

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

FOSI MEETING
ON Wed., APRIL 7
AT 12 NOON
ON ZOOM



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



Picture by Mike Lennon September 2009
Garden by Jill Vollmuth

APRIL 2021

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.

Director Note: What a ride we have had over the past year! Let's get ready to move forward. The COA staff is looking forward to opening up at a slow and steady pace! Beginning the week of April 12 exercise programs will be held outside. If it is raining we will hold them on Zoom as we have been doing. We will continue to offer as many activities outside as we can when the weather is nice. Several of our Zoom programs will continue as scheduled. Our drive through coffee on Tuesdays and Thursdays will continue between 10 and 10:30, so definitely stop by for a cup of "Joe". Trish Pembroke will be offering some delicious treats to go with your coffee, except on April 6th, which is National Twinkie Day and guess what you'll get! The Center offers some great outside activities that are available to you. Call to reserve our ping pong table, pickle ball equipment, horse shoes or our Bocce Court. I look forward to seeing everyone at our Re-Opening Celebration in May!

Roberta Lynch

APRIL IS VOLUNTEER APPRECIATION MONTH

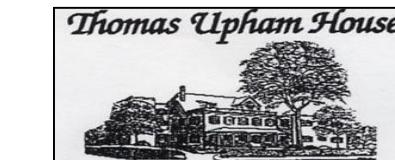
This past year has been extremely challenging and so many people have volunteered their time in so many ways. Food shopping, phone calling, removing trash, delivering books and masks, booking vaccine appointments, driving to appointments, picking up and packaging food donations. We've had volunteers checking in people for outside exercise classes last summer and fall, answering phones on our desk and working in our gardens. All of our volunteers have made the past year bearable and are a reminder of the good in the world.

Volunteers Make a World of Difference

*Throughout our lives we often try to help along the way,
Special tasks give meaning to the work we do each day,
Volunteering is a way to accomplish many things,
It's made worthwhile especially for the satisfaction it brings,
There's great appreciation for the work you've done this year,
Volunteers are special people, and ones we hold most dear.*



Volunteer
Appreciation
Day
Tuesday
April 20
Invites to
follow!



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

April 7 – Chicken Salad,
April 14 – Turkey and Cheese,
April 21 – Seafood Salad,
April 28 – Ham and Cheese
Call 508-359-3665 on Mondays to order!



The Center's Coffee Drive-Thru

Every Tuesday and Thursday 10-10:30 a.m. drive by the Center for a cup of to-go coffee!

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline provides 24/7, free and confidential support via phone or chat for people in distress. Resources can be found by calling 1-800-273-TALK (8255) or through the website <http://suicidepreventionlifeline.org>

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, call the Department of Revenue at 617-887-6367 or visit www.mass.gov/dor/seniors

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 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 Bay Path, 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. If you think you would benefit from this program, or have questions call BayPath at 508-573-7241

SHINE (Serving Health Insurance Needs of Everyone)

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

Selectman Office Hours - Enjoy an outside meeting with Selectman Peterson on [Fri. April 2 between 9-10 am.](#)

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 - We welcome our new Veteran's Service Officer, Mark Bryson. Call the Center if you need assistance from Mark.

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.

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.

TRAVEL TO AUSTRALIA WITH JOY MARZOLF

TUESDAY, APRIL 27 AT 2 PM AUSTRALIA: ABOVE AND BELOW



Joy returns with all those flying, hopping, crawling, swimming creatures; the wildlife of Australia. They are truly unique. You will tour through the temperate rainforests of Southern Queensland and the tropical rainforests of the Northeast. Enjoy views from above and then below as we also visit the home of "Nemo" and many other beautiful creatures found on the Great Barrier Reef. This presentation will reveal the marvels of a land so far away from where we are. Beautiful creatures are found in every place of this world. Join us by calling the Center at 508-359-3665 to register for a virtual trip to Australia.

Food Available to All Medfield Residents

The Medfield Food Cupboard wants to ensure all Medfield residents are aware that their shelves are well-stocked for the [spring](#) months and their doors are open to any resident experiencing food shortage.

"These are difficult times, and no Medfield resident should be concerned about how to put three meals on the table," said Co-President Tracey Rogers. "If someone is finding that they need to choose between paying for heat, utilities, prescriptions, and food, we encourage them to reach out to us. We can provide food support to families or individuals for an extended period of time or for just a few weeks."

The Medfield Food Cupboard is open twice per month on Thursday evenings for curbside pick-up and by appointment for urgent needs. They offer shelf-stable items including pasta, peanut butter, [beans](#), [rice](#) and canned soup. They also offer [fresh foods](#) including meat, eggs, and produce. Individuals can pre-select their preferences.

"If you live in Medfield and are experiencing food shortage or food insecurity the Medfield Food Cupboard is here to help," added Co-President, Susan Gorog. "You do not need to be out of work to receive our services. The pandemic has impacted household income for many, and the cost of food in Massachusetts is the highest in the country. We can help close the gap with food support for individuals, families and seniors."

Any Medfield resident that finds them self in need of food may contact the Food Cupboard at 508-359-4958 or email: info@MedfieldFoodCupboard.com. Please note all inquiries are confidential.

FOX TOURS PRESENTS

New Hampshire Turkey Train

Tuesday, October 12, 2021

Enjoy a delightful day tour traveling through scenic New Hampshire during the peak of the foliage season. Enjoy a Hart's Turkey Farm Roast Turkey lunch with all the fixings on the scenic railroad car. The bus leaves at 9:00 a.m. and will return approximately 5:30 p.m. Cost is \$99/person.

TUNE TIMERS SWING BAND

Grab your lawn chairs and join us for an outside concert with the fabulous Tune Timers Swing Band. Concert starts at 1:30 p.m. on Thursday, April 29! Be sure to call and sign up for this springtime event!

**Boston Red Sox
Opening Day**

Join us on Thursday, April 1 at 1pm for a "Home Opener Hot Dog Party" \$3. Enjoy hot dogs right off our grill, with a bag of chips and a water bottle. We will bring our large screen TV

outside and see the first pitch at 2:10 p.m. In case of rain, we will have the grab n go option for your hot dogs. Please call the Center to sign up!

**TAI CHI AND CORE
BALANCE RETURNS**

The Center welcomes back Jeanne Donnelly with her Core Balance and Tai chi classes.

Core Balance begins on Monday, April 12 at 1:30 p.m. and again on Fridays at 11:00 a.m.

Tai Chi returns to Fridays at 10 am beginning April 16. Classes will be held outside, weather permitting!

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.

Relax: Let Go of Anxiety and Stress

Beginning on Wednesday, May 12 from 10:00am to 10:45am, join Tracy Buckley as she helps you learn to let go of anxiety and stress.

Do you feel like you have too much on your plate? Not sleeping well? Mind racing with worry? It's impossible to completely avoid stress, right? We actually need some stress in our lives to grow, learn, and create. It's only unhealthy if we're stressed out too much, too often. This 4-week series will help us learn to manage our stress using different practices like breathing techniques, muscle relaxation, meditation, and more! Join us for an interactive workshop that will provide you with simple and effective tools to manage stress and start to relax. Cost of this 4 week program is \$25 and pre-registration is required by calling the Center at 508-359-3665.

Services Available at The Center

RMV NEAR ME

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

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.

THE CLUB IS OPENING

Call Kathy Powers for details, new schedule, policies and procedures.
508-359-3665

JOIN THE COA STAFF FOR CONFERENCE CALL / ZOOM ACTIVITIES!

MONDAY AT 1:30 PM - CROSS-WORD PUZZLE MANIA (ZOOM & CONF. CALL)

TUESDAY AND FRIDAY AT 11:30 AM - CONFERENCE CALL & ZOOM BINGO (CONF. CALL)

THURSDAY AT 10:30 AM- HOW WOULD YOU HANDLE IT? (ZOOM)

THURSDAY AT 2:00 PM- Join our AUDIO BOOK CLUB (CONF. CALL)

Join these programs with ZOOM or phone by registering with your email and phone number. Call the Center for more information. Conf. Call 978-990-5000 Code 859729#

SPECIAL DAYS IN APRIL

Thurs., April 1- Red Sox Home Opener Hot Dog Party 1-3pm. Sign up required/\$3 suggested donation

Tues., April 6- National Twinkie Day enjoy a Twinkie with your drive-thru coffee!

Tues., April 13- National Scrabble Day! Sign up with a friend to play on our LARGE scrabble board.

Tues., April 20- Volunteer Recognition Day-
Invites to follow

Fri., April 23- National Picnic Day Pack up a picnic lunch to enjoy on the Center's patio. Play Bocce, horseshoes or ping pong.

Mon., April 26- National Pretzel Day! enjoy a soft pretzel with dipping sauce on our patio. Sign up required!

Aging and Memory Loss Road Map Education Series

Are you or a loved one concerned about memory loss or dementia? Has someone you know recently been diagnosed with dementia? Did you know that you could participate in a clinical research trial? Sign up for these monthly webinars and learn from the experts from Mass General Brigham. For questions or to register call the Sherborn COA at 508-651-7858 or email coadirector@sherborn.org.

Tuesday, April 20 at 11-12 noon: Road Map to Dementia Diagnosis

Tuesday, May 18 at 11-12 noon: Road Map to Research Participation

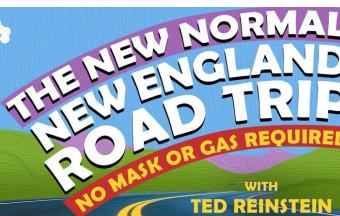
Tuesday, June 15 at 11-12 noon: Road Map to Caregiving

Tuesday, July 20 at 11-12 noon: Road Map to Prevention

Hosted by Sherborn, Dover, Natick and Medfield Council on Aging

Dr. Gary Hylander Present The Legacy of FDR on April 12 at 2:30 p.m.

Franklin Delano Roosevelt served as President from March 1933 to April 1945, the longest tenure in American history. He may have done more during those twelve years to change American society and politics than any of his predecessors in the White House, save Abraham Lincoln. Of course, some of this was the product of circumstances; the Great Depression and the rise of Germany and Japan were beyond FDR's control. His responses to the challenges he faced made him a defining figure in American history. Join us on Monday, April 12 at 2:30 p.m. for this interesting and informative presentation. Call the Center to sign up with email. Weather permitting, under the tent may be an option!



"THE NEW NORMAL NEW ENGLAND ROAD TRIP"

During a challenging time when most people are limiting their travel, this talk takes folks along on a rollicking ride around New England— all in just one hour, and all from the comfort of their own home on Wednesday, April 21 at 6:30 p.m. by Zoom. Author of three books about New England and longtime "Chronicle" reporter Ted Reinstein is your tour guide as you go from Maine to Rhode Island, Mt. Washington to Mt. Mansfield, and Berkshire foliage to Fenway Park. But Ted's 20-plus years of reporting and telling stories from all over New England means this is not your average bus tour. Prepare to meet colorful characters who've done the darndest things, learn odd facts about familiar places, and of course—this being a Ted talk—expect to visit at least a few fabulous classic diners. (Spoiler alert: Ted reveals where to find THE best clam chowdah in America—and it's right here in New England!) Ted will take Questions following the talk. Call the Center at 508-359-3665 to sign up with your phone number and email.

Our Programs Must Return!

This month some outside programs will start on April 12. Quilting, Fit to Knit, Page Turners and Movies will be featured outside starting April 12. Most programs that can allow for distancing should be returning to the Center for a May 3 reopening. This includes Wood Carving, Bingo, Great Books, Men's Book Group, Our exercise classes will also return inside with appropriate spacing, this will include Chair and Mat Yoga, Core Balance, Tai Chi, and Zumba! Initially attendance for these programs will be by pre-registration. You must call to sign up for what you want to attend. Outside activities will not require this policy (except if it is stated in the announcement as we may be serving food or beverages). Card games will be part of our second phase of reopening and the spacing for these activities is more challenging. We look forward to getting this Center back to normal as soon as possible! Call the Center for questions, new ideas for programming and any suggestions you may have!

APRIL 2021



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Zumba will switch to Thursdays at 10 am beginning April 15

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
QUILTERS <p>Let's meet on Monday, April 12 at 9:30 a.m. outside to discuss and plan future meetings!</p>	PAGE TURNERS <p>We need you back here! Let's plan on meeting outside Tues., 4/13 at 10 am to discuss books we have read over the past year and choose one for next month.</p>	FIT TO KNIT <p>Spring has sprung, so let's reunite on Wednesday, April 14 at 2pm, outside, to plan our projects and reconnect!</p>	1. ROASTED TURKEY 9:00 -1PM SHINE APPTS 9:15 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 1:00 HOT DOG PARTY OPENING DAY 2:00 AUDIO BOOK CLUB	2. MAC & CHEESE 9:00 SELECTMAN OFFICE HOUR 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
5. HOT DOG 9:00 SHAW'S SHOPPING 10:00 CABLE TV EXERCISE	6. CRUSTLESS TURKEY 9:15 CHAIR YOGA BY ZOOM 10:00 COFFEE HOUSE DRIVE-THRU "NATIONAL TWINKIE DAY" 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO	7. PORK LO MEIN 10:00 CABLE TV EXERCISE CLASS 10:00 COA MONTHLY MEETING 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 12:00 FOSI MEETING	8. CURRY CHICKEN 9:30 MAT YOGA BY ZOOM 10:00 CABLE TV EXERCISE CLASS 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT?	9. SALMON W/DILL SAUCE 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 ZUMBA ON ZOOM 11:30 CONFERENCE CALL BINGO
12. CHICKEN L'ORANGE 9:00 SHAW'S SHOPPING 9:30 QUILTING 10:00 CABLE TV EXERCISE 1:30 CORE BALANCE outside 2:30 DR. GARY HYLANDER : THE LEGACY OF FDR	13. SHEPARD'S PIE 9:30 CHAIR YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:00 PAGE TURNERS MEETING 10:00 COFFEE HOUSE DRIVE-THRU 11:30 CONFERENCE CALL BINGO	14. ROAST PORK 10:00 CABLE TV EXERCISE CLASS 11:00 VIRTUAL "CLUB" 11:30 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 FIT TO KNIT 2:00 OUTDOOR MOVIE MUSIC AND LYRICS	15. S & S MEATBALLS 9:30 MAT YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:00 *ZUMBA OUTSIDE * 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 12-4PM SHINE APPTS	16. STUFFED SHELLS 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 TAI CHI OUTSIDE 11:00 CORE BALANCE 11:30 CONFERENCE CALL BINGO
19. COA CLOSED 	20. BARBER CHICKEN 9:30 CHAIR YOGA OUTSIDE 10:00 COFFEE HOUSE DRIVE-THRU 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO 1-2:00 VOLUNTEER PIZZA DAY	21. MEATLOAF 10:00 CABLE TV EXERCISE CLASS 11:00 VIRTUAL "CLUB" 11:30-12 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 FIT TO KNIT 2:00 OUTDOOR MOVIE LEGENDS OF THE FALL 6:30 NEW ENGLAND ROAD TRIP	22. TURKEY DIVAN 9:30 MAT YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:00 *ZUMBA OUTSIDE* 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 2:00 AUDIO BOOK CLUB	23. POTATO POLLOCK 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 TAI CHI OUTSIDE 11:00 CORE BALANCE 11:30 CONFERENCE CALL BINGO NATIONAL PICNIC DAY- ENJOY THE PATIO
26. CHIX A LA KING 9:00 SHAW'S SHOPPING 9:30 QUILTING 10:00 CABLE TV EXERCISE 1:00 SOFT PRETZEL DAY 1:30 CORE BALANCE outside	27. POT ROAST 9:30 CHAIR YOGA OUTSIDE 10:00 COFFEE HOUSE DRIVE-THRU 10:00 CABLE TV EXERCISE CLASS 11:30 CONFERENCE CALL BINGO 2:30 TRAVEL SERIES WITH JOY AUSTRALIA ABOVE AND BELOW	28. BUTTERMILK CHIX 10:00 CABLE TV EXERCISE CLASS 11:00 VIRTUAL "CLUB" 11:30-12 GRAB N GO LUNCH 12:00-1 BREAD DISTRIBUTION 2:00 FIT TO KNIT 2:00 OUTDOOR MOVIE MOULIN ROUGE	29. BEEF CHILI 9:30 MAT YOGA OUTSIDE 10:00 CABLE TV EXERCISE CLASS 10:00 *ZUMBA OUTSIDE* 10:00 COFFEE HOUSE DRIVE-THRU 10:30 HOW WOULD YOU HANDLE IT? 2:00 AUDIO BOOK CLUB	30. BROCCOLI BAKE 9:00 ROCHE'S BROS SHOPPING 10:00 CABLE TV EXERCISE CLASS 10:00 TAI CHI OUTSIDE 11:00 CORE BALANCE 11:30 CONFERENCE CALL BINGO
Selectmen Peterson holds office hours each month. Join him at the Center for an outside conversation on Friday, April 2 between 9-10 a.m.			Remember to bring your Center Scan Card when you visit. If it is lost, let us know!	

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



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 Medfield MA 02052
 508-359-9119

Food for Thought

1. Life is like riding a bicycle. To keep your balance you must keep moving. Albert Einstein

2. Start each day with a positive thought.

3. Time has a wonderful way of showing us what really matters.


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