

COUNCIL ON AGING STAFF

Successful Aging Through Senior Wellness

SERVICES

Information Outreach Nutrition Transportation Advocacy Health Clinics

Monthly Newsletter

Daily Activities Computers Exercise Classes

Yoga

Tai Chi

Card Games

Craft classes

Tax Work-Off Program

Equipment Loans Supper Club Book Clubs

Lending Library Supportive Day

Trips

Social Events

Book Groups

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Perry Constas, Richard Ryder
Katie Robinson and Heidi Groff

JOIN FOSI FOR A
(WEATHER PERMITTING)
OUTSIDE MEETING
ON THURS., DEC. 3
AT 12 NOON



FOSI continues to offer the
BUY-A-BRICK PROGRAM.
It is a great way to remember a loved one or to honor someone special in your life. Order forms are available at the Center.

The CENTER at Medfield
Council on Aging
One Ice House Road
Medfield, MA 02052

PRSR STD U.S.
Postage Paid
Medfield
Permit No. 1

THE CENTER AT MEDFIELD

ONE ICE HOUSE ROAD

MEDFIELD, MA 02052

MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-*7:00 P.M.

FRIDAY 9:00-1:00 P.M.

*WEDNESDAY SCHEDULE VARIES

508-359-3665

DECEMBER 2020



Picture by Mike Lennon September 2009
Garden by Jill Vollmuth

On April 24, 2006 the Town of Medfield voted to authorize transfer of care, custody, management and control of a parcel of Town-owned land to the Council on Aging to construct and operate an Adult Community Center. The Center opened January 6, 2008 and continues to support the Council on Aging mission to foster an atmosphere of wellness by addressing the emotional, social, physical and often, spiritual needs of older individuals and their families during the aging process. The Council on Aging's goal is to enhance the quality of life and promote independence by providing programs, social events, services and referrals to support community members through their life journey.

What's So Special About the Month of December?

- It's the last month of the year! Many people, like myself, spend time thinking about what they want to accomplish in the new year.
- The anticipation of snow! (although we got a sneak peak on October 30). It changes the landscape. Everything looks more beautiful covered in white fluffy snow.
- Sitting by the fireplace, enjoying hot chocolate and reading a good book or watching a great movie. (Our DVD give-a-way will be Wed. Dec. 2 at 12 noon in our parking lot).
- The holidays! Most years we have the anticipation of seeing family and friends (and of course sharing good food)! This year may look a little different. Try bringing out photos of holiday gatherings in years past. Surely, this will put a smile on your face!
- Many of us have learned how to Zoom! Make the most of this technology and see as many family members and friends as possible. (If you do not know how to zoom, call the Center or check out our tutorial on COA website on <https://www.town.medfield.net>).
- New Year's Eve and the promise of a new (and better) year to come. Welcome 2021! We will be hosting a Grab N Go [New Year's At Noon Chinese Lunch](#). Be sure to sign up!
- New Year's Resolutions! What will be yours?



*Wishing everyone a wonderful holiday season
and a New Year that holds promise and happiness.*

Roberta Lynch

A Special Thank You to the Following People for Their Donation to FOSI

David and Joanne McAvoy, Sandra Gorham,
Janice and Jim Cannon,
Laury Hunt, Phyllis Cavan, Edie O'Toole,
Harry Evans in Memory of Dorothy Ruzzo & in honor of Harry Evans,
Sarah Tiberi in memory of Joan Goddard,
Nic and Misty Scalfarotto in memory of Ella Scalfarotto,
Bill Reynolds in memory of Barbara Reynolds & Mary Reynolds Hanna,
Warren Bussow in memory of Joan and
Carole Cody for a brick in memory of Ralph Parmagiane

The FOSI Yard Sale has gone virtual!

Check out our page

<https://www.facebook.com/fosi.medfield>

FRIENDS OF SENIORS, Inc. (FOSI) **2021 Yearly suggested donation is \$15.00/person**

DATE: _____

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ _____

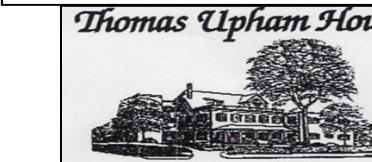
Additional Donations:

IN MEMORY OF: NAME _____

IN HONOR OF: NAME _____

Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center.

This is not for the COA newsletter. A separate yearly \$5 donation to the COA covers the newsletter mailing.



519 Main Street, Medfield, MA
508-359-6050
Medfield, Westwood and Dover's
Top Choices for Skilled Nursing
& Rehabilitative Services

Quality Care in a Home-Like Setting



508-359-2000
www.robertasmitchellcaruso.com



To us, it's personal

386 W. Main St. Suite 14
Northborough MA 01532
508-393-8338

209 w. Central St., Suite 210
Natick MA 01760
508-647-3773



Automotive Service, Inc.

26 Spring Street
Medfield MA 02052
508-359-4409

Inspections, Auto repairs,
Complimentary shuttle
service.

CAREGIVER WORKSHOP Being Good to YOURSELF, While Caring for Someone ELSE

Join the COA staff and guest presenter Peggy Wihtol, on Thursday, December 10 at 3pm via Zoom for a workshop that will give you permission to be "good to yourself". The initial focus will begin on the Caregiver Bill of Rights, which you will receive via email. Care giving is hard work and can be all consuming. Peggy has hands on experience with care giving and has the tips and resources to help you take care of yourself while being a dedicated care giver. Areas that Peggy will focus on:

- 5 minute breaks
- Creating a "me" spot in your home
- Trying to accept rather than argue or change
- Looking for and recognizing the positive
- Sharing the load

Please call the Center at 508-359-3665 to sign up for this helpful presentation with phone number and email. The COA staff is always available to help with any questions or concerns about care giving. We are a phone call away.

AVAILABLE RESOURCES

Nursing Services - Roberta is available for blood pressure checks. Call for an appointment!

Health Insurance Counseling - S.H.I.N.E. phone appointments are available by calling the Center.

Elder Resource Center - Attorney Mary Roque is available for phone and outside consultations. Arrangements are made by calling the COA.

Selectman Office Hours - Enjoy a telephone meeting with Selectman Peterson on Fri. Dec. 4 between 9-10 am. by phone. Call the Center to schedule your time.

Social Security/Financial Consultation - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.

RMV Near Me - The COA is offering RMV on-line services by phone. Information on requirements for the Real I.D. can be mailed out, if requested.

Veteran Service – Office Hours - Please call the Center for a telephone appointment if you would like to talk with the Veteran's Service Officer, Jon Cogan.

Fuel Assistance - If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.

Metrowest Legal Services

Metrowest Legal Services provides certain free services including advocacy to elders and lower income non-elders. Elder law issues include housing, durable power of attorney, guardianship, conservatorship benefits, nursing home issues, domestic relations, bankruptcies and more. Call 1-800-696-1501 and leave a message. If you have an urgent situation, leave a message and the need for an urgent response in your voice-mail message.

Money Management Program

Offered through BayPath, this free program assists low-income people 60 and over as well as persons with disabilities who have difficulty paying bills on time or managing money and who have no family or friends to help them. Certain income and asset guidelines may apply. Volunteers are background-checked, trained and supervised by BayPath staff. If you think you would benefit from this program, or have questions regarding the program, call BayPath at 508-573-7241

SHINE (Serving Health Insurance Needs of Everyone)

Our SHINE counselor is trained and certified to provide information, counseling and assistance regarding health insurance and benefits to seniors. This free program is available to elders, their families or caregivers and Medicare beneficiaries of all ages. To schedule a phone appointment with our SHINE counselor, call the Center at 508-359-3665 and we will confirm a telephone appointment for you.

Circuit Breaker Information

Massachusetts homeowners and renters age 65 and older may qualify for up to \$4,380.00 in a cash refund or credit from the State department of Revenue for the past three years if your property taxes (or 25% of your rent) exceeds 10% of your annual income and you meet other qualifying criteria. Call the Center for a detailed information sheet on the guidelines. Also visit www.mass.gov/dor/seniors or call the Department of Revenue, Customer Service at 617-887-6367.

Home Loan Modification Program

This program provides loans to make modifications to primary, permanent residences of elders, adults with disabilities and families with children with disabilities. Various loans are available based on income. For more information, contact the South Middlesex Opportunity Council at 508-202-5919, or www.mass.gov and search Home Modification Loan Program.

YOU ARE INVITED

SOME WINTERS CAN BE LONG AND LONELY, BUT NOT THIS WINTER!

JOIN THE COA STAFF FOR A VARIETY OF CONFERENCE CALL/ZOOM ACTIVITIES!

MONDAY AT 1:30 PM - CROSSWORD PUZZLE MANIA Sign up to receive the puzzle each week by mail or email and together each Monday on Conference Call we will work to complete the puzzle.

TUESDAY AND FRIDAY AT 11:30 AM - CONFERENCE CALL BINGO - 2 cards are provided to all players and end of month winners 1st and 2nd place receive FOSI jackpot prizes!

WEDNESDAY AT 3:30 PM- BRAIN TEASERS Enjoy a half hour of phrases, questions and thoughts that will stump your brain.

WEDNESDAY AT 2 PM- SPORTS TALK AND TRIVIA by Conference Call with Peter.

THURSDAY AT 10:30 AM- HOW WOULD YOU HANDLE IT? Join Lisa on Zoom and discuss different situations and how YOU would handle it. No answer is wrong!

THURSDAY AT 2:00 PM- Join our AUDIO BOOK CLUB with host, Susan Bernstein. Enjoy a half hour read followed by a group discussion.

FRIDAY AT 10:00 AM- CURRENT EVENTS AND MORE on Conference Call. Enjoy your morning coffee with COA staff member Trish Pembroke on a variety of topics.

For any of these programs simply call 1-978-990-5000, when prompted enter this code 859729#.

COOKING DEMONSTRATION WITH SUSAN AND TRISH

Are you tired of the same recipes and ready to try something new? Join COA staff members, Susan Bernstein and Trish Pembroke, for a cooking demonstration on **Tuesday, December 15 at 1pm over Zoom**. They will be preparing a delicious and easy meal for you to try that is perfect for the winter months. Their Sausage and Apple recipe is just the right amount for two people. Susan made the recipe for her husband John and he thought it was delicious! Sign up for this first time cooking demonstration with Susan and Trish. You will gain a new recipe, possibly some laughs (much needed these days) and do something different in your day! Contact the Center at 508-359-3665 with your email and we will send you the Zoom link, along with the recipe.

Bon appeti

Resilience and Successful Aging During the Covid Pandemic and Beyond

Sherborn COA invites us to join them on December 2 at 4:00 p.m. via Zoom for this very interesting presentation/lecture by Roger Landry, MD. You will learn strategies for cultivating resilience, key tips for successful and healthy aging, and connect with others with similar interests. This information will help you remain healthy and connected during these uncertain times. Please RSVP to coadirector@sherbornma.org to obtain the Zoom link. Dr. Landry will be available for questions following the presentation.

How Would You Handle It?

Everybody handles things differently. Some one who wins the lottery may give all the money away and someone else may splurge on him/herself. How would you handle winning a lot of money? Join us on ZOOM for a fun and interactive exploration of interesting scenarios that are presented to you to ignite your problem solving skills and to get you thinking about..."How would you handle it?" Bring your sense of adventure and creative ingenuity for a meeting of the minds! Please contact the Center to sign up for this program via Zoom on Thursdays at 10:30 a.m. Sign up with your email!

YOGA CLASSES ON ZOOM

JOIN TRACY BUCKLEY ON **TUESDAYS AT 9:15 AM FOR CHAIR YOGA**
AND

THURSDAY AT 9:15 AM FOR MAT YOGA


We will need your email to participate in these classes.

Bread, Bagel, Donut Bonanza

Stop by the Center on **Wednesdays from 12 -1 p.m.** to pick up your favorites from Blue Moon and Donut Express.

Services Available at The Center

Information and Referral

The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, tax refunds, **fuel assistance**, caregiver and low-vision support groups are available through our Outreach Department with Lisa Donovan. Phone - call appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health, masks must be worn when out in public, social-distancing is recommended and frequent hand-washing is a must!

Meals on Wheels

A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.

SHINE

Our SHINE volunteer is available for telephone appointments by calling the Center for assistance with figuring out the health-insurance maze.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.

Lessons We Can Learn From a Snowman

Wearing white is always in style - even after Labor Day.

Getting outside in the winter is good for your health.

It's fun just to hang out in your front yard.

We're all made up of mostly water.

Accessories don't have to be expensive.

Don't get too much sun!

If you're a little bottom heavy - hey, that's okay!

You know you've made it when they write a song about you.

If you look down and can't see your feet - you're probably not very active.

Sometimes sweating too much can have disastrous results.

Adult Respite Care Program

Are you a caregiver looking for a few minutes to yourself? Our Virtual Club Program is on Wednesdays from 11:00 p.m. to 12:00 p.m. Your loved one can join Kathy and Tricia for conversation, music, gardening talk, dog therapy and a variety of virtual activities.

Call Kathy Powers at 508-359-3665 for more information.

Medical Equipment

The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first-come, first-serve basis for Medfield residents. Please return when no longer needed.

Low -Vision Information

As we age, things change including our vision. Resources are available. Call Lisa Donovan for information.

Caregiver Support

If you have questions about care giving, call the Center and we can help you navigate those challenges that you may be facing.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call Susan Bernstein and set up a phone call appointment to discuss the options at the Center.

Large-Print Newsletter

Pick up a large-print copy of the newsletter at the Center by request.

Kingsbury Club

Senior Swim suspended until further notice.

Low Hearing Support

Hearing loss happens as we age. Contact Susan Bernstein for information on ways to manage your hearing loss.

Dave Oppenheim's Recipe of the Month

Cranberry-Pear Crisp
Alex Guarnaschelli - Food TV

Ingredients

1 pound cranberries - thawed if frozen
1 cup dried cranberries
1 1/2 cup sugar
2 tablespoons real vanilla extract
3 firm pears (such as bosc) peeled and cut into 1/2 inch pieces
1/2 teaspoon ground cinnamon
Pinch of ground allspice
1 cup plus 2 tablespoons all-purpose flour
1 cup chopped pecans (optional)
1/4 cup old fashioned rolled oats
1/4 teaspoon salt
1 stick melted unsalted butter

Procedure

Preheat oven to 375. Combine the fresh and dried cranberries in a large bowl. Add 1 cup sugar, 3 tablespoons water and the vanilla. Toss to coat. Lightly smash with a potato masher or fork to burst some of the cranberries. Add the pears, cinnamon, allspice and 2 tablespoons flour. Toss to coat. Transfer into a 3-quart baking dish. Make the topping. Mix the remaining 1 cup flour, the pecans and oats, the remaining 1/2 cup sugar and salt in a medium bowl, then stir in the melted butter. Use your fingers to pinch the topping into small clumps and sprinkle it over the fruit. Bake until fruit is bubbling and the topping is a golden brown, about 40 minutes. Serve warm or at room temperature.

Move It or Lose It!

We've all heard this expression and by now we know it is true. As we age, our bodies become stiffer. Our lives slow down and so do we. As a door hinge rusts and hardens when it is not used, our joints do the same.

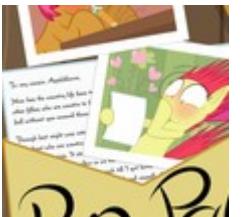
Our joints become naturally stiff with age, stiff because of injuries and stiff because of poor diet. They hurt and we don't want to use them. When we don't use them, however, they become even stiffer. Our muscles become weak and cannot support our joints. We move even less, and maybe even gain weight. The extra weight puts additional stress on our joints as well as all of the organs of our bodies. We feel even more sore and lethargic, and we again move less. If we continue to use our joints, muscles and bones less, we eventually lose the ability to use them.

What can we do? Exercise and eat a healthy diet!

Gentle exercise done regularly, with a healthy diet helps to keep our joints mobile and lubricated, our muscles strong and flexible, and our organs functioning properly. Healthy eating helps our body function more efficiently. When we are active and eating healthy, we feel better about ourselves, decrease our weight, have healthier joints, muscles and bones, and more energy. When we have more energy, we move more easily and want to move more.

Exercise is essential for a healthy mind and body. It is impossible to stop ourselves from aging. It is not impossible to keep ourselves healthier as we age. Exercise and feel better! It is never too late!

The Pen Pal Program Goes Intergenerational!



It's amazing to see where an idea can take us! Some time ago, Janice Cannon suggested we start a simple Pen-Pal Program. This has morphed into an amazing program! The COA is working with Medfield Outreach to provide an intergenerational program that will connect Medfield youth with Medfield seniors. How wonderful to be able to communicate by mail and learn about each other; the differences experienced, the activities that each did when young and the plans and hopes of the future. So much can be shared in a letter and so much learned about the past. Letter writing is not old fashioned. It is something wonderful. Call the Center at 508-359-3665 for more information and to sign up for this new initiative!

Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!

Dec. 2 – Chicken Salad, Dec. 9 – Turkey and Cheese, Dec. 16 – Seafood Salad

Dec. 23 – Ham and Cheese, Dec. 30 – Tuna

\$ 3

Call the Center on Monday to order! 508-359-3665



DECEMBER 2020



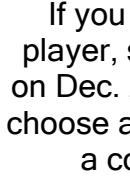
MARY G. CUSANO, REALTOR
BERKSHIRE HATHAWAY HomeServices
266 Main Street
Medfield MA 02052
508-561-5411
Mary.Cusano@CommonMoves.com
www.homesbymaryg.com



The CENTER
Hair Salon
with
Ginny
Call the Center if you need
a hair appt.



ROCKLAND Where Each Relationship Matters
TRUST
Cheryl O'Donnell
Branch Manager
76 North Street
Medfield MA 02052 508-359-7366



If you still have a DVD player, stop by the Center on Dec. 2 from 12-1pm and choose a movie to watch for a cold winter day!



Speech-Language & Hearing
Associates of Greater Boston
Specialists in Speech, Language,
Learning & Audiology
Licensed & Certified Audiologists and
Speech-Language Pathologists
-Complete Audiological Evaluations
-Hearing Aid Evaluations & Fittings
- Speech and Language Evaluation & Therapy for All Ages
Medfield 5 N. Meadows Rd. 508-359-4532
Plainville 30 Man-Mar Dr. 508-695-6848



Visit Walpole's only Lifecare retirement community. And find out what living connected means at New Pond Village.
CALL FOR DETAILS: 508.718.2053
NEW POND VILLAGE
A Benchmark Signature Living Community

MONDAY

Dec. 7- Send a letter to someone who could use it!
Dec. 8- Drive by at noon to Grab n Go a delicious brownie.
Dec. 18- Drive by at noon to Grab n Go a yummy cookie.

TUESDAY

1. MAC & CHEESE
9:15 CHAIR YOGA BY ZOOM
10:00 CABLE TV EXERCISE CLASS
11:00 WALGREENS (SENIOR DISCOUNT)
11:30 CONFERENCE CALL BINGO
2:00 ZOOM WITH COA STAFF

WEDNESDAY

2. CALI CHIX SALAD
9:00 MARKET BASKET SHOPPING
10:00 CABLE TV EXERCISE CLASS
10:00 COA BOARD MEETING
11:00 VIRTUAL "CLUB"
11:30 GRAB N GO LUNCH
12:00-1 BREAD DISTRIBUTION/DVD G-A-W
2:00 SPORTS TALK & TRIVIA
3:30 CONF. CALL BRAIN TEASERS
4:00 SUCCESSFUL AGING VIA ZOOM

THURSDAY

3. HOT DOG
9:15 MAT YOGA BY ZOOM
10:00 CABLE TV EXERCISE CLASS
10:00 HOW WOULD YOU HANDLE IT?
11:00 SHOPPING- XMAS TREE SHOPS
12:00 FOSI MEETING
2:00 AUDIO BOOK CLUB

FRIDAY

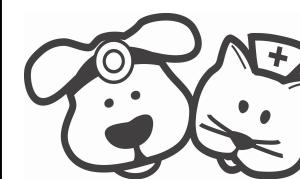
4. POTATO POLLOCK
9:00 SELECTMAN'S HOUR WITH PETE PETERSON BY PHONE
10:00 COFFEE & CONVERSATION
10:00 CABLE TV EXERCISE CLASS
11:30 CONFERENCE CALL BINGO

Pat Maloney

Independent Elder Advocate
Phone: 508-341-8684
psmaloney@verizon.net
Help is a phone call



Medfield Professional Building
5 North Meadows Road
Medfield MA 02052
508-359-9119



MEDFIELD
veterinary clinic

51 Peter Kristof Way, Medfield, MA, 02052
(508) 359-1920 www.medfieldvet.com



www.medfield.tv

508-359-8888



160 MAIN STREET
MEDFIELD MA 02052
508-359-4191

Selectmen Peterson holds office hours each month. Simply call 508-359-9190 on Friday, Dec. 4 between 9-10 a.m. and Selectman Peterson will meet with you by phone!

ZOOM WITH THE COA STAFF ON THE 1ST TUESDAY OF THE MONTH AT 2PM. CALL TO SIGN UP WITH YOUR EMAIL FOR THIS REVIEW OF WHAT'S TO COME AND ANSWER ANY QUESTIONS !

Brian R. Thomas, D.D.S.
Richard K. Thomas, D.D.S.



Five North Meadows Road
508-359-6660

Senior Discounts Available

Brian Silven
PRESIDENT & OWNER

BrightStar Care® of Norwood
One Walpole Street, Suite 5
Norwood, MA 02062
P 781-269-7997 F 781-349-5414 M 508-846-2455
brian.silven@brightstarcare.com
www.brightstarcare.com/norwood

BrightStar Care
HOME CARE | MEDICAL STA

Order your Grab N Go lunch on Mondays to pick up on Wednesday between 11:30-12 noon!

Riverbend of South Natick

Skilled Nursing & Rehabilitation Facility

34 Lincoln Street
South Natick MA
508-653-8330



"Quality care in a homelike setting"

Gilmore, Rees & Carlson, P.C.

Tax and Estate Planning, Wills, Trusts, Guardianships, Probate

Bob Morrill, Managing Partner
Offices in Wellesley and Franklin
508-520-2200 www.grepc.com