

# SEEN YOUR NEWS?

## WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*  
Mary Ann Curby  
Robert Titterington

### MAY 2013

Mae Cousineau, *Vice Chairman*  
Jean McDonald  
Barbara J. Garvey, *Director*

#### Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

#### NOTES FROM THE DIRECTOR:

*We will be accepting applications for the Senior Citizen Community Service Property Tax Voucher Program during the month of June as described below. Acceptance into the program requires that we have an appropriate placement available. Consideration will be given to new applicants first, although if there are enough placements available, repeat participants are welcome.*

*Applications for the program will be available by appointment only at the Senior Center beginning June 1st.*

*Barbara*

#### SENIOR CITIZEN COMMUNITY SERVICE PROPERTY TAX VOUCHER PROGRAM

*(Applications accepted June 1 through June 30 only)*

**Purpose:** The Senior Tax Program is a program allowing the Town of Whitman the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the resident's property tax bill. The purpose of this program is to enhance municipal services and alleviate senior residents' tax burden. A qualified resident will be credited at a rate of \$8.00 per hour toward a maximum abatement of \$800.00 per household during the fiscal year.

#### Eligibility requirements:

1. Year-round Whitman resident for at least 5 years who is age 60 or over; and
2. Pays real estate taxes to the Town of Whitman; and
3. Is the only name on the deed to the property (other than a spouse). If you have the name of anyone other than a spouse on the deed, you do not qualify.

4. Can produce a copy of current real estate tax bill.
5. Commitment of 100 hours per fiscal year is required (July 1, 2013– June 30, 2014). Credit will be granted towards the Tax Bill issued in January 2015 provided you are still the homeowner of record.

**Job Development:** The Whitman Senior Tax Program is a jobs program. Qualified seniors will be hired to work for town departments, including the schools. The Council on Aging will work with the departments and applicants to develop specific jobs, conduct interviews, and place qualified people. Each department will be contacted and asked to review their service procedures and requirements to determine whether they may benefit from the assistance of a senior resident.

**Job Placement /Selection:** Applicants will be referred to departments based on their skills and the needs of the departments. Jobs will be offered based on qualifications and availability.

**Earnings:** \$8.00 per hour credit for all jobs, (less Medicare contribution) will be credited to the tax bill issued in January 2015.

**Application Procedure:** Includes an intake interview to determine eligibility, an application form, a job interview with COA director, a referral by COA Director to the department, and a job interview with the department head. Additionally, applicants will be required to get a CORI (Criminal Offender Record Information) check per requirement of the Office of Elder Affairs.

For more information and to get an application please call Linda Kelly at the Senior Center 781-447-7619 after May 31st.



**A Musical Celebration with John Root  
1:00 Thursday, May 2  
At the Senior Center**



John Root is a versatile performer. He sings and plays various instruments. His repertoire features the best loved songs of the first five decades of the twentieth century. Come and walk down memory lane with John.

Reservations are needed. Please call **Joanne at extension 2** to reserve a seat.

**FUN and GAMES**

**BINGO** – Mondays at 1:00 and Fridays at 1:00 (except on the 2<sup>nd</sup> Friday of each month). Come for fun and socialization. Refreshments are served and new players always welcome. All dollars that come in go back the same day. Try your luck!

**Wii BOWLING** – Mondays at 8 AM.

**BOWLING** – Tuesdays at 1:00 at Timber Lanes in Abington. Contact Bettie Geary at 781-447-4124.

**MAH JONGG** – Wednesdays at 1:00 PM

**FITNESS AND EXERCISE**

**WALKING GROUP** – Meets at the Senior Center every Tuesday and Thursday morning at 8:00 to walk the beautiful Whitman Town Park.

**LINE DANCING WITH CRIS KINDELAN** – Tuesdays at 10:00—new location to be determined. Cost is \$3 per class.

**CRISFIT WITH CRIS KINDELAN**– Thursdays at 10:00 am—new location to be determined. Cost is \$4 per class.

**GENTLE CHAIR YOGA WITH JOANNE** at the Senior Center on Wednesdays at 9:15 am. Offering is \$4 per class.



**Garden in the Woods  
Thursday May 16th  
9:00 leaves the Senior Center**

Spend a few hours enjoying the New England Wild Flower Society's renowned botanic garden. You will discover an unrivaled collection of both rare and common native plants offering a changing tapestry of flowers and foliage throughout the seasons.

Please call **Linda at extension 1** to make a reservation.

**FRIENDS OF THE WHITMAN SENIORS  
MONTHLY MEETING OF THE FRIENDS  
at the Senior Center on  
Friday, May 10th at 11:30**

A luncheon from Trio Café is planned. Anyone interested in attending, call Roberta at 781-261-3930. All are welcome to attend.

The Friends of Whitman Seniors would like to recognize Virginia Whitmore for being nominated as Woman of the Year for the Town of Whitman. It is nice to see that her accomplishments and achievements over the course of her life in Whitman are acknowledged.

The Friends continue to sell Whitman throw blankets as a fund raiser. The cost is still \$35.00. Throws are available in green and blue. Stop by the Senior Center, Duval's Pharmacy, or contact any officer of the Whitman Friends group to purchase a blanket.

**Social Lunch**

~ ~ ~

Tuesday, May 14th at 1:00  
Rockland Golf Course  
Lunch is \$15.00

Special menu will be provided.

Attendees will meet at the restaurant.

If you plan to attend, please call **Linda at extension 1** to reserve.




**FREE LEGAL ADVICE**

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, May 28th from 12:00 to 3:00.

Please call **Joanne at extension 2** for an appointment

**MAY 2013**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Menu subject to change without notice.</p>		<p>9:15 Chair Yoga 11:30 Lunch-Pier 17 Fish 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p>9:00 WALMART in RAYNHAM &amp; IHOP or CHINESE BUFFETT</p>	<p>8:00 Walk the Park 9:30 Hairdresser 10:00 CrisFit 11:30 Lunch-Cheese Lasagna w/ Meat Sauce</p> <p>9:30 CASTLE ISLAND</p> <p>1:00 MUSICAL PERFORMANCE BY JOHN ROOT reservations required</p>	<p>11:30 Lunch-Spanish Chicken 1:00 Bingo</p> <p>10:00 I SABELLA STEWART GARDNER MUSEUM</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-American Chop Suey 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance 11:30 Lunch-Sweet &amp; Sour Chicken 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S</p> <p>Transportation to Senior Center</p>	<p>8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch-Beef Burgundy 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:00 HANOVER MALL</p>	<p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit 11:30 Lunch-Roast Turkey</p> <p>1:30 LADIES ICE CREAM SOCIAL reservations required</p> <p>TWIN RIVER CASINO Pickup 8:00 Center: 8:15 Home</p>	<p>11:30 Lunch-Salmon Boat w/ Dill Sauce 1:00 Friends Meeting</p> <p>-----</p> <p>SATURDAY, MAY 11 Motorcoach Trip—Cruising the Charles, lunch at Cheesecake Factory, shopping at Cambridge Side Galleria</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Italian Meatballs &amp; Pasta 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance 11:30 Lunch-Chicken Salad 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP &amp; SHOP</p> <p>Transportation to Senior Center</p>	<p>9:15 Chair Yoga 11:30 Lunch-Sloppy Joe 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:30 WESTGATE MALL, Market Basket in Brockton</p>	<p>8:00 Walk the Park 10:00 CrisFit 11:30 Lunch-Fish Florentine</p> <p>BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p>9:00 GARDEN IN THE WOODS in Framingham, and Panera Bread in Dedham</p>	<p>11:30 Lunch-Pork w/ Gravy 1:00 Bingo</p>
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-BBQ Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 9:00 Art Class 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 10:00 Line Dance 11:30 Lunch-Cheeseburger 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S</p> <p>Transportation to Senior Center</p>	<p>9:15 Chair Yoga 11:30 Lunch-Turkey a la King 12:30 Crafts 1:00 Mah-Jongg</p> <p>FOXWOODS CASINO Pickups- 7:30 Center: 7:45 Home</p>	<p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit 11:00 Lunch-Orange Ginger Beef</p> <p>9:30 OCEAN STATE JOB LOT, Butterfields-Rockland</p>	<p>11:30 Lunch-Potato Crunch Fish 1:00 Bingo</p>
<p>MEMORIAL DAY SENIOR CENTER CLOSED</p> 	<p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance 11:30 Lunch-Tortellini 12:00 Computer Class 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP &amp; SHOP</p> <p>Transportation to Senior Center</p>	<p>9:15 Chair Yoga 11:30 Lunch-Herbed Chicken 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit 11:00 Lunch-Tuna Salad</p> <p>9:00 PATRIOT PLACE / CHRISTMAS TREE SHOP- Foxborough</p>	<p>9:30 Manicurist 11:30 Lunch-Roast Beef au Jus 1:00 Bingo</p>

Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

## How to help a Hoarder

### How can I help my elderly neighbor who hoards?

Compulsive hoarding is a progressive and chronic condition that can begin early in life and increase in severity as people get older.

Hoarding is an underreported and poorly understood mental health condition. As many as 15 million Americans are hoarders. There are people in your community who have been trained to help people with hoarding issues. Hoarding not only affects those that hoard, but also their families and their communities. Hoarding is one of the leading causes of eviction in Massachusetts.

Many people who hoard do not seek treatment. Hoarders are often discovered after an incident results in a neighbor or mandated reporter becoming aware of the problem, a private issue now develops into a public issue. This can lead to anxiety and fear, causing the person to refuse help. Often an individual has been traumatized previously by a major clean out and may be very reluctant to ask for or accept help again. It may take several contacts with individuals before they develop enough trust and are willing to accept help.

92% of individuals with a hoarding condition also have another mental health issue, such as depression, anxiety, obsessive/compulsive disorder, or social phobia. Therefore, counseling is as critical as cleaning up the clutter.

A new guide says that without active participation from the person who hoards, the courts may choose to clean out the home or force the person to leave the home, possibly leading to homelessness. To some, a swift cleanout resolves the problem; however, people who hoard, but get no counseling, will most likely begin to hoard again. The guide suggests that the hoarder must be part of developing a plan to deal with the clutter. The plan should include clear goals, one of which should focus on maintaining safety in the home. Goals should also be measurable, like cleaning up one

room at a time. Goals that seem insurmountable can be broken down into smaller tasks, one week at a time. At the start, other supports like therapy and companion support should be considered.

When reaching the actual clean up stage, hoarders should do some of the hands-on work to build a tolerance for decluttering and to demonstrate that they can, in fact, do the work. Providing support, building self-esteem, keeping the individual focused, and motivating the person to work towards the set goals is the role of the coach or counselor. Ongoing discussion about what the home will look like and feel like after the work is done can help the process.

When dealing with hoarding, success is hard to define because everyone has a different view of what is good enough. If the home is safe and clear of health concerns, let individuals manage their chronic condition on their own. It is important for hoarders to see that they are in charge and that their ideas matter.

To find help for an elder with a hoarding issue, call, 1-800-Age-Info and press "1" or review the guide at <http://forprofessionals.800ageinfo.com/2013/03/care-guide-for-hoarding.html>.

## TRANSPORTATION

**AROUND TOWN** – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **Linda at extension 1** to sign up no later than 4:00 Thursday.

**FOOD SHOPPING / SENIOR CENTER BUS**—Our COA bus alternates travels to Stop & Shop or Trucchi's in Abington on **Tuesdays at 8:45**. The Bus is also available for activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2** no later than 4:00 Monday.

**DIAL-A-BAT**—Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston. The first pickup in Whitman is 9:30. Call **Joanne at extension 2** at least 2 days prior to your appointment to book.

**Our Newsletter is available online at:  
[www.seekandfind.com](http://www.seekandfind.com)**

**BITS AND PIECES by ELEANOR NADELL**

Time for May Baskets. Remember them??? A thing of the past, I'm afraid. Too bad. Always made everyone feel better and gave you a chance to greet your neighbors after a long winter time. I went to my great niece's wedding in April. Was held in a castle in Haverhill called the Winnekenni Castle and it's from medieval times. Quite a scenic place.

Are your May flowers out yet? My jonquils are in full bloom and gorgeous Mother Nature certainly does wonderful things. A lot of good day trips coming up with the COA bus. Are you ready to go? Chances are I'll see you on at least one of them. So as always, stay healthy and keep happy!

**Eleanor**

The MOTORCOACH TOURS group will be holding their Pot Luck Supper at the Hanson Senior Center on Tuesday, May 28th from 4:30 to 6:30. Just bring a selection of your choice. All prepared meals should arrive fully cooked. Enjoy a night with old or new friends. All are welcome to attend.

Visit the **HARVARD COURT FAYRE** located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open:

Mondays, Wednesdays, Thursdays 1 to 4 pm; Great deals on handmade items, new and gently used household items, clothing, knick knacks and much, much more. Stop by to see what's available!

**HEARING SCREENING** – Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, May 21st by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST** - Dr. William Chan. Wednesday, May 8th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: June 12, July 10, August 14

**Our Newsletter is now available on the Town's Website at [www.whitman-ma.gov](http://www.whitman-ma.gov). Check it out!**

**HEALTH AND WELLNESS****BLOOD PRESSURE AND HEALTH CARE SCREENINGS**

Free health screening clinics for Whitman residents are now provided by Norwell Visiting Nurse Association and Hospice. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

**Wednesdays:**

May	8	Senior Center	12:00 – 2:00
May	15	Harvard Court	12:00 – 2:00

**Tuesday & Thursdays** at Town Hall (VNA Office, Lower Level)

May	7, 14, 16, 21, 23, 28, 30	2:00—4:00
-----	---------------------------	-----------

**OUTREACH**

**TELEPHONE REASSURANCE** – If you would like a phone call and conversation from our office on weekday mornings, please contact **Linda at extension 1**.

**BROWN BAG DISTRIBUTION PROGRAM** – Thursday, May 16th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**HAIR BY MEREDITH**

Tuesdays and Thursdays by Appointment

Contact **Joanne at extension 2** to make an appointment

Shampoo and Set	\$12.00
Shampoo, Cut, and Set	\$14.00
Wet Cut	\$12.00
Blow Dry w/ Cut	\$14.00
Perm, Cut & Style	\$45.00
Color*, Cut	\$35.00
Color*, No Cut	\$30.00

(\*client brings in color)

**MANICURES BY JANE**

Jane, a licensed manicurist takes appointments at the Senior Center once a month. She will be here Friday May 31st. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome. Call Joanne at extension 2 to make a reservation.

**COMPUTER WORKSHOPS**

By Richard Stanton

at the Senior Center on Tuesdays

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact **Linda** at extension 1 to sign up for course of your choice.

**PC (Personal Computer) Fundamentals:** Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

**Advanced PC Use:** Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

**Internet Basics:** Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

**Advanced Internet:** Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

**Basics of Budgeting with Excel / Calc:** Start excel or Calc; Open and Edit an existing workbook, save changes.

**Budget with Excel / Calc Advanced Features:** Edit Basic Budget using advanced features.

**Basics of Digital Photos on the PC:** Learn to retrieve, organize, edit and Print Digital Photos.

**Advanced Digital Photo Management:** Editing Photos—retrieve photos using Pict Bridge.

**iTunes for Digital Music / Video:** Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.

**Editing MP3 Files:** Download free editing software to edit MP3 music.

**Add and Remove Software:** Find, Download and Install Free software. Remove unwanted programs.

**Ease of Access:** Improve computer access for physically challenged.

**Online Education:** Find computer based Learning CourseWare and take a lesson.

**Blanchard  
Funeral Chapel**

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

**781-447-0170**

666 Plymouth Street  
Whitman

WILLS • TRUSTS • ESTATES  
PERSONAL INJURY LAW



**RONALD N. WHITNEY  
ATTORNEY AT LAW**

549 BEDFORD STREET  
WHITMAN, MA 02382

**781-447-3899**

**J. SACCONI  
& SONS, INC.**

Backhoe • Drains  
Septic Tanks • Cesspools



15 Commercial Street  
Whitman

**447-5670**



**FAMILY  
HEARING  
CARE CENTER**

*...listen to the sounds of life®*

*~ Hearing Evaluations ~ Video Ear Inspections  
~ Hearing Aids ~ Repairs ~ Ear Wax Removal*

534 Main Street, Suite 2, Route 18  
Weymouth, MA 02190

**781-337-1144**

John Klefeker, BC-HIS MA License #127

140 Bedford St., Route 18  
Bridgewater, MA 02324

**508-279-0700**

**McGUGGAN'S PUB**

**OPEN 7 DAYS  
A WEEK**

546 Washington Street  
Whitman, MA 02382

**781-447-7333**

www.mcguigganspub.com

**BROCKTON VISITING NURSE ASSOCIATION**

*Let Us Help You Get Well At Home*

- Nursing • Rehabilitation Therapy • Medical Social Services
- Dietician Services • Home Health Aides

**508-587-2121 • www.brocktonvna.org**



**MacKinnon**

*Basic Cremation from: \$1,300. Complete  
Veterans Funerals from: \$3,995. Complete*

760 Washington St., Whitman, MA  
781 447-4141

Visit us at

www.mackinnonfuneral.com



For Information Call

**Mark Bell**

1-800-888-4574 ext. 3429

email: mbell@4LPi.com

**COYNE**

*Healthcare Center*

REHABILITATION & NURSING CARE

Providing the care you need...  
With the compassion you deserve.

56 Webster Street • Rockland  
781-871-0555

www.coynehc.com



**Old Colony Elder Services**

Providing services to the community since 1974

144 Main Street - Brockton, Massachusetts 02301

508-584-1561

TTY 508-587-0280

www.oldcolonyelderservices.org

The cost of printing and mailing this newsletter has been paid in part by the Friends of Whitman Seniors, Inc. and the Massachusetts Executive Office of Elder Affairs.

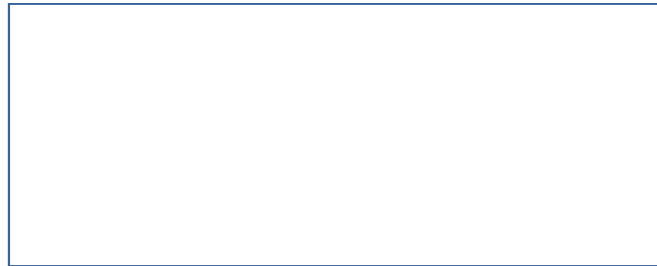
PRESORTED STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT #16  
WHITMAN  
MA 02382

---

**Whitman Council On Aging**  
**PO Box 426**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

---

**RETURN SERVICE REQUESTED**



## **MOTORCOACH TOURS**



**Saturday May 11– 8:30 A.M. --\$64.00**

Cruising the Charles, lunch at the Cheesecake Factory and shopping at the Cambridge Side Galleria.  
A full day of fun.

**Thursday June 20– 9:00 A.M.-\$85.00**

Cruise with the Isle of Shoals Steamship Company around Portsmouth New Hampshire and the Isle of Shoals.  
Lunch at Warren’s Kittery Maine. Don’t miss this beautiful scenic trip.

**UPCOMING Saturday July 20:** Norman Rockwell Museum and Red Lion Inn.  
Stay tuned for more details

Call Linda at extension 1 for a reservation.

### ***ABOUT OUR TRIPS AND ACTIVITIES ...***

*Please know that participation in the activities and trips we offer is not limited to seniors over age 60.  
Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome.  
Just give the Center a call at 781-447-7619.*