

SEEN YOUR NEWS?



Patricia Goldmann, *Chairman*
Barbara J. Garvey, *Director*

WHITMAN COUNCIL ON AGING
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633



2017

SENIOR CENTER HOURS

Monday	8-4
Tuesday	8-7
Wednesday	8-4
Thursday	8-4
Friday	8-1

Mae Cousineau, *Vice Chairman*
Jill A. Getchell
Thomas G. Ford

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 ...

My sincere appreciation and a heartfelt thank you goes out to all who participated in our "Santa's Elves for Whitman Seniors" Giving Tree at the Senior Center. The response was overwhelming.

With 156 gift cards to Whitman establishments donated, you were able to brighten the holidays for over fifty of our very grateful senior neighbors. We were fortunate to meet many kind and generous people who came into the Senior Center to take tags from the Giving Tree. We met grandmothers with grandchildren, adult children of elder parents, senior citizens, town employees and volunteers, and many people who weren't familiar with the Senior Center.

I was contacted by an employee of a Whitman business whose office staff pays \$2 each week to wear jeans to work on Casual Friday. All of the money they collect is donated to a local charity at the end of the year. Our Giving Tree was the fortunate recipient of that very generous donation. Again, the response was heartwarming, overwhelming, and a true community effort.

Our Giving Tree began this past Christmas as a pilot project, not knowing what to expect for participation or results. Due to its overwhelming success, this pilot project will now be an annual tradition at the Senior Center. For our Second Annual "Santa's Elves for Whitman Seniors" Giving Tree in November of 2017, I am happy to report that we're going to need a bigger tree!

Thank you to all and very best wishes for a happy and healthy New Year.

Sincerely,

Barbara



HOW MANY HEARTS ?????

Stop by the Senior Center between February 1st and February 14th and check out our jar of Valentine candy hearts. If you can guess how many hearts are in the jar, you will win a gift certificate to a local restaurant.

No more than one guess per day is allowed.

The winner will be announced on February 15th.

CHOWDER SUPPER

Tuesday, February 14th
5:00 P.M.
At the Senior Center



Tired of the long cold winter? Join us for a warm bowl of clam chowder, cornbread and a cookie. Who can resist a night out with no cooking or cleaning up?

Come alone or bring a friend. All are welcome.

Stop by the Senior Center to get your ticket no later than Friday, February 10th. Tickets are \$5.00. Space is limited so get your ticket early.

OSTEOPOROSIS PRESENTATION

At the Senior Center
Thursday, February 23rd at 9:00 a.m.

This presentation will focus on:

- Risk factors for osteoporosis
- Identifying common medications
- Teach safe movement techniques to decrease risk of fracture
- Nutritional tips for healthy bones

Questions and answers to follow.

This program is being offered by the Whitman Board of Health and Norwell VNA and Hospice.

Registration required. Call 781-447-7619 ext. 2 to sign up.

Save the Date: Strategies for Caregivers coming on March 21st at 4:30



BOOK BUZZ At the Senior Center
Friday, February 10th at 10:00

Join a representative from the Whitman Public Library on the 2nd Friday of the month at the Senior Center to chat about books and authors. Come hear about what new books and movies are available, talk about what you are currently reading, hear about other library programs and services, or get suggestions on what to read next!

Please call **extension 2** to sign up and reserve your seat.

Will you be the next Jeopardy Champion?

Jeopardy

At the Senior Center

Wednesday, February 15th at 1:00 p.m.

Exercise your brain a little and have some fun in the process. Join us for a game of Jeopardy sponsored by Sachem Center for Health and Rehabilitation.

Space is limited. Call extension 2 to reserve your seat.



TAX TIME

This tax season we are pleased to welcome Mary Sheard who has again volunteered her time to assist low income Whitman seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Mary will be available at the Senior Center on Tuesdays by appointment only.

This service is specifically available to low income Whitman seniors and is free of charge. **Mary will be doing simple returns only and will not be doing returns that involve stocks and bonds or income over \$60,000.**

Call **extension 2** to make your appointment

INCLEMENT WEATHER POLICY

If the Whitman Hanson Regional School District cancels school, all Senior Center Activities will be canceled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

School closing information is broadcast on television channels 4, 5, 7, 10 and 25 and on radio stations WBZ 1030 AM, WATD-AM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 10:00, 11:00 or 12:00

Workshops are 45 minutes long and will have no more than three participants in a session.

Please contact **extension 2** to sign up for the course of your choice.

PC's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

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

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

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.

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.

~New ~ New~ New~

Manage Digital Photos: Find, Select, and Print, Copy or Delete.

Send and Receive Photos over the Internet: Upload, Download, and Email.

Backup your personal Data: Choose what to backup. Use acceptable devices.

Organize your photos using picassa 3: Edit photos for red eye etc.

Crafts with Denise
Wednesday, February 8th
12:30 at the Senior Center

The craft this month will be a string art wooden heart block.
Cost is \$2.00 per class to help offset supplies expense.
Reservations are required.
Please call **extension 2** if you will be participating.



Visit with Abner
The Pet Therapy Dog
Monday, February 13th
10:30 a.m. at the Senior Center

Abner is guaranteed to put a smile on your face!

Fun and Games

CHESS ~ New!
Wednesdays, February 1, 8, 15, 22 at 2:00

~~~~~  
**LEFT, CENTER, RIGHT**  
Tuesday, February 7th at 12:30 P.M.  
and

**Wednesday, February 22nd at 12:30 A.M.**

~~~~~  
Sign up at extension 2.

Weekly Activities

ART GROUP– Tuesdays at 9:00

BINGO—Mondays at 1:00 pm

BINGO at Harvard Court– Wednesdays at 12:30

KNITTING GROUP– Tuesdays at 1:00

MAH JONGG—Wednesdays at 1:00 pm

PICKLEBALL– Will resume in the Spring

Wii BOWLING—Mondays at 8:00 am

Help support the Conley School

Save your Box Tops for Education UPC's. You can drop them off at the Senior Center during regular business hours.

Movie of the Month

At the Senior Center
" FLORENCE FOSTER JENKINS "
Thursday, February 23rd
1:00 P.M.

The true story of Florence Foster Jenkins, the New York heiress and socialite who obsessively pursued her dream of becoming a great opera singer. The voice she heard in her head was beautiful, but to everyone else it was hilariously awful. Her husband and manager, St. Clair Bayfield, an aristocratic English actor, was determined to protect his beloved Florence from the truth.

Starring: Meryl Streep, Hugh Grant
Run Time: 1 hours, 50 minutes, Rated PG-13
Call extension 2 to reserve your seat.
Space is limited to 12 attendees.

GAME NIGHT

At the Senior Center
Tuesday, February 28th
6:00 P.M.



Do you enjoy playing games?
How about a game of Yahtzee?

Yahtzee is a classic dice game of chance and strategy. It doesn't matter if you have never played or perhaps haven't played since you were young. Everyone can enjoy this game.

We are open to suggestions for other games that may interest you. So stop in or call us with any other ideas for future Game Nights.

Call extension 2 to reserve your seat.

FOOD SHOPPING—Tuesdays at 12:30
(see page 5 for more details)

- 2/7– SHAWS in BROCKTON**
- 2/14– STOP AND SHOP in WHITMAN**
- 2/21– SHAWS in BROCKTON**
- 2/28– STOP AND SHOP in WHITMAN**

Reminder: 4 bag limit please



FEBRUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
TRIP SIGN UPS BEGIN ON Friday, January 27th at 8:00 AM		1 11:30 Lunch— Spanish Chicken 1:00 Mah Jongg 6:00 Scrapbooking 2:00 CHESS—Sign up at ext. 2 9:00 WALMART in RAYNHAM & IHOP, CHINESE BUFFET or PANERA Sign up at ext. 1	2 11:30 Lunch— Salmon w/ Dill Sauce 9:30 OCEAN STATE JOB LOT and Butterfields Restaurant in Rockland Sign up at ext. 1	3 11:30 Lunch—Roasted Pork w/ Apple Glaze
6 8:00 Wii Bowling 11:30 Lunch—Pancakes w/ Sausage Patty 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	7 9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Macaroni & Cheese 1:00 Knitting/Crocheting/Loom 12:30 LEFT, CENTER , RIGHT Sign up at ext. 2 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 1:00 on Friday – ext. 2	8 8:20 Podiatrist by Appt 11:30 Lunch—Whole Grain Stuffed Shells w/ Meat Sauce 12:30-1:30 Wellness Clinic 1:00 Mah Jongg 12:30 CRAFTS WITH DENISE Sign up at ext. 2 2:00 CHESS—Sign up at ext. 2 9:00 HANOVER MALL Sign up at ext. 1	9 9:00 Hairdresser by Appt 11:30 Lunch— Spanish Pot Roast 9:00 SAVERS, PEPPERIDGE FARM OUTLET/BRASS LANTERN RESTAURANT AT SOUTH SHORE VO-TECH in HANOVER Sign up at ext. 1	10 11:30 Lunch—Chicken Teriyaki 10:00 BOOK BUZZ Sign up at ext. 2
13 8:00 Wii Bowling 11:30 Lunch—Potato Crunch Fish 1:00 Bingo 10:30 VISIT WITH ABNER 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	14 9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch—Chicken, Broccoli Penne 1:00 Knitting/Crocheting/Loom 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 1:00 on Friday – ext. 2 5:00 CHOWDER SUPPER (ticketed event—See Page 1)	15 11:30 Lunch—Omelette with Swiss Cheese 1:00 Mah Jongg 1:00 JEOPARDY Sign up at ext. 2 2:00 CHESS—Sign up at ext. 2 TWIN RIVER CASINO Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1	16 11:30 Lunch—Unstuffed Pepper Casserole 12:30-1:30 Wellness Clinic at Harvard Ct BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u> 9:00 KINGSTON COLLECTION/ Percy's Place-Kingston Sign up at ext. 1	17 11:30 Lunch—Beef Stew
20 PRESIDENTS DAY HOLIDAY SENIOR CENTER CLOSED	21 9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Turkey Chili 1:00 Knitting/Crocheting/Loom 1:00 Hearing Check by Appt. 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 1:00 on Friday – ext. 2	22 11:30 Lunch—Chicken Parmesan 1:00 Mah Jongg 12:30 LEFT, CENTER , RIGHT Sign up at ext. 2 2:00 CHESS—Sign up at ext. 2 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	23 9:00 Hairdresser by Appt 11:30 Lunch—Meatloaf with Gravy 9:00 OSTEOPOROSIS PRESENTATION (See Page 2) Sign up at ext. 2 1:00 MOVIE at the SENIOR CENTER (See Page 3) Sign up at ext. 2 9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1	24 11:30 Lunch—Catch of the Day w/ Newburg Sauce
27 8:00 Wii Bowling 11:30 Lunch— Whole Grain Lasagna Rolls w/ Meat Sauce 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	28 9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch- Chicken Scaloppini 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 1:00 on Friday – ext. 2 6:00 GAME NIGHT (See Page 3)	MARCH 1 11:30 Lunch 1:00 Mah Jongg 9:00 WALMART in HALIFAX and LYONVILLE TAVERN RESTAURANT Sign up at ext. 1	MARCH 2 11:30 Lunch 9:00 CHRISTMAS TREE SHOP AND KOHL'S WITH '99' or LONGHORN RESTAURANT in Pembroke Sign up at ext. 1	MARCH 3 11:30 Lunch

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. What is the difference between hard of hearing and deaf?

Hard of hearing (HOH) refers to people who still have some useful hearing and can understand spoken language, in some situations, with or without amplification. Most HOH people can use the telephone, hearing aids and other assistive devices. The degree of hearing loss can vary, from mild to profound. Deaf people, on the other hand, have little or no hearing. They may use sign language or lip reading, and hearing aids may be used for both environmental awareness and to help make speech understandable. People who use spoken English to communicate are called "oral deaf." Many individuals who are deaf lost their hearing before they learned to speak, and they view hearing loss, not as a medical condition that needs to be corrected, but as a cultural distinction.

People who are "late-deafened" are those who lost all or most of their hearing during or after their teen years, either suddenly or progressively. Most need sign language or lip reading to understand conversation, and cannot use the telephone. In many cases, doctors cannot definitively determine what causes deafness later in life. Some common causes include: exposure to loud noise, aging, meningitis, accidents, trauma, virus, Meniere's disease, and tumors of the acoustic nerve. If you experience a sudden drop in hearing, unexpected dizziness, drainage from your ear, or significant pain in your ear or head, see a doctor as quickly as possible.

Acquired deafness is a traumatic loss, especially for people who lose their hearing suddenly. People who are born deaf never feel this overwhelming sense of loss, because they never experienced hearing. But for anyone who becomes deaf later in life, the sense of loss can be devastating and often report a feeling of isolation and loneliness. They may go through a grieving process that lasts months or even years. It is important to note that deafness does not mean that your recreational or social life has to stop. You can still do many of the same things you used to do, just differently.

There are some special concerns for older adults. The incidence of hearing loss increases dramatically with age. One third of all people over the age of 60 and 50% of people over 80 have some form of hearing loss. Hearing impairment is common and can seriously affect their safety, quality of life, and ability to live independently. Some seniors are not comfortable with new technologies like assistive listening devices or close captioned television and may lack the manual dexterity to manipulate the small controls on hearing aids and other devices. Seniors may be anxious about being able to remain living at home, and may be unaware of safety alerting devices and other assistive technology.

The Massachusetts Commission for the Deaf and Hard of Hearing can be used as a central point of contact for seniors and their caregivers. Their website is www.mass.gov/mcdhh. Much of the information in this article is taken from The Commission's publication, *The Savvy Consumer's Guide to Hearing Loss*. This publication lists organizations that offer supportive services, medical help, financial assistance and benefits programs, communications options, assistive technologies, and real life coping skills. To receive a copy of this book, call 1-800-882-1155, or 617-740-1700 (TTY).

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 **extension 2** to sign up **no later than 4:00 Thursday**.

SENIOR CENTER BUS— Our COA bus is available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **extension 2 no later than noon on Monday**.

FOOD SHOPPING Our COA bus travels to various grocery stores on **Tuesdays**, **pickups begin at 12:30**. Due to an increase in riders, we find it necessary to limit the number of passengers to allow sufficient room for both passengers and their purchases. **Sign-up is now required weekly by calling extension 2 no later than 1:00 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called on Monday morning. There is a 4 bag limit.

DIAL-A-BAT— Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, Stoughton, Whitman and Boston.

Trips to **Southeast Medical Center** in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Roche Bros Way** in Easton are provided on Mondays and Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Boston** are provided on Wednesdays and Fridays only.

Call extension 2 at least two days prior to your appointment to book.

FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS

There will be no February meeting of the Friends.

A March meeting will be held at Harvard Court
Additional information will be available later.

If anyone has questions, please call
Roberta at 781-261-3930

State Representative Geoffrey Diehl Office Hours

State Representative Geoff Diehl is here at the Senior Center
every other month on the third Tuesday at 9:00 a.m.

No appointment is necessary.

Upcoming dates are: March 21, May 16

Representative Diehl looks forward to hearing from you and
relaying your concerns to Beacon Hill. If you cannot make it in
to speak with him, you may contact his office directly at

(617) 722-2810, ext. 6326

or by email at: Geoff.Diehl@MAhouse.gov

FUEL ASSISTANCE

We are taking appointments for help in filling out applications for
first time fuel assistance applicants.

Please call at extension 2 to set up an appointment

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, February 28th from 12:00 to 2:30. Please call **extension 2**
for an appointment.

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, February 21st by appointment. Contact
extension 2 to make an appointment. *You should hear what you're
missing.*

PODIATRIST

Dr. William Chan. Wednesday, February 8th by appointment
only. Contact **extension 2** to make an appointment.

Upcoming dates: March 8, April 12, May 10



WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by
NVNA (Norwell Visiting Nurse Association and Hospice). Health
Screening includes blood pressure and blood sugar testing, vital
signs assessment, nutritional counseling, weight assessment
and medication review and instruction.

Wednesday:

February 8 Senior Center 12:30—1:30

Thursday:

February 16 Harvard Court 12:30—1:30

Tuesdays at the Town Hall (VNA Office, Lower Level)

February 7, 14, 21, 28 1:00—2:30

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,
February 19th, **11:00 to 2:00 only.** Please bring your own
reusable shopping bag (fabric or heavy plastic type) for ease in
carrying.

HAIR by KATHY

Tuesdays and 2nd and 4th Thursdays by Appointment

Contact **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)	
Haircuts for Men	\$ 8.00

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!

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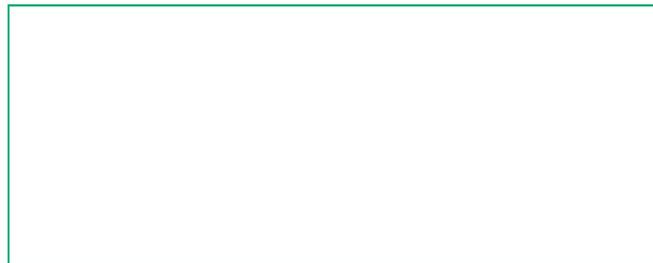
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RETURN SERVICE REQUESTED



DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30.
Let us do the cooking for you.
(check out the menu on Page 4 of this newsletter).
Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.**
Since meals need to be ordered well in advance, please call one week ahead to book your reservation.



Here is what some are saying:

65 year old Adrian says "If you don't like to do extra kitchen duties, lunch at the Senior Center is your answer. Lunch is always tasty, served piping hot and always well balanced. Personally I don't understand why more seniors don't take advantage of this program."

Transportation is available on Mondays and Tuesdays.

ABOUT OUR TRIPS AND ACTIVITIES ...

*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.

Help us go GREEN and save MONEY

Our newsletter is now available online at:
www.OurSeniorCenter.com
and on the Town of Whitman website
www.whitman-ma.gov



If you read your newsletter online or choose not to receive a newsletter at this time, please **call Linda at extension 1** to have your name taken off of the mailing list. For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.