



KINGSTON SENIOR CENTER

# THE ANCHOR



MONTHLY MAGAZINE | JANUARY 2022

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Kingston Council on Aging  
 30 Evergreen Street  
 Kingston, MA 02364  
 Phone: (781) 585-0511  
 www.kingstonma.gov










Facebook.com/  
 KingstonCouncilonAging



The Senior Center will be closed on Monday, January 17 in recognition of Martin Luther King, Jr. day. Please plan accordingly if you rely on the center for meals or transportation.

With winter settling in and the return of cold temperatures, the threat of storms and weather related emergencies becomes a real concern for many seniors. Local, state and federal agencies are stressing the importance of residents, and especially seniors, assembling or replenishing a well-stocked emergency kit in case you need to evacuate your home or shelter in place for multiple days. Things you should include in the kit are:

-  \* FLASHLIGHT
-  \* UTILITY TOOL/POCKET KNIFE
-  \* WATER
-  \* FIRST AID KIT
-  \* LIST OF ANY MEDICATIONS THAT YOU TAKE AND THE DOSAGES
-  \* CELL PHONE CHARGER
-  \* MANUAL CAN OPENER

If you need assistance assembling this type of emergency storm kit, please contact the KCOA Community Outreach Coordinator, Martha Shanahan at (781) 831-6044.

Massachusetts residents are encouraged to call **211** to get information during an emergency. The line is staffed by the Massachusetts Emergency Management Agency (MEMA) 24 hours a day, 7 days a week. It is also important to register with the Council on Aging so that we can add you to our special needs list for environmental events. **Call us at (781) 585-0511** to update your information and let us know of any unique needs that you, or another family member in your home may have.

## IMPORTANT INFORMATION FOR TOWN RESIDENTS

### Inclement Weather Policy:

If Silver Lake Regional/Kingston Schools are closed due to snow/poor weather conditions, **the Senior Center will be closed for all programs and events scheduled for that day.** Staff will be available to answer phones. Only medical rides will be provided on a case by case basis, if deemed **safe to do so.** When the Town of Kingston and the school system are both closed due to snow/poor weather, the Center will be closed, unstaffed and no rides will be provided.



# SHEPHERD

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### Joe Knaws!

COA Board Chairman, Joe Favaloro keeps us updated on how to Protect Against Scammers and Spammers Tricks (PASST)

Home Repair Scams- Here's how they work: Someone knocks on your door or calls you. They say they can fix your leaky roof, install new windows, or provide the latest energy-efficient solar panels. They might find you after a flood, windstorm, or other natural disaster. They pressure you to act quickly, might ask you to pay in cash, or offer to get you financing. Then they run off with your money and never make the repairs, or they do shoddy repairs that make things worse. What you can do: Stop. Check it out. Before making home repairs, ask for references, licenses, and insurance. Get three written estimates. Don't start work until you have a signed contract. And don't pay by cash or wire transfer.

*Source: Federal Trade Commission*

A Facebook post by a person who was nearly scammed shows how sophisticated some scammers are. This individual received a call purportedly from the fraud department of her bank asking if certain purchases were made on her debit card and stated the last four digits correctly. The scammer also knew her phone number and address. The scam came to light when the caller asked for the pin number to allow further research and the woman realized the bank would never ask for her pin number. When challenging the caller, he hung up. Contact with the real fraud department of the bank confirmed they would never ask for a pin number and the card was closed and a new one was issued. **Never, ever give a pin number over the phone to anyone.**

*Source: Facebook*

As travel numbers skyrocket, so do travel scams. Scammers will send out emails and text messages containing malicious links for you to click on that could install malware on your computer. Or they could rope you in, to try and get you to pay up with a deal that sounds too good to be true. Tips to avoid travel scams:

- See a deal you like? Do a separate search on the company before booking. Look up reviews and ratings to see if other customers were satisfied.
- Know the cancellation policy before you book. Make sure all reservations and rental policies are in writing.
- Pay with a credit card; you'll get more protection than paying with cash or a debit card. *Source: Rossen Reports, WCVB & FBI*



### Burned, Cooked or Gassed Winter Safety Concerns

By: Austin R. Sennett



As temperatures drop, we older adults (*like me*) are faced with numerous different challenges to our safety and health. Some great tips on preparing for winter are provided on page one of this newsletter.

**Outside** cold weather issues include: frostbite, hypothermia, slips and falls on ice, macho snow shoveling initiatives and driving Miss or Mr. Daisey on snow covered roads. **Inside** concerns include: boredom, carbon monoxide poisoning, improper positioning and use of portable space heaters and improperly used and maintained fire places.

#### Burned and Cooked!

**Hypothermia and Frostbite** result from outside exposure to cold air. Those two conditions do not have a cookbook recipe to assist you from getting "**burned.**" There are no documented specific temperatures or times that will let you know when you are "**cooked**" and you most likely will not know when you are overdone. Know that shivering is not a reliable warning sign and becomes less reliable as we grow older. Some practical tips:

- \* **Stay inside:** *If possible, not always practical*
- \* **Stay Dry:** *Wet clothing chills your body quicker*
- \* **Dress in Layers:** *Far more protective than a single covering garment*
- \* **Protect your mouth and nose:** *Inhaling ridged air makes you "cook" faster*

#### Gassed

**Carbon Monoxide Poisoning** is not the getting gassed situation that many of us have experienced and even enjoyed. Carbon monoxide poisoning will certainly result in a hangover and can easily become deadly. Be certain that any gas producing devices in your home are properly vented and maintained. Properly placed and maintained carbon monoxide detectors are essential to keeping you safe this winter. If you experience any of the symptoms below, get into fresh air and seek medical care immediately:

- Nausea or vomiting
- Headaches
- Blurred vision
- Dizziness
- Confusion
- Weakness

## Will You Outlive Your Savings? Older Adults & Money Management

One of the greatest fears that retirees have is outliving their savings. Concern over having enough money from Social Security, pension (if applicable), and savings (including a 401(k) or IRA) to last a lifetime is not uncommon.

### Planning & Budgeting

Planning ahead is key. Most likely, you already know the income you need each month to cover necessities - food, rent/mortgage, transportation, medical and other expenses. By creating a budget, you'll have a better handle on where your money is spent each month and can then have more control over it.

Consider ways that you may be able to reduce expenditures, so you can leave more of your savings invested for continued growth. Beyond clipping coupons and enrolling in shopping rewards programs, consider taking advantage of senior citizen discounts offered by retailers, restaurants, pharmacies and others. All of those dollars saved really do add up over time.

Look for community programs offered free or at a reduced cost to seniors. The Massachusetts Bay Transportation Authority (MBTA) offers reduced fares for seniors on the subway, commuter rail, bus and ferry. Many local Councils on Aging offer a daily meal at their centers at a low cost (**see the Kingston menu on page 6**).

### Money Management

Worried about managing your money? Unable to tackle that pile of mail? If you're an older adult in need of assistance organizing your finances, OCES can help provide you with peace of mind when managing your money. Visit [www.ocesma.org](http://www.ocesma.org) for more information. The more aware you are of how you use your retirement savings, the greater likelihood you'll be able to extend your savings.



## Happy New Year!

As we enter another new year, many of us will embark on making changes to how we eat. Kristin Kirkpatrick, MS, RDN, founder and president of KAK Consulting provides the following nutrition tips for a healthier New Year in 2022!



### Determine the why

Write down why you want to lose weight or change your diet – and only one of them can be related to looks. Do you want to get on the ground and play with your kids or grandkids? Do you want to live longer than your parents did? Do you want to have more energy? Think about it and write it down!

### Eat until your satisfied – not full



Do you eat while distracted, eat too fast, eat low nutrient-dense foods, or simply keep eating because the food tastes good? Find foods that fill you up and eat until you are no longer hungry, *not full*. Focus on slowing down and losing distractions so you can develop more mindful eating.

### If you fall of the wagon – pick yourself up and keep going



Falling off the healthy habit wagon is inevitable. No one is perfect, and occasionally allowing indulgences is not what ultimately impacts overall health. It's when we have a cookie, feel bad about the choice and respond by finishing the entire box. It's important to realize you will most likely have times when you eat too many of the wrong foods- so enjoy it, move on from it, and keep going. You're not weak, you're human.

**2022 is a great time to start making healthier changes!**

*Submitted by Marcia Richards, MEd RD MCHES  
Beth Israel Deaconess Hospital-Plymouth*

# Kingston Council on Aging Network of Partners

**Kingston Council on Aging** 781-585-0511  
30 Evergreen Street, Kingston

**Old Colony Elder Services** 508-584-1561  
Local support services for seniors 60+. Home care,  
money management, nutrition and more

## ALZHEIMER'S/DEMENTIA SUPPORT

Alzheimer's Association 800-272-3900

## DURABLE MEDICAL EQUIPMENT

**Scituate Etrusco Assoc.** 781-545-4411  
**Homecare Express** 781-826-9999  
**Therap-Ease** 508-830-0911

## ELDER ABUSE HOTLINE

Toll Free Hotline 800-922-2275

## FOOD PANTRIES

**Plymouth Area Coalition** 781-582-2010  
149 Bishop's Highway, Kingston

**St. Joseph's** 781-585-6679  
272 Main Street, Kingston

**Vineyard Christian/Careworks** 781-585-6897  
41 Pottle Street, Kingston

**Supplemental Nutrition Assistance Program (SNAP)**  
**Senior Assistance Line** 833-712-8027  
**Main Line** 877-382-2363

## FUEL/HEAT

**South Shore Community Action Council** 508-746-6707

## HEARING IMPAIRED RESOURCES

**Massachusetts Equipment Distribution Program**  
(MASSEDP) 800-300-5658

**CAPTEL Captioned Telephone** 877-473-4003

## LEGAL SERVICES

**South Coastal Counties Legal Services, Inc.**  
508-586-2110/800-244-8393

**Mass Bar Association Dial-A-Lawyer** 617-338-0610

## STATE/LOCAL OFFICIALS

**Senator Susan Moran Office:** 617-722-1330

**State Rep. Kathleen LaNatra Office:** 617-722-2430

## MEDICARE/MEDICAID ASSISTANCE

**SHINE** (Serving the Health Insurance Needs of  
Everyone) 508-422-9931

**MassHealth: Customer Service** 800-841-2900

**Senior Medicare Patrol** 877-808-2468

*(Available to Medicare beneficiaries with questions or  
concerns about Medicare billing errors)*

**Medicare** 800-633-4227

**Medicare Rights** 800-333-4114

## RENTAL /HOUSING ASSISTANCE

**Neighborhood Housing Solutions** 781-422-4200

**Residential Assistance Homeless Prevention Program**  
**(RAFT)** 781-422-4204

**Tenancy Preservation Program** 617-788-6500

## SAFETY ASSURANCE CALL PROGRAM

**Plymouth County Sherriff's Dept.** 508-830-6256

## SOCIAL SECURITY

**Main Number** 800-772-1213

**Hanover Office** 877-444-6898

## TAX ASSISTANCE

**AARP Tax Aide Foundation** 888-687-2277

**My Free Taxes** 866-698-9435

## TRANSPORTATION

**GATRA Plymouth Central Dispatching** 978-393-4404

Local transportation and Boston

To register with GATRA call 508-823-8828 ext. 4

To schedule a ride call 844-358-4422 /

PT-1 riders: 508-823-5630

**South Shore Community Action Council** 508-747-7575

**Old Colony Elder Services** 508-584-1561

(intake & referral)

## VETERANS RESOURCES

**Kingston Veteran's Agent** 781-585-0515

## VISUALLY IMPAIRED RESOURCES

**Talking Information Center** 781-834-4400

# KCOA Programs

Registration is required unless otherwise noted.  
To register, call Brenda Fitzgerald, Programs & Activities Coordinator at (781) 831-6042



## Color Me Cancer Free! Cancer survivors coloring group January 13 1-3 pm

Adult coloring books and colored pencils are provided.  
\*Meets 2nd Thursday of each month



## Donna's OCES Special Luncheon! January 18 at 11:30 am

### New Year's Special:

Sweet and sour chicken, fried rice, oriental vegetable blend, dinner roll, peach crisp

OCES Special lunches will be held on the third Tuesday of each month at 11:30 am

Register in the lobby - Limit 40  
\$2.50 suggested donation

## Nurse Clinics!

1st and 3rd Thursday of every month  
10:00 - 11:30 am



Blood pressure screenings and one-on-one consultations with a registered nurse!  
**No appointment necessary.**

## Bereavement Support Group

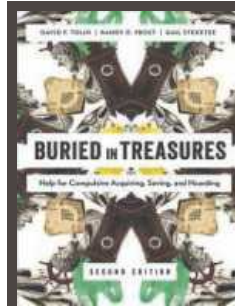
There really is no "wrong way" to grieve the loss of a loved one. It is important to reach out and talk to someone and cry when you need to in a safe place. Continuum Care Hospice of Southeastern MA holds a bereavement support group at the Kingston COA the 3rd Friday of each month at 10:00 AM. All are welcome.



Continuum  
HOSPICE & PALLIATIVE CARE

## It's That Time of Year Again

The AARP Tax-Aide Team will be back in February to help take some of the "ugh" out of tax return preparation!! They are getting ready now for the upcoming tax season and plan to be at the Kingston Senior Center each Monday and Tuesday from February 7th - April 12th. **Appointment scheduling will begin during the last full week of January.** Look in the February newsletter for more specifics.



## OCES BURIED IN TREASURES WORKSHOP

Buried in Treasures Workshops are:

*Judgement-free  
Educational  
Self-help group for people with  
hoarding tendencies*

### WORKSHOP DETAILS

**Date:** Tuesdays, January 18- May 3

**Duration:** 16 classes, once a week

**Time:** 1:00 pm - 3:00 pm

**Location:** Online virtual group, facilitated by Deana Andrade, LICSW

**Cost:** FREE





Sponsored By:

**Contact Information:**

OCES  
www.ocesma.org  
ocesinfo@ocesma.org  
508-584-1561 ext. 232



# January Meals Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Honey mustard chicken, brown rice & orzo, broccoli, cracked wheat bread, pineapple chunks	<b>4</b> Cheddar cheese omelet, pancakes, peppers & onions, yogurt, orange juice 	<b>5</b> Lemon pepper chicken, herbed brown rice, Scandinavian vegetables, scala bread, oatmeal raisin cookie	<b>6</b> <b>COA LUNCH</b> "Resolution salad" with chicken, served with a roll, and oatmeal chocolate chip walnut cookie 	<b>7</b> Roast turkey w/ gravy, mashed potatoes, cranberry sauce, green beans, snack loaf, Lorna Doones
<b>10</b> Meatloaf w/gravy, baked potato half, green peas, cracked wheat bread, brownie cookie	<b>11</b> Breaded cod filet, brown rice pilaf, Jardiniere vegetables, pumpernickel bread, diced pears	<b>12</b> Veal chop w/gravy, roasted potatoes, carrots, whole wheat roll, Mandarin oranges	<b>13</b> <b>COA LUNCH</b> Fish cakes served with beans, cole slaw, and spice cake with vanilla icing	<b>14</b> Hot dog on a whole wheat bun, vegetarian baked beans, zucchini squash, fresh pear
<b>17</b> <b>Center Closed</b> 	<b>18</b> <b>Donna's Special New Year's Lunch</b> Sweet and sour chicken, fried rice, oriental vegetable blend, dinner roll, peach crisp	<b>19</b> Turkey chili, white rice, chuckwagon vegetables, corn muffin, lemon square	<b>20</b> <b>COA LUNCH</b> Chicken with lemon sauce over egg noodles, broccoli, lemon pudding	<b>21</b> Pot roast w/ apple cider gravy, roasted potatoes, mixed vegetables, scala bread, chocolate pudding
<b>24</b> Lasagna rolls w/ Italian sauce, Tuscany vegetables, garlic roll, strawberry oatmeal bar	<b>25</b> Chicken marsala over parslied rotini pasta, parmesan spinach, rye bread, fresh orange	<b>26</b> BBQ pork patty on a whole wheat bun, tater tots, Scandinavian vegetables, mixed fruit cup 	<b>27</b> <b>COA LUNCH</b> Tomato soup, oysterettes, grilled cheese, chocolate pudding	<b>28</b> Baked ziti casserole, broccoli/red peppers, whole wheat bread, cinnamon peaches
<b>31</b> Oven fried chicken w/gravy, roasted sweet potatoes, Jardiniere vegetables, oatmeal bread, lemon square	<b>Congregate meals offered through Old Colony Elder Services. Suggested donation of \$2.50</b>		<b>COA Lunches \$3 Kingston residents \$4 out of town</b> *menu subject to change without notice	

Busy calendar of events? Don't miss out! Be sure you are seeing clearly.



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# January Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00 Coffee Cart 9:00 Tap 9:00 Pinochle 10:00 Circuit Training 11:30 Chair Aerobics 12:30 Party Bridge 1:00 Canasta	<b>4</b> 9:00 Coffee Cart 9:00 Quilting w/ Louise 10:00 Zumba	<b>5</b> 9:00 Coffee Cart 9:00 Ballet Barre/Jazz 9:00 Whist 9:00 Oil Painting 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>6</b> 9:30 Chair Yoga 10:00 Nurse Clinic 10:30 Tai Chi 11:00 COA Lunch 1:00 Bingo 1:00 Cribbage	<b>7</b> 8:30 Pinochle 9:00 Coffee Cart 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
<b>10</b> 9:00 Coffee Cart 9:00 Tap 9:00 Pinochle 10:00 Circuit Training 11:30 Chair Aerobics 12:30 Party Bridge 1:00 Canasta	<b>11</b> 9:00 Coffee Cart 9:00 Quilting w/ Louise 10:00 Zumba 11:30 COA Advisory Board Meeting	<b>12</b> 9:00 Coffee Cart 9:00 Ballet Barre/Jazz 9:00 Whist 9:00 Oil Painting 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>13</b> 9:30 Chair Yoga 10:30 Tai Chi 11:00 Hearing Screenings 11:00 COA Lunch 1:00 Bingo 1:00 Cribbage 1:00 Cancer Survivors Coloring Group	<b>14</b> 8:30 Pinochle 9:00 Coffee Cart 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
<b>17</b>  <b>CENTER CLOSED</b>  	<b>18</b> 9:00 Coffee Cart 9:00 Quilting w/ Louise 9:00 Round Table Coffee Crew 10:00 Zumba 11:30 Donna's Special Lunch 5:00 Friends Board	<b>19</b> 9:00 Coffee Cart 9:00 Ballet Barre/Jazz 9:00 Whist 9:00 Oil Painting 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>20</b> 9:30 Chair Yoga 10:00 Nurse Clinic 10:00 Diabetic Shoes 10:30 Tai Chi 11:00 COA Lunch 1:00 Bingo 1:00 Cribbage	<b>21</b> 8:30 Pinochle 9:00 Coffee Cart 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:00 Bereavement Support Group 10:30 Drums Alive
<b>24</b> 9:00 Coffee Cart 9:00 Tap 9:00 Pinochle 10:00 Book Club 10:00 Circuit Training 11:30 Chair Aerobics 12:30 Party Bridge 1:00 Canasta	<b>25</b> 9:00 Coffee Cart 9:00 Quilting w/ Louise 10:00 Zumba 11:30 TRIAD Meeting	<b>26</b> 9:00 Coffee Cart 9:00 Ballet Barre/Jazz 9:00 Whist 9:00 Oil Painting 10:00 30/30 11:00 - 12:00 Bag & Go 12:00 SHINE 12:00 Bridge	<b>27</b> 9:30 Chair Yoga 10:30 Tai Chi 11:00 Attorney Services 11:00 COA Lunch 1:00 Bingo 1:00 Cribbage	<b>28</b> 8:30 Pinochle 9:00 Coffee Cart 9:30 Needlers 9:30 Arthritis Fun & Fitness 10:30 Drums Alive
<b>31</b> 9:00 Coffee Cart 9:00 Pinochle 10:00 Circuit Training 11:30 Chair Aerobics 12:30 Party Bridge 1:00 Canasta			<b>Please remember to scan in at the Welcome Desk.</b>  <b>Our scan and win raffle continues!</b>	<b>The more events you attend, the more entries you will receive for a chance to win a gift card!</b>



# Groups and Clubs at the KCOA

All groups and clubs are free with no registration required!

## KCOA Book Club

Meets 3rd Monday\* of each month  
at 10:00 am

\*subject to change due to holidays

January 24

Season of Wonder

By: RaeAnne Thayne



## Quilting with Louise

Meets Tuesdays at 9:00 am

*“Wishing all of our friends and neighbors Happy Holidays, and a prosperous New Year!”*

*-Louise*

## Needlers

Meets Fridays at 9:30 am



The Needlers would like to thank everyone who donated items to our group. We have distributed all of our items to various organizations that we partner with. We wish you all a happy, healthy holiday season, and a wonderful new year!

## South Shore Quilts for Kids

Meets Tuesdays from 5 - 7 pm



We are always looking for new quilters.

We will give you all the fabric - both front, back and the batting, and teach you how to make the quilt. The only thing you need to supply is the sewing machine and thread. Our only request is that you make a quilt for Quilts for Kids. Then you can make a quilt for yourself or keep on making quilts for kids. Please join us! Some of us just come to gab and don't bring anything to work on.

## Oil Painting

Meets Wednesdays at 9:00 am



The oil painters have put their work on display around the Senior Center. Come take a look at these one of a kind paintings.

The group is full of talent!

## Cards & Games

Monday

Tuesday

Wednesday

Thursday

Friday

9:00 am  
Pinochle

12:30 pm  
Party Bridge

1:00 pm  
Canasta



9:00 am  
Whist

12:00 pm  
Bridge



1:00 pm  
Bingo

1:00 pm  
Cribbage



## Staying Up-to-Date

## Monthly Memory Corner

There are a variety of ways to keep in touch with the COA:



**Visit the Kingston Council on Aging page on the town's website:**

[www.kingstonma.gov](http://www.kingstonma.gov)



**Subscribe to our weekly email blast!**

To sign up, call us at (781) 585-0511, or send an email to Holly Nighelli at [hnighelli@kingstonma.gov](mailto:hnighelli@kingstonma.gov) to get on the list!



**Like us on Facebook:**

[KingstonCouncilOnAging](https://www.facebook.com/KingstonCouncilOnAging)



**Check us out on YouTube:**

[www.YouTube.com](http://www.YouTube.com) (search for Kingston Council on Aging). Subscribe to get notified when we post a new video!



**View our newsletter online:**

[www.ourseniorcenter.com](http://www.ourseniorcenter.com). Search for Kingston Council on Aging, and subscribe to get an alert when a new issue is available!



**Look for our monthly article in Kingston Living Magazine!**

Outreach Coordinator, Martha Shanahan has been hard at work since she started in early October, and has put together a new Outreach Resource Library where you can *check out* and borrow books about aging, death, grief, dementia & care giving to support older adults and their families. If you or someone you know could benefit from borrowing one of these books, please stop by and see Martha, or give her a call at 781-831-6044!



### Horsing Around

By: Charlotte Young and Janine Boutin



Jennifer's love for horses was always a conversation starter; especially when moving to a new town, not knowing anybody, and eager to make new friends. Soon, word got out that she worked closely with horses and knew everything there is to know about the gentle giants. She instantly bonded with a group of girls with this same interest, and the rest is history.

Growing up, Jennifer and her friends took jobs at the local fair grounds as hotwalkers, or caretakers of racehorses. After the horses had completed their events, they needed to be tended to and cooled down for their next race. Each day Jennifer would rinse the horses who were often caked in mud and walk them in an attempt to lower their heartrate. After years of working so closely with the horses, Jennifer grew to create an inseparable bond with the horses and surrounding friends that would last a lifetime.

It was a dangerous job working with such massive animals in an environment where chaos often erupted due to a rowdy audience, but the girls had each other's back. The job of a hotwalker had its challenges, but the young girls enjoyed every waking moment they had with the horses they had grown to love so much.



To this day, Jennifer and her friends still remain in touch and have even raised some of their own horses alongside their own families. Despite living on opposite sides of the country, the girls will forever be reminded of the happy, often messy memories of being a hotwalker each time they see the magnificent creatures that ignited a lifetime of memories and happiness within their group.

Send us your memories to:

[ourmemoriesKCOA@gmail.com](mailto:ourmemoriesKCOA@gmail.com)

All stories are published as anonymous.

Become a member of the Friends of the KCOA!

Complete this form and mail to:



**Friends of the KCOA**  
**30 Evergreen Street**  
**Kingston, MA 02364**


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

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Birthday: \_\_\_\_\_

\$10 per year or \$15 for 2 persons at same address

  
**Duxbury House**  
 At The Village  
 MEMORY CARE RESIDENCE

**Duxbury's Home**  
 for  
**Memory Care Assisted Living**  
 CALL 781-694-2205 TODAY FOR A TOUR.

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Kingston Council on Aging  
30 Evergreen Street  
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### COA Advisory Board Members:

Joseph Favaloro (Chair)  
Austin Sennett (Vice Chair)  
Mary Hayes (Secretary)

Members: Maureen Elwood, Joan Hutchison,  
Wes Meiggs, Caty Starr

*The next meeting will be held on Tuesday,  
January 11 at 11:30 am via Zoom  
Meeting ID: 966 9437 2281 Passcode: 053483*



**Monetary check donations to the  
Council on Aging Gift Fund should be  
made out to  
Kingston Council on Aging**



## We are seeking volunteers for these positions at the Senior Center:

- ◇ Welcome Desk Greeter
  - ◇ BINGO calling, selling BINGO cards, Giving out prizes
- Please Contact Brenda Fitzgerald at  
781-831-6042 if you would like to  
volunteer!**

#### Director of Elder Affairs

Paula Rossi-Clapp Ext 6041

#### Media & Marketing

Holly Nighelli Ext 6047

#### Programs & Activities

Brenda Fitzgerald Ext 6042

#### Office & Transportation

Joanne Caratelli Ext 6040

#### Outreach

Martha Shanahan Ext 6044

#### Kitchen Ext 6046

COA - Joyce Santos

OCES - Donna Heney

**Van Drivers** - Joe Barkas, John

Coombs, Debbi Norrie, Damian

Purro

#### Welcome Desk

Betty Sanderson, Tom Powers

#### Contact Us

Phone: (781) 585-0511

#### Business Hours

Monday 8:30 am - 4:30 pm  
Tuesday 8:30 am - 7:30 pm  
Wednesday 8:30 am - 4:30 pm  
Thursday 8:30 am - 4:30 pm  
Friday 8:00 am - 12:00 pm

To view our newsletter online, visit:

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