



Norton

COUNCIL ON AGING NEWSLETTER

May / June 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 Wannamaker

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.

SPRING AT THE SENIOR CENTER

Well, March and April did not exactly follow our plan here at the Senior Center. The COVID-19 (Coronavirus) pandemic has changed our daily lives here in Norton, just as it has for everyone in the world. We hope you are safe, healthy, and staying at home!



At this point, **the Senior Center will remain closed for all activities through June 30th**. Please keep in mind that we will need to wait for our state and local governments to tell us when it is safe to reopen the Senior Center. In the meantime we are still available to provide the valuable services we offer including Medicare counseling and application assistance, Food Stamp application assistance, In home and support service referrals, and emergency food and fuel assistance. **Do not hesitate to give us a call!! 508-285-0235 or 774-265-9163**

Please feel free to give us a call even if it just to check in and say hello. We miss you as much as you miss us (maybe even more!!) Also, now is the time to reach out; to write letters or pick up the phone and connect or reconnect with friends. Many people are feeling sad, lonely and isolated and we can each do our part to alleviate that.

Inside this issue is a complete resource guide for getting assistance during this global pandemic.



COVID-19 RESOURCES FOR NORTON SENIORS

EMERGENCY 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**

- **SNAP (aka Food Stamps)**

Norton Human Services can help process SNAP (Food Stamps) applications. Call us at **508-285-0235** or **774-265-9163**.

This is an income eligible program. (\$1980/month for 1 person \$2670/month for 2 people)

*Please note if you are already getting food stamps you should see an increase in your benefits during this crisis



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

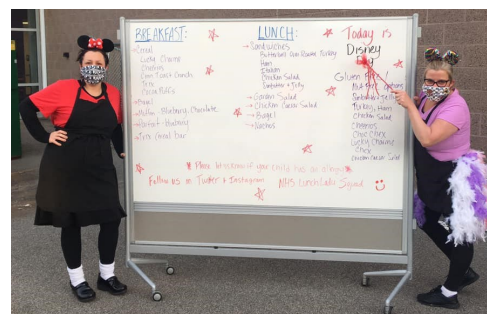
The Cupboard of Kindness is open on the **1st & 3rd Mondays of every month from 4:30 pm - 6:30 pm**. This town pantry is located behind Town Hall on 70 East Main - At this time, this is a drive-through Grab-&-Go program. **If you do not drive call 508-285-3398 and they can arrange to deliver.**

- **Norton Public Schools - Breakfast and Lunch for all**

Norton residents in need - Free

Grab & Go breakfast and lunch for all Norton residents. Located behind the Norton High School. Mondays through Fridays 9:00 AM - 1:00 PM. Drive-through. You can pick up meals for your household and even for neighbors who can not get out.

Delivery is available for residents who are home bound call Matt Wells at the School @ 508-285-0100 x 4 option 1



- **Food N' Friends - Daily Church Suppers - Free - All Meals are served Grab and Go**

Monday - First Baptist Church - 118 South Main Street, Attleboro - 4:30 PM

Tuesday - First Baptist Church - 52 North Main Street, Mansfield - 4:30 PM

Wednesday - First Baptist Church - 118 South Main Street, Attleboro - 4:30 PM

Thursday - First Baptist Church - 118 South Main Street, Attleboro - 4:30 PM

Friday - First Baptist Church - 118 South Main Street, Attleboro - 4:30 PM

Saturday - Centenary United Methodist Church, 15 Sanford St. Attleboro - 11 AM

Sunday - Attleboro Library - 4PM



COVID-19 RESOURCES FOR NORTON SENIORS

EMERGENCY FOOD ASSISTANCE

- **Hebron Senior Food Pantry 508-223-4257 Grab & Go**

Hebron Food Pantry, 11 Sanford Street Attleboro, (located in the church across from the YMCA)
Every Tuesday 10:30 AM - 11:30 AM. Free for Seniors 60 and over.

- **Commodities Supplemental Food Program (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 Norton resident must be 60 years old or older and meet the following gross monthly guidelines:



Household Size

1
2
3

Monthly Income

\$1354
\$1832
\$2311



- **St Mary's Norton St. Vincent de Paul Society 508-409-7311**



If you find yourself in an emergency situation and are in desperate need of food please call the St. Vincent de Paul Society at 508- 409-7311

- **Norton Human Services / Council on Aging 508-285-0235**

If you are having difficulty arranging any of the above offered services or if you have special dietary needs please call Beth or Cathy, at the Senior center for assistance. We are working remotely so please do not hesitate to call.

Our mission is to make sure every senior in Norton has what they need to thrive during this crazy time.

Sosie @ the Office 508-285-0235
Beth's Work Cell 774-265-9163
Cathy's Work Cell 774-265-4169
Email coa@nortonmaus.com



COVID-19 RESOURCES FOR NORTON SENIORS

Government Updates

TAX EXTENSIONS

- **Norton 4th quarter Real Estate and Personal Taxes are not due until June 1, 2020**
- **State and Federal Income Tax Filing Deadlines are extended to July 15, 2020.**

EMERGENCY UPDATES

- **Norton Alerts**

Sign up to get phone alerts, texts or emails making you aware of important events and emergency information. Sign up on the town web-site, nortonma.org. or go to <https://www.smart911.com>. You can also check out Norton alerts Facebook page at <https://www.facebook.com/AlertsNortonMA/>

Call the Senior Center 508-285-0235 to register if you do not have access to a computer or email. We will be glad to help you register! *Please note, if you have Verizon as your home phone service, you are signed up automatically.*

- **Norton Senior Center Facebook page.** <https://www.facebook.com/nortonseniorcenter/>
- **Town Web-Site-nortonma.org** **Town Facebook page** [facebook.com/NortonMATownHall/](https://www.facebook.com/NortonMATownHall/)

Covid-19 related information is available on the web-site home page under news

- **Norton Media on Cable TV Channel 9 and 15**

TOWN MEETING

- **The Annual Spring Town Meeting Scheduled for May has been postponed until June.**
Please call the Senior Center **508-285-0235** during the beginning of June for more definitive information.



ELECTIONS

- **Town Elections scheduled for April 4th were postponed and will be rescheduled.**
- **Early Voting/Absentee ballots are available.** Applications can be found at www.nortonma.org If you can not access this form on line call the Senior Center at **508-285-0235** and we will mail one to you. Completed applications can be emailed to lloonghurst@nortonmaus.com, mailed to the Norton Town Clerk at 70 East main Street Norton or just drop it off in the drop box outside Town Hall.

COVID-19 RESOURCES FOR NORTON SENIORS

SOCIAL SECURITY

- **Social Security Offices are 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 on-line at [ssa.org](https://www.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 Library is Closed**

- Free Wireless is available in parking lot and in Library Park
- The Library is a great source of public information call them at **508-622-5255**.
- Experience From Home - The Library has many on-line resource to keep you busy while we *flatten the curve*. They offer everything from on-line craft classes to Broadway performances. Please check out their website at nortonlibrary.org Call **508-622-5255** if you need help accessing these resources.

Emergency Resources

- **Norton Human Services 508-285-0235**

We can get you in touch with those who can help! We can connect you with fuel/utility assistance, housing/rent assist., financial help, elder services, meals, and much more.

- **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 serves virtually and over the phone.

- **Elder Legal Services 1-800-244-9023**

Free legal assistance for seniors, they specialize in the areas of housing law, family law, government benefits including Social Security disability, elder law, education law, and consumer law.

How do I get my COVID-19 economic impact payment?

Date: April 24, 2020

The Internal Revenue Service (IRS) has launched a new web tool allowing quick registrations for Economic Impact Payments. **The IRS, not Social Security, will make these payments.** Please see guidance below.

1. Social Security retirement, survivors, or disability beneficiaries and Supplemental Security Income (SSI) recipients who do not have qualifying children under age 17:

You do not need to take any action with the IRS. You will automatically receive your \$1,200 economic impact payment directly from the IRS. You should receive the automatic payments by direct deposit, Direct Express debit card, or by paper check, just as you would normally receive your Social Security benefits.

2. People who receive Social Security retirement, survivors, or disability insurance benefits, who did not file a tax return for 2018 or 2019, and who have qualifying children under age 17 and those receiving SSI who have qualifying children under age 17:

People receiving SSI benefits who did not file 2018 or 2019 taxes, and have qualifying children under age 17, however, should not wait for their automatic \$1,200 individual payment. They should immediately go to the IRS's webpage www.irs.gov/coronavirus/non-filers-enter-payment-info-here at and visit the Non-Filers: Enter Your Information section to provide their information. **SSI recipients who have dependent children and did not file 2018 or 2019 taxes need to act by Tuesday, May 5, in order to receive additional payments for their eligible children quickly.**

If people in this group do not provide their information to the IRS soon, their payment at this time will be \$1,200 only. They would then be required to file a tax year 2020 tax return to obtain the additional \$500 per eligible child.

- Social Security beneficiaries who missed the April 22 deadline and who started receiving their benefits **before January 1, 2020**: They must wait to file a tax year 2020 tax return to obtain the additional \$500 per eligible child.
- Social Security beneficiaries who missed the April 22 deadline and who started receiving their benefits **on or after January 1, 2020**: They may continue to use the IRS' non-Filer web page to get their and their children's economic impact payment without waiting to file a tax year 2020 tax return for their eligible children.



DURING THE COVID-19 CRISIS YOU ARE PROTECTED

Massachusetts Attorney General Maura Healey ©

FROM EVICTION & FORECLOSURE

Landlords cannot evict or threaten to evict their tenants. Mortgage companies cannot foreclose on homeowners. During this crisis, your home is secure.

FROM DEBT COLLECTION

Harassment from debt collectors is prohibited. They cannot come to your home or workplace, file lawsuits against you, repossess your car, or garnish your wages.

FROM UTILITY SHUTOFFS

Utilities are prohibited from shutting off your gas or electricity. You should be able to keep your lights on and hot water running.

FROM PRICE GOUGING

Businesses cannot charge inflated prices on common goods and critical items like masks, hand sanitizer and gloves.

FROM DISCRIMINATION

You cannot be discriminated against because of your race, ethnicity, national origin, disability or other protected category in housing or when seeking health care.

WHEN SEEKING HEALTH CARE

If you feel sick, seek health care. Insurance covers COVID-19 testing and treatment. For immigrants not eligible for public health insurance programs, MassHealth Limited will cover the cost.



CONTACT US

MAIN HOTLINE

(617) 727-8400

WORKER ISSUES

(617) 727-3465

CIVIL RIGHTS COMPLAINTS

(617) 963-2917

HEALTH CARE HELPLINE

(888) 830-6277

AGO RESOURCES

mass.gov/ago/covid19



VETERANS' RESOURCES

Town of Norton Veterans Service Office

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. Even if your income is higher than the specified amounts you still may qualify for reimbursements of medical expenses

**Please contact the Norton VSO to discuss eligibility
@ 508-285-0274 or email at eflett@nortonmaus.com**

Veterans: Remember your local veteran organizations along with the Norton Veterans' Services Office 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 V.F.W. Post #8049 508-285-3845

www.vfwnorton.org Face Book: NortonVFWpost8049

IT'S YOUR CALL
Confidential help for Veterans and their families

Veterans Crisis Line
1-800-273-8255 PRESS 1
Confidential chat at VeteransCrisisLine.net

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**



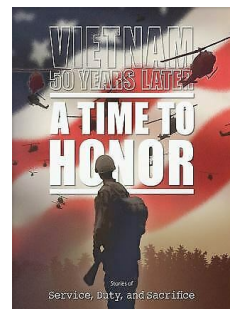
**You must have your DD214
call Estelle for more info 508-285-0274**

A Time to Honor

A 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 at the Norton Veterans' Services Office at **508-285-0274** to pickup your copy!



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 in the Town Hall basement.
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
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 for
one person) you may qualify
for a free cell phone. You
can apply online at
assurancewireless.com or
call the senior center for
help!



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

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 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 Administration online.



EXPERT MEDICARE COUNSELING

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

May is Older American's Month with the theme of "Make Your Mark". This year's theme highlights the difference *everyone* can make - in the lives of older adults, in support of caregivers, and to strengthen communities. Give someone a call to say hello...and "Make your Mark"!



RESOURCES/SERVICES

HOW CAN THE COA HELP ME?

If you are an older adult or a caregiver, you may be unaware of all the services that are available to you. Listed below are some of the many services and programs we have to offer.

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 774-265-4169

DURABLE MEDICAL EQUIPMENT

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

LOANS: Free loans of walkers, commodes, crutches, shower benches and wheelchairs are available to elder residents of Norton.



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!!



MAY 10

June 21



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**

VETERAN'S AGENT

Estelle, Norton's Veterans' Service officer is available via phone to discuss benefits and rights.

Call Estelle at 508-285-0274 or
Email @ eflett@nortonmaus.com



If you need us, call and leave a message and we'll get back to you as soon as we can

Senior Center	508-285-0235
Beth Rossi	774-265-9163
Cathy Varnum	774-265-4169



@xianmonkew

MAY/JUNE 2020

Norton Senior Center

508-285-0235

KELLEY BROPHY is leading ONLINE CLASSES!

Since we all can't be at the Senior Center for Fitness classes, Kelley has found a way to bring her fun, healthy and exciting classes to you right in your own home. Join in for all kinds of classes, 6 days a week! Available free to everyone.

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



NORTON SENIOR CENTER

USE YOUR PC, LAPTOP, PAD OR PHONE

Go to ZOOM.US

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

SCHEDULE

MONDAYS	11:00 AM	Dance Fitness w/ Toning *
	1:00 PM	Body Rock
TUESDAYS	9:30 AM	Meditation
	11:30 AM	Dance Fitness
	1:30 PM	Nirvana Fitness
WEDNESDAYS	9:30 AM	Dance Fitness w/ Toning *
	10:45 AM	Tai Chi
	1:00 PM	Body Rock
THURSDAYS	11:00 AM	Dance Fitness
	1:00 PM	Nirvana Fitness
FRIDAYS	9:30 AM	Dance Fitness w/ Toning *
	11:00 AM	Body Rock
SATURDAYS	9:30 AM	Dance Fitness
	11:00 AM	Tai Chi



* use toning sticks or 1-2 lb weights

TRIPS by Citizens on Aging

IMPORTANT TRIP INFORMATION!

**We were recently notified that after 98 years,
Conway Tours is closing their business due to health and financial reasons.**

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 center has reopened we will be contacting you to process a refund. Please know I am working with the company and everyone will be reimbursed

Trips affected:

Penn Dutch Showstopper
The Pilgrims & Plymouth

June 17-19, 2022
September 23, 2020

UPCOMING TRIPS: RESERVE YOUR SEAT!

October 8 - 23, 2020

Mediterranean and Greek Isles Cruise

12 nights aboard the Jewel of the Seas

Inside Cabin \$3479

Outside Stateroom \$3669

Outside With Balcony \$4379

Includes round trip airfare, transfers, 2 nights pre-stay in Barcelona with touring and 3 meals, 12 night cruise on Royal Caribbean's Jewel of the Seas including all meals, activities, entertainment, port and departure taxes, and trip protection!

\$500 deposit due ASAP.



PLEASE TELL YOUR FRIENDS
ABOUT OUR TRIPS!

The more people that sign up, the quicker we can get each trip finalized! Everyone welcome.

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.



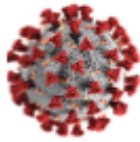
8 Tips to Protect Yourself from Scams

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.



Thank you to our front desk volunteers, our Bingo callers, our kitchen helpers, our board members, our mask makers, our food deliverers, our sign changers, our fund raisers, our community partners, our technology helpers, our activity leaders, our craft suppliers, our friendly callers, our dessert bakers, our tax preparers, our Medicare counselors, our building painters, our bathroom cleaners, our guest speakers, our curtain hangers, our toilet paper donors, our lap-robe knitters, our coffee makers, our talented entertainers, and our community supporters. We couldn't do it with you!!!

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.



CS1140714 04/15/2020

cdc.gov/coronavirus



FRIENDS OF THE NORTON SENIOR CENTER

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!!

***Officer's Elections, Fundraiser at Home Plate and the Year-End BBQ & Installation of Officers at the Norton VFW are postponed at this time.
We'll let you all know when we can reschedule! Stay tuned...***

FRIENDS ELECTIONS FOR OFFICERS

Nominations are being accepted for:
President, Vice-President, Treasurer & Clerk.

You must be a Friend's member to run for office or to nominate a member.

Nominations can be made by emailing the friends at **fns623@gmail.com**



2019/2020 Friends Officers

Bill Byrnes - President

Janice Norton - VP

Bob Briscoe - Treasurer

Debbie Leary - Secretary

F · R · I · E · N · D · S

June is the month to RE-NEW your Friends Membership!
Help Support Your Senior Center!

\$10.00 Annual Dues _____

Additional Donation _____

Name _____

Address _____

PHONE _____

Please send checks made out to:
The Friends of the Norton Senior Center
PO BOX 623
Norton MA 02766

Norton Council on Aging
55 West Main Street
PO Box 552
Norton, MA 02766

PRSRT STD
U.S. Postage
PAID
Permit #2475
Providence, RI