

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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Robert Titterington

SEPTEMBER 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:

After what felt like the fastest summer ever, it's time to put away the flip flops and ease back into indoor activities. We have several presentations on timely topics that affect all elders coming up this month as well as some new activities:

- Matter of Balance 8-week series
- Healthy Eating presentation
- Book Buzz
- Craft Classes
- Loom Knitting
- Cards
- Tai Chi
- COA bus trips to Thrift Shops in Yarmouth and Waterfire in Providence

There's something for everyone. Please join us.

Fondly, *Barbara*

Nutrition Presentation

By Claire Kennedy, MS RD LDN from Norwell VNA and Hospice

Thursday, September 4th
10:00 am
At the Senior Center

The topics to be covered are going to be Healthy Eating as We Age (overall nutrition but also nutritional needs as we age); Grocery shopping tips (includes selecting foods, money saving tips and tricks to shopping); meal suggestions and recipes.

Please call **Joanne at extension 2 to sign up** .



Matter of Balance

Presented by Norwell VNA

September 3,10,17,24

October 1,8,15,22

10:30 to 12:30

At the Senior Center

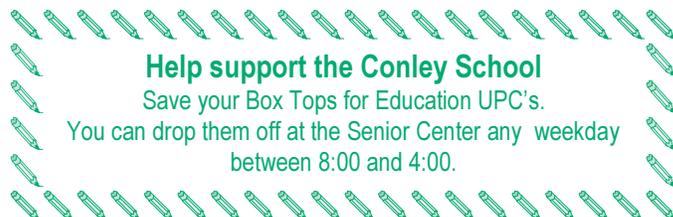
Learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change your environment to reduce fall risk factors
- Promote exercise to increase strength and balance

Benefit for anyone who is:

- Concerned about falls
- Has sustained a fall in the past
- Restricts activities because of concerns about falling
- Is interested in improving flexibility, balance & strength
- Is age 60 or older, ambulatory and able to problem – solve

Please call **Joanne at extension 2 to sign up** for this eight week series.



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.

FYI – Terry Altieri, SHINE

**MEDICARE OPEN ENROLLMENT
October 15—December 7, 2014**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015. It is important to **review, understand and save** this information.

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year.

If you would like help understanding your upcoming changes and options, call Terry at **extension 3** to make an appointment.



**BOOK BUZZ WITH MOLLY
At the Senior Center**

Join Molly, the Assistant Director of the Whitman Public Library, on the 2nd Friday of the month at the Senior Center to chat about books and authors.

Come hear about what new books and movies are available, talk about what you are currently reading, hear about other library programs and services, or get suggestions on what to read next!

UPCOMING DATES

Friday, September 12, 2014 10:00 am

Friday, October 10, 2014 10:00 am

Friday, November 14, 2014 10:00 am

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

FUEL ASSISTANCE

We will begin taking appointments in October for help in filling out applications for **first time** fuel assistance applicants.

Please call Joanne at extension 2 after October 1st to set up an appointment

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

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 September 25)

New Participants please call Linda at ext.1 to register.

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS**

at the Senior Center on

Friday, September 12th at 12:30

A potluck luncheon will be held before the meeting. Friends are asked to bring either a main course or dessert.

Anyone with questions should call Roberta at 781-261-3930. All are welcome to attend.

Crafts

12:30 at the Senior Center

With Erica from Sachem Center for Health and Rehabilitation

Wednesday, September 10th

with Denise

Wednesday, September 17th

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 they choose.

FUN, GAMES AND FITNESS

TAI CHI – Thursdays at 2:45.

Cost is \$5.00 per class. New Participants please call Linda at ext. 1 to register. **No Class on September 25th**

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.

COA BUS TRIPS

YARMOUTH THRIFT SHOPS

\$10.00 for transportation

Wednesday, September 17

Leaves the Center at 8:30

Terry Seer will lead the group to various thrift shops in the Yarmouth area and will also make a stop for lunch. Happy Bargain Hunting!!!

WATERFIRE in Providence

\$12.00 for transportation

Saturday, September 27

Leaves the Center at 3:30 p.m., Return approx 9:00 p.m.

You will have time to shop and/or eat at Providence Place Mall. Then enjoy the sights and sounds of Waterfire which begins at sundown at 6:36 p.m.

For Reservations, contact Linda at extension 1.



Motorcoach Tours presents:

Tuesday, September 16th

Foster's Lobsterbake \$80.00

York, Maine

With stops at Nubble Lighthouse, Stonewall Kitchen and Kittery Outlets. Menu Selections: Lobster, BBQ Chicken or Vegetarian.

Leaves Whitman VFW at 7:45; Return Approx. 6:30 p.m.

Upcoming on October 9th

Trip to Apple Country, Rhode Island \$52.00

Start out at the Old Country Store and Emporium, then lunch at Wright's Farm Restaurant. After lunch a scenic ride along routes 102 & 116 and the Scituate Reservoir - Apple Country.

Note: A December Trip to Boston Pops Christmas Show is being planned. If interested see Linda.

Call Linda at extension 1 for a reservation. Checks should be made payable to Terry Seer.

SEPTEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>LABOR DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Computer Workshops 11:30 Lunch—Swiss Cheese Omelet 1:00 Knitting/Crocheting 1:00 Loom knitting with Connie</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>3</p> <p>11:30 Lunch—American Chop Suey 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking</p> <p>10:30-12:30 Matter of Balance (week 1 of 8) Sign up at ext. 2</p> <p>9:00 AROUND TOWN Reserve by Friday - ext. 2</p>	<p>4</p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Chicken Piccata 2:45 Tai Chi 4:30 Zumba Gold at K of C</p> <p>10:00 Nutrition Presentation by NVNA, Sign up at ext 2</p> <p>9:00 WALMART in RAYNHAM & IHOP , PANERA or CHINESE BUFFET Sign up at ext. 1</p>	<p>5</p> <p>11:30 Lunch— Shaved Steak Sandwich with American Cheese 1:00 Bingo</p>
<p>8</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Cheeseburger 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>9</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Computer Workshops 11:30 Lunch—Sweet Potato Fish 12:30 Computer Workshops 1:00 Knitting/Crocheting 1:00 Loom knitting with Connie</p> <p>8:45 FOOD SHOPPING at STOP AND SHOP Transportation to Senior Center Reserve by Monday – ext. 2</p>	<p>10</p> <p>8:30 Podiatrist by Appt 11:30 Lunch—Lasagna 12-2 Blood Pressure at Sr. Center 12:30 Crafts with Erica 1:00 Mah Jongg 1:00 Cards</p> <p>10:30-12:30 Matter of Balance (week 2 of 8)</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>11</p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Beef Tips 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>12</p> <p>11:30 Lunch-Oriental Chicken Salad 1:00 Friends Meeting</p> <p>10:00 Book Buzz with Molly Sign up at ext. 2</p> <p>9:30 CASTLE ISLAND Sign up at ext. 1</p>
<p>15</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— BBQ Beef Rib 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>16</p> <p>8:00 Walking Group 9:00 State Rep Geoff Diehl 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Computer workshops 11:30 Lunch—Mac and Cheese 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting 1:00 Loom knitting with Connie</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>17</p> <p>11:30 Lunch—Chicken Stir Fry 12:30 Crafts with Denise 1:00 Mah Jongg 1:00 Cards</p> <p>10:30-12:30 Matter of Balance (week 3 of 8)</p> <p>9:00 CAPE COD (YARMOOUTH) THRIFT SHOPS Sign up at ext. 1</p>	<p>18</p> <p>8:00 Walking Group 11:30 Lunch—Meatloaf 12:15-1:45 Wellness Clinic at Harvard Court 2:45 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 SOUTH SHORE PLAZA, Cheesecake Factory-Braintree Sign up at ext. 1</p>	<p>19</p> <p>11:30 Lunch—Wild Salmon</p>
<p>22</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Meatball Sub 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>23</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Computer Workshops 11:30 Lunch—Southern Style Fish 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 1:00 Loom Knitting with Connie</p> <p>8:45 FOOD SHOPPING at STOP & SHOP / Transportation to Sr. Center Reserve by Monday – ext. 2</p>	<p>24</p> <p>11:30 Lunch—Chicken Parm esan 1:00 Mah Jongg 1:00 Cards</p> <p>10:30-12:30 Matter of Balance (week 4 of 8)</p> <p>9:00 VANITY FAIR OUTLETS in Dartmouth Sign up at ext. 1</p>	<p>25</p> <p>8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch—Sloppy Joe 2:45 NO Tai Chi 4:30 Zumba Gold at K of C</p> <p>FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p>26</p> <p>9:30 Manicurist 11:30 Lunch—Roasted Turkey</p> <p>~~~~~ Sat 27- 3:30 Providence Place / Waterfire Sign up at ext. 1</p>
<p>29</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Stuffed Shells 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by Thursday - ext. 2</p>	<p>30</p> <p>8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11-1 Computer Workshops 11:30 Lunch—Chicken Gumbo 1:00 Knitting/Crocheting 1:00 Loom Knitting with Connie</p> <p>8:45 FOOD SHOPPING at SHAW'S-BROCKTON / Transportation to Sr. Center Reserve by Monday – ext. 2</p>		<p>~~~~~ Sign Ups for COA Bus Trips begin on August 29th ~~~~~</p>	<p>Phone extensions for sign-ups:</p> <p>Linda—extension 1 Joanne—extension 2 Fran (meals) - extension 4</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES Too Late For Seniors To Stop Smoking?

No. It's never too late to stop smoking. An estimated 9% of Americans over age 65 are smokers. The leading cause of preventable death is from smoking— 480,000 people die in the United States from smoking each year.

Most older smokers know that it's not good for them. They know that quitting would lead to many improvements in their life: they would save money (\$21,900 saved over 10 years for a 1 pack-a-day user), cough less, and have better smelling breath, fewer wrinkles, and more energy. They would also lower their risk of heart attack, stroke, bronchitis, and cataracts, among other diseases.

Quitting has benefits at any age and some of the improvements are immediate. Here are the benefits compiled by the Centers for Disease Control and Prevention:

- 20 minutes after quitting your heart rate drops.
- 12 hours after quitting carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting your heart attack risk begins to drop, and your lung function begins to improve.
- 1 to 9 months after quitting your coughing and shortness of breath decrease.
- 1 year after quitting your added risk of coronary heart disease is half that of a smoker's.
- 5 years after quitting your stroke risk will start decreasing. In 5-15 years, your stroke risk may be equivalent to a non-smoker's.
- 10 years after quitting your lung cancer death rate is about half that of a smoker's and your risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.

- 15 years after quitting your risk of coronary heart disease is back to that of a nonsmoker's.

But older smokers face some real challenges in quitting. You may have tried to quit more than once before and were unsuccessful. If you weren't able to quit before, you know how hard it can be and you may feel too discouraged to try again. For people who have smoked for many years, quitting may feel like saying goodbye to a friend. Nicotine is very addictive. One of the greatest challenges most smokers face is getting through the withdrawal symptoms in the first couple of weeks.

Many former smokers age 50 and older say their main reason for quitting was for their health or because their doctor told them to stop. But smokers also quit to take back control of their lives or to satisfy a loved one who wants them healthier. Older adults have had lots of experience accomplishing difficult tasks and may be better prepared than when they were younger to take on the challenge to quit smoking. They know quitting is tough and won't be easy, but may be more willing to work at it and be successful.

The National Cancer Institute has a 44 page booklet titled [Clear Horizons: A Quit-Smoking Guide for People 50 and Older](#), which explains how to set a **Quit Date**, and develop a **Quit Plan** that uses friends and family for support, offers tips to break smoking patterns, resists negative thinking and suggests medications that can help.

There will be challenges along the way, but it can be done and help is available. For more information: <http://nihseniorhealth.gov/quittingsmoking/quittingwhenyoureolder/01.html>.

Visit Smokefree.gov or go directly to the resource page at <http://smokefree.gov/free-resources>.

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

Well, Hi — How are you all doing today? I hope you are all feeling well and enjoying another new month. Going on the Foster's Clambake trip down Maine this month? I am looking forward to this. I just love a clambake. Any chance of seeing you there? I hope so. It's pretty hard to believe that we are almost at "back to school" time. My niece was here from Minnesota last month. I love having her visit. The only trouble, it's too short a time. We had a lot of fun together and of course a lot of "chatting", laughs and "eating outs". Nothing nicer than having family visits and get togethers. I hope you all are as blessed to have them as I am. Be seeing you on some of the trips. Were you at the Friends cookout last month? That too is always a great time. They do good work for all the Seniors in town and as always it's free. What more could you ask for? So for now, adieu and see you again soon.

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.

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, September 23rd 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, September 16th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, September 10th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: October 8th, November 12th, December 10th

WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

PLEASE NOTE CHANGE OF SCHEDULE:

Wednesday:

September 10 Senior Center 12:30 --2:00

Thursday:

September 18 Harvard Court 12:15 --1:45

Tuesdays at the Town Hall (VNA Office, Lower Level)

September 2, 9, 16, 23, 30 3:00—6:00

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, September 18th 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, September 26th. 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 11:00, 12:00 or 1:00

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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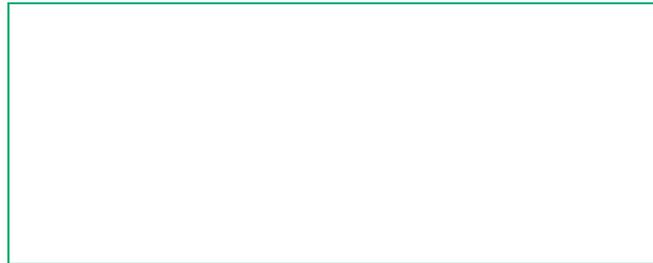
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RETURN SERVICE REQUESTED



~Smile of the day~

An elderly gent was invited to his old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms-Honey, My Love, Darling, Sweetheart, Pumpkin, etc.

The couple had been married almost 70 years, and clearly they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old man hung his head. "I have to tell you the truth," he said, "I forgot her name about 10 years ago."

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.