

The Strawberry Vine

Hours of Operation
Mon - Fri: 8am - 3pm

NOVEMBER 2025

Phone: 508-823-0095
www.dighton-ma.gov



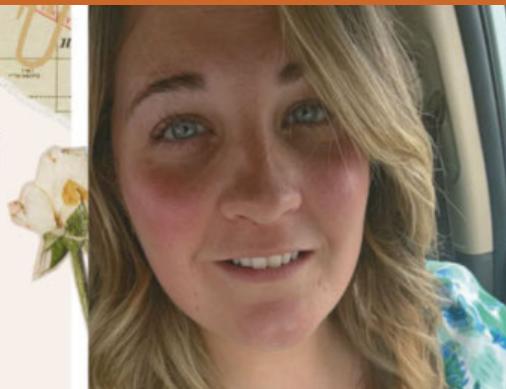
DIGHTON COUNCIL ON AGING

1059 Somerset Avenue
Dighton, MA. 02715
SERVING ALL DIGHTON CITIZENS
OVER 60 YEARS OF AGE

OUR MISSION

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.

Hello! I'm
Becka Mitchell
PUBLIC HEALTH NURSE
Health Department

A portrait of Becka Mitchell, a young woman with blonde hair, smiling. She is wearing a light-colored top. To her left is a small circular logo for the Dighton Health Department.

ABOUT ME

I'm Becka, and I'm excited to introduce myself as Dighton's new Public Health Nurse. I graduated from UMass Dartmouth with my Bachelor of Science in Nursing and also hold a degree in Sports, Entertainment, and Event Management from Johnson & Wales University. My nursing experience includes working at South Shore Hospital, and most recently, I served as the Public Health Nurse for the Town of Middleborough.

I'm truly looking forward to supporting the health and well-being of our community here in Dighton. Please don't hesitate to reach out—I'm always happy to connect and help however I can!

— Becka

MY HOBBIES

1. Skiing
2. Traveling
3. Hiking



A CLASS FOR CAREGIVERS

11/13 | 5:00PM
Council on Aging,
1059 Somerset Avenue

The Dighton Council on Aging invites FirstLight Home Care of Seekonk to host an upcoming presentation:
"Dementia: Managing Day-to-Day Life with Dementia and Alzheimer's."

This free educational session is designed to help family caregivers build supportive routines, enhance communication, reduce stress, and find resources to better care for their loved ones while also caring for themselves.

We encourage caregivers to attend this class.

Light refreshments will be served.

Please register by calling:

508-823-0095

REMINISCING WITH MYRNA

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REMINISCING WITH MYRNA: THE RICHMOND NAME IN DIGHTON RICHMOND HILL-COLONEL SYLVESTER RICHMOND-SALLY RICHMOND BROOK

Sylvester Richmond was a noted early Dighton settler, active in matters both military and domestic; yet his most enduring contribution to the town of his birth is his name on the high hill that overlooks the entire area and continues to play an important part in our history. That hill will be forever known as Richmond Hill, across and through which Elm Street (once known as part of the Old Bristol Path) crosses southerly into Somerset.

This tale includes many excerpts from HURD'S HISTORY OF BRISTOL COUNTY, 1883

"The most considerable element in this township is Richmond Hill, in the southeastern part. . . Its elevation is very moderate, being little more than two hundred feet... "The view from its rocky summit takes in the Blue Hills on the north, Mt. Hope on the south and the Cumberland Hills in Rhode Island on the west. Portions of the cities of Taunton, Fall River and Providence are visible, as well as the towns of Somerset, Freetown, Berkley, Attleborough, Norton, Raynham and Rehoboth. On a clear day in winter and with the aid of a glass, more than forty church spires can be counted, and the windings of the Taunton River can be traced for several miles."

A natural gorge for a roadway:

"The singular gorge through the rocks on the top of the hill seems made on purpose to accommodate the road that runs through it. It is evidently one of the furrows made by the great ice plow that tore its way over the hill from the northwest in the last glacial period and which must have reduced the height of the hill very materially. . . . Huge masses of rock were torn from this hill and shoved along to the south The large boulder in Somerset known as the Hanging Rock or Toad Rock and which weighs probably more than a hundred tons, was originally part of this hill."

And now back to Colonel Sylvester Richmond, his farm, his hill, two of his granddaughters and a Dighton ghost tale:

Born in 1698, Col. Sylvester Richmond was forty-seven years old when he commanded the Bristol County regiment that went with the expedition that captured the fortress of Louisburg, Cape Breton Island, in 1745. It was the same expedition where Col. Ebenezer Pitts, also of Dighton, lost his life. The circumstances of the expedition have been questioned by historians; however, one historian of that time has been quoted as saying, "If any one circumstance had taken a wrong turn on our side, and if any one circumstance had NOT taken a wrong turn on the French side, the expedition must have miscarried."

"After his return from the French war, Col. Richmond took a prominent part in town affairs and was soon appointed High Sheriff of Bristol County, holding that office for many years. He was also a Justice of the Peace and married many couples in this town. "In a time when marriage was considered only a civil contract, justices of the peace enjoyed almost a monopoly of the splicing business."

His father's name was also Sylvester and he had a son and a grandson of the same name. He and his wife, Elizabeth, had eight children. Elizabeth died at age 72 in 1772 and Sylvester died in 1773 at age 74. Their house and farm was on the north slope of what came to be known as Richmond Hill. When Hurd's history was written in 1884, "only one part of one of the chimneys of the house was standing to mark its site... The house was a picturesque, gambrel-roofed old mansion, . . . with an immense fireplace in the kitchen where, it is said, the Colonel's slaves were wont to gather in cold weather. For many years it was inhabited by Sylvester's granddaughters, two old ladies 'who made some pretense of carrying on farming.'"

"The cart path from the road to the rear of the house was a thoroughfare for children while going to and from huckleberry patches during school vacations, and they could not resist the temptation to pocket some of the red-cheeked apples and luscious sugar pears that often strewed the path, for which pilferings they were

generally roundly scolded by the watchful guardians of the premises, whose names were Sally and Nancy." (Col. Richmond's daughters.) In return for those jobations, one of the older boys who had a reprehensible propensity for punning, was wont to peak of the scolding Sally as 'Sally-rate-us,' while an admonition from her sister was termed the 'Edict of Nance,' an allusion, probably, to the historical "Edict of Nantes."

In later years the house was thought to be haunted and strange sights and sounds were still noted there in 1883. "One of these stories was related to the writer (Hurd) by an Irishman who was known as

"Sleepy Bill" and vouched for it as true by his wife: "Let it be premised that the house stood six or seven rods from the nearly disused road that leads over the hill and was approached by a cart path already mentioned, which was closed at the road by bars. The cart path ran along within a foot or two of the south side of the house," where the head of the bed of the Irishman and his wife was against the wall. . . . William said that one night about one o'clock he and his 'old woman' were awakened by what seemed to be a long procession of carriages coming from the road and going past the house down into the swamp at the rear. Although they were too frightened to get up to see what was going on, it sounded like twenty or more carriages moving slowly, like a funeral procession, that rumbled and jolted close to their heads over the frozen ground outside. Another night they were awakened by a terrible crash in the front hall, but they could find no cause for the racket. In another instance a boarder of theirs saw and was frightened by several people in the costume of long ago dancing a 'breakdown' in the front yard late at night. He soon found another place to live and moved away.

Sally Richmond's Brook – a few facts from Hurd's History

Now seems a good time to address quickly the brook which was named for Sally, one of Col. Richmond's two spinster granddaughters, Miss Sally Richmond. "This stream takes its rise in the swamps northwest of Hunters' Hill, runs at first a northeasterly course, crossing the road leading to Pitts Corner from the Four Corners twice, then turns southeasterly, skirting the base of Richmond Hill and loses itself in the oozy flats of Muddy Cove, near the color-works of J.C. Jessup and Co."

Although in 1883 only the color works remained, there were once small factories on Sally Richmond's brook, including Gen. Peck's shingle mill and forge, Matthew Briggs' blacksmith shop and forge, and, as mentioned, J.C. Jessup and Co.'s color grinding works. Prior to those, in 1861 there had been a company which manufactured woolen cloths, which business became unprofitable and closed. That building burned in 1867, after which an upper story of wood was attached to the remaining brick walls and a furniture building business was started there. That business closed and was followed by a manufacturer of white lead – the Albion Lead Works. The building burned for a second time in 1878 and was partially rebuilt by the color works company.

I hope you have enjoyed this little history of Colonel Richmond's namesake, Richmond Hill, and its stories and a bit about the brook that bears his granddaughter's name. I wish each and every one a VERY Happy Thanksgiving, 2025. How quickly the years flow by – please be sure to treasure every moment!

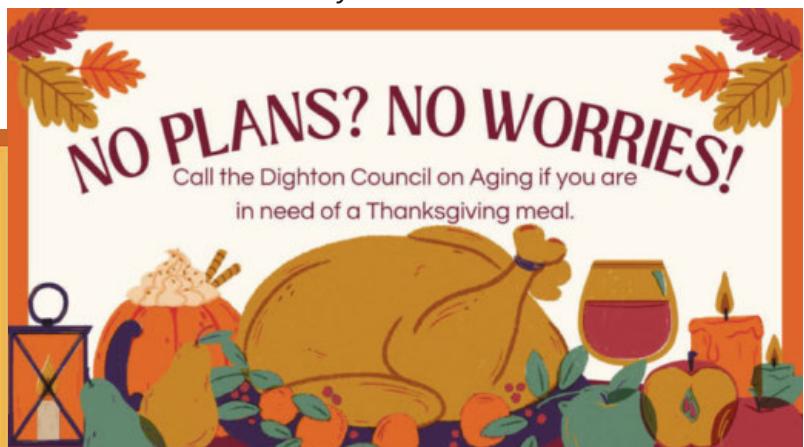
Very sincerely,

Myrna

Why did the turkey get in trouble?



Because he used foul language.



UPCOMING EVENTS

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EXERCISE & MOVEMENT

FEE PER CLASS: \$4.00

EVERY MONDAY

9:00am Fitness Class @ COA

EVERY WEDNESDAY

9:00am Chair Yoga @ LV

EVERY FRIDAY

9:00am Tai Chi @ OTH

FRIDAY, 11/07 & 11/14

1:00pm Drum's Alive @ OTH

FRIDAY, 11/14

10:30am Zumba Gold @ COA

MONDAY, 11/17

10:00am Mat Yoga @ OTH

FRIDAY, 11/21

1:00pm Line Dancing @ OTH

WEDNESDAY, 11/26

12:30pm Chair Zumba @ COA

Please register for events/programs,
especially those involving food.



SELF DEFENSE SERIES

11/6—12/18 | 1:30PM
Old Town Hall,
1111 Somerset Avenue

Join this six-week self defense course with our instructor, Elijah Swain!

Self defense increases confidence, improves physical fitness and agility, enhances mental resilience and better situational awareness.

Register today! 508-823-0095

MUSIC, FOOD, GAMES & CRAFTS

EVERY WEEKDAY

8:30am Coffee Hour @ COA

EVERY MONDAY

10:00am Mahjong @ COA

1:00pm Bingo @ COA

EVERY TUESDAY

1:00pm Art Group @ COA
(Instructed Classes 11/4 & 11/18)

EVERY THURSDAY

1:00pm Cribbage @ LV

EVERY FRIDAY

10:00am Knit/Crochet @ COA

THURSDAY, 11/20

10:30am Music with Dave @ COA

FRIDAY, 11/21

9:00am Monthly Breakfast @ COA

MONDAY, 11/24

12:00pm Trivia @ COA

WEDNESDAY, 11/26

10:30am Brew with Bela @ LV



EATING TO PREVENT DIABETES

11/10 | 12:00PM
Council on Aging,
1059 Somerset Avenue

Tara Hammes, RD and Healthy Aging Manager for the Massachusetts Councils on Aging will review blood sugar basics and how to build a better plate in this presentation, *Eating to Prevent or Manage Diabetes*.
Register: 508-823-0095

HEALTH & EDUCATIONAL

EVERY WEDNESDAY

Appt. Only Tech Support
(call COA to book your appt.)

WEDNESDAY, 11/05

10:00am Blood Pressure Clinic
with Dighton Fire Dept. @ LV&COA

THURSDAY, 11/06

Appt. Only Podiatry Clinic
(call COA to book your appt.)

TUESDAY, 11/18

9:00am Office Hours with Senator,
Kelly Dooner @ COA

THURSDAY, 11/20

Appt. Only FREE Legal Consult
(call COA to book your appt.)

TUESDAY, 11/21

9:00am Office Hours with
Representative, Thurber @ COA

Meals & Exercise/Movement Classes:
**\$4.00 (If you do not have it, please still come
and enjoy your favorite classes!)**



MEET YOUR OFFICIALS

11/18 & 11/21
Council on Aging,
1059 Somerset Avenue

Senator Kelly Dooner will hold
office hours at the COA on
Tuesday, 11/18 at 9:00am.

Representative Justin Thurber
will hold office hours at the COA
on Friday, 11/21 at 11:00am.

Utilize this opportunity to learn,
ask questions, advocate for the
things that are important to you!

NOVEMBER 2025 EVENTS CALENDAR

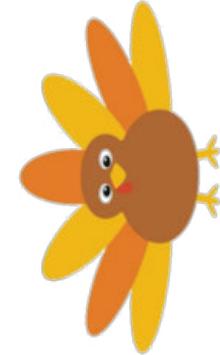
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Please do not arrive to any COA program or event more than 15 minutes early as staff and volunteers need time for setup.

MON	TUES	WED	THURS	FRI
3 8:30am Coffee Hour @ COA 9:00am Fitness @ COA 10:00am Mahjong @ COA 1:00pm Bingo @ COA	4 8:30am Coffee Hour @ COA 1:00pm Instructed Art Group @ COA 	5 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV 10:00am Blood Pressure Clinic with DFD @ LV & COA Tech Support by Appt. Only @ COA	6 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV 1:30pm 6-Week Self Defense Series @ OTH Podiatrist Clinic by Appt. Only @ COA	7 8:30am Coffee Hour @ COA 9:00am Tai Chi @ OTH 10:00am Knit/Crochet @ COA 1:00pm Drums Alive @ OTH
10 8:30am Coffee Hour @ COA 9:00am Fitness @ COA 10:00am Mahjong @ COA 12:00pm Lunch & Learn: Eating to Prevent Diabetes @ COA 1:00pm Bingo @ COA	11 CLOSED	12 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV Tech Support by Appt. Only @ COA	13 8:30am Coffee Hour @ COA 1:00pm Cribbage @ LV 1:30pm 6-Week Self Defense Series @ OTH 5:00pm Caregiver Class @ COA	14 8:30am Coffee Hour @ COA 9:00am Tai Chi @ OTH 9:00am Emergency Preparedness with DFD @ COA 10:00am Knit/Crochet @ COA 10:30am Zumba Gold @ COA 1:00pm Drums Alive @ OTH
17 8:30am Coffee Hour @ COA 9:00am Fitness @ COA 10:00am Mahjong @ COA 10:00am Mat Yoga @ OTH 1:00pm Bingo @ COA	18 8:30am Coffee Hour @ COA 9:00am Office Hours w/ Senator Kelly Dooner @ COA 1:00pm Instructed Art Group @ COA	19 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV Tech Support by Appt. Only @ COA	20 8:30am Coffee Hour @ COA 10:30am Music with Dave @ COA 1:00pm Cribbage @ LV 1:30pm 6-Week Self Defense Series @ OTH 1-on-1 Legal Consult @ COA by Appt. Only!	21 9:00am Monthly Breakfast @ COA 9:00am Tai Chi @ OTH 10:00am Knit/Crochet @ COA 11:00am Office Hours w/ Representative Justin Thurber @ COA 1:00pm Line Dance @ OTH
24 8:30am Coffee Hour @ COA 9:00am Fitness @ COA 10:00am Mahjong @ COA 12:00pm Triva @ COA 1:00pm Bingo @ COA	25 8:30am Coffee Hour @ COA 1:00pm Art Group @ COA	26 8:30am Coffee Hour @ COA 9:00am Chair Yoga @ LV 10:30am Brew w/ Bela @ LV 12:30pm Chair Zumba @ COA Tech Support by Appt. Only @ COA	27 CLOSED	28 CLOSED 

LOCATIONS:

COA (Council on Aging): 1059 Somerset Ave.
LV (Lincoln Village): 300 Lincoln Ave.
OTH (Old Town Hall): 1111 Somerset Ave.
PAV (Lions Pavilion): behind 1111 Somerset Ave.



FEES:

Exercise & movement programs cost \$4.00/class.
Events including food cost \$4.00 as well.
If you do not have the money, please still come and enjoy your favorite events and programs!

RESOURCES AND PROGRAMS

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HOME HANDYMAN PROGRAM

This is a volunteer position and services are limited to light repairs/installations such as installing safety equipment, assembling furniture, light yard work, etc.

Give the Dighton Council on Aging a call at 508-823-0095 to schedule your appointment today!

VETERAN RESOURCES

The Dighton Veteran's Agents' Office is located in the lower level of Old Town Hall, 1111 Somerset Ave. Please note, if you are a widow of a Veteran (not re-married), you may be eligible for benefits as well. Please call Dighton's Veteran's Agent, Raymond Hague, at 774-872-0944

HAIR CUTS FOR MEN & WOMEN

Maria Costa offers hair cuts to men and women in our own private hair salon in the Dighton Council on Aging!

Appointments are typically booked on Friday's but exceptions may be made. Prices will vary based on services needed.

Please call Maria directly to book your appointment or with any questions: 508-930-8291

DIGTON TRASH BAGS

Purchase single trash bags at the Dighton Council on Aging. Purchases may be made Monday—Friday from 8am—3pm. Please call with any questions: 508-823-0095

Cost: \$1.40 small | \$2.80 large



The flyer for the Dighton Council on Aging Health Insurance program features a blue background with white text. At the top is the Dighton Council on Aging logo. Below it, the words "HEALTH INSURANCE" are prominently displayed in large, bold letters. Underneath, it says "Medicare Open Enrollment (October 15 - December 7)". A section titled "Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs." is followed by a "CONTACT US" button and the phone number "508-823-0095". Two circular photos of women, Anabela Powell and Kendra Earley, are shown on the right. The background is decorated with blue exclamation marks and plus signs.



The flyer for the Emergency Preparedness Presentation features a red and white design. It includes the Dighton Council on Aging logo and the Dighton Fire Department logo. The text "Dighton Council on Aging partners with Dighton Fire Department in" is followed by "EMERGENCY PREPAREDNESS PRESENTATION". The date and time "11/14 9 AM" and the location "1059 Somerset Avenue" are listed. A "Register Today! 508-823-0095" call to action is at the bottom.



The flyer for Citizens for Citizens Fuel Assistance features a blue background. It includes the Citizens for Citizens logo and the text "Citizens for Citizens, Inc. Fuel Assistance 2025 - 2026 Income Guidelines". Below this, it says "YOU MAY QUALIFY FOR FUEL ASSISTANCE & ENERGY DISCOUNTS IF YOUR GROSS INCOME IS UNDER THE FIGURES BELOW." A table provides income guidelines for different household sizes. At the bottom, the website "WWW.CFCINC.ORG" and phone numbers "508 - 679 - 0041 // 508 - 823 - 6346" are listed, along with the towns "Fall River" and "Taunton".

Household Size	4 Week Income	4 Week Fixed	Annual Income
1	\$3,982	\$4,314	\$51,777
2	\$5,208	\$5,642	\$67,709
3	\$6,433	\$6,970	\$83,641
4	\$7,659	\$8,297	\$99,573
5	\$8,884	\$9,625	\$115,504
6	\$10,110	\$10,953	\$131,436

RESOURCES AND PROGRAMS

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||||| GATRA ||||| TRANSPORTATION SERVICES |||||

Dial-A-Ride
Travel Within: Dighton, Raynham, Taunton & Berkely
Weekdays: 6:00am - 6:00pm
No weekend services
Fares: \$1.75 one way or \$15.00 for a 10-ride pass
Call Dighton Council on Aging to learn more: 508-823-0095 or book directly with GATRA: 774-226-1219

MedWheels Program
Travel long distance (outside of Dighton, Raynham, Taunton & Berkley) for medical related appointments only.
*There is no direct cost associated with this program. A suggested donation is appreciated.
Call Dighton Council on Aging to learn more: 508-823-0095

If you have never utilized GATRA's services, you must complete an application with the Dighton Council on Aging.

MAT YOGA



\$4.00 CLASS

MONDAY, NOV. 17
10:00 AM AT OLD TOWN HALL,
1111 SOMERSET AVENUE

If you do not have the \$4.00, please still come and enjoy your favorite classes!

Please Register: 508-823-0095

PRIME TIME

Supportive Adult Day Program

Would you or someone you know benefit from meeting and socializing with new friends, trying new experiences and activities all while keeping active in your mind and body? Then Prime Time might be the perfect fit for you!

Offerings Available :

- Breakfast, lunch & refreshments
- Arts & crafts
- Health clinics (podiatry, blood pressure, flu, etc.)
- Musical entertainment
- Games (bingo, cards, trivia, etc.)
- Fitness programs (chair yoga, zumba, movement, etc.)
- Outdoor activities on our porch or patio
- Themed presentations
- Socialization
- Reminiscing
- & so much more!

SCHEDULE A FREE TOUR OR LEARN MORE:

508-669-6272
ttate@dighton-ma.gov
1059 Somerset Avenue Dighton, MA 02715



PRIME TIME
SUPPORTIVE ADULT DAY PROGRAM

MEDICAL EQUIPMENT LOAN

Are you looking to borrow medical equipment?

The Dighton Council on Aging receives donations of wheel chairs, walkers, commodes and many other items. If you are in need, please call our office to check availability at 508-823-0095.

Are you looking to donate medical equipment?

Please call our office to schedule your donation at 508-823-0095.

Are you returning equipment?

You MUST call ahead and physically hand the equipment over to a staff member. You CANNOT drop the equipment off outside of the COA building. This in turn ruins the equipment and creates a dysfunctional program.



LUNCH PROGRAM!

11:30 AM | COUNCIL ON AGING
1059 SOMERSET AVENUE

The Dighton Council on Aging offers lunch every Tuesday, Wednesday & Thursday.

We require 48 hours notice to reserve a seat for lunch.

Our meals are ordered in bulk through Bristol Aging & Wellness (formerly known as Bristol Elder Services) and served by our amazing staff and volunteers.

Mingle and make friends with our day program attendees & staff!

The menu is available on our website & you can call us today to reserve your seat: 508-823-0095

Bristol Aging & Wellness greatly appreciates donations to continue their meal programs. The Dighton Council on Aging has a locked donation bin that Bristol Aging & Wellness picks up monthly.

COA MESSAGES & LOCAL HAPPENINGS

Page 8

THE DIGHTON COUNCIL ON AGING IS HERE FOR YOU

The Dighton Council on Aging staff is here to assist Dighton residents who are 60 years of age or older.

If you need help or resources for any of the following or more, please call 508-823-0095 to make an appointment with our staff!

*Transportation	*Medical Equipment
*SNAP (Food Stamps)	*Technology Support
*Energy / Fuel Assistance	*Socialization
*Home Repair	*Nutrition Information
*Health Insurance	*Potential Scam/Fraud
*Money Management	*Health Clinics
*Home Delivered Meals	*Housing Resources
*Home Care	*Medical Equipment
*Caregiver Support	*Tax Information
*Legal Services	*Health Resources



Hot Chocolate | Cookies | Popcorn | Hot Dogs



A MESSAGE FROM YOUR COA PROGRAM MANAGER

Just as important as it is for you to register for events and programs you wish to attend, it's just as important to let us know if you are unable to attend after you've registered.

We love that we're able to offer programs with great speakers (and tasty food!) for our community. If you RSVP to an event but find you can't attend, please give us a quick call. This helps us prepare the right amount of food, avoid waste, and allows others the chance to join in. Thank you for helping us make our programs enjoyable for everyone!

 Trista

EASY FALL RECIPE

Fall is the time for roasted squash!!

Pick your favorite variety of winter squash and cut the squash in half or peel and cube removing any seeds. Drizzle olive oil or melted butter and sprinkle brown sugar over the squash. Bake until fork-tender. Enjoy!

My personal favorite is butternut squash!
—Director, Bela Powell



A MESSAGE FROM YOUR VERY THANKFUL COUNCIL ON AGING OFFICE MANAGER, LAURA MEDEIROS ARMSTRONG:

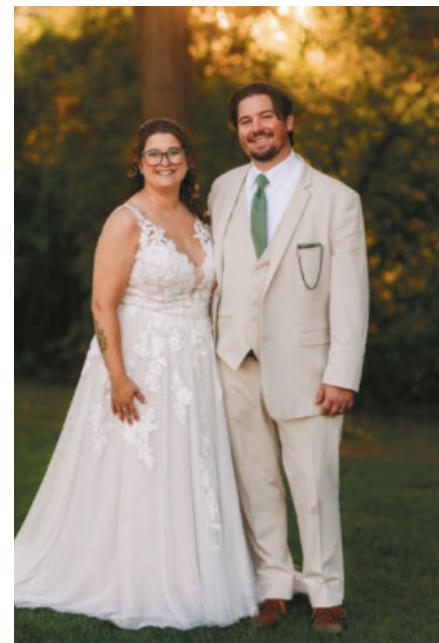
I'm still feeling overwhelmed with gratitude after the surprise bridal shower my amazing coworkers at the COA threw for me as well as our COA Board approving an early closure on the wedding day to allow for my COA family to join in my celebration.

Thank you so much to my COA Family, the wonderful town employees, and the kind-hearted seniors in our community who made me feel so special. Your thoughtful gestures, kind words, and shared joy truly touched me and my HUSBAND'S(!) heart.

Working with all of you is already such a gift, and being celebrated like this reminds me how lucky I am to be part of such a caring and supportive community. Thank you from the bottom of my heart!

With love and appreciation,
Laura Medeiros Armstrong!

Enjoy a little sneak peek of our wedding photos!



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Anabela Powell, Executive Director
Trista Tate, Program Manager
Laura Medeiros, Office Manager
Kendra Earley, Outreach Coordinator

COUNCIL ON AGING BOARD MEMBERS

Thomas Ferry
James Hoye
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