



# Norton

COUNCIL ON AGING NEWSLETTER

March / April 2021

## Norton Senior & Community Support Center

55 West Main Street

PO Box 552

Norton, MA 02766

**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

Kathleen Eno, Treasurer

Sharyn Stedman, Secretary

Joan DeCosta

Judy Leroux

Robyn Lovering

Carol McLaughlin

Ruth Schneider

Paul Wanamaker

Patricia Zwicker

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

## EARLY SPRING AT THE CENTER

**Hello!** It certainly is nice to think of SPRING, isn't it?



Before we know it, warmer weather will be upon us. We can't wait! Spring is a time for hope and renewal, and that is something we all could use. The challenges of the winter will be behind us, and we are hopeful that the pandemic will be on it's way out!

We have been so busy here at the Senior Center helping residents as best we can. We have been working with the Norton Board of Health to help with the Covid vaccine roll-out. We thank you for your patience as we navigate this process week by week. It will take a while to get everyone vaccinated, so remain careful and stay safe in the meantime! Wear your mask, wash your hands, and stay 6 feet apart.

**March will bring us St. Patrick's Day and we have planned a drive-through take-home Irish lunch event with one of our favorites Kalifornia Karl coming to sing for us as you drive through! -**

*Beth*

## IMPORTANT NOTICE

**If you are Home-bound and would like to receive  
the Covid-19 vaccine please call us  
at 508-285-0235 to get on a Vaccination list!  
The Town Nurse Can come to you!!**

## ACTIVITIES / PROGRAMS

### FITNESS CLASSES with Kelley Brophy on ZOOM

Pelvic Floor Pfilates	Mondays	9:30 AM - 10:15 AM
Meditation	Tuesdays	9:30 AM - 10:15 AM
Zumba Gold	Wednesdays	9:30 AM - 10:15 AM
	Thursdays	9:30 AM - 10:15 AM
Tai Chi	Wednesdays	10:30 AM - 11:15 AM

\* PLEASE NOTE: THERE WILL BE NO CLASSES MARCH 8, 9, 10, 11 \*

### \$2 DONATION

If you enjoy Kelley's classes please mail your donation to:

Norton Council on Aging  
PO Box 552  
Norton, MA 02766  
*OR use our secure drop box at the Senior Center back door*

### ZOOM.US

Click: **JOIN MEETING**

Enter Meeting Number: **508 802 1647**

Enter Password: **1647**

**IF YOU NEED HELP ACCESSING ZOOM CALL US!**

**508-285-0235**

Pfilates® is a series of easy pelvic floor exercises that go far beyond the unsuccessful Kegel, which when done routinely, will improve your pelvic floor strength, sometimes even within a day, and the control you have over your bladder.



### PAINTING CLASS — on Facebook Live and Norton Cable

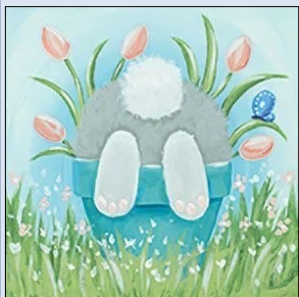
\$5 for each class supplies included

<https://www.facebook.com/nortonseniorcenter>

Call the Senior Center ahead of time to sign up and to arrange pick up or drop off of supplies 508-285-0235

**facebook**

**Paint with Lauren on Facebook Live and on Norton Cable Channel 98 and 15**



**FRIDAY  
MARCH 19  
1:00 PM**



**FRIDAY  
APRIL 23  
1:00 PM**



## ACTIVITIES / PROGRAMS



Drums Alive®

# Drums Alive

a cardio drumming program!

Drums Alive® curriculum and training programs combine fitness, drumming, music, and educational concepts to improve the physical, emotional, and social health of participants.



**We are happy here at the Norton Senior Center to be part of a Drums Alive program that you can participate in at home using ZOOM on your tablet or computer.**



Drums Alive is a FANTASTIC brain-body exercise program. Drums Alive provides physical and cognitive benefits within a very socially engaging activity. The rhythmical patterns increase brain wave activity which in turn provides an endorphin rush (happy feelings) and improves mental awareness and physical well-being. Many participants do not even realize they are exercising because they are having so much fun. Drums Alive truly is a program for all ages and all abilities which can be done seated or standing and easily modified to accommodate participants needs.

**Call us (508-285-0235) and then go to the following webpage to register:**

**<https://mailchi.mp/ec3716c65d68/drumsalivecoa>**

**The Friends of the Norton Senior Center are sponsoring the equipment for this program. Once you register with us and online, you can arrange a contactless pickup of everything you need**

### **\$2 DONATION**

A \$2 per week donation is suggested. Monthly donations can be mailed to:

Norton Council on Aging  
PO Box 552

Norton, MA 02766

*OR use our secure drop box  
at the Senior  
Center back door*

**(a \$10 refundable deposit is required).**

**Please note that equipment is not necessary as you can use things that you have around the house!**




**Classes 9:00 AM**

**Mondays, Tuesdays, Thursdays,**

# MAR 2021

Norton Senior Center

508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 AM</b> <b>1</b> Drums Alive <b>9:30 AM</b> Pfilates	<b>9 AM</b> <b>2</b> Drums Alive <b>9:30 AM</b>  Meditation <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9:30 AM</b> <b>3</b> Zumba <b>10:30 AM</b> Tai Chi <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9 AM</b> <b>4</b> Drums Alive <b>9:30 AM</b> Zumba <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9 AM</b> <b>5</b> Drums Alive <b>11 AM—2 PM</b> Grab & Go Lunch
<b>9 AM</b> <b>8</b> Drums Alive  <i>Pfilates: no class</i>	<b>9 AM</b> <b>9</b> Drums Alive <b>11 AM—2 PM</b> Grab & Go Lunch <i>Meditation: no class</i>	<b>11 AM—2 PM</b> <b>10</b> Grab & Go Lunch  <i>Tai Chi: no class</i> <i>Zumba: no class</i>	<b>9 AM</b> <b>11</b> Drums Alive <b>11 AM—2 PM</b> Grab & Go Lunch <i>Zumba: no class</i>	<b>9 AM</b> <b>12</b> Drums Alive <b>11 AM—2 PM</b> Grab & Go Lunch
<b>9 AM</b> <b>15</b> Drums Alive <b>9:30 AM</b> Pfilates	<b>9 AM</b> <b>16</b> Drums Alive <b>9:30 AM</b> Meditation <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9:30 AM</b> <b>17</b>  Zumba <b>10:30 AM</b> Tai Chi <b>1PM</b>  St. Patty's Lunch	<b>9 AM</b> <b>18</b> Drums Alive <b>9:30 AM</b> Zumba <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9 AM</b> <b>19</b> Drums Alive <b>11 AM—2 PM</b> Grab & Go Lunch <b>1:00 PM</b> Painting TV channel 98 & 15
<b>9 AM</b> <b>22</b> Drums Alive <b>9:30 AM</b> Pfilates	<b>9 AM</b> <b>23</b> Drums Alive <b>9:30 AM</b> Meditation <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9:30 AM</b> <b>24</b> Zumba <b>10:30 AM</b> Tai Chi <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9 AM</b> <b>25</b> Drums Alive <b>9:30 AM - Zumba</b>  <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9 AM</b> <b>26</b> Drums Alive Foot doctor by appt <b>11 AM—2 PM</b> Grab & Go Lunch
<b>9 AM</b> <b>29</b> Drums Alive <b>9:30 AM</b> Pfilates	<b>9 AM</b> <b>30</b> Drums Alive <b>9:30 AM -</b> Meditation <b>11 AM—2 PM</b> Grab & Go Lunch	<b>9:30 AM</b> <b>31</b> Zumba <b>10:30 AM - Tai Chi</b> <b>11 AM—2 PM</b> Grab & Go Lunch	<div> <b>FITNESS / WELLNESS CLASSES ARE ALL ON ZOOM.</b>  <b>For Instructions:</b>            See Page 2 for Kelley's Classes            See Page 3 for Drums Alive Classes            Registration is required         </div>	

ADVANCED 48 hr REGISTRATION IS REQUIRED for GRAB & GO Lunch 508-285-0235

# APR 2021

Norton Senior Center

508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>FITNESS / WELLNESS CLASSES ARE ALL ON ZOOM.</b> <b>For Instructions:</b> See Page 2 for Kelley's Classes See Page 3 for Drums Alive Classes Registration is required		<u>9 AM</u> <b>1</b> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>2</b> Drums Alive <u>11 AM—2 PM</u> Grab & Go Lunch
<u>9 AM</u> <b>5</b> Drums Alive <u>9:30 AM</u> Pfilates	<u>9 AM</u> <b>6</b> Drums Alive <u>9:30 AM</u> Meditation <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9:30 AM</u> <b>7</b> Zumba <u>10:30 AM</u> Tai Chi <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>8</b> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>9</b> Drums Alive <u>11 AM—2 PM</u> Grab & Go Lunch
<u>9 AM</u> <b>12</b> Drums Alive <u>9:30 AM</u> Pfilates	<u>9 AM</u> <b>13</b> Drums Alive <u>9:30 AM</u> Meditation  <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9:30 AM</u> <b>14</b> Zumba <u>10:30 AM</u> Tai Chi <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>15</b> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>16</b> Drums Alive <u>11 AM—2 PM</u> Grab & Go Lunch
<u>9 AM</u> <b>19</b> Drums Alive <u>9:30 AM</u> Pfilates	<u>9 AM</u> <b>20</b> Drums Alive <u>9:30 AM</u> Meditation <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9:30 AM</u> <b>21</b> Zumba <u>10:30 AM</u> Tai Chi <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>22</b> Drums Alive <u>9:30 AM</u> Zumba  <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>23</b> Drums Alive <u>11 AM—2 PM</u> Grab & Go Lunch <u>1:00 PM</u> Painting
<u>9 AM</u> <b>26</b> Drums Alive <u>9:30 AM</u> Pfilates 	<u>9 AM</u> <b>27</b> Drums Alive <u>9:30 AM</u> Meditation <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9:30 AM</u> <b>28</b> Zumba <u>10:30 AM</u> Tai Chi <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>29</b> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM—2 PM</u> Grab & Go Lunch	<u>9 AM</u> <b>30</b> Drums Alive <u>11 AM—2 PM</u> Grab & Go Lunch

**ADVANCED REGISTRATION IS REQUIRED for all activities and programs 508-285-0235**



# RESOURCES FOR NORTON SENIORS

## NORTON FOOD RESOURCES



- **Meals on Wheels** - Residents over age 60

Nutritious meals delivered to the home on a daily basis, please call the Senior Center or Bristol Elder Services Information and Referral line to register: 508-675-2101 or 774-627-1390

- **SNAP ( aka Food Stamps)** - All Residents

Norton Human Services (at the Norton Senior Center) can help residents process SNAP applications. Call us at 508-285-0235 or apply online at <https://dtaconnect.eohhs.mass.gov>

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



- **Grab & Go Meals at the Senior Center - Tues, Wed, Thurs, Fri** - Residents over age 60

Now 4 days a week! These are heat and eat meals.

*You must call 48 hours in advance to register!!*



**drive up, give us a "toot" of your car horn, and we will provide contactless delivery**

- **Soup** - Free for All Residents

Monthly soup allotments from Blount Soup are available free to residents.

Call the Senior Center to register and for distribution dates/times. 508-285-0235



- **Norton Food Pantry (Cupboard of Kindness)** - Free for All Residents

The **Cupboard of Kindness** is open on the **1st & 3rd Mondays of every month 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. Visit the pantry's website: [cupboardofkindness.org](http://cupboardofkindness.org)

*This is currently a drive-through Grab-&-Go program due to the Coronavirus pandemic.*

*If you do not drive call 508-285-3398 and delivery can be arranged.*



- **Commodities Supplemental Food Program CSFP (income eligible program for residents over 60)**

This is a monthly brown-bag program where income eligible, senior 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 508-409-7311** - All Residents

If you find yourself in an **EMERGENCY** situation and are in desperate need of food or financial assistance, please call St. Mary's St. Vincent de Paul Society.



# RESOURCES FOR NORTON SENIORS

## NORTON FOOD RESOURCES

- **Hebron Food Pantry 774-331-2120 Grab & Go** - Free for All Residents

All Meals are served Grab-&Go and are available to anyone from Norton and surrounding towns.

Hebron Food Pantry 11 Sanford Street, Attleboro (located in the church across from the YMCA)  
Bring proof of residency.

- ♦ Senior Pantry **Tuesdays 10:00 AM - 12:00 NOON**
- ♦ Open to All **Wednesdays 4:00 PM - 6:00 PM**  
**Thursdays 4:00 PM - 7:00 PM**



- **Food N' Friends** - Daily Church Suppers - Free for All Residents

All Meals are served Grab-&Go and are available to anyone from Norton and surrounding towns.



- ♦ Attleboro  
**Monday - Friday 4:30 PM** VFW post 115, 122 Park Street  
**Saturday 11:00 AM** Centenary United Methodist Church (15 Sanford Street)
- ♦ Mansfield  
**Tuesday 4-4:30 PM** First Baptist Church (52 North Main Street)
- ♦ North Attleboro  
**Wednesday 4:00 PM** First Baptist Church (75 Park Street)

### Town of Norton Human Services / Council on Aging

#### Located together at the Norton Senior and Community Support Center

**508-285-0235** Help for residents of all ages!

If you are having difficulty arranging any of the above offered services or if you have special dietary needs, please call the Senior Center for assistance.

*We also help with Fuel Assistance and emergency needs. Call us!*

**Our mission is to make sure every resident in Norton has what they need to**



Daylight Saving Time begins on Sunday  
March 14, 2021 at 2:00 AM. Remember to  
set your clocks **AHEAD** one hour!

## Tax Preparation

**AARP FOUNDATION  
TAX-AIDE**

We are fortunate to have a group of AARP Tax Prep volunteers who are willing to come to the Norton Senior Center and work with clients SAFELY to prepare and submit 2020 State and Federal Tax Returns. These volunteer counselors are trained in cooperation with the IRS and State DOR. Currently we are working off a waiting list and are hoping the federal government will extend the filing period so we can help more people.

***We thank you for your patience and understanding as we navigate the process of making appointments following the new Covid19 -AARP guidelines.***

Tax appointments this year were very limited, and we made appointments for Norton Seniors on a first-call-first-served basis. We apologize to those of you who did not receive appointments this year. If you make less than 73,000 per year you can file for free on-line @

irs.gov MA Circuit Breaker forms are available on-line at <https://www.mass.gov/doc/2019-schedule-cb-circuit-breaker-credit/download>

**To those with appointments, be sure to bring your Intake Form and all required documents to your appointment. Please call the Senior Center if you have any questions. 508-285-0235**

**APPOINTMENTS are on Thursdays by appointment only**

**February 25 - April 15**

## TECHNOLOGY HELP FOR SENIORS

Do you know a senior citizen who could benefit from easy-to-follow instructions about how to use technology in light of Covid 19? Yes? Then check out this website for free tutorials and simple instructions on important technology including: zoom, online shopping, and email.

[www.tech-savvy-seniors.org](http://www.tech-savvy-seniors.org)



## FUEL ASSISTANCE



**Nov 1, 2020 - April 30, 2021**

**It is not too late to get assistance with your heating bills this winter**

**Call the Center for an appointment 508-285-0235**

**FY2021 LIHEAP Income Eligibility: Self Help Inc**

<u># in household</u>	<u>Max Income</u>
1	\$ 39,105
2	\$ 51,137
3	\$ 63,169
4	\$ 75,201
5	\$ 87,233
6	\$ 99,265



## Are you retiring? Turning 65 and not working?

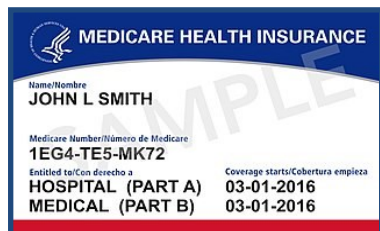
(1) Sign up for Medicare Part A and Part B through Social Security

(2) After you have signed up for Part A and Part B, we will help you

enroll in Supplemental Plans, Part D, or Medicare Advantage Plans. We have SHINE counselors to assist you.



**Call us to make an appointment: 508-285-0235**



For Norton, MA residents: The Social Security office is located at 106 Pleasant Street, Attleboro, MA 02703

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

Social Security phone number: 1-888-655-6469

**EXPERT MEDICARE COUNSELING**

## Check out Norton Cable Channel

**98 and 15**

- \* Kalifornia Karl Concerts
- \* Live and Learn Series by Jay Elias
- \* Painting with Lauren



## ST. PATRICK'S DAY DRIVE-THROUGH

**WED. MARCH 17, 2021**



**Norton Senior Center**

**Time Slots:**

**1:00, 1:30, 2:00 or 2:30**



- Drive on up
- Sing a bit with Kalifornia Karl
- Bring home an Irish Dinner!

**Reservations Required**

**508-285-0285**

# Norton Senior and Community Support Center

**The Town of Norton is moving forward with three important building projects to move our town successfully into the future: Town Hall, Athletic Fields, Senior and Community Support Center. This project is called Norton4Everyone. Please see the following excerpts from the Building committees presentation:**

The Town of Norton Permanent Building Committee, in conjunction with the Select Board, School Committee, and Council on Aging, is pleased to present this joint project, **Norton4Everyone**, designed to not only support generations of Norton citizens, but also encapsulate the vision for the future of Norton. **Norton4Everyone**, developed after years and even decades of discussion, addresses three (3) vital services to our community. The Council on Aging building, built in 1880 has exceeded its useful life and can no longer function as a viable structure for public use. Likewise, the Town Hall, a repurposed gymnasium built in 1910, has been remodeled only once in 1977 and can no longer provide a useful, secure, and safe environment for taxpayer support and 21st century services. Our school athletic fields, designed in 1972 and expanded in 2011, no longer allow a safe, and financially sustainable location for scholastic sports events and general public usage. With an eye to unified community growth, and support for all citizens of Norton, current and future, these projects will go before the voters in April and May of 2021. This brochure is designed to provide information and answer basic questions about this exciting opportunity for our community.



Norton 4 Everyone

	ATHLETIC FIELDS	SENIOR & COMMUNITY SUPPORT CENTER		TOWN HALL	
		Existing	New	Existing	New
Year Built	1972	1880		1910	
Year Remodeled	Football field stands, power to concession stand, sound system and track 2011	NA		1977	
Building Area (sf)	NA	1,850	11,850	14,800	24,450
Estimated Project Cost	\$6,362,000	\$11,110,000		\$23,290,000	
Total	\$40,762,000				

## SCHEDULE (APPROXIMATE)

	ATHLETIC FIELDS	SENIOR & COMMUNITY SUPPORT CENTER	TOWN HALL
<b>Town Meeting Approval</b>	May 8, 2021		
<b>Town Vote</b>	April 10, 2021		
<b>Design / Permitting</b>	August 2021 - February 2022	August 2021 - April 2022	August 2021 - April 2022
<b>Procure / Award</b>	March 2022 - April 2022	\$11,110,000	\$23,290,000
<b>Construction</b>	May 2022 - August 2022	June 2022 - May 2023	June 2022 - September 2023
<b>Ready For Use / Occupy</b>	September 2022	July 2023	December 2023

The Norton Senior & Community Support Center will be home to the following:

- Norton Senior Center
- Norton Department of Human Services
- Norton's Cupboard of Kindness Food Pantry
- Norton Council on Aging
- Friends of the Norton Senior Center

**The Community at Large will have access to all three of these facilities after hours including: New HS Tennis Courts, Meeting Rooms, HS Track, Walking Paths, Fields, and more!**

The official brochure further explaining these projects will be available at the Senior Center and Town Hall

**Annual Town Election is April 10th and Town Meeting is May 8th**  
Absentee Ballot's are available for residents needing them! (see page 17)

## 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, is available to consult with residents, family members and caregivers to discuss resources and services available for seniors.

#### Application Assistance

Medicare, Medication  
Fuel Assistance  
Food Stamps (SNAP)  
MassHealth  
Long Term Care  
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!!



#### SHINE

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

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



#### EMERGENCY TRANSPORTATION

The CAR program may be able to help with emergency transportation needs. *This is program is for Norton Seniors and Norton Veterans.*

Call the Senior Center for more information.



#### FOOT DOCTOR

**Friday March 26**

\$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 are in place due to Covid-19.



#### BRISTOL ELDER SERVICES

Bristol Elder Services offers a variety of workshops!

For more information, visit the BES website:  
[www.bristolelder.org](http://www.bristolelder.org)

Phone: 508-675-2101 / Email: [info@bristolelder.org](mailto:info@bristolelder.org)



# 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 Cupboard of  
Kindness 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 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 (x252)**

Long Distance Medical Transportation  
48 hour advance notice is necessary!

## **Elder Legal Services 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. [sccls.org](http://sccls.org)

## **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!!**

# RESOURCES FOR NORTON SENIORS



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)

## The Silent Call Procedure

**If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:**

Press

**1** If you need police

**2** If you need fire

**3** If you need an ambulance

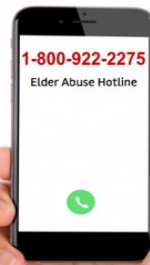
If the 9-1-1 dispatcher asks questions, press

**4** For YES

**5** For NO

Source: MA State 911 Department and the Executive Office of Public Safety and Security

[www.mass.gov/e911](http://www.mass.gov/e911)



### REPORT ELDER ABUSE

**1-800-922-2275**

Operating 7 days a week 24 hours a day.

## Inclement Weather Policy:

**If Norton Public Schools are closed, the Senior Center will be closed for appointments.**



### Virtual Visits:

#### Doctor Visits - Family Visits



The Senior Center has an IPAD that can help residents connect with family, friends, and medical doctors. Give us a call to schedule an appointment or a home visit.

**508-285-0235**



We have lots of book and puzzles here at the Senior Center. Please call us for an appointment to come in and browse!

**508-285-0235**





# 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 to discuss eligibility: 508-285-0274**

## Norton Veterans' Organizations:

**American Legion Post #222**

**508-285-2307**

Facebook: NortonVFWpost8049

**Filmore-Nason VFW Post #8049**

**508-285-3845**

[www.vfwnorton.org](http://www.vfwnorton.org)



**Saturday, March 13, 2021 - GRAB & GO**

**Corned Beef and Cabbage Dinner**

**\$10.00**

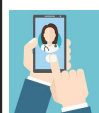


**Beginning at Noon until its gone**

**Filmore-Nason VFW Post**

**38 Summer Street, Norton**

**VIRTUAL VISITS: Doctor Visits - Family Visits**



The Veterans' Office has an IPAD that can help residents connect with family, friends, & medical doctors. Call Estelle for more info.

**EMERGENCY TRANSPORTATION** available to Veterans. Call Estelle about the CAR program.



**ALL KOREAN WAR VETERANS WHO SERVED  
IN KOREA BETWEEN 6/25/50 to 7/27/53:**

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



You must have your DD214, and must have served *physically* in Korea to be eligible. Call Estelle for more information: 508-285-0274

**Norton Veterans Council  
VFW & American Legion**

**Raffle: 2 night stay at Hunters Green Motel,  
Yarmouth/Hyannis**

**Sunday - Thursday only, Good all year**

**Donation \$10 per Ticket - Only 200 tickets sold**

**Drawing May 22, 2021**

**All proceeds to Support Norton Veterans Council**

**To purchase tickets contact the Veterans Service Officer**

**@ 508-285-0274 or eflett@nortonmsus.com**



**IT'S YOUR CALL**

Confidential help for Veterans and their families

**1-800-273-8255**

**Veterans  
CrisisLine**  
1-800-273-8255 PRESS 1

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

**Mass Military Support Foundation / Food4Vets** continues to support Veterans and their families with food boxes on Saturdays 10 AM—12 PM at: The Terminals (208 North St, Foxboro). Veterans must register online at [www.mmsfi.org](http://www.mmsfi.org), as well as show proof (i.e. discharge papers) of Veteran status when picking up food boxes.



# TRIPS by Citizens on Aging

## 2021 TRIPS

SIGN UP AT THE SENIOR CENTER 508-285-0235

For questions about any of our trips, call the Senior Center 508-285-0235, or Betty Fogerty 508-285-3577

**June 16-18, 2021**

**3 days/4 meals**

### **Penn Dutch Show Stopper featuring Sight & Sound's "Esther"**

Experience an entertaining getaway to the Amish Country! Roundtrip motorcoach, 2 nights lodging at The Country Inn of Lancaster, Amish Country Guided Tour, "Beauty & the Beast" at The Dutch Apple Theater, Reserved seating for "Queen Esther" at the Sight & Sound's Theater, and much more!

**\$705 single, \$552 double, \$510 triple (per person)**



All taxes, all gratuities & Group Protection Plan included

**\$100 deposit due at sign-up**

**Final Payment due by 5/1/21**

Checks should be made out to Landmark Tours



**Landmark  
Tours**  
UNFORGETTABLE TRAVEL EXPERIENCES

**October 2-16, 2021**

### **Mediterranean and Greek Isles Cruise**

11 nights aboard the Norwegian Jade, plus Barcelona pre & Athens post stays

Norwegian Cruise Line "Europe's Leading Cruise Line", w/ free perks including beverage package, free wifi, 4 specialty restaurant dinners. We will travel to Spain, France, Italy, Greece, and Turkey!

**IA Inside Stateroom, mid-ship, two lowers (twins) or queen**

**\$3945**

**BA Balcony, mid-ship, two lowers (twins) or queen, floor-to-ceiling window \$4675**

Trip insurance included

**\$500 deposit per person due at sign-up**

Checks should be made out to Landmark Tours



**Landmark  
Tours**  
UNFORGETTABLE TRAVEL EXPERIENCES

**2020 Trip Refund Update:** We are still working with Conway Tours and their representatives to refund any money that was put down as a deposit and hasn't yet been returned to you. Stay tuned.

# FRIENDS OF THE NORTON SENIOR CENTER

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

The Friends Officers wish you all continued good health as we continue to wait out the Covid pandemic, and we look forward to a time when we can all be together again at the Senior Center! Please let us know if you need any assistance, and we will be glad to help. 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.

### Friends Officers:

Bill Byrnes (President)

Janice Norton (Vice  
President)

Bob Briscoe (Treasurer)

Debbie Leary (Secretary)

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

**Mailing address: P.O. Box  
623, Norton, MA 02766**

### MOVIES FROM THE 50'S WORD SEARCH

Find and mark all the words listed in the word bank. The words are placed horizontally, vertically and diagonally, both forwards and backwards. Words may also be overlapped. Creator: Debbie Leary

E	D	I	R	B	E	H	T	F	O	R	E	H	T	A	F	C
Z	A	C	H	R	I	S	T	M	A	S	C	A	R	O	L	S
F	C	P	F	I	O	B	R	P	V	O	E	V	A	A	H	T
E	O	Y	Y	T	I	C	O	S	H	G	I	H	S	A	D	H
R	E	A	R	W	I	N	D	O	W	I	O	B	N	S	S	E
I	I	S	S	Q	A	R	N	D	H	S	T	E	R	N	K	B
S	N	O	E	R	L	X	Z	A	D	R	A	I	O	I	P	R
E	M	M	B	V	B	E	P	L	T	T	O	B	P	A	D	I
D	R	E	T	R	I	R	U	L	H	E	B	E	K	R	R	D
D	E	L	L	A	A	T	S	A	E	T	E	N	C	E	A	G
E	L	I	H	V	J	V	E	B	B	B	S	H	A	H	V	E
M	L	K	I	E	U	P	O	O	A	N	U	U	R	T	E	O
A	E	E	G	R	E	H	I	U	N	A	O	R	I	N	L	N
N	Y	I	H	T	G	N	I	T	D	U	H	S	A	I	U	T
R	D	T	N	I	N	E	L	E	W	S	A	C	W	N	O	H
A	L	H	O	G	R	O	O	V	A	O	T	B	E	I	B	E
C	O	O	O	O	S	E	G	E	G	W	T	S	D	G	T	R
T	N	T	N	G	G	A	E	A	O	C	O	B	D	N	E	I
E	N	I	O	T	H	E	K	I	N	G	A	N	D	I	S	V
E	U	T	X	H	P	U	K	A	N	I	R	B	A	S	N	E
R	O	B	B	R	T	C	A	I	T	H	N	Q	I	S	U	R
T	W	X	L	C	I	T	A	O	B	W	O	H	S	I	S	Q
S	I	P	O	D	U	F	E	T	A	R	G	I	B	R	Y	W
A	P	L	Y	J	U	L	I	U	S	C	A	E	S	A	R	A
A	C	B	B	T	S	R	E	V	O	T	F	E	L	E	H	I
H	O	P	E	H	C	I	N	D	E	R	E	L	L	A	S	T
M	N	E	E	U	Q	N	A	C	I	R	F	A	E	H	T	Q

A CHRISTMAS CAROL  
ALL ABOUT EVE  
A STREETCAR NAMED DESIRE  
BEN HUR  
CINDERELLA  
FATHER OF THE BRIDE  
HIGH NOON  
HIGH SOCIETY

HOUSE BOAT  
JULIUS CAESAR  
MOBY DICK  
OLD YELLER  
REAR WINDOW  
RIO BRAVO  
SABRINA  
SHANE

SHOWBOAT  
SINGIN IN THE RAIN  
SOME LIKE IT HOT  
SUNSET BOULEVARD  
THE AFRICAN QUEEN  
THE BAND WAGON  
THE BRIDGE ON THE RIVER QWAI  
THE KING AND I  
VERTIGO



# Massachusetts Official Absentee Ballot Application

## How to use this form

**Box 1.** Check all the boxes that apply to you. If the absentee ballot is to be used for a primary, circle the applicable party. **Remember**, in order to participate in a primary, you must be registered as a member of that party or as an unenrolled (independent) voter. Contact your town clerk, city clerk or election commission if you are unsure of your party designation.

**Box 2.** Print your name: last name, first name, middle name or initial.

**Box 3.** Print the address where you are registered to vote: number and street name or rural route number and box number (do not provide a post office box number), apartment number, city or town and full zip code.

**Box 4.** Check the appropriate box indicating your preference for obtaining your absentee ballot. Instead of having the ballot mailed to you, you have the option of voting at your city or town hall at a time arranged with the clerk or election commission. However, you must still submit a timely application. If you have entered a health care facility anytime after twelve o'clock noon of the 5th day before the relevant primary or election, contact the city or town clerk about the proper procedure to be followed. If the voter is applying for absentee ballots for all elections this year, be sure to notify the town clerk, city clerk or election commission of a change of mailing address.

**Box 5.** Print your date of birth: month, day and year.

**Box 6.** It is optional to provide your telephone number. If included and you do not check "unlisted" it will be a public record. Your telephone number may be used to contact you should a question arise concerning your application.

**Box 7.** It is optional to provide your e-mail address. If included, it will be a public record. Your e-mail may be used to contact you should a question arise concerning your application.

**Box 8.** Print today's date.

**Box 9.** Sign your name. Signed under penalty of perjury.

**Box 10.** If the applicant is unable to complete and sign this application because of blindness, physical disability, the inability to read or the inability to read English, any person designated by the voter may do so.



William Francis Galvin  
Secretary of the Commonwealth

### This application is for use by:

- A registered voter who will be unable to vote at the polls on election day due to:
  - (1) absence from your city or town during normal polling hours; or
  - (2) physical disability preventing you from going to the polling place; or
  - (3) religious belief;

### OR

- A non-registered voter who is:
  - (1) a Massachusetts citizen absent from the state; or
  - (2) an active member of the armed forces or merchant marines, their spouse or dependent; or
  - (3) a person confined in a correctional facility or a jail, except if by reason of felony conviction.

### Mailing instructions:

This application must be received by noon on the day before the election. This form may be mailed or hand-delivered to your city or town hall. If mailed, fold the form, tape it closed, place a first class stamp on it, print your city or town name and zip code for that city or town hall and drop into any mailbox.

**Warning: Illegal absentee voting, including making a false application, is punishable by a fine of up to \$10,000 and up to five years in prison.**

<b>1</b>	<b>This absentee ballot application is being made for:</b> a primary (circle party) <i>Democratic Republican</i> a preliminary election an election <small>date of election</small> all elections this year <small>Green-Rainbow United Independent Party</small>				
<b>2</b>	<b>Full name:</b> <small>last name first name middle name or initial</small> <small>Miss Ms. Mrs. Mr. Jr. Sr. II III IV (circle one if appropriate)</small>				
<b>3</b>	<b>Your legal voting residence:</b> <small>street and number, apt. number city or town ward/precinct (if known)</small> Check if applicable: I am living outside the United States and the above address is my last residence in the U.S.				
<b>4</b>	<b>Complete and check only one of the following:</b> Mail ballot to me at this address: <small>street &amp; number p.o. box, if any city or town state or country zip code</small> I will call the town clerk or city clerk or election commission and vote there at a time arranged with the clerk or election commission. I have been admitted to the _____, a hospital or other health care facility after twelve o'clock noon of the 5th day before the primary/election and I request that my absentee ballot be delivered to me by an election official or: <small>name of a person designated by voter</small>				
<b>5</b>	<b>Date of birth:</b> <small>month day year</small>	<b>6</b>	<b>Telephone (optional):</b> <input type="checkbox"/> Check if unlisted	<b>7</b>	<b>E-mail address (optional):</b>
<b>8</b>	<b>Today's date:</b> <small>month day year</small>	<b>9</b>	<b>Signed:</b> (under penalty of perjury)		
<b>10</b>	<b>Only to be completed by any person assisting applicant.</b> Complete and sign the following: I assisted in completing this application since the applicant was unable to do so because of: <small>reason</small> <small>signature of assisting person (signed under penalty of perjury) printed name of assisting person</small> <small>street and number city or town zip code</small>				

Mail this signed form to:

Town Clerk @ 70 East Main Street Norton, MA 02766

or drop off in the Box outside of Town Hall

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

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