

**Board of Directors**

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**Secretary:** Jackie Demers  
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**Director:** Sharon Lally  
**Outreach:** Lorraine Thompson  
**Custodian(s):** George Smith  
 Jim Dexter  
**Prog. Asst':** Edna Holmstrom  
**Prog. Asst':** Ann Soares  
**Marketing & Social Media:**  
 Miranda Besse  
**Van Drivers:** Rene Rivet,  
 Barbara Francis, Mike Rocha,  
 Bob Gulick, Wayne Therrien  
**SHINE:** Gordon Helme  
**Meal-Site:** Barbara Medeiros  
**Fitness Room:** Andrea Meunier



SEPTEMBER 2018

# Rochester Council on Aging



*"An Intergenerational Community of Friends"*

67 Dexter Lane • Rochester, MA 02770

**Senior Center Hours: Monday - Friday 8:30 AM - 4 PM**

**Telephone: 508-763-8723; Fax: 508-763-9315**

**www.rochestermaseniorcenter.com; e-mail: coa.rcoa@comcast.net**

**Nationally Accredited since 2007 by the National Council on Aging**

**MISSION STATEMENT:** *The mission of the Rochester Council on Aging is to advocate for & support the community's older adults, their families, & their caregivers while promoting independent and positive lifestyles, in a welcoming and secure environment that provides opportunities for growth.*

The **Rochester Council on Aging Board of Directors** will hold its **monthly Board Meeting on Wednesday, September 5th 9:00 a.m.** at the Senior Center. Any Rochester resident is welcome to attend.

**Quarterly Birthday Party—Monday, September 24th**

The **Quarterly Birthday Party** for those who have or who have had a birthday during the months of **July, August, & September**, is scheduled for **Monday, September 24th at 12:00**. Anyone is welcome to attend. Birthday invites have been mailed to those who are celebrating! Please RSVP by calling us at **508-763-8723**, so we will be sure to prepare enough food for all who attend! You do not have to be celebrating a birthday to come to lunch that day! The more the merrier! A suggested donation of **\$4.00** per person for the meal is appreciated; Birthday attendees receive a complimentary lunch! Entertainment will also be provided. Let us know if you need a ride in!

Please join us in **welcoming back** our newest Senior Aid, **Karen Cole!!!** Karen says it feels like coming home! She will be covering the front desk & doing data entry. Her hours are **M-F, 12-4**. Many thanks to Coastline for providing us with another Senior Aid!

Our **Breakfast Senior Aid, Nancy Mello**, has transferred to another Senior Aid location provided by Coastline, working a nutrition meal site. Her new hours are more compatible with her daily family schedule responsibilities. **Thank You, Nancy**, for all of your hours & efforts helping out in our breakfast program. You will be missed!!!

The Senior Center will be **closed on Monday, September 3rd** in observance of the Labor Day Holiday!

The **FRIENDS of the Rochester Senior Center, Inc.** will hold its **monthly Board Meetings on Wednesday, September 12th at 10:00 a.m.** at the Senior Center. Any dues paying FRIEND is welcome to attend the meeting & is encouraged to get involved with the fundraising for the Building Fund & other projects!

**FRIENDS Fundraiser YARD SALE**

Stop by on **Saturday, September 22nd, 9—2**, to find a few treasures amongst the donations given to the Friends to raise money for the Building Addition. **Drop off Dates for Items: Aug. 31, Sept. 7, 14, 21.**

**Drop off time: 9:00-12:00**

(please...no books, clothes, electronics, or furniture)

As always, we **Thank You** for your support!

**Many thanks to Ruth Philbrook**, who has stepped down from the COA Board of Directors. Ruth has served on the Board for several years, and her assistance to me, in particular as Treasurer of the Board, has been invaluable. We wish her well in the next chapter of her life!

**We will miss you, Ruth!**

Join us in welcoming our **newest COA Board Member, Marjorie O'Brien!** We are so fortunate to have Marjorie join us, as she has been serving seniors for years through business & in the community. A Baby Boomer herself, she is sure to bring a newer perspective, as we strive to meet the needs & interests of our older adult population!

## MEALS & NUTRITION

### "Ye Olde Breakfast Shoppe"

Anyone of any age from any town is welcome to drop in for breakfast from **7:00-9:00 a.m., Monday-Friday**. Located in the Rochester Senior Center. Breakfast consists of a varied menu, weekly specials & reasonable prices! A bottomless cup of coffee is served! **Closed weekends & holidays**. Sponsored by the FRIENDS of the Rochester Senior Center & the Rochester Lions Club. Gift Certificates available! Free Breakfast on your birthday, too!

### Monday Barbeques!!

Join us for lunch some **Mondays at noon** for an **old fashioned BBQ**, prepared fresh right here on our back patio! You have a choice of grilled hamburgers, hotdogs, linguica, & sometimes other things. Enjoy some type of salad, chips & sometimes other treats, & always a dessert to go with it! Anyone is welcome, but **PLEASE call us in advance** to let us know if you're coming, so we prepare enough for all. A suggested **anonymous donation** for the meal is **\$4.00. 508-763-8723**. Why not bring a friend! Let us know if you'd like a ride in! Eat in or out!

### Volunteers Needed

- Breakfast Cooks
- Breakfast Dishwashers
- Breakfast Waitresses
- Breakfast Substitutes
- Monday Lunch Kitchen Asst's
- Monday Lunch Clean-Up Asst's
- Set-Up & Clean-Up-Other Events

### The PAMPERED CHEF Monday Luncheon

**Pampered Chef, Linda Medeiros**, returns on **Monday, September 10<sup>th</sup>, at 11:30**, to share her cooking demonstration with us here at the Senior Center. Stay for **lunch at 12:00**, once the demonstration is over, & sample the results! You don't have to be present at the demo to enjoy the lunch. A suggested donation of **\$4.00** is appreciated for the meal. Anyone is welcome to attend, but **PLEASE call us in advance**, so that we have enough for everyone who attends! **508-763-8723. Call if you need a ride in!**

### Greater Boston Food Bank Free Commodity Foods

The **Greater Boston Food Bank (GBFB)** provides about 30 lbs. of free, non-perishable food items monthly to financially eligible seniors once a month. Please check with Sharon or Lorraine to see if you qualify for this food, & /or to legally register & sign-up for the monthly distribution with GBFB. The Food Distribution will take place on **Wedns., September 12<sup>th</sup> from 12-4** at the Rochester Senior Center. Each person **MUST** pick up & sign for their own food, unless other arrangements have been made with the Program. Remember to bring your own bags!

**NOTE: The COA will not be responsible for items NOT picked up on the 12<sup>th</sup>. Mark your calendars & plan to pick up food on Sept. 12<sup>th</sup>!**

### Hanna's Special Luncheon – Monday, September 17<sup>th</sup>

Hanna Milhench & team will prepare a delicious luncheon on **Monday, September 17<sup>th</sup>, at 12:00**, here at the Senior Center. Anyone is welcome to attend, but **MUST** sign up in advance. Anonymous donation of \$5.00 per person is suggested for the meal. If you would like a ride in, please call us at 508-763-8723.

### Congregate Lunches

Hot meals for seniors on **Tuesdays, Wednesdays, & Thursdays at 11:30 a.m.** at the Senior Center. Voluntary Donation of \$2.00 per meal. Call 508-763-8723 at least 1 day in advance to reserve your meal. Operated by Coastline; federally funded, catered by Bateman & delivered fresh daily. All older adults are welcome to come!

**Coupon File** - Just a reminder that we have an on-going coupon file here at the Senior Center for anyone in the community to take advantage of. We accept coupons for our file, & we welcome anyone who wants to take some for their own use. Volunteers maintain the file & keep it current. Come, take a few minutes to go through the file!

## Health & Fitness

### Blood Pressure Clinic

The weekly Blood Pressure Clinic is held on **Wednesdays, 10:00-12:00**, at the Senior Center, by the Town's Health Nurse, **Connie Dolan**. Anyone is welcome to come to get their **blood pressure** checked! Free service with a smile, thanks to the Board of Health! Call if you need a ride in! **508-763-8723**

### GREAT NEWS!!!

The Fitness Room Program is open 5 days a week for 4 hours each day!

The schedule is as follows:  
**Mon., Wedns., Thurs., Fri.**  
**8:00-12:00**

**Tues. 10:00-2:00**

The Fitness Room Program is monitored by a Senior Aid, Andrea Meunier, from Coastline Elderly Services.

There is a **monthly membership fee of only \$10 per person**, due on the **1<sup>st</sup> of each month**.

Members may use the Fitness Room as many times in that month as they wish. If you start mid-month, the fee still remains at \$10.00. Anyone of any age is welcome to be a member! Pick up your application today!

**Tues., Sept. 18<sup>th</sup>, Leave 9:30; Return @ 2:30; FREE! Day Trip Including Lunch to Home Healthsmith's Showroom in Portsmouth, RI.** You will get a tour of New England's largest showroom, the **Center for Adaptive Living**, offering permanent mobility & accessibility products to enable seniors to remain in their homes as long as they safely can. Includes permanent installations of elevators, vertical platform lifts, sale & rentals of stair lifts, wheelchair ramps, portable showers, grab bar installations & other items that will bring peace of mind. Call **508-763-8723** to reserve!

**M.O.Life, Inc.** – Medical transportation for **out-of-town appointments** to **Boston & Providence**. Call **508-992-5978** at least 2 weeks in advance. \$5.00 donation requested. This is a grant program made available by Coastline.

**CHAIR YOGA** - Join us for this exercise program on **Mondays, 1:15-2:15**, & again on **Fridays, 12:00-1:00**, with instructor, Marsha Hartley. This modified Yoga format offers the ability to participate in a yoga practice without having to get down on the floor, unless of course, you want to! Flowing yoga poses are practiced while seated or in a standing position, allowing use of a chair for balance & stabilization work. Emphasizing breathing with movement & the mind/muscle connection, this invigorating program provides a safe, effective way to lengthen & strengthen muscles, engage your core, enhance balance & stability, & increase your sense of well-being, leaving you feeling revived & relaxed. **Cost: \$3.00 suggested donation per person per class**. No advance registration necessary. Anyone is welcome!

**STEPPING & STRETCHING** - Join your instructor, Larry Bigos, on **Mondays & Thursdays, 2:30 – 3:30**, for a fun-filled hour of easy exercise, bending & stretching & building up your strength & improving your balance! Most exercises are done from the comfort of your chair! This program is designed to improve physical conditioning, decrease risk of falling, & improve health, memory, mood, balance, bone density, flexibility & endurance. The Program is made possible by a Title III Grant from Coastline Elderly Services. A suggested anonymous **donation of \$2.00 is requested**. All seniors welcome!

**ZUMBA** – **Wednesdays, 7:00-8:00 p.m.**, **Cost: \$5.00** per person, payable directly to instructor, Liz Ashley. Let it move you! No advance registration necessary! Anyone is welcome! Just come!

**CARDIO DANCE-FIT** – What will bring a glow to your cheeks, put a spring in your step, & elevate your spirits & your metabolism? Dance!! Join us on **Tuesday, from 10:00-11:00**, for dance-based aerobics! A fun, peppy dance fitness class taught by instructor Margie Blinstrub. Easy to follow steps choreographed to upbeat music covering a wide genre. Did I mention fun? Low impact & easily modified if needed, too! Class is open to all ages. So come & get your groove on! Drop-in fee payable to instructor at sign-up: **\$3.00**

**LINE DANCING CLASSES** – **Traditional & Country Western** – **Tuesdays 2:15 – 4:00; & Fridays 9:30-11:00**. Join us for a full hour & a half of fun & exercise, with our line dancing instructor, Nancy Cabral, here at the Rochester Senior Center. **\$2.00 donation** per person per class. No registration needed. Just come! All ages, intermediate levels & up are welcome.

**BALLROOM DANCING CLASSES** – Singles & couples are welcome at the Rochester Senior Center on **Wednesdays at 10:00**, for a great cardio exercise of dancing, led by instructor Nancy Barrett. She teaches the best in ballroom dancing! Suggested donation is **\$4.00 per person**. Have fun, socialize, & meet new people! All skill levels are welcome. No sign-up necessary. Just come!

**Durable Medical Equipment Loan Closet** - The Rochester COA has, for your use, a variety of items in the Durable Medical Equipment Loan Closet...canes, wheel-chairs, walkers, shower chairs, commodes, & others! All items have been donated. Check us out if you're in need of a piece of equipment, & then kindly return it when you're finished using it. There's no time limit. Remember us when & if you ever have equipment to donate! Thanks!

## Recreational Programs

### BINGO!

Feeling lucky? Come & try your luck at our **Wednesday** afternoon **Bingo** game; **12:30-3:00**, and again on **Mondays 6:00-8:30 p.m.** at the Senior Center. Half time refreshment break. We play by the MA Senior Citizen Recreational Bingo laws; 50 cents per card; 25 cents per game. No card limit. All money collected will be given in prizes that day/night. Any Senior Citizen is welcome to play. Call us if you need a ride in. **508-763-8723**.

### Art Group

The **Painters** in the **Monday** morning **Art Group** invite anyone who is interested in painting, to come & join other artists from **9-12**. All levels are welcome. Instruction materials are available. Free!

### Busy Bees

The **Busy Bees Craft Group** meets on **Thurs. from 9-11**. Bring your own project to work on, & check out what others are doing! Anyone is welcome. Help is available with your knitting & crocheting. Free!

**Gathering all Scrabble Players**  
**Scrabble** enthusiasts are playing every **Tuesday morning at 9:00** at the Senior Center. If you'd like to play, just come! Free! All levels & abilities are welcome to join in!!

## FRIDAY MOVIES

**"New Release Movies" 60" Wall Plasma TV Screen!**  
Great Picture & Sound! Free! Anyone is welcome to attend!

All movies are ordered & scheduled through Netflix. Although every movie that Netflix sends is one that has been requested by the COA, the movie that arrives each week does not necessarily correlate to the date listed in this newsletter. We suggest that you call us by Wednesday each week to find out which movie has been sent for viewing that coming Friday afternoon. In so doing, you will eventually see each of the movies that have been scheduled, but maybe not on the date that the COA had requested it for.

Sept. 7<sup>th</sup> – "The Greatest Showman" – Starring Hugh Jackman, Zac Efron, Michelle Williams; 2017; PG Rating; 105 Minutes; Musical, Historic Drama, Biography.

Sept. 14<sup>th</sup> - No Movie This Week

Sept. 21<sup>st</sup> – "Book Club" – Starring Diane Keaton & Jane Fonda; 2018; PG-13; 104 Minutes; Comedy.

Sept. 28<sup>th</sup> – "Suburbicon" – Starring Matt Damon & Julianne Moore; Directed by George Clooney; 2017; Rated R; 105 Minutes; Thriller.

### Senior Book Club – Tuesday, September 18<sup>th</sup>, 10:15

The monthly senior book club will meet at the senior center on **Tuesday, September 18<sup>th</sup>**, at **10:15**. Anyone is welcome to attend. Rochester's Library Director will lead the group. September's Book – "Gentleman In Moscow", by Amor Towles. For questions, call Gail Roberts at Plumb Library.

The **Happy Hookers** Rug Hooking Group will meet on **Tuesday, September 18<sup>th</sup> from 10:00-2:30**. Drop-in to see the beautiful work the "Hookers" do!

### Hand & Foot Card Games

Join our **Hand & Foot Card game** on **Thursday mornings, 9:00-11:30**. Join in the camaraderie & have some fun! Don't know how to play? No problem, Ann Soares is the leader. She & others will happily teach you how to play this popular game! It won't be long before you've gotten the hang of it! No advance sign-up needed. Just come! Anyone is welcome to participate! Why not come for breakfast first, or maybe stay for lunch afterwards!

### Conversation en Francais pour Debutants

Volunteer & former **French teacher, Connie Pierce**, resumes her very popular **French Conversational class** this month on **Friday mornings, beginning on September 14<sup>th</sup> at 9:30 until 11:30**, here at the Senior Center. The Class offers an informal approach to French social conversation for beginner's & intermediates. The class is free & is open to anyone interested in learning, speaking, or listening to the French language! No sign-up necessary. Just come!

### Flu Shot Clinics

Yes, it's that time of year again!

The Rochester Board of Health will hold its annual Flu Clinics here at the Senior Center on the following dates:

- Monday, October 1<sup>st</sup> – 9:30-11:30
- Tuesday, October 2<sup>nd</sup> – 4:00-7:00
- Monday, October 15<sup>th</sup> – 9:30-11:30

**Save the Dates!!**

### Save the Date!!!

Support the Friends of the Rochester Senior Center at the **Harvest Dance, on Saturday, October 13<sup>th</sup>**, at **Redman Hall. 7:00-11:00.** Details to follow in next month's newsletter!

### Friends' Coming Attractions in December

- Spaghetti Supper with 50/50 Raffle
- Christmas Lollipop Sale
- Christmas Baskets Raffle

**In October.....**

**Saturday, October 27<sup>th</sup> at 1:00 p.m., Sea Glass Fundraiser - \$40.00.** Details to follow!

### Senior Center Ongoing Fundraising

**The fundraising drive** to build the new addition to the Senior Center for the purpose of adding a **Senior Supportive Day Care Program** is still ongoing! Approx. \$160,000.00 has been raised so far. We need another \$150,000.00! Please think of us when considering your tax exempt donation! As always, we thank you kindly!

### Buy-A-Brick Fundraiser

The Friends of the Rochester Senior Center, Inc. have an ongoing fundraiser to help raise money to put the new addition on to the senior center for **the Senior Supportive Day Care**. The engraved memorial bricks will be added to the walkway & entrance of the addition. **Small bricks are \$50 & large bricks are \$100.** Applications for bricks are at the Senior Center. Thanks for your support!

As has been mentioned, please consider, if you are in a position to do so, **RAHTI (Rochester Affordable Housing Trust, Inc.)** for future donations of funding, land, and/or housing, when considering your charitable donations and/or end of life wishes. Very soon, the Trust will be tax deductible. **The need for senior affordable housing in Rochester** is great. The goal is to create different forms of senior housing, depending on what resources the Trust acquires in the future – apartments, homes, congregate living, duplexes or land to build from scratch, etc..... **Thanks!**

**Do you think there is a need for Affordable Senior Housing in Rochester?** Members of RAHI will be at our quarterly birthday luncheon on **Sept. 24<sup>th</sup>** to gather information & answer questions & to pass out surveys.

### Green Community Forum(s)

**Thursday, September 27<sup>th</sup>; 3:00 & 6:00**

Residents will be informed of the "Green Community" Proposal for the Town, which could open up the Town to available grant funding. All are welcome to attend!

### George Smith's Retirement

Yes, the dreaded day for us here at the senior center is approaching.....**George's retirement!!!** Just want you all to **save the date of Thursday, October 11<sup>th</sup>**, in the afternoon for a chance to wish our custodian, George, well in this next chapter of his life! More details will follow in the October newsletter. I speak for everyone, I know. when I say he will be sorely missed!!!

### The Annie Maxim House

The Annie Maxim House has announced that there will be a vacancy(s) very shortly, and they are collecting applications from qualified seniors who may qualify to live in this lovely oasis on the lake in Rochester! Call the Annie Maxim House directly or stop by their office for an application & to inquire about the details! **508-763-2494 or 508-763-3394; 700 North Avenue.**

## Veterans Corner

### Veterans Benefits Counseling

Our **Veterans Volunteer, Gordon Helme**, who is usually available for individual appointments to meet with Veterans of any age at the Rochester Senior Center, has been out on medical leave. During this interim time, should you have a Veteran-related question, please contact **Barry Denham, Veterans Agent** at the Mattapoisett Town Hall at **508-758-4100; ext. 7**. The Veterans Office is open Tues. & Wedns., 8-4. We look forward to Gordon's return!

### Monthly Veterans Social

The monthly gathering of Rochester Veterans will take place on **Thurs. September 20<sup>th</sup>**, from **6:00-8:00 p.m.** at the Senior Center. Any Rochester Veteran of any age is welcome to attend. This is a relaxed, informal gathering where Veterans socialize & share fellowship & camaraderie with each other. Refreshments are served. No charge.

### SHINE - (Serving the Health Insurance Needs of Elders)

We have been sending all SHINE related questions to the regional **SHINE office** at the Middleboro COA, until Gordon Helme returns to work. **508-946-2490**.

### Guide to Veterans Laws & Benefits

The Secretary of State's Citizen Information Service & the Dept. of Veterans' Services collaborated to produce a guide called "**Veteran's Laws & Benefits**". For a **free** copy, call **617-727-7030** or **800-392-6090**.

### SAVE – Statewide Advocacy for Veterans Empowerment. "You give us the call, we'll give you the answer!" **Contact Boston Office:**

**SAVE Team 617-210-5743**  
Dept. of Veterans Service  
600 Washington Street, 7<sup>th</sup> Floor  
Boston, MA 02111  
save@massmail.state.ma.us

## VA Mission Act Signed Into Law

President Trump signed new legislation into law recently, overhauling the Dept. of Veterans Affairs (VA) & expanding veteran access to private sector care, funded by the VA. The law was passed by both chambers of Congress with a high level of support at the bipartisan level. The law is called the **VA Mission Act**.

The following is a breakdown of some of the provisions included in the newly signed law:

- **Section 101. : Establishment of Veterans Community Care Program.**  
Establishes the Veterans Community Care Program to provide care in the community to veterans who are enrolled in the VA healthcare system or otherwise entitled to VA care.
- **Section 102. : Authorization of agreements between Dept. of Veterans Affairs & non-Dept. Providers.**  
Would authorize VA to enter into Veterans Care Agreements (VCAs) that are not subject to competition or other requirements associated with federal contracts, so that they can more easily meet veterans' demands for care in the community.
- **Section 104. : Access standards & standards for quality.**  
Requires VA to establish access standards, after consulting with pertinent federal entities, the private sector, & nongovernmental entities, so that veterans can make informed decisions about their health care.
- **Section 105. : Access to Walk-In Care.**  
Authorizes access to walk-in care for enrolled veterans who have used VA health care services in the 24-month period before seeking walk-in services.
- **Section 111. : Prompt payment to providers.**  
Establishes a prompt payment process that requires VA to pay for, or deny payment for, services within 30 calendar days of receipt of a clean electronic claim or within 45 calendar days of receipt of a clean paper claim.
- **Section 161. : Expansion of Family Caregiver Program of Dept. of Veterans Affairs.**  
Expands eligibility for VA's Program of Comprehensive Assistance for Family Caregivers to veterans with a serious injury incurred or aggravated in the line of duty in the active military, naval, or air service on or before May 7, 1975, during the 2-year period following Page 12 of 21, the date on which the VA Secretary submits to Congress a certification that VA has fully implemented the information technology system required by Section 162(a) of the bill.
- **Section 401. : Development of Criteria for designation of certain medical facilities of VA as underserved facilities & plan to address problem of underserved facilities.**  
Would require VA to (1) develop criteria to designate VA medical facilities as underserved facilities; (2) consider a number of factors with respect to such facilities; (3) perform an analysis not less than annually to determine which facilities qualify as underserved; (4) submit a plan to Congress to address underserved facilities.

The COA has a **Rental Application** to rent out its function hall for any family activity or event. **Completed & Submitted Application** must be approved by the COA Board of Directors at its monthly meeting, which is the **1<sup>st</sup> Wedns. of the month at 9:00 a.m.** You may get your application at the Senior Center. It explains the guidelines for fees & usage.

The Board of Selectmen agreed to allow the COA to offer **a one day liquor license** for certain events where the hall may be rented out! There is a separate application for a liquor license, which can be obtained at the Town Hall, and must also be approved by the Board of Selectmen! Allow a few months for the liquor license to be processed. Plan ahead!

The function hall may be used for birthday parties, retirement or anniversary parties, for an after funeral collation, a bridal or wedding shower, a wedding, or whatever function a family or person needs it for.

### **Collections Wanted to Borrow**

Do you have a collection of some kind that you are willing to share with us at the Senior Center for 1 month? Our locked curio cabinet in the lobby needs some tenants! Please call us! It does not have to be a big, expensive, or fancy collection! Just something different! Maybe something unique to you! Thanks!

### **Free Legal Consults**

Attorney Matt Beaulieu gives his time & expertise pro bono on the **1<sup>st</sup> Thursday of every month at 3:00** here at the Senior Center, for any Rochester senior who would like assistance with their Health Care Proxy, Living Will, Guardianship, and/or Estate Planning. Please call us to reserve your appt. If time runs out, he'll refer you to his office to finish up your business.

### **Greeting Cards**

The COA receives donations of miscellaneous greeting cards every now & then from people who have down-sized their home, or from families of loved ones who have passed on. We have an ongoing greeting card file in our lobby with lots of cards with envelopes for all occasions. They are available for a mere donation of ten cents per card. Quite a savings from today's store prices! Please come in & look through them. You never know what you'll find!

### **Hanna's Friendship Dinners**

**St. Gabe's Episcopal Church of Marion**, 124 Front St. offers a **Friendship Dinner**, under the direction of Hanna Milhench, on the **1<sup>st</sup> Thurs. of each month at 5:00 p.m.** On the **3<sup>rd</sup> Thurs. of every month**, the **1<sup>st</sup> Congregational Church of Marion** also offers a **Friendship Dinner** at the Community Center, 144 Front St., Marion. All are welcome. Donations only!

### **Council on Aging Transportation Services**

Rochester's Council on Aging transportation is available to all Rochester seniors to medical appointments & treatments in the general area. We also provide rides to & from home to the senior center, if you want to come here to spend some time, to have lunch, have an appointment, or come to a program. For your own safety & ours, drivers are **NOT allowed** to do banking transactions for you. We will bring you to the bank, but YOU need to do your own transactions. Also, our drivers are **NOT allowed** to do your drug-store errands. We will bring you to the pharmacy, but YOU must handle your own business inside on your own. **NO EXCEPTIONS!!!**

Call us in advance (**at least 24 hours**) **508-763-8723**.

Our service is free, but a minimal donation is appreciated. Our vehicles are handicapped accessible. All vehicles have a donation can in them, for anonymous cash donations to be placed. Please note that you should NOT tip the driver. They are already paid. Any donations go to the transportation fund for vehicle repairs & other transportation overhead costs.

Any senior who is able to drive to the senior center to board the COA van/bus for any day trip should do so, in order to save time, gas & funding for drivers. Please note that non-Rochester seniors may ride the Rochester van for scheduled day trips only!

If you should need to cancel your ride, PLEASE do so by calling us as soon as is possible! We schedule our drivers, & we still have to pay them for their time, even if they show up at your door, & you decide not to go.

**THANKS!!**

### **Grocery Shopping**

We have decided to put the **Grocery Shopping Trips** on a "leave of absence" until such time as requests to go grocery shopping warrants. For the past 3 months, no one has shown an interest in, nor have we received a request for, a trip to a grocery store. We can only assume that there is not a need for it at this time. **Please let us know** if & when you should need a ride to the grocery store! **508-763-8723**

**The Rochester COA** is always accepting applications to keep on file **for potential new board members**. If you're a Rochester resident & a senior center participant & are interested in advocating for & serving the needs & interests of Rochester's older adult residents, & you can spare a few hours a month, then send us your letter of interest to the Rochester Council on Aging, 67 Dexter Lane.

### **Senator's Office Hours**

Senator Michael Rodrigues, or his office aide Kelly Andrade, holds office hours here at the Senior Center on the **4<sup>th</sup> Wednesday of the month from 12:00-2:00**. Just drop in to speak with him/her if you have an issue, question, or you just want to chat!

## SEPTEMBER 2018 BIRTHDAYS

**NOTE:** Remember, there is a new process to renew your driver's license. You need to bring additional documents.

1. CHRISTOPHER ENGEL  
PAULINE VIGEANT  
MICHAEL BISSONNETTE  
WAYNE KNAPP  
LEO BALDWIN
2. PAULETTE ARNOLD  
CAROLINE ST. DON  
MYRLE BERCHE  
NANCY DUGGAN  
VICTOR BUCCHERE
3. JOSEPH TRAVERS  
MARGARET STEIBLEN
4. JANET TORREN
5. STUART TALLMAN  
GLORIA RUCKER  
CYNTHIA GLASGOW  
MARILYN KRUGER  
JEAN CAMACHO  
CORAL LAFRANCE
6. DIANE FINNERTY  
CYNTHIA PELTIER  
CONNIE GONSALVES  
THOMAS ROACH
7. CLIFFORD HEDGES III  
ALFRED MATTERA
8. SANDRA CHARRON  
CHARLES SYLVESTER  
LYN BASSETT  
MARY PATRICE RUOCCO
9. DEBORAH STROSCIO  
HENRY HARTLEY  
ERNEST GUINEN, JR.  
HOLLY VOGEL  
SUZANNE CARLSON
10. PAULINE CHRISTOPHER  
LEONARD WEAVER  
MALCOLM HILL  
CHERYL ROZENAS
11. HENRY DUCHARME  
PATRICIA HARBECK  
STEVEN SMITH  
PAUL BARRATT

11. ROBERT DUPONT
12. MICHAEL KOVACEVICH  
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JUDY SIMPSON
13. ALFRED RULLO, JR.  
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14. KENNETH MATSON  
OTILLA PAULO  
DONNA RICHARD  
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CARYL VERMILYA  
THOMAS MEDEIROS  
DAVID BARKER
15. JEANNE SYLVESTER  
MARILYN LAKE  
OREN ROBINSON  
RACHEL COHEN  
REGINA COHEN
16. DAVID WRIGHTINGTON  
SUZANNE WHITEHEAD  
CHARLES WOODWARD  
RAYMOND GREEN, JR.
17. DAVID ENGLISH  
RICHARD CABRAL  
ROBERT GULICK
18. SANDRA SILVA  
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19. BETSY ANN PIMENTAL  
LEONOR RODRIGUEZ  
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JAMES ASHLEY  
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GERARD MCCRA  
DAVID BENTON  
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21. ANITA SERVAIS  
CHARLES DRAYTON, SR.

21. ANTHONY ANDRADE  
YVETTE DUCHARME  
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22. DONALD BOCK  
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ROBERT POTTER, JR.  
MERTON HOWE  
RICHARD REYNOLDS  
PAUL BODEAU  
PATRICIA HARRIS  
SUSAN TEAL  
DAVID ZIMMERMAN
30. PATRICIA PANTANO  
THOMAS BOTELHO  
GREGORY CHU

**COMPLIMENTARY  
BIRTHDAY  
BREAKFAST TO  
ANYONE WHO  
HAS A BIRTHDAY  
IN THE MONTH!  
Mon. -Fri.  
7:00-9:00 a.m.  
ANYONE  
WELCOME**

**QUARTERLY  
BIRTHDAY PARTY  
WITH ENTAINMENT!**

**Monday,  
September 24<sup>th</sup>;  
12:00**

**Observing July,  
August &  
September  
Birthdays!  
Reserve in Advance!**





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THANK YOU to our NEWSLETTER ADVERTISERS!!!

**SEPTEMBER, 2018 DAY TRIPS**

**Saturday, September 8<sup>th</sup> - Octoberfest Celebration in Walpole, MA** – Leave 10:30; Return @5:00; Admission \$10.00; German Food & Music.

**Monday, September 10<sup>th</sup> - Faneuil Hall & Quincy Market, Boston** – Leave 8:30; Return 5:00.

**Sunday, September 16<sup>th</sup> - Pilgrim Belle Cruise, Plymouth & Lunch Nearby**; Leave 9:30; Cruise at 11:00; Lunch to Follow; Leave 3:00. Cost \$17 plus Lunch.

**Tuesday, September 18<sup>th</sup> - “Center for Adaptive Living” Showpoint 12,000 sqft Showroom**; Portsmouth, RI; **Free Lunch, Tour of Showroom & Presentation** of “Home Renovations to Grow Older With, while staying at home as safely & as independently as possible. Free! All are welcome! Home Adaptations Made Easy! Leave 9:30; Return 2:30.

**Thursday, September 20<sup>th</sup> - “The Big E” Eastern States Exposition, Springfield**; Admission \$12; Leave 7:30; Return 6:00.

**Saturday, September 29<sup>th</sup> - Wachusett Mountain BBQ Fest, Princeton, MA** ; Leave 8:00; Return 5:00; Admission: \$9; Food, Music & Craft Fair & Farmer’s Market.

**Sign-up in advance for any of the trips so that you insure your seat on the van! One van holds 13; 2 vans hold 8. We need to schedule our drivers in advance!**

**NOTE:** The COA Board’s policy for **Day Trip Participation**. Anyone who registers for a day trip offered by the Senior Center, will have to **give a \$5.00 donation when signing up**. This will secure your place on the van, as well as helping to defray the transportation operating costs of the vans. This **\$5.00 donation is non-refundable**, even if you should decide **NOT** to go on the trip. Thus, you will not be expected to give to the donation receptacles on the vans. This is **for Day Trips only**, not medical appt’s.

**ELECTION DAY – Tuesday, September 4<sup>th</sup>**

Don’t forget to do your civic duty & come on down to the Senior Center to vote in this year’s **State Primary Elections on Sept. 4<sup>th</sup>**! Call us if you need a ride in to vote – **508-763-8723**. Because of the holiday weekend, the Senior Center will set-up for the elections on Friday, August 31<sup>st</sup>. Therefore, only the Breakfast & Fitness Room Programs will occur on that Friday. Thank you for your understanding! We apologize for any inconvenience this may cause.

**Jigsaw Puzzle Sale – Election Day**

The COA will have their usual Jigsaw Puzzle sale on Election Day set up in the conference room. All puzzles have been donated and are in **gently used condition**. Prices are very reasonable & it supports the COA. Very varied selection! Come & Browse!

The newly formed **COA Advisory Board** now has **7 members**: Carol Hardy, Barbara Nick, Fran Dubois, Judi Ferrari, Roberta Vieira, Beverly Brewer & Jean Armstrong. Thank you to all of these ladies!!!!