



**FEBRUARY 2021 ISSUE**

# **ROCHESTER Council on Aging CENTER FOR ACTIVE ADULTS**

**CONTACT US!**  
**Phone:** (508) 763-8723  
**Fax:** (508) 763-9315  
**Address:** 67 Dexter Lane  
 Rochester, MA 02770

**HOURS OF OPERATION:**  
 Weekdays: 8:30AM - 4:00PM  
 (May vary due to covid. Call ahead)

**MEETINGS:**  
 When: 2nd Wednesday of Each Month  
 Where: Rochester Senior Center  
 Time: 9:00AM

**BOARD OF DIRECTORS**  
**Mike Cambra** .....President  
**Gordon Helme** Vice-President  
**Jackie Demers** .....Secretary  
**Pauline Munroe** .....Treasurer  
**Marjorie Barrows** .....Member  
**Woody Hartley** .....Member  
**Sue Norton** .....Member  
**Marjorie O'Brien** .....Member  
**Patricia Ryan** .....Member



### **HEALTH & WELLNESS**

Hearing loss is among the most common conditions affecting older adults, according to the National Institute of Health. It affects 1 in 3 people aged 65-74, and almost half of people over 75.

Hearing loss occurs in some people naturally as we age. This is called presbycusis. Hearing loss also occurs due to accumulated exposures to very loud noises. This is noise induced hearing loss and commonly affects construction workers, musicians, farmers, airport workers and those in the armed forces. There are also physiological causes for hearing loss:

**Continued on page 3...**

### **OUTREACH NOTES**

- GREATER BOSTON FOOD BANK  
Pick-up is February 10th
  - Ham and Bean Supper scheduled for February 8th.
  - Asian Chicken and Vegetables scheduled for February 22nd
- Please call the COA to reserve your meal.  
A donation of \$5 is suggested**

### **Important Dates**

- February - Black History Month
- February 14th - Valentines Day
- February 15th - Presidents' Day



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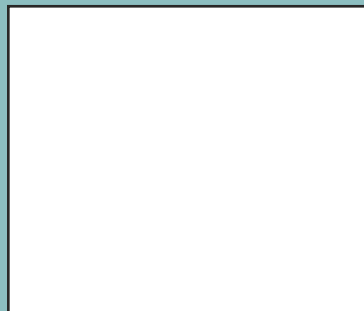
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## GREAT NEWS!!!

We are pleased to announce that the Rochester Council on Aging has been competitively selected to receive a **State Fiscal Year 2021 Community Transit Grant Program Award**.

The grant of \$50,658 (to be matched with \$12,665 in local funds) was awarded to purchase a new van to update our aging fleet.

We wish to thank the wonderful staff at **Coastline Elderly Services** for their assistance in putting together the grant application. Also, we want to recognize our good friend and **Representative, Bill Straus**, who signed off and lent his support to our efforts.



## ...HEALTH & WELLNESS—CONTINUED

viral and/or bacterial infections, heart conditions, stroke, head injuries and certain medications.

The most common reason for hearing loss in the elderly is cerumen build up or blockage. Cerumen is a fancy word for earwax! If you are experiencing hearing loss, seek a professional to help assess the cause. It may be as simple as having your ears cleaned by an ear nose and throat specialist (otolaryngologist). You could also see your primary care provider, audiologist or hearing aid specialist. Treatment and devices are available to help with hearing loss. There are a wide variety of hearing aids, cochlear implants and assistive listening devices.

The Massachusetts Equipment Distribution Program provides free or low cost phones equipped with assistive listening devices to residents of Massachusetts who have difficulty using a telephone due to a disability. Whether it be trouble hearing, or a problem with vision or mobility, the state 911 Department has options to help you make and receive calls more easily. There are telephones with volume that can be increased, flashing lights to indicate the phone is ringing, telephones that type messages, phones with large numbers, keyboards and Braille, etc...

To enroll in this program, you need to complete a short and simple application and have it signed by your doctor or health care professional. To learn more about this government sponsored program, call 1-800-300-5658 or go to [www.mass.gov/massachusetts-equipment-distribution-program-massedp](http://www.mass.gov/massachusetts-equipment-distribution-program-massedp)

Connie Dolan, RN

## CENTER STAFF

### Cheryl Randall-Mach

Council on Aging Director  
508-763-8723 x203

### Lorraine Thompson

Outreach Coordinator  
508-763-8723 x204

### Carol Galante-Dias

Administrative Assistant  
508-763-8723 x20

### Connie Dolan, RN

Marketing, Social Media &  
Technology Coordinator  
508-763-8723 x202

### TBA

Custodian

### Jim Dexter

Custodian

### Brian Ouellette

Custodian

### Mike Rocha

Driver

### Barbara Francis

Driver

### Norma Charest

Driver

### Deidre Pierce

Driver

### Jan Cote

Pace Volunteer

The purpose of FRIENDS is to raise money in order to fund various projects that support the operation and the expansion or improvement of the Rochester Council on Aging, also known as the Rochester Senior Center. Due to the current pandemic, FRIENDS is unable to conduct fund raising events as we did before. Our monthly meetings have been cancelled until further notice. We look forward to resuming our fund raising efforts.

**DIRECTORS of FRIENDS**

- Carol Hardy, President
- Ann Cambra, Vice President
- Sharon Hartley, Secretary
- Yvette Beaumont, Treasurer
- Beverly Brewer
- Caroline Gray
- Cecelia Hall
- Rick Hall
- Shirley Oliver
- Stan Orłowski
- Dennis Pucello
- Nancy Sparklin

\*\*\*\*\*

**Some months have 30 days,  
some months have 31 days.  
How many have 28?**

\*\*\*\*\*




Please consider making a tax deductible donation today.

Checks can be made to:  
**Friends of the Senior Center**

Mail to:  
**Friends  
67 Dexter Lane  
Rochester, MA 02770**

Name: \_\_\_\_\_


# February Word Search




W	C	H	I	N	E	S	E	N	E	W	Y	E	A	R	W	X
D	S	Q	A	K	Y	G	O	T	M	U	M	Y	M	C	A	F
F	U	B	Y	C	C	H	O	C	O	L	A	T	E	U	J	L
G	P	G	U	B	Z	B	Y	I	D	V	Y	E	T	X	B	G
R	E	S	U	V	V	P	Q	H	S	P	D	G	H	K	L	K
O	R	K	H	E	A	R	T	M	O	N	T	H	Y	T	A	V
U	B	U	S	E	L	G	L	Y	A	L	R	F	S	E	C	P
N	O	I	S	P	E	I	L	U	Q	M	F	S	T	V	K	J
D	W	Z	W	W	N	C	I	S	U	T	L	Q	T	E	H	N
H	L	U	E	Z	T	S	N	E	A	M	O	O	A	X	I	Z
O	Y	J	E	C	I	Y	C	I	R	C	W	W	Z	F	S	B
G	A	P	T	S	N	K	O	C	I	I	E	X	U	B	T	W
D	I	O	H	E	E	O	L	I	U	P	R	R	A	D	O	I
A	C	T	E	I	P	Z	N	Z	S	O	S	R	Q	W	R	B
Y	K	N	A	G	W	B	H	A	D	T	F	D	Z	O	Y	I
C	B	I	R	D	F	E	E	D	I	N	G	M	O	N	T	H
G	N	J	T	G	H	I	M	P	U	E	P	W	P	F	A	D
K	S	V	R	S	V	M	F	I	Z	N	V	K	W	V	P	A
K	Z	X	T	P	C	X	L	E	A	P	Y	E	A	R	E	I
J	F	N	U	A	E	W	K	X	E	E	Y	E	H	V	T	B
L	M	O	F	O	O	T	B	A	L	L	P	O	I	T	Z	I
S	V	I	A	U	S	P	K	C	Q	T	T	Q	V	V	Q	O

VALENTINE	CHINESE NEW YEAR	CHOCOLATE
HEART MONTH	AMETHYST	GROUNDHOG DAY
BLACK HISTORY	AQUARIUS	FLOWERS
BIRD FEEDING MONTH	LEAP YEAR	FOOTBALL
SUPER BOWL	SWEETHEART	LINCOLN

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Can you complete this Word Search?

Return your completed Word Search to the Senior Center lock box by 3/1/21.

Don't forget your name and phone number. **One correctly completed entry will be drawn for a Wonderful prize basket.**



## FEBRUARY 2021

- |   |   |   |  |  |
|---|---|---|--|--|
| 1 Richard Arnold<br>Yong Proffitt   | Karen Kamon<br>Sara Preston   | Victor Varano<br>James Merusi   | 17 Lois Straffin   | Carmen Kelley  |
| 2 Paul Champagne<br>Mark Whalen<br>Kathy Langevin<br>Edward Allen                     | 8 Thomas Soares<br>Kevin Feaster<br>Robert Pereira<br>Julianne Lemlin-<br>Dufresne                      | Barbara Mendell<br>Pauline Romano<br>Kathryn Rusconi  | 18 Lois McAuley<br>Deborah Clarke  | 24 David Smith<br>Steven Duarte<br>Donald Dubois<br>Deborah Veary  |
| 3 John Kennally<br>Elizabeth Giddings<br>Ruth Lissak<br>Robert Moniz<br>Ruth Sharples | 9 Gordon Ashworth<br>Brian Lapointe<br>Richard Harris   | 13 Desmond White<br>Lawrence Ferreira<br>Deborah Davignon   | 19 Stanley Orlowsky<br>Ernest DeVincent<br>Theodore Brillon  | 25 Doreen Grover   |
| 4 Margaret lifers<br>Barbara Smith  | 10 Michael Maak<br>Deborah Solberg  | 14 Leo Ouellette<br>Gladys Tompkins<br>Roger Pelletier<br>Donna Durand<br>Ronald LaGasse<br>Laurene Sherman | 20 Janice Noble<br>Earl Almeida  | 26 George Demers<br>Virginia Briggs<br>Judith Ferrari<br>Richard Cantelli<br>Willard Gould<br>Michael Fitzgerald |
| 5 Louisa Medeiros<br>William Butler   | 11 Daniel Sullivan<br>Gianno Lettieri III<br>Charles Alexander<br>Eileen Harding<br>Bernadette Medeiros | 15 Gerald Lynch<br>Anne Estabrook<br>Rayford Kruger, Jr.<br>Craig White                                     | 21 Barbara Besse<br>Pamela Myette<br>Cynthia Loranger<br>John Romano<br>Richard Brown<br>George Maxcey<br>Gary Westgate<br>Walter Good | 27 Helen DeMello<br>Dale Wallace<br>Peter Van Lane   |
| 6 Cliff Hankin<br>Michael Cambra<br>Kathryn Pettinato                                 | 12 Joan Liarokos  | 16 Helen Duryea<br>Kristian Stoltenberg<br>Wayne Pimental<br>Thelma Naftoly<br>Joan Cushing                 | 22 Jane Leverone<br>Donald Faulkner<br>Robert Woodacre<br>Roy Daniel<br>Lisa Hughes<br>Loide Wotton                                    | 28 Patricia Donovan<br>Michael Forand<br>Gordon Sylvania<br>Linda Mazzilli                                       |
| 7 Leo Dalbec<br>Jeanette Barboza<br>Mary True<br>Eleanor Lopes<br>Pam Trevers         |   |   | 23 Robert Sherman  | 29 Gerry Morris  |

### TAX CORNER by Ann Cambra, AARP Tax Aide / Volunteer

Once again, AARP will be hosting tax preparations for seniors and low/moderate income clients. There will be a slight delay in implementing this service due to tax software updates and safety protocols still in development.

If you wish to sign up, please leave your name and phone number with Carol at the COA (508-763-8723). We will contact you as soon as dates have been finalized. Thank you.

### Are you eligible for the 65+ Circuit Breaker Tax Credit...

The **Massachusetts "Circuit Breaker"** tax credit program is a program for adults 65 and older whose property taxes are more than 10% of their annual gross income (or for renters, if their rent is greater than 25% of their income) and who meet a few other rules. If you think you may qualify, leave your name and number at the COA and a tax volunteer will return your call. Thank you.

For additional information you can check out the rules at:

<https://eldercare.org/are-you-eligible-for-the-65-circuit-breaker-tax-credit>

# ONE MAN'S TRASH...

Where do I take my recycling and trash if I miss the regular pick-up?

All the information you need to know can be found at this link:

[Trash & Recycling Rochester, MA \(townofrochestermass.com\)](https://www.townofrochestermass.com/trash-recycling)

If you are reading this electronically, place your cursor anywhere over the link above and press Ctrl with one finger and left click with another finger (at the same time!)

If you are reading this in printed form, type the following into your browser:

<https://www.townofrochestermass.com/trash-recycling>

There is a lot of information at this link and it is updated regularly.

- Woody Hartley

## SCAMS AND FRAUD

### Massachusetts Senior Medicare Program Medicare Scams and Fraud

I would like to personally invite you to a special call-in program the Rochester Senior Center is hosting on Wednesday, February 10th, on Old Rochester Community Television to **better inform** you on how to avoid becoming a victim of healthcare related scams.

A member of the Massachusetts Senior Medicare Patrol Program will be on hand to explain what to do when you think you have been a victim of a healthcare error or fraudulent offer billed to your Medicare account. You will be able to call in to the program and ask your questions on air. Tune in Wednesday, February 10th, at 10:00 am to: **COMCAST Channel 9**

or  
**VERIZON Channel 36**

You can join through zoom as well:  
<https://us02web.zoom.us/j/83032237252>  
Any questions call Lorraine at the COA



## RAHI UPDATE

There is general confusion about “affordable housing.” The concept of affordable housing was originally intended to allow young professionals the opportunity to purchase a starter home. It has since been expanded to include other groups.

When public funds are used to assist in providing affordable housing, those units come with a requirement that they be open to all that qualify. The soon to be constructed 40R project “Rochester Crossroads,” located at the intersection of Routes 28 & 58 fall into this group.

Rochester has no 40B housing (purchase). The 40R project (rental) will have all units counted towards affordable housing but only 52 out of the 208 are actually considered affordable. There will be 1, 2, and 3 bedroom units. The 2 bedroom affordable unit will rent of \$1,350/month. Rochester residents might receive preferential treatment only for the first rental of a unit.

RAHI is a 501(c)3 public charity, non-profit organization, which allows us to have by-laws limiting affordable housing to Rochester seniors and veterans. That is what sets us apart. Rochester people helping Rochester people. Space does not allow more detail.

For more information or to provide assistance financially and/or with time, contact:

Gianno Lettieri 508-763-4717

Mark Wellington 508-763-5436

# NEVER MISS A NEWSLETTER !

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ADDRESS CORRECTION REQUESTED

THANK YOU to our NEWSLETTER ADVERTISERS!!!

### A MESSAGE OR TWO FROM WOODY HARTLEY, SELECTMAN AND BOARD MEMBER

At the December meeting of the COA Board of Directors (BOD) we discussed and decided to move forward with 2 potential projects. The first was to build a 4-Season room over the outside patio. The second was to investigate the opportunity to reduce electrical expenses for all our Town Buildings by considering a solar canopy over the COA parking lot. The 4-Season room would be funded by a grant from the MA Department of Transportation. The solar canopy project would be built by a company at no cost to the Town.

Both projects would need the approval of the COA BOD, Board of Selectmen (BOS), and Historic District Commission. Other Boards and officials would also be very involved with additional permits and the review processes. Initially both the COA Board and BOS supported considering both projects.

Ultimately, after discussing the projects with several members of the Historic District Commission, and further discussion by the BOS, the decision was made to rule out the canopy project as it would not be compatible with the Historic District.

We are vigorously working on the 4-Season Room. The town has applied for a \$165,000 grant to build a 768 sq. ft., heated and airconditioned space over the existing concrete pad located outside the large meeting room at the COA.

The addition will expand space for activities at the COA. It will allow us to hold the outside COVID activities we had during the summer and fall (but were often cancelled due to excessive heat, wind, or rain and of course cold) to year-round.

The BOS is in full support. Information is being submitted to the Historic District Commission for their review, and a request for proposals for design/construction and installation is being drafted. Like so many Rochester town projects, multiple departments, boards, committees and individuals are working together. Updates will follow.