

REPORT OF THE COUNCIL ON AGING

The Council on Aging is a Town Department serving residents age 60 and older. The COA serves an elderly population of nearly 2500 seniors, representing 17% of all residents, with those born between 1946 and 1964 (Abingtons' Baby Boomers) the fastest growing segment of this group. The Council on Aging office is currently located at 500 Gliniewicz Way at Town Hall but we expect that address to change in the very near future. Our new location will be the former Flame of Fire Covenant Church at 441 Summer Street. In November, 2007, 86% of the 992 ballots cast gave an early Christmas present to the deserving seniors of Abington when they voted to purchase this building as our first ever Senior Center.

It is the purpose of the Council on Aging to act as an advocate for Abington seniors and their families as well as foster senior health, independence and well-being through education, transportation services, as well as nutritional and outreach programs.

Transportation: For those of you who travel throughout Abington and the surrounding towns in our 10 year old Dodge van, say goodbye. The Council on Aging was most fortunate to receive a check from Anderson Insulation to buy a new Ford van at the end of 2007. This generous donation will allow us to offer rides to those seniors who are wheelchair bound and need to get to doctor and hospital visits as well as run errands to the pharmacy, grocery shopping, bank or hairdresser. The van also offers trips to Westgate or Hanover Mall on Tuesday mornings. Eileen Maraget is our Transportation Coordinator and she welcomes your calls to make appointments for either our van or the BAT bus. David La-Couture and Jack Brown are our helpful van drivers. Our long-time van driver, Alice Dumas, retired at the end of 2007 after an unexpected illness.

Nutrition: Abington seniors are fortunate to have the Abington School Nutritional Program provide Meals on Wheels to home-bound seniors and a meal on Thursdays also known as our "congregate" lunch during the school year. Meals are just \$2.50 and provide some of our recipients with the only social interaction they may have with another person when their meal is delivered each day to their home. We would like to thank the 24 volunteers who make this possible week after week. Rita Estey is the Nutrition Coordinator for Meals on Wheels and our congregate lunches. Marianne Crooks and her staff at the high school, Esther Paquette, Kay Cotter, Liz Norling and Stan Shura, provide a delicious lunch each and every day. We look forward to serving our seniors their Thursday lunch from our new Senior Center sometime in late February or early March.

Outreach: Many of you have had occasion to meet with our Outreach/S.H.I.N.E. Coordinator, Norma Clark, over the years regarding Medicare, Prescription Advantage, food stamps or any of the other services offered to seniors age 60 and older in Abington. Outreach will assess a senior's needs through an office or home visit and work with them to complete forms for help and entitlement, make referrals for services, troubleshooting and general advocacy. The Council on Aging communicates with our seniors through our monthly newsletter, "The Senior Informer".

Volunteers: This office could not provide the vast number of services that we do for 2500 seniors if it weren't for our volunteers. Mary Cooke, Bill Kendall and Fred Robertson provide fuel assistance during the winter and early spring and Bud Wheaton and Greg Doyon help seniors prepare their tax returns. Maureen Cooke is our office volunteer helping to print and mail the many pieces of mail you receive from the COA. Every month the

newsletter has to be folded, sealed and labeled and this task would not be possible without the volunteer efforts of many people. Thanks to North Abington Cooperative Bank, the Abington Ale House, Abington Rotary, Sullivan Tire, Abington Elderly Services, the Friends of Abington Seniors, Abington Senior Citizen Association, The Hitching Post and Ann Reilly and her fabulous group of volunteers for this years Olde Towne Christmas House Tour as well as countless others who have given to make Abington a better place for its' seniors.

Please come visit us at 441 Summer Street and make our new Senior Center YOUR Senior Center.

Respectfully submitted,

Mary Beth Lawton
Director, Council on Aging

The COA Board of Directors 2007

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