

September 2023

Carver Council on Aging

What's Happening in September

OCES Fall Prevention Program

*Monday, September 11th
at 1:30 - 3:00pm*

Falls are preventable! Learn strategies to remain independent by identifying the fall risks, taking the steps needed to prevent falls and discovering home safety fall prevention solutions. **Please register at 508-866-4698 x3.**



Ladies Tea Event

*sponsored by the COA
Board of Directors
Sunday, September 17th
at 11:30 am*



Put on your fancy best and join us for tea, sandwiches and sundry sweet treats. Enjoy socializing along with some fun activities. Participants will be entered for a chance to win a Door Prize of a Tea-Themed Gift Basket! **Please register at 508-866-4698 x3.**

Johnny Cash - Songs & Stories with Matt York

*sponsored by the
Carver Cultural Council
Monday, September 18th
at 1:00 pm*



New England musician and author Matt York will perform the songs of Johnny Cash and tell stories about Cash's career spanning from the 1950's to his passing in 2003. From his emergence as a groundbreaking artist to his marriage to June Carter and many of his other career highlights. In 2022, York was nominated for the Boston Music Award for Best Country Artist and his album "Gently Used" was just named one of Patriot Ledger's best albums of 2022.

Please register at 508-866-4698 x3



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



PHOTO CREDIT: BARN BABIES



Barn Babies - Pet Therapy

sponsored by the Carver Cultural Council

Wednesday, September 13th at 1:30 pm



Researchers have discovered that animal-human interaction can improve a person's social, emotional, and physical functioning. This makes the Barn Babies® pet therapy program perfect for seniors. Barn Babies® will provide approximately 20 baby animals as a form of therapy which can increase the participant's mood and lower anxiety. Our compassionate staff will interact with the participants and animals to create a truly entertaining and fun environment.

****This program is strictly limited to Seniors Only and registration is required****

Please call 508-866-4698 x3 by Monday, September 11th to register.

Space is limited!



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

COUNCIL ON AGING

Monday -Thursday
9 AM-3 PM
Friday 9 AM-12PM
48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR / ACTIVITIES COOR.

Connie Kelly
Monday-Friday
8 AM-4 PM
508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Alan Dunham - *Vice Chair*
Helen Marrone - *Secretary*
Donna Marie Forand
Elaine Raymond
Mary DuRoss
Louise Walsh Alt.
Michael Nicolazzo Alt.

FRIENDS OF THE CARVER COA

Paul M Kelly - *Vice President*
Jackie Rogerson - *Secretary*
Alice McMahon - *Activities Coor.*
Lydia Nelson - *Treasurer*

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

GATRA operates out of the COA and provides transportation to senior and disabled residents to the towns adjacent to Carver.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm
a **MINIMUM OF 2 BUSINESS DAYS IN ADVANCE**

to schedule a seat on the bus.

Please have the *address* of the location you need transportation to when you call.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please be ready at the scheduled pick up time!

Drivers are *only able to wait a maximum of 5 minutes after the scheduled pick up time.*

SHOPPING SCHEDULE

SUPERMARKET RUNS - 1 HOUR

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

Call **508-866-4698 x-1** prior to 12 pm two days before.

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers who need assistance upon arrival to their destination should arrange a companion to ride with them since the drivers are unable to escort passengers beyond their arrival point. If a companion is unavailable to you, arrangements can be made to provide one for you.

SEPTEMBER GATRA BUS TRIPS

Scenic Cape Cod Canal w/ Box Lunch

Monday, September 11th, 11:00 am - 3:00 pm

Enjoy a scenic ride along the canal with a stop for a picnic lunch (provided). **Cost: \$5.00**

Dartmouth Mall Shopping Trip

Monday, September 25th, 10:00 am - 3:00 pm

Shop the stores of the Dartmouth Mall at your leisure with lunch on your own at your choice of eatery. **Cost: \$5.00**

Be sure to call the Dispatcher early to reserve your spot at 508-866-4698 x1. Space is limited

LOAN CLOSET (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE limited** copies for seniors. Ask a staff member during our regular hours for assistance.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

LEGAL ADVICE AT THE COA

Attorney-at-Law Lawrence Hale is available for **FREE** 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

FREE FINANCIAL CONSULTATIONS \$\$\$\$\$\$\$\$\$\$

Meet with Sandy Childs, Financial Advisor with Edward Jones, for a free half hour session every 4th Tuesday from 1 - 4. Call **508-866-4698 x 3** for an appointment.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips! **Send to:** Friends of Carver COA, P.O. Box 72, Carver, MA 02330. For more info check the website: friendscarvercoa.com

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551** for an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call **508-295-5999** for an appointment.

WEEKLY WELLNESS CLINICS

Public Health Nurse *Patricia Iafrate* provides weekly blood pressure clinics Tuesdays from 9:30 am -11:30 am, plus **monthly (first Tuesday)** glucose and cholesterol screenings with Carver EMS. Drop-in.

FUEL ASSISTANCE AND SNAP APPLICATIONS

For Fuel Assistance call **South Shore Community Action Council** at **508-746-6707** to request an application and a list of required documents. Pick up a SNAP application at the COA then call for an appointment 508-866-4698 x2.



MONTHLY FOOT CARE with Podiatrist, Dr. Alan Lechan

Wednesday, September 27th, 9:00 am - 2:30 pm

The \$35 foot care service includes: trimming nails and calluses and addressing any other problems you may be experiencing. Be prepared to bring your list of medications, doctor's name and date of last visit.

Please call 508-866-4698 x3 to make an appointment.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Facilitator

Monday - Friday

8 AM - 4 PM

508-866-4698 x 2

Please call for an appt.

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA AT SAMPSON POND
(weather permitting, otherwise indoors)
with Mary Ellen Wilson RYT500
Mondays, September 11, 18 & 25
at 10:00 am (note the time change!).
Cost: \$5 Please register at
508-866-4698 x3

QI GONG with Kathryn Demers
Tuesdays September 5, 12, 19, & 26
at 10:00 am. **Cost: \$5.** Please
register at 508-866-4698 x3.

OIL PAINTING WORKSHOP
with Jim Collins Tuesdays 1 -3 pm.

ACRYLIC PAINTING WORKSHOP
with Jim Collins Wednesdays 5 -7 pm.

SCRABBLE
Tuesdays at 12:00 pm. Drop-In.

RUMMIKUB
Wednesdays at 12:00 pm. Drop-In.

BINGO Thursdays, 12:30 pm (Arrive
prior to 12:15 pm to purchase games)

MONTHLY ACTIVITIES

BASKET WEAVING w/Patty Batson.
Group 1: Fridays September 1 & 15,
Group 2: Fridays September 8 & 22
\$20/class. Register 508-866-4698 x3.

**COFFEE WITH THE CHIEF &
TALK WITH THE T.A.**
Every second Tuesday at 10:30 am

JEWELRY MAKING WITH NANCY
Thursday, September 14th **at 2:45 pm.**

SINGO - MUSICAL BINGO
with Jim the DJ Guy on the first
Monday **and** the third Tuesday of
every month -12:00 pm.

LINE DANCING CLASSES
with David & Marcia Burbank
Fridays September 1 & 15 at 1:00 pm.
Cost: \$5 Register 508-866-4698 x3.

BEREAVEMENT SUPPORT GROUP
Friday, September 22nd at 10:00 am.
Please register at 508-866-4698 x3.
(every 4th Friday monthly)

1-on-1 iPad 1/2 HR INSTRUCTION
w/ Lydia Nelson, Tuesday, September
26th starting at 10 am. For an appoint-
ment call 508-866-4698 x3.

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1
*Wed 1 - 4
Sat/Sun/Mon - Closed
*Wed. is Veteran's Shopping Day
508-866-7673

WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES
Wednesdays at 10:00 am
**Must register by the Monday
before at 508-866-4698 x3.**
Supplies are limited.



Adult
Coloring
Fall
Wreath
9/6

Wooden
Owl Ornament
9/13



Welcome Fall
Doorknob Hanger
9/20

Burlap
Canvas
Fall Tree
9/27



Men's Monthly Coffee Club

Wednesday, September 13th
at 9:00 am

Drop-in for coffee, camaraderie
and conversation. A great
opportunity to meet new people
while discussing current events
in a laid-back setting.
Hope to see you there!

BOOK CLUB SELECTION

*My Grandmother
Asked Me to Tell You
She's Sorry*

by Fredrik Backman
From the author of the
internationally bestselling
A Man Called Ove, a charming, warm-
hearted novel about a young girl
whose grandmother dies and leaves
behind a series of letters, sending her
on a journey that brings to life the
world of her grandmother's fairy tales.
**Register at 508-866-4698 x3 and for
a copy of the book.**

Book Discussion Meeting:
Monday, September 25th, 1:00 pm.



MOVIE MATINEE: "80 FOR BRADY"

Friday, September 22nd
at 12:30 pm

The movie is inspired by
the true story of 4 best
friends and New England
Patriots fans who take a
life-changing trip to Super Bowl LI to
see their hero Tom Brady play, and
the chaos that ensues as they navi-
gate the wilds of the biggest sporting
event in the country. **Please register
at 508-8664698 x3.**



HEALTHCARE PROXY VS MOLST

Presented by Regional Public Health
Nurse Patricia Iafra
Tuesday,
September 12th
at 12:30 pm



You can plan in
advance to make sure that your wish-
es about your health care treatments
will be followed, if you become unable
to decide for yourself. Preparing a
few simple legal forms can help make
sure that your wishes are followed
and your healthcare decisions stay in
the hands of people you trust. Come
learn the differences between Health
Care Proxy and MOLST (Medical Or-
ders for Life-Sustaining Treatment)
forms to make informed decisions.
Please register at 508-866-4698 x3.

MEALS ON THE MOVE

The COA provides prepared meals
for homebound elders.
Monday - Friday
Daily Cost: \$3.00
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling

By appointment with
Heidi Lufkin-Miles
SHINE Counselor / Outreach Facilitator
Call 508-866-4698 x2
for an appointment.



CARVER COUNCIL ON AGING
 P.O. BOX 618
 SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
 U.S. Postage PD
 #37
 Carver, MA 02330

SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Send an email to: CarverCOANews@carverma.org. Thank you!</p>					<p>1 Basket Weaving <u>Group 1</u> - 9:30 am Lunch 11:30 am Line Dancing 1:00 p</p>	<p>2 Walking Club 9:00 am</p>
<p>3 DON'T MISS OUT ON THE FALL BLOOM BUS TRIP ON OCT. 20TH PAYMENT IS DUE SEPT. 22ND.</p>	<p>4 WE WILL BE CLOSED ON LABOR DAY</p>	<p>5 Wellness Clinic & Screenings 9:30 –11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm</p>	<p>6 Adult Coloring Wreath 10:00 am Birthday Cake Lunch 11:30 am Rummikub 12:00 pm</p>	<p>7 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>8 Basket Weaving <u>Group 2</u> - 9:30 am Lunch 11:30 am</p>	<p>9 Walking Club 9:00 am</p>
<p>10 PLEASE NOTE CHAIR YOGA'S TIME IS BACK TO 10:00 AM</p>	<p>11 Chair Yoga 10:00 GATRA Bus Trip 11:00 -3:00 Lunch 11:30 am SINGO 12:00 pm Fall Prevention 1:30 pm</p>	<p>12 Wellness Clinic 9:30 –11:30 am Qi Gong 10:00 am Coffee w/ the Chief Talk w/ the T.A. 10:30 Lunch 11:30 am Scrabble 12:00 pm Healthcare 12:30 p</p>	<p>13 Men's Coffee Club 9:00 am Owl Ornament 10:00 Lunch 11:30 am Rummikub 12:00 pm Barn Babies 1:30 pm</p>	<p>14 Walking Club 9:00 am Atty. Hale 10 am Lunch 11:30 am BINGO 12:30 pm Jewelry Class 2:45 pm</p>	<p>15 Basket Weaving <u>Group 1</u> - 9:30 am Lunch 11:30 am Line Dancing 1:00 p</p>	<p>16 Walking Club 9:00 am</p>
<p>17 Ladies Tea Event 11:30 am Sponsored by the COA Board of Directors Please Register</p>	<p>18 Chair Yoga 10:00 am Lunch 11:30 am Johnny Cash w/ Matt York 1:00 pm</p>	<p>19 Wellness Clinic 9:30 –11:30 am Qi Gong 10:00 am Lunch 11:30 am Scrabble 12:00 pm SINGO 12:00 pm</p>	<p>20 Fall Door Hanger 10:00 am Lunch 11:30 am Rummikub 12:00 pm</p>	<p>21 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>22 Basket Weaving <u>Group 2</u> - 9:30 am Bereavement 10:00 am Lunch 11:30 am Movie Matinee 12:30 BLOOM TRIP \$ DUE!</p>	<p>23 Walking Club 9:00 am</p>
<p>24 REGISTER FOR THE BIRTHDAY CELEBRATION IF YOU HAVE A OCT. BIRTHDAY 508-866-4698 X3</p>	<p>25 Chair Yoga 10:00 am GATRA Bus Trip 10:00-3:00 Lunch 11:30 am Book Club 1:00 pm</p>	<p>26 Wellness Clinic 9:30 am - 11:30 am Qi Gong 10:00 am iPad Appts. 10:00 am Lunch 11:30 am Finance Appts. 1-4</p>	<p>27 Fall Tree 10:00 am Footcare 9:00 am - 2:30 pm Lunch 11:30 am Rummikub 12:00 pm</p>	<p>28 Walking Club 9:00 am Lunch 11:30 am BINGO 12:30 pm</p>	<p>29 Lunch 11:30 am</p>	<p>30 Walking Club 9:00 am</p>