



# Norton

COUNCIL ON AGING NEWSLETTER

July / August 2020

Norton Senior Center  
55 West Main Street  
PO Box 552  
Norton, MA  
**Phone 508-285-0235**

Hours of Operation  
Monday through Friday  
9:30 AM - 3:30 PM

## Council on Aging

### DIRECTOR

Beth Rossi

### OUTREACH

Cathy Varnum

### FRONT DESK

Sosie Megerdichian

### BOARD MEMBERS

MaryAnn Dempsey, Chair

Natalie Lima, Vice Chair

Patricia Zwicker, Treasurer

Sharyn Stedman, Secretary

Joan DeCosta

Kathleen Eno

Judy Leroux

Robyn Lovering

Carol McLaughlin

Ruth Schneider

Paul Wanamaker

Board meetings are scheduled for  
the 2nd Thursday of each month at  
3:30 PM at the Senior Center

Friends of the Norton Senior Center  
meet on the 4th Monday of the  
month at 1:00 PM.

## SUMMER AT THE SENIOR CENTER

Welcome summer! We are certainly in different times...but we are looking forward to when we can all be together again in our "new normal". We are anxiously waiting until we finally get the green light to fully re-open.



What we can tell you...**the Senior Center is closed for all activities and programs through August 31st. We are now open by appointment only!** Our state and local governments will tell us when it is safe to fully re-open. Don't forget that we can provide Medicare counseling and application assistance, Food Stamp application assistance, In-home and support service referrals, and emergency food and fuel assistance.

**Please do not hesitate to give us a call at the Center:  
508-285-0235**

This is a great time to reach out to us, and to your family and friends, as well. Call to say "hello," write a letter, or send a cute card. With all that has been going on in the world, it's a good time to stop and reflect on the things we are grateful for. Use this time to reconnect with someone you haven't talked to in a while: your childhood neighbor, your grade school buddy, your college roommate...we bet it would put a smile on their face to hear from you!



**WE MISS YOU & we  
can't wait to see you!!**

# COVID-19 RESOURCES FOR NORTON SENIORS

## FOOD ASSISTANCE

Introducing....



**Grab & Go—Heat & Eat**  
**Here at The Norton Senior Center**  
**Sponsored by: Bristol Elder Services**

- Free for Seniors 60 and over
- Every Tuesday & Thursday in July and August
- Grab-&-Go  **Just drive up and we'll put your meals in your trunk!**
- BES requires a Meal Site  
**Registration Form for each meal recipient.** *The 1st time you call/drive-up we will ask for information and have you sign the form.*
- **YOU MUST CALL US by Monday at 9:30 AM to sign-up for meals *EACH WEEK***



We will be getting a limited number of **Farmer's Market coupons** in mid-July for low income seniors. First Come First Served. Call for details.



To qualify a senior must be 60 years old or older and meet the following gross monthly guidelines:

Household Size

Monthly Income

1

\$1926

2

\$2607



# COVID-19 RESOURCES FOR NORTON SENIORS

## FOOD ASSISTANCE



### • **SNAP (aka Food Stamps)**

Norton Human Services (at the Norton Senior Center) can help process SNAP (applications. Call us at **508-285-0235** for more information or to schedule an appointment

Please note that this is an income eligible program (\$1980/mo for 1 person, \$2670/mo for 2 people)

*If you are already getting food stamps you should have seen an increase in your benefits due to the Coronavirus pandemic. DTA and Norton Human Service are equal opportunity providers.*

### **SNAP: Online shopping at Amazon and Walmart!**

It's official! Massachusetts residents who receive SNAP benefits can use their EBT card to buy food online from Amazon and Walmart.



### **Healthy Incentives Program (HIP)**

If you are a SNAP recipient, you are automatically enrolled in HIP. You can use your SNAP benefits to buy fruits & vegetables from a HIP authorized farm or vendor. Look for the HIP logo or ask the vendor if they participate in the program before you pay for your purchase. You will receive \$1 for each dollar you spend on eligible fruits and vegetables, up to a monthly limit.

*Call us for more info!*



### • **Food N' Friends - Daily Church Suppers - Free**

***All Meals are served Grab-&-Go***

<b>Monday</b>	First Baptist Church	118 South Main Street, Attleboro	4:30 PM
<b>Tuesday</b>	First Baptist Church	52 North Main Street, Mansfield	4:30 PM
<b>Wednesday</b>	First Baptist Church	118 South Main Street, Attleboro	4:30 PM
<b>Thursday</b>	First Baptist Church	118 South Main Street, Attleboro	4:30 PM
<b>Friday</b>	First Baptist Church	118 South Main Street, Attleboro	4:30 PM
<b>Saturday</b>	Centenary United Methodist Church	15 Sanford Street, Attleboro	11:00 AM
<b>Sunday</b>	Attleboro Library	74 North Main Street, Attleboro	4:00 PM



# COVID-19 RESOURCES FOR NORTON SENIORS

## FOOD ASSISTANCE

- **Meals on Wheels**

If you have difficulty preparing meals or if you or someone you know would benefit from nutritious meals delivered to the home on a daily basis, please call the Bristol Elder Services Information and Referral line to arrange an in-home assessment.

**508-675-2101**



- **Norton Food Pantry (Cupboard of Kindness) - Free**

**Cupboard of Kindness** is open on the **1st & 3rd Mondays of every month from 4:30 pm - 6:30 pm.** This town pantry is located behind Town Hall on 70 East Main Street. If this is your first time at the Pantry, please bring proof of residency. You will be asked to fill out a confidential registration form.

For more information, visit the pantry's website: [cupboardofkindness.org](http://cupboardofkindness.org)



*At this time, this is a drive-through Grab-&-Go program due to the Coronavirus pandemic.*

*\* If you do not drive call 508-285-3398 and they can arrange delivery*

- **Hebron Senior Food Pantry - Free for Seniors 60 and over**

Every Tuesday 10:30 AM—11:30 PM 508-223-4257

11 Sanford Street, Attleboro (located in the church across from the YMCA)



*At this time, this is a drive-through Grab-&-Go program due to the Coronavirus pandemic.*

- **Commodities Supplemental Food Program CFSP (income eligible program)**

This is a monthly brown-bag program where income eligible residents will receive two bags of nutritious groceries plus fresh fruits and vegetables the third Wednesday of every month.

**Call the Senior Center to apply 508-285-0235**

To qualify a resident must be 60 or older and meet the following gross monthly guidelines:

<u>Household Size</u>	<u>Monthly Income</u>
1	\$1354
2	\$1832
3	\$2311

- **St. Mary's Church, Norton - St. Vincent de Paul Society**



If you are in an emergency situation and are in desperate need of food, please call the St. Vincent De Paul Society for assistance.

**508-409-7311**

# COVID-19 RESOURCES FOR NORTON SENIORS

## TAX EXTENSIONS

- State and Federal Income Tax Filing Deadlines were extended to July 15, 2020

## EMERGENCY UPDATES & INFORMATION

- **Norton Alerts**

Sign up on the Norton town website ([nortonma.org](http://nortonma.org)) to get phone alerts, texts and/or emails regarding important events and emergency information. You may also sign up at [smart911.com](http://smart911.com). Be sure to visit Norton Alerts Facebook page.



*If you don't have access to a computer or email, call the Senior Center and we will be glad to help you register. **Please note:** If you have Verizon as your home phone service, you are signed up automatically!*

- **Town of Norton Website**
- **Norton Media**

Visit our website:

**[nortonma.org](http://nortonma.org)**

Cable TV

**Channel 9 and 15**

### **Do you have Facebook?**



**Here are some great Facebook pages to get local info:**

Norton Senior Center / Council on Aging  
 Friends of Norton Senior Center  
 Town of Norton  
 Norton MA Town Hall  
 Norton, Massachusetts  
 Norton Connect  
 Norton Alerts



*Be sure to "LIKE" the page!*

NORTON—NORTON—NORTON—NORTON



# COVID-19 RESOURCES FOR NORTON SENIORS

## SOCIAL SECURITY



- **Social Security Offices are still CLOSED**

If you need to sign up for Social Security retirement benefits or need to sign up for Medicare Part A or B, you can do this online at [ssa.org](https://ssa.org); necessary documents can be faxed to 833-914-2016. If you need any help call the Senior Center at **508-285-0235** and a Shine/Medicare counselor will assist you.

## NORTON PUBLIC LIBRARY



- **The Norton Library now has Contactless Pickup!**

- > Free Wi-Fi is available in the Library parking lot and in Library Park
- > The Library is a great source of public information —> call them at **508-622-5255**
- > Visit the Library online at **[nortonlibrary.org](https://nortonlibrary.org)** to access many online resources to keep you busy while staying at home and staying safe. You can find online classes, e-books, and entertainment of all types. *Call the library if you need help accessing these resources 508-622-5255*
- > The Book and Media Drops will be open during Contactless Pickup hours. Please note that returned items will be quarantined for 5 days before check-in.

## EMERGENCY RESOURCES

- **Norton Human Services at the Norton Senior Center**

**508-285-0235**

We are happy to help you! We can connect you with fuel/utility assistance, housing/rent assistance, financial help, elder services, meals, and much more. ***Our mission is to make sure every senior in Norton has what they need to thrive!***

- **Town of Norton Police and Fire**

Dial **911** if you are having a life threatening emergency  
 Dispatch **508-285-3300**  
 Norton Fire Administrative Line **508-285-0248**  
 Norton Police Administrative Line **508-285-3300**



- **New Hope 24 Hour Hotline 1-800-323-4673 (Emergencies should call 911)**

New Hope provides services for victims of domestic violence. They will provide counseling and advocacy services virtually and over the phone. Visit the website: **[new-hope.org](https://new-hope.org)**

- **Elder Legal Services [sccls.org](https://sccls.org) **1-800-244-9023****

South Coast Counties Legal Services, Inc. offers free legal assistance for seniors, specializing in the areas of housing law, family law, elder law, education law, consumer law, and government benefits including Social Security and disability.

## COVID-19 Economic Impact Payment Info



### Millions of people will get their Economic Impact Payment by prepaid debit card

irs.gov COVID Tax Tip 2020-61 May 26, 2020

Nearly four million people are being sent their Economic Impact Payment by prepaid debit card, instead of paper check. The determination of which taxpayers receive a debit card was made by the Bureau of the Fiscal Service, another part of the Treasury Department that works with the IRS to handle distribution of the payments. These Economic Impact Payment Cards arrive in a plain envelope from Money Network Cardholder Services. The Visa name will appear on the front of the card; the back of the card has the name of the issuing bank, MetaBank®, N.A. Information included with the card will explain that the card is an Economic Impact Payment Card. Those who receive Economic Impact Payment by prepaid debit card can do the following without any fees.

- ◆ Make purchases online and at any retail location where Visa is accepted
- ◆ Get cash from in-network ATMs
- ◆ Transfer funds to their personal bank account
- ◆ Check their card balance online, by mobile app, or by phone

This free, prepaid card also provides consumer protections available to traditional bank account owners, including protection against fraud, loss, and other errors. The card will come with instructions on how to activate and use it. Learn more at [www.eipcard.com](http://www.eipcard.com)

**What a great community we live in!**  
**A special “thank you” for all the**  
**donations we have received over**  
**the past few months**

#### SPECIAL THANKS GO OUT TO:

Norton Public Schools—School Lunch Program  
 Lake Pearl (Wrentham)  
 Norton Emergency Management Association  
 AARP Tax Volunteers  
 Norton’s Cupboard of Kindness Food Pantry  
 All the mask and shield makers  
 People who donated CVS and grocery gift cards



## VETERANS' RESOURCES

### Town of Norton Veterans' Service Office (VSO)

Town Hall - 70 East Main Street

508-285-0274


eflett@nortonmaus.com



**M.G.L. Chapter 115** is a state benefit for eligible veterans and eligible dependents of deceased veterans. This benefit is designed to help Massachusetts Veterans and their families who fall below certain income and asset limits. Note that even if your income is higher than the specified amounts you still may qualify for reimbursements of medical expenses. **Please contact Estelle Flett at the Norton VSO to discuss eligibility.**

508-285-0274

eflett@nortonmaus.com

**Veterans:** Your local veteran organizations  along with the Norton Veterans' Services Office (VSO) are here to support you and your family during COVID-19 and after.

**Please reach out if we can help!**

**American Legion Post #222** 508-285-2307

**Fillmore-Nason VFW Post #8049** 508-285-3845

www.vfwnorton.org Facebook: NortonVFWpost8049

*REQUEST: Update your contact information with Post #8049 to receive text and/or emails regarding events at the VFW.*

*Call or email with your Name, Address, Email and Phone #*



## IT'S YOUR CALL

Confidential help for Veterans and their families



Confidential chat at [VeteransCrisisLine.net](https://VeteransCrisisLine.net)

**Veterans Office is seeking Purple Heart Recipients.**

**Please contact Norton VSO**

**508-285-0274**



## ATTENTION:

**ALL KOREAN WAR VETERANS  
WHO SERVED IN KOREA BETWEEN  
JUNE 25, 1950- JULY 27, 1953**

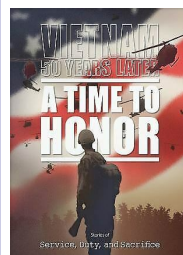
**YOU ARE ELIGIBLE TO RECEIVE THE  
KOREAN AMBASSADOR FOR PEACE MEDAL**



**You must have your DD214  
Call Estelle for more info.  
508-285-0274**

### A Time to Honor

#### Commemorative Vietnam Veterans Book



This book is provided to Vietnam Veterans who served Boots on the Ground in Vietnam, Blue Water Navy Veterans and/or family members of a deceased Vietnam Veteran.

Please contact Estelle to pickup your copy! **508-285-0274**



# Community Support for Seniors

## **Senior Food Pantry 508-223-4257**

Hebron Food Pantry  
11 Sanford Street  
Attleboro, MA 02703  
Every Tuesday 10:30 AM - 11:30 AM  
Free for Seniors 60 and over



## **Norton Food Pantry 508-285-3398**

Open 1st and 3rd Monday each month from  
4:30 PM - 6:30 PM. The Norton Food Pantry is  
located at the Town Hall.  
ID and proof of residency are required.



## **Meals on Wheels 508-675-2101**



If you or someone you know  
could benefit from nutritious  
meals delivered on a daily basis,  
please call the Bristol Elder  
Services Information and  
Referral line to arrange an  
in-home assessment.

## **Brush with Kindness 508-399-1781**

Habitat for Humanity's Brush with Kindness  
program can help people with limited or fixed  
incomes make necessary repairs on their home.  
For more information call 508-399-1781  
or email: [dir@oldcolonyhabitat.org](mailto:dir@oldcolonyhabitat.org)  
[www.oldcolonyhabitat.org](http://www.oldcolonyhabitat.org)



## **Assurance Wireless 888-321-5880**

If you participate in a qualifying program (i.e. Mass  
Health, Chapter 115, SNAP), or have limited  
income (below \$16,000/yr  
for one person) you may  
qualify for a free cell phone.  
You can apply online at  
[assurancewireless.com](http://assurancewireless.com) or  
call the Senior Center for  
help! 508-285-0235



## **GATRA IS STILL RUNNING!!!**

### **DIAL-A-RIDE 508-823-8828**

Call or register at the Senior Center!

\$1.75 One Way

**\$15.00 Ten Ride Pass available  
at the Senior Center**

*\$2.50 Out of Area*



### **Med Wheels 508-823-8828 X 263**

Long Distance Medical Transportation  
48 hour advance notice is necessary!

## **Alzheimer's Support Group**

1st Tuesday of the Month 1:30 PM - 2:30 PM at  
Community VNA (10 Emory Street, Attleboro)  
**508-222-0118 - Please Call First**

## **Commodities Supplemental Food Program (CSFP)**

Are you a senior from Norton who could benefit  
from two free bags of non-perishable, nutritious  
groceries every month?

To qualify a senior must be 60 years old or older  
and meet the following gross monthly guidelines:

<u>Household Size</u>	<u>Monthly Income</u>
1	\$1354
2	\$1832
3	\$2311

If you are a senior who meets the qualifications  
and would like to participate in this wonderful  
program please contact us! 508-285-0235

**This newsletter was published with  
funding from a grant from the  
Executive Office of Elder Affairs!!**

## **A New Way to Sign Up for Medicare Part B**

**- SOCIAL SECURITY OFFICES ARE STILL CLOSED -**

**If you are retiring or are turning 65 and not working, and want to sign up for Medicare, you need to sign up for Medicare Part A and B before we can help you enroll in supplemental plans, part D, or Medicare Advantage.**

**Please read the info below on how to do this given that SSA offices are closed**

As of March 17, 2020 all local Social Security offices are closed to the public for in-person service due to the COVID-19 pandemic. Social Security understands that due to current circumstances, beneficiaries may have difficulties submitting their Medicare enrollment forms by mail. To assist those who have stopped working and are seeking immediate enrollment into Medicare Part B, Social Security has developed a method for beneficiaries to fax their enrollment forms. Please visit [ssa.gov](https://www.ssa.gov) or call for information.

Medicare beneficiaries can fax Medicare Part B Enrollment Form (CMS-40B) and Request for Employment Information Form (CMS-L-564), along with proof of employment, Group Health Plan (GHP), or Large Group Health Plan (LGHP) to 1-833-914-2016, or mail to your local Social Security office. For Norton, MA residents, the Social Security office is located at 106 Pleasant Street, Attleboro, MA 02703 Contact SHINE at 508-222-1399 if you have questions. Please leave a voice mail and someone will call you back.

Visit the Social Security Coronavirus Information Page at [ssa.gov/coronavirus](https://www.ssa.gov/coronavirus) to get the latest updates, including how to get help from the Social Security



**EXPERT MEDICARE COUNSELING**

Call the Norton Senior Center at  
(508)-285-0235  
for Medicare Assistance.

### **ONLINE PART B ENROLLMENT UNDER THE SPECIAL ENROLLMENT PERIOD PROVISIONS—Effective Tuesday May 26, 2020**

SSA has a [new online service option](#) that beneficiaries can utilize to complete the forms CMS-40B, Application for Enrollment in Medicare - Part B (Medical Insurance) and CMS-L564, Request for Employment Information applications for enrollment in Medicare Part B. The online process will expedite the handling of those beneficiaries requesting enrollment in Medicare Part B under the Special Enrollment Period (SEP) provisions.

The online Medicare Part B SEP enrollment link [www.ssa.gov/Medicare-PartB-SEP](https://www.ssa.gov/Medicare-PartB-SEP) will be available on both [SSA](#) and [CMS](#) websites effective Tuesday, May 26, 2020. Once the beneficiary completes the online enrollment forms, the forms will automatically be transmitted to the SSA Field Office of jurisdiction.

**Call us at the Senior Center if you need assistance 508-285-0235**



**Aging Together:  
Senior Children and Their Parents**  
UMass Boston Research Study, funded by the National Institute on Aging

**Senior children (aged 65+) and their parent (aged 90+):  
We would love to talk to you!**



You are part of a growing group, but we don't know much about you. We want to learn what your relationship is like, what challenges you may face, and what support you may need. Learning about your experience will help us better understand how parents and children age together.

- In-person interview with each of you at a place of your convenience
- You'll each receive \$40 as a thank you

Please call our study team at 617-901-1082 or email at [agingtogether@umb.edu](mailto:agingtogether@umb.edu)



New Hope is continuing to actively provide remote services for victims of domestic violence and sexual violence. We understand that there are many concerns in this time of uncertainty with the COVID-19 virus changing our everyday lives.

**New Hope is still here for you.**

We continue to provide advocacy in our area police stations and courts. We are also providing individual counseling and advocacy services virtually and by phone.

Please use our **hotline number below** to contact our staff so we can provide you with the services you need.

**NEW HOPE'S 24-HOUR HOTLINE:**

**1-800-323-4673**

*If you are in immediate danger, please call 911.*

For more information about any of our services, including advocacy, safety planning, legal clinic services and counseling services please visit our website at: [www.new-hope.org](http://www.new-hope.org)

There have been reports from various towns/cities in MA that there are individuals posing as SHINE Counselors and soliciting banking information under the guise of helping people get their stimulus checks.

Please note: SHINE Counselors...

1. DO NOT have anything to do with stimulus checks.
2. WILL NEVER cold call someone (counselors are working remotely, so you may receive a call from a private number).
3. WILL NOT request banking information or documentation UNLESS someone is applying for Mass Health/ Prescription Advantage.
4. DO routinely request and discuss private information (SS #, Medicare #, health info, and ask about income/assets).



***Call the Senior Center if you have any concerns! 508-285-0235***

## **SCAMS REGARDING UNEMPLOYMENT CLAIMS**

**BE AWARE!** Many Massachusetts residents, including Norton residents, have been recently targeted by identity thieves based in Nigeria. You may get an official email or letter from the State of Massachusetts, Department of Unemployment Assistance that states...

**“Your Pandemic Unemployment Assistance Application has been processed”  
BUT.... YOU NEVER APPLIED FOR UNEMPLOYMENT!**

**Please call Unemployment at 877-626-6800 and file a fraud complaint.**

## RESOURCES/SERVICES

### HOW CAN THE COA HELP ME?

If you are an older adult or a caregiver, these are some of the services and programs that we offer and that are available to you here at the Norton Senior Center and at the Norton Town Hall.

#### OUTREACH INFORMATION AND REFERRAL

Cathy Varnum, COA Outreach Worker, is available to consult with residents, family members and caregivers **OVER THE PHONE** to discuss resources and services available for seniors.

#### Application Assistance

Medicare Counseling  
Fuel Assistance  
Food Stamps (SNAP)  
MassHealth  
Safe Link Wireless  
Elder Counseling



Call Cathy at the Senior Center, or at **774-265-4169**

#### DURABLE MEDICAL EQUIPMENT

If you need Durable Medical Equipment give us a call and we can arrange for a Grab-&-Go pick-up!

**LOANS:** Free loans of walkers, commodes, crutches, shower benches and wheelchairs are available to elder residents of Norton. We have canes and some adaptive devices, too!



**DONATIONS:** We accept donations of medical equipment in good, clean condition. Please call prior to bringing your donations to the Center to see if we have storage space. **THANK YOU!!**

## FOOT DOCTOR

**Friday July 10**



#### SHINE

Free Health Insurance information, counseling and assistance for people with Medicare.



Call the Senior Center to schedule an over-the-phone appointment. **508-285-0235**

#### Emergency Transportation

The CAR program may be able to help with emergency transportation needs. Call the Senior Center for more information



#### FOOT DOCTOR

**Friday July 10 \$35 Fee for Service**

Dr. Erik Henrickson will provide foot exams by appointment only. Some insurance accepted. Call Plymouth Podiatry 508-824-9571 for coverage information. Call the Senior Center 508-285-0235 for an appointment. Safety protocols will be in place due to Covid-19 concerns.

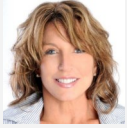
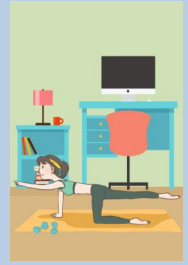
If you need to talk to us, please call! If we are unavailable, we ask that you leave a message and we'll get back to you as soon as we can.

<b>Norton Senior Center</b>	<b>508-285-0235</b>
<b>Beth Rossi</b>	<b>774-265-9163</b>
<b>Cathy Varnum</b>	<b>774-265-4169</b>



**NORTON SENIOR CENTER****KELLEY BROPHY is leading  
ONLINE CLASSES!**

Join Kelley on your computer or smartphone for fun, healthy and exciting classes right in your own home. Available free to everyone.



Follow Kelley on her Facebook page **Kelley Brophy** (Nirvana Fitness)  
Sign up for email updates: [functionalforever.com](http://functionalforever.com)

**USE YOUR PC, LAPTOP, PAD OR PHONE**

Go to ZOOM.US

Click: **JOIN MEETING**  
Enter Meeting Number: **508 802 1647**  
Enter Password: **103725**

Kelley is pre-recording some of her classes so you can watch and participate whenever you want. Stay tuned..

**YAY!**

**SCHEDULE 45 minute classes**

TUESDAYS	9:30 AM	Meditation
WEDNESDAYS	9:30 AM	Dance Fit Gold
	10:30 AM	Tai Chi
THURSDAYS	9:30 AM	Dance Fit Gold



*Please note: There will be no live classes August 22-29 as Kelley will be on vacation.*

**We can't wait until we can all enjoy Kelley's classes again at the Senior Center!**

**Afternoon Tea Online!**

**TUESDAY JULY 21st 1:00 PM - 1:45 PM**

Join COA Director Beth Rossi, and Community VNA Liaison, Dawn McKetchnie, for an online TEA PARTY! Pour a cup of tea at home and join us for a discussion about current events and happenings.



**508-285-0235**

**Call the Senior Center to sign up and we'll tell you how to join in on your computer.**

# TRIPS by Citizens on Aging

## IMPORTANT TRIP INFORMATION

**Conways Tours has closed after being in the travel business for 98 years.**

If you paid for a Conway trip with your credit card please call your credit card company for a refund. If you paid cash, once the Senior Center has reopened we will be contacting you to process a refund. *Please know that we are working with the Conway and everyone will be reimbursed.*

Trips affected:	Penn Dutch Showstopper	June 17-19, 2020
	The Pilgrims & Plymouth	September 23, 2020

## UPCOMING TRIPS: RESERVE YOUR SEAT!

**October 22, 2020**

### **Quabbin Reservoir Tour**

We'll start at the Salem Cross Inn Restaurant and Tavern, travel to the Quabbin Reservoir with our guide, and then enjoy traditional New England fare back at the Inn. We'll complete our day at the Oakwood Farm Christmas Barn! **\$70 per person**

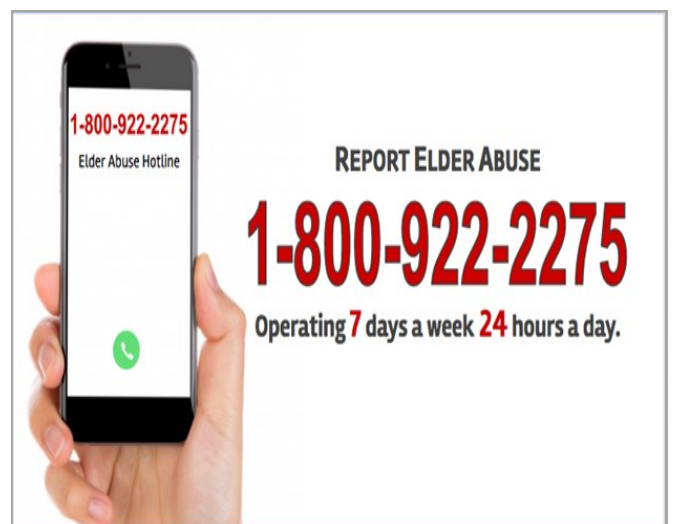


**December 15, 2020**

### **Holiday Winter Wishes Show**

Lunch & Holiday Entertainment...all at Connecticut's famous Aqua Turf Club. We'll enjoy a delicious Family Style Luncheon, and dance (or tap your feet) to the fabulous Steppin Out Band. **\$99 per person**

**For questions about any of our trips,  
call Betty Fogerty at 508-285-0235.  
Sign up at the Senior Center!**



## **Nursing Home Family Resource Line**

**617-660-5399**

The Nursing Home Family Resource Line is a dedicated phone line to connect family members of nursing home and rest home residents with the information and resources they need. This new phone line provides one central contact for families and community members who have questions about the nursing home or rest home care their loved one is receiving during the COVID-19 outbreak.

The Nursing Home Family Resource Line is staffed from 9:00 AM – 5:00 PM, seven days a week. Staff will field questions on a range of topics and coordinate across state agencies to help provide answers.



## **8 Tips to Protect Yourself from Scams**

1. Be aware that you are at risk from strangers and from those closest to you.
2. Don't isolate yourself - stay involved!
3. Always tell solicitors: "I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing."
4. Shred all receipts with your credit card number.
5. Sign up for the "Do Not Call" list and take yourself off multiple mailing lists.
6. Use direct deposit for benefit checks to prevent checks from being stolen from your mailbox.
7. Never give your credit card, bank account, Social Security, Medicare, or other personal information over the phone unless you initiated the call.
8. Be skeptical of all unsolicited offers and thoroughly do your research.

## **FUEL ASSISTANCE**

**Start Planning Now!**

If you received Fuel Assistance in the past, you will receive a re-certification application in the mail in August or early September. Fill it out and return it to Self Help as soon as possible.

If you do not receive a re-certification application, or if you could benefit from Fuel Assistance, please call the Senior Center in NOVEMBER to apply.



## **Virtual Doctors Visits**

**or**

## **Visits with Family**

The senior center has an IPAD that help residents connect through video with family, friends, and Medical Doctors.

Please Give us a call to schedule an appointment or a home visit.

**508-285-0235**



# **FRIENDS OF THE NORTON SENIOR CENTER**

## ***A message from The Friends of the Norton Seniors:***

Due to Covid-19, we had to cancel our May meeting, Home Plate Fundraiser, Mohegan Sun Casino trip, and our Friends Year End BBQ. Not exactly what we had planned, but we need to stay safe! June 30th is the end-of –the-year for the Friends of the Norton Seniors. At this time, we usually take nominations and hold elections of new officers. The Covid-19 shutdown interrupted our nominations, so we extended our acceptance of nominations for President, Vice-President, Treasurer and Clerk through June 29th. You must be a Friends member to nominate a person, to vote, and to run for office.

At this point, we do not know when we will be able to resume meetings. Our plan is to hold onto the nominations and elections until our next meeting when we will review and decide our next steps.

Please take care and stay safe.

Bill, Janice, Bob, and Debbie

The Friends of the Norton Senior Center Officers



The Friends of the Norton Senior Center is a non-profit organization. Their purpose is to raise funds through memberships and fundraising events to financially assist the Norton Council on Aging. These funds provide the Senior Center with necessary programs, equipment, and supplies. The Friends greatly assist the Norton Council on Aging in their mission to advance the welfare of seniors in Norton.

The Friends of the Norton Senior Center is a group of energetic volunteers who are interested in making a difference in the lives of the seniors in Norton. Meetings are typically held on the 4th Monday of each month at 1 PM at the Norton Senior Center. Come for refreshments, coffee, friendship & fun!

### **2019/2020 Friends Officers:**

Bill Byrnes - President

Bob Briscoe - Treasurer

Janice Norton - Vice President

Debbie Leary - Secretary

**FRIENDS**

***THANK YOU FOR YOUR DEDICATION AND SERVICE TO OUR SENIOR CENTER!***

**June 2020 is the time to RE-NEW your Friends Membership**

**Help Support Your Senior Center!      \$10 yearly dues**

**Please fill out the form on the next page — — —>**



# Friends of the Norton Senior Center, Inc.

508-285-0235

P.O. Box 623

Norton, MA 02766

**JULY 1, 2020 THRU JUNE 30, 2021**

## **FRIENDS OF THE NORTON SENIORS MEMBERSHIP AND EMERGENCY CONTACT SIGN-UP SHEET**

*(PLEASE PRINT)***MEMBERSHIP DUES: \$10.00** (please fill out entire form)**Additional Donation:** \_\_\_\_\_ (*NOTE: For donations only Name, Address & Phone needed*)**DATE:** \_\_\_\_\_**NAME:** \_\_\_\_\_**ADDRESS:** \_\_\_\_\_**CITY, STATE & ZIP:** \_\_\_\_\_**MUST HAVE TELEPHONE NO:** \_\_\_\_\_**EMAIL ADDRESS:** \_\_\_\_\_**BIRTHDAY: MONTH:** \_\_\_\_\_ **DAY:** ☐ \_\_\_\_\_ ☐ \_\_\_\_\_**AMOUNT PAID:** \_\_\_\_\_ **CHECK:** ☐ **CASH:** ☐**MAKE CHECKS PAYABLE TO: FRIENDS OF THE NORTON SENIOR CENTER, INC.****MAILING ADDRESS:**

Attn: Bob Briscoe  
Friends of the Norton Senior Center, Inc.  
P.O. Box 623  
Norton, MA 02766

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### **EMERGENCY CONTACT INFORMATION**

**EMERGENCY CONTACT:** \_\_\_\_\_

(FIRST AND LAST NAME)

**RELATIONSHIP:** \_\_\_\_\_ **HOME PHONE:** \_\_\_\_\_**CELL PHONE:** \_\_\_\_\_ **WORK PHONE:** \_\_\_\_\_

I give permission to call my Emergency Contact person in case of an emergency.

**FRIENDS MEMBERS SIGNATURE** \_\_\_\_\_**DATE:** \_\_\_\_\_

Norton Council on Aging  
55 West Main Street  
P.O. Box 552  
Norton, MA 02766

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