



WHAT'S NEWS?

Janice B. Fitzgerald, *Director* Hours: Monday - Friday 9:00 AM to 4:00 PM

Mayor's Message

Dear Friends at the Council on Aging,
I hope this message finds you well.

Please take care during the hot August weather as high heat can be especially risky for seniors. Drink plenty of water, stay in an air-conditioned location if possible, wear lightweight, loose clothing, and avoid strenuous exercise. Check in on your friends and neighbors, and dial 911 if you are suffering from a heat-related health event.

The **Lawrence R. Cosgrove Memorial Pool** is back in operation after a spectacular, multi-million dollar, federally-funded renovation. It is actually more than just a renovation. It is a completely new, state-of-the-art pool and bathhouse. The new pool boasts shade areas, indoor and outdoor showers, a beach-style entry, and splash pad for the kids. Experience Brockton's beautiful new pool at 250 Centre Street, seven days per week between the hours of 1:00 and 5:00 pm. The Cosgrove Pool remains FREE of charge.

Do not forget about the **Manning Pool** at Brockton High School, 470 Forest Avenue. Public swim hours are all week, 1:00-6:00 pm. The entry fee is \$1.00 for those of you over 65 (\$4.00 regular entry). CASH ONLY.

The **Mayor's Summer Concert Series** takes place on Wednesday evenings from 6:00-8:00pm on the Patio at Heights Crossing, 35 Christy's Place, Brockton. The series ends August 28th and is FREE of charge. Here is the August lineup:

August 7th	J Street Blues Band w/ Guest Lois Lane
August 14th	Annie and the Furtrappers
August:21st	Bag Full of Blues
August 28th	The Smackdabs

The **Cape Flyer** is still available to take you to Cape Cod during the weekends. You can board the train at the "Brockton" commuter rail station on Fridays at 6pm returning to Brockton from Hyannis at 10:30pm, and Saturdays & Sundays at 8:20am returning to Brockton 8pm. The Cape Flyer offers reduced fares for children (11 and under), seniors, and persons with disabilities. For more information, go to Capeflyer.com.

The **New England Knockouts** play throughout August. Support our new local team and enjoy the Fenway experience without the Fenway prices and traffic. For tickets, visit www.knockoutsbaseball.com.

Through the funding of a state grant, the BAT bus remains FREE through the end of 2024. Take advantage of it to attend some of these events and activities.

It is truly my honor and a privilege to serve as your Mayor. Please contact my office at **508-580-7123** if I can be of any assistance. Thank you, and my best to you and your families.

Sincerely,
Robert F. Sullivan, Esq.
Mayor, City of Brockton

Director's Message

I hope you are all staying cool and hydrated this summer along with enjoying our programs and activities.

BINGO ANNOUNCEMENT:

I am excited to tell you that we will be bringing Bingo back to twice a month and back to our regular hours of 10:30-2:30 starting in September. Our doors will open at 9:00 am and cards MUST be purchased by 10:15. In addition, we will be offering you a FREE cup of coffee and donut before Bingo starts. You can also order a boxed lunch in advance for \$5.00. It is my hope that if all goes well we will go back to Bingo every Friday. Also, please note that if transportation is a problem, BAT is providing FREE fare until the end of the year. Call us for more details.

BUILDING UPDATE:

We have started our "unofficial" countdown until we return to 10 Father Kenney Way. For the next 4 months I will provide the latest pictures of the building and our plan for transitioning back. I hope you are all as excited as we are to get back HOME. I will also let you know the date of our Grand Opening celebration once we finalize the details. Stay tuned a lot more to come!



View from parking lot to back of building. Our new entry way



View from Father Kenney Way.

I hope you all have a great month!

Janice



AARP Network of Age-Friendly
Communities Celebrate Brockton's Age Friendly
Designation With Us.

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



CALENDAR OF EVENTS

PAGE 2

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>REMINDER</div> <ul style="list-style-type: none"> Remember to sign up for all programs and activities by calling 508-580-7811 For any program with a limited number of participants, Brockton Seniors are given first priority. <div> <u>We accept sign-ups for all programs and activities on or after the 1st of the month.</u> </div> </div>				
<div>5</div> <div>1:00 Tonin' & Stretchin' 1:00 Whist</div>	<div>6</div> <div>9:15 Line Dancing 11:00 Freight Farm 11:30 Knitting & Crochet 12:00 Community Dining: Cold Meal: Egg Salad on Lettuce Bed 12:30 Hand & Foot 1:00 Grief Support Group 1:00 Vaccine/Booster Clinic</div>	<div>7</div> <div>9:15 Tai Chi 11:00 Movin and Groovin 1:00 Cloth Tote Bag Craft w/ West Acres 2:00 Corn Hole</div>	<div>8</div> <div>9:00 Art from Heart 10:00 Cribbage 12:00 Community Dining: <i>Hot Dog w/ Baked Beans</i> 12:30 Tutoring with Greg 1:00 Mat Yoga</div>	<div>2</div> <div>9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg</div>
<div>12</div> <div>9:30 Dull Men's Group Sponsored "Fascinating Men..." Presentation 1:00 Whist 1:00 Tonin' & Stretchin' 1:00 COA Book Club</div>	<div>13</div> <div>9:15 Line Dancing 11:30 Knitting & Crochet 12:00 Community Dining: <i>Chicken Cacciatore</i> 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic</div>	<div>14</div> <div>9:15 Tai Chi 11:00 Movin and Groovin 1:00 Mystery Book Club 1:00 Mosquito and Tick Presentation 2:00 Corn Hole</div>	<div>15</div> <div>9:00 Art from Heart 10:00 Cribbage 12:00 Community Dining: <i>Cajun Tilapia</i> 12:00 Train Dominoes 12:30 Tutoring with Greg 1:00 Mat Yoga</div>	<div>16</div> <div>9:15 Walking Group 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg</div>
<div>19</div> <div>1:00 Whist 1:00 Tonin' & Stretchin' 1:00 Beginner Ukulele with Julie Stepanek</div>	<div>20</div> <div>9:15 Line Dancing 11:00 Freight Farm 11:30 Knitting & Crochet 12:00 Community Dining: Cold Meal: Turkey & Swiss 12:30 Hand & Foot 1:00 Grief Support Group 1:00 Vaccine/Booster Clinic</div>	<div>SENIOR PICNIC</div> <div>COA closed for all activities</div>	<div>22</div> <div>9:00 Art from Heart 10:00 Cribbage 12:00 Community Dining: <i>Lasagna Rolls</i> 12:00 Train Dominoes 12:30 Tutoring with Greg 1:00 Mat Yoga</div>	<div>23</div> <div>9:15 Walking Group (Weather Permitting) 9:30 Pet Pantry 10:00 Posture and Balance 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg</div>
EARLY VOTING THIS WEEK				
<div>26</div> <div>9:30 Dull Men's Group 10:00 Legal Consults 10:00 COA Trip: Ames Mansion 1:00 Whist 1:00 Tonin' & Stretchin' 1:00 Jeopardy Trivia with Epic Nursing Services</div>	<div>27</div> <div>9:15 Line Dancing 11:30 Knitting & Crochet 12:00 Community Dining: Cold Meal: Chicken Salad on Lettuce Bed 12:30 Hand & Foot 1:00 Vaccine/Booster Clinic 1:00 Musical Bingo with Brockton VNA Hospice</div>	<div>28</div> <div>9:15 Tai Chi 11:00 Movin and Groovin 1:00 Beach Centerpiece Craft w/ Gather Health 2:00 Corn Hole</div>	<div>29</div> <div>9:00 Art from Heart 10:00 Cribbage 10:00 Blood Pressure 12:00 Community Dining: <i>Ziti Casserole</i> 12:30 Tutoring with Greg 1:00 Mat Yoga</div>	<div>30</div> <div>9:15 Walking Group (Weather Permitting) 9:30 Blood Pressure 9:30 Office Hours with Rep. Michelle Dubois 10:00 Posture and Balance 10:30 BINGO 11:00 Eldys' Yoga 12:00 Strong & Stable 12:00 Mah Jongg 1:00 Parkinson's Support Group</div>



John E. McCluskey, Esq.
ELDER LAW ATTORNEY

ESTATE PLANNING • WILLS
TRUSTS • ASSET PROTECTION

508-583-2221 • John@rmlawma.com
www.mccluskeylaw.com



HARBOR HEALTH
Elder Service Plan

Program of All Inclusive Care for the Elderly

Supporting Health and Independence at Home

Nu ta fala Criolo de Cabo Verde e Português
Nós falamos Criolo de Cabo Verde e Português

774-470-6700



TABLE OF CONTENTS

What's Inside

Mayor's Message/Director's Message.....	Cover
Calendar of Events.....	Page 2
Table of Contents.....	Page 3
Office Hours w/ Elected Officials.....	Page 3
Senior Picnic.....	Page 3
Early Voting.....	Page 3
Friends of COA.....	Page 3
COA Cookbook.....	Page 3
Senior Dollars.....	Page 3
Upcoming.....	Page 4
Health & Safety Fair.....	Page 4
Open Enrollment.....	Page 4
Special Events.....	Page 4
Beginner Ukulele Class.....	Page 4
Mosquito & Tick Presentation.....	Page 4
"Fascinating Men..." Presentation.....	Page 4
Nutrition.....	Page 5
Community Dining Menu.....	Page 5
Food Bag Distribution.....	Page 5
Bloom Trips.....	Page 5
COA Trip.....	Page 5
Health & Wellness.....	Page 7
Exercise Classes.....	Page 7
Health Clinics at COA.....	Page 7
Upcoming Classes.....	Page 7
Pickleball.....	Page 7
Hot Weather Safety Tips.....	Page 7
Arts & Crafts.....	Page 8
Discussion Groups.....	Page 8
Support Groups.....	Page 8
Fun & Games.....	Page 8
Message from Old Colony Elder Services.....	Page 9
COA Services.....	Page 9
How Can We Help?.....	Page 9
SNAP Applications.....	Page 9
Legal Consults.....	Page 9
Pet Pantry.....	Page 9
Freight Farm.....	Page 9
Dental Appointments.....	Page 9
1-on-1 iPhone & Computer Tutoring.....	Page 9
Birthdays.....	Page 10
New & Renewal of Members.....	Page 10
Memorials.....	Page 10
Donation Slip.....	Page 10
Staff and Board Directory.....	Back Cover
Community Events.....	Back Cover

SENIOR PICNIC

PAGE 3

The RSVP Deadline for the Senior Picnic has come and gone - hopefully you got a ticket!
Senior Picnic



Date: Wednesday, August 21st
Time: 12:00-2:00 PM

Location: Brockton High School
470 Forest Ave - Red Cafeteria

Bring your ticket with you for faster check in!

Announcement:
Entertainment for the Senior Picnic is now
DJ Joe Lupica!

EARLY VOTING



EARLY VOTING PRIMARY STATE ELECTION

Location: The Shaw's Center
1 Feinberg Way, Brockton, MA

Saturday, August 24th	9:00 AM - 5:00 PM
Sunday, August 25th	9:00 AM - 5:00 PM
Monday, August 26th	8:30 AM - 4:30 PM
Tuesday, August 27th	8:30 AM - 4:30 PM
Wednesday, August 28th	8:30 AM - 4:30 PM
Thursday, August 29th	8:30 AM - 6:00 PM
Friday, August 30th	8:30 AM - 4:30 PM

FRIENDS OF COA

COA COOKBOOK

Thank you to everyone who contributed recipes for the COA Cookbook. They look delicious!

Right now we have approximately half of the recipes that we need in order to publish the cookbooks. We realize that you are busy, but would greatly appreciate having your recipes.

Please bring your recipe with your name on it and drop it off at the front desk!



Senior Dollar Fundraiser

July's \$100.00 cash prize winner:
David Andrews

Congratulations! The winner for August will be announced in September's newsletter.

CARD DONATIONS



The Brockton Council on Aging needs
"Sympathy" and "Get Well Cards".

We have plenty of other types of cards (Birthday, Christmas, etc.) so please do not bring those in!

OFFICE HOURS



Office Hours with
Rep. Michelle Dubois
Friday, August 30th from
9:30-11:30 AM

UPCOMING

Health & Safety Fair

The Brockton Council on Aging Presents:

HEALTH & SAFETY FAIR

Please Join Us! FREE!

- Many Different Vendors!
- Free Health Screenings!
- Drug Take Back!
- Informational Handouts!
- Giveaways!
- Great Door Prizes!
- Pizza!
- ...and much more!

Date:
Wednesday, September 18, 2024

Time:
10:00 AM to 1:00 PM

Location:
Brockton Council on Aging
temporarily located at
The Shaw's Center
1 Feinberg Way
Brockton, MA 02301

Call 508-580-7811 to sign up to attend!

This event is proudly supported by:



Open Enrollment

MEDICARE
OPEN ENROLLMENT

OCTOBER 15th
TO
DECEMBER 7th

A look ahead!

Open Enrollment Appointments

We will start scheduling appointments on Monday, September 3rd.

Appointments will be by phone again this year. When you schedule your appointment, we will provide you with all the necessary information you will need for your appointment, including what you should have available.

We will call you at the time allotted for you to take your information and review your coverage.

SPECIAL EVENTS

PAGE 4

Beginner Ukulele with Julie Stepanek!

Monday, August 19th at 1:00 PM

Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing. No experience necessary! Ukuleles are provided or bring your own.

Cost is \$3.00 per person.

Sign up at the front desk. For more information call **508-580-7811**. There is a limited number of spots available.



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Mosquito and Tick Presentation

Wednesday, August 14th at 1:00 PM



Erin Morrill, Community Liaison for the Plymouth County Mosquito Control Project will present an overview on the Life Cycle of a Mosquito and explain services provided by the Plymouth County Mosquito Control Project for the community when needed, including the importance of protecting yourself from mosquito bites, choosing effective repellents, mosquito-borne diseases and learning to remove objects that hold water in and around your properties.

Blake Dinius is an Entomologist for the Plymouth Extension speaking on the subject of ticks, insect identification and management tips for prevention, proven protection methods, tick biology and ecology, tick borne disease along with myth busting of ticks.

Call 508-580-7811 to sign up to attend this informative presentation

Sponsored by: The Dull Men's Group

Fascinating Men I have Encountered in 50 Years of Publishing

Monday, August 12th at 9:30 AM

This presentation features Henry Quinlan's encounters with Spies, Cops, Detectives, Fire Commissioner, Athletes, FBI Agents, CIA Agents, Entrepreneurs, Movie Stars & Presidents, during his 50 years in the publishing business. All are true stories.

Call 508-580-7811 to attend! Light Refreshments will be served.



Funded, in part, by a grant from the Brockton Cultural Council, a local agency supported by the Massachusetts Cultural Council.

NUTRITION

Community Dining Menu

Meals are served at 12:00 PM. Reservations are required **1 week in advance**. Call **508-580-7811** to sign up to attend. Suggested donation is **\$2.50**. Menus are subject to change.

TUESDAY	THURSDAY
	1 Hot Dog w/ Baked Beans, Zucchini Squash
6 Cold Meal: Dilled Egg Salad on Lettuce Bed	8 Cajun Tilapia with Citrus Salsa & Brown Rice Pilaf
13 Chicken Cacciatore & Parslied Rotini	15 Cold Meal: Mediterranean Tortellini Salad & Veg Salad
20 Cold Meal: Turkey & Swiss, German Potato Salad, Tossed Garden Salad	22 Lasagna Rolls w/ Bolognese Sauce & Tuscany Vegetable Blend
27 Cold Meal: Chicken Salad on Lettuce Bed, Pasta Veg Salad	29 Ziti Casserole with Roman Vegetables

Food Bag Distribution



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

\$2 FOOD BAG DISTRIBUTION

WHEN

Wednesdays 3:30-5:30pm

WHAT

\$2 Bag Program: Each bag contains over twelve pounds of mixed fresh produce. Items range from fresh spinach, mangoes, potatoes, and more. We aim to make two dollars go further towards fresh groceries every week. **(CASH ONLY)**

WHERE

Old Colony YMCA
Stoughton Branch
(445 Central St,
Stoughton, MA 02072)
Outside (weather permitting)

QUESTIONS?

Call 781-341-2016

PARTNERS



BLOOM TRIPS

PAGE 5

TRIP POLICY: Open to Brockton AND out-of-town residents 60 years of age or older. Please sign up and pay at the Front Desk. Full payment is due at time of sign up. **TRIPS ARE NON-REFUNDABLE.**
NOTE: WE DO NOT KEEP CASH ON HAND. PLEASE BRING EXACT CHANGE.

TRIP PICK-UP & DROP-OFF LOCATION:
BROCKTON HIGH SCHOOL (FINE ARTS LOT)
470 FOREST AVE, BROCKTON, MA

The Big E

Wednesday, September 25, 2024

\$75.00 per person plus \$2.00 CASH ONLY tip.

Pick-up: 8:30 AM

Approx. Return: 6:15 PM

The Big E is "New England's favorite Autumn Tradition". The largest fair in the northeast, the Big E is the only place in the country where six states participate in one spectacular event for 17 fabulous days each fall. Enjoy free entertainment on multiple stages as well as the Big E Super Circus, the Avenue of States, and Petting Zoo. Want even more to do? Visit the Magic Midway, shop 'til you drop and enjoy foods from around the nation and around the world, truly something for everyone. Make your reservation today for this great Fall day!

Turkey Train

Friday, October 11, 2024

\$139.00 per person plus \$2.00 CASH ONLY tip.

Pick-Up: 9:15 AM

Approx. Return: 6:45 PM.

It's Turkey Time!! All Aboard...Join Brockton COA for the perfect Foliage Day Trip! Begin your day with a beautiful scenic drive up to Meredith, New Hampshire where we will board the Winnepesaukee "Turkey Train" at the Hobo Railroad. This two hour scenic train ride, through the countryside of New Hampshire is complete with a delicious full turkey dinner complete with all the fixin's! This exceptional turkey meal is provided by Hart's Turkey Farm. Following the lunch train excursion we board the motorcoach and head to Moulton Farm, in the heart of the Lakes Region. The farm dates back to 1890's and has so much to offer. Browse their farm stand, garden center or maybe pick up a treat at their bakery! A Perfect ending to our October day!

COA TRIP

AMES MANSION TRIP

Come get a look at the fully furnished interior of the historic Ames Mansion. On this tour, explore the history of the Ames family and the house itself.

Monday, August 26th at 10:00 AM

Take the COA Van or meet us there!

Van departing COA promptly at 9:30 AM

Call 508-580-7811 to sign up.

Limited spots available on the tour.

If you are meeting us there: You can enter the park using the service entrance at: **257 Massapoag Avenue, North Easton.** (There will be some signs saying "Do not enter" but just ignore those!)





Mark Maraglia

Seniors Real Estate Specialist (SRES)
Your Home May Be Worth More Than You Think
Call for your **FREE** Home Evaluation
Mark is a Lifelong Resident of Brockton
508.272.8761
One Call Does It All!
markm@exitpremier.com



LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Karen Fontaine

kfontaine@lpicommunities.com

(800) 477-4574 x6350

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Scan to
contact us!

Visit lpicommunities.com

Is It Time For You To Make A Move?



*I'm your best source for
knowledge, understanding
and support as you
move forward.*

Jeanne Fuller-Jones

SENIOR REAL ESTATE SPECIALIST

Contact me today! 774-240-8928



Serving All People, All Incomes

OCES SERVICES

- Adult Family Care
- Congregate Housing
- Consumer Directed Care
- Emergency Assistance
- Family Caregiver Support
- Healthy Living
- Information & Referral
 - Consumer Benefits Assistance
 - Aging & Disability Resources
- Options Counseling
- Money Management
- Nutrition
- One Care Plan
- Personal Care Management
- Private Care Coordination
- Protective Services
- Senior Care Options
- State Home Care
 - Care Management
 - Nursing Services
- Supportive Housing
- Transitional Support
- Veteran-Directed Home Care
- Volunteer Programs



508-584-1561 | TTY: 508-587-0280 | ocesinfo@ocesma.org | www.ocesma.org

SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com Brockton Council on Aging, Brockton, MA 06-5072



COA Exercise Programs



Fitness Programs at the Council on Aging:

Senior Self-Defense

On break until September 16th

Tonin' & Stretchin'

Mondays at 1:00 PM - \$5.00 per class

A low impact & fun class which will encourage you to move and dance in your seat!

Line Dancing

Tuesdays at 9:15 AM - \$5.00 per class

Learn basic line dance steps and simple routines

Tai Chi

Wednesdays at 9:15 AM - \$5.00 per class

Start your day with the peaceful meditation and movement of Tai Chi. *First class is free to new participants!*

Movin' & Groovin'

Wednesdays at 11:00 AM - \$5.00 per class

A cardio and strength class aimed to help you stay fit, challenged, and active.

Mat Yoga with Pat

Thursdays at 1:00 PM - \$5.00 per class

Practice yoga from a chair or a mat

Shoe City Walkers

Fridays at 9:15 at the Brockton COA

Eldys' Yoga

Fridays at 11:00 AM - \$5.00 per class

Gentle introduction to yoga that will enhance your physical mobility. *First class is free to new participants!*

Posture and Balance

Fridays at 10:00 AM - \$5.00 per class

Improve your balance, coordination, and posture through stretching exercises

Strong and Stable

Fridays at 12:00 PM

Parkinson's group training classes. Open to Parkinson's participants and their caretakers.

Call 508-580-7811 to sign up today!

A waiver must be completed by every new participant for each exercise program. Payment is due at the start of each class.

Health Clinics

Health Clinics at the Brockton COA

• **COVID-19 Vaccine/Booster Clinic**
every Tuesday between 1:00 PM- 4:00 PM
by Brockton Board of Health

• **Blood Pressure Clinic**
Thursday, August 29th at 10:00 AM - 11:00 AM
by Brockton Board of Health

• **Blood Pressure Clinic**
Friday, August 30th at 9:30 - 10:30 PM
by Brockton Visiting Nurse Association

Upcoming Classes

These exciting new classes will be coming to the COA starting in September! Stay Tuned...



BOOT CAMP!

Mondays at 10:00-11:00 AM

\$5.00 per class

Get fit and stay fit! We will be doing different exercises ranging from cardio and strength and conditioning with varying levels of intensity.



Mindfulness, Relaxation, & Meditation

Wednesdays at 12:15-1:00 PM

\$3.00 per class

Learn and practice different techniques to help relieve stress, relax, and gain insight.

Pickleball



Brockton Pickleball Outdoor Open Play at the Brockton High Pickleball Courts

Saturday August 3rd, 10th, 24th & 31st at 3:30 PM

Use the app "Meet Up" to sign up and to view communications regarding cancellations due to weather. If you need help signing up, call Christina at 508-580-7811

Interested in Volunteering?

We are looking for someone to host on Sundays at a time that works best for them. Call and ask for Christina if you would like to help!

Hot Weather Safety Tips



While summer brings us warmth and bloom, prolonged exposure to excessive heat in summer months can be dangerous. This is especially true for older adults.

- **Stay away** from direct sun exposure as much as possible.
- **Air conditioning** is your friend in summer.
- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.
- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes.
- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher.
- **Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm

ARTS & CRAFTS

Knitting & Crochet: every Tuesday at 11:30 AM
Art From Heart: every Thursday at 9:00 AM



Beach Centerpiece Craft **Wednesday, August 28th** **at 1:00 PM**

Join Gather Health for a fun craft! Mirella will be showing us how to make a beach centerpiece.

Call 508-580-7811 to sign up.
Limited spots available.



FUN & GAMES

PAGE 8

Whist: every Monday at 1:00 PM
Hand & Foot: every Tuesday at 12:30 PM
Corn Hole: every Wednesday at 2:00 PM
Cribbage: every Thursday at 10:00 AM
Train Dominoes: every other Thursday at 12:00 PM
Mah Jongg: every Friday at 12:00 PM

New Time!



CORN HOLE Wednesdays at 2:00 PM
 Come join the fun! We are looking to start a league and have tournaments.
Call 508-580-7811 to sign up.

DISCUSSION GROUPS



The Brockton Council on Aging is looking to start a Women's Discussion Group!

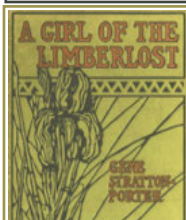
If you are interested, call us at **508-580-7811.**

We will be making plans for an inaugural meeting in September where we will be voting for a name for the group!

Do you have what it takes to join the Dull Men's Club?

Come discuss the joys we find in everyday, mundane, *dull* things! Dull Men's Club meets on the:

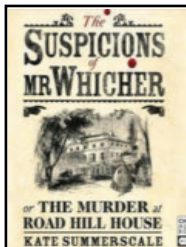
2nd and 4th Monday of every month at 9:30 AM
Call 508-580-7811 to sign up today!



Book Club

This month we will be discussing:
A Girl of the Limberlost
 by Gene Stratton-Porter

On Monday, August 12th at 1:00 PM
Call 508-580-7811 to sign up!



Mystery Book Club

This month we will be discussing:
The Suspicions of Mr. Whicher
 by Kate Summerscale

Type of mystery: *True Crime*

On Wednesday, August 14th at 1:00 PM
Call 508-580-7811 to sign up!

SUPPORT GROUPS

Grief Support Group

On summer break and will resume in September.

Parkinson's Support Group

last Friday of every month at 1:00 PM

Friday, August 30th
10:30 AM - 2:30 PM

ANNOUNCEMENT

Starting in September, Bingo will be 2x monthly! Mark Your Calendar!

Dates in September:

- **Friday, September 13th**
- **Friday, September 27th**

We will also start offering boxed lunches at Bingo for \$5.00. You must pay in advance for the boxed lunches at the front desk.

Deadlines to purchase a boxed lunch:

For September 13th: 9/6
For September 27th: 9/20



Musical Bingo!

Tuesday, August 27th at 1:00 PM

Your favorite hits from yesteryear combined with the fun of bingo. Fill up your bingo card and win prizes while you groove to classic hits from pop, rock and roll and R&B!

Call 508-580-7811 to sign up!

Musical Bingo is brought to you by Brockton VNA Hospice.

JEOPARDY!

at the Brockton Council on Aging

Monday, August 26th at 1:00 PM



Join Michael from Epic Nursing Services for some trivia fun!

Call 508-580-7811 to sign up.

Did you know? The number one cause of injury and injury-related fatality among older adults is unintentional falling. According to the National Council on Aging (NCOA), more than half of all falls happen at home.

Objects such as footstools, floor plants, electrical cords, pillows, bedding, shoes, throw rugs and other items on the floor are all considered "trip hazards" and may cause you to fall.

The most common injury from a fall is a fracture. Older adults who have a condition such as osteoporosis, are particularly at risk of a fracture from a fall.

Preventing Falls

It's important to know that most falls CAN be prevented. Making your living area safer is one of the keys to fall prevention. Here are some useful tips:

Keep your hallways and rooms well lit. Replace lightbulbs as soon as possible, and use nightlights in hallways, bathrooms, and bedrooms to provide additional illumination at night.

Use tape or clips to secure electrical cords for lamps, computers, televisions, and other devices to the floors or walls.

Consider bath safety. Have grab bars installed for extra support in the shower, tub and near the toilet. Utilize a shower seat. Use non-skid bathmats on the floor and avoid wet floors.

Take a good look at each room of your home and eliminate any trip hazards. Put away shoes, books, magazines, pet toys and other items. Be sure to tuck in bedspreads and other bedding, so you don't trip on the material as you walk by. Remove slippery throw rugs, relocate plants and other items so they are completely out of your walking path. Keep stairways clear.

Staying Strong

Exercise is one of the best preventative measures as it improves balance and increases strength and flexibility. Not sure which type of exercise would be appropriate for you? Talk with your health care provider about starting an exercise program that will help you build strength and improve your balance so you can reduce your risk of falls.

Since vision impairment increases fall risk, be sure to have your vision checked annually and keep your eyeglasses up to date.

Be aware that chronic health conditions such as cardiovascular disease, diabetes, arthritis, dementia and Parkinson's, as well as medications that may cause dizziness or drowsiness, are factors that can increase fall risk. Be sure to discuss any concerns with your doctor.

Heed your doctor's advice to get aids such as a walker or a cane with instruction from a physical therapist. A walking aid can help you get around safely and reduce your risk of falling. It will also help you maintain your mobility and independence.

Take Action

According to the CDC, falls are the most common cause of traumatic brain injuries. An older adult who falls and hits their head should see a doctor immediately.

Falls Prevention Awareness Week, the national campaign to raise awareness about preventing falls and reducing fall risk, is September 23-27, 2024. Falls prevention workshops and events can help you learn more about the steps you can take to help ensure that you and your family, friends, and neighbors know how to prevent falls.

Are you or a loved one at risk of falling? The NCOA offers a brief screening survey on their website www.ncoa.org/tools/falls-free-checkup.

For more information about falls prevention or to learn more about A Matter of Balance workshops, visit ocesma.org/events or contact OCES' Healthy Living Program at 508-584-1561.

HOW CAN WE HELP?

- Outreach, Social Services
- SHINE Program
- Knox Box
- Transportation
- Fuel Assistance
- Durable Medical Equipment
- Senior Property Tax Work Off Program
- AARP Free Income Tax Assistance
- Prescription Advantage Program
- Safety Assurance
- Support Groups
- SNAP Benefits
- Housing Applications



Supplemental Nutrition Assistance Program (SNAP) with Joanne Lobaton

from the Department of Transitional Assistance (DTA) is assisting individuals with SNAP applications. **Please call 508-580-7811 and ask to speak with Ruthie to schedule an appointment.**

Free Legal Consults by Surprenant & Beneski Monday, August 26th at 10:00 am - 11:30 am

Discuss the following topics:

- Durable Power of Attorney · Medicaid Planning,
- Advanced Medical Directive · Health Care Proxy
- Will & Trust or other Estate Planning questions.

Call 508-580-7811 for an appointment.



This month's Pet Pantry is on: August 23rd at 9:30-10:30 AM



Please note: The program is full but we are accepting applications to be placed on a **wait list**. You may fill out a request form at the COA. Please **call 508-580-7811** to speak with Sophia for any questions.



August Schedule

**1st and 3rd Tuesdays
at 11:00 AM- 12:00 PM**

- Tuesday, August 6th
- Tuesday, August 20th

REMINDER: First-come, First-serve.
One bag per person/per household.



Dental Appointments Now Available!

Emma Lawson, a registered Public Health Hygienist is offering hygiene (cleaning and exam) appointments. **If you are on MassHealth the visit is FREE or private pay is \$50.00.**

Please call 508-580-7811 to schedule an appointment.

Brockton seniors only.



**One-on-One iPhone & Computer
Tutoring with Greg
Thursdays 12:00 PM - 3:00 PM
Call 508-580-7811 for an appointment**

AUGUST BIRTHDAYS

PAGE 10

Mary "Patsy" Hurley	1 st	Donna L. Shaw	12 th	Deborah Baron	21 st
William Northrop	1 st	Elaine Lowden	11 th	Catherine Cappiello	21 st
Thomas Pennor	4 th	Patricia Gorman	13 th	Sandra Dompier	21 st
Sandra Vegal	4 th	Deborah Hannon	15 th	Mary A. Donovan	21 st
Robert Allen	5 th	Karen Cusick	16 th	Judy Kling	22 nd
Nita Baldwin	5 th	Janice M. Guinta	16 th	Harriet Love	22 nd
Mary Merriam	5 th	Ed Wright	16 th	Emery "Frankie" MaDan	22 nd
Carol Minchello	5 th	Angie DeFlavis	17 th	Mary Mollere	23 rd
Tina Bissett	6 th	Sue Alves	18 th	Helen Tolbert	24 th
Beverly Hanson	6 th	Joy Cushing	18 th	Amina Amin-Brown	25 th
Stella Holmes	6 th	Ann Goodenough	19 th	Florence Doucette	26 th
Lois Sumrall	7 th	Gary Pearson	19 th	Gloria Hume	26 th
Marie Allen	8 th	Robert Tornberg	19 th	Paul Walker	26 th
Valerie Crane	8 th	Linda Gibson	19 th	Irene Lincourt	27 th
Karin Roscow	8 th	Loretta Martins	20 th	Sherry A. Campbell	29 th
Dorothy Santos	9 th	Terry Travers	20 th	Beverley DaRocha	29 th
Harvey Roberts	12 th	Dana Waters	20 th	Barbara Spicer	30 th
				Anne Neagle	31 st

Reminder: If you wish to have your name published in our newsletter, please write your name in the COA Birthday Book. Be sure to listen to radio station 95.9 FM WATD at 5:45am to hear your birthday announced

NEW & RENEWALS

Alfred J. Amoroso
Danielle V. Coenen
Joseph Comeau
Tommye L. Ducksworth

Marie Excellent
Jacqueline Gardner
Gwendolyn Glass
Sallie Horton
Dianna B. Lima

Dorothy Pease
Carol J. Perry
Nancy Richard
Steve Richard

MEMORIALS

*Alfred J. Amoroso in memory of John F. Kenney.
Anonymous in memory of Viergela David.*



FRIENDS OF THE BROCKTON COUNCIL ON AGING

10 Father Kenney Way, Brockton, MA 02301

Temporarily located at :The Shaw's Center 1 Feinberg Way, Brockton, MA 02301

Name: _____ Phone: _____

Address: _____

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

Memorial Donation \$ _____ In Memory of: _____

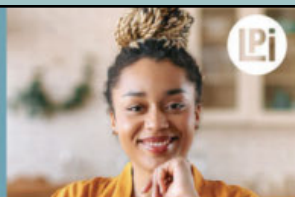
Make checks payable to The Friends of the Brockton Council on Aging

WE'RE HIRING!

AD SALES EXECUTIVES

BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

DOYLE & WALDRON REAL ESTATE

Team@DoyleWaldron.com

O:774.250.2221



Healthcare Supplies Delivered

Insurance Coverage for individuals in need
of incontinent products such as:
Pullups • Briefs • Panty Liners • Bed Pads
33 RIVERSIDE DRIVE, PEMBROKE, MA 02359
T: 877-942-4276, F: 888-977-1947
Please mention LPI when calling



Directors: Gregory N. Belcher, Lisa Waitt Belcher
Stephanie Costa-Lally, Certified Funeral Director
850 North Main Street, Brockton, MA 02301

508-583-7272 • Pre Need Planning - Cremation Options
waittfuneralhome@gmail.com • www.waittfuneralhome.com

SUPPORT OUR
ADVERTISERS!

Learn More at AllianceHHS.org/west-acres
Quality Senior Care on the
South Shore!



24/7 Skilled Nursing Care & In-House
Therapy that you deserve for your
Inpatient Short Term Rehabilitation Stay
Alliance Health at West Acres Address: 804 Pleasant St
Brockton, MA
Phone: 508-583-6000

A Better Life is in Store BROCKTON

776 Belmont Street
meoffer.me/brockton

CALL 1-888-387-3068

FREE* HEARING
EVALUATIONS



*Hearing tests are always free. Hearing test is an audiometric test to determine proper amplification needs only, not a medical exam.



Paul Beckner, BC-HIS
Proud to sponsor the COA

- ▶ SHORT-TERM
REHABILITATION
- ▶ LONG-TERM CARE
- ▶ PULMONARY
REHABILITATION
- ▶ RESPITE CARE



Sachem
Center for Health & Rehabilitation

508.378.7227
66 CENTRAL STREET
EAST BRIDGEWATER, MA 02333
sachemcenterrehab.com



SELL AT 1%
REAL ESTATE SERVICES
RON MCGANN, INC.
Ron McGann, President
781-789-1717

877 AUBURNVILLE WAY E1, WHITMAN, MA 02382

**Brockton
Housing
Authority**

*Creating
Windows of
Opportunity.*



Simon C. Fireman
Community
Hebrew SeniorLife

**Affordable
Senior
Living**

640 North Main St., Randolph, MA | 781-986-8880
www.firemancommunity.org





Brockton Council on Aging
Mary Cruise Kennedy Senior Center
Temporary location
Shaw's Center - 1 Feinberg Way
Brockton, MA 02301

Brockton Council On Aging Staff

Janice Fitzgerald.....Director
Lauren Conrad.....Assistant Director
Vacant.....Health Education/
Outreach Coordinator
Cauna Magner.....Shine Counselor
Christina Briggs.....Program Activities Coordinator
Sophia Moliere.....Activities Assistant/
Volunteer Coordinator
Ruthie Graham.....Receptionist/Secretary
Hugo Amado.....Custodian

Board of Directors

Jeanne Fuller-Jones.....Chair
David Andrews.....Vice Chair
Carol Delorey.....Secretary
Clayton Reichenberg.....Treasurer

Board Members:

Paul Beckner
Robert Graham
Mary James
Gerald Koelsch
Anne McCormack
Henry Soones
Fabienne Zephyr

Alternates

Harriet Beasley
2 Vacancies

The next meeting is **Monday, September 9, 2024**
at 10:00 AM in person at
The Shaw's Center
1 Feinberg Way
Brockton, MA

Friends of the Council on Aging Board

Fran Zakszewski, Chair - Maxine Young, Vice Chair
Lillian Dykes, Treasurer - Vickie Green, Secretary
Martha Badgio- Melinda Howard - Karen Landers -
Dolores Langer - Suzanne Larke - Helen O'Connor-
Linda Reddin

The Friends of the Brockton Council on Aging, Inc.

is a non-profit organization that shall consist of individuals,
associations, organizations, partnerships or corporations
interested in improving the resources and services of the
Brockton Council on Aging.

Activities Committee

Teddi Bourassa - Vickie Bassett - Vickie Green - Jeanne
Fuller-Jones - Melinda Howard - Suzanne Larke - Linda
Reddin - Bill Reddin - Henry Soones - Maxine Young

Building Committee

Janice Fitzgerald - Dan Palotta - Jim Plouffe
David A. Andrews - Carol Delorey -
Jeanne Fuller-Jones - Robert Graham -
Ruthie Graham - Henry G. Soones

COMMUNITY EVENTS

SUMMER Fest

LET'S BRING THIS SUMMER A JOYFUL SEASON

SALISBURY PARK
250 CRESCENT ST. BROCKTON, MA

AUGUST 24TH | 11AM-3:30PM

LIVE MUSIC - ICE CREAM - DELICIOUS FOOD - REFRESHING BEVERAGES
WELLNESS ACTIVITIES - SCHOOL SUPPLIES - RAFFLES - FUN GAMES
EXCITING PERFORMANCES - GIVEAWAYS AND MUCH MORE!

HAITIAN COMMUNITY PARTNERS FOUNDATION

MORE INFO: 508-588-0400
WWW.HCPFOUNDATION.ORG

Phone: 508-580-7811

Fax: 508-580-0289

Emergency Hotline 508-941-0292

**Elder Abuse Hotline #
1-800-922-2275**

**Please use this number anytime day or night to
report suspected elder abuse.**

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 socializa-
tion opportunities to seniors age 60 years and older.