



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 CambraPresident
Pauline Munroe Vice-President
Jackie DemersSecretary
Pauline MunroeTreasurer
Marjorie BarrowsMember
Woody HartleyMember
Sue NortonMember
Marjorie O'BrienMember
Patricia RyanMember



Gordon T. Helme

The Council on Aging wishes to extend our deepest sympathies to Betty Helme and family. Gordon served the Rochester community for many years as a Board Member and on the Advisory Board of Coastline Elderly Services. Gordon was Rochester's Man of The Year in 2012. He will be greatly missed by all whose lives he touched. A friend to all.
 Rest in Peace

OCTOBER 27, 1936 - JANUARY 23, 2021

HEALTH & WELLNESS

What is Osteoporosis?
 Osteoporosis is often confused with Osteoarthritis. Osteoporosis occurs when your bones become fragile and more likely to fracture. Bones lose their density due to a decrease in the levels of calcium and minerals. With aging, the creation of new bone material cannot keep up with the natural breakdown and removal of old bone. This leaves your body with a deficit of bone material, which results in osteoporosis. Many post-menopausal women are affected by osteoporosis. According to [healthy people.gov](http://healthy.people.gov), 5.3 million people over the age of 50 are effected by osteoporosis.

Continued on page 3...

OUTREACH NOTES

-Food bank pick up is going to be an hour earlier starting on March 10th.

The hours will be 11:00-1:00 going forward. Second Wednesday of every month

-March 15th
 Corned beef and cabbage dinner. To go...
 delivery if necessary
 Cost \$10.00
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...HEALTH & WELLNESS—CONTINUED

An additional 34 million people have a significant reduction in bone mass and are at risk for osteoporosis. Half of all women, and 1 in 4 men over age 50 will suffer from an osteoporosis related fracture. Bone fractures (breaks) are the biggest problem for people who suffer from osteoporosis.

Signs and Symptoms:

- None in the early stages.
- Back pain due to a collapse in vertebrae.
- Height loss.
- Stooped posture.
- Bone fractures that occur easily, by coughing, for example.

Contributing Factors:

- Nutrition
- Sedentary lifestyle
- Family history
- Tobacco use
- Excessive alcohol consumption
- Reduced estrogen levels
- Low calcium and vitamin D intake
- Long-term high dose steroid use

Treatment:

Osteoporosis is treated with bi-phosphonate medications, hormone therapy, nutrition, exercise, fall prevention measures, and smoking and alcohol cessation.

Preventative Measures:

According to the Mayo Clinic, there are several measures that you can take to prevent or reduce the complications related to osteoporosis. Eating a healthy diet which includes foods high in calcium and vitamin D (aids in the absorption of calcium), getting plenty of regular exercise, including weight bearing exercise which helps build bone, and maintaining a healthy weight.

Connie Dolan, RN

CENTER STAFF

TBA

Council on Aging Director
508-763-8723 x203

Lorraine Thompson

Outreach Coordinator
508-763-8723 x204

Carol Galante-Dias

Administrative Assistant
508-763-8723 x200

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

Shine Volunteer

F R I E N D S



The Friends of the Rochester Senior Center continues to offer engraved bricks to be installed near and around the Senior Center (or to be taken home or gifted)

These bricks come in two sizes and are a great way to memorialize or celebrate a special person or event.

To order a brick, please complete the following form and return it with payment to the Senior Center. Checks are payable to: **Friends of Rochester Senior Center**

If you have questions, please call Ann Cambra at: (508) 763 2688

Purchased by:

Name _____

Phone _____

Address _____

4" x 8" engraved brick @ \$50. (3 lines)

8" x 8" engraved brick @ \$100. (4 lines)

Each square represents a letter or a space. One letter/space per square. Please see the example below

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



March Birthdays

1	Robert Smith	Dorothy Boudreaux	Donna Marujo
	Stephen Tobin	Michael Gifford	Edie DeBalsi
	Jay Gonsalves	Andrew Rigby	23 Margaret McGee
	Melissa Barada	13 Thomas O'Shaughnessy	Debra Benjamin
2	Kristine Nash	Jana Cavanaugh	Gerald Mendes
	Robert Sherman	Laura Mendes	Raymond Ouimette Jr
	Debra Teixeira	Joseph Schoonmaker	Candyce Bogus
3	Dawn Michael	Bette Gouveia	Gail Woodard
	Jean Belliveau	14 Ronald Boucher	Paula Reusch
	Kathleen Harding	Brian Cook	24 Edna Holmstrom
	Christine LaPointe	Virginia Nelson	Lynn Hardy
4	Patricia Ryan	David Sanders	Shirley Ferreira
	Ellen Church	Christine Panarese	Denise Gioiosa
	James Carberry	Celeste Duarte	Kelly Sullivan Morgado
	Norma Charest	15 Aldora Duval	Mitchell Soule
	Deb Giokas	Gail Hueber	25 Amy Johnson
5	Tom Ferguson	Kathleen Mitchell	David Sylvia
6	Joan Hagar	Marie Ciccotelli	26 Denise Bertrand
7	Anne Gulick	16 Cynthia Kennally	Barbara Francis
	Mary Giberti	George Mendonca	Michael Donovan
	Maurice Galipeau	Elaine Nadeau	Russell Ladner
	Linda Flaherty	Fred Minkle	Susan Trahan
8	John Simpson	17 Linda Bagley	27 Robert St Aubin
	Richard O'Meara	18 Christine Watling	Susan McMullen
	Marilyn Kelley	Timothy Boyd	Bertrand Durand
	Roland Grenier	19 Claire Gaumont	Deidre Pierce
9	Jean Rose	Gifford Lawrence	28 Pamela Nadeau
	Maureen Bowen	Michael Isabelle	29 Thomas Frazee
	Steven Sgourakes	Sean Daniel	Elizabeth Cerce
	Russell Koster	Josephine Anderson	Gail Roberts
10	Sandra Hardy	Emmet Eby	Hannah Savaria
	Joseph Vardaro	Paul Stubbs	Beverly Caswell
	Taylor Bacchiocchi	20 Michael Martin Sr.	Mary Pastie
	Tyler Fortin	Elaine Stewart	Robin Brown
11	George Boulanger	David Blasenak	Mary Silveira
	William Watling	Robin Smith	Patti Deloid Manamon
	Penelope Wrightington	George Correia, Jr	30 Linda Ruell
	Gayle Lawrence	George McLeod, Jr	31 David Pepin
12	Barbara Callier	21 Carol Weckesser	Lois Clark
	Linda DiCroce	Mary Keating	Sandra Green
	Brian Blowers	22 Eleanor Morad	Mary Alba Shaw

TIME TO S.H.I.N.E.	OUR MISSION
<p>Hi Everyone,</p> <p>Certain life events can trigger the opportunity to switch your Medicare Advantage plans. If you move to a new location or you encounter certain life circumstances, your coverage options change. You can make changes From January 1st, to March 31st, every year. Changes you make will take effect the 1st day of the following month you make the changes.</p> <p>Good Health to all, Jan Cote 508-763-8723 S.H.I.N.E. Volunteer</p>	<p>The mission of the Rochester Council on Aging is to advocate for and support the community's older adults, their families, and their caregiver's while promoting independent and positive lifestyles, in a welcoming and secure environment.</p> <p>The Rochester Council on Aging, a department of the Town of Rochester, is dedicated to serving older adults and assisting their families and friends with aging issues. In cooperation with other organizations, the Council on Aging serves both elders who are well and those with some degree of frailty. Our professional office staff, both paid and volunteer, are waiting to assist at the Rochester Senior Center.</p>

RAHI UPDATE

(Affordable housing in Rochester)

RAHI, a 501(c)3 Public Charity, was created as a result of the Rochester Council on Aging recertification process. Its focus is on educating the community about housing and identifying housing needs in Rochester, with longer term goals of acquiring and providing access to affordable housing here in Town. This month RAHI will begin explaining some of Rochester's current housing options that may be available for residents and to direct them to various resources that can assist with obtaining local housing, etc..

Last month we talked about the "Rochester Crossroads" project which our Planning Board is currently reviewing with the Developer. If this 40R (rental) development stays on schedule construction of the first building might start this summer. 52 out of the planned 208 units are to be considered affordable and might be 1, 2, or 3 bedroom units. According to the Ma. Department of Housing & Community Development (DHCD) Rochester Residents could qualify for LOCAL PREFERENCES if the Town can demonstrate the need for the local preference, justify the extent of the local preference, and show that the proposed local preferences will not have a disparate impact on protected classes.

Rochester must provide the Developer the documentation required to support a local preference within 3 months of the final issuance of the Comprehensive Permit. The State also needs to approve of the final package.

Allowable Preference Categories include Current residents, municipal employees, employees of local businesses, and households with children attending the locality's schools, such as METCO students. In addition, a LOTTERY PROCESS may be established for two pools, a local pool and an open pool. Please know that at this time the Town is still involved in the approval process for the project and has not yet looked into any steps to determine any LOCAL PREFERENCES for those that might Qualify RAHI is a local non-profit organization having by-laws limiting Affordable Housing to Rochester seniors and veterans. That is what sets us apart. Rochester people helping Rochester people. For more information, or to become involved, contact:

Gianno Lettieri at (508) 763-4714
Mark Wellington at (508) 763-5436

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ROCHESTER COUNCIL ON AGING
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ADDRESS CORRECTION REQUESTED

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When you call 911 and first responders are needed at your home, an auto accident or fire, they need to know exactly where you are. You can help by having **LARGE CLEAR NUMBERS** displayed at your home or business.

In fact, it's the law: Massachusetts General Laws C. 148, S. 59. specifies that every building in the state must have clearly visible address numbers posted.

Numbers need to be at least 4-inches in height and facing the street.

- Put the numbers under lighting, and use numbers with a contrasting background, so they will be visible at night.
- Be sure to use the E-911 address for the property.
- If your driveway is long, post your house number on both sides of a mailbox or sign pole at the end of the driveway near the road.
- Be sure to keep numbers visible by trimming trees and bushes.

Your safety officials can help you get the BLUE numbers you see on many homes.

Simply call 508-763-5112 or log-on at:

<https://www.rochestermapd.com/pdf/reflective-house-number-11-01-18.pdf>



ARE YOU ELIGIBLE FOR THE MASS SENIOR CIRCUIT BREAKER???

Are you over 65 years old?

Is your property tax bill over 10% of your income?

Here's an Example:

Total income is \$25,000 (10% of this figure is \$2,500)

Property tax is \$3,500 (more than 10% of your income) Your refund check would likely be up to **\$1,000**

Who couldn't use an extra \$1,000 in their pocket?



If you think you might be eligible for this program, leave your name and phone number with Carol at the Rochester senior center (508-763-8723) between 9am and noon.

I will get back to you.

Thank you,
Ann Cambra
AARP Volunteer Tax aide