

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*
Jill A. Getchell
Barbara J. Garvey, *Director*



2018

Mae Cousineau, *Vice Chairman*
Thomas G. Ford
Denise K. Bagley

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.



MACARONI AND CHEESE SUPPER

Tuesday, May 15th
5:00 P.M.

At the Senior Center

This month's supper will be macaroni and cheese, salad and a cookie for dessert.
Come alone or bring a friend. All are welcome.

Stop by the Senior Center to get your ticket beginning Tuesday, May 1st. Tickets are \$5.00
Space is limited so get your ticket early.

Paint Night

At the Senior Center

Tuesday, May 22nd at 5:00

Fee is \$15.00



Join us for a painting party with Heather from the Pour Artist! We will be painting on a 16"x20" canvas with acrylic paints. Heather instructs the painting step-by-step, so this class is ideal for beginners, or those just interested in trying something new. No experience required!

All supplies are provided.

If anyone is interested in pizza before the paint party, we will have it available at 4:30 for an additional \$5.00 fee. Please let us know when you sign up if you will want to join us for pizza (cheese or pepperoni), soda and a cookie.

Call extension 2 to reserve your seat.

Space is limited to 15.

Payment is due 1 week prior to the event.

Whitman seniors will be given first priority to sign up. Out of town residents will be put on a waiting list and called if space is available.

SPRING PIE SOCIAL

At the Senior Center

Wednesday, May 30th at 1:30



Join us for Apple or Mixed Berry Pie from the Centerville Pie Company on Cape Cod. A slice of heaven.
Let us know your pie choice when you buy your ticket.
Coffee and Tea will be served to go with it.

Tickets are available at the reception desk for \$3.00
Tickets are limited to 30 and will be sold starting on Tuesday, May 1st.

Afterwards, you are welcome to stay and play Left, Center, Right dice game.

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 include:

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, 2018 through June 30, 2019). Credit will be granted towards the real estate tax bill issued in January 2020 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 and Mandatory Deferred Compensation withholding of 7.5%.) Those currently contributing to the Plymouth County Retirement Association through other employment and retirees receiving a pension from the Plymouth County Retirement Association are not subject to the Mandatory Deferred Compensation withholding. Earnings will be credited to the real estate tax bill issued in January 2020.

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 pass 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 ext. 1 **on or after June 1st.**

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

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

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

PC's for the Novice

Internet Basics

Basics of Budgeting with Excel / Calc

iTunes for Digital Music / Video

Add and Remove Software

Ease of Access

Online Education

Manage Digital Photos

Send and Receive Photos over the Internet

Backup your personal Data:

Organize your photos using picassa 3

**MUTUAL BANK PRESENTS
 FINANCIAL WORKSHOPS**

At the Senior Center

9:00 A.M. on the following Fridays

Friday, April 27, 2018 – Protecting Your Assets by Preventing Theft

Friday, May 4, 2018 – Choosing a Financial Caregiver

Friday, May 18, 2018 – Acting as a Responsible Financial Caregiver (please invite your financial caregivers)

Financial abuse against older Americans can take many forms, from illegal debits, to third-party scams and even unauthorized withdrawals by an approved financial caregiver.

Mutual Bank would like to invite you and your loved ones for three days of information, gifts and raffles. Refreshments and coffee will be served.

Due to space issues, please call extension 2 to reserve your seat.

Remember to check the Bulletin Board at the Senior Center for Activities and Events that may not be listed in this Newsletter due to space or publishing deadline constraints.

Crafts

with Denise
Wednesday, May 16th
at the Senior Center
12:30 P.M.

Cost is \$3.00 per class to help offset supplies expense.

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**with Kerrin**  
**From Sachem Center for Health and Rehabilitation**  
**Thursday, May 31st**  
**at the Senior Center**  
**12:30 P.M.**

Free of charge thanks to Sachem Center.  
Please call **extension 2** if you will be participating

**The Travelers Present:**

The Motor coach trips will be starting in May. The first trip will be to Parker's Maple Barn on May 18th. Details are still being confirmed. Check the Senior Center for details or call Linda to get more information.

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Social Lunch

June 12th-Monponsett Inn- \$18.00 for lunch.
Transportation on your own.

Call Linda at extension 1 to reserve a seat.

Movie of the Month
At the Senior Center
" GOODBYE CHRISTOPHER ROBIN "
Thursday, May 24th
12:30 P.M.

This enchanting historical drama details the relationship between children's author A.A. Milne and his son Christopher Robin, which was changed forever when Milne used his child and his stuffed animals as inspirations for the Winnie the Pooh stories. As the fanciful tales bring hope to England in the wake of World War 1, the family deals with the fame and unwanted attention.

Starring : Domhnall Gleeson, Margot Robbie, Kelly Macdonald

Run Time: 1:29 min Rated PG

Call extension 2 to reserve your seat.

Tech Help with Max

Tuesday evenings 6:00 or 6:30 (two half-hour appointments)

Max Elfman, our student volunteer from South Shore Vocational Technical High School, will be here to help with your technical needs. Want to learn about Facebook or other social media? Have a cell phone or tablet challenge? Let Max help.

Call extension 2 to make your appointment.

Fun and Games

LEFT, CENTER, RIGHT

Tuesday, May 8th at 1:00 P.M.
Wednesday, May 30th at 2:00 P.M.

Sign up at extension 2.

Visit with Abner
The Pet Therapy Dog
Monday, May 14th

10:30 a.m. at the Senior Center



Weekly Activities

- ART GROUP**– Tuesdays at 9:00
- BINGO**—Mondays at 1:00
- BINGO at Harvard Court**– Wednesdays at 12:30
- CHAIR YOGA**– Wednesdays at 9:30, \$4.00 to the instructor
- *Now also on Fridays at 11:30 (except the first Friday of the month)
- KNITTING GROUP**– Tuesdays at 1:00
- MAH JONGG**—Wednesdays at 12:30
- Wii BOWLING**—Mondays at 8:00


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

- 5/1- **SHAWS** in **BROCKTON**
- 5/8 - **STOP AND SHOP** in **WHITMAN**
- 5/15 **SHAWS** in **BROCKTON**
- 5/22- **STOP AND SHOP** in **WHITMAN**
- 5/29- **SHAWS** in **BROCKTON**

Reminder: 4 bag limit please. Reserve your seat by 11:30 on the previous Friday.



MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TRIP and ACTIVITIES SIGN UPS BEGIN Thursday, April 26th at 8:00 AM</p>	<p>1</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Beef, Rice & Pepper Casserole 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p>	<p>2</p> <p>9:30 CHAIR YOGA 11:30 Lunch-Chicken Scallopini 12:30 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1</p>	<p>3</p> <p>11:30 Lunch-Chef's Salad w/ Turkey, Egg and Cheese</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p>	<p>4</p> <p>11:30 Lunch-Beef Burgundy 1:00 Bingo</p> <p>9:00 CHOOSING A FINANCIAL CAREGIVER Sign up at ext. 2</p>
<p>7</p> <p>8:00 Wii Bowling 11:30 Lunch-Chicken Bruschetta over Parslied Rotini Pasta 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>8</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Potato Crunch Fish 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>1:00 LEFT, CENTER, RIGHT Sign up at ext. 2</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p>	<p>9</p> <p>8:20 Podiatrist by Appt 9:30 CHAIR YOGA 12:00-1:00 Wellness Clinic 11:30 Lunch-Whole Grain Lasagna Rolls 12:30 Mah Jongg</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>10</p> <p>11:30 Lunch-Roast Pork</p> <p>BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p>9:00 CAPE COD MALL in Hyannis Sign up at ext. 1</p>	<p>11</p> <p>10:00 Book Buzz 11:30 Lunch-Turkey Salad on Lettuce Bed 11:30 Chair Yoga</p>
<p>14</p> <p>8:00 Wii Bowling 11:30 Lunch-Macaroni and Cheese 1:00 Bingo</p> <p>10:30 VISIT WITH ABNER</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>15</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Spanish Chicken 1:00 Hearing Check by Appt. 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p> <p>5:00 Macaroni and Cheese SUPPER (See Pg. 1)</p>	<p>16</p> <p>9:30 CHAIR YOGA 11:30 Lunch-Baked Salmon 12:30 Mah Jongg</p> <p>12:30 CRAFTS WITH DENISE (See Pg. 3)</p> <p>9:00 CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke Sign up at ext. 1</p>	<p>17</p> <p>11:30 Lunch-Chicken Meatballs w/ Marinara Sauce, Parslied Penne Pasta 12:30-1:30 Wellness Clinic at Harvard Ct</p> <p>9:00 BOSTON NORTH END Sign up at ext. 1</p>	<p>18</p> <p>11:30 Lunch-Omelette w/ Cheddar Cheese 11:30 Chair Yoga</p> <p>9:00 ACTING AS A RESPONSIBLE FINANCIAL CAREGIVER Sign up at ext. 2</p>
<p>21</p> <p>8:00 Wii Bowling 11:30 Lunch-Chicken Parmesan with Pasta 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>22</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Sloppy Joe 12:30 Atty Whitney by Appt 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p> <p>5:00 PAINT NIGHT (See Pg. 1)</p>	<p>23</p> <p>9:30 CHAIR YOGA 11:30 Lunch-Pork Lo Mein 12:30 Mah Jongg</p> <p>9:00 GOOD DAYS RESTAURANT and MARKET BASKET in West Bridgewater Sign up at ext. 1</p>	<p>24</p> <p>11:30 Lunch-Egg Salad on Lettuce Bed</p> <p>12:30 MOVIE at the SENIOR CENTER (See Page 3)</p> <p>TWIN RIVER CASINO Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>25</p> <p>11:30 Lunch-Hot Dog w/ Beef Chili 11:30 Chair Yoga</p>
<p>28</p> <p>MEMORIAL DAY SENIOR CENTER CLOSED</p> 	<p>29</p> <p>9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshop 11:30 Lunch-Stuffed Shells 1:00 Knitting/Crocheting 6:00 Tech Help</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2</p>	<p>30</p> <p>8:00 Wii Bowling 11:30 Lunch-Meatloaf w/gravy</p> <p>1:30 PIE SOCIAL 2:00 LEFT, CENTER, RIGHT Sign up at ext. 2</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>31</p> <p>11:30 Lunch-Roast Turkey w/gravy</p> <p>12:30 CRAFTS WITH KERRIN (See Pg. 3)</p> <p>9:00 MANSFIELD CROSSING/ Bliss Brothers Dairy Restaurant- Attleboro Sign up at ext. 1</p>	<p>1</p> <p>11:30 Lunch 1:00 Bingo</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. Is Depression Part of Aging ?

Aging can bring a set of new challenges. Some of these challenges may include medical problems, the loss of loved ones, or other stressful life events that can contribute to depression as we age. Although most cases of depression are diagnosed in young adults, depression can occur at any age.

Depression may go undiagnosed or misdiagnosed in some older adults. Some people may have less obvious symptoms or some may not be willing to talk about their feelings. Some signs of depression are often mistaken for normal behavior. It is important to know the signs and seek help if you are concerned about yourself or a loved one. Here are some possible signs of depression.

- Sad, anxious
- Loss of interest or pleasure in hobbies and activities
- Feelings of hopelessness, pessimism
- Feelings of guilt, worthlessness, helplessness
- Decreased energy, fatigue, being "slowed down"
- Difficulty concentrating, remembering, making decisions
- Difficulty sleeping, early-morning awakening, or oversleeping
- Appetite changes and/or unintended weight changes
- Thoughts of death or suicide, suicide attempts
- Restlessness, irritability

It is normal to feel uneasy, stressed, or sad temporarily, but depression is different from sadness – it can last longer and cause other issues. Certain individuals are at a higher risk for developing depression. If you are an older adult, you may be at a higher risk if you:

- Are female
- Have a chronic medical illness, such as cancer, diabetes or heart disease
- Have a disability
- Sleep poorly
- Are lonely or socially isolated

The good news is that in most cases, depression is treatable. The right treatment may help improve your overall health and quality of life. With the right treatment, you may begin to see improvements as early as two weeks from the start of your therapy. Some symptoms may start to improve within a week or two, but it may be several weeks before you feel the full effects. Seek help from your doctor to help identify your best options.

There are other ways to combat depression. Spending time with friends and family, making new friends, taking up new hobbies and getting active are a few suggestions. These suggestions are not just for those who may be depressed, but for everyone.

Many older adults are taking charge of their lives and not watching the world pass them by. Many towns have centers with activities and events that are open to all.

Leave depression behind, rekindle your self-esteem, overcome social isolation and restore hope and happiness to your life. As we continue to live longer, it makes sense to ensure we are living fulfilling lives.

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 11:30 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.

HUMOR CORNER

Grandpa and granddaughter were sitting talking when she asked, "Did God make you, Grandpa?" "Yes, God made me," the grandfather answered. A few minutes later, the little girl asked him, "Did God make me too?" "Yes, He did," the grandpa answered. For a few minutes, the little girl seemed to be studying her grandpa, as well as her own reflection in a small mirror. Her grandfather wondered what was running through her mind. At last she spoke up. "You know, Grandpa," she said, "God's doing a lot better job lately."

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:

May 9 Senior Center 12:00—1:00

Thursday:

May 17 Harvard Court 12:30—1:30

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

May 1, 8, 15, 22, 29 1:00—2:30

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.

Next date is: May 15th

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

OUTREACH

SAFETY ASSURANCE PROGRAM— The Plymouth County Sheriffs Dept. has a free computerized telephone system to call participants at a prearranged time each day. Call 508-830-6256 to sign up.

BROWN BAG DISTRIBUTION PROGRAM – **Thursday, May 10th, 11:00 to 2:00 only.** Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

FRIENDS OF THE WHITMAN SENIORS

Friends of the Whitman Seniors are having a Mother's Day luncheon on May 11th. There will be a sign up sheet at the Senior Center for Members only. Members will be notified on the time and the place.

Anyone with questions, please call Roberta at 781-261-3930.

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 22nd from 12:30 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. John will be in on Tuesday, May 15th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST



Dr. William Chan. Wednesday, May 9th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: June 13, July 11, August 8

HAIR by Sue

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

HARVARD COURT FAYRE HAS REOPENED

located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open: Mondays 10-2

Closed Tuesdays

Wednesdays 10-3

Thursdays 10-2 & 4-7 pm;

Fridays and Saturdays 10-2

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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Whitman, MA 02382


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.
Stop by the Senior Center to pick up a menu.

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.
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.

