

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

JULY 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:

Happy 4th of July to all. Hopefully you are enjoying your summer. As the weather heats up, please remember to take precautions for staying cool and hydrated. If you need a break from the heat and humidity, remember that the Senior Center is air conditioned. Feel free to stop by to cool off and socialize.

Summer is also a good time to take advantage of the locally grown produce at a nearby Farmer's Market or farm stand. A list of local Farmer's Markets is available on the bulletin board at the Senior Center.

I hope you've taken the opportunity to participate in some of our trips, activities and presentations and look forward to seeing you at the Center.

Stay Well,

Barbara

'Identity Theft' Presented by Santander Bank Wednesday, July 16th 9:30 at the Senior Center

As part of their Community Financial Series, representatives from the local Whitman branch will be on hand to present Identity Theft issues and they will also be available after the presentation to answer individual questions that you may have.

Please call **Joanne at extension 2** to sign up and reserve your seat.

Traveling Chef 'Carving of the Day' Lunch Provided by Old Colony Elder Services

Wednesday, July 23rd
11:30
At the Senior Center

Turkey with gravy
Stuffing
Mashed Potato
Green Bean Almandine
Cranberry Sauce
Roll and Butter
Strawberry Shortcake

Suggested donation for Seniors is \$2.50.

Seating is limited. Call **Joanne at extension 2** to reserve. Reservations must be made no later than Tuesday July 15th.

Volunteer Drivers Needed

We are in need of volunteer backup drivers for our home-delivered meals (Meals on Wheels) program. If you can spare an hour or so on occasional weekday morning, please contact Barbara at the Senior Center 781-447-7619 ext. 5.

A stipend for mileage is paid.

How to recognize a heat-related illness

During a heat wave, it's important to know and be able to recognize the signs and symptoms of a heat related illness. There are different types of heat-related illnesses, ranging from those that cause temporary discomfort to the generally fatal condition known as heat stroke. In all heat-related illnesses, the symptoms appear when a person is exposed to extreme temperatures.

The following checklist can help you recognize the symptoms of heat-related illnesses.

HEAT RASH: Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. Heat rash looks like a red cluster of pimples or small blisters and can occur at any age.

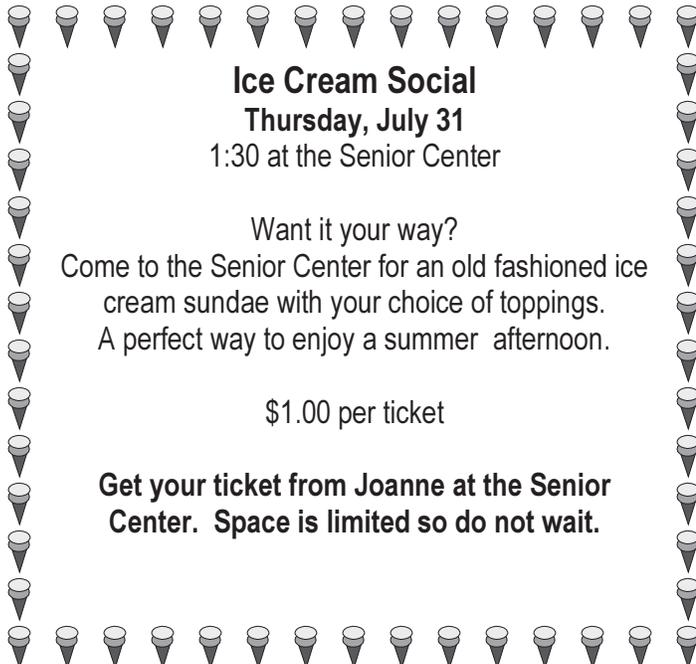
HEAT CRAMPS: A person who has been exercising or participating in other types of strenuous activities in the heat may develop painful muscle spasms in the arms, legs and abdomen. The body temperature is usually normal and the skin will feel moist and cool, but sweaty.

HEAT SYNCOPE: Someone who experiences heat syncope (fainting) will experience the sudden onset of dizziness or fainting after exposure to high temperatures, particularly after exercising in the heat. As with heat cramps, the skin is pale and sweaty but remains cool. The pulse may be weakened and the heart rate is usually rapid. Body temperature is normal.

HEAT EXHAUSTION: Heat exhaustion is a warning that the body is getting too hot. Those most prone to heat exhaustion include elderly people, people with high blood pressure, and people working or exercising in a hot environment. A person with heat exhaustion may be thirsty, giddy, weak, uncoordinated, nauseous and sweating profusely.

HEAT STROKE: Heat stroke is a serious, life-threatening condition that occurs when the body loses its ability to control temperature. Victims of heat stroke almost always die, so immediate medical attention is essential when problems first begin. In heat stroke, a person develops a fever that rapidly rises to dangerous levels within minutes. A person with heat stroke usually has a body temperature above 104 degrees, but the temperature may rise even higher. Other symptoms and signs of heat stroke may include confusion, combativeness, bizarre behavior, feeling faint, staggering, strong rapid pulse, dry flushed skin, and lack of sweating. Delirium or coma can also result from heat stroke.

While heat cramps, heat syncope and heat exhaustion may all be present in mild degrees, you should always contact a doctor or seek medical attention if these symptoms of these conditions are severe or worsen with time. Heat stroke is a true medical emergency. If a person has the symptoms of heat stroke, you should notify emergency services (911) immediately.



Ice Cream Social
Thursday, July 31
 1:30 at the Senior Center

Want it your way?
 Come to the Senior Center for an old fashioned ice cream sundae with your choice of toppings. A perfect way to enjoy a summer afternoon.

\$1.00 per ticket

Get your ticket from Joanne at the Senior Center. Space is limited so do not wait.

SUMMER BBQ
At LIFE CARE CENTER OF THE SOUTH SHORE,
Scituate — 11:30 to 2:00
 Wednesday, July 16th
 Bus leaves the Center at 10:30

Entertainment by Candia Rose
 Lunch provided
 WATD live broadcast and giveaways!
 Suggested donation for transportation is \$5.00

For Reservations, contact Linda at extension 1.

Tai Chi Class

With Mike Showstack

**Thursdays at 2:45 in the Meeting Room
at Lower Town Hall
Cost is \$5.00 per class**



Tai Chi is a gentle, graceful form of exercise. It involves a series of movements performed in a slow, focused manner. Tai Chi is beneficial for reducing stress.
Give it a try.

(there will be no class on July 10,17)

New Participants call Linda at ext.1 to register.

COA BUS TRIPS



SWAN BOATS and the NORTH END - \$10.00

(transportation only)

Thursday, July 17

Leaves the Center at 9:30

Start off at the Public Gardens and take a Swan Boat cruise or just enjoy the gardens. Then off to the North End, where you are on your own to roam the shops or enjoy lunch.



CAPE COD CANAL CRUISE—\$20.00

(includes transportation and cruise)

Wednesday, July 30

Leaves the Center at 8:00

Enjoy a three-hour cruise of the Cape Cod Canal. You are welcome to bring on a bagged lunch or enjoy the snack bar on the ship. There will be a stop after the cruise for a quick bite or ice cream.

For Reservations, contact Linda at extension 1.

Crafts

12:30 at the Senior Center

with Erica from Sachem Center for Health & Rehabilitation



Wednesday, July 16th

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

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

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45.

Cost is \$5.00 per class. New Participants call Linda at ext.1 to register.

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.** Cost 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. (No Friday Bingo in July)

Motorcoach Tours present:



Tuesday, July 22nd

Best of Bristol Rhode Island

This trip includes a one hour guided tour of Bristol, R.I., including the downtown area, the waterfront and Colt State Park. There will be a stop at the magnificent Linden Place estate and also a stop for lunch at Atlantic Beach Club.

Leaves Whitman 10:30, \$69.00

Return approx 6:00

Coming in August— Boston Duck Tour

Call Linda at extension 1 for a reservation.

Checks should be made payable to Terry Seer.

JULY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Phone extensions for sign-ups:</p> <p>Linda—ext 1 Joanne—ext 2 Fran (meals) - ext 4</p>	<p>1</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—Salmon Stir Fry 12:30 Computer Workshops 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at STOP AND SHOP / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>2</p> <p>11:30 Lunch—Salisbury Steak 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking</p> <p>9:00 WALMART in RAYNHAM & IHOP, PANERA or CHINESE BUFFET Sign up at ext. 1</p>	<p>3</p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Hawaiian Chicken 2:45 Tai Chi 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>4</p> <p>HAPPY INDEPENDENCE DAY</p> <p>SENIOR CENTER CLOSED</p>
<p>7</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Swiss Cheese Omelet 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>8</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—American Chop Suey 12:30 Computer Workshops 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>9</p> <p>8:30 Podiatrist by Appt 11:30 Lunch—Broccoli & Cheese Fish 12-2 Blood Pressure at Sr. Center 1:00 Mah Jongg 1:00 Cards</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>10</p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Chicken Parmesan 2:45 No Tai Chi 4:30 Zumba Gold at K of C</p> <p>9:30 HINGHAM SHIPYARD & TRADER JOES/ "99" Restaurant-Hingham Sign up at ext. 1</p>	<p>11</p> <p>11:30 Lunch—Turkey and Swiss</p>
<p>14</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Sloppy Joe 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>15</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—Chilled Marinated Chicken and Broccoli 12:30 Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center Reserve by Monday – ext. 2</p>	<p>16</p> <p>11:30 Lunch—Meatballs with Pasta 12:30 Crafts with Erica 1:00 Mah Jongg 1:00 Cards</p> <p>9:30 Identity Theft Presentation by Santander Bank Sign up at ext. 2</p> <p>10:30 SUMMER BBQ at Life Care in Scituate Sign up at ext. 1</p>	<p>17</p> <p>8:00 Walking Group 11-1 Blood Pressure at Harvard Ct 11:30 Lunch—Fish Sticks 2:45 No Tai Chi 4:30 Zumba Gold at K of C</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:30 and 3:30</p> <p>9:30 SWAN BOATS and NORTH END—Boston Sign up at ext. 1</p>	<p>18</p> <p>9:30 Manicurist 11:30 Lunch—BBQ Pork Riblet</p>
<p>21</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Unstuffed Pepper Casserole 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>22</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—Cranberry Chicken 12:00 Atty Whitney by Appt 12:30 Computer Workshops 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center Reserve by Monday – ext. 2</p>	<p>23</p> <p>11:30 Lunch—Carving of the Day 1:00 Mah Jongg 1:00 Cards</p> <p>11:30 Traveling Chef 'CARVING OF THE DAY' Lunch- Seating is Limited; Reservation required no later than July 15th Sign up at ext. 2</p> <p>FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p>24</p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Italian PotRoast 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>9:30 WESTGATE MALL, Market Basket-Brockton Sign up at ext. 1</p>	<p>25</p> <p>11:30 Lunch—Tuna Fish Salad</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p>
<p>28</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch—Mac and Cheese 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>29</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch—Chicken Salad 12:30 Computer Workshops 1:00 Knitting/Crocheting</p> <p>8:45 FOOD SHOPPING at SHAW'S in BROCKTON / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>30</p> <p>11:30 Lunch—Beef Stew 1:00 Mah Jongg 1:00 Cards</p> <p>8:00 CAPE COD CANAL CRUISE Sign up at ext. 1</p>	<p>31</p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Roasted Turkey 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>1:30 ICE CREAM SOCIAL (ticketed event—see pg. 2)</p> <p>9:00 OCEAN STATE JOB LOT, DOLLAR TREE-Kingston, Woods Restaurant-Plymouth Sign up at ext. 1</p>	<p>AUG 1</p> <p>11:30 Lunch 1:00 Bingo</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES
What are the most common scams aimed at seniors?

The National Council on Aging has created a list of the worst scams targeting seniors:

Health Care/Medicare/Health Insurance Fraud — A scammer poses as a Medicare representative, and asks seniors to give out personal information; or they offer phony services at make-shift mobile clinics, then use the personal information to bill Medicare.

Counterfeit Medications — An internet scam which offers seniors *better prices* on specialized medications. The elder pays for something that won't help their medical condition, and could be an unsafe substance that actually makes conditions worse.

Funeral & Cemetery Scams — A complete stranger will call or attend a funeral service, claiming the deceased had an outstanding debt with them, and will ask relatives to pay money to settle the fake debts. Another scam is when a funeral home itself adds unnecessary charges to the bill—like insisting that an expensive casket is needed for a cremation, when a cardboard casket is all that is required.

Bogus Anti-Aging Products — Fake botox scams net millions of dollars, as renegade labs sell products containing botulism neurotoxin, one of the most toxic substances known to science. A bad batch can have serious health consequences.

Telemarketing Fraud — A con artist tells the senior that he/she has found a large sum of money and is willing to split it if the elder will make a *good faith* payment by withdrawing funds from his/her bank account. In another ploy, a con artist asks the elder to wire or send money to help the elder's relative who is in the hospital and needs the money. Phone calls are also

used for charity scams, especially after natural disasters, to help charities that don't exist.

Internet Fraud — Seniors are emailed a message to download a fake anti-virus program (at a substantial cost) that opens up whatever information is on the user's computer to scammers. Or, seniors receive emails asking them to update or verify their personal information. Some receive fake notices from the IRS about a tax refund.

Investment Schemes — A number of investment schemes are sent to elders offering complex, financial products that many economists don't even understand. If seniors have money to invest, they should only work with local advisors they trust and have worked with in the past.

Reverse Mortgage Scams — Unsecured reverse mortgages can lead property owners to lose their homes when the perpetrators offer money or a free house somewhere else in exchange for the title to the property.

Sweepstakes & Lottery Scams — Seniors are informed that they have won a lottery or sweepstakes of some kind but need to make some sort of payment to unlock the supposed prize. Scammers may send a check that the elder can deposit in their bank account. It will take a few days for the fake check to bounce. In the meantime, the criminals ask the senior to pay fees or taxes on the phony prize.

The Grandparent Scam — The elder gets a call saying: "Hi Grandma, do you know who this is?" When the elder guesses the name of the grandchild, the scammer uses that name to ask for money to be wired by MoneyGram or Western Union.

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 various grocery stores 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. Call **Joanne at extension 2** at least two days prior to your appointment to book.

BITS AND PIECES by ELEANOR NADELL

Happy Fourth of July. Once again, I am ready for summertime and all it's activities. I hope your summer will be filled with loads of good times and thoughts. I'm looking forward to doing something special this year. I don't really know what it will be at the moment, but surprises are always fun. I do know that some of my "far away" relatives will be visiting. Always look forward to that. With a little bit of luck, they may take me with them on a trip here or there. No special news of any kind at the moment. Just wish for you all to enjoy yourselves and stay in good health.

Eleanor

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.

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!

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

PODIATRIST

Dr. William Chan. Wednesday, July 9th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: August 13, September 10, October 8

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:

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

Thursday:

July 17 Harvard Court 11:00 –1:00

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

July 1, 8, 10, 15, 17, 22, 24,29, 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, July 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, July 18th. 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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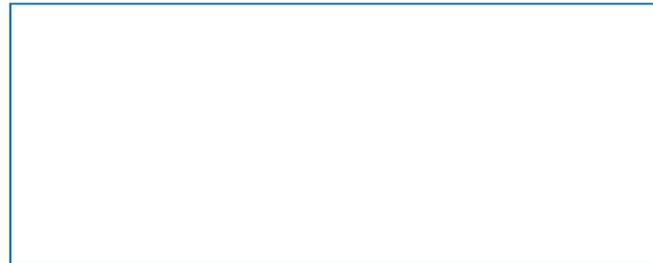
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RETURN SERVICE REQUESTED



THURSDAY EVENING SUMMER CONCERTS
7:00 – 8:30 IN THE TOWN PARK

(In the event of rain, the concerts will be held in the Town Hall)



- July 10– The Corvairs
- July 17– The Bridgewater Antiphonal Brass Band
- July 24– Ginamark
- July 31– The Blues Brothers Briefcase
- August 7—Wildcat Bog Stompers

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 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.