

REPORT OF THE COUNCIL ON AGING

The COA consists of eight members who meet on the second Monday of each month at the Town Hall.

The COA function is to provide referrals for nursing services, homemakers, or other state or federal agencies for needed assistance. Plympton provides the services of a Senior Aide for transportation to doctors appointments or grocery shopping. Aides also make visits to shut-in's and nursing homes.

This year we provided a blood pressure clinic on the second Tuesday of each month through CURA Visiting Nurses as well as a flu clinic in November. We also made available to seniors a foot clinic every other month. In October we once again started a senior exercise class on Tuesday mornings in the church meeting room.

We applied for and received again this year a Grant from the Executive Office of Elder Affairs for our Handi-person Program. This is a chore service to help seniors stay in their homes.

This year Senior Housing finally became a reality. The Woodlands on Route 106 near the Kingston town line. It's taken many years of hoping, dreaming, and hard work on the parts of Helen Dahl, formally of Plympton and Edwina Wood. The COA gave our newest citizens a Welcome Tea in November that was very well attended.

The members of the COA would like to say thank you to recently retired Police Chief Barry A. Vinton for his many years of service to the seniors. His compassion and caring as well as quick action and follow through over the years has helped make Plympton a very special community to live in.

Any Plympton seniors interested in the above programs may call Emelia Kirkland at 781-585-9876 or Director Sandra Henry at 781-585-5208.

Respectfully submitted,
Sandra Henry, Director