

GROWING TOGETHER

SERVING THE HALIFAX AGELESS COMMUNITY



Are you living the dream! We are in the crossfire of change. Cost-shifting has affected our financial outlook. From healthcare to planning our care plan, we will at some point need long-term services and support. "Do you know who will care for you as you age?" Will you be able to manage living independently, and will family and friends be there to support your needs? In the days gone by, many could retire and live comfortably. These are not new thoughts, in fact on August 21st, 1988, according to historical records, Former President Ronald Regan signed Proclamation 5847, declaring that date **National Senior Citizens Day!** A day to remind ourselves "we all age", and too older adults bring a wealth of knowledge, skill sets, and experiences to the next generation. Take time to recognize older adult's and respect their presence, for they too are "young at heart."

Tomorrow and Beyond:

On the fast track to today, we are relying on federal and state funded programs to support everyday living needs. We need to educate our younger generations to respect aging and not to ignore that they too will age. While the Commonwealth, cities and towns aim to keep up with social demands, we at the Senior Centers aim to help you navigate to the best of ability, there are many pieces to the puzzle of longevity, and the ability to age with dignity comes from you! You have the power to take better care of yourself, to seek financial support when needed and to stop, and re-think what you can do better for you!

We at the Halifax Council on Aging aim to cultivate new friendships, develop fun programs and inspire you to be open to change. For example, the game changer is when a crisis hits, do you have an adaptive plan? Can family step up to help you and do they know about navigating the support needed to keep everyone together?

There is truth to "it takes a village" to keep us resilient, to age with respect and to live independently. Many of say, "I love my house" but, does your house love you back? Age-friendly homes and communities are the wave of tomorrow while traditions include the support of the next generation to combat social isolation and loneliness. Sending peace to all, today and into the future

Happy National Senior Citizens Day!



HOURS: MONDAY—FRIDAY 8:00AM TO 4:00PM

OUTREACH NEWS

Health Care Navigating

Every Monday

1:00pm-3:00pm

We can assist with MassHealth applications or any health insurance concerns

By Appointment only!

Blood Pressure Screenings

Every Wednesday

10:45 am-12:30pm

With YMCA Heart Healthy Ambassador Marlene Leal

No Appointment Necessary!



Fuel Assistance
We will be assisting with Fuel Assistance applications by appointment only this upcoming season.

Recertifications will be sent out from SSCAC- be on the lookout!

Contact the COA for more information!
781-293-7313 EX 139

Bread Day- Thursday at the COA! Stop and Shop donates a generous amount of bread and pastries. Come on by!

Helping Hands Food Pantry - Every Tuesday 2:30 pm - 4:00 pm at the Halifax Congregational Church (Next to Town Hall)

Lady of the Lake Church Pantry- 2nd & 4th Saturday of the month from 9:00am - 11:00am (781-293-7971)

Snap- Questions about applying for Snap? We can help with the application process



Independence
Associates, Inc.



**BY
APPOINTMENT**



COMMUNITY PAGE

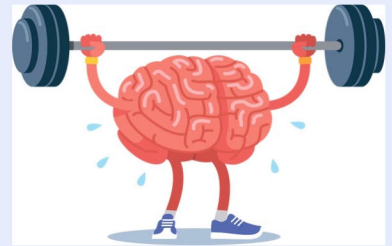
Exercise Class Updates

Please remember to bring water and classes are \$5!

- **Cardio Strength will now be held at The Council on Aging every Monday at 10:00am. Get your heart and muscles pumping!**

!! Max amount of participants is 6! Please register in advance!!

- **Zumba will now be held every Friday at 2:30pm at The Great Hall.**
- **Chair Yoga will continue to be held each Thursday 10:45am at Soul Purpose Wellness Studio is located at 274 Plymouth Street, Halifax**



September is Fall Prevention Month

OCES Healthy Living Department will present **Fall Prevention Strategies** in September. Stay tuned for this great program, you won't want to miss it!



COMMUNITY PAGE

When: Tuesday, August 13th

Time: 1:00PM

Where: The Great Hall



THE BEATLES

A CULTURAL & HISTORICAL REFLECTION OF THE 1960s THROUGH THE MUSIC OF THE BEATLES

A MULTI-MEDIA PRESENTATION WITH LIVE MUSIC

**PRESENTED BY FRAN HART
FOUNDING MEMBER OF 4EVERFAB**

FREE ADMISSION

DAY/DATE: Tuesday, August 13
TIME: 1:00 PM
**LOCATION: Halifax Town Hall
499 Plymouth St., Halifax, MA**

This program is supported in part by a grant from the Halifax Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Mass
Cultural
Council



Join us August, 6th for TRIAD

10:00am at The Great Hall

Halifax Resident, Fred Corrigan will be speaking of his younger days living near Mount Washington in New Hampshire.

Triad is free and open to the public

Coffee and light refreshments are served.

Join the AgeWave Social Club

Starting this Fall!

Every Monday and Wednesday, 9AM-2PM This new membership club is designed to help caregivers and their loved one with memory loss live well in their community. Club members enjoy a full day of activities provided by trained staff in tai chi, music, trips, yoga, games, and the arts!



The Holmes Public Library COA Programs

Join the Bookmobile!

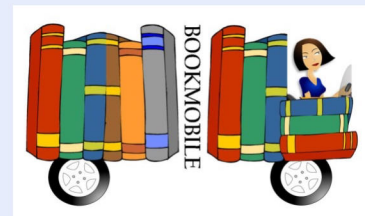
The bookmobile service is for **homebound** residents living in Halifax. Librarian Lynette Toohey will hand pick and deliver the books to you at home! Tell her what you like to read and what you don't like to read! Not only do they offer books, they can also deliver DVD's and audiobooks!

Call the Library to Register!
781-293-2271 Ex- 145

Join the COA Book Club!

This group meets the 3rd Thursday of the month at 2:00pm at the Library!

Please call the library for more information!





HALFAX COUNCIL ON AGING

506 Plymouth Street

Halifax, MA 02338

Tel: (781) 293-7313 Fax: (781) 293-1774

Website: www.halifax-ma.org/COA

Presorted Standard Postage
US Postage PAID
Permit #42
Halifax, MA 02338

Mission Statement

The Council on Aging's mission is to advocate for older adults and persons with a documented disability; to identify the economic, health, social, and cultural needs of our community; to provide an environment of support, learning, and socialization while striving to enrich lives by offering a wide array of programs, transportation, and advocating on the behalf of seniors and persons with a documented disability, when necessary, thereby promoting their independence, wellness, and dignity and improving their quality of life.

National Academy of Elder Law Attorneys

Jason Rawlins, Esq

Paula Schlosser, Esq

David Kiley, Esq

Schedule your complimentary first visit today!

HALIFAX COA

Advisory Board Chair

Jean Gallant

COA Director

Darlene Regan

Members

Judith Rakutis, Michael Rugnetta

Sarah Sloat, Kimberly King-

Cavicchi and Ruth Mills-Walters

Fred Corrigan

COA Staff

Director

Darlene Regan

Outreach Services & Programs

Coordinator

Barbara Curtis

Outreach Assistant

TBA

Administrative Associate

Diane Smith

OCES Meals-On-Wheels

Site Coordinator

Maria Maynard

Van Drivers

Gary Long, Diane O'Brien, and

Janice Rossetter

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Coffee Social COA 10:00-11:00am Chair Yoga 10:45am -11:45am Soul Purpose Wellness Studio	2 Coffee Social COA 10:00-11:00am Open Art Class COA 10:00-12:00pm No Zumba Today!
5 Coffee Social COA 10:00-11:00AM Cribbage-10:00-12:00 COA Cardio Strength COA 10:00-11:00am Community Dining COA 12:00 Knitt/Crochet- 1:30-3:00 WRITERS' GROUP Library 1:30 to 3:30pm	6 Coffee Social COA 10:00-11:00am Triad 10:00am The Great Hall	7 Coffee Social COA 10:00-11:00am Blood Pressure Screening 10:45am-12:30pm Community Dining 12:00pm COA	8 Coffee Social COA 10:00-11:00am Chair Yoga 10:45am -11:45am Soul Purpose Wellness Studio	9 Coffee Social COA 10:00-11:00am Zumba Gold The Great Hall 12:30-1:30pm
12 Coffee Social COA 10:00-11:00AM Cribbage-10-12 COA Cardio Strength COA 10:00-11:00am Community Dining COA 12:00 Knitt/Crochet- 1:30-3 WRITERS' GROUP Library 1:30 to 3:30pm	13 Coffee Social COA 10:00-11:00am Attorney David Kiley 1:00-3:00 COA The Beatles Presentation with Fran Hart! 1:00pm The Great Hall	14 Coffee Social COA 10:00-11:00am Blood Pressure Screening 10:45-12:30 Community Dining 12:00pm COA Bookmobile	15 Coffee Social COA 10:00-11:00am Chair Yoga 10:45am-11:45am Soul Purpose Wellness Studio	16 Coffee Social COA 10:00-11:00am Open Art Class COA 10:00-12:00pm Zumba Gold The Great Hall 12:30-1:30pm
19 Coffee Social COA 10:00-11:00am Cribbage-10:00-12:00pm COA Cardio Strength COA 10:00-11:00am Community Dining COA 12:00 Knitt/Crochet- 1:30-3 WRITERS' GROUP Library 1:30 to 3:30pm	20 Coffee Social COA 10:00-11:00am COA Advisory Board Meeting 9:30am-10:30am Selectman Room	21 Coffee Social COA 10:00-11:00am Blood Pressure Screening 10:45-12:30 Community Dining 12:00pm COA	22 Coffee Social COA 10:00-11:00am Chair Yoga 10:45am-11:45am Soul Purpose Wellness Studio	23 Coffee Social COA 10:00-11:00am Zumba Gold The Great Hall 12:30-1:30pm
26 Coffee Social COA 10:00-11:00AM Cribbage-10:00-12:00 COA Cardio Strength COA 10-11am Community Dining COA 12:00 Knitt/Crochet- 1:30-3:00 WRITERS' GROUP Library 1:30 to 3:30pm	27 Coffee Social COA 10:00-11:00am	28 Coffee Social COA 10:00-11:00am Blood Pressure Screening 10:45-12:30 Community Dining 12:00 COA	29 22 Coffee Social COA 10:00-11:00am Chair Yoga 10:45am-11:45am Soul Purpose Wellness Studio	30 Coffee Social COA 10:00-11:00am Open Art Class COA 10:00-12:00pm Attorney Jason Rawlins 11:00-12:30pm COA Zumba Gold The Great Hall 12:30-1:30pm

OCES NUTRITION PROGRAM

AUGUST 2024

REGULAR



Please call the nutrition department for meal cancellations by
cancellation by 10 am **two days** before delivery-508-584-1561.

Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF= Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starch, vegetable			1 High Sodium Meal Hot Dog 480 Vegetarian Baked Beans 282 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 165 Apple Oatmeal Bar 85 Cal: 759 Sodium: 1207 mg Carb: 107 g From meal: 28 g	2 HM Meatloaf with Gravy 300 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Blueberry Bites 60 Cal: 895 Sodium: 657 mg Carb: 100 g From meal: 43 g
5 Chicken Parmesan 395 Pasta with Italian Sauce 125 Italian Vegetables 19 Dinner Roll 260 Parmesan Cheese 55 Graham Crackers 85 Cal: 782 Sodium: 1077 mg Carb: 103 g From meal: 46 g	6 COLD MEAL Dilled Egg Salad on 289 Lettuce Bed Pasta Vinaigrette Sala 5 Coleslaw 64 Cracked Wheat Bread 115 Fresh Orange 0 Cal: 915 Sodium: 610 mg Carb: 95 g From meal: 40 g	7 American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 30 g	8 Cajun Tilapia with Citrus Salsa 133 Brown Rice Pilaf 15 Carrots 77 Rye Bread 330 Fruit Cup 5 Cal: 651 Sodium: 698 mg Carb: 94 g From meal: 44 g	9 BBQ Chicken 261 Mashed Spiced Yams 66 Fiesta Vegetables 16 Whole Wheat Bread 65 Fresh Pear 2 Cal: 724 Sodium: 548 mg Carb: 123 g From meal: 61 g
12 Macaroni & Cheese* 672 Spinach 110 WW Roll 180 Hot Caramelized Peaches 21 Cal: 726 Sodium: 1121 mg Carb: 125 g From meal: 73 g	13 Chicken Cacciatore* 502 Parslied Rotini 4 Green Beans 3 Dinner Roll 260 Diet Jello 95 Cal: 726 Sodium: 1002 mg Carb: 94 g From meal: 56 g	14 Potato Crunch Pollock 333 Buttered Rice 14 Broccoli & Carrots 45 Tartar Sauce 85 Whole Wheat Roll 180 Fresh Nectarine 0 Cal: 690 Sodium: 795 mg Carb: 93 g From meal: 50 g	15 COLD MEAL Mediterranean Tortellini Salad* 597 California Vegetable Salad 190 Cracked Wheat Bread 115 Apple Cinnamon 85 Grahams 85 Cal: 710 Sodium: 1125 mg Carb: 103 g From meal: 48 g	16 Cheeseburger 390 Oven Brownd 6 Potatoes Jardiniere Blend Vegeta 31 Ketchup 82 WW Hamburger Bun 180 Fresh Banana 1 Cal: 754 Sodium: 828 mg Carb: 105 g From meal: 39 g
19 Chicken with 331 Gravy Roasted Sweet 45 Potatoes Fiesta Veg Blend 16 Oatmeal Bread 240 Lorna Doones 100 Cal: 698 Sodium: 772 mg Carb: 105 g From meal: 42 g	20 COLD MEAL Turkey & Swiss 430 German Potato Salad 76 Tossed Garden Salad 17 Dressing 20 Mustard 55 Bulkie Roll 330 Vanilla Wafers 50 Cal: 758 Sodium: 1115 mg Carb: 105 g From meal: 56 g	21 Pork Oriental 214 Lo Mein Noodles 50 Asian Vegetables 43 Whole Wheat Roll 180 Watermelon 1 Cal: 640 Sodium: 626 mg Carb: 72 g From meal: 28 g	22 Lasagne Rolls with 419 Bolognese Sce Tuscany Blend 41 Vegetables 150 Vienna Bread 150 Hot Caramelized Pears 20 Cal: 678 Sodium: 759 mg Carb: 88 g From meal: 39 g	23 Tuna Salad on Lettuce 299 Potato Salad 50 Tomato Cucumber Salad 58 Cracked Wheat Bread 115 Canteloupe Chunks 12 Cal: 634 Sodium: 672 mg Carb: 71 g From meal: 27 g
26 BBQ Pulled Pork 340 Tater Tots 230 Scandinavian Vegetables 41 WW Hamburger Bun 130 Fresh Peach 0 Cal: 677 Sodium: 928 mg Carb: 81 g From meal: 59 g	27 COLD MEAL Chicken Salad on Lettuce Bed 174 Pasta Vegetable Salad 46 Spinach Salad w/ Mandarin Oranges 144 Whole Wheat Bread (2) 130 Fresh Apple 2 Cal: 924 Sodium: 634 mg Carb: 118 g From meal: 35 g	28 Pollock with Lemon Dill Sauce 235 Brown Rice Pilaf 16 Asian Vegetables 42 Whole Wheat Roll 180 Fresh Watermelon 1 Cal: 578 Sodium: 763 mg Carb: 75 g From meal: 35 g	29 Ziti Casserole* 525 Roman Vegetables 16 Cracked Wheat Bread 115 Hot Cinnamon Apples 9 Cal: 642 Sodium: 803 mg Carb: 87 g From meal: 39 g	30 Pot Roast with Gravy 177 Oven Roasted Potatoes 6 Butternut Squash & Apples 4 White Dinner Roll 260 Vanilla Bites 50 Cal: 813 Sodium: 635 mg Carb: 102 g From meal: 43 g

*Indicates food item w/>500mg sodium v=high sodium meal