

HUMAN SERVICES RESOURCES GUIDE

A Human Services Resources Guide has been created and published by the Foxborough Council on Aging and Human Services. The information included in this guide applies to adults and families, especially those with disabilities and/or limited income. Included is a section on town-specific programs, listings of services and programs not specific to Foxborough, lists of internet resources and a guide to numerous crisis hotlines. This guide is free and is available to all Foxborough residents at the following locations: the Foxborough Senior Center, Boyden Library, Foxborough Town Hall and the Veterans' Services Office.

Monday, February 3

Sit & Be Fit 9:30 a.m.

Tai Chi 10:30 a.m.

Book Club 11:00 a.m.

Video Lecture Series – History of the U.S. part 2 12:00 Noon

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, February 4

Stretch & Balance 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

SHINE 10:00 a.m.

Nutrition 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Bingo 2:00 p.m.

Wednesday, February 5

Strength Training 8:30 a.m.

AARP Tax Prep (by appointment) 8:30 a.m.

Chorus 10:00 a.m.

Painting with Bob McLeod 10:00 a.m.

Zumba 1:00 p.m.

Job Lot/Dollar Store 1:00 p.m.

Thursday, February 6

Ceramics 9:00 a.m.

Italian 1 Class 11:00 a.m.

Advanced Italian Class 1:00

Friday, February 7

Stop & Shop 8:30 a.m.

YMCA Exercises 9:30 a.m.

Card Making 11:00 a.m.

Cribbage 11:00 a.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

UTILITY SHUTOFF PROTECTION

Are you eligible for Utility Shutoff Protection? Under Massachusetts law, you may be able to keep your utilities from being disconnected for a while, even if you are unable to pay your bill. At any time of year, households in which everyone is age 65 or older are protected against gas, electric or water utility shutoff. Other situations in which shutoff protections apply include households with a financial hardship where someone has a serious illness, households with a child under 1 year of age, or households where all adults are 65 years of age or older and a minor child lives in the home. Also protected are tenants whose landlord is responsible for

utilities, but does not pay the bills. During the winter months (November 15 through March 15), **any** household with a **financial hardship** is protected if the household would be without heat if utility service were shut off. You qualify for financial hardship if you are getting Fuel Assistance, MassHealth, SSI, TAFDC or certain other programs. You may also qualify for financial hardship by meeting income limits. Though a regulated utility, telephone service may be protected for households in which everyone is 65 years of age or older, households with a financial hardship where someone has a serious illness, or households facing a personal emergency (such as domestic violence), where not having a phone would put the household at risk. Remember – to qualify for shutoff protection, you must register with your utility or telephone company and give them required proof. For noncitizens, your immigration status does not matter. For additional information or assistance, please contact the Foxborough Human Services office at the senior center at 508-543-7336 or 508-543-1252.

TRAVEL AND ENTERTAINMENT

JACK CRAIG'S MUSIC – WITH CLASS!

Jack Craig will be coming back to the senior center in February. Join us on the following Wednesdays starting at 11:15 a.m. for the following programs: February 12th “Songs of Love – without Love in the title!”; February 19th “Sing! The Greatest Songs 1943 to 1945”, and; February 26th “Sing! The Greatest Songs 1946 to 1949.” Please give us a call at 508-543-1252 to sign up for a morning of songs and singing.

VALENTINE TEA PARTY

Come and celebrate Valentine's Day with us at our Valentine Tea Party hosted by Joanne Pratt on Thursday, February 13th from 1:30 p.m. to 3:00 p.m. Wear lots of red and come join us for lots of chocolate, lots of tea and lots of fun! We have limited seating, so please call the senior center at 508-543-1252 to sign up. Reservations will be taken until Monday, February 10th or until all spots are filled, whichever comes first.

BIG TRIP 2014 PRESENTATION

The Trip Committee has been gathering information for the “Big Trip” for 2014. This year's plans are to travel to “Nashville Tennessee and the Smoky Mountains” on October 9th to 14th. In addition to Nashville, we will be visiting Pigeon Forge and Gatlinburg, Tennessee and Ashville, North Carolina. Plans include staying 3 nights at the famous Gaylord Opryland Resort hotel, a dinner aboard the General Jackson Showboat, a visit to Nashville's Wildhorse Saloon and the Grand Ole Opry, a show at the Country Tonite Theater, a ride on an enclosed tram to a mountaintop for an Octoberfest lunch, and a visit to the Vanderbilt family's Biltmore Estate. There will be a presentation at the senior center by tour company Tours of Distinction on Thursday, February 13 at 10:30 a.m. Come to hear the full details of the trip and you will also have the opportunity to sign up on that day with payment of the initial deposit of \$700 per person.

TRIP TO FOXWOODS CASINO

Come with us on Thursday, February 27th to Foxwoods Resort Casino, the northeast's largest casino and premier entertainment destination, offering a wide variety of ways to spend an exciting day. With six distinctive casinos, over 6,000 slot machines, 38 restaurants, and many retail shops, every amenity imaginable is available for your enjoyment. Foxwoods offers visitors the gaming experience of a lifetime! Your motorcoach will depart from St. Mary's parking lot at 7:45 a.m. and will return to Foxboro by 5:00 p.m. In addition to the transportation, your outing will include 1 free Full Buffet Coupon or \$10 food voucher, \$15 Keno Coupon and driver's gratuity. The cost for the day is \$22 per person, and will be due at sign-up or no later than Friday, February 7th. Call 508-543-1252 to sign up for this trip.

ST. PATRICK'S DAY AT LAKE PEARL LUCIANO'S

We can all claim to be a “wee bit” Irish on St. Patrick's Day, so come along with the Foxboro seniors to join in the fun at Lake Pearl Luciano's in Wrentham for our St. Pat's Day celebration on Thursday, March 13th from 11:30 a.m. to 3:30 p.m. You'll enjoy a sit down lunch which will include your choice of the traditional Corned Beef and Cabbage or New England Baked Scrod. You don't have to be Irish to have a great time, so come join us for an enjoyable afternoon with entertainment provided by “John Connors Irish Express.” The cost for this fun and festive day is \$49. Transportation will be on your own, but the Van Go will be available for regular van

riders upon request. The sign-up for this celebration has begun, so please call the senior center at 508-543-1252 if you'd like to attend. Payment will be due on Friday, February 14th.

SPECIAL EVENTS AND PROGRAMS

FREE LEGAL CLINIC

On Monday, February 10th, elder law attorney, Veranira Ochea, Esq., from Metrowest Legal Services will be available by appointment at the senior center to answer legal questions or provide appropriate referrals to Foxborough seniors. The appointments are free of charge and each appointment will be scheduled for 20 minutes. Attorney Ochea will be at the senior center from 8:30 a.m. to 1:00 p.m. Please call the senior center at 508-543-1252 if you would like to schedule an appointment.

PAINTING WITH BOB MCLEOD

It's time to tap into the artistic abilities that you may not have yet discovered in yourself. Come and enjoy a painting class with Bob McLeod and at the end of the class you'll be taking home a fantastic oil painting that has been painted by you. This class is for everyone, not just the experienced. Bob's next visit to the senior center will be on Wednesday, February 5th at 10:00 a.m. The cost of the class is \$30 and includes everything you will need to complete your painting that day. Bring your lunch and plan on staying until approximately 3:30 p.m. Please bring along your own paper towels. Class size is limited, so call the senior center at 508-543-1252 to sign up for the class.

SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY

Watch "Your Scene, Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. The featured program on February 5th and 6th is "Harriet Beecher Stowe with Dr. Gary Hylander." All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

REGULARLY SCHEDULED

BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Monday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited vision, have difficulty holding or reading a book, or who simply enjoy listening to books on tape will be able to enjoy this group. The group is led by Community Social Worker Pam McGuire. Our next meeting is on Monday, February 3rd at 11:00 a.m. If you would like to participate in this group, please call 508-543-1252. This month's book selection is "The Scarlet Letter" by Nathaniel Hawthorne.

BINGO

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, February 4th from 2:00 p.m. to 3:30 p.m. Please call us at 508-543-1252 to let us know that you will be joining us. This event is sponsored by the Friends of Foxboro Seniors.

MOVIE DAY

It's a time again to take in a good movie with friends at the senior center. Our next Movie Day is scheduled for Tuesday, February 11th at 12:30 p.m. and the featured movie will be "Silver Linings Playbook." Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection, and then settle down with some fresh, hot popcorn to see the movie. Our featured movie this month is "Silver Linings Playbook" and stars Bradley Cooper as Pat Soltano, a bipolar man from Philadelphia, who has lost everything – his house, his job and his wife. He now finds himself living back with his mother (Jacki Weaver) and father (Robert DeNiro) after spending eight months in a state institution on a plea bargain. Pat is determined to rebuild his life, remain positive and reunite with his wife, despite the challenging circumstances of their separation. All Pat's parents want is for him to get back on his feet and to share the family's obsession with the

Philadelphia Eagles football team. When Pat meets Tiffany (Jennifer Lawrence), a mysterious girl with problems of her own, things get complicated. Tiffany offers to help Pat reconnect with his wife, but only if he'll agree to act as her dance partner in a local dance competition. As their deal plays out, an unexpected bond begins to form between them. If you'd like to join us for this movie, please call the senior center at 508-543-1252.

VIDEO LECTURE SERIES – THE HISTORY OF THE UNITED STATES – Now on Mondays

As part of “The Great Courses” video lecture series from our Kastrenos Library of Illuminating Lectures, we will be offering “The History of the United States Part 2” on **Mondays through May 5th from 12:00 noon to 1:00 p.m.** at the senior center. These video lectures provide many hours of educational information by award winning professors. This series begins in the late 19th century with the expanding industrialization of America and runs through the Clinton Administration and the Millennium. Please call us at 508-543-1252 if you'd like to join us for this great informational opportunity. If you have missed one of our video lectures, please let us know so that we can schedule an additional showing for you.

TRIAD

TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies, and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizens and to enhance their awareness of support services. TRIAD also works to increase senior participation in crime prevention and detection programs. The purpose is to reduce crime against seniors, and help improve the quality of life of all citizens, especially seniors. TRIAD, a senior citizen run and directed group, currently has openings for volunteer leader positions. Use this opportunity to bring forward your safety issues and concerns by becoming involved in this important organization. TRIAD meetings are usually held on the third Wednesday of each month, and the next TRIAD meeting will be on Wednesday, February 19th at 1:00 p.m. Everyone is welcome to attend these informational sessions.

LOW VISION SUPPORT GROUP

Our Low Vision Support Group meets on the third Thursday of every month from 1:00 p.m. to 2:00 p.m. The next meeting will be on February 20th. This is an adult group providing peer support and information for anyone with vision loss, or those who have concerns about their vision. Seniors from Foxboro, as well as surrounding towns, are welcome! Van transportation is available for Foxboro residents by calling the senior center at 508-543-1252.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on Monday, February 24th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist, Sheri Thorpe, will be here on Tuesday, February 25th beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products and has been the manicurist at our neighboring Plainville Council on Aging. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great!

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

February 5 – Job Lot / Dollar Store

February 12 – Christmas Tree Shop

SENIOR CENTER INCLEMENT WEATHER POLICY

Winter is on its way and bringing along colder temperatures, ice and snow. Please note that if the Foxborough schools are cancelled for the day due to inclement weather, the activities at the senior center are also cancelled and the Van-Go will be off the road. The offices at the Council on Aging and Human Services in the senior center will remain open, however, and available to assist you and answer your questions. Please call 508-543-1252 with any inquiries.

AARP TAX ASSISTANCE

Free income tax assistance will be available for seniors through the Tax Aide program of the American Association of Retired Persons (AARP). This service is designed to help senior taxpayers with low to moderate income. You will have your income tax forms prepared, and become familiar with the benefits that may be available to you. The AARP representatives will be available at the senior center on Tuesdays and Wednesdays beginning February 4th through April 8th. Call the senior center at 508-543-1252 to schedule your appointment. Prior to your appointment, please come and pick up the "Tax Preparation Packet" at the senior center. This paperwork must be completed and brought with you to your appointment.

SAND FOR SENIORS

"Sand for Seniors" is a community development project by the Foxboro Jaycees to help senior citizens needing sand or salt during the winter season. If you are a Foxboro senior citizen who needs sand or salt, they can deliver a bucketful right to your door. Call Mohsen at 508-203-1670 and leave a message. You can also email him at mohsenkh53@hotmail.com.

MEDICAL INFORMATION AND SERVICES

COMMUNITY BENEFITS PROGRAMS AT NORWOOD HOSPITAL

Norwood Hospital offers the following Community Benefits programs to help promote the health and wellbeing of our community: **Diabetes Support Group** offered free on the second Tuesday of the month through May from 6:30 p.m. to 7:30 p.m. in the RANI Conference Room in Norwood Hospital; **Domestic Violence Support Group** offered free at Norwood Hospital with confidential screening provided by a licensed social worker, and; the **Senior Supper Program** offered Monday through Friday from 4:45 p.m. to 6:45 p.m. in the cafeteria in the basement of the Lorusso Building in the hospital where meals are provided at a reduced cost. If you have questions on these programs, please contact Margaret Lutz at 781-278-6024, Margaret.Lutz@steward.org or visit the website at www.Norwood-Hospital.org.

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be on Tuesday, February 11th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of the month, from 10:00 a.m. to 12:00 p.m. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE Program provides free and confidential health insurance information, counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. Appointments are being scheduled on February 4th and 20th. Another option is to call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE. In addition to the SHINE Program, Social Worker Pam McGuire and Outreach Worker Ken Levy are available at the senior center to help answer any questions you may have regarding Medicare and your

health insurance options. If you would like to meet with Pam or Ken, call the senior center at 508-543-1252 to set up an appointment.

WARNING ON HACKED EMAIL

If your friends and family are getting emails from you with seemingly random links, or messages with urgent pleas to you to wire your money, there's a good chance that your email or social media account may have been taken over or "hacked." What should you do if you suspect that your private emails and accounts have been compromised? For starters: make sure your software security protections are up-to-date, reset your password, tell your friends and family, check your account settings, and; check the advice your email provider or social networking site has about restoring your account. While setting up your accounts, use unique passwords for important sites, such as your bank and email. Safeguard your usernames and passwords and be aware that scammers impersonate well-known businesses to trick people into giving out personal information. Don't click on links or open attachments in emails unless you know who sent them and what they are. Download free software only from sites that you know and trust, and finally, don't treat public computers like your personal computer.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, February 3

Chicken Divan with Broccoli and Ziti
Multigrain Roll
Mixed Fruit

Tuesday, February 4

Shepherds' Pie
Peas
Whole Wheat Roll
Pears

Wednesday, February 5

Grilled Chicken with BBQ Sauce
Garlic Mashed Potatoes
Wheat Bread
Blonde Brownie

Thursday, February 6

Beef Bordelaise
Red Bliss Potatoes
Country Blend Vegetables
Dinner Roll
Pudding

Friday, February 7

Fish Sticks
Tartar Sauce
Lyonnais Potato
Summer Blend Vegetables
Whole Wheat Bread
Fresh Fruit