

# SEEN YOUR NEWS?



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

## SENIOR CENTER HOURS

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

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

# March

## 2017

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 ...

Thank you to all who attended our 'Supper Series' on Tuesday evening, February 14. After being bombarded with multiple snow storms, the comfort food supper of clam chowder, cornbread and cookies seemed appropriate and was enjoyed by all.

Our next Chowder Supper is on Tuesday, March 28 at 5:30 P.M. Corn Chowder will be served—see details on Page 2.

We are planning to continue our 'Supper Series' on various Tuesday evenings and would like to hear your menu suggestions for future planning. Please reach me at 781-447-7619 ext.5.

Stay safe for the remainder of the winter—spring is on the way!

Regards,



**Glenshane Irish Folk Duo**  
**At the Senior Center**  
**Thursday, March 9th at 1:00 P.M.**

'Put Your Irish On' and enjoy some wonderful entertainment by Jean and John Nesbitt known as Glenshane Irish Folk Duo. John hails from Northern Ireland, Jean is a New Englander, and they have performed together for 30 years.

Their music will pull at your heartstrings and tickle your funny bone with their beautiful Irish wit. Their lively accompaniment on several instruments insures a toe-tapping, rollicking good time.

This program is offered free of charge thanks to a generous grant from the Whitman Cultural Council, which is supported by the Massachusetts Cultural Council.

Light Refreshments will be served

Please call **extension 2** to sign up and reserve your seat.  
Transportation is available, so let us know if you need a ride.

### THE ROAD TO ICELAND

Travel Presentation by Ed and Cindy Esposito  
At the Senior Center  
Wednesday, March 15 at 10:00 A.M.

We welcome back Ed and Cindy Esposito who will present another exciting visual and sound presentation with beautiful photographs of Iceland, an Island republic in the north Atlantic Ocean, 60 miles south of the Arctic Circle. There's beauty and majesty at every turn. The photographs in this presentation were taken during a 9-day, 1,300 mile journey on Iceland's Ring Road, which runs along the coast of the island connecting most of the inhabited parts of the country.

This presentation includes giant glaciers, floating icebergs, wild horses, mountainous volcanos, and a several beautiful waterfalls. Learn interesting and fun facts about one of the most beautiful and unique countries in Europe.

Ed and Cindy Esposito took all the photographs and created the multimedia slideshow. Ed and Cindy are prize-winning, semi-professional photographers selling their work directly to individuals and through stock agencies. Ed is a former president of the Duxbury Camera Club, and both Ed and Cindy are active members of the South Shore Camera Club and Boston Camera Club. Their photographic interests are primarily in landscape, nature and travel photography.

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



**DAYLIGHT SAVING TIME**  
**BEGINS**  
**SUNDAY, MARCH 12TH**  
**At 2:00 A.M.**

Spring your clocks ahead 1 hour

**“Strategies for Positive Caregiving of Loved Ones with Alzheimer’s and Other Related Dementias”  
Presentation  
At the Senior Center  
Tuesday, March 21st at 4:30**

This program is designed and presented by Alzheimer’s specialty clinicians from Norwell VNA and Hospice. The presentation will focus on different stages of caregiving and will provide strategies for communication, activities, behaviors, memory loss and caregiver support.

Questions and answers will follow.

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

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

**CHOWDER SUPPER**

Tuesday, March 28th  
5:30 P.M.  
At the Senior Center



Tired of cooking? Join us for a warm bowl of corn chowder, dessert and some post-winter socialization. Come alone or bring a friend. All are welcome.

Tickets are \$5.00 and will be available at the Senior Center beginning March 1st.

Space is limited so get your ticket early.



**BOOK BUZZ ..... At the Senior Center  
Friday, March 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.

**Daily Scan-In**



The COA would like to remind all who attend COA programs, services, activities, or 'morning coffee hour' at the Senior Center to use their scan card to sign in. If you need a scan card, just let us know. This program helps us track usage and the statistics help us to secure funding through the state and with obtaining grants.

Thanks for your cooperation!

**Brockton Area Cultural Center for the Blind  
Luncheon at the Fireside Restaurant, Middleboro  
Thursday, March 16th at 12:00 P.M.**

This is a free social luncheon for the legally blind and a driver. For more information, please call Helen at 781-447-1185.

**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.

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.

**Cardmaking Craft with Denise**  
**Wednesday, March 8th**  
**12:30 at the Senior Center**

This month we will be making Spring cards.  
 Treat someone special to a homemade card.  
 Cost is \$2.00 per class to help offset supplies expense.  
 Reservations are required.  
 Please call **extension 2** if you will be participating.

**FRIENDS OF THE WHITMAN SENIORS**  
 MONTHLY MEETING OF THE FRIENDS

Friday, March 10th at 12:30 PM at Harvard Court  
 Corned Beef & Cabbage Luncheon will be served  
 Sign up sheet available at the Senior Center counter

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

**Fun and Games**

**LEFT, CENTER, RIGHT**  
**Tuesday, March 7th at 12:30 P.M.**  
 and  
**Wednesday, March 22nd at 1:30 P.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
- CHESS**- Wednesdays at 2:00
- KNITTING GROUP**– Tuesdays at 1:00
- MAH JONGG**—Wednesdays at 1:00 pm
- PICKLEBALL**– Will resume in the Spring

**Movie of the Month**

At the Senior Center  
**“THE SECRET LIFE OF PETS”**  
 Thursday, March 23rd  
 1:00 P.M.

For one bustling Manhattan apartment building, the real day starts after the folks on two legs leave for work and school. That's when the pets of every stripe, fur and feather begin their own nine-to-five routine: hang out with each other, trading humiliating stories about their owners, or auditioning adorable looks to get better snacks.

Starring: Eric Stonestreet, Kevin Hart, Ellie Kemper  
 Run Time: 1 hours, 27 minutes, Rated PG  
**Call extension 2 to reserve your seat.**  
**Space is limited to 12 attendees.**

**Visit with Abner**  
**The Pet Therapy Dog**  
**Monday, March 13th**

10:30 a.m. at the Senior Center



Abner is guaranteed to put a smile on your face!

**Bus Trip**



**Savers Thrift Store and Brass Lantern Restaurant**  
**in Hanover**

Thursday, March 30th  
 Leaves the Senior Center at 9:00  
 Trip is \$5.00 for transportation

Start by hunting for bargains at Savers thrift store, followed by a quick stop at Pepperidge Farm outlet for treats, then have lunch on your own at the Brass Lantern Restaurant in the South Shore Vo Tech High school.  
 Call **Linda at extension 1** to sign up.

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

- 3/7**– SHAW'S in BROCKTON
- 3/14**– STOP AND SHOP in WHITMAN
- 3/21**– SHAW'S in BROCKTON
- 3/28**– STOP AND SHOP in WHITMAN

Reminder: 4 bag limit please  
 Reserve your seat by 1:00 on the previous Friday



## MARCH 2017

| Monday                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                    | Wednesday                                                                                                                                                                                                                                                                                       | Thursday                                                                                                                                                                                                                                                                           | Friday                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
|                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                            | <b>1</b>                                                                                                                                                                                                                                                                                        | <b>2</b>                                                                                                                                                                                                                                                                           | <b>3</b>                                                                                   |
| <p><b>TRIP SIGN UPS BEGIN ON Monday, February 27th at 8:00 AM</b></p>                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                            | <p>11:30 Lunch—Baked Salmon<br/>1:00 Mah Jongg<br/><b>2:00 Chess</b><br/>6:00 Scrapbooking</p> <p><b>9:00 WALMART in HALIFAX and LYONVILLE TAVERN RESTAURANT</b><br/>Sign up at ext. 1</p>                                                                                                      | <p>11:30 Lunch— Roast Turkey w/ Gravy</p> <p><b>9:00 CHRISTMAS TREE SHOP AND KOHL'S WITH '99' or LONGHORN RESTAURANT in Pembroke</b><br/>Sign up at ext. 1</p>                                                                                                                     | <p>11:30 Lunch—Egg Salad on Lettuce Bed</p>                                                |
| <b>6</b>                                                                                                                                                                         | <b>7</b>                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>8</b>                                                                                                                                                                                                                                                                                        | <b>9</b>                                                                                                                                                                                                                                                                           | <b>10</b>                                                                                  |
| <p>8:00 Wii Bowling<br/>11:30 Lunch-Greek Chicken<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                                       | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>10:00 Computer Workshops<br/>11:30 Lunch— Fish Sticks<br/>1:00 Knitting/Crocheting/Loom</p> <p><b>12:30 LEFT, CENTER , RIGHT</b><br/>Sign up at ext. 2</p> <p>8:30 –12:00 Transportation to and from Senior Center<br/><b>12:30 FOOD SHOPPING –ext. 2</b></p>                                                                                                                           | <p>8:20 Podiatrist by Appt<br/>11:30 Lunch—Whole Grain Ravioli w/ Meat Sauce<br/>12:30-1:30 Wellness Clinic<br/>1:00 Mah Jongg<br/><b>2:00 Chess</b></p> <p><b>12:30 CARDMAKING CRAFT WITH DENISE</b><br/>Sign up at ext. 2</p> <p><b>9:00 HANOVER MALL</b><br/>Sign up at ext. 1</p>           | <p>11:30 Lunch— Italian Pot Roast</p> <p><b>8:30 ALEXANDERS RESTAURANT/ Dollar Tree Brockton</b><br/>Sign up at ext. 1</p> <p><b>1:00 ST. PATRICK'S DAY ENTERTAINMENT BY GLENSHANE IRISH FOLK DUO</b><br/>Transportation available<br/>Sign up at ext. 2</p>                       | <p>11:30 Lunch—Macaroni and Cheese</p> <p><b>10:00 BOOK BUZZ</b><br/>Sign up at ext. 2</p> |
| <b>13</b>                                                                                                                                                                        | <b>14</b>                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>15</b>                                                                                                                                                                                                                                                                                       | <b>16</b>                                                                                                                                                                                                                                                                          | <b>17</b>                                                                                  |
| <p>8:00 Wii Bowling<br/>11:30 Lunch-Shepherd's Pie<br/>1:00 Bingo</p> <p><b>10:30 VISIT WITH ABNER</b></p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>10:00 Computer Workshops<br/>11:30 Lunch-Chicken Cacciatore<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center<br/><b>12:30 FOOD SHOPPING –ext. 2</b></p>                                                                                                                                                                                    | <p>11:30 Lunch— Corned Beef<br/>1:00 Mah Jongg<br/><b>2:00 Chess</b></p> <p><b>9:30 SOUTH SHORE PLAZA, Cheesecake Factory in Braintree</b><br/>Sign up at ext. 1</p> <p><b>10:00 THE ROAD TO ICELAND</b><br/>Sign up at ext. 2</p>                                                              | <p>11:30 Lunch—Turkey Salad<br/>12:30-1:30 Wellness Clinic at Harvard Ct</p> <p><b>BROWN BAG PICKUP</b><br/>Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p><b>9:00 GOOD DAYS RESTAURANT and MARKET BASKET</b> in West Bridgewater<br/>Sign up at ext. 1</p> | <p>11:30 Lunch—Fish Filet</p>                                                              |
| <b>20</b>                                                                                                                                                                        | <b>21</b>                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>22</b>                                                                                                                                                                                                                                                                                       | <b>23</b>                                                                                                                                                                                                                                                                          | <b>24</b>                                                                                  |
| <p>8:00 Wii Bowling<br/>11:30 Lunch-Turkey Chili<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                                        | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/><b>9:00 State Rep Geoff Diehl</b><br/>10:00 Computer Workshops<br/>11:30 Lunch— Meatballs w/ Tomato Sauce &amp; Pasta<br/>1:00 Knitting/Crocheting/Loom<br/><b>1:00 Hearing Check by Appt.</b></p> <p>8:30 –12:00 Transportation to and from Senior Center<br/><b>12:30 FOOD SHOPPING –ext. 2</b></p> <p><b>4:30 "STRATEGIES FOR CAREGIVERS" (see pg. 2)</b><br/>Sign up at ext. .2</p> | <p>11:30 Lunch—Unstuffed Pepper Casserole<br/>1:00 Mah Jongg<br/><b>2:00 Chess</b></p> <p><b>1:30 LEFT, CENTER , RIGHT</b><br/>Sign up at ext. 2</p> <p><b>9:00 OCEAN STATE JOB LOT-East Bridgewater/ Burlington Coat Factory, Kentucky Fried Chicken-Bridgewater</b><br/>Sign up at ext. 1</p> | <p>11:30 Lunch-Chicken, Broccoli and Penne Alfredo</p> <p><b>1:00 MOVIE at the SENIOR CENTER (See Page 3)</b><br/>Sign up at ext. 2</p> <p><b>9:00 WAREHAM CROSSING/ Longhorn Steakhouse</b><br/>Sign up at ext. 1</p>                                                             | <p>11:30 Lunch—Catch of the Day w/ Newburg Sauce</p>                                       |
| <b>27</b>                                                                                                                                                                        | <b>28</b>                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>29</b>                                                                                                                                                                                                                                                                                       | <b>30</b>                                                                                                                                                                                                                                                                          | <b>31</b>                                                                                  |
| <p>8:00 Wii Bowling<br/>11:30 Lunch— Frittata w/ Red Peppers and Mushrooms<br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>              | <p>9:00 Art Group<br/>9:00 Hairdresser by Appt<br/>10:00 Computer Workshops<br/>11:30 Lunch— Pork Stir Fry w/ Honey Ginger Sauce<br/><b>12:00 Atty Whitney by Appt</b><br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center<br/><b>12:30 FOOD SHOPPING –ext. 2</b></p> <p><b>5:30 CHOWDER SUPPER (pg. 2)</b></p>                                                                                  | <p>11:30 Lunch-Chicken Scallopini<br/>1:00 Mah Jongg<br/><b>2:00 Chess</b></p> <p><b>FOXWOODS CASINO</b><br/>Pickup 7:30 K of C; 7:45 Home<br/>Return Home 7:00 pm<br/>Sign up at ext. 1</p>                                                                                                    | <p>1:30 Lunch— Meatloaf w/Gravy</p> <p><b>9:00 SAVERS, PEPPERIDGE FARM OUTLET/BRASS LANTERN RESTAURANT AT SOUTH SHORE VO-TECH in Hanover</b><br/>Sign up at ext. 1</p>                                                                                                             | <p>11:30 Lunch—Potato Crunch Fish</p>                                                      |

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**Q. Is it important for seniors to keep up with their vaccines?**

Yes. A number of diseases, which can be prevented with vaccines, can cause significant illness, hospitalization, disability, and even death.

Older adults are more affected than most people by these diseases. According to the Alliance for Aging Research, more than half of the annual flu-related hospitalizations, and 90% of the annual flu deaths, are in people age 65 or over. Roughly half of the 1 million annual cases of shingles in the U.S. are in people over the age of 60. Even though seniors are hit harder by these illnesses, vaccination rates among older adults are dangerously low.

Your immune system is made up of cells that defend your body against a bacteria or virus, called a pathogen. It is your immune system which produces antibodies that destroy the pathogens. Every time your immune system reacts to a specific pathogen, it builds up a defense called immunity. The next time that pathogen shows up, your immune system “knows” the bacteria or virus, and removes it more quickly.

Vaccines imitate an infection, and tell your immune system to produce antibodies to protect you from a disease. By getting vaccinated, you also protect those around you who may not be vaccinated. This is called herd or “community immunity.” The more people who get vaccinated, the fewer chances a disease has to spread.

Here are some bacteria or viruses that can be treated with vaccines:

**Influenza** (flu) is a respiratory virus that spreads from coughing or sneezing droplets that land on you. Every year as many as 200,000 people are hospitalized from the flu.

**Tetanus** is a bacteria that enters the body through a deep flesh wound. It can interfere with the ability to breathe.

**Diphtheria** is a bacteria that attaches to the lining of the respiratory system and produces toxins. It can make it hard to breathe and swallow. This can lead to infections of the lung, blood, heart, kidney, and nerves.

**Pertussis** can lead to uncontrollable coughing, which often makes it hard to breathe.

**Varicella** is the chicken pox virus. **Varicella zoster** is a chicken pox virus that can be reactivated years later as a shingles infection. During their lifetime, 30% of Americans will develop shingles — around 1 million people each year.

**Pneumonia** is a bacteria or virus that infects the lungs. Every year, an estimated 53,000 people die and 1.1 million are hospitalized because of pneumonia.

Vaccines you received when you were younger (tetanus, diphtheria, and pertussis) can wear off, so you may need a booster vaccine. If there are vaccines you never received as a child (like chickenpox), it may be recommended that you get them as an adult.

As we age, our immune system weakens and puts us at a higher risk for certain diseases, like shingles and pneumonia. After age 60 there are additional vaccines that are recommended. Vaccines for measles, mumps, and rubella are not recommended for those ages 60 and up.

Talk to your doctor about staying up-to-date with your vaccines. The flu vaccine can change each season and even change mid-season. Your immunity decreases over the year and certain diseases and conditions can make it harder to fight off infection. With some chronic diseases, the complications of infection can be more severe. Ask your doctor about your risk for meningitis and hepatitis A and B.

Whenever you get vaccinated, ask for an immunization record card, and have it sent to your doctor's office. Medicare Part B pays for flu, pneumonia, and hepatitis B vaccines. Medicare Part D plans must include all commercially available vaccines (except those covered by Part B). Medicare Part D or Medicare Advantage Part C plans, that offer prescription drug coverage, may also cover a number of these vaccines. Medicaid covers some of these vaccines. For more information about what vaccines are recommended for you, visit this website [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

## 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 for additional details.

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

**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

**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**

**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

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

**PODIATRIST**

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

Upcoming dates: April 12, May 10, June 14



**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:**

March 8 Senior Center 12:30—1:30

**Thursday:**

March 16 Harvard Court 12:30—1:30

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

March 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, March 16th, **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 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!*

## Blanchard Funeral Chapel

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

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➤ Reach the Senior Market

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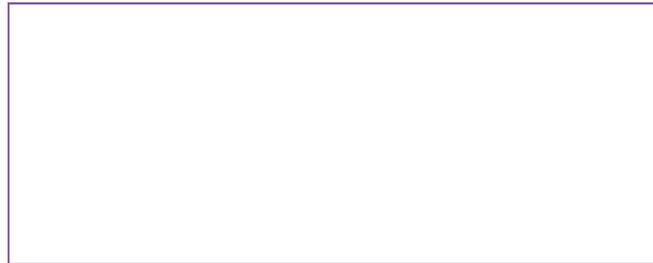
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**RETURN SERVICE REQUESTED**



#### 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](http://www.OurSeniorCenter.com)**

and on the Town of Whitman website

**[www.whitman-ma.gov](http://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.