

May 2012

Mary Cruise Kennedy Senior Center > Thrive!

What's News?

Janice B. Fitzgerald *Director*

HAPPY 10TH ANNIVERSARY TO THE COA

Brockton Council on Aging - City of Champions 10 Father Kenney Way, Brockton, MA 02301 508-580-7811 *phone* 508-580-1674 *fax*

SENIOR CENTER ACTIVITIES

- AARP
- Aerobics
- Bingo
- Blood Pressure Screening
- Bowling
- Cards
- Computer Class
- Fine Arts Class
- Flu Clinic
- Glucose-Blood Sugar Screening
- Health Screening
- Income Tax Preparation
- Information/Referrals
- Informational Workshops
- Knitting Group
- Library
- Line Dancing
- Madd Hatter's
- Mah Jongg
- Mens' Group
- Movie Thursday
- Piano
- Pinochle
- Pool Table
- Project Lifesaver
- SALT/TRIAD
- Scrabble
- SHINE Counselor
- Tai Chi
- Walking Group
- Whist
- Yoga

Director's message



As most of you may know, I was out on medical leave for a few weeks. I am feeling great now and I want to thank everyone for the well wishes, prayers and cards that were sent to me. I especially want to thank Michelle, Finnette, John, Brian, Dotty and our volunteers for keeping things going while I was out.

I love this time of year. Not only because of the nice weather and the flowers blooming, but because we are working hard to plan our summer time events. Make sure that you don't wait to sign up for the "COA Cookout" and the "Senior Picnic" once it is posted. Seating is limited and these events fill up very quickly. While I was recuperating I had lots of time to think of ideas for the Lets Make a Deal game we played last year at the Senior Picnic and will be trying again this year.

I am also very excited this month because my son Ryan will be getting closer to graduating from Brockton High School in June. Most of you have met him during the BHS Band Concerts or perhaps you met him at one of the plays or musicals at the high school. My husband Charlie and I are very proud of both our boys, Ryan and Shawn, and we enjoy watching them grow into wonderful young men.

In closing, I want to wish all the mom's a Happy Mother's Day and all a Happy Memorial Day. In addition to remembering all our loved ones, let's also remember those who are still protecting our country and those who may be dealing with an illness.

Janice

MAYORS MESSAGE

I would not be the person I am today, were it not for the love, support, and understanding of my family; and, my biggest cheerleader has been my mother Betty.

Mother's Day is Sunday, May 13th, and a perfect opportunity to celebrate those women who have nurtured and inspired us every day.

As Abraham Lincoln once said, "All that I am or ever hope to be, I owe to my angel Mother."

For some, Memorial Day weekend is the official start of summer, but more importantly, it is a time to remember the brave men and women who serve in the U.S. military and pay tribute to those who have made the ultimate sacrifice to preserve our freedoms. Volunteers are needed to help place American flags on the graves of deceased veteran at cemeteries across the city. Brockton will honor our veterans and those currently serving in the armed forces at the city's annual Memorial Day parade, scheduled for Monday, May 28th at 10 a.m. For more information about volunteering or the parade, contact the Veterans' Services office at (508) 580-7850.


City Hall will also be closed Monday, May 28th in observance of Memorial Day. It will reopen at 8:30 a.m. on Tuesday, May 29th.

Best wishes,
Mayor Linda M. Balzotti

"WE ARE SUPPORTED IN PART BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS"



MAY 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00.....Mah Jongg 10:00...Bridge 12:00...Congregate Meal 12:00...Knitting 2:30....Yoga 9:30.....SINGING GROUP REHEARSAL	2 10-1 S.A.L.T./T.R.I.A.D. Safety & Health Fair All Activities Cancelled	3 9:00....Fine Art 10:00...Movie 10:00...Cribbage 12:30...Canasta 1:00....Whist	4 7:30....Walking Club 10:30...Bingo-Cards must be purchased by 10:15
7:30....Walking Club 9:15....Activities Comm. 9:45....Line Dancing 10:00...Board of Directors *Friends meeting immediately following 11:00...Tai Chi 12:30...Bowling 1:00.....Whist	7 8 9:00.....Mah Jongg 10:00...Bridge 12:00...Congregate Meal 12:00...Knitting 2:30....Yoga 9:30.....SINGING GROUP REHEARSAL	9 7:30....Walking Group 10:00...Scrabble 10:00...Mah Jongg 10:30...Aerobics 1:00....."Five Wishes" 1:00.....AARP Meeting	10 9:00....Fine Art 9:30....Blood Pressure- St. Joseph 10:00...Movie 10:00...Cribbage 10:00...Computer Class 11:00...It's About Time!!! 1:00....Whist	11 7:30....Walking Club 10:30...Bingo-Cards must be purchased by 10:15
14 7:30....Walking Club 9:30....Men's Group 9:45....Line Dancing 11:00...Tai Chi 12:30...Bowling 1:00....Whist Trip Foxwoods Casino	15 9:00.....Mah Jongg 10:00...Bridge 10:30...GRANDPARENT SUPPORT GROUP 12:00...Congregate Meal 12:00...Knitting 2:30....Yoga 9:30.....SINGING GROUP REHEARSAL	16 7:30....Walking Club 10:00...Scrabble 10:00...Mah Jongg 10:30...Aerobics 12:30...MADD Hatters	17 9:00....Fine Art 10:00...Movie 10:00...Cribbage 12:30...Canasta 1:00....Whist	18 7:30....Walking Club 10:30...Bingo-Cards must be purchased by 10:15
21 7:30....Walking Club 9:30....SALT/TRIAD 9:45....Line Dancing 11:00...Tai Chi 12:30...Bowling 1:00....Whist 1:30....Scrapbooking with Michelle	22 9:00.....Mah Jongg 10:00...Bridge 12:00...Congregate Meal 12:00...Knitting 2:30....Yoga 10-3Senior Celebration at Shaw's Center 9:30.....SINGING GROUP REHEARSAL	23 7:30....Walking Club 10:00...Scrabble 10:00...Mah Jongg 10:30...Aerobics 1:00....AARP Board Meeting	24 9:00....Fine Art 10:00...Movie 10:00...Cribbage 10:00...Computer Class 1:00....Whist	25 7:30....Walking Club 9:30....Glucose/Blood Pressure-VNA 10:00...Birthday Party 10:30...Bingo-Cards must be purchased by 10:15
 MEMORIAL DAY Center is Closed	28 29 9:00.....Mah Jongg 10:00...Bridge 12:00...Congregate Meal 12:00...Knitting 2:30....Yoga 9:30.....SINGING GROUP REHEARSAL	30 7:30....Walking Club 10:00...Scrabble 10:00...Mah Jongg 10:30...Aerobics 1:00....Nana's Kitchen Mystery Trip !!!	31 9:00....Fine Art 10:00...Movie 10:00...Cribbage 12:30...Canasta 1:00....Whist	



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**A MESSAGE FROM
OUR OUTREACH COORDINATOR**

Are you having a difficult time with phone calls, letters and e-mails from Scam Artists? If someone calls you and asks for your personal information JUST HANG UP! Do not stay and listen to them. NEVER<NEVER <NEVER give information to anyone you do not know over the phone. If you are not sure if they are legitimate ask them for their name, company, phone number and tell them you will call back to speak with them. Then call me, Finnette at 508-580-7811 and I will help you determine if it is a scam or not. I am here Tuesday, Wednesday and Thursday from 9:00AM-1:00PM.

THANK YOU THANK YOU
THANK YOU

Thank-you to all our volunteers for celebrating National Volunteer Appreciation Week with us at our annual luncheon. Thank-you Mary Lou and Mary Baublis of Southeast Rehabilitation & Skilled Care Center for the presentation on Sensible Eating. Thank-you to the DEA, Brockton Police Department and The Brockton Mayor's Opioid Overdose Prevention Coalition for the Prescription Drug Take Bake Day. Thank-you Matthew Ebien-Pesa for the MUCH needed computer classes for seniors. Thank-you to Sandra A. White for sponsoring Nana's Kitchen. A special Thank-you to Marie Pelaggi from the staff and the "Friends of the Brockton Council on Aging". Your support is greatly appreciated.

Q&A - MAY 2012 > People on SSI Get 2 Checks Monthly

Why are people on SSI now getting 2 checks each month?

Until recently, people on SSI in Massachusetts received only one SSI check with the federal and state payment combined. But as of April 1st, the federal SSI payment and the Massachusetts state supplement payment will come separately. If you direct deposit your SSI, your bank will get two deposits each month.

The monthly maximum federal SSI check this year is \$698 for an elderly individual living alone. Massachusetts adds \$128.82 as a supplement – a total of \$826.82 per month. An elderly couple living alone gets \$1,048 from the federal government, plus \$201.72 in state supplement – a total of \$1,249.72. Although seniors will be getting two checks, the totals are still the same.

Supplemental Security Income, or SSI, is a federal program created in 1974 that provides monthly cash payments to people in need. SSI is available for people who are 65 or older, or for blind or disabled people regardless of their age, including children. SSI acts as a safety net for people who have limited resources or other income.

As of the start of 2011, 7.7 million Americans were receiving SSI benefits and the program's cost was nearly \$48 billion. SSI participation rates among the elderly suggest that as many as 30% or more of the seniors who could be receiving SSI payments are not on the program. Many older people do not know they are eligible for SSI.

The SSI program is administered by the federal Social Security Administration and is designed to assure a minimum level of cash income for aged, blind, and disabled individuals. To qualify for SSI, you must meet income and resource criteria.

To determine an individual's actual SSI benefit, the maximum benefit is reduced by the amount of an individual's earned and unearned income. Certain sources of income are excluded and various earned and unearned income disregards are applied. The more income you have, the lower your SSI payment will be.

"Resources" generally means cash or other assets that can easily be converted into cash. The SSI resource limits are \$2,000 for an individual and \$3,000 for a couple; these limits have not changed since 1989. Applicants, whose resources exceed the limit, are generally not eligible for benefits at all. Certain assets are not considered resources – such as your home, one car, household goods/personal effects, and a burial plot.

The federal SSI payment amount increases with the annual cost-of-living increase that applies to Social Security. The latest increase, 3.6%, became effective in January, 2012. If you are eligible for SSI in Massachusetts, you will also be eligible for Medicaid (MassHealth) health care, food stamps, disaster and moving expenses, burial expenses, and fuel assistance. So this one program is linked to a number of other critical supports.

To apply for SSI benefits, you should call the Social Security Administration at 1-800-772-1213 between 7:00 am and 7:00 pm, Monday-Friday. Your benefits will begin from the date you first contacted Social Security. You can apply in person, send a family member or friend, arrange for a home visit, or apply by telephone. For additional information, please visit www.ssa.gov/pgm/ssi.htm.

One check or two....SSI is a program worth applying for.

MAY 2012 EVENTS

Please, make sure to sign-up at the front desk for the following events if you wish to attend.

S.A.L.T. /T.R.I.A.D. SAFETY & HEALTH FAIR

Don't forget our annual Safety & Health Fair on Wednesday, May 2nd. There will be raffles, vendors, hot dogs, and many give-a-ways. Please join us from 10:00AM-1:00PM for an informative fun filled day. All proceeds will go to pay for Project Lifesaver Bracelets. Our Bracelets are given to Brockton residents with Alzheimer's disease, Down's syndrome and Autism. SALT/TRIAD is a combined effort of Law enforcement: to include Police Department, Sherriff's Department, and District Attorney's office: Fire Department, Civic organizations both public and private, as well as Senior Citizens working to improve the safety and quality of life of seniors in our community.

“FIVE WISHES” Please join us at the Brockton Council on Aging for “Five Wishes” on Wednesday, May 9th at 1:00PM. *Five Wishes* is an easy to use legal document that has become America's most popular living will because it is written in everyday language allowing adults of all ages to plan how they want to be cared for in case they become seriously ill. This event is sponsored by Southeast Rehabilitation & Skilled Care Center and Hospice Services of Massachusetts.

IT'S ABOUT TIME!!! Sponsored by Old Colony Elder Services, Brockton Council on Aging and Tufts Health Plan Foundation. A fabulous fun workshop for family caregivers. Learn techniques and strategies to manage time and reduce stress. Topics to be covered include meal preparation, time management and relaxation techniques. This workshop will take place on Thursday, May 10th from 11:00AM-2:00PM. Free lunch, a book and raffles will be provided. Class size is limited. Pre-registration is required. Please let us know if you need respite in order to attend. Call Rochelle Sugarman, Family Caregiver Program Supervisor, at 508-584-1561 ext.312 to register for this Workshop.

20th ANNUAL SENIOR CELEBRATION This free event for seniors takes place on Tuesday, May 22nd from 10:00AM-3:00PM at the Shaw's Center at 1 Lexington Avenue, Brockton, MA.

Stay healthy with free screenings for Cholesterol, Glucose, Video Oscope, Vascular, Body Pressure and Fat. Enjoy free entertainment, informative seminars and raffle prizes.



MAY MOVIES

MAY 3.....THE CITY OF YOUR FINAL DESTINATION
2009 118 minutes Rated PG13

After duping school officials into awarding him a grant to write a biography on novelist Jules Gund, grad student Omar Razaghi (Omar Metwally) must travel to Uruguay to get legitimate authorization from the late author's three executors. James Ivory (*A Room with a View*) directs this moving adaptation of author Peter Cameron's novel of the same name. Anthony Hopkins, Laura Linney and Charlotte Gainsbourg also star.

MAY 10.....SOLITARY MAN
2009 90 minutes Rated R

Michael Douglas stars as a former car dealership owner who sees his personal and professional lives take a nosedive when the repercussions of years of shady business dealings and chronic womanizing finally catch up with him. Susan Sarandon, Mary-Louise Parker, Danny DeVito and Jenna Fischer co-star in this comedic drama written and co-directed by Brian Koppelman.

MAY 17.....A CHRISTMAS CAROL
2009 96 minutes Rated PG

Jim Carrey morphs his voice into that of miserable miser Ebenezer Scrooge in this computer-animated adaption of Charles Dickens's iconic holiday tale about the Ghosts of Christmas Past, Present and Yet to Come. When confronted with Tiny Tim's suffering -- as well as his own mortality -- Scrooge learns the power of opening his heart. Robert Zemeckis directs a star-studded cast featuring Colin Firth, Robin Wright Penn, Bob Hoskins and Gary Oldman.

MAY 24.....JUST WRIGHT
2010 101 minutes Rated PG


Good-hearted physical therapist Leslie Wright (Queen Lati-fah) is looking for romance but keeps finding duds until she meets professional basketball player Scott McKnight (Common). When Scott suffers a major injury, it's up to Leslie to save his career. Leslie and Scott become close as they work together, but Leslie's beautiful, gold-digging childhood chum -- who is also Scott's estranged girlfriend -- threatens their relationship.

MAY 31.....GLORY ROAD
2006 118 minutes Rated PG

Director James Gartner's inspiring drama tells the true story of Don Haskins (Josh Lucas), a high school basketball coach who, in 1962, took the reins of the Texas Western Miners, an underdog NCAA Division One team, and decided to shake things up. Haskins's insistence on recruiting the best players available to him, regardless of the color of their skin, revolutionized the sport ... and changed the course of history.

Trip Policy - Brockton residents 60 years of age or older will be given first priority on reservations for all trips sponsored by the COA. Anyone living outside of Brockton will be put on a waiting list and if seats are available you will be called. Trips are non-refundable.

TRIPS

May 14th.....	'Foxwoods Casino' Spring Special.....		\$24.00 plus \$2.00 cash tip
May 26th.....	Boston Red Sox Game.....		\$69.00 plus \$2.00 cash tip
May 30th.....	MYSTERY TRIP" look for clues around the COA.....		\$49.00 plus \$2.00 cash tip
June 3rd.....	"Beauty And The Beast" at The Boston Opera House.....		\$89.00 plus \$2.00 cash tip
June 4th.....	'Mohegan Sun Casino'.....		\$24.00 plus \$2.00 cash tip
June 14th.....	A Flag Day Celebration at Wrights Chicken Farm.....		\$49.00 plus \$2.00 cash tip
June 19th.....	Super Duck Tour & The Mount Vernon Restaurant.....		\$65.00 plus \$2.00 cash tip
July 2nd.....	Tall Ships Boston 2012.....		\$49.00 plus \$2.00 cash tip
July 16th.....	Newport Playhouse & Lobsterfest.....		\$69.00 plus \$2.00 cash tip
July 29th.....	"Billy Elliot The Musical" at The Boston Opera House.....		\$89.00 plus \$2.00 cash tip

OVERNIGHT TRIPS

June 3rd-5th Turning Stone Resort Casino & Bingo Hall..... Single \$369.00, Double 249.00
Prices listed are per person and based on occupancy.

UPCOMING EVENTS

Men's Health • Antique Car Show • Safety in the Home
• Summer Cook-out • Senior Picnic

GROUP EVENTS

Please, make sure to sign-up at the front desk for the following events if you wish to attend.

AARP Chapter #3032; Brockton will hold their meeting on Wednesday May 9th at 1:00 PM The AARP board meeting will be held on Wednesday, May 23rd at 1:00PM.

CALLING ALL GARDENERS!!! BROCKTON VEGGIE GARDEN PROJECT Sponsored by the Mass in Motion Campaign. The Mass in Motion campaign is aimed at addressing the public health issue of obesity, inactivity and the resulting complications. The Brockton Council on Aging is one of the sites for the Brockton Veggie Garden Project. Two 4 X 8 foot raised garden beds were constructed at the Brockton Council on Aging on April 18th by Youth Build. These beds will be filled with vegetables and herbs. We are looking for seniors that are interested in tending the gardens. Each garden bed will be set up using the square foot method, in which the plants are arranged in blocks instead of rows. By using this method squares can be easily maintained and replanted throughout the season. If you are interested in joining this project, please speak with Michelle at 508-580-7811.

MADD HATTERS Remember the old time "Sock Hops"? Well find some of your clothing and come join the MADD Hatters Wednesday, May 16th at 12:30, at the Brockton Council on Aging for a fun filled afternoon of "Sock Hop" music, sandwiches, a raffle and some games. All this fun for the low cost of \$7.00 per person. Please, RSVP for this event by May 9th, 2012.

MEN'S GROUP The Men's group will NOT meet on Monday, May 28th due to the observation of Memorial Day. Their next meeting is Monday, June 25th at 9:30, then at 10:00 there will be an antique car show in The Council on Aging parking lot. There will be 10-12 antique cars from various eras on display in the back row of parking lot. Cars are provided by "South Shore Antique Auto Club". Please do not park in the back row on this day.

NANA'S KITCHEN Will meet on Wednesday, May 30th at 1:00 PM. Talk about a variety of recipes; we broadened our cooking horizons and tried a new Jambalaya recipe prepared by Warren Poole in April. In the mean time gather your recipes for our next meeting. We are looking for a variety of recipes such as appetizers, salads, soups, and entrees. Remember these are supposed to be family recipes with stories about their origin. The cost to attend this event is \$1.00 per person. This group is privately sponsored in memory of Nana Eleanore Butler.

SCRAPBOOKING Monday, May 21st at 1:30 PM, Please join us for scrapbooking, bring a picture of yourself or a friend having a good time at the COA and we will create scrapbook pages together for everyone to enjoy.

TAI CHI An error was made in the last newsletter. Tai Chi classes meet every Monday at 11:00 AM. The cost is \$5.00 per person each class (not \$4.00 as printed in the last newsletter).

NEW AND RENEWAL OF MEMBERS

- Marilyn Hoffman, Vivian Ardis Gay, Donald Surgens, Marianne Pierce, Anna Mae Blackman, Marie Pelaggi, Geraldine Cummings, Marion Cookowski, Dorothy Puliafico, Anna Monteiro, Amina S. Amin-Brown, Margaret Benoit, Arlene Whittaker, Carol Allen, Phyllis Hancock, Mary Akeke, Catherine Derito, Teddi Bourassa, Mary Dolar, Mary Matook, Robert Alston, Catherine Cronin, Maureen McCoy, Evelyn Alston, Arlete Mascarenhas, Joseph LaFranchise, David West, Margaret Gorman, Lucille LaFranchise, Ellen Raymond, Joan Madden, Nicholas Camillone, Irene Presseault, Effie Jackson, Mary Melo, Hiep Nguyen, Mary Gramazio, Thomas Crowley, Anne Gorman, Albert Dubois, Marilyn Yesonis



MEMORIALS

- Margaret Gorman in memory of Mary Kennedy, Mary Dolar in memory of Ronald G. Dolar, Catherine Derito in memory of Edward and Benjamin Derito, Carol Allen in memory of Doc, S.W. Allen, Mary Melo in memory of Joseph Melo, Thomas Crowley in memory of Rose Crowley, Marilyn Yesonis in loving memory of Bob Yesonis, Marie Pelaggi in memory of Frank D. Pelaggi and Edward Carney, Dorothy Puliafico in memory of Phillip Vacca, Phyllis Hancock in memory of Maurice W. Hancock



MAY BIRTHDAYS

- Bunny Metivier... 1st, Marie Fernberg... 2nd, Jane Folino... 3rd, Barbara Harpel... 3rd, Eucley Wooten... 3rd, Errol James... 4th, Robert Thuotte... 4th, Bob Bowker... 5th, Emma Chekroun... 5th, Joan Blye... 6th, Gertrude Ricci... 6th, Fay J. Young... 8th, Shackey Leasure... 9th, Phyllis Spiegel... 9th, Jean Patchel... 10th, Bill Litcoff... 11th, Mary E. LaBelle... 12th, Helene Fink... 13th, Lorraine Cribben... 14th, Nancy Lundberg... 14th, Millie Sarcia... 14th, Mary Gibbons... 17th, Maxine Stubbs... 18th, Louwane Almeida... 19th, Richard Gay... 21st, Ellen Duren... 22nd, Robert L. Wessa... 22nd, Rosemary Symes... 23rd, Alma Coleman... 24th, Joseph Daugirda... 25th, Mary Weston... 26th, Alice Farnsworth... 27th, Anita Stadig... 27th, Patrick Hayes... 29th, Alice Ragowski... 30th, William Vilk... 30th, Anne McCormack... 31st

JUST A REMINDER... To have your birthday listed in the Newsletter and to be announced on the local radio AM 1460-WXBR at 6:55 am, you MUST put your name in the "Birthday Book" located at the Council on Aging. If your name is already listed in there you do not have to put it in again.

FRIENDS OF THE BROCKTON COUNCIL ON AGING

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Brockton Council on Aging
Mary Kennedy Senior Center
10 Father Kenney Way
Brockton, MA 02301

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Mission Statement:

The Brockton Council on Aging, a branch of city government, is mandated to assess the needs and provide programs and services to Seniors in the community and strives to improve their quality of life. The Council on Aging offers through its staff and volunteers easy access to an array of general programs, information, and socialization opportunities to Seniors age 60 years and older.

COUNCIL ON AGING

Our elder residents are provided an opportunity to live a lifestyle based on independence, and we are committed to helping our seniors age with dignity and security.

The Brockton Council On Aging provides an array of informational Programs, workshops, health screenings, recreational and social activities such as trips, holiday luncheons, computers, cards and games to individuals age 60 and over. Give us a call or drop by Monday thru Friday, 9:00 A.M. – 4:00 P.M. at the Mary Kennedy Senior Center, 10 Father Kenney Way, Brockton. All C.O.A. activities are subject to change without notice.