

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*

SEPTEMBER

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:

The COA would like to remind all who attend COA programs, services, activities, or morning coffee 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 up to secure funding through the state and with obtaining grants.

Thanks for your cooperation!

Barbara



Visit with Abner The Pet Therapy Dog

Come visit him on Monday, September 23rd.
10:30 a.m. at the Senior Center

Abner is guaranteed to put a smile on your face!



A NOTE TO **SNOWBIRDS**

If you are a "Snowbird" preparing to spend the winter in a warmer climate, please contact us to have your name temporarily taken off the Newsletter mailing list. This will avoid the added expense of Returned Postage and would be greatly appreciated!

MEDICARE OPEN ENROLLMENT

Do Not Ignore Medicare Mail !!!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2020. During **Medicare Open Enrollment (October 15th to December 7th)**, you will have a chance to change your plan for next year.

If you would like help understanding your plan changes as well as other options you may have, Terry Altieri, trained **SHINE** counselor, is available at the Senior Center to offer free and confidential counseling on all Medicare and Medicare-related health insurance programs.

Contact Terry Altieri at the Senior Center to schedule an appointment at 781-447-7619 ext. 3

TRIVIA & Root Beer Floats With Kerrin
From Sachem Center for Health and Rehabilitation
Thursday, September 12th
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. Top it off with an old fashioned Root Beer Float.

Call extension 2 to sign up.

'A DAY IN HAVANA'
 Travel Presentation by Ed and Cindy Esposito
 At the Senior Center
 Wednesday, September 18th at 2:00 P.M.



Back from a recent cruise to Cuba, Ed and Cindy Esposito will share their full-day experience in Havana with photography and a multimedia slideshow. You'll see images that showcase the people and places of this unusually colorful city that is filled with character. You'll also see the old city and the many changes that are in progress as part of the "Cuba Rejuvenation" project. Highlights of this presentation show the classic American cars that pepper the streets of Havana and bring you back to life as it was in the 1950s.

Ed and Cindy are local prize-winning photographers traveling the United States and the world to photograph its beauty. They enjoy sharing their experiences through photography and music. Join us for this opportunity to see amazing images and ask questions about their experience. This is a unique photographic presentation that we are sure you will enjoy.

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

"Supper at the Senior Center"
 Tuesday, September 17th at 5:00 P.M.

This month's supper will be Baked Ziti, Italian Bread and a Cookie for dessert.
 Come alone or bring a friend. All are welcome.

Cost is \$6.00. Stop by the Center to buy your ticket beginning **Friday August 30th.**
 Tickets are limited, so get yours early.

Movie of the Month
 At the Senior Center
"MARY POPPINS RETURNS "
 Thursday, September 26th
 12:30 P.M.

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.

Starring: Emily Blunt, Lin-Manuel Miranda, Ben Wishaw, Emily Mortimer, Colin Firth, Meryl Streep
 Run Time: 2 hours 10 min
 Rated -PG

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

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

FREE VETERANS BREAKFAST
ABINGTON COA

441 Summer Street, Abington
 3rd Wednesday of the Month @8:30

To RSVP:
 Call Renee at 508-562-9505

➤ Reach the Senior Market
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 Karen Fontaine to place an ad today!
 kfontaine@lpiseniors.com or (800) 477-4574 x6350



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Crafts With Denise

**Wednesday, September 11th
at the Senior Center
12:30 P.M.**

The craft is still to be determined.

Call extension 2 to sign up.

Weekly Activities

- ART GROUP**– Tuesdays at 9:00
- BINGO**—Mondays at 1:00
- 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.

Fun and Games

LEFT, CENTER, RIGHT

Tuesday, September 10th at 1:30 P.M.
Tuesday, September 24th at 1:30 P.M.

SCRABBLE

Wednesday, September 25th at 1:30 P.M.

GERONIMO

Friday, September 6th at 10:00 A.M.
Friday, September 20th at 10:00 A.M.

Sign up at extension 2.

FOOD SHOPPING—Tuesdays at 12:30

(see page 5 for more details)

- 9/3- STOP AND SHOP in WHITMAN**
- 9/10- SHAWS IN BROCKTON**
- 9/17- STOP AND SHOP in WHITMAN**
- 9/24- SHAWS IN BROCKTON**



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

COA Bus Trips

CHARLES RIVER BOAT CRUISE

Thursday, September 12th

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 Thursday, September 5th.

(Those that were on the waiting list for August have first opportunity for this cruise, so there may only be a few seats available.)

Call Linda at extension 1 to sign up for this trip starting August 27th.

The Travelers Present

The following Motor Coach Trip

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**

SING-A-LONG

Tuesday, September 17, 2019

12:30 P.M.

With Barbara Stanton
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.

SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
LABOR DAY SENIOR CENTER CLOSED	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior / Whitman Center 12:30 FOOD SHOPPING – ext. 2	9:30 Chair Yoga 11:30 Lunch- 12:30 Mah Jongg 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	11:30 Lunch- 9:00 WALMART in Plymouth, Woods or Isaac's Restaurant Sign up at ext. 1	11:30 Lunch- 10:00 GERONIMO CARD GAME Sign up at ext. 2
9	10	11	12	13
8:00 Wii Bowling 11:30 Lunch- 1:00 Bingo 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- 1:00 Knitting/Crocheting 1:30 LEFT, CENTER , RIGHT Sign up at ext. 2 8:30 –12:00 Transportation to and from Senior / Whitman Center 12:30 FOOD SHOPPING – ext. 2	8:20 Podiatrist by Appt 9:30 Chair Yoga 11:30 Lunch- 12:00-1:00 Wellness Clinic 12:30 Mah Jongg 12:30 CRAFTS WITH DENISE Sign up at ext. 2 9:00 DERBY STREET SHOPS in Hingham Sign up at ext. 1	11:30 Lunch- 1:30 TRIVIA WITH KERRIN Sign up at ext. 2 9:15 CHARLES RIVER BOAT CRUISE and CAMBRIDGESIDE GALLERIA (See Pg. 3) Sign up at ext. 1	10:00 Book Buzz 11:30 Lunch-
16	17	18	19	20
8:00 Wii Bowling 11:30 Lunch- 1:00 Bingo 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- 1:00 Knitting/Crocheting 1:00 Hearing by Appointment 8:30 –12:00 Transportation to and from Senior / Whitman Center 12:30 FOOD SHOPPING –ext. 2 12:30 Sing-A-Long Sign up at ext. 2 5:00 SUPPER at the SENIOR CENTER (See Pg. 2)	9:30 Chair Yoga 11:30 Lunch 12:30 Mah Jongg 2:00 A DAY IN HAVANA (see pg. 2) Sign up at ext. 2 9:30 CASTLE ISLAND Sign up at ext. 1	11:30 Lunch- 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> FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	11:30 Lunch- 10:00 GERONIMO CARD GAME Sign up at ext. 2
23	24	25	26	27
8:00 Wii Bowling 11:30 Lunch- 1:00 Bingo 10:30 VISIT WITH ABNER the Pet Therapy Dog 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- 12:30 Atty Whitney by Appt. 1:00 Knitting/Crocheting 1:30 LEFT, CENTER , RIGHT Sign up at ext. 2 8:30 –12:00 Transportation to and from Senior / Whitman Center 12:30 FOOD SHOPPING – ext. 2	9:30 Chair Yoga 11:30 Lunch – 12:30 Mah Jongg 1:30 SCRABBLE 9:00 SUNNYSIDE CAFE RESTAURANT and MARKET BASKET in West Bridgewater Sign up at ext. 1	11:30 Lunch- 12:30 MOVIE at the SENIOR CENTER (See Page 2) 9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Cracker Barrel, Ruby Tuesday- Wrentham Sign up at ext. 1	11:30 Lunch-
30				
8:00 Wii Bowling 11:30 Lunch- 1:00 Bingo 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2		TRIP and ACTIVITIES SIGN UPS BEGIN Tuesday, August 27th At <u>8:30</u> A.M	<i>(You may sign up yourself and one additional person)</i> (We need a minimum of 6 signups for a trip to go)	

Eldercare Q & A from OLD COLONY ELDER SERVICES

Family Caregiver

Caregivers are daughters and sons, partners, relatives and friends. Caregiving takes a financial, emotional and physical toll on caregivers, according to research by Family Caregiver Alliance.

You may have heard of the term "sandwich generation", which refers to individuals who are in the middle of caring for two generations at the same time – their aging parents and their children. Perhaps you are already part of the sandwich generation caring for and providing financial and emotional support to older adults and young loved ones.

According to the GrandFacts State Fact Sheets for GrandFamilies in Massachusetts (www.grandfamilies.org), there are 101,538 children under the age of 18 living in homes where householders are grandparents or other relatives. In addition, 35,407 grandparents are householders responsible for their grandchildren who live with them.

A Difficult Balancing Act

Caregivers are often juggling work, family and caregiving responsibilities. According to Family Caregiver Alliance, one out of six working Americans is a caregiver to an older adult or disabled family member or loved one. Working caregivers may experience the need to take time off, reduce their work hours or even give up work entirely. Workplace programs can be invaluable, to both the employer and employees in helping those who are helping others.

Each caregiver's situation is unique and complex. OCES helps caregivers navigate one of life's hardest but most rewarding jobs through the Family Caregiver Support Program (FCSP). The goal of this program is to reassure families that they are not alone and that resources are available to assist them in their caregiving. This program provides one-on-one support to create a personalized plan outlining available resources (which includes OCES programs as well as community resources) that are applicable to their caregiving situation.

These resources may include caregiver support groups as well as educational workshops or programs that share techniques to help family caregivers with stress reduction, time management, goal setting, problem-solving, relaxation and more. The FCSP works with people of all ages including grandparents raising their grandchildren.

Caregiving is a balancing act and caregivers often neglect to take care of themselves. FCSP can assist caregivers in developing a self-care plan. A caregiver's health is important and when their needs are taken care of, the person they are caring for will benefit. For more information on caregiver support, visit 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

The Friends of Whitman seniors will meet on Friday, September 13, 2019 at Harvard Court at 1:00 P.M. for their monthly meeting.

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

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

We are waiting for a September date for State Representative Alyson Sullivan. If you are interested in meeting with her, check in with our office for an update on when she will be here.

**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, September 24th 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, September 17th. *You should hear what you're missing.*



PODIATRIST

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

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:

September 11 Senior Center 12:00—1:00

Thursday:

September 19 Harvard Court 12:30—1:30

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

September 3, 10, 17, 24

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, September 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 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 VARIETY

located in the Gazebo Room of Harvard Court Housing Complex.

The shop is open: Mondays 10-4

Closed Tuesdays

Wednesdays through Saturday 10-4

They have a variety of items. Sodas, Chips, Candy, Ice Cream. Toiletries, Jewelry, Movies, Glassware and other Household items. Stop in and browse.

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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.
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.