

# 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

## SEPTEMBER 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.

#### NOTES FROM THE DIRECTOR:

*I hope everyone found ways to keep cool during this incredibly hot and humid summer. We are looking forward to some comfortable fall weather and the renewed spirit and energy that usually comes with the change of seasons.*

*We have new trips, presentations, classes and social activities planned and, as always, are open to any suggestions you may have. Hope to see you at the Center. Be Well.*

*Barbara*

**FYI —Terry Altieri, Social Worker**

#### **MEDICARE OPEN ENROLLMENT October 15—December 7, 2012**

If you have Medicare, sometime during the month of September you will be receiving 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.

#### Crafts Anyone?



There has been some interest in starting a crafts group. After an initial meeting, it has been decided that the group will meet at 12:30 on Wednesday afternoons. Come join us and bring your ideas and talents. We hope to bring in guest teachers from time to time. It should be fun for all. Space is limited so call **Joanne at extension 2** to reserve your space.

#### **Social Lunch**

~ ~ ~

Tuesday, September 11th at 1:00  
The Tavern Restaurant  
Route 139, Marshfield (behind Roche Bros)  
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.

**Our Newsletter is now available on the  
Town's Website at [www.whitman-ma.gov](http://www.whitman-ma.gov).  
Check in out!**

Fall Regional "Keep Moving" Walk  
 Cape Cod Canal-Bourne  
 Friday, September 14th, 10:30 am  
 Bus leaves the Center at 9:15

**Calling All Walkers ... Sign up now**

Join our "Toll House Cookies" group in the State Fall Regional Walk. Choose either a 1 mile or 3 mile route. Walk for fitness and an opportunity to meet other walkers from around the state. Bring a picnic lunch and relax with new or old friends after the walk.

Call Linda at extension 1 to sign up by Thursday, September 6th.

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*The "Keep Moving" Program is supported by the Massachusetts Department of Public Health, the Massachusetts Executive Office of Elder Affairs, the Massachusetts Councils on Aging and Senior Center Directors and Blue Cross Blue Shield of Massachusetts. For more information, visit [www.mass.gov/dph/keepmoving](http://www.mass.gov/dph/keepmoving)*

**MANAGING YOUR HEALTHCARE**  
 Presented by Norwell Visiting Nurse Association  
 Monday September 17th  
 9:30 at the Senior Center

Need help navigating the maze of healthcare providers? Have you ever wondered if your doctors talk to each other? When leaving the doctor's office, hospital, or emergency room – are you really clear about what happens next? And, how about all those pills? Is anyone making sure you really need all of them and is it okay to take them all together? Healthcare is a maze of settings and providers that we all find confusing, overwhelming and hard to deal with. Come learn about: *What questions to ask...When to ask... Where to ask...How to manage your healthcare information... Is there help? Where to find it...* Get valuable health communication tools from **Norwell VNA and Hospice** staff. Learn how to navigate the various healthcare settings, maintain good communications with healthcare providers and manage your own healthcare.

Call **Joanne** at extension 2 to sign up to reserve a space.

**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, September 25th 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, September 14th at 1:00**  
 All are welcome to attend.

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.

**COUPON**

**ONE FREE FRIDAY LUNCH AT THE SENIOR CENTER**

This coupon is good for one free lunch at the Senior Center on **any Friday in September**. Reservations must be made one week in advance by calling Linda at 781-447-7619 extension 1.

Be sure to bring this coupon when you come for lunch. All participants during the month of September will be eligible for a drawing on September 28th to win a \$25 Stop & Shop gift card.

Enjoy some socialization and lunch in the company of others.



**HAPPY BIRTHDAY**

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

If you were born in **SEPTEMBER** we'd like to help you celebrate by treating you to a free lunch and birthday gift at the Senior Center on Wednesday, September 19th. Please call Linda at extension 1 to reserve no later than Monday, September 10th.

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.

**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, September 18th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST** - Dr. William Chan. Wednesday, September 12th by appointment only. Contact **Joanne at extension 2** to make an appointment.  
Upcoming dates: October 10, November 14, December 12

**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.

**OFFICE HOURS**

State Representative Geoff Diehl will be available at the Senior Center on Tuesday, September 18th from 9 to 10 am. This is your chance to talk to your representative about the issues that are most important to you. Appointments are not necessary. Just stop by, enjoy a cup of coffee, and chat with Representative Diehl.

The MOTORCOACH TOURS group are starting their Pot Luck Suppers again. This one requires no cooking. Meet at Sam's Restaurant, Rt 27, Hanson for a hamburger or hot dog plate on Tuesday, September 25, at 4:30 . Cost to be announced. All are welcome.

To Avoid Telemarketing Calls– Take your phone number off the list by calling the number below from the phone that you want removed from the list.

**NATIONAL DO NOT CALL NUMBER**  
**1-888-382-1222**

**ARE YOU OK?** - The Are You OK? Program through the Plymouth County Sheriff's Department offers comfort, security, and autonomy for senior citizens, the disabled and anyone who may lack a support system. The program is a free service and all participants need is a home telephone to receive daily automated calls.

Participants receive calls between 6:00 am and noon, 7 days a week, at a time that is right for them. A recorded voice asks "Are You OK?" The participant may answer "yes" and hang up. If there is a problem, the participant should respond "no" and the Communications Officer will determine the problem and take appropriate action.

If there is no response or the line is busy, the computer will automatically call back. If there is still no response, the Communications Officer will call a designated friend or family member. If needed, the Communications Officer will ask the local police to check a person's home. If a participant will be away for an extended period of time or just for a day, he or she can call the 24 hour number (1-800-622-4300) and alert the Are You OK? Office to those plans.

Enrollment applications are available at the Senior Center, or you may call the Are You OK? Office at (508) 830-6256 to request one.

# SEPTEMBER 2012

Monday	Tuesday	Wednesday	Thursday	Friday
3		5	6	7
<b>LABOR DAY</b>  <b>SENIOR CENTER CLOSED</b>	48:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- <b>Reduced Sodium Hot Dog on a Bun</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS  <b>9:00 AROUND TOWN</b> (Reserve by Thursday)	9:15 Chair Yoga 11:30 Lunch- <b>Herbed Chicken</b> 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking  <b>9:00 WALMART RAYNHAM &amp; Panera Bread or Chinese Buffett</b>	8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch- <b>Fiesta Fish</b>  <b>10:00 CASTLE ISLAND</b>	10:00 CrisFit at K of C 11:30 Lunch- <b>Beef Stroganoff</b> 1:00 Bingo  <b>8:30 FOOD SHOPPING</b>
10	11	12	13	14
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- <b>Sloppy Joe</b> 1:00 Bingo  <b>9:00 AROUND TOWN</b> (Reserve by Thursday)	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- <b>Chicken Salad</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS  <b>8:30 FOOD SHOPPING/ SENIOR CENTER</b>	<b>9:00 Podiatrist by Appt</b> 9:15 Chair Yoga 11:30 Lunch- <b>Salmon Boat</b> 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah-Jongg  <b>9:00 HANOVER MALL</b>	8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch- <b>BBQ Pork</b>  <b>10:00 WAYSIDE INN</b>	10:00 CrisFit at K of C 11:30 Lunch- <b>Roast Turkey</b> 1:00 Friends Meeting  <b>REGIONAL WALK-CAPE COD CANAL-Bourne - resv by 9/6</b>
17	18	19	20	21
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- <b>Swedish Meatballs</b> 1:00 Bingo  9:30 Managing Your Own Healthcare  <b>9:00 AROUND TOWN</b> (Reserve by Thursday)	8:00 Walk the Park 9:00 State Rep Geoff Diehl 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- <b>Breaded Fish</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Screenings by Appt 7:00 TOPS <b>Motorcoach to HuKeLau</b>  <b>8:30 FOOD SHOPPING/ SENIOR CENTER</b>	9:15 Chair Yoga 11:30 Lunch - <b>Chicken Cacciatore</b> Happy <b>SEPTEMBER Birthdays</b> 1:00 Mah-Jongg 12-2 Blood Pressure at Harvard Court 12:30 Crafts  <b>10:30 SUFFOLK DOWNS</b>	8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch- <b>Beef Marsala</b>  <b>BROWN BAG PICKUP</b> Please Note: Bags will not be available for pickup before 12:30 or after 3:30  <b>9:00 WRENTHAM OUTLETS/ Cracker Barrel Restaurant</b>	9:30 Manicurist 10:00 CrisFit at K of C 11:30 Lunch- <b>Beans &amp; Rice</b> 1:00 Bingo
24	25	26	27	28
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- <b>Lasagna</b> 1:00 Bingo  <b>9:00 AROUND TOWN</b> (Reserve by Thursday)	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- <b>Chicken Chili</b> 12:00 Computer Workshops 12:00 Atty. Whitney 1:00 Knitting/Crocheting 7:00 TOPS  <b>8:30 FOOD SHOPPING/ SENIOR CENTER</b>	9:15 Chair Yoga 11:30 Lunch - <b>Seafood Salad</b> 12:30 Crafts 1:00 Mah-Jongg  <b>9:00 WAREHAM CROSSING / ANSEL GURNEY HOUSE</b>	8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch- <b>Meatball Sub</b>  <b>9:00 WESTGATE MALL / MARKET BASKET</b>	10:00 CrisFit at K of C 11:30 Lunch- <b>Orange Ginger Beef w/Broccoli</b> 1:00 Bingo  <b>FOXWOODS CASINO</b> 7:30 Center; 7:45 Home
Milk and margarine are served at every meal.				Lunch menu is subject to change without notice

Q. Is a good mattress important to the disabled?

A. Yes, advocates say good sleep begins with a good mattress. According to the National Sleep Foundation, as many as 42 million Americans say their sleep is disrupted by pain or physical discomfort at least a few nights per week. Poor sleep can result in lower energy, problems with alertness, higher risk for accidents, mood disorders, etc. People with multiple sclerosis, spinal cord injuries, post polio, osteogenesis imperfecta – a condition causing extremely fragile bones, cerebral palsy, muscular dystrophy and arthritis all have unique sleep problems that add to their pain.

People prone to pressure sores need to shop around for pressure-relief mattresses. Firm mattresses are not good, because they put too much pressure on shoulders and hips.

Low tech foam replacement mattresses are appropriate, especially if pressure sores are not present. The minimal foam thickness needed to get real pressure relief is four inches. There are also mattress overlays that evenly distribute your weight and consist of hundreds of small foam squares that absorb pressure and move independently.

There are a variety of memory foam products on the market, including some American-made products at reduced prices. Where more aggressive pressure relief is needed, there are programmable alternating air pressure (AP) mattresses that turn the sleeper from side to side. Some practitioners prefer AP mattresses to foam, because foam mattresses can build up heat and when combined with body moisture (including

incontinence) can cause skin problems. There are also AP overlays, which go over an existing mattress.

Medicare can pick up some of the costs of “pressure reducing support surface” products. If you have an open wound — a stage II or III pressure sore—you may qualify. Your doctor will need to write a letter of medical necessity, describing exactly why a certain mattress is needed. If you don’t have pressure-sores, you may have to pay out of pocket for these mattresses. Call Medicare at 1-800-633-4227 for information on pressure reducing surface products.

Finding a good pillow is also important, and experts recommend a trial-and-error approach to finding a pillow. Try out a number of different pillows and mattresses until you achieve your comfort zone.

What mattress you sleep on is important—but so is how you sleep. Experts told New Mobility magazine they recommend sleeping on your side and placing a small pillow between your knees, and a firm body pillow to elevate your elbow to the same level as your shoulder. Medical booties protect ankles and heels.

Finally, sleep experts suggest that thinking of pleasant experiences or good times in your life can help to dull pain and induce sleep. Pleasant dreams!

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. Call **Joanne** at extension 2 at least 2 days prior to your appointment to book.

*Our Newsletter is available online at:  
[www.seekandfind.com](http://www.seekandfind.com)*

**BITS AND PIECES by ELEANOR NADELL**

Can you believe it is now September? Where oh where did the summer go? It has been a full one for me, what with various day trips and of course the cookout at the Senior Center for the Seniors of the town, sponsored by the Friends of the Whitman Seniors Group. Many thanks to those who worked so hard on it, especially Ruth Carpenter, who not only went grocery shopping for everything, but worked at the cookout as well. Also thanks for our grillers, Roberta Ellis-Drews, Jean Taylor, Phyllis Flood and Patty-Morrison. I know I enjoyed it and hopefully so did you. Sign up early next year, it gets to be a bigger event every year. I went on 4 day trips in August, starting with Suffolk Downs, then Falmouth Thrift Shops, Christmas Tree in Bourne and ended up August at the Vanity Fair outlet. All good times and good company on the mini bus. With it now being September it's back to school, so watch out for the youngsters and the buses. Take good care of yourselves and enjoy each day to the fullest.

*Eleanor*

**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:**

September 12	Senior Center	12:00 – 2:00
September 19	Harvard Court	12:00 – 2:00

**Tuesday** at Town Hall (VNA Office, Lower Level)

September 4	2:00—5:00
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**Tuesday & Thursdays** at Town Hall (VNA Office, Lower Level)

September 11, 13, 18, 20, 25, 27	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, September 20th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

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!*

**HAIR BY MEREDITH**

Tuesdays 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, volunteers her time here 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 be here on Friday, September 21st.

Contact **Joanne** at extension 2 for an appointment.

**FUN and GAMES**

**BINGO** – Mondays at 1:00 and Fridays at 1:00 (except on the 2<sup>nd</sup> 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

**COMPUTER WORKSHOPS**

By Richard Stanton

at the Senior Center on Tuesdays, Please note- NO class on Sept 25.

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.

<p><b>Blanchard Funeral Chapel</b></p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p><b>781-447-0170</b></p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p><b>RONALD N. WHITNEY</b> ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p><b>781-447-3899</b></p>	<p><b>J. SACCONI &amp; SONS, INC.</b></p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p><b>447-5670</b></p>	 <p><b>FAMILY HEARING CARE CENTER</b></p> <p><i>...listen to the sounds of life®</i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections ~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18 Weymouth, MA 02190 <b>781-337-1144</b></p> <p>140 Bedford St., Route 18 Bridgewater, MA 02324 <b>508-279-0700</b></p> <p>John Klefeker, BC-HIS MA License #127</p>
 <p><b>Sachem Skilled Nursing and Rehabilitation Center</b></p> <p>A Kindred Healthcare Community</p> <p><i>Healing, Hope, Dignity</i></p> <p>JCAHO ACCREDITED</p> <p>66 Central Street E. Bridgewater • MA 02333 <b>508-378-7227</b></p>		 <p><b>Craftmatic® Adjustable Beds</b></p> <p>#1 Selling Adjustable Brand Trusted for Nearly 40 Years</p> <p><b>Why Pay More For Something Else? Discover Craftmatic For Less! Up To 50% Less!</b></p> <p>A Craftmatic Adjustable Bed with optional Heat &amp; Massage may provide temporary relief from:</p> <p><b>Low Back Pain • Nighttime Heartburn Gastric Reflux • Mild Arthritis • Poor Sleep</b></p>  <p><b>We Won't Be Undersold • In Home Trial Satisfaction Guaranteed</b></p> <p>For FREE Prices &amp; Info About Our Beds Call: <b>800-323-0619</b></p> <p><b>Shop By Phone &amp; SAVE</b></p>	
<p><b>MacKinnon</b></p> <p>Basic Cremation from: \$1,300. Complete Veterans Funerals from: \$3,995. Complete</p> <p>760 Washington St., Whitman, MA 781 447-4141</p> <p>Visit us at <a href="http://www.mackinnonfuneral.com">www.mackinnonfuneral.com</a></p>		<p><b>Old Colony Elder Services</b></p> <p>Serving elders, families and caregivers since 1974</p> <p>144 Main Street - Brockton, Massachusetts 02301 508-584-1561 TTY 508-587-0280 <a href="http://www.oldcolonyelderservices.org">www.oldcolonyelderservices.org</a></p>	
<p><b>COYNE Healthcare Center</b></p> <p>REHABILITATION &amp; NURSING CARE</p> <p>Providing the care you need... With the compassion you deserve.</p> <p>56 Webster Street • Rockland 781-871-0555 <a href="http://www.coynehc.com">www.coynehc.com</a></p>		<p>For Ad Info Call 1 800-732-8070 © Community Publications A Division of LPI August 3, 2012 8:43 AM Whitman Council on Aging, Whitman, MA 06-5206 R</p>	

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**Whitman Council On Aging**  
**PO Box 426**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



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**MOTORCOACH TOURS**

**SEPTEMBER 18, TUESDAY — HU KE LAU — \$69.00—**

Motorcoach departs Hanson COA at 8:45 AM - return approximately 5:30 PM

A fun day out that includes a great Polynesian show and dining. Lunch choice-Prime Rib or Baked Scrod.

**OCTOBER 15, MONDAY — FALL FOLIAGE TOUR — \$69.00—SOLD OUT-**

Motorcoach departs Whitman VFW at 7:45 AM—return approximately 8:00 PM

Enjoy a morning foliage ride along the Kancamangus Highway. Enjoy lunch at the beautiful White Mountain Hotel, surrounded by the White Mountain National Forest. There will be time for shopping on Main Street in North Conway, NH.

**For Reservations, contact Linda Kelly at the Senior Center 781-447-7619 ext. 1.**

**Please make checks payable to Terry Seer.**

Minimum of 30 needed for the trips to go.

**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.*