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# The Strawberry Vine

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Alice E. Souza,  
Executive Director

**FEBRUARY 2010**

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

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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.

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## **TOWN OF DIGHTON 2010 ANNUAL CENSUS**

Please respond to the Annual Town of Dighton Census. Census data directly affects how federal funding is distributed to state, local and tribal governments. Census data helps guide local planning decisions for: Locations of community services and facilities, such as hospitals, nursing homes and long-term care facilities, creation of maps to speed emergency services to households in need of assistance, and food and transportation assistance programs.

### **U.S. 2010 FEDERAL CENSUS 10 Questions, 10 Minutes:**

#### **To define who we are as a Nation.**

The census is a count of everyone in the United States. Everyone in the United States must be counted—both citizens and noncitizens. The U.S. Constitution requires a national census once every 10 years for the purpose of reapportioning the U.S. House of Representatives. In addition, census data play a part in guiding funding for essential community services and other important programs. Households will receive a census form in March and April 2010 either by U.S. mail or by hand delivery. Please fill yours out. If you need help please ask a family member. You may also call the COA at 508-823-0095 for more information.

## *Happy Valentine's Day*

February 14, 2010



### **FILE OF LIFE**

#### ***Provided by the Dighton Lions Club***

We have the *FILE OF LIFE* for distribution to Dighton Seniors. It is a RED file that you fill with medical information/history, and keep on your refrigerator door. It will be readily available if needed, by Emergency Medical Technicians, who will be able to perform corrective treatment at once. And it also helps in notifying proper emergency contacts. You may pick one up at the Dighton Council on Aging, or call 508-823-0095 for more information.

### **DID YOU MISS THE PART D OPEN ENROLLMENT?**

Enrollment for the Medicare Part D Prescription drug plans ended December 31, 2009. Fortunately, Massachusetts's residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's Pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November. If you are concerned about added cost, you will be happy to know that there is no charge for Prescription Advantage members with an annual income less than

\$32,490 for a single person and \$43,710 for a married couple. There is no reason not to have coverage for your prescription drugs. Call Prescription Advantage today for an application form. You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636), or TTY for the deaf and hard of hearing at 1-877-610-0241. If you have any questions or require assistance with an application, please call the SHINE Program at 508-222-1399.

**Extra Help with Medicare Part D:** You may be eligible for extra help with Medicare Part D premiums and co-pays if your monthly income is \$1,354 (or less) and your assets are not more than \$12,510 for an individual and your monthly income is \$1,821 (or less) and your assets are not more than \$25,010 for a married couple. If you are eligible for extra help, you may join Part D at any time. If you already have extra help, you may change your Part D at any time. Please call the Shine Program at 508-222-1399 for further assistance.

### **UFO'S /KNITTING GROUP**

The *Un-Finished Objects* and Knitting Group will be getting together Tuesday, February 23, 2010, at 10:00 a.m., at Lincoln Village. Let's finish your projects, knit hats, mittens, etc. Knitting is a wonderful way to relieve stress. Please call (508) 823-0095.

### **SMALL HOME REPAIRS**

We have a volunteer who can do small repairs. To qualify, you must be a Dighton Resident, 60+ years of age, and of low income. For more information please call the Council on Aging at (508)-823-0095.

### **WINTER DRIVING TIPS**

Winter Driving is probably the most hazardous for drivers. The following tips can help:

- ◆Reduce your speed according to road conditions. Accelerate gently.
- ◆Never lock your brakes on icy roads. If you do skid, remember to turn *into* the direction of the skid.
- ◆Increase the space between your vehicle and others.
- ◆Be aware that bridges and overpasses freeze before the rest of the road.
- ◆Make sure your windshield wipers are in good condition. Before driving, remove ice and snow from your vehicle.
- ◆Keep your fuel tank at least half full.
- ◆Be sure to fill your windshield washer reservoir with a cleaning solution that will not freeze.

### **TAI CHI & KETTLE BELLS**

Tai Chi and Kettle Bells classes are held on Fridays from 9 a.m. - 10 a.m., for those 60+, at Lincoln Village. The cost is \$4.00/class. Call (508) 823-0095 for more information.

### **PINOCHLE-CRIBBAGE-WHIST**

Card games are played at the Lincoln Village Community Center, on Wednesdays at 1:00 p.m. We also have a Whist Party scheduled for the 1st. and 3rd. Monday of the month at 1:00 p.m. Call 508-823-0095 for more information.

### **BLOOD PRESSURE CLINIC**

Our Blood Pressure Clinic will be held on Tuesday, February 16th., at 9:00 a.m., at Lincoln Village. The next Blood Sugar Screening will be in March. Call (508) 823-0095 to make an appointment. Walk-ins are always welcome.

### **WELLNESS CLINIC**

The Wellness Clinic will be held during the Blood Pressure Clinic on Tuesday, February 16th. The scheduled topic for this month is "Depression Awareness". Nurses will be available to answer questions and offer information on this topic. Walk ins are always welcome.

### **VISION CLINIC AT PRIME TIME**

The Vision Clinic will be held on Tuesday, February 23rd. at 8:30 a.m. Cornerstone Family Vision will be at Prime Time to provide the free service of minor repairs and adjustments to eyeglasses. Call (508) 669-6272 for more information.

### **EXERCISE CLASSES**

Exercise classes for those 60+ are held on Mondays and Wednesdays from 9 - 10 a.m., at the Lincoln Village Community Center. Exercise helps achieve and maintain weight loss, improves our mood, and it reduces blood pressure and osteoporosis. The cost is \$3.00 per class. For more information please call (508) 823-0095.

### **DO YOU NEED HELP WITH HEATING BILLS?**

- ◆ Citizens for Citizens at: (508) 823-6346
- ◆ LIHEAP Program: 1-800-632-8175
- ◆ Oil Co-ops at 1-800-351-0077
- ◆ Salvation Army-Good Neighbor Fund:  
1-800-262-1320

### **SOJOURN BEAR PROJECT**

The Sojourn Bear Project will be meeting Monday, February 22, 2010. If you'd like to sew, stuff the bears or knit sweaters for the bears, please join us. The Teddy Bears are given to cancer patients. For more information call (508) 823-0095.

### **"LIBRARY AT LINCOLN VILLAGE"**

The Dighton Public Library will be at Lincoln Village on Tuesday, February 9th., and Tuesday February 23rd., from 1- 3 p.m. This program is for Dighton residents 60+. You may check out and return books, videos, DVDs and more. To ask for a specific book title, video, etc., please call (508) 669-6421, and they will bring it to you at Lincoln Village.

### **PRESENTATION AT PRIME TIME**

On Tuesday February 22, 2010, at 9:15 a.m., Clinical Therapist, Terry Ruby, will be speaking on "*Wellness*". This is an informative presentation. Please call (508) 669-6272 to let us know if you're coming. Walk-ins are always welcome.

### **ENTERTAINMENT AT PRIME TIME**

Alex and Kara Fortier, a charming Brother and Sister act will be performing on Friday, February 19, 2010 at, 12:30 p.m. Come and have lunch with us and stay for the entertainment. Please call (508)-669-6272 by 10:30 am the previous day to let us know if you are coming for lunch and the entertainment.



# February 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>L.V.= Lincoln Village</b> <b>T.H.= Town Hall</b> <b>P.T.= Prime Time</b>	<i>Delicious, nutritious meals served at Prime Time! Please call 24 hours in advance to reserve.</i>		<b>Need Transportation?</b> <b>Call Dial-A-Ride</b> <b>(508) 823-8828</b>
<b>1)</b> Walking Club- <i>T.H.</i> 9:00 Exercise Class 1:00 Whist	<b>2)</b> Walking Club- <i>T.H.</i>	<b>3)</b> Walking Club- <i>T.H.</i> 9:00 Exercise Class 1:00 Card Games/ Cribbage	<b>4)</b> Walking Club- <i>T.H.</i>	<b>5)</b> Walking Club- <i>T.H.</i> 9:00 Tai-Chi/Kettle Bells
<b>8)</b> Walking Club- <i>T.H.</i> 9:00 Exercise Class	<b>9)</b> Walking Club- <i>T.H.</i> 1-3 Library @ L.V.	<b>10)</b> Walking Club- <i>T.H.</i> 9:00 Exercise Class 1:00 Card Games/ Cribbage	<b>11)</b> Walking Club- <i>T.H.</i>	<b>12)</b> Walking Club- <i>T.H.</i> 9:00 Tai-Chi/Kettle Bells
<b>15)</b> Walking Club- <i>T.H.</i>  <b>President's Day</b> <b>Council on Aging</b> <b>&amp; Prime Time</b> <b>Closed</b>	<b>16)</b> Walking Club- <i>T.H.</i> 9:00 Blood Pressure  9:30 Wellness Clinic	<b>17)</b> Walking Club- <i>T.H.</i> 9:00 Exercise Class 1:00 Card Games/ Cribbage	<b>18)</b> Walking Club- <i>T.H.</i>	<b>19)</b> Walking Club- <i>T.H.</i> 9:00 Tai-Chi/Kettle Bells 12:30 Entertainment at Prime Time
<b>22)</b> Walking Club- <i>T.H.</i> 9:00 Exercise Class 9:15 Presentation- <i>P.T.</i> 10:00 Sojourn Bears	<b>23)</b> Walking Club- <i>T.H.</i> 8:30 Vision Clinic @ Prime Time 10:00 U.F.O's & Knitting Group 1:00 Library @ L.V.	<b>24)</b> Walking Club- <i>T.H.</i> 9:00 Exercise Class 1:00 Card Games/ Cribbage	<b>25)</b> Walking Club- <i>T.H.</i>	<b>26)</b> Walking Club- <i>T.H.</i> 9:00 Tai-Chi/Kettle Bells

**Many Services** are available through your local Council on Aging Office. Below are just a few programs available: Mass Health Buy-In Program; Food Stamps; Project Bread's Food Source Hotline; Prescription Advantage Insurance Program; Nutrition Program; Vial of Life Program; RUOK Program; SHINE Program; Legal Assistance; Meals on Wheels; Health Checks 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!

**NOTE: If Dighton schools are cancelled due to bad weather, programs will not be held at the Council on Aging or the Prime Time Adult Day Program. Listen for announcements on your local radio and television stations.**

**Dighton Council on Aging: Executive Director:** Alice E. Souza, **Board Members:** Harold Mendoza, James Hoye, Nicholas Santore, Roberta Perry, Thomas Ferry, Joseph Lawrence, Gloria Johnson, Joan Woods, Jeffrey Allie

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

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