

SEEN YOUR NEWS?



Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington

WHITMAN COUNCIL ON AGING

P.O. BOX 426
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633



DECEMBER 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:

My sincere thanks go out to the staff and students of the John H. Duval, Jr. Elementary School for planning and inviting our seniors to participate in Senior Day at the school on November 13th. After a warm welcome, we were treated to a delicious continental breakfast while visiting with several students in the library. Our student escorts then directed us to various classrooms where our seniors chatted with the students and either read a book to the class or answered questions they had prepared. At the end of the visit, each senior was presented with some desserts to take home and a beautiful fall wreath handmade by the students.

The morning was a delightful and enriching experience for our seniors and we look forward to carrying on the annual tradition of Senior Day at the Duval School.

With warm wishes to all for a joyous Holiday Season celebrated with family, friends and loved ones.

Barbara

Help us go GREEN and save MONEY

Our newsletter is now available online at:

www.seekandfind.com

and on the **NEW** Town of Whitman website

www.whitman-ma.gov

If you read your newsletter online or choose not to receive a newsletter at this time, please **call Joanne at extension 2** to have your name taken off of the mailing list.

For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.

Concert with Jennifer Mello At the Senior Center Thursday, December 5th 1:00 p.m.



We are pleased to have the talented Jennifer Mello back to entertain us with her music and songs. What a great way to kick off the holiday season.

Coffee and cake will be served. Our thanks to All American Assisted Living for supplying the cake.

Space is limited, so call Joanne at extension 2 to reserve your seat.

Whitman Police Department

In the spirit of community service, we are pleased to have members of the Whitman Police Department joining us at the Senior Center on Wednesday, December 11th.

After helping to serve our congregate lunch at 11:30, the officers will be staying for a visit with our seniors and a question and answer session.

So, sign up for our congregate lunch by calling Fran at extension 4 no later than December 4th and bring your questions. We'd also like your suggestions for topics of interest so we can plan for future informational presentations and workshops by the Police Department at the Senior Center.

Whitman-Hanson Regional High School's
Show Choir and Student Council present their

ANNUAL HOLIDAY CONCERT AND LUNCH
Thursday, December 12th

10:45—11:00 am ~ arrive

The school store will be open if you wish to look around.

11:00—12:00 ~ Concert

12:05 ~ Turkey dinner

(turkey, mashed potatoes, stuffing, gravy and coffee or milk)

1:00 ~ Depart

School bus transportation will be available for those living in
Senior Housing and will also make a stop at the
Senior Center.

For those unable to board a school bus, or for home pickups,
the COA bus will be available.

Please contact **Joanne at extension 2** no later than
Tuesday, December 3rd to sign up for the Concert and let us
know your transportation plans at that time.

HOLIDAY LUNCHEON
Friday, December 20th at 12:30



Join us at the Senior Center for a delicious luncheon of lasagna,
meatballs, salad, beverage, and dessert.

Seating is limited.

Tickets are \$4 each and will be available at the Senior Center
beginning December 4th.

We ask that you please bring a donation for the Whitman Food
Pantry to help our neighbors in need during this holiday season.
Suggested items for the Food Pantry include paper goods (paper
towels, napkins, toilet paper) and personal care items (soap,
shampoo, razors) or canned goods.

There was the little boy who approached Santa in a depart-
ment store with a long list of requests. He wanted a bicycle
and a sled, a chemical set, a cowboy suit, a set of trains, a
baseball glove and roller skates. "That's a pretty long list,"
Santa said sternly. "I'll have to check in my book and see if
you were a good boy." "No, no," the youngster said quickly.
"Never mind checking. I'll just take the roller skates."

COA BUS TRIPS



Wednesday, December 4th
La Salette

Leaves the Senior Center at 1:15

Arrive at La Salette in time for the Father Pat
Concert. Afterwards there will be time to visit the gift shop or eat
in the cafeteria. At 5:00, it is the illumination of over 300,000 lights,
covering over 10 acres.

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**Monday, December 9th**  
**Island Terrace Tea and Tree Tour—FULL**

Leaves the Senior Center at 12:30

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Saturday, December 14th
Faneuil Hall & Blink Light Show

Leaves the Senior Center at 2:00

You will arrive at Faneuil Hall and have time to shop and enjoy the
food court or one of the many restaurants in the area. Then at
5:00 enjoy one of Boston's newest events, Blink!. This free
outdoor show combines 350,000 flashing lights set to music from
the Boston Pops' Holiday recordings. This light show runs every
half hour.

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**Call Linda at extension 1 to reserve a seat .**  
**Space is limited so call early.**

**Holiday Social Lunch**

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Tuesday December 17th at 1:00
Meadow Brook Restaurant

\$20.00 per person, Pot Roast lunch and entertainment
Attendees will meet at the restaurant.

If you plan to attend, please call **Terry Seer at 781-413-1879**
for reservations and tickets.



Don't miss all the fun

**Jeopardy
At the Senior Center
Friday, December 6th at 1:00**

Exercise your brain a little and have some fun in the process. Join us for a game of Jeopardy sponsored by Sachem Center for Health and Rehabilitation.

**Space is limited.
Call Joanne at extension 2 to reserve your seat.**

FUN and GAMES UPDATE ...

FIRST FRIDAY BINGO

In addition to every Monday, Bingo will be held at the Senior Center on the First Friday of each month at 1:00 beginning on January 3, 2014.

CARDS

Interested card players should join others at the Senior Center on Wednesdays at 1:00. 'Hand and Foot' is the current card game being played.

FUN, GAMES AND FITNESS

WALKING GROUP—Meet at the Senior Center on **Tuesdays and Thursdays at 8:00 am** to walk the beautiful Town Park at your own pace and arrive back at the Center for coffee and socialization.

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

ZUMBA GOLD at the Knights of Columbus Hall, Rt. 18, on **Thursdays at 4:30 pm**. Offering is \$4 per class. New Participants please call Linda at ext 1 to register.

Wii BOWLING—Mondays at 8:00 am

MAH JONGG—Wednesdays at 1:00 pm.

BINGO—Mondays at 1:00 pm.

First Friday of the month at 1:00 pm. (Beginning in January)

FUEL ASSISTANCE

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

Please call Joanne at extension 2 to set up an appointment

GOT (UNWANTED PRESCRIPTION) DRUGS?

Now available at the Police Station on Essex Street is a Medication and Drug Collection Unit where you can safely deposit your unwanted prescription drugs in order to keep prescription medicine away from our children and out of our water supply.

Accepted items are:

Prescriptions
Prescription Patches
Prescription Medication
Prescription Ointments
Over-the-counter medications
Vitamins
Samples
Medication for pets

Items NOT Accepted are:

Hydrogen Peroxide
Inhalers
Aerosol Cans
Ointments, Lotions or Liquids
Needles (sharps)
Medications from business or clinics

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
at the Senior Center.**

Friday, December 13th at 12:30

A \$5 gift swap and lunch from Trio Café is planned.

Anyone interested in attending should call

Roberta at 781-261-3930.

All are welcome to attend.

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



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 Wednesday, December 18th from 9:00 to 12:00.

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

DECEMBER 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:00 Wii Bowling No Blood Pressure Today 11:30 Lunch—Paprika Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>3</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—Beef Chili 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday—ext. 2</p>	<p>4</p> <p>9:15 Chair Yoga 11:30 Lunch—Fish Sticks 12:30 Crafts with Denise 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 MIKO'S CAFÉ in Brockton, & OCEAN STATE JOB LOT-East Bridgewater</p> <p>1:15 LASALETTE – Attleboro Sign up at ext. 1</p>	<p>5</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch—Roast Pork 4:30 Zumba Gold at K of C</p> <p>1:00 Entertainment with Jennifer Mello –reservations required Sign up at ext. 2</p> <p>9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1</p>	<p>6</p> <p>11:30 Lunch—Baked Ziti</p> <p>1:00 Jeopardy at the Center Sign up at ext. 2</p>
<p>9</p> <p>8:00 Wii Bowling No Blood Pressure today 11:30 Lunch—Lasagna 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p> <p>12:30 ISLAND TERRACE TEA AND TREE TOUR—FULL</p>	<p>10</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—BBQ Chicken 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday—ext. 2</p>	<p>11</p> <p>8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch served by WPD — Swedish Meatballs 12-2 Blood Pressure at the Center 1:00 Mah Jongg</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>12</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch—Krunch Lite Fish 4:30 Zumba Gold at K of C</p> <p>10:15 High School Holiday Concert</p> <p>9:30 SOUTH SHORE PLAZA, Cheesecake Factory-Braintree Sign up at ext. 1</p>	<p>13</p> <p>11:30 Lunch—Beef Teriyaki 1:00 Friends Meeting</p> <hr/> <p>Saturday 14th</p> <p>2:00 FANEUIL HALL – Boston Sign up at ext. 1</p>
<p>16</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Hot Dog on a Bun 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>17</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—Greek Chicken 12:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Check by Appt 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday – ext. 2</p>	<p>18</p> <p>9-12 Atty Whitney by Appt 9:15 Chair Yoga 11:30 Lunch—Roast Turkey w/ Gravy 1:00 Mah Jongg</p> <p>9:00 VANITY FAIR OUTLETS in Dartmouth Sign up at ext. 1</p>	<p>19</p> <p>8:00 Walk the Park 11-1 Blood Pressure at Harvard Ct 11:30 Lunch—Meatball Sub 4:30 Zumba Gold at K of C</p> <p>BROWN BAG PICKUP Please Note: Bags will not be available for pickup at the Senior Center before 12:30 or after 3:30</p> <p>FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p>20</p> <p>9:30 Manicurist 11:30 Lunch—Potato Crunch Fish</p> <p>12:30 HOLIDAY LUNCH at the Senior Center Space is limited –reservations required. Sign up at ext 1</p>
<p>23</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Turkey Ham and Cheese on Rye 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday—ext. 2</p>	<p>24</p> <p>MERRY CHRISTMAS</p> <p>SENIOR CENTER CLOSED</p>	<p>25</p> <p>CHRISTMAS DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>26</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch—Cranberry Chicken 4:30 Zumba Gold at K of C</p> <p>9:00 Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater Sign up at ext. 1</p>	<p>27</p> <p>11:30 Lunch—Macaroni and Cheese</p>
<p>30</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Orange Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday—ext. 2</p>	<p>31</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—Turkey a la King 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday – ext. 2</p>	<p>January 1,</p> <p>HAPPY NEW YEAR!</p> <p>SENIOR CENTER CLOSED</p>	<p>January 2</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch— 4:30 Zumba Gold at K of C</p> <p>TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>January 3</p> <p>11:30 Lunch— 1:00 Bingo</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Are there rules about a Medicare salesman in my home?

Yes. Medicare allows private insurance companies to sell you Medicare Advantage plans and Part D drug plans, but there are rules these plans have to follow about marketing their products to you.

A Medicare Advantage Plan is a type of Medicare health plan offered by a private company that contracts with Medicare to provide you with all your Part A hospital and Part B medical benefits. If you're enrolled in a Medicare Advantage Plan, Medicare services are covered through the plan and aren't paid for under Original Medicare. Most Medicare Advantage Plans also offer prescription drug coverage.

Medicare plans aren't allowed to call you to enroll you in a plan, unless you specifically ask to be called. Also, plan representatives should never ask you over the phone for financial information, including credit card or bank account numbers. No one should call you without your permission, or come to your home uninvited to sell Medicare products. Call 1-800-MEDICARE to report a plan that does this.

Door-to-door calls (*cold calls*) are prohibited by federal Marketing Guidelines. Sales representatives may not obtain permission from one resident to call on others who live in a housing development, apartment building, or other residential setting in order to market a Medicare Advantage or Part D plan.

BEFORE you meet with a sales rep —

- The agent must get your permission to meet in person and must document the plan options you wish to discuss
- The agent cannot come to your home without an appointment

DURING the meeting, the agent is allowed to —

- Give you plan materials
- Tell you how to get more plan information

- Tell you about the plan options you agreed to discuss
- Give you an enrollment form
- Collect your completed enrollment form
- Leave business cards for you to give to friends and family

The agent SHOULD NOT —

- Tell you about other plan options you have not agreed to discuss, unless you specifically ask about them — you will need to complete a separate appointment form to discuss these options
- Sell you any products not related to health care, like life insurance
- Offer you cash (or gifts worth more than \$15)
- Ask for your credit card or banking information
- Pressure you to join their plan by saying things like, "you have to join this plan or you won't have coverage next year"
- Ask you to give names and phone numbers or addresses so that the agent can sell to your friends or family
- Ask you to sign the enrollment form before you are ready to join — you should only sign the form when you are ready to join

AFTER your meeting with an agent (if you joined the plan) —

- The plan will contact you to make sure that you wanted to join and that you understand the plan's coverage and rules
- The agent who helped you join the plan can call you to talk about other plan options

If your agent does not follow these rules you can call 1-800-MEDICARE (1-800-633-4227) to report any problems.

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 **Joanne at extension 2** to sign up no later than 4:00 Thursday.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus travel to Stop & Shop on **Tuesdays** at **8:45**. The Bus is also available for Tuesday 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.

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.

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

BITS AND PIECES by ELEANOR NADELL

There is no piece by Eleanor this month as she is under the weather at this time, but she would like to wish everyone a Wonderful Holiday. All of us at the Senior Center hope that she has a speedy recovery. So Eleanor, we hope you're feeling well soon and are able to enjoy your Holidays. We expect to see you out and about again very soon.

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!

The Boutique will also be open on Saturdays 1:00 to 4:00 through December 21.

VOLUNTEER DRIVERS NEEDED

We are still in need of volunteer drivers for our home-delivered (Meals on Wheels) program. If you can spare an hour or so one morning a week, please contact Barbara at the Senior Center 781-447-7619.

A stipend for mileage is paid.

NUTRITION

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. 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.

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, December 17th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, December 11th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: January 8, February 12, March 12

HEALTH AND WELLNESS

BLOOD PRESSURE AND HEALTH CARE SCREENINGS

Free health screening clinics for Whitman residents are provided by NVNA (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.

Wednesday:

December 11 Senior Center 12:00 --2:00

Thursday:

December 19 Harvard Court 11:00 –1:00

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

December 3, 10,12, 17, 19, 31 2:00—4:00

BLOOD PRESSURE CHECK

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

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, December 19th 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 once a month. She will be here Friday December 20th. 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.

Call Joanne at extension 2 to make a reservation.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 12:00, 1:00 or 2:00

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 Pact 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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RETURN SERVICE REQUESTED



FRIENDS OF THE WHITMAN SENIORS

NAME _____

ADDRESS _____

Here are my membership dues for 2014. 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**

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.