

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington

NOVEMBER 2012

Mae Cousineau, *Vice Chairman*
Jean McDonald
Barbara J. Garvey, *Director*

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.

K of C Annual Thanksgiving Dinner Saturday, November 17th at Noon



The Knights of Columbus will again this year be hosting a wonderful Thanksgiving dinner for the Seniors of Whitman. This special day is an opportunity to meet up with old friends and make some new ones while enjoying a delicious turkey dinner generously provided by the Knights of Columbus. Tickets will be available at the Senior Center and at the office at Harvard Court beginning November 5th. Although this event is free of charge, tickets are necessary in order to keep count of the numbers attending. Transportation to this dinner will be available; just let us know if you'll be needing a ride when you pick up your ticket.

VETERANS DAY

Veterans Day annually falls on November 11.



On the 11th hour of the 11th day of the 11th month of 1918, an armistice was signed which ended the World War I hostilities between the Allied nations and Germany. On November 11, 1919, Armistice Day was commemorated for the first time. President Wilson proclaimed the day should be "filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory". There were plans for parades, public meetings and a brief suspension of business activities at 11 am.

In 1926, the United States Congress officially recognized the end of World War I and declared that the anniversary of the armistice should be commemorated with prayer and thanksgiving. Congress also requested that the president should "issue a proclamation calling upon the officials to display the flag of the United States on all Government buildings on November 11 and inviting the people of the United States to observe the day in schools and churches or other suitable places, with appropriate ceremonies of friendly relations with all other peoples."

An act of Congress in 1938 made November 11 in each year a legal holiday, known as Armistice Day. This day was originally intended to honor veterans of World War I. A few years later, World War II required the largest mobilization of service men in the history of the United States and the American forces fought in Korea. In 1954, the veterans service organizations urged Congress to change the word "Armistice" to "Veterans". Congress approved this change and on June 1, 1954, November 11 became a day to honor all American veterans, wherever and whenever they had served.



Flu Clinic
Tuesday, November 6th
9:00-11:30 am
At the Senior Center

Please remember to wear short sleeves or loose fitting clothing. No appointment is necessary.
The COA bus is available for those who do not have transportation.
Call **Joanne** at extension 2 if you will need a ride.

**OUR SINCEREST THANKS AND GRATITUDE TO
ALL VETERANS
FOR THEIR SERVICE TO OUR COUNTRY**

Presidential / State Election Day Tuesday, November 6th

The Council on Aging bus will be available for transportation to the polls at Town Hall between 2:00 and 4:00.

Please call Joanne at extension 2 if you need a ride.

DAYLIGHT SAVINGS TIME

Daylight Savings Time comes to an end on the morning of Sunday, November 4. 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, Joe Feeney at 781-447-7626 for more information and to schedule an appointment

MEDICARE OPEN ENROLLMENT October 15—December 7, 2012

If you have Medicare, sometime during the month of September you should have received important information from your Prescription Drug Plan, your Medicare Health Plan and/or Prescription Advantage (if you are a member). You need to read these letters and understand the information they contain.

Do Not Ignore Any Letters!

During the annual Medicare Open Enrollment period, you will have a chance to change your coverage for the next year. Call me at 781-447-7619 extension 3 to make an appointment when you get any letters and I will help you to understand any changes to your plan as well as other options you may have.

FYI—Terry Altieri, Social Worker

"It matters not how long a star shines for what is remembered most is the brightness of it's light."

Submitted by Joanne Cameron

FUEL ASSISTANCE

We are taking appointments on Thursdays for help in filling out applications for first time fuel assistance applicants.

The following is some of the information that will be needed for the application.

1. Photo ID for the head of the household
2. Social Security card for all people in the home.
3. Proof of all income for the past 4 weeks.
4. Most recent heating bill.
5. Most recent electric bill
6. Most recent telephone bill.

Please call Joanne at extension 2 to set up an appointment.

Free Friday Lunch

Thanks to all who took advantage of our Free Friday Lunch coupon in the September Newsletter and came in to join us for lunch.

Congratulations to Ed Donadio, winner of the Stop & Shop gift card drawing.

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, November 27th from 12:00 to 3:00.

Please call **Joanne** at extension 2 for an appointment

FRIENDS OF THE WHITMAN SENIORS MONTHLY MEETING OF THE FRIENDS

at the Senior Center on
Friday, November 9th at 1:00

A game day is planned.
All are welcome to attend.

Note: 2013 membership dues are due in December.

The Friends are selling Whitman throw blankets as a fund raiser. The cost is still \$35.00. Throws are available in green and cranberry. Stop by the Senior Center, Duval's Pharmacy, or contact any officer of the Whitman Friends group to purchase a blanket.

The MOTORCOACH TOURS group will be holding their Pot Luck Supper at the Hanson Senior Center on Tuesday, November 27 from 4:30 to 6:30. Just bring a selection of your choice. All prepared meals should arrive fully cooked. Enjoy a night with old or new friends. All are welcome.

Social Lunch

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Tuesday, November 13th at 1:00
 Old School House Restaurant,
 Route 27 Bryantville
 Lunch is \$15.00
 Special menu will be provided.
 Attendees will meet at the restaurant.

If you plan to attend, please call **Linda at extension 1** to reserve.

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, November 20th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, November 14th by appointment only. Contact **Joanne at extension 2** to make an appointment.
 Upcoming dates: December 12, January 9, February 13

FITNESS AND EXERCISE

WALKING GROUP – Meets at the Senior Center every Tuesday and Thursday morning at 8:00 to walk the beautiful Whitman Town Park.

LINE DANCING WITH CRIS KINDELAN – Tuesdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$3 per class.

CRISFIT WITH CRIS KINDELAN– Thursdays and Fridays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$4 per class.

GENTLE CHAIR YOGA WITH JOANNE at the Senior Center on Wednesdays at 9:15 am. Offering is \$4 per class.



HAPPY BIRTHDAY

Happy Birthday wishes to all who celebrated a birthday in October.

If you were born in **NOVEMBER** we'd like to help you celebrate by treating you to a free lunch and birthday gift at the Senior Center on Wednesday, November 14h. Please call Linda at extension 1 to reserve no later than Monday, November 5th. Lunch is served at 11:30 and you are welcome to bring a guest. The lunch cost for a guest over 60 is \$2.50; under 60, \$3.00.



**ISLAND TERRACE
 CHRISTMAS TREE & TEA TOUR**

12:15

Thursday, November 29th

Enjoy a walking tour through three floors of beautifully decorated trees at Island Terrace in Lakeville. The tree tour is followed by a formal mid-afternoon tea with finger sandwiches, scones, fruit and dessert. Don't forget to bring your camera!

Space is limited. Call **Linda** at the Center at 781-447-7619 , extension 1 to reserve a seat by November 21st. \$18.00 includes transportation, tour and tea.

MOTORCOACH TOURS

DECEMBER 5, WEDNESDAY — VENUS DE MILO — \$55.00
 Motorcoach departs at 10:00 AM — return approximately 5:30 PM



Get in the Holiday spirit by joining us for lunch at the Venus De Milo restaurant and a Christmas Show with Bobby Justin.

For Reservations, contact Linda Kelly at the Senior Center 781-447-7619 ext. 1. Space is limited. Please make checks payable to Terry Seer.

NOVEMBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch menu is subject to change without notice			1 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch— Macaroni & Cheese 9:00 PATRIOT PLACE / Christmas Tree Shop—Foxborough	2 10:00 CrisFit at K of C 11:30 Lunch— Turkey a la King 1:00 Bingo
5 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Lasagna w/ Meat sauce 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday) 10:00 Motorcoach Tour to Venus DeMilo	6 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch— Sloppy Joe 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS 9:00 –11:30 FLU CLINIC 2:00—4:00 Transportation to the polls	7 9:15 Chair Yoga 11:30 Lunch— Cranberry Chicken 12:30 Crafts 1:00 Mah-Jongg 9:00 WALMART RAYNHAM & IHOP or CHINESE BUFFETT	8 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch— Potato Crunch Fish TWIN RIVER CASINO 8:00 Center: 8:15 Home	9 10:00 CrisFit at K of C 11:30 Lunch— Beef and Vegetable Stew 1:00 Friends Meeting 8:30 FOOD SHOPPING
12 VETERANS DAY HOLIDAY SENIOR CENTER CLOSED	13 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch— Chicken Tarragon 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS 9:00 AROUND TOWN (Reserve by Thursday)	14 9:00 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch— Eggplant Parmesan Happy NOVEMBER Birthdays 1:00 Mah-Jongg 12-2 Blood Pressure at the Center 12:30 Crafts 9:00 HANOVER MALL	15 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch— Turkey w/ Gravy BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30 8:30 FOOD SHOPPING/ SENIOR CENTER	16 10:00 CrisFit at K of C 11:30 Lunch— Fiesta Fish 1:00 Bingo <i>Saturday, November 17</i> 12:00 K of C Thanksgiving Dinner
19 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Chicken Marsala 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	20 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch— Spaghetti & Meatballs 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS 8:30 FOOD SHOPPING/ SENIOR CENTER	21 9:15 Chair Yoga 11:30 Lunch— Roast Beef Sub 12:30 Crafts 1:00 Mah-Jongg 9:30 OCEAN STATE JOB LOT, East Bridgewater and CAPE COD CAFÉ, Bridgewater	22 THANKSGIVING DAY SENIOR CENTER CLOSED	23 SENIOR CENTER CLOSED
26 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Meatloaf w/ Tomato sauce 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	27 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch— Stuffed Shells 12:00 Computer Workshops 12:00 Atty Whitney by appt 1:00 Knitting/Crocheting 7:00 TOPS 8:30 FOOD SHOPPING/ SENIOR CENTER	28 9:15 Chair Yoga 11:30 Lunch— Salmon Boat 12-2 Blood Pressure at Harvard Court 12:30 Crafts 1:00 Mah-Jongg FOXWOODS CASINO 7:30 Center; 7:45 Home	29 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch— Chicken Calzone w/ Tomato Sauce 12:15 ISLAND TERRACE CHRISTMAS TREES AND TEA TOUR, Lakeville	30 10:00 CrisFit at K of C 11:30 Lunch— Pork Piccata 1:00 Bingo

Q. Should I sign up for Medicare when I turn 65?

A. Yes.

Most people at 65 should take Medicare. Over the next 10 years, a total of 10,000 people every day will enroll in Medicare. Most people are eligible to get Medicare when they turn 65. Some people who are younger (ages 18 to 65) and have certain disabilities that prevent them from working can also get Medicare. To get Medicare Parts A and B you must be a United States citizen or have been living in the U.S. legally and for at least five years uninterrupted.

Although many people think of Medicare as retirement health insurance, there are many people on Medicare who are past 65 and still working. People turning 65 this year must wait until they are 66 years old to collect full Social Security retirement benefits. But people turning 65 can get on Medicare whether they continue to work or not.

If you're 65 and still working (or your spouse is still working), and you work for a company with 20 full-time workers AND you get health insurance from them, you may not need all Medicare options. Most people should enroll in Medicare Part A, which pays for hospital bills, because it is free. Part A becomes the secondary payer after your job's insurance. By taking Medicare Part A when you first become eligible, you will not need to worry about enrolling later. If you have a Health Savings Account (HSA) where you work, you may not want Medicare Part A right away, because your employer may stop contributing to your HSA account once you enroll in Part A. If you work for a company with fewer than 20 employees) or are self-employed, you will probably want Medicare Parts A and B (which covers doctors' care) when you turn 65.

To apply for Medicare, contact Social Security at 1-800-772-1213, or visit their website, <http://www.ssa.gov/>. Once you enroll, you will be sent your Medicare card, plus a "Welcome to Medicare" kit in the mail. If you choose to delay Medicare Part B now, you'll have to contact Social Security later, either in person or by phone, to enroll in Part B. Medicare information can also be found at <http://www.medicare.gov/>.

Once you are enrolled in Medicare, you can also visit their secure website, where you can review and track your benefits. Through this free, online service, you can get 24/7 access to information about your Medicare benefits, print your recent Medicare claims and notices, track your prescriptions, and get direct assistance online from Medicare.

If you have you stopped working before age 65, you must wait until age 65 to get Medicare – unless you are disabled and have been getting Social Security disability benefits for two years. Keep in mind, if you want Medicare benefits to start in the month you turn 65, you must sign up well before that. Be aware of enrollment periods - there are certain times when you can sign up for Medicare. The 3 months before the month of your 65th birthday are important and it's when many should take action. If you delay signing up, you may have to pay higher monthly premiums when you do join.

If you are already getting Social Security benefits, like early retiree or disability benefits, when you turn 65, you will be automatically enrolled in Medicare Part A and Part B.

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 **Linda** at extension 1 to sign up no later than 4:00 Thursday.

Due to the volume of passengers and number of stops, we can no longer accept sign-ups for the Around Town bus after Thursday. Please plan accordingly.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus travels to Johnnie's Foodmaster and Stop & Shop on **Tuesdays** at 8:30. The Bus is also available for activities and appointments at

the Center. Sign-up is required by calling **Joanne** at extension 2 no later than 4:00 Monday.

DIAL-A-BAT– Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston. The first pickup to Whitman is 9:30. Call **Joanne** at extension 2 at least 2 days prior to your appointment to book.

*Our Newsletter is available online at:
www.seekandfind.com*

BITS AND PIECES by ELEANOR NADELL

It is now time to vote for the next President of these United States. I am sure each and every one of you that is entitled to vote will do so. I guess you know that I am a great believer of this, it is one of our greatest freedoms. Only time will tell how we use this freedom, so I shall look forward to seeing you all at the Town Hall on voting day. It is really hard to believe that we are so far into the Fall season, it kind of creeps up on you doesn't it? I am also looking forward to turkey day, it is one of my favorite days. I can smell that turkey cooking now. This is my first year in many that I don't have that free bird from the Beacon Resort in New Hampshire. It seems strange not to have been up there this year, maybe next year we'll try again. I have been on some nice trips with the COA bus though, how about you? As always I wish each and every one a great Holiday season. Keep well and happy, see you in December.

Eleanor

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!

FUN and GAMES

BINGO – Mondays at 1:00 and Fridays at 1:00 (except on the 2nd Friday of each month). Come for fun and socialization. Refreshments are served and new players always welcome. All dollars that come in go back the same day. Try your luck!

Wii BOWLING – Mondays at 8 AM.

BOWLING – Tuesdays at 1:00 at Timber Lanes in Abington. Contact Bettie Geary at 781-447-4124.

MAH JONGG – Wednesdays at 1:00 PM

HEALTH AND WELLNESS**BLOOD PRESSURE AND HEALTH CARE SCREENINGS**

Free health screening clinics for Whitman residents are now provided by Norwell Visiting Nurse Association and Hospice. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesdays:

November 14	Senior Center	12:00 – 2:00
November 28	Harvard Court	12:00 – 2:00

Tuesday at Town Hall (VNA Office, Lower Level)

November 6	2:00—5:00
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Tuesday & Thursdays at Town Hall (VNA Office, Lower Level)

November 13, 15, 20, 27, 29	2:00—4:00
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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, November 15th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR BY MEREDITH

Tuesdays and Thursdays by Appointment

Contact **Joanne** at 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)	

MANICURES BY JANE

Jane, a licensed manicurist takes appointments at the Senior Center one Friday morning a month. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome.

Jane will not be here in November.

**Our Newsletter is now available on the
Town's Website at www.whitman-ma.gov.
Check it out!**

COMPUTER WORKSHOPS

By Richard Stanton
at the Senior Center on Tuesdays

Workshops are 45 minutes long and will have no more than three participants in a session. Please contact Linda at extension 1 to sign up for course of your choice.

PC (Personal Computer) Fundamentals: Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Basics of Digital Photos on the PC: Learn to retrieve, organize, edit and Print Digital Photos.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pict Bridge.

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.

Editing MP3 Files: Download free editing software to edit MP3 music.

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.

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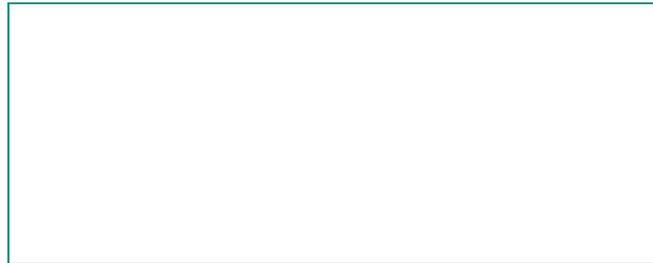
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Whitman, MA 02382

RETURN SERVICE REQUESTED



FRIENDS OF THE WHITMAN SENIORS

NAME _____

ADDRESS _____

Here are my membership dues for 2013. I enclose \$ 7.00

I'm happy to be a "Friend", but I want to do more.

I'm including an additional contribution of: \$ _____

Total: \$ _____

**Please make checks payable to "Friends of Whitman Seniors, Inc."
PO Box 245, Whitman, MA 02382**

THANK YOU FOR YOUR SUPPORT

ABOUT OUR TRIPS AND ACTIVITIES ...

Please know that 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.