

# 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

Jill A. Getchell, *Chairman*  
Denise K. Bagley, *Vice Chairman*  
Barbara J. Garvey, *Director*

**AUGUST**  
**2019**



Thomas G. Ford  
Laura Andrade

## 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:

When I began our Tuesday Food Shopping bus program several years ago, it was designed to accommodate seniors and disabled individuals living in the community who did not have transportation to a local supermarket for grocery shopping.

The addition of this service was also to provide access to grocery shopping for seniors living in Senior Housing who, because of physical limitations, were unable to board the food shopping school bus provided weekly by the Whitman Housing Authority, or who needed to use the handicap lift available on the COA bus.

Since space is limited on the COA bus to allow sufficient room for passengers, passengers in wheelchairs or using walkers, and their purchases, I am requesting that passengers in Housing who are able to board their school bus please consider doing so. This will enable us to provide transportation to grocery shopping for those who have no other transportation means.

I thank you in advance for your kind consideration.

*Barbara*

**TRIVIA With Kerrin**  
**From Sachus Center for Health and Rehabilitation**  
**Wednesday, August 21st**  
**at the Senior Center**  
**1:30 P.M.**

Free of charge thanks to Sachem Center.

Challenge your brain and have a little fun with a game of trivia.  
Cool down with an ice cream sandwich as a treat.

**Call extension 2 to sign up.**



**Strawberry Shortcake Social**  
**At the Senior Center**  
**Monday, August 26th**  
**1:00 P.M.**

Join us for some delicious strawberry shortcake.  
Come with a friend or come and make new friends.  
Coffee and Tea will be served to go with it.

Cost is \$3.00. Stop by the Center to buy your ticket  
**beginning Monday, July 29th.**

Tickets are limited, so get yours early.

**Still haven't tried GERONIMO ???**  
**You are missing out on a lot of fun.**

No skills required. Buy a hand of 5 cards for \$1.00. The caller will call out one card at a time from a new deck of cards. When you turn over all 5 cards you win and shout Geronimo!  
So Join us Friday **August 9, or 23 at 10:00**  
and give it a try.

**Sign up at extension 2.**

**'Hot Dog BBQ' Supper  
At the Senior Center  
Tuesday, August 13th at 5:00 P.M.**



Enjoy the taste of Summer with a Hot Dog BBQ. Join us for an evening of socialization and an easy summer meal of hot dogs, potato salad, chips, soda and dessert.

Cost is \$6.00. Stop by the Center to buy your ticket **beginning Monday July 29th**  
Tickets are limited, so get yours early.



**Movie of the Month  
At the Senior Center  
"INSTANT FAMILY"  
Thursday, August 22nd  
12:30 P.M.**

Idealistic couple Ellie and Pete find themselves overwhelmed when they open up their home to foster teenager Lizzy and her two younger siblings.

Starring: Mark Wahlberg, Isabela Moner, Rose Byrne  
Run Time: 1 hour 57 min  
Rated -PG -13, for drug use/ content, language, sexual situations.

**Call extension 2 to reserve your seat  
Space is limited to 12 attendees.**



**SING-A-LONG**  
With Barbara Stanton  
Tuesday, August 13 at 12:30  
At the Senior Center

Sing Along if you want or if not, just enjoy the spirit.  
Sign up at extension 2 to reserve your seat.



**Visit with Abner  
The Pet Therapy Dog  
Abner will be on vacation in August.  
Come visit him on Monday, September 23rd.  
10:30 a.m. at the Senior Center**

**Computer and Mobile Devices Workshops**  
By Richard Stanton  
at the Senior Center on Tuesdays  
Appointments are available at 10:00, 11:00 or 12:00

- Microsoft Windows:** Learn Computer basics, Office, and Edge
- Apple iOS:** iPhone, iPad, iPod
- Google Android:** Chrome Book, Tablets, Cell phones, MP3 players
- All devices:** Internet Basics, Attachments, Set up Wi-Fi, Learn gestures, Handling Photos

Having device or app problems? Let us help. Please contact **extension 2** to sign up



**Tech Help with Max**  
Tuesday evenings 6:00 and 6:30  
(two half-hour appointments)

Max Elfman, our tech volunteer graduated this year from South Shore Vocational Technical High School and will be off to Westfield State University in the fall. CONGRATULATIONS MAX! He will be here in July and August 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 (while we still have him).

**Call extension 2 to make your appointment.**

➤ Reach the Senior Market  
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**The Travelers Present**

The following Motor Coach Trips

**GEORGE'S OF GALILEE LOBSTER BOIL**

Thursday, August 22nd  
Leaves the V.F.W. at 9:45  
\$91.00 per person

Enjoy Rhode Island clam chowder, clam cakes, garden salad and your choice of steamed 1 1/4 lb. lobster or char-grilled rib eye. Both served with potato, corn, beverage and watermelon for dessert. You will enjoy some time in Narragansett before departing for home.

**FOLIAGE TURKEY TRAIN TOUR**

Thursday, September 19th  
Leaves the V.F.W. at 9:00  
\$92.00 per person

Begin with a scenic drive to Meredith New Hampshire to board the Winnepesaukee "Turkey Train" at the Hobo Railroad. The 2 hour scenic train ride is complete with a full turkey dinner with all the fixins. Afterwards, head to Moulton Farm for the farm stand, or perhaps a treat from the bakery.

Call Linda at extension 1 to reserve a seat.  
Checks made payable to Terry Seer

**COA Bus Trips****CHARLES RIVER BOAT CRUISE**

Thursday, August 15th  
Leaves the Senior Center at 9:15  
Trip is \$28.00 for the cruise and transportation

Enjoy a 70 minute narrated sightseeing tour of the Charles River. You will have a few hours after the cruise for lunch or shopping at the Cambridgeside Galleria Mall. Payment is due no later than August 9th.

**NANTASKET BEACH IN HULL and HINGHAM SHIPYARD SHOPS**

Thursday, August 22nd  
Leaves the Center at 9:00  
\$6.00 for transportation

Enjoy some summertime activities (walk the beach or boardwalk, people watching) then off to lunch at either 99 Restaurant or Comella's, finally a quick stop at Hingham Shipyard for some shopping or just enjoy the fabulous views.

**NEWPORT, RHODE ISLAND**

Thursday, August 29th  
Leaves the Center at 9:00  
\$12.00 for transportation

Wear your comfortable shoes and spend the day on your own in Newport. Shop, eat or just take in the scenery.

Call Linda at extension 1 to sign up for these trips starting July 30th.

**Crafts With Denise**

Wednesday, August 14th  
at the Senior Center  
12:30 P.M.

The craft is still to be determined.

Call extension 2 to sign up.

**Fun and Games****LEFT, CENTER, RIGHT**

Tuesday, August 6th at 1:30 P.M.  
Tuesday, August 27th at 1:30 P.M.

**SCRABBLE**

Wednesday, August 28th at 1:30 P.M.

**GERONIMO**

Friday, August 9th at 10:00 A.M.  
Friday, August 23rd at 10:00 A.M.

Sign up at extension 2.

**Weekly Activities**

ART GROUP— Tuesdays at 9:00  
BINGO—Mondays at 1:00 (on hold until further notice).  
BINGO at Harvard Court— Wednesdays at 12:30  
CHAIR YOGA— \$4.00 to the instructor Wednesdays at 9:30  
KNITTING GROUP— Tuesdays at 1:00  
MAH JONGG—Wednesdays at 12:30  
Wii BOWLING—Mondays at 8:00

New Attendees are always welcome.

**FOOD SHOPPING—Tuesdays at 12:30**

(see page 5 for more details)

8/6- SHAW'S IN BROCKTON  
8/13- STOP AND SHOP in WHITMAN  
8/27- SHAW'S IN BROCKTON



Reminder: 4 bag limit please. Reserve your seat by 11:30 on the previous Friday by calling extension 2.

## AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>TRIP and ACTIVITIES SIGN UPS BEGIN Tuesday, July 30th At 8:30 A.M</b>	<i>(You may sign up yourself and one additional person)</i> <b>(We need a minimum of 6 signups for a trip to go)</b>	11:30 Lunch-Egg Salad on a Lettuce Bed <sup>1</sup>	11:30 Lunch- Italian Pot Roast <sup>2</sup>
8:00 Wii Bowling 11:30 Lunch-Macaroni & Cheese 1:00 Bingo  <b>9:00 AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2 <sup>5</sup>	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Beef Stew</b> 1:00 Knitting/Crocheting 6:00 Tech Help with Max  <b>1:30 LEFT, CENTER , RIGHT</b> Sign up at ext. 2  8:30 -12:00 Transportation to and from Senior / Whitman Center <b>12:30 FOOD SHOPPING - ext. 2</b> <sup>6</sup>	9:30 Chair Yoga 11:30 Lunch- <b>Fish Sticks</b> 12:30 Mah Jongg  <b>9:00 WALMART in RAYNHAM and Longhorn Steakhouse or Panera Bread</b> Sign up at ext. 1 <sup>7</sup>	11:30 Lunch- <b>Chicken a L'Orange</b>  <b>9:30 CASTLE ISLAND</b> Sign up at ext. 1 <sup>8</sup>	10:00 Book Buzz 11:30 Lunch- <b>BBQ Pork Patty</b>  <b>10:00 GERONIMO CARD GAME</b> Sign up at ext. 2 <sup>9</sup>
8:00 Wii Bowling 11:30 Lunch-Vegetable Pinwheel over Jardiniere Vegetable Blend 1:00 Bingo  <b>9:00 AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2 <sup>12</sup>	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Chicken w/ Sage Cream Sauce</b> 1:00 Knitting/Crocheting 6:00 Tech Help with Max  <b>12:30 Sing-A-Long</b> Sign up at ext. 2  8:30 -12:00 Transportation to and from Senior / Whitman Center <b>12:30 FOOD SHOPPING -ext. 2</b>  <b>5:00 HOT DOG SUPPER</b> (See Pg. 2) <sup>13</sup>	8:20 Podiatrist by Appt 9:30 Chair Yoga 11:30 Lunch- <b>Sloppy Joe</b> 12:00-1:00 Wellness Clinic 12:30 Mah Jongg  <b>12:30 CRAFTS WITH DENISE</b> Sign up at ext. 2  <b>9:00 HANOVER MALL and SAVERS</b> Sign up at ext. 1 <sup>14</sup>	11:30 Lunch- <b>Chicken Meatballs w/ Tomato Sauce over Pasta</b> 12:30-1:30 Wellness Clinic at Harvard Ct  <b>BROWN BAG PICKUP</b> Pickup at the Senior Center <u>between 11:00 and 2:00 only</u>  <b>9:15 CHARLES RIVER BOAT CRUISE and CAMBRIDGESIDE GALLERIA</b> (See Pg. 3) Sign up at ext. 1 <sup>15</sup>	11:30 Lunch- <b>Salmon Strips w/ Lemon Dill Sauce over Brown Rice</b> <sup>16</sup>
8:00 Wii Bowling 11:30 Lunch- <b>Glazed Chicken Drumstick</b> 1:00 Bingo  <b>9:00 AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2 <sup>19</sup>	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Stuffed Shells</b> 1:00 Knitting/Crocheting 1:00 Hearing by Appointment 6:00 Tech Help with Max  <b>11:00 MARSHFIELD FAIR</b> Sign up at ext. 1 <sup>20</sup>	9:30 Chair Yoga 11:30 Lunch - <b>Baked Pollock w/ Newburg Sauce</b> 12:30 Mah Jongg  <b>1:30 TRIVIA WITH KERRIN</b>  <b>9:30 WESTGATE MALL and MARKET BASKET in Brockton</b> Sign up at ext. 1 <sup>21</sup>	11:30 Lunch- <b>Beef Stroganoff</b>  <b>12:30 MOVIE at the SENIOR CENTER</b> (See Page 2)  <b>9:00 NANTASKET BEACH in HULL/ HINGHAM SHIPYARD SHOPS</b> (See Pg. 3) Sign up at ext. 1 <sup>22</sup>	11:30 Lunch- <b>Omelette w/ Provolone Cheese</b>  <b>10:00 GERONIMO CARD GAME</b> Sign up at ext. 2 <sup>23</sup>
8:00 Wii Bowling 11:30 Lunch- <b>Turkey Salad on Lettuce Bed</b> 1:00 Bingo  <b>1:00 STRAWBERRY SHORTCAKE SOCIAL</b> (See Pg. 1)  <b>9:00 AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2 <sup>26</sup>	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Salmon Strips w/ Honey Ginger Sauce</b> 12:30 Atty Whitney by Appt. 1:00 Knitting/Crocheting 6:00 Tech Help with Max  <b>1:30 LEFT, CENTER , RIGHT</b> Sign up at ext. 2  8:30 -12:00 Transportation to and from Senior / Whitman Center <b>12:30 FOOD SHOPPING - ext. 2</b> <sup>27</sup>	9:30 Chair Yoga 11:30 Lunch - <b>Chicken Parmesan</b> 12:30 Mah Jongg  <b>1:30 SCRABBLE</b> Sign up at ext. 2  <b>TWIN RIVER CASINO</b> Pickup 8:00 K of C; 8:15 Home Return Home 4:00 Sign up at ext. 1 <sup>28</sup>	11:30 Lunch- <b>Hawaiian Pork Roast</b>  <b>9:00 NEWPORT</b> Sign up at ext. 1 <sup>29</sup>	11:30 Lunch- <b>General Tso Chicken</b> <sup>30</sup>

## Eldercare Q & A from OLD COLONY ELDER SERVICES HOMECARE

Homecare includes a wide range of services and supports that can be offered to older adults and individuals with disabilities to allow them to live with dignity and independence within the community. Homecare services can be in your own home, or that of a family member or friend, in elder housing or a private apartment. These services could be for short-term needs or for ongoing daily support.

OCES offers multiple programs to support independent living through home-based care options. Some of the services OCES offers include care management, transition support, personal care, homemaking, grocery shopping, laundry, companionship, home delivered meals and more. At OCES, one of our goals is to avoid unnecessary hospitalization or to delay long-term care placement.

At times, it is necessary for an individual to be admitted to the hospital or a nursing facility. OCES' Transition Support Program works with individuals to ensure they have all of the necessary services they need before re-entering the community. OCES' registered nurses and Transition Support Advisors will meet an individual at the facility and work with them and the facility staff through the discharge planning process. The end goal is to help an individual return home safely, and to avoid a re-admission to the hospital or facility.

Another service that OCES offers is the Options Counseling Program. This program is available to individuals 60 and older or younger adults who have a disability. This is a consumer-driven program where we can provide individuals with unbiased information about long-term services and supports that an individual may be eligible for. The Options Counselor can provide referrals, information on assistive device resources and other information as needed. This program is a great way to get informed on your options before you are in an emergency situation.

The staff at OCES will assist you in developing a care plan that best fits your individual needs. Our team will help you (and your identified caregivers) determine the most appropriate services and resources to support you where you live.

OCES programs increase the possibility that older adults and individuals with disabilities may remain living in the environment they choose and that caregivers will be able to remain healthy and alleviate some of the stress that comes with caregiving. For more information, visit [www.ocesma.org](http://www.ocesma.org) or call 508-584-1561.

## 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 3:00 on the prior Thursday**. Pickup times cannot be guaranteed unless it is for an appointment.

**SENIOR CENTER / WHITMAN CENTER BUS**— Our COA bus is available in the morning for Tuesday activities and appointments at the Center or for drop off at either of two pre-determined downtown locations (Town Hall or Family Dollar). Sign-up is required by calling **extension 2 no later than noon on Monday**. Pickup times cannot be guaranteed unless it is for an appointment.

**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 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 by Noon on Monday. **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 only. Call for additional details. **Call extension 2 at least two days prior to your appointment to book.**

**FRIENDS OF THE WHITMAN SENIORS**

On Saturday, August 10, 2019 the Friends will host a free BBQ Luncheon for all Whitman Seniors at the Whitman Senior Center at 16 Hayden Avenue 12:00 noon to 2:00 P.M.

The Luncheon will include hot dogs, beans, coleslaw, potato salad, chips, watermelon, ice cream and drinks.

There will be a sign up sheet starting July 24th at the reception counter in the Whitman Senior Center.

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

**State Representative Alyson Sullivan  
OPEN OFFICE HOURS  
At the Whitman Council on Aging**

**State Representative Alyson Sullivan will not be here in August. Check back for the date that she will be holding Office Hours here in September.**

**Would you like a friendly morning call  
from our office?**



Laura is here three days a week and would love to give you a call and check in to see how you are doing or just chat and brighten your day.

Give our office a call (781-447-7619, ext. 2) and let us know if you, or maybe your parent, would like to be on the list.

**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 is scheduled to be at the Center on Tuesday, August 27th 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. Contact **extension 2** to make an appointment for Tuesday, August 20th. *You should hear what you're missing.*



**PODIATRIST**

Dr. William Chan. Wednesday, August 14th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: September 11, October 9, November 13

**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:**

August 14 Senior Center 12:00—1:00

**Thursday:**

August 15 Harvard Court 12:30—1:30

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

August 6, 13 20,27

**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, August 15th, 11:00 to 2:00 only.** Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**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

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*Stop by to see what's available!*

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**Whitman Council On Aging**  
**16 Hayden Avenue**  
**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.***



**MEDICAL EQUIPMENT LOAN CLOSET**

Are you in need of a cane, walker, commode or shower chair?  
Give us a call, we may be able to loan you one if we have one in stock.

*Just give the Center a call at 781-447-7619 ext. 2*

**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.*