



Norton

COUNCIL ON AGING NEWSLETTER

May / June 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

SPRING AT THE CENTER

Happy Spring!! Now that the weather is getting warmer and folks are getting vaccinated, we are looking forward to getting together again. Fitness classes, Bingo, and Holiday events will be held outside at Everett Leonard Park! Join us!!

To everyone who got out to vote at the April 10 town election—**THANK YOU!!** Norton is just one hurdle closer to a new Senior & Community Support Center, Town Hall, and High School Fields. **Mark your calendar for Norton's Annual Town Meeting on Saturday May 8th, 1:00 PM at the Norton High School.** It will take a 2/3 majority vote to ensure that these much needed facilities get constructed.



GATRA has offered to provide transportation to the May Town Meeting. Call us 508-285-0235 if you would like to reserve a ride.

Beth



Preliminary renditions of the New Senior/Community Support Center

2/3 Majority Vote needed at the May 10th Town Meeting

Your Vote Counts



FITNESS & WELL-BEING at Everett Leonard Park

CHAIR YOGA

Every Monday 10:00 AM - 11:00 AM \$2

Join our certified yoga instructor, Amy, for a relaxing one hour session of Chair Yoga. You will learn how to increase mobility, release tension, and feel an overall sense of renewed energy.

GET FIT
While You Sit



NOTE: Classes begin Monday May 17; No class on June 21

Note NEW DAY PFILATES *

Every Friday 11:00 AM - 12:00 PM \$2



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. Kelley is your instructor. You will be amazed at how easy this is and what a difference it will make for you!

TAI CHI FOR BALANCE *

Every Wednesday 10:30 AM - 11:30 AM \$2

Tai Chi is a Chinese form of martial arts that involves slow, controlled and low-impact movements that can be easy for seniors. You will feel steadier on your feet and improve hand-eye coordination. Kelley is your instructor for Tai Chi.



FUN FITNESS - at the Park!

* only these classes also on ZOOM

MEDITATION *

Every Tuesday 9:30 AM - 10:30 AM \$2

Experience how deep relaxation techniques are beneficial for memory, focus, and improved mood. Kelley will be your instructor for Meditation.



ZUMBA GOLD *

Every Wednesday and Thursday

9:30 AM - 10:15 AM \$2

Thursday's focus is toning

Join Kelley for a fun class of Zumba Gold - the invigorating, dance fitness class with a Latin beat! Zumba is easy-to-follow and lets you move to the beat at your own speed...while listening to fun music!



LINE DANCING

Every Thursday 11:00 AM - 12:00 PM \$2

Join in the fun with local choreographer and instructor Steve Cavanaugh every Thursday. Learn fun and easy line dances to upbeat tunes.



No experience necessary and all are welcome!!

NOTE: Classes begin Thursday May 13

WHAT'S HAPPENING

DRUM'S ALIVE

Every Mon, Tues, Thurs, Fri 9:00 AM \$2



See page 4 for information on how to register for this online ZOOM program.

KNITTING & CROCHETING

Every Wednesday 1:00 PM - 3:00 PM free

Come join us at Library Park, at the Gazebo!



LEARN TO KNIT

Every Friday 9:30 AM free

We'll meet on the patio in front of the Senior Center!

Pat will be here to knit with us!!

For beginners and experts, alike.



WE ARE CLOSED

Mon May 31, 2021 - MEMORIAL DAY



Fri June 18, 2021— JUNETEENTH DAY (observation)



MOTHER'S DAY LUNCHEON

**Monday May 10, 2021
Everett Leonard Park
12 PM - 2 PM**

Join us for a fun afternoon with Karlifornia Karl, along with a fabulous lunch!

Call 508-285-0235 to reserve your spot!



FATHER'S DAY LUNCHEON



**Monday June 21, 2021
Everett Leonard Park
12 PM—2 PM**

Join us for a fun afternoon with entertainment by Jorene and Steve Lange! We'll have a great lunch, to boot!!

Call 508-285-0235 to reserve your spot!



FITNESS & WELL-BEING

FITNESS CLASSES will all be held at
 Everett Leonard Park (under the Pavilion)
 6 Parker Street, Norton

- ⇒ Restrooms are available on site
- ⇒ Safety is our top priority—please wear a mask and social distance!
- ⇒ Registration IS REQUIRED (call the Senior Center to sign up 508-285-0235)

Mondays	Yoga
Tuesdays	Meditation
Wednesdays	Tai Chi, Zumba
Thursdays	Zumba, Line Dancing
Fridays	Pelvic Floor Pfilates



All classes (except Yoga and Line Dancing) are also live on ZOOM

Go to: **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

* PLEASE NOTE: THERE WILL BE NO CLASSES ON HOLIDAYS: MONDAY MAY 31 or FRIDAY JUNE 18 *

DRUMS ALIVE a cardio drumming program!

Drums Alive® combines fitness, drumming, music, and educational concepts to improve your physical, emotional & social health. **You can participate in at home using ZOOM on your tablet or computer.**



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 is sponsoring the equipment for this program. Once you register with us and online, you can arrange a contactless pickup of everything you need (with a \$10 refundable deposit). *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, & Fridays!

\$2 DONATION

If you enjoy our outdoor and ZOOM 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



ACTIVITIES / PROGRAMS

BINGO

Every Tuesday 12:30 PM starting May 11

At Everett Leonard Park (under the Pavilion)

6 Parker Street, Norton

- ♦ Restrooms are available on site
- ♦ Safety is our top priority—please wear a mask and social distance!
- ♦ Registration IS REQUIRED EACH WEEK (call the Senior Center to sign up 508-285-0235)
- ♦ A snack & drink will be provided!



\$5 Exact Change Only

PAINTING CLASS — on Facebook Live and Norton Cable 15

\$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
MAY 14
1:00 PM**



**FRIDAY
JUNE 25
1:00 PM**



Walk Massachusetts Challenge Starts May 1st

Earn Money for Your Council on Aging, and Possibly Win a \$50 Gift Card! Lace up your sneakers – the Walk Massachusetts challenge is back! Your participation helps our COA win money for fitness programs and gives you the chance to win one of several prizes! The more of us who walk, the better the chances!



- The challenge runs from May 1, 2021 to September 30, 2021
- Sign up at www.mcoaonline.com/walkma
- Choose one of the 5 different challenges: # of days, # of miles, # of minutes, # of steps
- WALK!! Inside, outside, on a track, on a treadmill—wherever you want!
- Track your walking using the online form, or the printable walking journal
- At the end of the challenge, submit your form and be entered to win!
- Norton COA will receive an entry for each person who completes the challenge
- The COA with the most completions will win \$1000 toward future programming!



**Massachusetts
Councils On Aging**

The first 500 people to sign up will receive a nifty, lightweight backpack and reflective slap bracelet. These will help you stay safe!

MAY 2021

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 AM 3 Drums Alive 	9 AM 4 Drums Alive 9:30 AM Meditation 11 AM—2 PM Grab & Go Lunch	9:30 AM 5 Zumba 10:30 AM  Tai Chi 1 PM Knit/Crochet 11 AM—2 PM Grab & Go Lunch	9 AM 6 Drums Alive 9:30 AM Zumba 11 AM—2 PM Grab & Go Lunch 	9 AM 7 Drums Alive 9:30 AM Learn Knit 11 AM Pfilates 2 PM Grab & Go Lunch
9 AM 10 Drums Alive 12 PM—2 PM MOTHER'S DAY LUNCH at Everett Leonard Park 	9 AM 11 Drums Alive 9:30 AM Meditation 12:30 PM Bingo 11 AM—2 PM Grab & Go Lunch	9:30 AM 12 Zumba 10:30 AM Tai Chi 1 PM Knit/Crochet 11 AM—2 PM Grab & Go Lunch	9 AM 13 Drums Alive 9:30 AM Zumba 11 AM Line Dance 11 AM—2 PM Grab & Go Lunch	9 AM 14 Drums Alive 9:30 AM Learn Knit 11 AM Pfilates 11 AM—2 PM Grab & Go Lunch 1 PM Painting
9 AM 17 Drums Alive 10 AM Chair Yoga 	9 AM 18 Drums Alive 9:30 AM Meditation 12:30 PM Bingo 11 AM—2 PM Grab & Go Lunch	9:30 AM 19 Zumba 10:30 AM Tai Chi 1 PM Knit/Crochet 11 AM—2 PM Grab & Go Lunch	9 AM 20 Drums Alive 9:30 AM Zumba 11 AM Line Dance 11 AM—2 PM Grab & Go Lunch	9 AM 21 Drums Alive 9:30 AM Learn Knit 11 AM Pfilates 11 AM—2 PM Grab & Go Lunch
9 AM 24 Drums Alive 10 AM Chair Yoga 1 PM Friends Meeting @ Everett L Park	9 AM 25 Drums Alive 9:30 AM Meditation 12:30 PM Bingo 11 AM—2 PM Grab & Go Lunch	9:30 AM 26 Zumba 10:30 AM Tai Chi 1 PM Knit/Crochet 11 AM—2 PM Grab & Go Lunch	9 AM 27 Drums Alive 9:30 AM Zumba 11 AM Line Dance 11 AM—2 PM Grab & Go Lunch	9 AM 28 Drums Alive 9:30 AM Learn to Knit 11 AM Pfilates 11 AM—2 PM Grab & Go Lunch
31 MEMORIAL DAY  The Senior Center is CLOSED TODAY	Town Meeting will be held Saturday May 8 1:00 pm at Norton High School PLEASE VOTE Call if you need a ride!		FITNESS / WELLNESS CLASSES ARE ALSO ON ZOOM (except Yoga & Line Dancing) For ZOOM instructions: See Page 4 	

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

JUNE 2021

Norton Senior Center 508-285-0235

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo <u>11 AM—2 PM</u> Grab & Go Lunch	2 <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—2 PM</u> Grab & Go Lunch	3 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM</u> Line Dance <u>11 AM—2 PM</u> Grab & Go Lunch	4 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Learn Knit <u>11 AM</u> Pfilates <u>11 PM—2 PM</u> Grab & Go Lunch
7 <u>9 AM</u> Drums Alive <u>10 AM</u> Chair Yoga	8 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo <u>11 AM—2 PM</u> Grab & Go Lunch	9 <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—2 PM</u> Grab & Go Lunch	10 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM</u> Line Dance <u>11 AM—2 PM</u> Grab & Go Lunch	11 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Learn Knit <u>11 AM</u> Pfilates <u>11 AM—2 PM</u> Grab & Go Lunch
14 <u>9 AM</u> Drums Alive <u>10 AM</u> Chair Yoga	15 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo <u>11 AM—2 PM</u> Grab & Go Lunch	16 <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—2 PM</u> Grab & Go Lunch	17 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM</u> Line Dance <u>11 AM—2 PM</u> Grab & Go Lunch	18  The Senior Center is CLOSED TODAY
21 <u>9 AM</u> Drums Alive <u>10 AM</u> Chair Yoga <u>12 PM—2 PM</u> FATHER'S DAY lunch at Everett Leonard Park	22 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo <u>11 AM—2 PM</u> Grab & Go Lunch	23 <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—2 PM</u> Grab & Go Lunch	24 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Zumba <u>11 AM</u> Line Dance <u>11 AM—2 PM</u> Grab & Go Lunch	25 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Learn Knit <u>11 AM</u> Pfilates <u>11 AM—2 PM</u> Grab & Go Lunch <u>1 PM</u> Painting
28 <u>9 AM</u> Drums Alive <u>10 AM</u> Chair Yoga <u>1 PM</u> Friends Meeting @ Everett L Park 	29 <u>9 AM</u> Drums Alive <u>9:30 AM</u> Meditation <u>12:30 PM</u> Bingo <u>11 AM—2 PM</u> Grab & Go Lunch	30 <u>9:30 AM</u> Zumba <u>10:30 AM</u> Tai Chi <u>1 PM</u> Knit/Crochet <u>11 AM—2 PM</u> Grab & Go Lunch	FITNESS / WELLNESS CLASSES ARE ALSO ON ZOOM (except Yoga & Line Dancing) For ZOOM instructions: See Page 4 	

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



Are you struggling to make ends meet? Worried about increasing taxes?

Confidential Help is Available!! – Call us at the Senior Center 508-285-0235

1. Personal Real Estate Tax Exemptions – Call the Norton Assessors Office for assistance 508-285-0270

<u>Clause</u>	<u>Qualifications</u>	<u>Max Income</u>	<u>Max Assets</u>	<u>Exemption Amount</u>
17E	Age 70+	n/a	\$47,719	\$212
41D	Age 70+ and Single	\$29,075	\$47,719	\$1,000
41D	Age 70+ and Married	\$43,614	\$66,445	\$1,000
37A	Legally Blind	n/a	n/a	\$500
17E	Surviving spouse			
	And minor child	n/a	\$47,719	\$212
42/43	Spouse of a Police or Fire Fighter killed in the line of duty	n/a	n/a	100%
18	Extreme Hardships	(see Assessors Office for details)		Varies
Deferred Tax Payments				
41A	Age 65+	\$40,000	n/a	Varies
18A	Temporary Deferral - Any age, having temporary financial difficulties, including change to active military status, for a maximum of 3 years.			

2. Senior Work off Program – Volunteer for the town and get money off your taxes!

3. Fuel / Utility Assistance - If you are behind on any of your bills, please give us a call as soon as possible. We have grants for emergency assistance as well as programs for on-going help.

4. Food Assistance – There are many community resources and programs to help with food. Reducing your food budget can free up funds for other budgetary needs.

5. Rental Assistance – If you are behind there is help! Call us as soon as you feel there is a problem. Do not wait until you receive an eviction notice.

6. SHINE – Checking your Medicare plans annually during open enrollment Oct 15 - Dec 7 can save you money each year. If you notice you are paying a lot for your medication there may be an opportunity to make a change outside the open enrollment period, call the Senior Center and schedule a SHINE appointment.

7. AARP Tax Prep - Free simple tax preparation including the Circuit Breaker is available for Norton residents age 60+.

8. Transportation – Dial-A-Ride, Med-Wheels, and Community Access to Rides are low cost / free programs designed to help with transportation needs.

9. Emergency Assistance - Give us a call and we will work to help you with whatever you may be struggling with.



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 towards unified community growth, and support for all citizens of Norton, current and future, these projects will go before the voters at the Town Meeting in May of 2021.



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
Town Meeting Approval	May 8, 2021		
Town Vote	April 10, 2021		
Design / Permitting	August 2021 - February 2022	August 2021 - April 2022	August 2021 - April 2022
Procure / Award	March 2022 - April 2022	\$11,110,000	\$23,290,000
Construction	May 2022 - August 2022	June 2022 - May 2023	June 2022 - September 2023
Ready For Use / Occupy	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 is available at the Senior Center and Town Hall.

Town Meeting is May 8th 1 PM - PLEASE ATTEND & VOTE

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

We still have Blount Soup in our freezer!! - available free to residents

Call the Senior Center 508-285-0235 to arrange a pick-up time.



- **Fresh Produce (vegetables and fruit)** - Residents over age 60

We are starting a program to bring fresh produce to our Norton Seniors!

Call the Senior Center 508-285-0235 to learn about distribution dates/times



- **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

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 thrive.



May is Older American's Month with the theme of "Communities of Strength".

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Our stories and contributions help to support and inspire others, and these connections and engagement build strong communities.



COMMUNITIES OF STRENGTH: MAY 2021

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

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 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

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/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 May 28

\$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

Phone: 508-675-2101 / Email: info@bristolelder.org

VETERANS' RESOURCES



Town of Norton Veterans' Service Office (VSO)
Town Hall - 70 East Main Street
508-285-0274 774-265-7462 efllett@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**



IT'S YOUR CALL
 Confidential help for Veterans and their families
1-800-273-8255
Veterans Crisis Line
 1-800-273-8255 PRESS 1
 Confidential chat at [VeteransCrisisLine.net](https://www.veteranscrisisline.net)

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.



COVID-19 VACCINE INFORMATION:

Vaccine appointments are available for Veterans, their spouses and family members
BOSTON VA HEALTHCARE 857-203-3919

There will NOT be a 2021 Memorial Day Parade in Norton this year.

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

EMERGENCY TRANSPORTATION

available to Veterans. Call Estelle about the CAR program.



NORTON VFW 8049 GRAND RE-OPENING

Enjoy free food, fun, and music

Join us on **May 15, 2021**
 from **11am to close**



Mass Military Support Foundation / Food4Vets

offers support to Veterans and their families with food boxes, typically on Saturdays 10 AM—12 PM at Foxboro Terminals (208 North Street, Foxboro). Please visit www.mmsfi.org for available dates and to register. Veterans must show proof (i.e. discharge papers) of Veteran status when picking up boxes.



Norton Veterans' Organizations:

American Legion Post #222

508-285-2307

Facebook: NortonVFWpost8049

Fillmore-Nason VFW Post #8049

508-285-3845

www.vfwnorton.org



FRIENDS OF THE NORTON SENIOR CENTER

A message from The Friends of the Norton Seniors:

The Friends Officers are looking forward to seeing you soon!! We have our first two (2) meetings planned for Monday May 24th, and Monday June 28th. These meetings will take place under the Pavilion at Everett Leonard Park (6 Parker Street, Norton). We can't wait to get together, safely of course!!

Bill, Janice, Bob, and Debbie

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

FRIENDS MEETINGS - 1 PM At Everett Leonard Park (6 Parker Street)

MONDAY MAY 24 - Strawberries and Songs by John and Roger!

MONDAY JUNE 28 - Meeting, Munchies, Motivational Speaker



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.

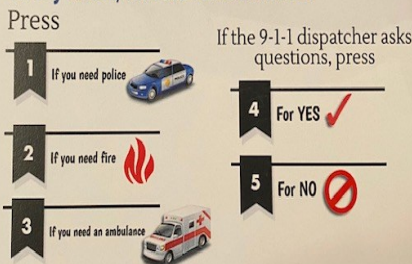
For more information about any of our services, including advocacy, safety planning, legal clinic services and counseling services please visit our website at:
www.new-hope.org

REPORT ELDER ABUSE
1-800-922-2275
Operating 7 days a week 24 hours a day.



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:



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

www.mass.gov/e911

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

Are you retiring? Turning 65 and not working?

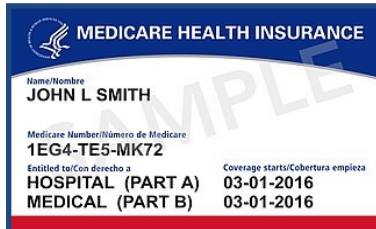
(1) Sign up for Medicare Part A and Part B through Social Security

(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 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**



Tax Preparation

Thank you to our AARP Tax Prep Volunteers for being so dedicated and professional!

Jennifer Bigelow

Donna McBride

Catherine Dahlgaard



FUEL ASSISTANCE



Nov 1, 2020 - April 30, 2021

Extended to May 28, 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

RESOURCES FOR NORTON SENIORS



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



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

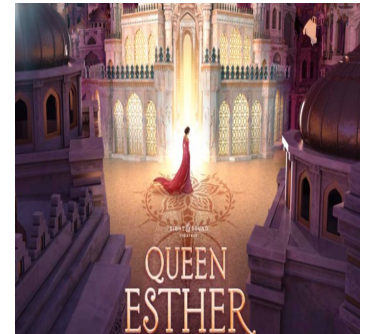
\$100 deposit due at sign-up

Final Payment due by ASAP

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

Final Payment due by 7/1/21

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.

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

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Providence, RI