

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

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



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Mary Ann Curby
Robert Titterington

MARCH 2014

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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'm sure everyone has had enough of this long, cold, snowy winter by now. With the change to Daylight Savings Time on March 9th, we can look forward to longer days and better weather. Now that we can get out and about more easily, I hope you will take advantage of the activities, programs and trips we are offering this month.

Hope to see you at the Senior Center. Happy Spring!

Fondly,
Barbara



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☆☆ **Mr. DJ's Hollywood "Super Senior"** ☆☆

☆☆ **Health and Wellness Quiz Show** ☆☆

☆☆ **Thursday, March 27th** ☆☆

☆☆ **1:00 at the Senior Center** ☆☆

☆☆ Mr. DJ's "Hollywood Quiz Show" is an engaging, ☆☆

☆☆ quick paced and fun activity. Have lots of fun while ☆☆

☆☆ learning tips on healthy senior living including ☆☆

☆☆ exercise, nutrition, osteoporosis, hydration, sleep, ☆☆

☆☆ stress management, etc. ☆☆

☆☆ **Call Joanne at extension 2** to reserve your seat. ☆☆

☆☆ **Space is limited.** ☆☆

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Think Spring

On **Thursday March 6th** our Congregate Lunch will be serving **Build a Burger**. You decide how you want your burger (cheese, lettuce, tomato). Lunch includes chips, vegetable medley, cold potato salad, hamburger roll, and blueberry parfait for dessert. Call Fran at extension 4 to make your reservation.

DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you (check out the menu on Page 4 of this newsletter). Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.** Since meals need to be ordered well in advance, please call one week ahead to book your reservation.

Transportation is available on Mondays and Tuesdays. Call Joanne at extension 2, if you need a ride.

Police Station Tour Friday, March 21st Meet at the Station at 10:00



For those who missed the grand opening tour, make sure you take advantage of this opportunity.

Call **Joanne at extension 2** to sign up.

“Healthy and Fun Strategies for Maintaining Your Memory”

Presented by Visiting Angels, a living assistance services agency.

At the Senior Center
Thursday March 6th at 1:00

Come for a fun presentation on maintaining your memory. Learn tips on how to improve your memory, how dancing can keep you fit and what foods may improve your memory. This is for seniors as well as their family members.

Call **Joanne at extension 2** to reserve your seat.



**DAYLIGHT SAVINGS TIME
BEGINS MARCH 9TH**

Spring your clocks ahead 1 hour

Still timid about using EBay?

Richard Stanton will be walking you through the in's and outs of EBay. Join us for one session or all four sessions.

**Tuesdays at the Senior Center
March 4, 11, 18 and 25th
10:30 to 11:30**

- Week 1. Registration
- Week 2. Browsing and Searching
- Week 3. Paying
- Week 4. Selling

Call **Linda at extension 1** to sign up and register.

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.



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.

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.

Contact **Joanne at extension 2** to make your appointment.

Help support the Conley School

Save your Box Tops for Education UPC's. You can drop them off at the Senior Center any week-day between 8:00 and 4:00.

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.

Don't miss all the fun

Jeopardy
At the Senior Center
Thursday, March 13th at 1:00

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

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

Crochet Class
LEARN TO CROCHET...EVENING CLASS

In a class designed for true beginners only, Mary Campbell will be offering a five-week Learn to Crochet course on Wednesday evenings at the Senior Center:

Wednesdays from 6:30 to 8:00 pm on:
March 19, March 26,
April 2, April 9, April 16

There is no charge for this course, but registration is required by calling Joanne at extension 2.

Space is limited to 10.

(Those who were on the waiting list in the Spring will get first preference.)

For the first class, please bring with you:
1 skein of Red Heart yarn
Size G metal crochet hook



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.

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 and the First Friday of each month at 1:00.

Motorcoach Tours present:



Newport Playhouse
“My Husband’s Wild Desires”
Sunday May 4th

\$75.00

Leaves Whitman at 9:30

Stay tuned for more details coming soon.

Call Linda at extension 1 for a reservation.

Social Lunch



Tuesday, March 11th at 1:00

Meadowbrook

Route 27 in Hanson

Corned Beef and Cabbage lunch and Irish Entertainment

Cost \$20.00

Attendees will meet at the restaurant.

If you plan to attend, please call Linda at ext. 1 for reservations.

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, although players are welcome to play any card game they choose.

FRIENDS OF THE WHITMAN SENIORS

MONTHLY MEETING OF THE FRIENDS

at the Senior Center on

Friday, March 14th at 12:30

A pot luck luncheon is planned and meeting to follow. Everyone is encouraged to make something wonderful and share it with the members. This event is always very well received and enjoyed.

Anyone with questions 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.

MARCH 2014

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Stuffed Shells w/ Meat Sauce 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 10:30 Computer Workshop-EBay 11:30 Lunch— Chicken w/ Sage Stuffing 12:30 Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday—ext. 2	11:30 Lunch— Sweet Potato Fish 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking 9:00 WALMART in RAYNHAM & IHOP, PANERA or CHINESE BUFFET Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— Build a Burger 4:30 Zumba Gold at K of C 1:00 Maintaining your Memory Sign up at ext. 2 9:00 PATRIOT PLACE-Foxboro, Cracker Barrel Restaurant-Wrentham Sign up at ext. 1	11:30 Lunch— Cheese Omelet 1:00 Bingo
10	11	12	13	14
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Chicken Penne Primavera 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 10:30 Computer Workshop-EBay 11:30 Lunch— Sloppy Joe 12:30 Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday - ext. 2	8:30 Podiatrist by Appt 11:30 Lunch— Turkey & Provolone on Whole Wheat Sandwich 12-2 Blood Pressure at Sr. Center 12:30 Crafts with Denise 1:00 Mah Jongg 1:00 Cards 9:00 HANOVER MALL Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— Corned Beef 4:30 Zumba Gold at K of C 1:00 Jeopardy with Sachem Sign up at ext. 2 TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1	11:30 Lunch— Potato Crunch Fish 12:30 Friends Meeting & Potluck Luncheon
17	18	19	20	21
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Eggplant Parmesan 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 10:30 Computer Workshop-EBay 11:30 Lunch— Swedish Meatballs 12:30 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Check by Appt 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday - ext. 2	11:30 Lunch— Greek Chicken 1:00 Mah Jongg 1:00 Cards 6:30 Crochet Class 9:30 OCEAN STATE JOB LOT - East Bridgewater, Grille 58-Halifax	8:00 Walking Group 11-1 Blood Pressure at Harvard Ct 11:30 Lunch— Orange Almond Pork 4:30 Zumba Gold at K of C BROWN BAG PICKUP Please Note: Bags will not be available for pickup at the Senior Center before 12:30 or after 3:30 9:30 WESTGATE MALL, Market Basket-Brockton Sign up at ext. 1	11:30 Lunch— Fish Florentine 10:00 Tour of Whitman Police Station Sign up at ext. 2
24	25	26	27	28
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Sweet n Sour Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday— ext. 2	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 10:30 Computer Workshop-EBay 11:30 Lunch— Lasagna w/ meat sauce 12:00 Atty Whitney by Appt 12:30 Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday - ext. 2	11:30 Lunch— Beef Marsala 12:30 Crafts with Barbara 1:00 Mah Jongg 6:30 Crochet Class FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— Roast Turkey 4:30 Zumba Gold at K of C 1:00 Mr. DJ Health & Wellness Quiz Show Sign up at ext. 2 9:30 DERBY STREET SHOPS, Bertucci's -Hingham Sign up at ext. 1	9:30 Manicurist 11:30 Lunch— Egg Salad Sandwich
31	Phone extensions for sign-ups: Linda—extension 1 Joanne—extension 2 Fran (meals) - extension 4			
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Meatloaf 1:00 Bingo 9:00 AROUND TOWN				

Eldercare Q & A from OLD COLONY ELDER SERVICES

Spousal Income & Asset Protections**What are MassHealth “Community Spouse” Protections?**

If someone in your family requires nursing facility care, Medicare generally only provides short-term, limited coverage. Medicaid, known in Massachusetts as MassHealth, will pay for care over the long-term. However, you must have limited income and assets to qualify for MassHealth. To be eligible for MassHealth benefits, a nursing home resident may have no more than \$2,000 in assets—excluding your house, car, pre-paid burial, and a few other expenses.

MassHealth rules provide special protections for the at-home spouse, also known as the community spouse, of a MassHealth applicant. The intent is to give the community spouse the minimum support needed to continue to live in the community.

If the MassHealth applicant is married, the countable assets of both the community spouse and the institutionalized spouse are totaled as of the day on which the ill spouse enters either a hospital or a long-term care facility and stays for at least 30 days. If a married couple has \$100,000 in countable assets, for example, the applicant will be eligible for Medicaid once the couple's assets have been reduced to a combined figure of \$52,000 — \$2,000 for the applicant and \$50,000 for the community spouse. In general, the community spouse may keep one-half of the couple's total countable assets up to a maximum in 2014 of \$117,240. This asset amount is called the Community Spouse Resource Allowance.

There are also protections for income. The community spouse can keep all of her own income, with no limit. If most of the couple's income is in the name of the institutionalized spouse and the community spouse's income is not enough to live on, the community spouse is entitled to some or all of the monthly income of the institutionalized spouse. If the community spouse's own income is below \$1,939 per month, he or she is allowed to divert income from the institutionalized spouse to get up to the \$1,939. This is known as the Minimum Monthly Maintenance Needs Allowance. It will go up under Federal law on July 1, 2014. If the community spouse needs more than the minimum allowance, she may keep up to the

maximum of \$2,931 per month with approval and by submitting proof of necessity.

Also be aware that the Excess Shelter Allowance may be available if the community spouse's housing expenses are more than 30% of the minimum monthly maintenance needs allowance (30% of \$1,939 = \$582). How much income the community spouse is entitled to is calculated for each community spouse according to a formula that includes housing costs—rent, mortgage payments, property taxes, insurance. The income range will fall in between the low of \$1,939 and the high of \$2,931 a month.

Keep in mind that the income of the community spouse is not counted in determining the MassHealth applicant's eligibility. Only income in the applicant's name is counted.

Consider, a married couple has joint income of \$4,000 a month — \$3,000 of which is in the institutionalized spouse's name and \$1,000 is in the community spouse's name. MassHealth determines that the community spouse's minimum monthly maintenance needs allowance, based on housing costs, is \$2,500. Because the community spouse's own income is only \$1,000 a month, MassHealth diverts \$1,500 monthly of the institutionalized spouse's income for the community spouse's support. This lowers what the institutionalized spouse pays the nursing facility.

If one member of a married couple has to go into a nursing facility, the community spouse should consider contacting an elder law attorney about spousal protection laws. To obtain a list of elder law attorneys in Massachusetts, call 617-566-5640, or send an email to info@manaela.org.

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 travels 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.

BITS AND PIECES by ELEANOR NADELL

Well, as I write this note, we are having another little bit of snow. So what else is new, right? I know most of us at this point are a bit tired of all this snow, but Mother Nature is not through with us yet. So enjoy it as much as you can and just remember that because of it, we will have some wonderful water to drink in the "hot" Summer months.

Have you been watching the Olympics this past month? I marvel at these young people. They are most certainly outstanding each and every one of them. It makes me proud. How about you?

I miss seeing you all at the activities at the center. I hurt my back this past fall and I am still having problems getting around. I have to be a bit careful of walking out and through the snow. So... the good thought is that Spring will be heading towards us soon. Hallelujah! I hope each of you are able to get out and about and are enjoying yourselves.

Stay well and happy,

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.

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, March 25th from 12:00 to 2:30. Please call **Joanne at extension 2** for an appointment

HEARING SCREENING

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker on Tuesday, March 18th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, March 12th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: April 9, May 14, June 11

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:

March 12 Senior Center 12:00 --2:00

Thursday:

March 20 Harvard Court 11:00 --1:00

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

March 4,11, 13, 18, 20, 25, 27 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, March 20th 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 most 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, March 28th. 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 12:30 or 1:30

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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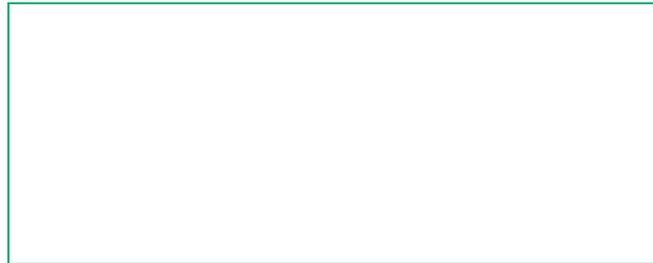
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RETURN SERVICE REQUESTED



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: \$ _____

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.

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.