

September 2020

Carver Council on Aging

What's Inside for September

A Note from the Director

I hope this newsletter finds you well as you adapt to our new normal. The entire staff at the Council on Aging appreciates your patience during this time.

I'm happy to announce that our entire staff is now working again and the Nutrition Center has begun admitting participants on Tuesdays and Thursdays for a coffee hour. This is limited to 10 people each day due to social distancing measures, everyone must wear masks except when seated at their table, and all food and drink will be distributed by staff only. We hope this ability to gather, limited though it may be, will bring some joy to those who attend.

We are also offering Grab & Go lunches on Tuesdays and Thursdays reserved by noon the day prior. On Tuesdays a sandwich, chips, dessert and a drink is offered and on Thursdays a prepared meal that will need to be reheated at home is available. A \$3 donation is suggested but is not required.

Meals on Wheels are provided 5 days per week to anyone eligible and are delivered by a staff member. This delivery includes a wellness check but we are limiting our interaction with seniors in their homes and will not enter unless specifically requested to do so. The Outreach Coordinator is in regular contact with seniors who are home bound to insure their wellness and safety. SHINE services are available over the telephone or via email. Also, we are making

plans to bring you yoga, crafts and more via our local cable group, Area 58.

Finally, Our GATRA buses never stopped running and are available to provide rides to doctor's offices and other health care appointments and we make regular trips to Shaws in Carver. Guidelines from GATRA only allow for 2 individuals plus the driver to be on the bus.

If you have questions or concerns, feel free to call the Council on Aging at 508-866-4698. We are here for you with your safety in mind. Thank you again for your patience. We look forward to seeing you soon.

Carole Julius

LIMITED REOPENING HOURS Coffee Hour.

*Tuesdays and Thursdays,
10:00 am - 11:30 am*

Join us for coffee and a sweet treat. Occupancy will be limited to 10 participants with 2 per table to maintain social distancing. Masks are required. Please call for a reservation by noon the day before at 508-866-4698 x4.



Grab & Go Lunches

Tuesdays and Thursdays, pick up at the Nutrition Center door from 11:00 am - 12:00 pm. Please wear a mask when you come to pick up. Tuesdays will be a sandwich meal and Thursdays will be a reheatable meal each at a suggested \$3 donation. Please call by noon the day before to order your meal at 508-866-4698 x4.

COUNCIL ON AGING

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

COA DIRECTOR

Carole Julius
Monday-Thursday
9 AM-12 PM
508-866-4698
cjulius@sailsinc.org

BOARD OF DIRECTORS

Donna Marie Forand-*Chair*
Betty Sullivan - *Vice Chair*
Helen Marrone-*Secretary*
Savery Moore
Claudia Miller
Nancy Ryan - *Alternate*

FRIENDS OF THE CARVER COA

Ron Clarke - *President*
Paul M Kelly -*Vice President*
Madeline Joyce -*Treasurer*
Jackie Rogerson - *Secretary*
508-866-4698

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

Shopping - Dining - Appointments - Ride to the COA

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

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus. Have the address of the location to which you need transportation when you schedule.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

Please consider other passengers and limit the number of shopping bags on shopping trips

UPDATED LIMITED SCHEDULE

Due to the Corona Virus, Gatra Bus Service has changed.

Capacity is limited to 2 passengers maximum per bus and masks are required.

Trips are limited to:

* **Doctor's Appointments**

* **Pharmacy Runs**

* **Grocery Shopping at Shaw's Carver Only Wednesdays and Fridays**

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

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!*

How do I schedule a ride?

Call **508-866-4698 x-1** prior to 12 pm the day before.

Closing Due To Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed.

Closing announcements are broadcast on WPLM radio.

Any 1 or 2 hour school **delays** will cancel any bus trips scheduled from 8 - 9 or 8-10 on that day.

LOAN CLOSET

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge.

Sanitization is the responsibility of the borrower.

COPIES

This free service is not available at this time while the COA building is still closed to the public.

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

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments. **Until the COA is fully open, please call Attorney Hale's office directly at 508-866-2900 and be sure to mention the referral from the COA.**

ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time

FRIENDS OF THE CARVER COUNCIL ON AGING

New members are always welcome!

Annual membership is \$10.

Please contact Madeline Joyce or Friends of the Carver Council on Aging, PO Box 72, Carver, Ma 02330.



SENATOR PACHECO

Call **508-822-3000** or **617-722-1551** to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to see if you can schedule an appointment.

WELLNESS CLINIC - "ASK THE NURSE"

The Tuesday screenings for blood pressure, glucose and cholesterol checks are not available at this time while the COA is not fully open.

Important Reminder: *The State recommends people over the age of 65 and people with underlying health conditions - who are at high risk for COVID-19 - should continue to stay home except for essential errands such as going to the grocery store and to attend to healthcare needs.*

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$15 for a cut, cut and blow dry \$25. Call **508-866-4698 x3** to make an appointment.

To get all the COA news the fastest way possible, sign up to receive your Carver COA newsletter by email instead of by mail at:
CarverCOANews@carverma.org.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Judy Murphy

Outreach Worker

Mon., Tues. & Fri.

9 AM - 2 PM

508-866-4698 x 2

ACTIVITIES

Connie Kelly

Activities Coordinator

Tues., Wed. & Thurs.

9 AM - 3 PM

508-866-4698 x 3

ckelly@sailsinc.org

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:45

WEEKLY ACTIVITIES

ACRYLIC / OIL PAINTING CLASSES

All classes are on hold until further notice.

BINGO

Bingo is on hold until further notice.

CRIBBAGE/RUMMIKUB/SKIP BO

Games are on hold until further notice.

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

This program is on hold until further notice.

SINGO with Jim the DJ Guy is on hold until further notice.

FOOT CARE CLINIC

This service is not available at the COA at this time. If you are in need of pedicare home care you can call Dr. John McLaughlin (podiatrist) at 781-738-3472 or Beth Israel Podiatry Clinic at 116 Court St., Plymouth at 508-747-1973.

BASKET WEAVING CLASSES with Patty Batson are not being held at the COA at this time.

END LONELINESS AND BUILD COMMUNITY

AARP and many local organizations are collaborating to help you stay healthy and connected during this pandemic and beyond. The AARP Massachusetts Task Force to End Loneliness & Build Community is launching the #ReachOutMA campaign on Good Neighbor Day (September 28th). The Taskforce will be sharing information about how social isolation and loneliness affect your health, with tips for how to connect with older adults and community members of all ages.

Check out these links:

- www.aarp.org/ma,
- www.connect2affect.org.

ZOOM SENIOR COLLEGE AT BSU

Bridgewater State University is offering nearly 30 courses via ZOOM for seniors. Take as many courses as you like for \$55! Check out this link:

<https://www.bridgew.edu/ccs/seniorcollege>

WHAT'S HAPPENING THIS MONTH



MORNING MEDITATION AT SAMPSON POND

Friday, September 25th at 9:00 am
This is the first in a series of monthly classes instructed by Mary Wilson of Wild Divinity Yoga. This outdoor class will be part lecture and part practice, all while seated in chairs along the path to the water. We will review what meditation is, dispel the myths, and discuss scientific evidence that supports the many physical, emotional and mental benefits of meditation.

Suggested donation is \$5. Call Connie at 508-866-4698 x3 to register and to receive a special parking pass. *Rain date 9/28.*

FREE "TAKE & MAKE" CRAFTS

Sponsored by the Friends of the Carver Council on Aging
Available weekly for pick up at the Nutrition Center Thursdays between 11-12. *Reservations for a craft need to be made by noon the day prior at 508-866-4698 x3. Limited availability.*



Tiny Ceramics
assorted choices with paints and brush 9/3.

Super Simple Suncatcher*
plate, tissue paper, glue mixture, brush and hanging ribbon. 9/10.



** Checkout "Crafting with the COA" on Area 58 Cable to see a custom video on how to make this craft!*



Wooden Tealight Holder
assorted choices with paints and brush 9/17

Scarecrow Wooden Plaque
ready for coloring with included markers 9/24



Call Connie at 508-866-4698 x3 to reserve your Take & Make Crafts! Keep an eye out for future "Crafting with the COA" videos on Area 58 and posted on the Friends of the COA Website.

AREA 58 PROGRAMS OF INTEREST

Be sure to check out the programming available on CCAT which includes: Art, Exercise, History, Politics, Interviews, Religious, Cooking, Retro TV & more!

FUN FALL WORD SEARCH

Find each of the fall words hidden below.

H	A	R	V	E	S	T	E	I	S	E	T
R	S	L	O	E	C	D	D	E	C	H	A
A	E	U	O	L	I	A	V	A	A	S	S
E	A	U	N	R	L	A	A	N	R	C	N
E	E	P	Y	F	E	A	K	R	E	O	R
O	L	A	P	L	L	S	B	A	C	R	O
R	H	M	E	L	G	O	U	T	R	N	C
A	E	E	D	I	E	T	W	L	O	A	A
N	R	E	V	E	U	S	O	E	W	O	R
G	L	I	E	M	R	M	A	A	R	R	F
E	N	E	N	P	U	M	P	K	I	N	R
G	Y	E	L	L	O	W	I	D	S	A	R

- pumpkin
- sunflower
- hayride
- yellow
- acorns
- red
- scarecrow
- corn
- autumn
- harvest
- leaves
- apples



FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs/Fri. - 9am-1:30 pm
Sun. - 9am-11 am
Mon./Wed./Sat. - Closed
Home Delivery to homebound residents.
508-866-7673

MEALS ON WHEELS

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

SHINE PROGRAM

Health Insurance Counseling
Maureen Drilling
Appointments via phone or email only available at this time.
508-866-4698 x4



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 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	1 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	2 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	3 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	4	5
6	7 HAPPY LABOR DAY	8 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	9 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	10 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	11	12
13	14 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	15 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	16 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	17 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	18	19
20	21 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	22 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	23 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	24 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	25 Morning Meditation at Sampson Pond at 9:00 am (Rain date 9/28)	26
27	28 <i>Make Reservations for Grab & Go lunch by 12:00 noon</i>	29 Coffee Hour 10 - 11:30 Grab & Go Lunch Pick up 11 - 12	30 <i>Make Reservations for Grab & Go lunch &/or Craft by 12:00 noon</i>	1 Coffee Hour 10 - 11:30 Grab & Go Lunch &/or Craft Pick up 11 - 12	2	3