all times and you must wear a mask!

One Day of Meals in a Bag

The Berkley Beer Company will be putting together “One Day of Meals in a Bag” for Taunton Seniors. These meals will test your culinary skills because they need to be cooked! If you are interested, please call the Council on Aging at (508) 821-1425 before May 20th. The pick up dates will be June 10th & 17th, once we get a final count you will be called back with your exact pick up date!



REMEMBER



& HONOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 WALKING GROUP ***</p> <p>10:00 FITNESS ***</p> <p>11:00 FITNESS WITH LEE ON TCAM</p>	<p>4</p> <p>9:00 TAI CHI WITH Elijah ON TCAM</p> <p>10:00 FITNESS ***</p>	<p>5</p> <p>9:00 MEDITATION WITH NANCY ON TCAM</p> <p>1:30 RHYTHM ROCK***</p>	<p>6</p> <p>10:00 FITNESS ***</p> <p>10:00 NIRVANA WITH KELLEY ON TCAM</p>	<p>7</p>
<p>10</p> <p>9:00 WALKING GROUP ***</p> <p>10:00 FITNESS ***</p> <p>11:00 FITNESS WITH LEE ON TCAM</p> <p>1:00 YOGA ***</p>	<p>11</p> <p>9:00 TAI CHI WITH Elijah ON TCAM</p> <p>10:00 FITNESS ***</p> <p>1:00 YOGA ***</p>	<p>12</p> <p>9:00 MEDITATION WITH NANCY ON TCAM</p> <p>1:30 RHYTHM ROCK***</p>	<p>13</p> <p>10:00 FITNESS ***</p> <p>10:00 NIRVANA WITH KELLEY ON TCAM</p> <p>12:00 TAI CHI ***</p>	<p>14</p>
<p>17</p> <p>9:00 WALKING GROUP ***</p> <p>10:00 FITNESS ***</p> <p>11:00 FITNESS WITH LEE ON TCAM</p> <p>1:00 YOGA ***</p>	<p>18</p> <p>9:00 TAI CHI WITH Elijah ON TCAM</p> <p>10:00 FITNESS ***</p> <p>1:00 YOGA ***</p> <p>4:00 Musical Drive Thru***</p>	<p>19</p> <p>9:00 MEDITATION WITH NANCY ON TCAM</p> <p>1:30 RHYTHM ROCK***</p>	<p>20</p> <p>10:00 FITNESS ***</p> <p>10:00 NIRVANA WITH KELLEY ON TCAM</p> <p>12:00 TAI CHI ***</p>	<p>21</p> <p>10:00 FITNESS ***</p>
<p>24</p> <p>9:00 WALKING GROUP ***</p> <p>10:00 FITNESS ***</p> <p>11:00 FITNESS WITH LEE ON TCAM</p> <p>1:00 YOGA ***</p>	<p>25</p> <p>9:00 TAI CHI WITH Elijah ON TCAM</p> <p>10:00 FITNESS ***</p> <p>1:00 YOGA ***</p> <p>4:00 BBQ on the Go***</p>	<p>26</p> <p>9:00 MEDITATION WITH NANCY ON TCAM</p> <p>1:30 RHYTHM ROCK***</p>	<p>27</p> <p>10:00 FITNESS ***</p> <p>10:00 NIRVANA WITH KELLEY ON TCAM</p> <p>12:00 TAI CHI ***</p>	<p>28</p> <p>10:00 FITNESS ***</p>
<p>31</p> <p>OFFICE CLOSED</p> <p><i>God bless</i></p>  <p><i>our men and women in service</i></p>	<p>***REGISTER WITH THE SENIOR CENTER FOR THESE PROGRAMS!!</p>			



MEDITATION IS BACK!!

We will be starting an outside 4 week Meditation group on Wednesday, June 2nd, 9th, 16th, and 23rd at 10:30 AM with Nancy Cunningham. Please call the Senior at (508) 821-1425 to sign up.

2021 Medicare Premiums

Part A Premium

Individuals who did not work 40 credits will pay a monthly Part A premium based on the amount of credits they worked. 0-29 credits \$471/month 30-39 credits \$259/month

Part B Premium

The monthly standard Medicare Part B premium in 2021 for Medicare beneficiaries will be \$148.50. It may be a little less for those protected under the hold harmless provision.



The Part B premium a beneficiary pays each month is based on his or her annual income. Specifically, if a beneficiary's "modified adjusted gross income" (MAGI) is greater than the legislated threshold amounts the beneficiary is responsible for a larger portion of the estimated total cost of Part B benefits. This larger portion is called IRMAA (Income Related Monthly Adjustment Amount). The Affordable Care Act requires Part D enrollees whose incomes exceed the same thresholds pay a monthly adjustment amount. The monthly Part D adjustment will be taken out of a beneficiary's Social Security check and paid to Medicare. These enrollees will pay the regular plan premium to their Part D plan. Social Security will inform beneficiaries of their adjustment. Appeals procedures will be included.

The 2021 Part B monthly premium and Part D adjustment amount are based on one's 2019 tax return.

If you need help with any aspect of your health insurance please call Mary Ann Riva our SHINE Coordinator directly at 774-406-5901.



TacT Meal Center & Pantry

The Taunton Area Community Table Meal Center is located at 378 Bay Street in Taunton and remains open during the pandemic from 11:15 AM and 12:30 PM, Monday thru Thursday. Meals are distributed from the side door with no questions asked and all are welcome.

A food pantry box located on the steps of the meal center Friday-Sunday, with non perishable food items for those who may need something extra over the weekend.

On the last Thursday of each month TacT distributes a bag or box of groceries during regular hours of operation.

No one should be hungry. We are in this together!



Craft Projects

We hope that everyone who participated in our craft projects over the last few months enjoyed working on them as much as we did getting it all together for you.



We would love to see pictures of your completed projects!! Drop them off or email to theger@taunton-ma.gov.



this too shall pass



wisdom stories of
mindfulness & emotional health
Yun Xia, MD, MS, FACP

“This too shall pass” is a great mantra that reminds us of the transient nature of every thing– thoughts, emotions, and experiences. It taught us that no matter how good or bad that we are going through, it’s temporary and will change. If we fully understand and accept it, it provides great comfort and inner peace.

“This too shall pass” exists in many cultures. One of them is in a famous Jewish fable. There was once a powerful King who wanted to stay calm. He asked his sages if he could get a magic ring that “if a happy man looked at it, he became sad, and if a sad man looked at it, he became happy”. His sages had no idea where to find such a ring. One day he saw a merchant sitting on a shabby carpet making rings. He approached the merchant and asked if he had heard about a ring that made the happy forget his joy and the sad forget his sorrows. The merchant took a ring, engraved on it and handed to the king. The King felt immediately enlightened, when he saw, “This too shall pass” on the ring.

So when something bad happens in life, remember it will pass. When something good happens, cherish it and enjoy it fully since it will also pass. It reminds us not to cling to material goods since we don’t own them forever. It makes us to be grateful for what we have, since it is not forever. It reminds us to focus on the more important things in life: our relationships with ourselves and other people.

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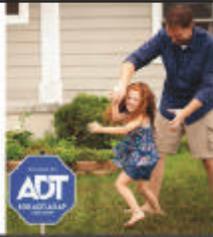
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