

# 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

### JANUARY 2013

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 you enjoyed the wonderful holiday season. Now it's time to take a step back, relax, and begin a new year. Hoping that your resolutions for the New Year include visiting our Center and participating in some of the many activities and programs we offer.*

*Wishing you a very Healthy and Happy New Year!*

*Fondly,  
Barbara*



#### TAX TIME

This tax season we are pleased to welcome back Mary Sheard who has again volunteered her time to assist low income seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Mary will be available at the Senior Center on Tuesdays by appointment only, beginning in February. Contact **Joanne at extension 2** to make your appointment. This service is specifically available to low income seniors and is free of charge. Mary will be doing simple returns only and will not be doing returns that involve stocks and bonds or income over \$60,000.

#### LET IT SNOW

We receive many calls this time of year from elders who are in need of someone to shovel their steps and walkways. We are compiling a list of people available for snow removal (both volunteer and 'for hire') that our seniors can call for assistance. If you are interested or know of someone who is, please call **Linda at extension 1**.



**MOVIE & POPCORN  
AT THE CENTER  
THURSDAY JANUARY 31  
1:00**



#### GRUMPY OLD MEN -PG-13

They're Grumpy Old Men, (Jack Lemmon and Walter Matthau), and they're also Funny Old Men. The wits hit the fan as the two play Minnesota ice-fishing pals whose crusty friendship grow hilariously icier as they vie for an attractive widow ( Ann Margaret).

**Call Joanne at extension 1 at the Center to reserve your seat . Transportation is available.**



The MOTORCOACH TOURS group will be holding their Pot Luck Supper at the Hanson Senior Center on Tuesday, January 29th from 4:30 to 6:30 (weather permitting). 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**

~ ~ ~

Tuesday, January 8th at 1:00  
Old Schoolhouse 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.

**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

**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.

**WINTER DRIVING TIPS**

From the Massachusetts Registry of Motor Vehicles

Driving in winter is probably the most difficult and hazardous situation for both new and experienced drivers. You should practice driving in winter conditions because motor vehicles handle much differently on ice and snow than they do on warm, dry pavement.

- Reduce your speed according to road conditions. Drive cautiously and accelerate gently.
- Never lock your brakes on icy roads. You will lose steering control. If you do skid, remember to turn into the direction of the skid.
- Increase the space between your vehicle and others. You need more distance to stop safely on slippery surfaces.
- Because the earth does not insulate them, bridges and highway overpasses tend to freeze before the rest of the road and can be very slippery.
- If it is snowing, start slowly. Test your brakes by tapping them gently to see how much traction your tires have.
- Make sure your windshield wipers and defroster are in good condition.
- Before driving, remove ice and snow from your vehicle. Clear all windows, windshield wipers, headlights and brake lights. Clear ice and snow from your vehicle's roof so they do not blow off while you're driving and create hazards for drivers behind you.
- Keep your fuel tank at least half full to prevent the fuel line from freezing.
- Make sure you fill your windshield washer reservoir with a cleaning solution that will not freeze.
- Keep a blanket, flashlight, and a small shovel in your trunk.



**MOTORCOACH TOURS**

Due to the unpredictable weather in January and February, there will not be any motorcoach trips planned.

During this time we will be planning trips for the rest of the year.

Trips will resume in March, so stay tuned.

# JANUARY 2013

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	
<p>Lunch Menu subject to change without notice.</p>	<p style="text-align: center;"><b>NEW YEARS DAY</b></p> <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>	<p>9:15 Chair Yoga 9:30 Hairdresser by Appt 11:30 Lunch-Turkey a la King 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p style="text-align: center;"><b>8:45 FOOD SHOPPING at TRUCCHI'S</b></p> <p style="text-align: center;">Transportation to Senior Center</p>	<p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Salmon Boat Fuel Assistance by Appt.</p> <p style="text-align: center;"><b>TWIN RIVER CASINO</b> Pickup 8:00 Center: 8:15 Home</p>	<p>10:00 CrisFit at K of C 11:30 Lunch-Beef Marsala 1:00 Bingo</p>
7	8	9	10	11
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Pizza 1:00 Bingo</p> <p style="text-align: center;"><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>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 Piccata</b> 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p style="text-align: center;"><b>8:45 FOOD SHOPPING-STOP &amp; SHOP</b> Transportation to Senior Center</p>	<p>9:00 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch -<b>Cheeseburger</b> 1:00 Mah-Jongg 12-2 Blood Pressure at the Center 12:30 Crafts</p> <p style="text-align: center;"><b>9:00 HANOVER MALL</b></p>	<p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch-<b>Cranberry Glazed Pork</b> Fuel Assistance by Appt.</p> <p style="text-align: center;"><b>9:00 WALMART RAYNHAM &amp; IHOP or CHINESE BUFFETT</b></p>	<p>10:00 CrisFit at K of C 11:30 Lunch-<b>Fiesta Fish</b> 1:00 Friends Meeting</p>
14	15	16	17	18
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-<b>BBQ Pork Riblet</b> 1:00 Bingo</p> <p style="text-align: center;"><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>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>Vegetarian Chili</b> 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p style="text-align: center;"><b>8:45 FOOD SHOPPING at TRUCCHI'S</b></p> <p style="text-align: center;">Transportation to Senior Center</p>	<p>9:15 Chair Yoga 11:30 Lunch-<b>Honey Mustard Chicken</b> 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg</p> <p style="text-align: center;"><b>11:30 BRASS LANTERN</b> Restaurant at South Shore Vo Tech, Hanover</p>	<p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch-<b>Fish Sandwich</b> Fuel Assistance by Appt.</p> <p style="text-align: center;"><b>BROWN BAG PICKUP</b> Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p style="text-align: center;"><b>9:30 CHRISTMAS TREE, KOHL'S "99" Pembroke</b></p>	<p>10:00 CrisFit at K of C 11:30 Lunch-<b>Beef Bourguignon</b> 1:00 Bingo</p>
21	22	23	24	25
<p style="text-align: center;"><b>MARTIN LUTHER KING HOLIDAY</b></p> <p style="text-align: center;"><b>SENIOR CENTER CLOSED</b></p>	<p>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>Sloppy Joe</b> 12:00 Computer Workshops 12:00 Attny. Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p style="text-align: center;"><b>8:45 FOOD SHOPPING-STOP &amp; SHOP</b> Transportation to Senior Center</p>	<p>9:15 Chair Yoga 11:30 Lunch -<b>Potato Crunch Fish</b> 12:30 Crafts 1:00 Mah-Jongg</p> <p style="text-align: center;"><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch-<b>Italian Herbed Chicken</b> Fuel Assistance by Appt.</p> <p style="text-align: center;"><b>9:30 WESTGATE MALL / Market Basket-Brockton</b></p>	<p>10:00 CrisFit at K of C 11:30 Lunch-<b>Roast Pork w/ Raisin Sauce</b> 1:00 Bingo</p>
28	29	30	31	February 1
<p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-<b>Chicken Coq au Vin</b> 1:00 Bingo</p> <p style="text-align: center;"><b>9:00 AROUND TOWN</b> (Reserve by Thursday)</p>	<p>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>Hot Dog on a Bun</b> 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p style="text-align: center;"><b>8:45 FOOD SHOPPING at TRUCCHI'S</b></p> <p style="text-align: center;">Transportation to Senior Center</p>	<p>9:15 Chair Yoga 11:30 Lunch -<b>Vegetable Omelet</b> 12:30 Crafts 1:00 Mah-Jongg</p> <p style="text-align: center;"><b>FOXWOODS CASINO</b> 7:30 Center; 7:45 Home</p>	<p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch-<b>Roast Turkey</b> Fuel Assistance by Appt.</p> <p style="text-align: center;"><b>1:00 Movie at the Center</b> (reservation needed)</p> <p style="text-align: center;"><b>9:30 OCEAN STATE JOB LOT / Butterfields-Rockland</b></p>	<p>10:00 CrisFit at K of C 11:30 Lunch 1:00 Bingo</p>

**Attention Boomers - Get Hepatitis C Test**

**Do older people need to get a hepatitis C test?**

Yes. According to the U.S. Centers for Disease Control and Prevention, all baby boomers should be tested for hepatitis C.

The CDC recommends one-time testing for all baby boomers. According to the CDC, 1 in 30 people born from 1945 through 1965 has been infected with hepatitis C. This represents over 2 million Americans, and many are not aware that they are infected. Hepatitis C causes serious liver diseases, including liver cancer – the fastest-rising cause of cancer-related deaths and the leading cause of liver transplants in America.

Hepatitis C has been called a *silent killer* because it often has no symptoms and can go decades without being detected. In the meantime, serious liver damage or even liver cancer may occur.

Those at increased risk for hepatitis C include people who had blood transfusions before 1992, people with tattoos, people who used intravenous drugs – even once – and those who work in a healthcare setting. Certain populations, including African Americans and Hispanics, are also affected by hepatitis C at a significantly higher rate than the general population.

The CDC released its recommendations on hepatitis C this past August. According to the CDC, “A one-time blood test for hepatitis C should be on every baby boomer’s medical checklist. The new recommendations can protect the health of an entire generation of Americans and save thousands of lives.”

This new recommendation was a break from past policy. In

earlier policy recommendations, the CDC had urged testing only for individuals with certain known risk factors for hepatitis C infection. The new CDC recommendation means that screenings based on risk factors will continue to be important, but now all baby boomers are being urged to get a hepatitis C test.

Baby boomers infected with hepatitis C account for more than 75 percent of all American adults living with the virus. Studies show that many baby boomers were infected with the virus decades ago, and do not realize their health may be at risk. As a result, they have never been screened. The danger is present – more than 15,000 Americans, most of them baby boomers, die each year from hepatitis C-related illness, such as cirrhosis and liver cancer. Hepatitis C deaths have been increasing steadily for over a decade and are projected to grow significantly in coming years.

The CDC estimates that if all baby boomers took the one-time hepatitis C test, more than 800,000 additional people would be diagnosed with hepatitis C. There are new therapies available now that can cure up to 75 percent of hepatitis C infections. The CDC estimates that broader testing, coupled with appropriate care and treatment, could save more than 120,000 lives and prevent the cost of treating liver cancer and other chronic liver diseases.

Ask your doctor for an antibody test for hepatitis C at your next visit.

**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.

**FOOD SHOPPING / SENIOR CENTER BUS**—Our COA bus alternates travels to Stop & Shop or Trucchi’s in Abington on **Tuesdays** at 8:45. 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](http://www.seekandfind.com)*

**BITS AND PIECES by ELEANOR NADELL**

A most Happy New Year to each and everyone of you. May all your greatest desires come through for you in 2013. First and foremost of course is wishes for good health, from there on, it's up to you what you want. Who would believe some of us would still be enjoying this life? I, for one, never in this world thought the good Lord would keep me here. For this I am eternally grateful. I am still going places daily, and as they say "Eating three squares a day". I went to several of the day trips that were available through the COA . How about you? There was a nice trip to Venus De-Milo in Swansea, then the tree trimming event at the Center. Also, of course, the Friends of Whitman Seniors meeting and Christmas party. Next off to Vanity Fair. Oh yes, Tea Time at my Church and I somehow managed to find time to write this and my Christmas Cards. What a busy time of the year, but I love it. I truly hope you and yours had a marvelous Christmas and all continued good things for 2013.

*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:**

January 9	Senior Center	12:00 – 2:00
January 16	Harvard Court	12:00 – 2:00

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

January 8, 10, 15, 17, 22, 24, 29, 31	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, January 17th 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 January.**

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!

**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, January 15th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST** - Dr. William Chan. Wednesday, January 9th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: February 13, March 13, April 10

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

<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>
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**Sachem Skilled Nursing and Rehabilitation Center**

A Kindred Healthcare Community

*Healing, Hope, Dignity*

JCAHO ACCREDITED

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The cost of printing and mailing this newsletter has been paid in part by the Friends of Whitman Seniors, Inc. and the Massachusetts Executive Office of Elder Affairs.

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MA 02382

**Whitman Council On Aging**  
**PO Box 426**  
**16 Hayden Avenue**  
**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.*