

JANUARY 2017 **Happy
New Year!**

Mary Cruise Kennedy Senior Center > *Thrive!*

Janice B. Fitzgerald *Director*

What's News?

Brockton Council on Aging - City of Champions 10 Father Kenney Way, Brockton, MA 02301 508-580-7811 phone 508-580-1674 fax

ACTIVITIES

Aerobics
Ask Dottie
Bingo
Book Club
Bowling
BP Screening
Bridge
Cards
Coloring Corner
Computer Class
Congregate Meal
Cribbage
Elder Law Clinic
Fine Arts Class
Flu Clinic
Gardening
Glucose Screening
Hand & Foot
Health Screening
Income Tax Preparation
Information/Referrals
Informational Workshops
Knitting Group
Library
Line Dancing
Madd Hatter's
Mah Jongg
Men's Group
Piano
Pool Table
Poker
Project Lifesaver
SALT/TRIAD
Singing Group
SHINE Counselor
S.T.O.P.
Tai Chi
Thursday Theater
Train Dominoes
Walking Group
Whist
Yoga
Zumba Gold

Mayor's Message

Happy New Year!

It is my hope that you capped off 2016 with a safe and joyous holiday season and rung in the New Year just as well.

As 2017 is here, we must remember what the months of January & February brought us last year: snow, snow and more snow. Please be vigilant about the weather and stay in touch with friends & family as we want to make sure that everyone is safe no matter what Mother Nature may bring us. Let's all have a safe and prosperous 2017.

Sincerely,
Mayor Bill Carpenter

Director's Message **Happy New Year!!**

What a wonderful "2016" we had here at the COA. We welcomed a record breaking amount of new members, added 2 new staff to our team, brought in a variety of new and exciting programs and provided an overwhelming amount of outreach and support to our seniors and their families.

With your help I am confident that "2017" will be just as positive and productive. I wish you all a Happy and Healthy New Year!

Janice

SENIOR PROPERTY TAX WORK OFF PROGRAM

Application packets will be available January 1, 2017 and must be returned by January 30, 2017 (late applications will not be accepted).

We will once again be accepting applications for the Senior Property Tax Work -Off Program. If you have participated before you MUST reapply every year. The eligibility requirements are:

Applicant must:

- A. Have attained the age of sixty (60) years.
- B. Own and reside in a home in the City of Brockton or be the legal current spouse of such a homeowner residing in the same household.
- C. Be a resident of the City of Brockton.
- D. Own and occupy the residential property for which real estate taxes are paid to the City of Brockton by the applicant and on which a reimbursement is requested.
- E. Be current with property tax payments.
- F. Possess the appropriate skills necessary and required for the position.
- G. Complete a CORI check.

Income Limitations:

Single gross household income	\$45,000.00 yearly
Married gross household income	\$55,000.00 yearly

For more information and a list of required documents for eligibility please speak with Janice Fitzgerald.

"We are supported in part by The Executive Office of Elder Affairs"



JANUARY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Center is closed</p>	<p>9:30 Singing Group 3 Rehearsal 10:00 Bridge 12:00 Congregate Meal Macaroni & Cheese 12:00 Knitting 1:00 Hand & Foot</p>	<p>7:30 Walking Club 4 9:15 Tai Chi 10:30 Aerobics 10:30 National Diabetes Prevention Program 1:00 Yoga</p>	<p>9:00 Cribbage 5 9:00 Fine Art 10:00 Computer Class 12:00 Congregate Meal Winter Special 1:00 Whist 1:00 Hand & Foot 1:00 Movie</p>	<p>7:30 Walking Club 6 9:00 Michelle DuBois 9:30 Glucose /Blood Pressure w/ Tower Hill 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg</p>
<p>7:30 Walking Club 9 9:00 Activities Comm. 10:00 Zumba Gold 10:00 COA Book Club 10:00 Board of Directors *Friends Meeting immediately following* 11:15 Line Dancing 12:30 Bowling 1:00 Whist 1:00 Craft West Acres</p>	<p>9:30 Singing Group 10 Rehearsal 10:00 Free Hearing Screening w/ Beltone 10:00 Bridge 12:00 Congregate Meal Potato Crunch Fish 12:00 Knitting 1:00 Hand & Foot</p>	<p>7:30 Walking Club 11 9:15 Tai Chi 10:30 Aerobics 10:30 National Diabetes Prevention Program 1:00 Yoga 1:00 "Life's Little Lessons" How to Use Chopsticks</p>	<p>9:00 Cribbage 12 9:00 Fine Art 10:00 Computer Class 12:00 Congregate Meal Pork Stir Fry 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 No Movie 2:00 Property Abate- ments & Exemptions</p>	<p>7:30 Walking Club 13 9:30 Glucose /Blood Pressure w/ Tower Hill 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg</p>
 <p>Martin Luther King Jr. Day Center is Closed</p>	<p>9:30 Singing Group 17 Rehearsal 10:00 Bridge 12:00 Congregate Meal Swiss Cheese Omelette 12:00 Knitting 1:00 Hand & Foot 1:00 Origami with Dr. Appling</p>	<p>7:30 Walking Club 18 9:15 Tai Chi 10:30 Aerobics 10:30 National Diabetes Prevention Program 12:30 MADD Hatters</p> 	<p>9:00 Cribbage 19 9:00 Fine Art 10:00 Computer Class 12:00 Congregate Meal Beef Tips w/Mushrooms 12:00 Lunch & Learn 1:00 Whist 1:00 Hand & Foot 1:00 Movie</p>	<p>7:30 Walking Club 20 9:30 Blood Pressure Southeast Rehabilitation 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg</p>
<p>7:30 Walking Club 23 9:30 S.A.L.T./Triad 10:00 Zumba Gold 11:15 Line Dancing 12:30 Bowling 1:00 Whist 1:00 S.T.O.P./ Ask Dottie Aneurysms</p>	<p>9:30 Singing Group 24 Rehearsal 10:00 Bridge 12:00 Congregate Meal Shepherd's Pie 12:00 Knitting 1:00 Hand & Foot</p>	<p>7:30 Walking Club 25 9:15 Tai Chi 10:30 Aerobics 10:30 National Diabetes Prevention Program 1:00-3:30 Commodity Supplemental Food Program 1:00 Jeopardy Trivia Sachem Center</p>	<p>9:00 Cribbage 26 9:00 Fine Art 10:00 Computer Class 12:00 Congregate Meal Roast Turkey w/Gravy 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 Movie</p>	<p>7:30 Walking Club 27 9:30 Glucose/Blood Pressure VNA 10:00 Birthday Party 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg</p>
<p>7:30 Walking Club 30 9:30 Legal Consults 9:30 Men's Group 10:00 Zumba Gold 11:00 Line Dancing 12:30 Bowling 1:00 No Whist 1:00 Chinese New Year Luncheon</p> 	<p>9:30 Singing Group 31 Rehearsal 10:00 Bridge 12:00 Congregate Meal Hot Dog 12:00 Knitting 1:00 Hand & Foot</p>	<p>Upcoming Events Craft with West Acres 2/6/17 Life's Little Lessons 2/8/17 Valentine's Day Party 2/16/17 Pen Pal Meeting 2/22/17 St. Patrick's Day Party 3/16/17</p>		

<p>JOHN E. McCLUSKEY, ESQ.</p> <p>ELDER LAW ATTORNEY</p> <p>ESTATE PLANNING, WILLS, TRUSTS, ASSET PROTECTION</p> <p>508-583-2221</p> <p>www.mccluskeylaw.com</p>	<p>New Rehab Unit • Short-term Orthopedic • Stroke Recovery • CHF</p> <p>BROCKTON</p> <p>HEALTH CENTER</p> <p>P: (508) 588-8550 W: Brocktonhc.com</p> <p>Champion Rehab is now known as Brockton Health Center</p> 
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SPECIAL EVENTS & ACTIVITIES

How to Apply for Property Abatements & Exemptions

Thursday, January 12th from 2:00-4:00PM

John P. O'Donnell, Chairman of Board of Assessors, David Farrell, Veterans' Service Officer and J. Patrick Sullivan, Contract Administrator, will be here to talk about *Property Tax Abatements and Exemptions* for seniors and veterans. The following topics will be covered as well as the eligibility guidelines:

Elderly exemption on refuse fee

Widow (\$175.00)

Veterans/tax relief for disabled veterans/surviving spouse benefits

Blind 37A (\$500.00)

Elderly 17D(\$175.00)

Elderly 41C (\$500.00)

Please sign-up at the front desk or by calling 508-580-7811 to attend this presentation.



Chinese New Year Luncheon

Monday, January 30th from 1:00-3:00PM

Did you know 2017 is the "Year of the Rooster"?

Please, join us for a Chinese luncheon from Mee King Garden.

Enjoy lunch with your friends and learn about the 10 "Why's of Chinese New Year".

There will be games, door prizes and perhaps the beginning of a new tradition here at the Council on Aging.

The color red is traditional for attire worn throughout Chinese New Year because it is believed red will scare away bad fortune and evil spirits. So feel free to dress in red from head to toe.

The cost to attend is \$5.00 per person and space is limited so sign up soon.

Brockton Seniors will be given first priority.

"Seniors On the Go" Trips

Trip Policy - Brockton residents 60 years of age or older will be given first priority on reservations for all trips sponsored by the COA. Anyone living outside of Brockton will be put on a waiting list and if seats are available you will be called.

TRIPS ARE NON-REFUNDABLE.

Day Trips

January 18th...Twin Rivers

.....\$23.00 plus \$2.00 cash tip

February 9th... Winter's Day Out (Painting with a Twist)

.....\$39.00 plus \$2.00 cash tip

March 8th.....Foxwoods Casino

.....\$27.00 plus \$2.00 cash tip



State Representative Michelle DuBois will be here at the Brockton Council on Aging on Friday, January 6, 2017 from 9:00-10:30 AM.

Stop in and speak with Michelle.

The Representative looks forward to meeting you and relaying your concerns to Beacon Hill.



Painting with Brenda & Mary from West Acres Rehabilitation & Nursing Center
Monday, January 9th at 1:00PM

Please, join Brenda & Mary to create your painting with a positive affirmation to start the new year. Relax and allow your creativity to flow, as you are guided step by step in making a beautiful work of art. Seating is limited to 20 participants so sign up today to attend.

Brockton seniors only.

Life's Little Lessons

How to use Chopsticks

Wednesday, January 11th at 1:00PM

Since it's the beginning of a new year, would you like to learn something new? We thought why not? Are there little lessons in life you've said hmm one day I'll get around to learning about...well that's the idea behind this new group. It will begin with how to use chopsticks. Please let us know what little lessons you might have in mind for the future. Class size is limited so sign-up today at the front desk or by calling 508-580-7811 to reserve your seat.

Lunch & Learn

Thursday, January 19th at 12:00noon

Barbara Nalen-Cardosa, Registered Dietitian Nutritionist from OCES, will be offering "Lunch and Learn". Come and enjoy a wonderful and nutritious meal while learning about "The Benefits of Following the DASH Diet". Please sign-up at the front desk or by calling 508-580-7811 if you wish to join us for lunch & the presentation.

Origami for the Holidays

with Dr. Claire Appling

Tuesday, January 17th at 1:00-3:00 PM

Learn how to make a paper origami Valentine Heart, Dove of Peace, Penguin, Malay Box, and Clover Leaf. All materials will be provided free of charge. Class size is limited so sign-up today at the front desk or by calling 508-580-7811 to reserve your seat. **Brockton Seniors Only.** Snow Date Tuesday, January 24th at 1:00PM

Jeopardy Style Team Trivia

with Erika Troup of Sachem Center

Wednesday, January 25th at 1:00 PM

Join us for a game of Jeopardy style trivia. Keep you brain active and healthy while you have some fun. Who knows maybe you'll even win a prize. All prizes are supplied courtesy of Sachem Center for Health & Rehabilitation. Space is limited so sign up-today.

EVENTS & ACTIVITIES

DROP-IN

Aerobics (\$3).....Wednesdays at 10:30 AM
Blood Pressure Screenings.....See calendar for day and time
Bowling...Mondays at 12:30PM at Westgate Lanes, Lanes 3&4
Glucose Screening.....1st,2nd and last Friday of each month
Line Dancing (\$3).....Mondays at 11:15 AM
Tai Chi (\$3).....Wednesdays at 9:15 AM
Walking Club...Mondays, Wednesdays & Fridays at 7:30 AM
Yoga (\$4).....1st and 2nd Wednesday at 1:00 PM
Zumba Gold (\$3).....Mondays at 10:00 AM

GROUPS

The following groups meet monthly. Days and times are subject to change please consult calendar on page 2.

Book Club..will meet on Monday, January 9th at 10:00AM
Knittersevery Tuesday at 12:00 PM
Low Vision Support Group ... last Tuesday of each month from 10:00AM-1:30PM at the Campello High Rise, Bldg A conference room. To register to attend call Laurie Werle at 617-926-4268.
MADD Hatters ..Wednesday, January 18th at 12:30PM. This months theme is New Years with a menu of stuffed chicken, mashed potatoes, vegetable medley and mini pastries. The cost to attend is \$9.00 per person, please sign-up by January 11th.
Men’s Grouplast Monday of each month at 9:30AM
 Order a breakfast sandwich for \$3.00 per person
SALT/TRIADMonday, January 23rd at 9:30AM

**CALLING ALL PIANO PLAYERS....
 WE NEED YOUR HELP!!!!**

The *Brockton Council on Aging Singing Singers* are looking for a volunteer piano player. The singers meet Tuesday mornings at 9:30am. In addition to rehearsing at the center each week they will on occasion go to some Nursing Homes and Rehabs to bring joy and music to the residents. If you are interested and can donate some of your time, please speak with Janice, Michelle or Joan Madden. Thank you

YOU CAN DANCE

Many of you who were at our Holiday Party in December commented on how well our Line Dancers did and how you really wanted to learn the dances...well...now is the time!

If you are interested in learning the Wobble, Coca-Cola Cowboy and many, many more line dances, then stop by on Monday mornings at 11:15am. The cost per class is \$3.00.

Aerobics Class Wednesdays at 10:30AM



Neither rain, nor sleet, nor snow will keep us from our exercise class. Come on over and join in on the fun.



Thursday COA Theater

Movies are shown every Thursday at 1:00PM
 If you wish to attend please sign up at the desk.

January 5th “Genius”

Starring: Jude Law, Guy Pearce, and Laura Linney

Run Time 104 Minutes (Rated PG-13)

January 12th There is No Movie

January 19th “Ghostbusters”

Starring: Melissa McCarthy, Kristen Wiig, and Leslie Jones

Run Time 116 Minutes (Rated PG-13)

January 26th “Florence Foster Jenkins”

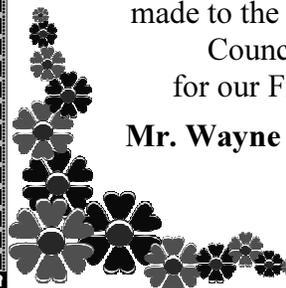
Starring: Meryl Streep, Hugh Grant, and Simon Helberg

Run Time 110 Minutes (Rated PG-13)

MEMORIAL DONATIONS IN MEMORY OF MARY MELO

A sincere thank you to the family of Mary Melo for the generous request for donations to be made to the “Friends of the Brockton Council on Aging” for our Fine Arts Group.

Mr. Wayne Sargo and Family



OUTREACH DEPARTMENT**January 2017**

Well we've done it again. Survived another open enrollment, Holiday Season and now we're welcoming in another year. We all say to ourselves- How did we get to 2017?

STOP and Ask Dottie resumes this month with a discussion about **Aneurysms**. What are they? How do I know if I have one? Can they be prevented? Please join us on **Monday, January, 23rd at 1pm** to find out the answers to these questions.

If you have a topic for **STOP and Ask Dottie** please let us know your ideas.

The yearlong **National Diabetes Prevention Program** continues this month with meetings on **Wednesdays, the 4th, 11th, and 18th**. Meeting time **10:30-11:30 with weigh in at 10am**. As of the end of November this group has lost a total of 109 pounds.

We will begin another program in April for those of you who have asked when the next program will begin. In February we will begin another **six week Diabetes Self Management Program**.

Remember Fuel Assistance and SNAP applications are done on **Mondays and Tuesdays** call for an appointment.

Health Education Programs January 2017

Monday, January 23rd, 1pm-2pm STOP and Ask Dottie- Aneurysms
Wednesdays, January 4th, 11th and 18th- National Diabetes Prevention
Closed group 10am-weigh-in 10:30-11:30 class

SENIOR SAFETY HOTLINE- 508-941-0292**This is a non-emergency number**

The "**Senior Safety Hotline**" is a non-emergency number for Brockton seniors, their family and caregivers to call for resources and support to assure the seniors safety and well being as they age.

If you have an emergency please call 911. Please **DO NOT** call this number for COA activities and event information.

2016 TAX AIDE APPOINTMENTS**AVAILABLE*****BROCKTON SENIORS ONLY!!!***

We are now scheduling appointments starting in February with our Tax Aide Dean Strack.

You **MUST** bring with you to your appointment:

Last year's tax return

Real Estate tax and water/sewer bill

If not covered by Medicare, proof of health insurance

****REMINDER:** Make sure you ask Dean about the Circuit Breaker Tax Program. If you are 65 years of age as of 12/31/2016 you may be eligible for a tax credit. If you are eligible you could receive a credit of \$1070.00

Don't wait to make your appointment they will fill up fast.

OPEN ENROLLMENT-THANK YOU

We want to say a **BIG** thank you to the following people who worked so hard to help our seniors navigate through Medicare Open Enrollment:

The students from the Mass College of Pharmacy

Kathy Devine from Prescription Advantage

Mary Bessey and Tracey Benson from the Regional SHINE office

Dottie Slack and Frank Quinn from the COA

Christie Rexford from OCES.

This year the SHINE counselors and students saw over 400 Medicare beneficiaries.

GREAT JOB EVERYONE. THANKS FOR ALL YOU DO!!

JANUARY BIRTHDAYS

Monique George	1 st	Lorraine Lalli	13 th	Dennis Blandin	18 th
Syed Hasan	1 st	Lorraine Peterson	13 th	Jeanette Thomas	18 th
Gini Jeppson	1 st	Joan Phillips	13 th	Virginia Tibbetts	18 th
Carol Lessard	1 st	Norma Richards	13 th	Joanne Bishop	20 th
Marilyn Yesonis	1 st	Shirliann Daniels	14 th	Pamela Mottau	20 th
Marcia Carfagno	2 nd	Bill Lufkin	14 th	Dorothy Murphy	20 th
Mary Hume	2 nd	Fran Allain	15 th	Walter Nelson	23 rd
Jusselinda Jamssens	3 rd	Dolores Amoroso	15 th	Norma "Cookie" Stephens	23 rd
Allan Slotnick	3 rd	Lenore Diamond	15 th	Marsha Ferber	24 th
Dolores Langer	4 th	Marie Jones	15 th	Mary Bennett	25 th
Loretta Kettenring	4 th	Richard Vogel	16 th	Dick Drobiak	27 th
Margaret Ford	7 th	Lois Blackman	17 th	Betty Cohen	29 th
Jean Horton	8 th	Evora Regis	17 th	Terry Joyce	29 th
Rosetta Hardmond	9 th	Glenda Simmons	17 th	Dennis Kurinskas	31 st

NEW AND RENEWAL OF MEMBERS

Anonymous	Debbie Gonzales	Bob Raynard
Mildred Bowker	Comfort H. Jones	Ilda Robillard
Richard L. Buidorket	Linda Kennedy	John Robillard
Jacqueline Carlson	John Kenney	Beverly Simmons
Mary Crocker	Edith Kjersgard	Hubert Thevenin
Dorothy DeBassio	Lorraine Lalli	John A. Torchio
Edward V. Downie	Erwin Lehrer	Virginia R. Turner
Celina DSouza	Sally C. Lowell	John Ventura
Eleanor Duval	Evelyn Martin	Rita Ventura
Natalie C. Freeman	Anne McCormack	Irma Walat
Marylou Freccero	Marie Nurse	Kathy Warren
Robert Gage	Sonja Olbert	Arlene Whittaker
Kenneth Gillpatrick	Joan K. Pike	

MEMORIALS

Mary Crocker in memory of Roland C. Crocker
 Celina DSouza in memory of Franco DSouza, 6th Anniversary
 Natalie C. Freeman in memory of Joseph F. Carriuolo Family
 Rose Hale in memory of Frank & Angie Viola
 Shele Levine in memory of Silvio Marciel
 Evelyn Martin in memory of Arthur D. Martin
 Joan K. Pike in memory of her Husband, Robert
 John A. Torchio in memory of Mr. & Mrs. Louis A. Torchio

THANK-YOU, THANK-YOU, THANK-YOU

To everyone that helped decorate the Council on Aging for the Holidays
 State Representative Michelle Dubois for the meet and greet.
 Lucia Shannon for running the COA Book Club.
 Mary Barros and Brenda Sansone of West Acres for the holiday snowman craft.
 Elijah Swain for empowering our seniors with "Senior Safety and Self-Defense"
 To all the volunteers that helped with the Annual Holiday Party
 Sandy Lucca for the Holiday Cookie Decorating Workshop
 S.A.L.T./Triad for Wallet Safety & ID's
 Attorney Michelle Beneski for the free legal consults.
 Erika Troup of Sachem Center for Health and Rehabilitation for Jeopardy trivia.

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FRIENDS OF THE BROCKTON COUNCIL ON AGING

10 Father Kenney Way, Brockton, MA 02301

Name: _____ Phone: _____

Address: _____

Membership for **\$10.00 pp** _____ Additional Contribution \$ _____

Memorial Donation \$ _____ In Memory of: _____

Make checks payable to The Friends of the Brockton Council on Aging

Congratulations to Gilda Cribben December's Senior Dollar Winner

**COUNCIL ON AGING
 BOARD**

Teddi Bourassa, *Chair*
 Lorraine Lalli, *Vice Chair*
 Carole Harris, *Treasurer*
 Richard Drobiak, *Secretary*
 Sue Alves • Richard Bath
 Daniel Clague • Irene Clague
 Robert Graham • John Kenney
 Jane Moynihan

The COA Board meets the 1st Monday
 of each month at 10:00AM

STAFF

Janice B. Fitzgerald,
Director
 Michelle Brace,
Program Activities Coordinator
 Carla DaRosa,
Activities Assistant/Clerk
 Dorothy Slack,
Health Education/ Outreach Coordinator
 Frank Quinn,
Outreach Worker

FRIENDS BOARD

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 Maxine Young, *Secretary*
 Bob DeVasto • Eleanor Duval
 Lillian Dykes • Debbie Gonzales
 Frank Ippolito • Elwood Ireland
 Suzanne Larke • Gertrude Ricci
 Frances Sorgman • Anita Stadig
 Carol Webster

The Friends Board meets the 1st Monday
 of each month immediately following the
 COA Board meeting.

Mission Statement:

The Brockton Council on Aging, a branch of city government, is mandated to assess the needs and provide programs and services to Seniors in the community and strives to improve their quality of life. The Council on Aging offers through its staff and volunteers easy access to an array of general programs, information, and socialization opportunities to Seniors age 60 years and older.

COUNCIL ON AGING

Our elder residents are provided an opportunity to live a lifestyle based on independence, and we are committed to helping our seniors age with dignity and security.

The Brockton Council On Aging provides an array of informational Programs, workshops, health screenings, recreational and social activities such as trips, holiday luncheons, computers, cards and games to individuals age 60 and over. Give us a call or drop by Monday thru Friday, 9:00 A.M.– 4:00 P.M. at the Mary Kennedy Senior Center, 10 Father Kenney Way, Brockton. All Council on Aging activities are subject to change without notice.