

The Strawberry Vine



Alice E. Souza,
Executive Director

NOVEMBER 2016

Tel. 508-823-0095
<http://www.dighton-ma.gov>

Dighton Council on Aging, 300 Lincoln Avenue, North Dighton, MA. 02764
SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.



ATTENTION DIGHTON VETERANS!

You are hereby invited to a free Veterans Day Breakfast!

This will be held on Friday, November 11, 2016 from 8:30 AM to 10:30 AM, at Prime Time, 1059 Somerset Ave, Dighton, MA. This event will be catered by Alice's Last Stop in conjunction with the Dighton Lions Club and the Dighton Veterans Services. Please call us at 508-669-6431 to let us know you will be attending. Walk ins are always welcome. I hope to see you there. Donald L. Hirschy, Town of Dighton Veterans Agent.

DIGHTON LIGHTS ON 2016



**SATURDAY, NOVEMBER 26TH.
DIGHTON TOWN HALL
FROM 3:30 PM - 5:30 PM**

Come and sing Christmas Carols with Sen. Marc Pacheco & Rep. Patricia Haddad, and listen to the famous Dighton Rehoboth Marching Band performance. Complimentary Refreshments will be served. This is a **Free** event, and all Town Residents are invited.



S.H.I.N.E COORDINATOR AT THE DIGHTON COUNCIL ON AGING

Regional **S.H.I.N.E.**, (**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone), coordinator Lisa Sarkis, will be at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. on ***Wednesday, November 16, 2016, from 11:00 am till 12:00 pm***, to discuss the ***annual Open Enrollment for Medicare Part D, October 15th - December 7th***. Open enrollment is for those who want to make changes in their Part D coverage and for those who became newly eligible for Medicare, which is a voluntary program, but those that do not sign up during the initial open enrollment or when they become newly eligible will face a penalty for late enrollment. If you have questions on Medicare, Medigaps, Medicare HMO's, Prescription Advantage, Retiree Insurance, Prescription Drug Program, Medicaid, you should attend. Please call 508-823-0095 to register for this presentation. Walk-ins are always welcome.

DAYLIGHT SAVINGS TIME

Sunday, November 6,
Daylight Savings Time ends.
Set your Clocks back 1 hour.
Change the batteries in your fire alarms and carbon monoxide detectors.





PRIME TIME HAPPENINGS

1059 Somerset Ave., Dighton, MA 02715

PRIME TIME WISH LIST DONATIONS NEEDED

1. Puzzles 100-300 pieces (large pieces).
2. Individually wrapped snack size; raisins, cookies and crackers for bingo prizes.
3. Your unwanted *Easy Listening Music cd's*. Please drop off at Prime Time, or at the Dighton Council on Aging.

PODIATRY CLINIC

The Podiatrist will be at Prime Time, on Monday, November 7, 2016. ***This is by appointment only.*** Please call 508-669-6272 for more information and to check availability. ***There's limited space, so please call early.***

HAT & MITTEN GIVING TREE

Christmas is coming! We need ***Hats & Mittens/Gloves,*** for our giving Christmas Tree.



These mittens, hats and gloves will be distributed to local children charities during the winter months. Items may be dropped off at Prime Time, or the Dighton Council on Aging.

VISION CLINIC AT PRIME TIME

The next Vision Clinic will be held Tuesday, November 29th. Please call 508-669-6272 for more information.

LUNCH AT PRIME TIME: Prime Time's Monthly Menu did not arrive in time to be put into the Strawberry Vine. Nutritious meals are still served at Prime Time, Monday through Friday, at 11:30 a.m., by reservation. Call 508-669-6272 by 10:30 a.m. the previous day to reserve a meal. You may also view the menu at www.dighton-ma.gov

ENTERTAINMENT AT PRIME TIME

Dighton Residents 60+ are invited to attend **November 9th., and November 22nd., from 12:30 pm - 1:30 pm, Sing for Joy** will sing **heavenly** for us. Please call 508-669-6272 to let us know you will be joining us.



November 10th., at 12:30 p.m. Vic Solo performs his "Legends of Las Vegas" show. Please call 508-669-6272 to let us know if you're attending.

MEN'S SOCIAL GROUP

The Men's Social Group will be getting together on **Tuesday, November 8th., at 10:00 a.m.** Come socialize and have a cup of coffee and "Shoot the Breeze". The group gets together at the Dighton C.O.A at 300 Lincoln Ave. Hope to see you there?

U.F.O'S/ARTS & CRAFTS GROUP

The ***Un-Finished-Object/Arts and Crafts*** Group will be getting together Tuesday, November 29th., at 10:00 am, at the Dighton Council on Aging. Let's finish your projects, bring your quilting, beading, knitting or crocheting, and let's finish it together. Call (508) 823-0095 for more information.

KNITTED OR CROCHET LAP ROBES NEEDED

Compassionate Care Hospice is in need of Lap Robes, size 36" X 36". Lap robes may be dropped off at Compassionate Care Hospice, 174 Dean St., Taunton, or at the Dighton Council on Aging, 300 Lincoln Ave. For more information, you may call their Volunteer Coordinator at 508-399-5900. If you have yarn you would like to donate, please drop off at the Dighton COA at 300 Lincoln Ave., N. Dighton. Thank you in advance for your generosity.



WELLNESS AND BLOOD PRESSURE CLINIC

Our Wellness Clinic will be held on Tuesday, November 15th., at 9:30 am, at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. The scheduled topic for this month, ***“Maintaining your Brain”*** A Nurse will be available to answer questions and to check your blood pressure. Please call 508-823-0095 to schedule appointment. Walk ins are always welcome.

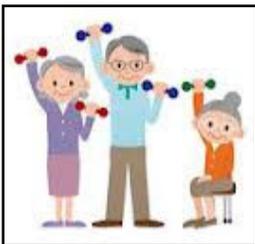
CHAIR YOGA

Chair Yoga classes are held for those 60+, on Tuesdays, from 11 am -12 pm, at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. Please call 508-823-0095 for more information.



EXERCISE CLASSES

Classes are held for those age 60+, on Mondays and Wednesdays starting at 9:30 a.m., at the Dighton Council on Aging. For more information please call 508-823-0095.



TAI CHI CLASSES



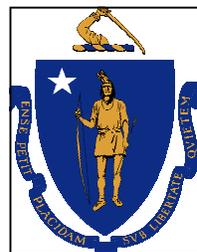
Tai Chi Classes are held for those 60+ on Fridays, from 9:00 a.m. to 10:00 a.m. Classes are held at the Dighton Council on Aging, 300 Lincoln Ave., N. Dighton. For more information please call (508) 823-0095.



VETERANS CORNER

The Dighton Veterans Agents' Office is located in the Dighton Town Hall, 979 Somerset Ave, Dighton. Office hours are held Mondays and Tuesdays 7:30 a.m. - 4 p.m. and Wednesdays 7:30 a.m.—11:30 a.m. Please call 669-6431 for more information.

SENATOR MARK PACHECO VISITS DIGHTON TOWN HALL



Senator Mark Pacheco, or a representative, will be at the Dighton C.O.A on Tuesday, November 15th., from 12:45 p.m.—1:15 p.m., and at the Dighton Town Hall from 1:30 p.m.—2:00 p.m. If you have any questions, needs or concerns that Senator Pacheco can help you with, please come to Dighton Town Hall, 979 Somerset Ave., Dighton. If you would like to set up an appointment, please give us a call at 508-823-0095. Walk ins are always welcome.

REMINISCING WITH MYRNA

Myrna Santos, Town of Dighton Historian, would like to listen to your stories about the good old days. Join us ***Friday, November 18th., at 10 a.m.*** (call to confirm), at the Dighton C.O.A, 300 Lincoln Ave., Bring your old pictures, newspapers, scrapbooks, yearbooks, postcards, etc. Please call 508-823-0095 to let us know you’ll be attending.

THE SOJOURN BEARS GROUP

The Sojourn Bears Group will be meeting, on Monday, November 28th., 10:30 am. Bears made by caring volunteers, are distributed to Cancer Patients, Survivors and those effected by it, at nearby hospitals. For more information and to let us know if you would like to help, please call (508) 823-0095.

FREEDOM IS NOT FREE*by Ashley Persyn*

There is a price we pay for freedom,
 For it is not truly free.
 But rather paid for,
 By the contributions of Veterans.
 To buy our liberty they sacrifice their life.
 Over the years it's forgotten,
 War is placed in our past.
 I don't think we realize
 The importance Veterans play,
 As they voluntarily serve America
 Each and every day.
 We should honor the Veterans,
 For they act like a shield,
 Protecting us from danger,
 Keeping America healed.
 So if you would take a second
 To commemorate,
 You will instantly see,
 We owe Veterans our gratitude,
 For they are the reason we are free.

MAKE SMOKING HISTORY®



Trying to quit smoking but need a little extra help? Call **1-800-9-GET-A-TIP (1-800-943-8284)** for tips on how to quit smoking and how to stay tobacco free. New tips are used every day! Here's a quit tip to get you started: Write down the three strongest reasons you have for quitting smoking. Circle the one that is most important to you and read it aloud. Post it in a place where you would normally smoke to help you get through a craving. If you need to speak to a live person after hearing the pre-recorded quit tips or at any time, call **1-800-QUIT-NOW (1-800-784-8669)** to help you begin your journey as a non-smoker. For more information on quitting smoking please visit: **www.makesmokinghistory.org**.



LIBRARY REPRESENTATIVE VISITS LINCOLN VILLAGE

A Representative from the Dighton Public Library will be at the Lincoln Village Community Center on ***Tuesday, November 8th.***, and ***Tuesday, November 22nd.***, from 1:00 pm - 3:00 pm. This program is for Dighton residents. You may check out and return books, videos, D.V.D's and more. To ask for a specific book title, video, etc., please call (508) - 669 - 6421, they will bring it to you at Lincoln Village. ***Delivery to Home Bound Elders is available.***

HELLO, QUIT DAY!

November 20th. is the American Cancer Society's Great American SmokeOut (***GASO***). Mark your calendar, and prepare to quit smoking on ***Thursday, November 20th.*** Remember, you are not alone, there is help for you, all you have to do is ask.

DID YOU KNOW?

20 minutes after you quit smoking.

The effects of quitting start to set in immediately. Within 20 minutes after your last cigarette, your heart rate will begin to drop back toward a normal level.

DON'T DELAY! QUIT TODAY!

10 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S DISEASE

1. MEMORY LOSS THAT DISRUPTS DAILY LIFE

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

2. CHALLENGES IN PLANNING OR SOLVING PROBLEMS

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

3. DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, WORK OR AT LEISURE

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

4. CONFUSION WITH TIME OR PLACE

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

5. TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

6. NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a "watch" a "hand-clock").

7. MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

8. DECREASED OR POOR JUDGMENT

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

9. WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

10. CHANGES IN MOOD AND PERSONALITY

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

For more information please visit www.alz.org or call 24/7 Helpline: 1.800.272.3900

MEDICAL LOAN CLOSET

Temporary loans of medical equipment are available to Dighton Residents 60+, such as wheel chairs, canes, and walkers. If you or someone you know is in need, please call 508-823-0095.

TOWN OF DIGHTON COMMUNITY FOOD BANK



Dighton Town Hall, (Lower Level)

979 Somerset Ave. Dighton

The next food bank will be held on:

Saturday, November 19th.

Saturday, December 17th.

8:30 a.m.—10:00 a.m.

First time attending: Must show ID and Utility bill with address and, **Show Proof of need:** Tax Returns, Disability Statement, etc.

FUEL ASSISTANCE

The winter is knocking on the door. Do you need help with heating costs? If you would like to know more about Fuel Assistance, you can contact Citizens for Citizens, located at 1 Taunton Green, phone number 508-823-6346, or visit their website: <http://cfcinc.org/>

SMALL HOME REPAIRS

We have a volunteer who can do small repairs. To qualify, must be a Dighton Resident, 60+ and of low income. For more information please call the COA at (508) 823-



HEALTH BENEFITS OF EXERCISE

- helps older adults maintain or lose weight.
- reduces the impact of illness and chronic disease.
- enhances mobility, flexibility, and balance in older adults
- improves your sleep
- boosts mood and self-confidence

TRANSPORTATION

Makes Everyday Life a Little Easier

GATRA also provides *Dial-A-Ride*, a curb-to-curb transportation for persons 60 years or older. To find out which services are available call: **1-800-483-2500** or visit the website www.gatra.org

**Need Transportation
to medical appointments?**

Please visit:

<http://massridematch.org>



Ride Match, is an internet website with a regional directory of transportation options (private, public, and non-profit) for seniors, people with disabilities or anyone needing to travel in Southeastern Massachusetts and beyond.

DIGHTON HOUSING AUTHORITY

Applications are being accepted for one bedroom apartments at Lincoln Village, low income housing for the Elderly/Disabled. Dighton residents having preference. The age requirement is 60+. Those with a permanent disability or handicap also qualify. Limits of income are \$46,000 for an individual and \$52,600 for a couple. Rent is based on 30% of gross income and includes all utilities. Please contact the Dighton Housing Authority at 508-823-8361, 300 Lincoln Avenue, North Dighton, MA 02764. The office is open from 8:00 a.m. till 2:00 p.m., Tuesday, Wednesday, and Thursday. For more information and an application please visit the Dighton Housing Authority website:

<http://dightonhousingauthority.org>



NOVEMBER 2016 CALENDAR EVENTS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1) All Saints Day Walking Club- At the Town Hall 11:00 Chair Yoga Class	2) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games	3) Walking Club- At the Town Hall 1:00 Card Games 7 p.m. COA Board Meeting @ Prime Time	4) Walking Club- At the Town Hall 9:00 Tai Chi Class
7) Walking Club- At the Town Hall 9:30 Exercise Class <i>Podiatrist at Prime Time (By appointment only)</i>	8) Election Day Walking Club- At the Town Hall 11:00 Chair Yoga Class 1:00-3:00 Library Rep. 10:00 Men's Group	9) Walking Club- At the Town Hall 9:30 Exercise Class 12:30 Entertainment at Prime Time	10) Walking Club- At the Town Hall 1:00 Card Games 12:30 Entertainment at Prime Time	11) Veterans Day Walking Club- At the Town Hall  Council on Aging & Prime Time Closed
14) Full Moon  Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games	15) Walking Club-T.H. 9:30 Wellness Clinic 11:00 Chair Yoga Class 1:00-2:00 Senator Pacheco Representative at Council on Aging	16) Walking Club- At the Town Hall 9:30 Exercise Class 11:00 SHINE Presentation 1:00 Card Games	17) Walking Club- At the Town Hall 1:00 Card Games	18) Walking Club- At the Town Hall 9:00 Tai Chi Class 10:00 Reminiscing With Myrna
21) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games	22) Walking Club- At the Town Hall 11:00 Chair Yoga Class 1:00-3:00 Library Rep. @ Lincoln Village	23) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games	24) Walking Club- At the Town Hall 25) Walking Club- At the Town Hall Happy Thanksgiving! Dighton Council on Aging & Prime Time Closed 	
28) Walking Club-T.H. 9:30 Exercise Class 10:30 Sojourn Bears 1:00 Card Games	29) New Moon  Walking Club-T.H. 10:00 U.F.O's 11:00 Chair Yoga Class 8:45 Vision Clinic @ P.T.	30) Walking Club- At the Town Hall 9:30 Exercise Class 1:00 Card Games	Need Transportation? Call Dial-A-Ride (508) 823-8828 T.H.= Town Hall L.V.=Lincoln Village P.T.=Prime Time	

Dighton Council On Aging
300 Lincoln Avenue
North Dighton, MA 02764

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Taunton, MA 02780

THE STRAWBERRY VINE NEWSLETTER NOVEMBER 2016

Informational Services available through

Council on Aging office:

Wellness Clinic

Podiatrist Clinic

Vision Clinic

Card Games

Arts & Crafts Group

Sojourn Bear Group

Entertainment at Prime Time

Exercise Program

Tai Chi Program

Chair Yoga Program

Men's Social Group

Food Stamps

Project Bread's Food Source Hotline

Prescription Advantage Insurance Program

Nutrition Program

File of Life Program

RUOK Program

SHINE Program

Legal Assistance

Meals on Wheels and much more.

If you have any questions at all concerning elder affairs please do not hesitate to call us at 508-823-0095. We are here to help!

Dighton Council on Aging:

Executive Director:

Alice E. Souza

Board Members:

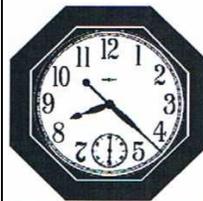
Thomas Ferry

James Hoye

Gloria Johnson

Jeffrey Allie

James DeArruda



“PRIME TIME” is an adult supportive respite facility located in the rear of the Town Hall, 1059 Somerset Avenue, Dighton, (Route 138). If you know of someone who cannot stay alone or whose family could benefit from some respite, we may be able to help both the elder and the caregiver. **“Prime Time”** is open Monday through Friday from 8:00 a.m. to 3:00 p.m. **“PRIME TIME”** is a supervised program for elders where they can enjoy a full and productive life. Call Sheila at (508) 669-6272 or visit us at www.dighton-ma.gov for more information.