

# 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*

**OCTOBER**  
**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:

#### COMMUNITY "SHRED EVENT" At the Whitman Senior Center Date in Spring 2020 To Be Determined

We plan to again hold a Community Shred Event in the Spring (most likely on a Saturday in late April or early May), so I want to give you plenty of time to fill that box (or boxes) sitting in the corner of a room in your house with all of your documents needing to be shred.

Since scams and attempted scams continue to occur daily, it becomes even more important to securely dispose of outdated documents to help keep your personal information out of the hands of scammers

This event is sponsored by the Council on Aging and is offered to Whitman residents at no charge. Shredding is done on site and all shredded materials go directly to a recycling distribution center.

Acceptable: Paper with staples  
Paper with paper clips

Not Acceptable: Binder Clips  
3 Ring Binders  
Magazines  
Plastics (ie: credit cards)

Acceptable: Residential  
Not Acceptable: Commercial

I will publish updates in upcoming Newsletters. Happy paper sorting!

*Barbara*

### 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 15<sup>th</sup> to December 7<sup>th</sup>)**, 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**

#### VETERAN'S BENEFITS PRESENTATION

by John D. Miller

**Wednesday, October 16th at 12:30 pm**

Join us for an informational presentation and discussion focusing on the following veteran's benefits:

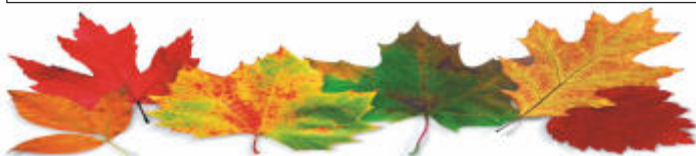
Veteran's Administration **Aid and Attendance Pension Benefit**  
and

Veteran's Administration **In-Home Respite Care Program**

*John D. Miller is the Founder/CEO of Home Care Partners, a local home care agency providing private-duty personalized home care to elderly and those in need of home assistance. Services cover hourly and 24/7 live-in care for seniors.*

Light Refreshments will be served.

**Reserve your seat by calling extension 2.**



## FUEL ASSISTANCE

Call beginning in October to make an appointment for help in filling out an application for **first time** fuel assistance applicants.

**Please call extension 2 to set up an appointment.**

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.



## DAYLIGHT SAVINGS TIME

Daylight Savings Time comes to an end on the morning of Sunday, November 3rd.

Remember to turn your clocks back one hour before going to bed on Saturday night.

This is also a good time to change the batteries in your smoke detectors and carbon monoxide detectors.

### TIME CHANGE = BATTERY CHECK

Whitman Fire Rescue is available to inspect, install and if necessary supply free of charge smoke detectors for seniors in our community. If interested, please call Deputy Fire Chief, Al Cunningham at 781-447-7626 for more information and to schedule an appointment.

## "Supper at the Senior Center" Tuesday, October 22nd at 5:00 P.M.

Tired of cooking? Need an easy night out? Join us for an evening of socialization and a light meal of corn chowder, rolls and dessert.

Come alone or bring a friend. All are welcome.

**Cost is \$6.00. Stop by the Center to buy your ticket beginning Monday September 30th.**

Tickets are limited, so get yours early.

## Movie of the Month

At the Senior Center  
" On the Basis of Sex "  
Thursday, October 31st  
12:30 P.M.

The true story of young wife, mother and lawyer Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as a U.S. Supreme Court Associate Justice.

Starring: Felicity Jones, Armie Hammer, Justin Theroux, Kathy Bates  
Run Time: 2 hours

Rated -PG-13 for Adult Themes and Language

**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



Visit with Abner  
The Pet Therapy Dog

Come visit him on Monday,  
October 7th.

➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

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



NANCY DOYLE  
BO WALDRON

FREE Consultations  
Sales • Staging • Marketing

774-250-2221

Doyle.Waldron.Team@gmail.com





### Crafts With Denise

Wednesday, October 9th  
at the Senior Center  
12:30 P.M.

The craft will be a turkey wreath.

Call extension 2 to sign up.

**TRIVIA & TREATS** With Kerrin  
From Sachem Center for Health and Rehabilitation  
Thursday, October 10th  
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.  
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.



**OKTOBERFEST**  
Thursday, October 24th  
At the Senior Center  
1:00 P.M.

Linda Felix from North River Home Care will be sponsoring a presentation of Germany to celebrate the month of Oktoberfest. The presentation is a Viking Cruise trip along the Rhine River stopping at Cologne, Rudeschein, Strasborg, Castles, Beer Tours and much more. If you have any German artifacts that you would like to show the group, bring them in. Afterward, enjoy a German inspired treat.

Call extension 2 to sign up.

### Fun and Games

#### ***LEFT, CENTER, RIGHT***

Tuesday, October 8th at 1:30 P.M.  
Tuesday, October 29th at 1:30 P.M.

#### ***GERONIMO***

Friday, October 4th at 10:00 A.M.  
Friday, October 18th at 10:00 A.M.

#### ***Sing-A-Long with Barbara Stanton***

Tuesday, October 15

Sign up at extension 2.

### **COA Bus Trips**

#### **FOXWOODS**

**Wednesday, October 23rd**

Pickup at K of C at 7:30 A.M. or  
Home beginning at 7:45

The Bus leaves for home at 3:45

Cost is \$20.00 for transportation and a package from Foxwoods

This is the last trip to Foxwoods until Spring so don't miss out.

Call **Linda** at extension 1 to sign up for this trip starting  
September 30th at 8:30 am.

### **FOOD SHOPPING—Tuesdays at 12:30**

(see page 5 for more details)

10/1- STOP AND SHOP in WHITMAN  
10/8- SHAW'S IN BROCKTON  
10/15- STOP AND SHOP in WHITMAN  
10/22- SHAW'S IN BROCKTON  
10/29- STOP AND SHOP in WHITMAN



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

### 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!

## OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Chicken Cordon Bleu</b> 11:30 State Rep. Alyson Sullivan 1:00 Knitting/Crocheting  8:30 -12:00 Transportation to and from Senior / Whitman Center 12:30 <b>FOOD SHOPPING</b> - ext. 2	2 9:30 Chair Yoga 11:30 Lunch- <b>Whole Grain Vegetable Lasagna Rolls</b> 12:30 Mah Jongg	3 11:30 Lunch- <b>Homemade Meat-loaf w/ Gravy</b>  9:00 <b>WALMART</b> in <b>RAYNHAM</b> and <b>Longhorn Steakhouse</b> or <b>Panera Bread</b> Sign up at ext. 1	4 11:30 Lunch- <b>Baked Pollock w/ Lemon Dill Sauce</b>  10:00 <b>GERONIMO CARD GAME</b> Sign up at ext. 2
7 8:00 Wii Bowling 11:30 Lunch- <b>Chicken Paprikash</b> 1:00 Bingo  10:30 <b>VISIT WITH ABNER</b> the Pet Therapy Dog  9:00 <b>AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2	8 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Macaroni and Cheese</b> 1:00 Knitting/Crocheting  1:30 <b>LEFT, CENTER, RIGHT</b> Sign up at ext. 2  8:30 -12:00 Transportation to and from Senior / Whitman Center 12:30 <b>FOOD SHOPPING</b> - ext. 2	9 8:20 Podiatrist by Appt 9:30 Chair Yoga 11:30 Lunch- <b>Sliced Turkey on Lettuce Bed</b> 12:00-1:00 Wellness Clinic 12:30 Mah Jongg  12:30 <b>CRAFTS WITH DENISE</b> Sign up at ext. 2  9:00 <b>SOUTH SHORE PLAZA Braintree</b> Sign up at ext. 1	10 11:30 Lunch- <b>Chicken Chili</b>  1:30 <b>TRIVIA AND TREATS WITH KERRIN</b> Sign up at ext. 2  9:30 <b>CASTLE ISLAND</b> Sign up at ext. 1	11 10:00 Book Buzz 11:30 Lunch- <b>Beef Stroganoff</b>
14 <b>COLUMBUS DAY</b>  <b>SENIOR CENTER</b>  <b>CLOSED</b>	15 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Pulled Teriyaki Pork</b> 1:00 Knitting/Crocheting 1:00 Hearing by Appointment  8:30 -12:00 Transportation to and from Senior / Whitman Center 12:30 <b>FOOD SHOPPING</b> -ext. 2	16 9:30 Chair Yoga 11:30 Lunch- <b>Omelette with Provolone Cheese</b> 12:30 Mah Jongg  9:00 <b>AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2  12:30 <b>VETERAN'S BENEFITS PRESENTATION and DISCUSSION</b> (see Pg 1)	17 11:30 Lunch- <b>Chicken Cacciatore</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>  9:00 <b>CAPE COD MALL in Hyannis</b> Sign up at ext. 1	18 11:30 Lunch- <b>Pork Roast w/ Brown Sugar &amp; Sage Sauce</b>  10:00 <b>GERONIMO CARD GAME</b> Sign up at ext. 2
21 8:00 Wii Bowling 11:30 Lunch- <b>Sloppy Joe</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2	22 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Baked Chicken</b> 12:30 Atty Whitney by Appt. 1:00 Knitting/Crocheting  5:00 <b>SUPPER at the SENIOR CENTER</b> (See Pg. 2)  8:30 -12:00 Transportation to and from Senior / Whitman Center 12:30 <b>FOOD SHOPPING</b> - ext. 2	23 9:30 Chair Yoga 11:30 Lunch - <b>Fish Sticks</b> 12:30 Mah Jongg  <b>FOXWOODS CASINO</b> Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	24 11:30 Lunch- <b>Spanish Pot Roast</b>  9:30 <b>HOBBY LOBBY, HOME GOODS/ Chili's Restaurant- Braintree</b> Sign up at ext. 1  1:00 <b>OKTOBERFEST</b> See pg 3	25 11:30 Lunch- <b>Bone In Glazed Chicken Drumstick</b>
28 8:00 Wii Bowling 11:30 Lunch- <b>Chicken Meatballs w/ Tomato Sauce</b> 1:00 Bingo  9:00 <b>AROUND TOWN</b> Reserve by 3:00 Thursday at ext. 2	29 9:00 Hairdresser 9:00 Art Group 10:00 Computer Workshops 11:30 Lunch- <b>Tuna Salad on Lettuce Bed</b> 1:00 Knitting/Crocheting  1:30 <b>LEFT, CENTER, RIGHT</b> Sign up at ext. 2  8:30 -12:00 Transportation to and from Senior / Whitman Center 12:30 <b>FOOD SHOPPING</b> -ext. 2	30 9:30 Chair Yoga 11:30 Lunch - <b>Spanish Chicken</b> 12:30 Mah Jongg  9:00 <b>CHRISTMAS TREE SHOP and KOHL'S</b> with "99" or <b>LONGHORN RESTAURANT</b> in <b>Pembroke</b> Sign up at ext. 1	31 11:30 Lunch- <b>BBQ Pork Patty</b>  12:30 <b>MOVIE</b> at the <b>SENIOR CENTER</b> (See Page 2)  9:30 <b>WESTGATE MALL</b> and <b>Market Basket- Brockton</b> Sign up at ext. 1	<b>TRIP and ACTIVITIES SIGN UPS BEGIN Monday, September 30th At 8:30 A.M</b>

## Eldercare Q & A from OLD COLONY ELDER SERVICES

### October is Domestic Violence Month

The numbers are staggering. According to the Centers for Disease Control and Prevention's (CDC) factsheet on intimate partner violence, about one in five women report they have experienced severe physical violence from an intimate partner. The number of men is approximately one in seven.

Domestic violence can affect anyone of any age, gender or sexual orientation. The abuse can be physical, emotional/psychological or sexual and may vary in severity and frequency. Domestic violence is about power, where one partner consistently makes the effort to maintain control over the other.

Domestic violence is not always obvious, as it is when there are injuries from physical abuse. Domestic violence can be in the form of insults, threats, stalking and sexual coercion in addition to physical abuse. Abusers often use many different tactics. Abusers make use of technology to control, harass and stalk their current or former partners. Smartphones, computers and other electronic devices may be used to track and monitor them. An abusive relationship can destroy a person's self-worth. Victims may feel helpless and experience anxiety and depression, for which professional help is often needed.

Children are more likely to be abused and/or neglected in homes where there is domestic violence. Children who are victims of, or who witness domestic violence, are at risk for physical and mental health problems. A doctor can recommend a mental health professional who works with children who have been exposed to violence or abuse, or call the National Child Abuse Hotline at 800-422-4453.

The signs of domestic violence can be difficult to recognize. Abusive behavior may start slowly and escalate significantly over time. Warning signs of an abuser include, but are not limited to:

- Extreme jealousy
- Possessiveness
- Unpredictability
- A bad temper
- Cruelty to animals
- Verbally abusive
- Controlling behavior

For more information on warning signs, see the National Coalition Against Domestic Violence website, [www.ncadv.org](http://www.ncadv.org).

**If you are concerned about an older adult (age 60 or older), and have reason to believe he/she is a victim of elder abuse, neglect, self-neglect or financial exploitation call the Massachusetts-based Elder Abuse Hotline at 1-800-922-2275.** Once the report is taken they will forward the report to the applicable local Protective Services Agency (such as OCES) for screening, investigation and service planning.

The **National Resource Center on Domestic Violence** believes that domestic violence is preventable through comprehensive technical assistance, training, resource development, and research. **For anonymous, confidential help available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY).**

## TRANSPORTATION

**AROUND TOWN** – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **extension 2** to sign up **no later than 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.**

**State Representative Alyson Sullivan  
OPEN OFFICE HOURS  
At the Whitman Council on Aging  
Date: Tuesday, October 1st.  
Time: 11:30 A.M.—12:30 P.M.**

Alyson Sullivan has open office hours on the first Tuesday of the month. Stop in if you have issues to discuss.

**FRIENDS OF THE WHITMAN SENIORS**

The Friends of Whitman seniors will meet on Friday, October 11, 2019 at Harvard Court at 12:30 P.M. for their monthly meeting. A Halloween Luncheon will follow. Come in a costume. Three prizes will be awarded.

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

**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, October 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. Contact **extension 2** to make an appointment for Tuesday, October 15th. *You should hear what you're missing.*



**PODIATRIST**

Dr. William Chan. Wednesday, October 9th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: November 13, December 11 January 8

**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:**

October 9 Senior Center 12:00—1:00

**Thursday:**

October 17 Harvard Court 12:30—1:30

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

October 1, 8, 15, 22, 29

**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, October 17th, 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.

# Blanchard Funeral Chapel

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

**781-447-0170**

666 Plymouth Street, Whitman

WILLS • TRUSTS • ESTATES  
PERSONAL INJURY LAW



**RONALD N. WHITNEY**  
ATTORNEY AT LAW

549 BEDFORD STREET  
WHITMAN, MA 02382

**781-447-3899**

# Old Colony Elder Services

Providing services to the community since 1974

144 Main Street • Brockton, MA 02301 • 508-584-1561  
Fax: 508-897-0031 • info@ocesma.org • www.ocesma.org



**TRUFANT**  
REAL ESTATE, INC.  
*"Smart pricing always paid for with Trufant."*

211 Brockton Avenue  
Abington, MA 02351

**781-878-2478**

Virtual tours at  
[www.trufantre.com](http://www.trufantre.com)

Your home office since 1954.



# MacKinnon Funeral Home and Cremation



## Basic Cremation for \$1,300

*Don't overpay for the basics! Simple,  
affordable, with excellent service.*

Whitman 781-447-4141  
760 Washington Street • Whitman

[www.mackinnonfuneral.com](http://www.mackinnonfuneral.com)

# J. SACCONI & SONS, INC.

Backhoe • Drains  
Septic Tanks • Cesspools



15 Commercial Street, Whitman  
**447-5670**



## BAYPOINTE

*Rehabilitation & Skilled Care Center*

50 Christy Place, Brockton  
**508-580-6800**  
[www.baypointerehab.com](http://www.baypointerehab.com)



# FAMILY HEARING CARE CENTER

*...listen to the sounds of life®*

~ Hearing Evaluations ~ Video Ear Inspections

~ Hearing Aids ~ Repairs ~ Ear Wax Removal

534 Main Street, Suite 2  
Route 18  
Weymouth, MA 02190

**781-337-1144**

John Klefeker, BC-HIS

140 Bedford Street  
Route 18  
Bridgewater, MA 02324

**508-279-0700**

MA License #127



*We operate with family values*

**Call 617-851-2379**

TO SCHEDULE A FREE INSPECTION  
Protecting your family from earth's elements.

**TYPES OF ROOFS WE INSTALL**  
Asphalt • Rubber • Cedar • Metal

# John E. McCluskey, Esq. ELDER LAW ATTORNEY

*Estate Planning, Wills, Trusts, Asset Protection*

508-583-2221 • [John@rmlawma.com](mailto:John@rmlawma.com)

[www.mccluskeylaw.com](http://www.mccluskeylaw.com)

## Independent, Assisted Living & Memory Care



**CONNEMARA**  
SENIOR LIVING

508.588.5334

[www.ConnemaraSeniorLiving.com](http://www.ConnemaraSeniorLiving.com)  
25 E. Nilsson St, Brockton, MA 02301

**Banking Made Easy: A local team of  
experts with down-to-earth answers.**

Visit our newest banking center at  
**342 Bedford Street in Whitman.**

Call us today at **781-447-4488**

**Mutual Bank.**

MEMBER FDIC | MEMBER SIF

[MyMutualBank.com](http://MyMutualBank.com)



The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

PRESORTED STANDARD  
U.S. POSTAGE  
**PAID**  
PERMIT #16  
WHITMAN  
MA 02382

---

**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.*