



# 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)

## BOARD OF DIRECTORS

- Mike Cambra**     President
- Pauline Munroe**   Vice-  
President/Treasurer
- Jackie Demers**   Secretary
- Marjorie Barrows** Member
- Woody Hartley**   Member
- Sue Norton**       Member
- Marjorie O'Brien** Member
- Patricia Ryan**     Member

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



## ARE YOU READY FOR SOME ACTIVITIES?

It seems we are all feeling a bit fatigued from the restrictions placed upon us as a result of the covid virus. We are pleased that with the relaxation of some of these covid-19 restrictions, we will resume some of the programming that abruptly ended a year ago. Some programs have already started and others will begin as soon as possible. We have included a calendar of events for this month.

We look forward to seeing all our friends once again.

A big **Thank You** goes out to the employees/volunteers at the COA who held down the fort and kept us safe. **Please note that social distancing and masks are still required for all activities scheduled at the senior center.**

### HEALTH & WELLNESS IT'S FINALLY HERE!

Although this was not a particularly harsh winter, everyone seems ready to welcome spring! The first signs of spring are already beginning; the birds are chirpier, the days are longer and the sun feels warmer.

With the change in the weather (YAY!), I have an important reminder regarding your health.

Tick-borne illnesses continue to rise in New England. Infections like Lyme Disease, Babesiosis, Human Granulocytic Anaplasmosis, Tularemia and even Rocky Mountain Spotted Fever are becoming more and more commonplace in our area.

**Continued on page 3...**

### UPDATES TO THE SENIOR CENTER SINCE THE PANDEMIC

- New lights for the parking lot have been installed funded in part by the Friends of the Senior Center
- Our walk-in freezer and refrigerator have been replaced
- We are getting four new laptops for our seniors...two for the big room and two to lend out (with a hot spot for internet access)
- All new LED lights throughout the building funded by the Green Communities Initiative

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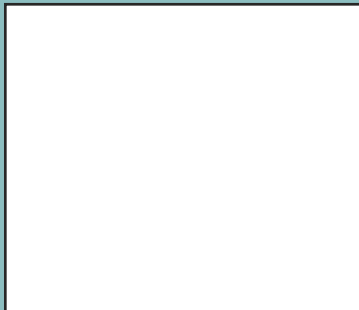
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Your best defense against tick born illness is to try not get bit by a tick, and if you are bitten, find and remove it as soon as possible. Most tick born illnesses occur after the tick has attached itself to you for 24-48 hours.

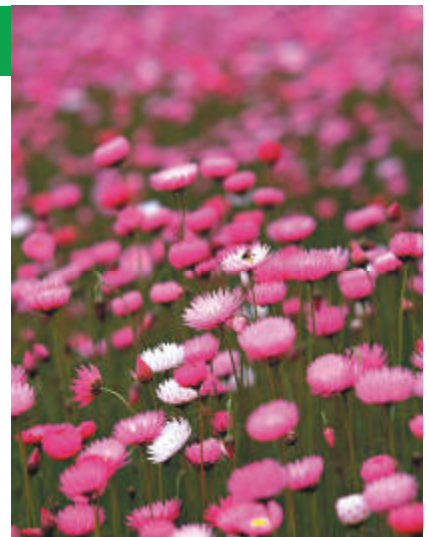
If you have been outdoors, do a thorough tick check when you remove your clothing. Ticks are very small, around the size of a poppy seed. When you are bathing, use an old fashioned scrub brush to get to your back and other hard to reach places. It is possible to remove ticks that may not have firmly attached themselves to your skin.

Wear clothing that has been treated with Permethrin (the only chemical that kills ticks and mosquitos on contact). Please note! Clothing must be treated and fully dried before it can be worn! Some outdoor stores sell clothing that has been pretreated with this chemical and claim that they are good for 70 washes. You can also buy Permethrin liquid spray at stores or online and treat your clothes yourself. Remember to do this in advance. Permethrin should be completely dried before you put on your treated clothing. This is not a new product, Permethrin has been used in a cream form to treat lice and scabies for many years The liquid used to treat clothing is much stronger than the cream, and should not be applied directly to your skin. Read the labeled directions carefully. A single application can last up to 6 weeks. It can also be applied to outdoor gear for hiking, fishing, hunting and camping.

Ticks become infected with disease when they feed on infected rodents and small animals. Deer become infected when ticks feed on them. So....the rodents/small animals pass the disease to the ticks who then pass it to deer and people. Do what you can to keep rodents and small animals away from your home. Bird feeders should be as far away from your home as possible. Food should not be left outside. Firewood should be stored away from your home. Who hasn't found the odd acorn in their woodpile left by chipmunks? Keep your grass cut short, and remove fallen leaves from your yard. Especially if children play in your yard! Ticks generally hang out on the ends of individual blades of grass. They wait for an animal to walk by and brush against the grass. This behavior is called questing. Beach grass is perfect for them! Do not walk through beach grass! Use pathways.

Signs and symptoms of tick born illness are: low grade fever, extreme fatigue, muscle and joint aches, headache, feeling like you have the flu. If you experience any combination of these symptoms, seek medical attention. Early diagnosis and treatment with antibiotics make a significant difference in the intensity of the illness.

**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

**Jim Dexter**

Custodian

**Brian Ouellette**

Custodian

**Mike Rocha**

Driver

**Barbara Francis**

Driver

**Norma Charest**

Driver

**Deidre Pierce**

Driver

**Jan Cote**

Shine Volunteer

# April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="text-align: center;"><b>* Podiatrist Call the COA for appointment</b></p>						
<p style="text-align: center;"><b>** Meals provided by Coastline Elderly Services</b></p>						
<p style="text-align: center;"><b>4</b></p>	<p style="text-align: center;"><b>5</b></p>	<p style="text-align: center;"><b>6</b></p>	<p style="text-align: center;"><b>7</b></p>	<p style="text-align: center;"><b>8</b></p>	<p style="text-align: center;"><b>9</b></p>	<p style="text-align: center;"><b>10</b></p>
<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 10:30 - 12:30 Blood Pressure <b>2-3 Stepping/Stretching</b></p>	<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 10:30 - 12:30 Blood Pressure <b>2-3 Stepping/Stretching</b></p>	<p style="text-align: center;"><b>9-11 Scrabble</b> 9:30 Line Dancing</p>	<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 12:30 Bingo</p>	<p style="text-align: center;"><b>9-11:30 Busy Bees</b> 10 French Culture and Conversation <b>2-3 Stepping/Stretching</b></p>	<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 9:30 Line Dancing <b>12 Chair Yoga</b></p>	<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 9:30 Line Dancing <b>12 Chair Yoga</b></p>
<p style="text-align: center;"><b>11</b></p>	<p style="text-align: center;"><b>12</b></p>	<p style="text-align: center;"><b>13</b></p>	<p style="text-align: center;"><b>14</b></p>	<p style="text-align: center;"><b>15</b></p>	<p style="text-align: center;"><b>16</b></p>	<p style="text-align: center;"><b>17</b></p>
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<p style="text-align: center;"><b>PATRIOTS DAY THE SENIOR CENTER IS CLOSED</b></p>	<p style="text-align: center;"><b>PATRIOTS DAY THE SENIOR CENTER IS CLOSED</b></p>	<p style="text-align: center;"><b>9-11 Scrabble</b> 9:30 Line Dancing</p>	<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 12:30 Bingo</p>	<p style="text-align: center;"><b>9-11:30 Busy Bees</b> 10 French Culture and Conversation <b>2-3 Stepping/Stretching</b></p>	<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 9:30 Line Dancing <b>12 Chair Yoga</b></p>	<p style="text-align: center;"><b>9-11 Coffee &amp; Conversation</b> 9:30 Line Dancing <b>12 Chair Yoga</b></p>
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<p style="text-align: center;">Pot Roast w/Gravy*</p>	<p style="text-align: center;">Pot Roast w/Gravy*</p>	<p style="text-align: center;">BBQ Chicken*</p>	<p style="text-align: center;">Meatloaf w/Gravy</p>	<p style="text-align: center;">Turkey Divan w/ Brocc*</p>	<p style="text-align: center;">Beef Chili*</p>	<p style="text-align: center;">Buttermilk Chicken*</p>

# HAPPY APRIL BIRTHDAY!



<b>1</b> Mildred Souza	Karen Morrison	Charlene Parker	<b>24</b> David Michael
John King	Mark Gracia	Kathryn McLeod	Carolyn Gilmore
Mary Adams	Maureen Sperry	<b>17</b> Shirley Oliver	<b>25</b> Bunny Mogilnicki
Denise O'Meara	<b>9</b> Irene Faustino	Diane Mareiro	Paul Schaefer
Susan Anuszczyk	Yvette Vipon	Ann Perry	Cynthia Aadland
James Ziobro	Joseph Dvorski	Terry Roedl	Muriel Dvorski
Alejandro Grignetti	Ernest Frechette	Mary Bessey	Carol Galante-Dias
Kathleen Shea	<b>10</b> Mary Pearsull	Margaret White	Arthur Smith
<b>2</b> Marie Weigel	Scott Chadwick	Randall Elgin	Ann Soares
Susan Johnson	Lorraine Moniz	Cheryl Alves	David Kiely
Alice Nazzaro	Robert Myatt	Walter Christl	Donna Calderbank
Dawn Larson	Kevin McClurg	<b>18</b> Joseph Machado, Jr	<b>26</b> Barbara Medeiros
<b>3</b> Emily Dionne	William Dunn	<b>19</b> Eleanor Mower	Susan Lafleur
Paul Gerrior	<b>11</b> Anne Cunningham	Cathy Lambert	Harrison Harding Sr
Janet Howes	Vincent Steiblin	Donald Bishop III	Kenneth Grover
Johnann Forand	Joanne Rogers	Sara Johnson	Nancy Rocha
<b>4</b> Charles Hopkins	<b>12</b> Ward Benner	Charles Semple	Manuel Medeiros
Thomas Kozlowski	Helen Moore	Mark Hathaway	John Sousa
Sara Post	Alfred Silva	Marc Reusch	<b>27</b> Richard Rucker
<b>5</b> Mark Wellington	Susan Johnston	<b>20</b> Rene Harbeck	Susan Griffith
Pedro Simoes	Donald Cantara	John Panarese	Donna Nelson
Kenneth Allen	Leith Laura Patnaude	Debra Lalli	Cynthia Semple
Stephen Doonan	Yvette Boucher	<b>21</b> Donald George	Owen Brides
<b>6</b> Louis Ouellette	<b>13</b> David Mosher	Robert St Onge	<b>28</b> Craig Parker
Laurel Conway	Donna Ray	Cynthia Desjeunes	Joseph Brosseau
Jerry Rogers	Edmund Shannon	Suzanne Frazee	<b>29</b> Franklin Wright
Thomas Nelson	<b>14</b> Janice Brodeur	Millie Wood	Arthur Briggs Jr
Magnus Aadland	Carol Higgins	Donna Matson	Michael King
Brian Nobrega	Barbara O'Shaughnessy	Joann Hartley	Thomas Parker
Linda Gifford	Dawn Dimarzo	Tom King	<b>30</b> Gary Correia
Michael Roderick	Thomas Flaherty	Robert Sylvester	Norene Hartley
<b>7</b> Lorraine Thompson	<b>15</b> Kathleen Martin	<b>22</b> Barbara Gonnevill	Bonnie Borthwick
<b>8</b> Richard Nash	Grzegorz Bednarczyk	Wanju Dai	James Ruell
Leslie Laplante	Mary Bellotti	Elizabeth Ladner	Claudette Tobin
Marjorie Rezendes	<b>16</b> David True	<b>23</b> Lawrence Oliveira	Robert Hiller III
Odete Armstrong	Jeffrey Dupont	Eduardo Amaral	Scott Weigel
Brian Szyndlar	Leonard Cabral	Marybeth Carlsen	

## ANNIE MAXIM HOUSE HOUSING, INC. OPENING

Please be informed of a vacancy at the Annie Maxim House, Inc. (AMH).

AMH is a private, not-for-profit, congregate housing facility for low-income elders. AMH, located in Rochester, is available to adults 62 years of age and over residing in the town of Rochester, Middleboro, Wareham, Marion, Mattapoisett, Lakeville, Acushnet or Fairhaven for the past two years or longer. Applicants should be able to perform personal care and tasks of daily living independently. AMH is situated in a beautiful, rural setting. It offers an ideal housing option for elders who enjoy socializing with others. Residents congregate for a daily meal and enjoy spending time in common areas or on the lovely grounds surrounding the house. Residents are afforded a one-bedroom apartment, a daily meal and access to in-house services, including transportation or help with housekeeping, if needed. AMH has been in place in 1983. Since its inception, AMH has been helping elders realize enhanced autonomy via the support of staff and existing family. Residents also benefit from the companionship and mutual aid shared among residents. Please call the Annie Maxim House, Inc. at (508) 763-2494 for more information or would like to receive an application. Single adults and couples are encouraged to apply. Applications will be accepted until May 14, 2021.

## ANNIE MAXIM HOUSE INC. HOUSING ASSISTANCE PROGRAM

Does your home have a need for repairs that you cannot afford to fix? The Annie Maxim House Housing Assistance program may be able to help!! The program provides funding for small home repairs in order to enhance the health, safety and quality of life for elders who are 62 years of age or older. Please note the program is designed to enhance the safety of your life and ensure your needs are being met. Projects are restricted budget wise to accommodate small versus large repairs. Examples of past projects funded include: repair of wooden steps to ensure safety Installing hand rails to minimize fall risk funding of stair chair lift to access second floor bedroom. repair of broken window for safety/improve heating. If you experience financial hardship and have a need for a small home repair, please call the Annie Maxim House at (508) 763-2494 for further Information!

**ANNIE MAXIM HOUSE, INC.**  
**706 NORTH AVENUE, ROCHESTER, MASS. 02770**  
**PHONE: (508) 763-2494 FAX: (508) 763-3797**  
**CONTACT: KRISTINA Gardiner, Executive Director**  
**oy Lynne Pires, Executive Assistant**

## FRIENDS

After a year of no suppers, **FRIENDS** is happy to sponsor a very special filet mignon dinner in May to celebrate our reopening. Details will be in the May newsletter. When visiting the Senior Center be sure to notice the beautiful new lights partially funded by the FRIENDS.

Looking forward, we have scheduled another Craft Supply Sale in September which is sure to be as successful as our sale last year. Watch the newsletter for more suppers and events as restrictions relax and more people are vaccinated.

Friends next meeting will be on April 14, 2021 at 10:30 in the Senior Center. Hope to see you

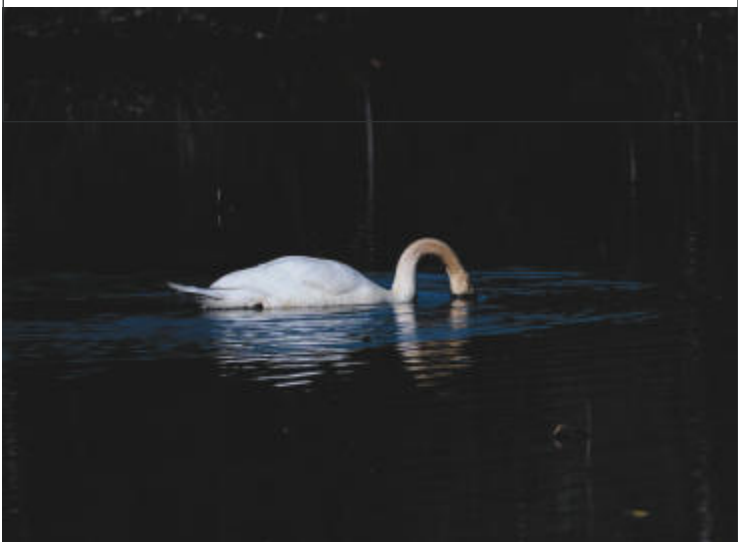


Photo courtesy of Maggie Howland  
mhowland@student.bridgew.edu

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ADDRESS CORRECTION REQUESTED

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## FRIENDS

Congratulations to the winner of the FRIEND'S  
February word search contest: **RICK HALL**



A BIG thank you goes to **MIKE DANIEL**  
for constructing and donating this (and many  
other) wonderful baskets for many of our events.  
They are always a huge hit.

## TIME TO S.H.I.N.E.

Hi Everyone,

There's a new fact sheet coming to all social  
security beneficiaries. It's called "Information  
for People Helping Others". It's online through  
"my account".

This New fact sheet is designed to clarify &  
has useful information based on your age  
group, earnings, situations & Medicare  
earnings.

For more information visit:  
[www.ssa.gov/myaccount/statement.html](http://www.ssa.gov/myaccount/statement.html)

If you don't have a computer, there are some  
available at the senior center.

As always- stay safe...good health to all,

Jan Cote 508-763-8723  
S.H.I.N.E. Volunteer