

FEBRUARY 2020

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.rochestermaseniorecenter.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.*

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P R E S I D E N T S D A Y

Holiday Calendar Notes

The Senior Center will be closed on Monday February 17th for President's Day

Greater Boston Food Bank

This nutritional Commodity Supplemental Food Program is available through your COA. You may qualify for this monthly distribution if your income is under \$1,354 monthly (for one) or under \$1,832 (for two). Call Cheryl at the COA for more details.

"FRIENDS"

"The Friends of the Rochester Senior Center, Inc." will hold its Board Meeting on Wednesday, February 12th at 10:30 a.m. at the Senior Center. Any dues paying Friend is welcome to attend the meeting & is encouraged to get involved with the fundraising.

"COA Board Meeting"

The Rochester Council on Aging Board of Directors will hold its monthly Board Meeting on Wednesday, February 12th at 9:00 a.m. at the Town Hall. Any Rochester resident is welcome to attend.

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 with weekly specials. A bottomless cup of coffee is served. We are closed weekends & holidays. Sponsored by the FRIENDS of the Rochester Senior Center & the Rochester Lions Club. Gift Certificates available and free Breakfast on your birthday.



Volunteers Needed

- Breakfast Dishwashers
- Breakfast Waitresses
- Breakfast Substitutes for all roles
- Monday Lunch Clean-Up Asst's
- Set-Up & Clean-Up-Special Events

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 Cheryl or Lorraine to see if you qualify for this food, or to register & sign-up for the monthly distribution with GBFB. The Food Distribution will take place on Wednesday, February 12th from 12-4 at the Rochester Senior Center. Please remember to bring your own bags if possible. Please mark your calendar.

Congregate Lunches

Hot meals are available for seniors on Tuesdays, Wednesdays, & Thursdays at 11:30 a.m. at the Senior Center. Anonymous Voluntary Donations of \$2.00 per meal are accepted. Call 508-763-8723 at least one day in advance to reserve your meal. This program is operated by Coastline Elderly Services, Inc. and food is delivered fresh daily.

Marsha Hartley's Wonderful Luncheon

Our very own Marsha Hartley will be cooking chicken pot pie on Monday February 3rd. Serving at noon. Please feel free to join us for this warm and delicious meal. A donation of \$5.00 is appreciated for the meal at sign-up. Anyone is welcome to attend, but please sign up in advance, so that we have enough for everyone. Call if you need a ride at 508-763-8723.

Hannah's Special Luncheon

Hannah Milhench and her team will prepare a delicious luncheon on Monday, February 24th at 12:00, here at the Senior Center. Anyone is welcome to attend, but must sign up in advance. An anonymous donation of \$5.00 per person is suggested for the meal at sign-up. If you would like a ride in, please call us at 508-763-8723.

Wok Magic with Jadine's Luncheon

Chef Jadine Loo-Dixon will be preparing lunch for us on Monday February 10th at noon. Also enjoy a short Healthy Heart Presentation during your meal. Anyone is welcome to attend, but must sign up in advance. A donation of \$5.00 per person is suggested for the meal at sign-up. If you would like a ride in, please call us at 508-763-8723.



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Discover the Difference



Cardiac Healthy Heart Presentation

Join us for lunch at noon on the 10th of February and learn more about how to live a heart healthy life style. Kendall Smiley, OTR/L Advanced Clinician from Spaulding Rehabilitation Hospital will be here to share her expertise. Come and learn what you can do to improve your health and get more enjoyment out of life!



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 onto the Senior Center for the Senior Supportive Day Care. The engraved memorial bricks will be placed on COA property. Small bricks are \$50 and large bricks are \$100. Applications for bricks are at the Senior Center. Thanks for your support!

Friends Greetings...

It's a Happy New Year for the FRIENDS of Rochester Senior Center. We have new bylaws! After working with UMass School of Law in Dartmouth, Ann Cambra and Carol Hardy presented a draft of new bylaws to FRIENDS' members in December for discussion and on January 8, 2020 these new bylaws were unanimously approved. They will update and replace the thirty year old original bylaws.

Please come and join us at the Center for a delicious pre ♥ day supper,

Chicken, Steak and Chocolate Cake!

Thursday, February 13 at 5:30 \$10/adult \$5/child
All ages welcome.

At the regular monthly meeting on February 12 at 10:30 in the Senior Center, FRIENDS will elect a new slate of officers.

RAHI update

Rochester Affordable Housing, Inc. (RAHI) is operating under the assumption that if we have enough irons in the fire, one will eventually heat up. In other words, RAHI is pursuing every identified opportunity. Some, we admit, have little chance of being fruitful, but you never know!

RAHI met with the Rochester Board of Selectmen (BOS) to see if there was a chance town owned property could be used for affordable housing. While the BOS has been non-committal, it was suggested that RAHI make a specific request. To that end, every town owned property was researched (there are more than you might imagine) and five properties were visited to evaluate possibilities for housing. These were discussed in great detail with the BOS. Rochester boards and committees have been unable to implement its own housing production plan so we are optimistic that RAHI will be viewed as an opportunity for the town to move forward. Assuming the BOS and RAHI come to an agreement, the final approval would likely require town meeting approval.

During this time period we will continue to seek out other housing possibilities to find the right leadership donation that leads to affordable housing for our seniors and veterans. In the meantime, the smaller gifts received are critical to keep our efforts relevant. RAHI is in it for the long haul. Every dollar helps and is appreciated. The form of any gift could be just about anything. It could be in the form of a cash gift, a grant, a property, or an annuity. Any appropriate gift will get RAHI closer to providing truly affordable housing in Rochester for senior and veterans. *Remember, donations are tax deductible.*

For questions or for more information on RAHI, contact: Gianni Lettieri at (508) 763-4714, Mark Wellington at (508) 763-5436, or Ann Cambra at (508) 763-2688.

**The COA will be closed on
February 17th
Presidents Day**

Art Group

The Painters in the Monday morning Art Group invite anyone who is interested in painting to come and join other artists from 9-12. Please bring your own materials. All levels are welcome.



**Senior Book Club – Tuesday,
February 18, 10:15**

Anyone is welcome to attend. Rochester's Library Director will lead the group. The book this month is *Silas Marner*, by George Elliot. Please call the library with questions.

Line Dancing

Traditional & Country/Western – Every Tuesday afternoon, 1:00-2:30, and every Friday morning, 9:30-11:00, join us for fun and exercise, with our line dancing instructor, Nancy Cabral here at the Rochester Senior Center. \$2.00 Donation per person per class. All ages, levels and abilities are welcome.

Free Legal Consults

Rochester resident, Attorney Matt Beaulieu, offers his time & expertise pro bono on the 1st Thursday of every month, at 3:00 p.m., here at the Senior Center, for any Rochester senior. Please call the Senior Center to reserve your appointment with Attorney Beaulieu. He has an office at Plumb Corner, and in the event you cannot finish your business during your senior center appointment he will refer you to his office where you can opt to continue.

BINGO

Feeling lucky? Why not try your luck at our Wednesday afternoon BINGO game, 12:30-3:00. Refreshment break in the middle. We play by the MA Senior Citizen Recreational BINGO laws. 50 cents per card. 25 cents per game. No card limit. Average 12-15 games played each time. All money collected will be given in prizes that day. Any Senior Citizen is welcome to play! Call if you need a ride in. Note: There is no Monday night BINGO during the month February.

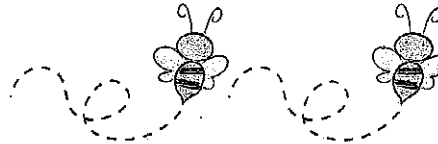
Fitness Room Is Open & Accepting New Members

Now is a great time to start a fitness program to get back in shape after consuming all those extra holiday calories the past few months. Both men & women are enjoying their time on the exercise equipment. The Fitness Room Schedule is Tuesday 10-1, Monday, Wednesday, Thursday and Friday 9-12 New members may sign up for the monthly fee of \$10.00, to be used as many times during that month as is desired. A packet with the registration forms necessary for one to participate can be had at the Senior Center Office. Physician's approval is required. Anyone is welcome to participate, so why not come down & check us out! To date, we have 23 paid memberships.

Happy Hookers

This rug Hooking Group will meet on Tuesday, February 11th from 10:00-2:30. Drop-in to see the beautiful work the "Hookers" do.

The **Busy Bees Craft Group** meets on Thursdays from 9-11:30. Bring your own project to work on, & check out what others are doing! Anyone is welcome to attend.



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February 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Center Activities & Transportation Services are Cancelled When ORR Regional Schools are closed due to inclement weather</p> <p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 12:00 Lunch with Marsha Hartley-Chicken Pot Pie 1:15 Chair Yoga 2:30 Stepping & Stretching Class</p> <p>3.</p>	<p>Complimentary Breakfast on your Birthday</p>  <p>7-9 Breakfast 9:00 Scrabble 10:00-1:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p> <p>4.</p>	<p>THANK YOU</p> <p>Thanks to all of our supporters, you make this all possible.</p> <p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00-12 AARP Tax Preparation by Appointment only. 9:30 Grocery Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 6:00 ZUMBA</p> <p>5.</p>	<p>The Kitchen improvement Project May Impact this Schedule. We Thank You for your understanding and look forward to our beautiful new Kitchen.</p> <p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching 3:00 Legal Appointments</p> <p>6.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:30 French Conversation & Culture 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p> <p>7.</p>
<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 12:00 Lunch with Jadine & Wok Magic 12:00 Cardiac Heart Presentation 1:15 Chair Yoga 2:30 Stepping & Stretching Class</p> <p>10.</p>	<p>7-9 Breakfast 9:00 Scrabble 9:30 Happy Hookers 10:00-1:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p> <p>11.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 COA Board Meeting At Town Hall 10:30 Friends Board Mtg at Senior Center 9:30 Grocery Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:00-4:00 GBFB Pickup 12:30 BINGO 6:00 ZUMBA</p> <p>12.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching 5:30 Friends Fund Raising Dinner- Chicken, Steak & Chocolate Cake</p> <p>13.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:30 French Conversation & Culture 9:30 Line Dancing Class 12:00 Chair Yoga</p>  <p>14.</p>
<p>Senior Center Closed For the President's Day Holiday</p> <p>17.</p>	<p>7-9 Breakfast 9:00 Scrabble 10:00-1:00 Fitness Room 10:15 Senior Book Club 11:30 Lunch 1:00 Line Dancing Class</p> <p>18.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Grocery Shopping 9:00-12 AARP Tax Preparation by Appointment only. 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:00-2:00 Senator's Office Visits 12:30 BINGO 6:00 ZUMBA</p> <p>19.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 2:30 Stepping & Stretching</p> <p>20.</p>	<p>1:30 Annual Year of Remembrance 7-9 Breakfast 9:00-12:00 Fitness Room 9:30 French Conversation & Culture 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p> <p>21.</p>
<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Art Group 9:00 Cribbage & Mah Jong 12:00 Hanna's Special Lunch 1:15 Chair Yoga 2:30 Stepping & Stretching</p> <p>24.</p>	<p>7-9 Breakfast 9:00 Scrabble 10:00-1:00 Fitness Room 11:30 Lunch 1:00 Line Dancing Class</p> <p>25.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:30 Grocery Shopping 10:00 Ballroom Dancing Class 10:00 Blood Pressure Clinic 11:30 Lunch 12:30 BINGO 6:00 ZUMBA</p> <p>26.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:00 Busy Bees 9:00 Hand & Foot 11:30 Lunch 11-12 Association for the Blind 2:30 Stepping & Stretching</p> <p>27.</p>	<p>7-9 Breakfast 9:00-12:00 Fitness Room 9:30 French Conversation & Culture 9:30 Line Dancing Class 12:00 Chair Yoga 1:30 Movie</p> <p>28.</p>

Stepping & Stretching Exercise Program

Join your certified instructor, Larry Bigos, on Monday and Thursday, 2:30 for a fun-filled hour of easy exercise, bending & stretching & building up your strength and improving your balance. This program is designed to improve physical conditioning, health, memory, mood, balance, bone density, flexibility, & endurance. This program is possible through a grant from Coastline Elderly Services. Voluntary Donations are accepted! Seniors welcome!

Ballroom Dancing Lessons

Dance is excellent cardio exercise! Singles & couples are welcome at the Rochester Senior Center every Wednesday at 10:00. Instructor, Nancy Barrett will be teaching the best in Ballroom Dancing. Suggested donation is \$4.00 per person. Have fun, socialize & meet new people. All skill levels are welcome. Bring a friend! No sign-up necessary.

Want to lower your Medicare costs?

On January 1, 2020 the income and asset limits for the Medicare Savings Programs* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays.

Income and asset limits effective 1-1-2020

	Income/month	Assets
Individual	\$1,738	\$15,720
Married Couple	\$2,346	\$23,600

Prescription drug co-payments with Extra Help effective 1-1-20

	Per 30- Day supply
Generic	\$3.60
Brand Name	\$8.95

To learn more and to request an application, contact MassHealth at: 1-800-841-2900 or TTY at: 1-800-497-4648. Shine can also assist you with the application process. Call us to put you in touch with our SHINE counselors.

Applications are also available on-line at:

<https://tinyurl.com/MassMSP>

*Medicare Savings Programs are also called "MassHealth Buy-in" and are administered by MassHealth.

COA TRANSPORTATION

COA transportation is available to all Rochester Seniors to medical appointments and treatments in the general area. We will also provide rides to and from home to the Senior Center, if you want to come here to spend some time, or 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 drugstore errands for you. We will bring you to the pharmacy, but you must handle your own business inside on your own.

Call us in advance (at least 24 hrs.) 508-763-8723. Our service is free, but a donation is appreciated. Our vehicles are handicapped accessible. If you need to cancel your ride, please do so by calling us as soon as it is possible. We schedule our drivers and still have to pay them for their time. We appreciate advanced notice on cancellations if at all possible.

Greeting Cards

The COA receives donations of greeting cards 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 donation of ten cents per card. Please come in and look through our collection.

You never know what you might find!

Gathering All Scrabble Players

SCRABBLE enthusiasts are playing every Tuesday morning at 9:00 at the Senior Center. If you'd like to play please join us.

Disclaimer

We make every attempt to ensure the accuracy of the information found in our newsletter. However, changes to the information contained herein may occur at any time due to printing errors or cancellations of a program.

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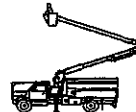
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FEBRUARY 2020 BIRTHDAYS

NOTE: Remember to check your license expiration date. The Registry of Motor Vehicles does not send out renewal reminders.

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KATHY LANGEVIN
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RUTH LISSAK
ROBERT MONIZ
RUTH SHARPLES
4. MAGARET LIFFERS
BARBARA SMITH
5. LOUISA MEDEIROS
WILLIAM BUTLER
6. CLIFF HANKIN
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KATHRYN PETTINATO
7. LEO DALBEC
MARY TRUE
ELEANOR LOPES
PAM TRAVERS
SARA PRESTON
8. THOMAS SOARES
ROBERT PEREIRA
JULIANE LEMLIN DUFRESNE
DELORES SOUZA
STEVEN MEDEIROS
JANET KIELTY
9. GORDON ASHWORTH
BRIAN LAPOINTE
RICHARD HARRIS
10. MICHAEL MAAK
DEBORAH SOLBERG
LYNN MAURA

- TIMIHTY PALMER
11. DANIEL SULLIVAN
GIANNO LETTIERI III
CHARLES ALEXANDER
EILEEN HARDING
BERNADETTE MEDEIROS
 12. LOAN LIARIKOS
VICTOR VARANO
JAMES MERUSI
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KATHRYN RUSONI
 13. DESMOND WHITE
LAWRENCE FERREIRA
BEVERLY ROBERTS
DEBORAH DAVIGNON
 14. LEO OUELLETTE
GLADYS TOMKINS
ROGER PELLETIER
DONNA DURAND
RONALD LAGASSE
LAURENE SHERMAN
 15. GERALD LYNCH
ANNE ESTABROOK
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 18. LOIS MCAULEY
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 21. BARBARA BESSE
PAMELA MYETTE
CYNTHIA LORANGER
JOHN ROMANO
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 27. HELEN DEMELLO
DALE WALLACE
PETER VAN LANE
 28. PATRICIA DONOVAN
MICHAEL FORAND
GORDON SYLVIA
LINDA MAZILLI
 29. GERARD MORRIS

**Complimentary Birthday
Breakfast to Anyone
who has a Birthday in
the month!**

"Ye Olde Breakfast Shoppe"

Everyone is invited to breakfast from 7-9 am Monday-Friday, located within your 67 Dexter Lane Senior Center. Breakfast consists of a varied menu plus daily and weekly specials, all at a very reasonable price. A bottomless cup of coffee is also served.

This is an all-volunteer program sponsored by the Friends of the Senior Center and the Rochester Lions Club. Gift Certificates are available. Join us for a great way to start the day.

Free AARP Tax Assistance

The Rochester Council On Aging is an American Association of Retired Persons Tax Assistance host site. This program allows low and middle income individuals, with an emphasis on seniors, free tax preparation provided by an AARP trained volunteer. All are welcome to make an appointment, regardless of age or residency. Call the COA to reserve your spot at 508-763-8723. Remember to bring the following documents to your appointment:

- 1) A copy of last year's tax return, 2) Any income statements, 3) Bank Interest Statements, 4) Social Security Income statement, 5) A copy of the Rochester (or other town) property Tax Bill.

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A note from the Director

As we transition into the new year many of us are facing changes and challenges. Please join us at the COA for some relaxation, exercise, reassurance and education. Through so many wonderful volunteers, supporters, and staff the COA is here to help. We recently received generous support for this very newsletter from the Howard Maxim Foundation. You will also notice the Property Tax Exemptions insert in this newsletter. Please take the time to review these and take advantage if you qualify. ~~This is your community giving back to you~~ - for your years of hard work building and supporting the community we all are able to enjoy. Cheryl

February Happenings

- ~ The Annual Year of Remembrance Event is planned for February 14th starting at 1:30. Family and friends who have lost loved ones this past year are invited. Community, friends and family will gather to honor those who have passed before us.
- ~ Blood Pressure Clinic with Connie Nolan Registered Nurse: Appointments are available every Wednesday from 10-12:30.
- ~ Massachusetts Association for the Blind and Visually Impaired Presentation: Cynthia Canham, Deputy Director will present information on 2/27/20. 10-11 is reserved for staff/volunteer training and 11-12 is open to all interested in helping the visually impaired in their lives.



Senator's Hours

Senator Michael Rodriques holds office hours here on the 3rd Wednesday of the month from 12-2. Feel free to drop in to see either the Senator or his representative.

Movie and Special Ice Cream Social February 7th at 1:30

The Tremont Rehabilitation and Skilled Care Center in Wareham is bringing ice cream for all to share during the COA Friday movie. If attending please sign up by Wednesday the 5th.