

DECEMBER 2016



Mary Cruise Kennedy Senior Center > Thrive!

# What's News?

Janice B. Fitzgerald *Director*

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

Greetings and Happy Holidays!

As we finish up the calendar year 2016, we'll look forward to gatherings with friends & family. However, we must also remember the inconvenience, danger and hardships that the winter months can bring.

In recent years we've had some of the harshest winters in recent memory. Seemingly and literally, we had one snow storm after another, some years.

As we enter the winter of 2016 – 2017, it's important for all of our friends at the Council on Aging to stay safe. Plan ahead for potential snow storms in regards to groceries, medication and transportation if need be. If you need to go outside, be careful about slipping on ice. Dress for warmth and stay in touch with friends, family and neighbors.

I wish you a Happy Holiday season and a safe new year.

Mayor Bill Carpenter

## Director's Message

FYI...In order for us to get our Newsletter out on time each month we must send our draft to print 1 month in advance.

***With that being said...***

Today as I sit here writing my message for this month it is November 8<sup>th</sup>..Election Day! I can't help but feel anxious and think about how long and mean this entire campaign has been on both sides. I ask myself, do we truly know how the candidates stood on the issues that are important to us such as:

*Economy & Taxes*

*Education*

*Healthcare and Social Security*

*Crime & Justice*

*Foreign Policy*

*Immigration*

*Military and the War on Terror*

I'm not totally sure that we did, but we took the information we could gather, did our research and went out today to vote. I don't want to sound repetitive or cliché but voting is a privilege that many men and women gave up their lives for so that we could have that right. It may be hard for some to understand that but think back on all the wars we have been through and most recently the pictures of the young men and women we hear about and see pictures of that have died in battle. Take a minute and think of the families who have lost a loved one. What an unselfish act!

One thing I am confident about today is that this country needs to take a breath and heal. Be good and kind to one another and let's get back to business.

Happy Holidays!

*Janice*

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



# DECEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Upcoming Events</b> Scheduling of Tax Appointments Begins 1/2/17 Craft with West Acres 1/9/17 "Life's Little Lessons" How to use Chopsticks 1/11/17 Property Abatements and Exemptions 1/12/17 Origami with Dr. Claire Appling 1/17/17 STOP/Ask Dottie Aneurysms 1/23/17 Chinese New Year Luncheon 1/30/17			9:00 Cribbage <b>1</b> 9:00 Fine Art 10:00 Computer Class <b>10:00 Holiday Decorating</b> <b>12:00 Congregate Meal</b> <b>Chicken Cacciatore</b> 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 Movie	7:30 Walking Club <b>2</b> <b>9:00 Michelle DuBois</b> 9:30 Glucose /Blood Pressure w/ Tower Hill 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg
7:30 Walking Club <b>5</b> 9:00 Activities Comm. 10:00 Zumba Gold <b>10:00 COA Book Club</b> 10:00 Board of Directors *Friends Meeting immediately following* 11:15 Line Dancing 12:30 Bowling 1:00 Whist <b>1:00 Craft West Acres</b>	9:30 Singing Group <b>6</b> Rehearsal 10:00 Bridge <b>12:00 Congregate Meal</b> <b>Chicken Marsala</b> 12:00 Knitting 1:00 Hand & Foot 2:30 Yoga	7:30 Walking Club <b>7</b> 9:15 Tai Chi 9:30 Poker & Pool 10:30 Aerobics  <b>Pearl Harbor</b> <b>Remembrance Day</b>	9:00 Cribbage <b>8</b> 9:00 Fine Art 10:00 Computer Class <b>12:00 Congregate Meal</b> <b>Beef Burgundy</b> 1:00 Whist 1:00 Hand & Foot 1:00 Movie	7:30 Walking Club <b>9</b> 9:30 Glucose /Blood Pressure w/ Tower Hill 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg <b>2:00 Senior Safety &amp;</b> <b>Self Defense with</b> <b>Master Elijah Swain</b>
<b>12:00-3:00 12</b> <b>HOLIDAY PARTY</b> <b>The Shaw's Center</b>  Center closes at 11:00 All Activities Cancelled	9:30 Singing Group <b>13</b> Rehearsal 10:00 Bridge <b>12:00 Congregate Meal</b> <b>Swiss Cheese Omelette</b> <b>12:00 Knitters Holiday</b> <b>Party at George's Cafe</b> 1:00 Hand & Foot 2:30 Yoga	7:30 Walking Club <b>14</b> 9:15 Tai Chi 10:30 Aerobics <b>10:30 National Diabetes</b> <b>Prevention Program</b> <b>1:00 Holiday Cookie</b> <b>Decorating with Sandy</b> <b>of Southeast Rehab</b>	9:00 Cribbage <b>15</b> 9:00 Fine Art 10:00 Computer Class <b>12:00 Lunch &amp; Learn</b> <b>12:00 Congregate Meal</b> <b>Cheeseburger</b> 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 Movie	7:30 Walking Club <b>16</b> 9:30 Blood Pressure Southeast Rehabilitation 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg
7:30 Walking Club <b>19</b> <b>9:30 Legal Consults</b> <b>9:30 S.A.L.T./Triad</b> <b>Wallet Safety &amp; ID's</b> 10:00 Zumba Gold 11:15 Line Dancing 12:30 Bowling 1:00 Whist	9:30 Singing Group <b>20</b> Rehearsal 10:00 Bridge <b>12:00 Congregate Meal</b> <b>Beef, Rice &amp; Peppers</b> <b>No Knitting</b> 1:00 Hand & Foot 2:30 Yoga	7:30 Walking Club <b>21</b> 9:15 Tai Chi 10:30 Aerobics <b>10:30 National Diabetes</b> <b>Prevention Program</b> <b>12:30 Madd Hatters</b>  <b>Winter Begins</b>	9:00 Cribbage <b>22</b> 9:00 Fine Art <b>12:00 Congregate Meal</b> <b>Holiday Special:</b> <b>Chicken Cordon Bleu</b> 1:00 Whist 1:00 Hand & Foot 1:00 Movie	7:30 Walking Club <b>23</b> 9:30 Blood Pressure West Acres 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg
 <b>Happy Holidays</b>  Center is Closed <b>Kwanzaa Begins</b>	9:30 Singing Group <b>27</b> Rehearsal 10:00 Bridge <b>12:00 Congregate Meal</b> <b>Chicken L'Orange</b> 1:00 Hand & Foot 2:30 Yoga	7:30 Walking Club <b>28</b> 9:15 Tai Chi 9:30 Poker & Pool 10:30 Aerobics <b>1:00-3:30 Commodity</b> <b>Supplemental Food</b> <b>Program</b> <b>1:00 Jeopardy style</b> <b>Trivia w/Sachem Center</b>	9:00 Cribbage <b>29</b> 9:00 Fine Art 10:00 Computer Class <b>12:00 Congregate Meal</b> <b>Lasagna Rolls</b> 12:00 Train Dominoes 1:00 Whist 1:00 Hand & Foot 1:00 Movie	7:30 Walking Club <b>30</b> 9:30 Glucose/Blood Pressure VNA 10:00 Birthday Party 10:30 Bingo-Cards must be purchased by 10:15 11:00 Mah Jongg

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**SPECIAL EVENTS & ACTIVITIES**



**Holiday Party**



**Just a reminder**

The Brockton Council on Aging Annual Holiday Party is **Monday, December 12<sup>th</sup> from 12:00-3:00PM.**

This event will take place at

**The Shaw's Center**

1 Feinberg Way, Brockton, MA 02301

**Tickets are not available at the door**



**Terra Cotta Snowman Craft**  
with Brenda & Mary from  
**West Acres Rehabilitation & Nursing Center**  
**Monday, December 5<sup>th</sup> at 1:00PM**

Please, join Brenda & Mary and make a snow man inside. Create your own painted snowman terra cotta pot. All supplies will be provided free of charge. Seating is limited to 20 participants so sign up today to attend.

**Brockton seniors only.**

**Wallet Safety & Safety Identification Cards**

**Sponsored by S.A.L.T./Triad**

**Monday, December 19<sup>th</sup> at 10:00AM**

What would you do if you lost your wallet? Please attend our next SALT/Triad meeting to learn what you should do. Bring your wallet and have all of it's contents photo copied for safe keeping. The Plymouth County Sherriff's Department will be here to make Safety ID's free of charge. Light refreshments will be provided. Please sign-up at the front desk or by calling 508-580-7811 if you wish to attend this event.

**Senior Safety & Self Defense**

**Friday, December 9<sup>th</sup> from 2:00-3:30PM**

with Master Elijah Swain of Tai Jing Academy; Traveling Martial Arts Classes.

Learn about "Seniors One Step to Safety" prevention concepts, safety awareness, passive and active resistance. Please sign-up at the front desk or by calling 508-580-7811 if you wish to attend this event.

**Holiday Cookie Decorating Workshop**  
with Sandy Lucca of Southeast Rehab  
**Wednesday, December 14<sup>th</sup> at 1:00PM**

Learn how to decorate homemade sugar cookies using bakery tools including paint brushes, pastry bags, and frosting tips for professional bakery creations. All supplies will be provided free of charge. The class size is limited to 20 people so sign up today to attend.

**Brockton seniors only.**

**Decorating the COA for the Holidays**  
**We need you!!!!**

Help Us Decorate the Center for the upcoming holidays  
**on Thursday, December 1<sup>st</sup>**  
**from 10:00AM -12:00PM**

Light refreshments will be served.

After we decorate stay for a delicious congregate meal of Chicken Cacciatore for a suggested donation of \$2.50. Please sign-up at the front desk or by calling 508-580-7811 if you wish to help decorate and/or stay for the congregate meal.



**"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**

December 11<sup>th</sup> Christmas in Newport

.....\$69.00 plus \$2.00 cash tip

December 14<sup>th</sup> "HU-KE-LAU", Christmas in Hawaii, Chicopee, MA

.....\$55.00 plus \$2.00 cash tip



**Lunch & Learn**

**Thursday, December 15<sup>th</sup> at 12:00noon**

Barbara Nalen-Cardosa, Registered Dietitian Nutritionist from OCES, will be offering "Lunch and Learn" at the Brockton Council on Aging. Come and enjoy a wonderful and nutritious meal while learning about "Produce-Fresh vs. Frozen." This program will be offered during the congregate meal. Please sign-up at the front desk or by calling 508-580-7811 if you wish to join us for lunch and the presentation.

**Jeopardy Style Team Trivia**

with Erika Troup of Sachem Center  
**Wednesday, December 28<sup>th</sup> 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.



State Representative Michelle DuBois will be here at the Brockton Council on Aging on Friday, December 2, 2016 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.

**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**..... 2<sup>nd</sup> 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 and Fridays at 7:30 AM
- Yoga** (\$4)..... Tuesday at 2:30 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, December 5<sup>th</sup> at 10:00AM  
**Knitters** .....every 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, December 21<sup>st</sup> at 12:30PM. This months theme is Holiday Party with a menu of baked ham, potatoes, Caesar Salad and mini pastries. The cost to attend is \$9.00 per person, please sign-up by December 14<sup>th</sup>.

**Men’s Group** ..... There will not be a men’s group in December due to the holiday.

**SALT/TRIAD** .....Monday, December 19<sup>th</sup> at 9:30AM



**Signs..Signs..everywhere are signs**



We need YOUR help!!!

We are looking for suggestions of messages we can put on our road-side sign. If anyone has any ideas there will be a “Sign Suggestion Box” at the front counter.

**LOOKING FOR SOME POOL PLAYERS**

*Do you like to play pool but can’t find anyone or anyplace to play?*

We have a few seniors that like to play pool from 11:00AM-1:00PM on Thursdays

We also have some occasional pool players that are looking to start a “Pool Group” here at the center. We have a professional pool table and some pool cues (if you don’t have your own). We are lacking in chalk so if anyone would like to donate some that would be appreciated. If you are interested please contact Michelle or Janice at 508-580-7811.

**Special Congregate Meal**  
**December Holiday Special**

**Thursday, December 22<sup>nd</sup>**  
**at Noon**

- Chicken Cordon Bleu**
- Baked Potato & Sour Cream**
- Peas & Mushrooms**
- Snowflake Dinner Roll**
- Chocolate Éclairs**
- Suggested Donation \$2.50**

*Please sign-up at the front desk or call 508-580-7811 to attend*

**Do you know ????????**

The Brockton Council on aging has the following free services available each month.

**Free Hearing Screenings with Beltone**

On the 2<sup>nd</sup> Tuesday of every month from 10:00-11:30AM

**Free Legal Consults with Surprenant & Beneski, P.C.**

On the last Monday of each month from 9:00-10:30 AM for the following topics: Durable POA, MA Health Care Proxy, Living Wills, Estate Planning and Trusts.

**Call 508-580-7811 to schedule an appointment**



**Thursday COA Theater**

**Movies are shown every Thursday at 1:00PM**

If you wish to attend please sign up at the desk.

**December 1<sup>st</sup> “Café Society”**

Starring: Jeannie Berlin, Steve Carell, and Jesse Eisenberg

**Run Time 96 Minutes (Rated PG-13)**

**December 8<sup>th</sup> “The Letters”**

Starring: Juliet Stevenson, Max van Sydow, and Rutger Hauer

**Run Time 119 Minutes (Rated PG)**

**December 15<sup>th</sup> “Dear Eleanor”**

Starring: Jessica Alba, Luke Wilson, and Ione Skye

**Run Time 119 Minutes (Rated PG-13 )**

**December 22<sup>nd</sup> “The Jungle Book”**

Starring: Bill Murray, Ben Kingsley, and Irdis Elba

**Run Time 105 Minutes (Rated PG )**

**December 29<sup>th</sup> “Wild Oats”**

Starring: Shirley MacLaine, Jessica Lange, and Demi Moore

**Run Time 91 Minutes (Rated PG-13 )**

## OUTREACH DEPARTMENT

**Just a few days left for Open Enrollment, the last day is Wednesday, December 7<sup>th</sup>.**

If your income is between \$1010 and \$4950 / month if you're single or \$1355 and \$6675 if married, you are **eligible** for **Prescription Advantage**. Prescription Advantage is the state assistance program administered by the **Executive Office of Elder Affairs**. As a **secondary payer to Medicare part D**, Prescription Advantage provides coverage for prescription drugs when members reach the Medicare coverage gap often referred to as the "donut hole".

On **December 19<sup>th</sup> and December 20<sup>th</sup>** from 9:00am-2:30pm we will have SHINE counselors here to help you fill out applications for Prescription Advantage, Mass Health Buy-In, Limited Income Subsidy, or Health Safety Net if you qualify. Call today to set up an appointment to meet with one of the counselors.

There will be no STOP/Ask Dottie this month. If you have a topic you would like to discuss in the upcoming year please let us know and we will be sure to oblige.

If you feel you might be eligible for **Fuel Assistance** or **SNAP**, please give us a call to review the guidelines and set up an appointment with an Outreach Worker.

We are now into the third month of the **National Diabetes Prevention Program**. There are 16 committed participants in the program. The first month of the program, this group lost a total of 77 pounds by tracking their fat grams and increasing their physical activity. There are already positive results with lower A1Cs and one participant having a reduction in medication. This group has committed to a yearlong Healthy Lifestyle Program. Please join us in congratulating them. We will update their progress monthly.

***Health Education Programs December 2016***

**December 19<sup>th</sup> and 20<sup>th</sup>- 9am-2:30pm- What Benefits Am I Eligible For?**

**SHINE counselors available by appointment**

**December 14<sup>th</sup> and 21<sup>st</sup>- 10:30-11:30AM- NDPP-(closed group) weigh-in 10am**

**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.



**SNOW AND INCLEMENT WEATHER POLICY**

Seniors are instructed to listen to their local radio and/or TV stations for public school closing. If the Brockton Public Schools are closed due to inclement weather the Council on Aging will be closed for all activities as well. Unless there is a declared emergency, the staff will be in the building.

If you are not sure if we are open, please call the COA at 508-580-7811 before you leave your house.



**The Brockton Swinging Singers**

Are looking for new members to join them so they can continue to extend good cheer to residents at various Nursing Homes and Rehabilitation Centers.

The Brockton Swinging Singers is a group of devoted seniors who enjoy getting together every Tuesday morning at 9:30AM at the Brockton Council on Aging to rehearse for engagements in and around the City of Brockton.

You do not need to sing like a Mockingbird, just join in and have a good time singing songs from the 40's and 50's.

***Male voices would be an added plus.***

More information may be obtained at the front desk or by calling 508-580-7811.

		<u><b>DECEMBER BIRTHDAYS</b></u>			
Marie Galligan	1 <sup>st</sup>			Linda Roberts	23 <sup>th</sup>
Ann S. Kantzian	2 <sup>nd</sup>	Charles Holmes	12 <sup>th</sup>	Irene Litchfield	24 <sup>th</sup>
Roberta Y. Ngwenya	2 <sup>nd</sup>	Jan Murphy	13 <sup>th</sup>	Bill Coyle	25 <sup>th</sup>
Irene Saba	4 <sup>th</sup>	Eleanor Morse	14 <sup>th</sup>	Mary Pennor	25 <sup>th</sup>
Warren Shepard	4 <sup>th</sup>	Jane Swan	14 <sup>th</sup>	Noella Pierre	25 <sup>th</sup>
Josephine Abbott	5 <sup>th</sup>	Freda Stathis	15 <sup>th</sup>	Eleanor Simpson	26 <sup>th</sup>
Edward Friedman	5 <sup>th</sup>	Betty Amelotte	16 <sup>th</sup>	Nick Camillone	27 <sup>th</sup>
Len Burman	7 <sup>th</sup>	Linda Blandin	16 <sup>th</sup>	Allan Crocker	27 <sup>th</sup>
Roberta L. Tolber	7 <sup>th</sup>	Dolly McManus	16 <sup>th</sup>	Sally Holland	27 <sup>th</sup>
Edith Morrissey	8 <sup>th</sup>	Joe Howland	18 <sup>th</sup>	Steve Martin	27 <sup>th</sup>
Marie "Vickie" Flaherty	9 <sup>th</sup>	Anne Paiva-Thibeault	18 <sup>th</sup>	Douglas Perry	28 <sup>th</sup>
Dianne Jaspersen	9 <sup>th</sup>	Gerri Barros	19 <sup>th</sup>	Nicky Previti	28 <sup>th</sup>
Mary Akeke	10 <sup>th</sup>	Janice James	19 <sup>th</sup>	Claire "Sally" Urbano	28 <sup>th</sup>
Paul Pierre	10 <sup>th</sup>	Joel Tenenbaum	20 <sup>th</sup>	Karen Potter	28 <sup>th</sup>
Marie Shepard	10 <sup>th</sup>	Erwin Blackman	21 <sup>st</sup>	Dorothy A. Smith	29 <sup>th</sup>
Pat Bennard	11 <sup>th</sup>	Dorothy Holland	21 <sup>st</sup>	Patricia Claudio	31 <sup>th</sup>
Barbara Brown	11 <sup>th</sup>	Mary Dunn	22 <sup>nd</sup>	Carol Powers	31 <sup>th</sup>
Russell Gillpatrick	11 <sup>th</sup>	Edith Kjersgard	22 <sup>nd</sup>	Loretta Sickoll	31 <sup>st</sup>

**NEW AND RENEWAL OF MEMBERS**

Anonymous	Frank Leavey	Frank Pagliuca
Teddi Bourassa	Carol Lucier Cudworth	Leah W. Simons
Mary Camara	Rita M. Lynch	Carol Theriault
Merrick Forde	Priscilla MacDonald	Emanuel Thomas
Robert Gage	Mildred McCowan	Esther Tonucci
Priscilla Gomes	Anthony Moneikis	Helen Wedge
Josephine T. Jackson	Patricia A. Nunn	Therese L. Wells
Katie Kemp		

**MEMORIALS**

**Rose Atkinson in memory of Diane White**  
**Carol Auger in memory of her son, Michael Auger**  
**Teddi Bourassa in memory of Richard Levinson**  
**Robert & Barbara Dixon in memory of Diane White**  
**Eleanor Duval and Frances Sorgman in memory of "Our wonderful sister, Pearl"**  
**Aunt Eleanor and Aunt Frances Sorgman in memory of "Our dear niece, Diane White"**  
**Lucy C. Low in loving memory of her husband, George R. Low**  
**Lucy C. Low in loving memory of her son, George A. Low**  
**Lucy C. Low in loving memory of the D'Agostino Family**  
**Frank Pagliuca in memory of Maxine Pagliuca**  
**Vincent and Helen Wedge in memory of our Loved Ones**  
**Therese L. Wells in memory of William A. Wells Sr.**  
**Therese L. Wells in memory of William A. Wells Jr.**

**THANK-YOU, THANK-YOU, THANK-YOU**

To the students from MCPHS for helping seniors with Medicare Part D.  
 State Representative Michelle Dubois for the meet and greet.  
 Mary Barros and Brenda Sansone of West Acres for the holiday painting program.  
 To all the volunteers that helped with the Veterans Breakfast.  
 To the Brockton Police Honor Guard for coming to our Veterans Day Breakfast.  
 To Daniel Clark the singing trooper for performing at our Veterans Breakfast.  
 Lucia Shannon for running the COA Book Club.  
 Julie Lom, RN and Diane Rimsans, RN from Brockton VNA for the Diabetes Self Management Program.  
 Robin Putnam from the Office of Consumer Affairs and Business Regulation for "Shopping Rights" presentation.  
 Attorney Michelle Beneski for the free legal consults.  
 Erika Troup of Sachem Center for Health and Rehabilitation for Jeopardy trivia.

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**Brockton Council on Aging**  
**Mary Kennedy Senior Center**  
**10 Father Kenney Way**  
**Brockton, MA 02301**  
**508-580-7811**

**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 Ryan Fitzgerald November's Senior Dollar Winner**

**COUNCIL ON AGING  
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 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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 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.