

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

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Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington

APRIL 2014

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:

We have several new health, wellness, and safety topics to present this month as well as some exciting trips and destinations. I hope you will take advantage of as many of these opportunities as you can.

Happy Spring to all (although we have yet to see it!)
Hope to see you at the Senior Center.

Fondly,

Barbara

TAI CHI INTRODUCTORY CLASS

With Mike Showstack

Thursday, April 3

2:45 at the Senior Center

Tai Chi is relaxation, a meditation in motion, balance and harmony of the body and mind as one. Practiced daily, tai chi is an excellent stress management technique.

Everyone can benefit from this practice.

Come and join us whether you are just curious or have some experience with Tai Chi. All are welcome.

(If there is enough interest, this class will continue on Thursdays at 2:45.)

Call Linda at extension 1 to register for this class.

A MATTER OF BALANCE:

Managing Concerns About Falls

Presented by NVNA and Hospice

Friday, April 11th—9:00 at the Senior Center

Fear of falling not only limits your activities, but can also result in physical weakness, isolation, and actually make the risk of falling even greater! Don't let the fear of falling stop you from enjoying life.

Join us at the Senior Center for NVNA and Hospice's overview presentation of the upcoming program, "A Matter of Balance".

If enough people are interested in this important and timely topic, we will schedule the full eight-week program.

Call Joanne at extension 2 to reserve your seat.

Coffee Hour with the Fire Dept

Friday, April 4, 2014

9:30 at the Senior Center



Fire Chief Tim Grenno will be here to answer any questions that you may have and to present an overview of a new safety outreach program affecting the elders in our community.

Please let us know you're coming by signing up with Joanne at extension 2.

How secure is your personal information?

Richard Stanton will lead a discussion group on data security.
Join us for one or more sessions.

Tuesdays at the Senior Center
April 1, 8, 15 and 22nd
10:30 to 11:30

Week 1. Data Security/ Data Integrity

Week 2. Download and install free Anti-Virus software

Week 3. Using a VPN (Virtual Private Network) to protect critical data

Week 4. Strong Passwords and Data Backup

Call **Linda at extension 1** to register.

R.A.D FOR SENIORS

Presented by the Whitman Police Department
At the Senior Center
Thursday, April 24th at 9:30

RAD for Seniors is an empowering program that affords senior adults an opportunity to enhance personal defense. The goal of the program is to improve the personal safety of seniors through proactive strategies and physical techniques which address issues unique to their age group.

Come and learn what this program can do for you.
Call **Joanne at extension 2** to sign up and register.

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.

FRIENDS OF THE WHITMAN SENIORS MONTHLY MEETING OF THE FRIENDS at the Senior Center on **Friday, April 11th at 1:00**

A penny sale is planned
Dessert and coffee will be served

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.

COA BUS TRIPS

WAREHAM CROSSING & ANSEL GURNEY HOUSE
Thursday, April 3
Leaves the Center at 9:30

Begin at Wareham Crossing for a little bit of shopping. The L.L. Bean outlet is always a favorite. Then enjoy lunch at the historic Ansel Gurney House. Stop in the gift shop while you are there.

ISABELLA STEWART GARDNER MUSEUM
Thursday, April 10
Leaves the Center at 9:00

Start with a stop for breakfast at the Hearth and Kettle Restaurant in Weymouth. Then off to the Gardner Museum to enjoy the flower display in the courtyard or the beautiful artwork in the surrounding exhibits. It is a nice relaxing day however you choose to enjoy it. You will have two hours to enjoy the Museum.

CASTLE ISLAND
Wednesday, April 30th
Leaves the Center at 9:30

Ready for some fresh air? Maybe work off a few of those Winter pounds? Join us on our trip to Castle Island, a 22 acre recreation area in South Boston. It's a great place to walk or enjoy the view of the Boston Harbor Islands. A stop at Sullivan's for lunch is always a treat.

For Reservations, contact Linda Kelly at extension 1.

Crafts**12:30 at the Senior Center**

Wednesday, April 9th with Barbara
 Wednesday, April 16th with Denise

Materials are provided. Just bring your creativity.
 Please call **Joanne at extension 2** to sign up and
 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.

For the first class, please bring with you:

1 skein of Red Heart yarn
 Size G metal crochet hook

**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.

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.

Will you be the next Jeopardy Champion?

Jeopardy
At the Senior Center
Thursday, April 10th at 12:30

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.

Motorcoach Tours present:

Sunday May 4th
Newport Playhouse
"My Husband's Wild Desires"
Plus Buffet & Cabaret

\$77.00

Leaves Whitman VFW at 9:45 A.M.
 Returns approx 5:30 P.M.

Call Linda at extension 1 for a reservation.

Social Lunch

Tuesday, April 8th at 1:00
 Morrell's Country Tavern
 Route 28 in West Bridgewater
 Cost \$15.00

Special Menu will be provided.

Attendees will meet at the restaurant.
 If you plan to attend, please call Linda at ext. 1 for reservations.

Help support the Conley School

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

APRIL 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:00 Walking Group 9:00 Art Class 9:00 Tax Assistance by Appt 9:30 Hairdresser by Appt 10:30 Computer Workshop 11:30 Lunch—Hawaiian Chicken 12:30 Individual 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—Mac & Cheese 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking 6:30 Crochet Class 9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Pepper Steak 4:30 Zumba Gold at K of C 2:45 TAI CHI INTRODUCTORY CLASS Sign up at ext. 1 9:30 WAREHAM CROSSING / ANSEL GURNEY HOUSE Sign up at ext. 1	11:30 Lunch—Salmon Pieces 1:00 Bingo 9:30 COFFEE HOUR with the FIRE DEPARTMENT Sign up at ext. 2
7	8	9	10	11
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Lasagna 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 11:30 Lunch—Salisbury Steak 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at Stop & Shop / Transportation to Sr. Center Reserve by Monday - ext. 2	8:30 Podiatrist by Appt 11:30 Lunch—Chicken Piccata 12-2 Blood Pressure at Sr. Center 12:30 Crafts with Barbara 1:00 Mah Jongg 1:00 Cards 6:30 Crochet Class 9:00 HANOVER MALL Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Roast Pork 2:45 Tai Chi-sign up required 4:30 Zumba Gold at K of C 12:30 JEOPARDY sign up ext. 2 9:00 HEARTH AND KETTLE Restaurant-Weymouth and ISABELLA STEWART GARDNER MUSEUM-Boston Sign up at ext. 1	9:30 Manicurist 11:30 Lunch-Lemon Pepper Fish 1:00 Friends Meeting 9:00 “A MATTER OF BALANCE: Managing Concerns About Falls” Program Overview Sign up at ext. 2
14	15	16	17	18
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Meatball Sub 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 10:30 Computer Workshop 11:30 Lunch—Tortellini 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Check by Appt 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center Reserve by Monday - ext. 2	11:30 Lunch—Chicken Cordon Bleu 12:30 Crafts with Denise 1:00 Mah Jongg 1:00 Cards 6:30 Crochet Class 9:30 LEGACY PLACE, P.F. Chang's or the 50's Diner in Dedham Sign up at ext. 1	8:00 Walking Group 11-1 Blood Pressure at Harvard Ct 11:30 Lunch—Beef Stew 2:45 Tai Chi- sign up required 4:30 Zumba Gold at K of C BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:30 and 3:30 FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	11:30 Lunch—Breaded White Fish
21	22	23	24	25
PATRIOT'S DAY SENIOR CENTER CLOSED	8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 10:30 Computer Workshop 11:30 Lunch—Chicken Marsala 12:00 Atty Whitney by Appt 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at Stop & Shop / Transportation to Sr. Center Reserve by Monday - ext. 2	11:30 Lunch—Stuffed Shells 1:00 Mah Jongg 1:00 Cards 9:00 AROUND TOWN Reserve by Thursday - ext. 2	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Shepherd's Pie 2:45 Tai Chi- sign up required 4:30 Zumba Gold at K of C 9:30 R.A.D. FOR SENIORS by Police Department Sign up at ext. 2 9:00 Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater Sign up at ext. 1	11:30 Lunch—Fish Newburg
28	29	30	May 1	May 2
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Chicken Teriyaki 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday—ext. 2	8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—American Chop Suey 12:30 Individual Computer Workshops 1:00 Knitting/Crocheting 8:45 FOOD SHOPPING at Stop & Shop / Transportation to Sr. Center Reserve by Monday - ext. 2	11:30 Lunch—Roast Turkey with gravy 1:00 Mah Jongg 1:00 Cards 9:30 CASTLE ISLAND Sign up at ext. 1	8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch 2:45 Tai Chi- sign up required 4:30 Zumba Gold at K of C 9:00 VANITY FAIR / OLIVE GARDEN -Dartmouth Sign up at ext. 1	11:30 Lunch 1:00 Bingo

Eldercare Q & A from OLD COLONY ELDER SERVICES

Osteoarthritis & Pain Control**Is osteoarthritis a common problem for seniors?**

Yes. There are over 100 types of arthritis; Osteoarthritis (OA) is the most common. It affects more than 27 million Americans—more people than diabetes. Arthritis and rheumatic conditions cost the United States economy \$128 billion annually. The word **arthritis** means **joint inflammation**.

OA is most common in people over age 50, but it can affect younger people who have injured joints. Damage to a joint can cause pressure and stress when the joint moves and inflammation in the joint's tissues. OA is often associated with aging, but it's not a normal part of aging; it's a disease.

OA pain can be managed. Many people will stop moving when they feel the pain, but joints that are not kept active will stiffen and cause more pain. People may think that physical activity will make their OA worse, but just the opposite is true, **not** moving makes OA worse. Poorly managed pain can lead to depression, loss of sleep and isolation.

The best way to control pain is to stop it from occurring and prevent it from getting worse. To maintain your health:

- Remain physically active, but pace yourself and include rest breaks.
- Protect your joints from the stress of daily activities.
- Lose weight to ease pressure on your joints. For every 1 pound of weight lost, the load on the knees is cut by 4 pounds.
- Break up repetitive movements with other tasks that use different joints.
- If you get tired, don't overdue the exercise.
- Get a good night's sleep.
- Avoid activities which put high strain on joints, like prolonged standing.

- Use your largest and strongest muscles for tasks—use both arms to carry objects rather than both hands; and, bend at the knees when lifting something from the ground.

Any kind of movement—like walking your dog or working in the garden—will improve the symptoms. People with OA are urged to get at least half an hour of moderate aerobic exercise like walking, swimming or biking, at least 5 days a week. Any amount of activity is good for your joints. Muscle-strengthening exercise is also good 2 or 3 times a week.

Your pain may be manageable with over-the-counter pain relievers, anti-inflammatory medications, or prescription pain medications. Sometimes anti-depressants and anti-seizure medications are prescribed because they interrupt pain signals. There are also prescription anti-inflammatory medications in the form of gels and lotions which can be rubbed over sore joints. You should discuss all these pain relievers with your doctor. Be sure to report any side effects or reactions your body has to any medications.

Your doctor may want you to see a specialist, like a physical therapist, who can combine therapy with exercise to reduce pain and improve function. Most people with osteoarthritis will never need joint surgery, but it is an option.

Consider the program, **Put Pain in Its Place**, developed by the Arthritis Foundation and the National Council on Aging. Go to <http://www.arthritis.org/resources/community-programs/educational-programs/put-pain-in-its-place> or call the Arthritis Foundation at 1-800-283-7800 for more information.

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 beginning at 11:00 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

Would you believe the crocuses and jonquils are peeking through the snow? Whoopee– won't be long now before we get the really good weather. Could hardly believe my eyes when I looked along the side of my cellar windows. Yes, I know we'll have more snow storms, but the good times are ahead of us. I'm most certainly looking forward to it after this winter.

I can hardly wait to go on some trips with the Seniors. Talk about "cabin fever". It's a good thing I have family and friends who helped me through the long days.

Thank you all !!!

Weather permitting, I will see you at the Friends pot luck luncheon meeting in March. Also, the tour at the Police Station, I missed the first one.

So to one and all.....Think Spring.
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, April 22nd 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, April 15th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

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

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:

April 9 Senior Center 12:00 --2:00

Thursday:

April 17 Harvard Court 11:00 –1:00

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

April 1, 8, 10, 15, 17, 22, 24,29 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, April 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 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, April 11th. 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.

Reserved for
Ads

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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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 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.