

# 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

### OCTOBER 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:

##### *October is National Fire Prevention Month*

**Coffee Hour with Fire Chief Grenno**  
**Monday, October 6 at 9:30 am**

In recognition of October as National Fire Prevention Month, we are pleased to have Whitman Fire Chief Tim Grenno join us for a Coffee Hour on Monday, October 6th at 9:30 am.

Chief Grenno will discuss important tips and safeguards that can help protect you and those you care about from fires and burns. Since statistics show that older adults are more than twice as likely to suffer serious injury or death from fire as any other age group, we hope you'll join us for this timely and very important topic.

Reservations are required. Contact Joanne at extension 2.

*Barbara*

#### *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.

#### **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.

#### **Congratulations to our Artists!**

Peter O'Brien and Marjorie Terzian of our Tuesday morning Art Class won prizes for their paintings at the Marshfield Fair.



Marjorie's "Wild Pansies"- 1st place

"Rough Beach"- 3rd place

Peter's "Fishing Buddy's"- 1st place

"Eilean Donan Castle, Scotland"- 3rd place

"Bird"- 3rd place

## Do You Have Medication Questions?

Ask a Duval's Pharmacist  
Friday, October 17th  
10:00 at the Senior Center

Do you have medication questions? They've got answers. Come consult with a pharmacist at their "Medication Brown Bag Program". Bring your medications and/or medication list (in a brown bag if you care to) and review them with a pharmacist from Whitman's Duval's Pharmacy.

The pharmacist will check for interactions and therapy duplications. This is especially important if you use more than one pharmacy (ie: mail order and a local pharmacy).

Also learn about special services offered by Duval's Pharmacy, such as Medpacks, Medication Synchronization, free home delivery and vaccines.

Call Joanne at extension 2 at the Center to reserve your seat .

### *Snippets of wisdom from 'Life's Little Instruction Book'...*

*'Share your knowledge. It's a way to achieve immortality.'*

*'Don't overlook life's small joys while searching for the big ones.'*

*'Don't burn bridges. You'll be surprised how many times you have to cross the same river.'*

### A NOTE TO **SNOWBIRDS** .....

If you are a "Snowbird" preparing to spend the winter in a warmer client, please contact us to have your name temporarily taken off the Newsletter mailing list.

This will avoid the added expense of Returned Postage and would be greatly appreciated!

### MONTHLY MEETING OF THE FRIENDS

at the Senior Center on  
**Friday, October 10th at 1:00**

Come in a costume, mask or as yourself and join the festivities.

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

## Ice Scream Social

Friday, October 31  
1:00 P.M.  
at the Senior Center

Come to the Senior Center for an old fashioned ice cream sundae with your choice of toppings.  
\$1.00 per ticket



Come in costume and your name will be entered into a drawing for a prize.

Get your ticket from Linda at the Senior Center.  
Only 36 tickets available, so do not wait.

**MOVIE & POPCORN  
AT THE SENIOR CENTER  
FRIDAY, OCTOBER 24th  
1:00 p.m.**

### **PHILOMENA**

Starring Judi Dench and Steve Coogan  
PG-13, Run time – 1 hr 38 min.

The true story of Philomena Lee, an Irishwoman in her 70's, who became pregnant as a teenager in 1952. Her family abandoned her out of shame and sent her to a convent. Three years later, the nuns made her give up her son Anthony for adoption in America, and to promise to never seek to know what happened to her son. The touching story is about the lucky circumstances that happen that allow her to find her son.

Call Joanne at extension 2 to reserve your seat .  
Space is limited to 15 attendees.

**“LETS GET HOOKED”**

Join us in the easy and fun craze of Loom Knitting

New midday class with Connie on Tuesdays at 1:00 p.m. at the Senior Center.

Learn to make a variety of hats, ear warmers, scarves, mittens, etc.

Supplies needed: Boye 4 Loom Knitting Set  
scissors, tape measure, knitting hook  
2 skeins Red Heart, med 4 worsted yarn  
small note pad and pen

Warning – Very addictive !!

**Feel free to come in and observe before you buy the Loom set.**

Please call **Joanne at extension 2** to sign up.  
If you need a ride, the COA bus is available.



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

**Wednesday, October 15th**

Materials are provided. Just bring your creativity.

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

*Will you be the next Jeopardy Champion?*

**Jeopardy**  
**At the Senior Center**  
**Thursday, October 9th at 1:00**

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

**Space is limited.**  
**Call Joanne at extension 2 to 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. No class on October 2 or 9.** 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.

**COA BUS TRIPS**



**SALEM, MA**

\$10.00 covers transportation only.

**Friday, October 17**  
Leaves the Center at 9:00

Spend time on your own to explore downtown Salem. Shop, eat, or check out the Salem Open Market with unusual handmade products from local artists and designers.

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**For Reservations, contact Linda at extension 1.**

## OCTOBER 2014

| Monday                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                                                                                 | Friday                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Phone extensions for sign-ups:</i></p> <p><i>Linda—ext 1</i><br/><i>Joanne—ext 2</i><br/><i>Fran (meals) - ext 4</i></p>                                                                                                            | <p><b>Please Note:</b></p> <p><b>TRIP SIGN UPS BEGIN ON SEPTEMBER 26TH</b></p>                                                                                                                                                                                                                                                | <p>1</p> <p>11:30 Lunch—Salisbury Steak<br/>1:00 Mah Jongg<br/>1:00 Cards<br/>6:00 Scrapbooking</p> <p>10:30-12:30 Matter of Balance (week 5 of 8)</p> <p>9:00 WALMART in Plymouth, Woods Restaurant<br/>Sign up at ext. 1</p>                           | <p>2</p> <p>9:30 Hairdresser by Appt<br/>11:30 Lunch—Tuna Fish Salad on a sub roll<br/>2:45 NO Tai Chi<br/>4:30 Zumba Gold at K of C</p> <p>9:30 CHRISTMAS TREE SHOP IN AVON and Town Spa Restaurant in Stoughton<br/>Sign up at ext. 1</p>                                                                                                              | <p>3</p> <p>11:30 Lunch-Hawaiian Pork Roast<br/>1:00 Bingo</p>                                                                                                                                      |
| <p>6</p> <p>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Swiss Cheese Omelet<br/>1:00 Bingo</p> <p>9:30 Coffee Hour with Whitman Fire Dept.<br/>Sign up at ext 2</p> <p>9:00 AROUND TOWN<br/>Reserve by Thursday - ext. 2</p> | <p>7</p> <p>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Orange Almond Chicken<br/>12:00 Computer Workshop<br/>1:00 Knitting/Crocheting<br/>1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at TRUCCHI'S / Transportation to Sr. Center<br/>Reserve by Monday - ext. 2</p>                              | <p>8</p> <p>8:30 Podiatrist by Appt.<br/>1:30 Lunch—Cheeseburger<br/>12:30-2:00 Wellness Clinic at Senior Center<br/>1:00 Mah Jongg<br/>1:00 Cards</p> <p>10:30-12:30 Matter of Balance (week 6 of 8)</p> <p>9:00 HANOVER MALL<br/>Sign up at ext. 1</p> | <p>9</p> <p>9:30 Hairdresser by Appt<br/>11:30 Lunch—Fish Florentine<br/>2:45 NO Tai Chi<br/>4:30 Zumba Gold at K of C</p> <p>1:00 Jeopardy<br/>Sign up at ext. 2</p> <p>Motorcoach Trip to Apple Country Rhode Island</p> <p>9:30 CASTLE ISLAND<br/>Sign up at ext. 1</p>                                                                               | <p>10</p> <p>11:30 Lunch-Beef Stroganoff<br/>1:00 Friends Meeting</p> <p>10:00 New Monthly Book Club at the Senior Center—"Book Buzz" with Molly from the Whitman Library<br/>Sign up at ext. 2</p> |
| <p>13</p> <p><b>COLUMBUS DAY HOLIDAY</b></p> <p><b>SENIOR CENTER CLOSED</b></p>                                                                                                                                                           | <p>14</p> <p>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Smoked Ham with raisin sauce<br/>12:00 Computer Workshops<br/>1:00 Knitting/Crocheting<br/>1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center<br/>Reserve by Monday - ext. 2</p>              | <p>15</p> <p>11:30 Lunch—Mini Ravioli<br/>12:30 Crafts with Denise<br/>1:00 Mah Jongg<br/>1:00 Cards</p> <p>10:30-12:30 Matter of Balance (week 7 of 8)</p> <p>9:00 AROUND TOWN<br/>Reserve by Thursday - ext. 2</p>                                     | <p>16</p> <p>11:30 Lunch—Southern Chicken<br/>12:15-1:45 Wellness Clinic at Harvard Court<br/>2:45 Tai Chi<br/>4:30 Zumba Gold at K of C</p> <p>BROWN BAG PICKUP<br/>Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00</p> <p>9:00 Good Days Restaurant and MARKET BASKET in West Bridgewater<br/>Sign up at ext. 1</p> | <p>17</p> <p>11:30 Lunch—Beef Chili</p> <p>10:00 Duval's Pharmacy "Medication Brown Bag" Program (Details on Page 2)<br/>Sign up at ext. 2</p> <p>9:00 SALEM (see page 3)<br/>Sign up at ext. 1</p> |
| <p>20</p> <p>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Chicken Cacciatore<br/>1:00 Bingo</p> <p>9:00 AROUND TOWN<br/>Reserve by Thursday - ext. 2</p>                                                                      | <p>21</p> <p>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Fish Sandwich<br/>12:00 Computer Workshops<br/>1:00 Hearing Check by Appt<br/>1:00 Knitting/Crocheting<br/>1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at SHAW'S / Transportation to Sr. Center<br/>Reserve by Monday - ext. 2</p>        | <p>22</p> <p>11:30 Lunch—American Chop Suey<br/>1:00 Mah Jongg<br/>1:00 Cards</p> <p>10:30-12:30 Matter of Balance (week 8 of 8)</p> <p>9:30 WRENTHAM OUTLETS and Cracker Barrel Restaurant<br/>Sign up at ext. 1</p>                                    | <p>23</p> <p>9:30 Hairdresser by Appt<br/>11:30 Lunch—Roast Turkey<br/>2:45 Tai Chi<br/>4:30 Zumba Gold at K of C</p> <p>9:30 OCEAN STATE JOB JOT and Butterfield's Restaurant in Rockland<br/>Sign up at ext. 1</p>                                                                                                                                     | <p>24</p> <p>9:30 Manicurist<br/>11:30 Lunch—Unstuffed Pepper Casserole</p> <p>1:00 MOVIE at the SENIOR CENTER (see page 2)<br/>Sign up at ext. 2</p>                                               |
| <p>27</p> <p>8:00 Wii Bowling<br/>11-1 Blood Pressure<br/>11:30 Lunch—Swedish Meatballs<br/>1:00 Bingo</p> <p>9:00 AROUND TOWN<br/>Reserve by Thursday - ext. 2</p>                                                                       | <p>28</p> <p>9:00 Art Class<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—Fish Tacos<br/>12:00 Computer Workshops<br/>12:00 Atty Whitney by Appt<br/>1:00 Knitting/Crocheting<br/>1:00 Loom Knitting w/ Connie</p> <p>9:00 FOOD SHOPPING at STOP AND SHOP / Transportation to Senior Center<br/>Reserve by Monday - ext. 2</p> | <p>29</p> <p>11:30 Lunch—Chicken Stew<br/>1:00 Mah Jongg<br/>1:00 Cards</p> <p>FOXWOODS CASINO<br/>Pickup 7:30 Center, 7:45 Home<br/>Return Home 7:00 pm<br/>Sign up at ext. 1</p>                                                                       | <p>30</p> <p>9:30 Hairdresser by Appt<br/>11:30 Lunch—Egg Salad<br/>2:45 Tai Chi<br/>4:30 Zumba Gold at K of C</p> <p>9:30 DERBY STREET SHOPS and BERTUCCI'S in Hingham<br/>Sign up at ext. 1</p>                                                                                                                                                        | <p>31</p> <p>11:30 Lunch—Meatloaf with Gravy</p> <p>1:00 ICE SCREAM SOCIAL (ticketed event—see page 2)</p>                                                                                          |

Eldercare Q & A from OLD COLONY ELDER SERVICES  
**CAN ANTIBIOTICS DO MORE HARM THAN GOOD?**  
**Is it bad for me to take antibiotics that I do not need?**

Yes. If you take an antibiotic you don't need:

- You are vulnerable to the drug's side effects, but none of its benefits. Older people may have more side effects from medications, and these side effects can cause multiple problems – health outcomes you want to avoid. Side effects can include: fever, rash, diarrhea, nausea, vomiting, headache, and nerve damage.
- You expose yourself to potential drug interactions that are unnecessary - medications could become less effective or cause new symptoms when taken with other medications.
- You increase your risk of developing a resistant infection in the future.
- a burning feeling, discomfort or pain with urination;
- pain in the lower abdomen or back;
- increase in urination frequency (needing to "go" more often than usual);
- repeated strong urges to urinate;
- blood in the urine.

Antibiotics are drugs that fight infections caused by bacteria. Although antibiotics have many beneficial effects, their use has created the problem of *antibiotic resistance*, the ability of bacteria to resist the effects of an antibiotic. When resistance occurs, bacteria change, survive, and multiply, causing more harm and possibly making you sicker. Fighting resistance requires stronger drugs and more health care, likely with a longer recovery time. Resistance issues are causing a crisis that the Director of the Centers for Disease Control warns is a "threat to health. If we don't act now, our medicine cabinet will be empty and we won't have the antibiotics we need to save lives."

As many as half of all the antibiotics prescribed are not needed or are not prescribed appropriately. One common situation is when a urinary tract infection (UTI) is suspected. UTI is caused by bacteria in any part of your urinary system including the urethra, bladder, ureters and kidneys. With a UTI, you may or may not have a fever. You may also experience other symptoms, including:

A urine culture test may show bacteria, but that doesn't mean you have a UTI. It's necessary to find both bacteria in the urine and the presence of specific symptoms listed above. Bacteria can and do live naturally in the bladder without causing pain or symptoms. In the past, when a urine specimen tested positive for bacteria, people thought it should be treated with antibiotics, even when specific symptoms were not present. Now, the American Geriatric Society recommends to doctors that they should not prescribe antibiotics for these harmless bacteria unless specific symptoms are present. For more background, go to <http://www.macoalition.org/uti-elderly-tools>.

Non-specific symptoms, such as confusion, a sudden change in behavior, fatigue, or a fall, may be caused by other factors like dehydration, medication side effects, poor sleep, inadequate nutrition, constipation, depression, or pain. It is important to consider these possible causes to prevent missing the real diagnosis.

Here are some questions for you and your loved ones to ask the doctor:

- Why do I need an antibiotic?
- When should I stop taking this medication?

Understanding the risks of using antibiotics when not needed leads to good, safe care. The safest care happens when you partner closely with your medical team to understand and follow the most current advice.

## 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 **9:00**. The Bus is also available beginning at 11:15 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**

October is usually a wonderful month weather wise and busy wise. But this year has been rather strange so I guess we'll just wait and see what comes forth. The Old Farmers Almanac is predicting possible frost in New England with a threat of tropical storms. Well, time will tell and generally my aches and pains deliver as good a forecast ... had some fun times last month and I look forward to more this month. The mini bus hopefully will have something a bit different this month for us. I hope you are all enjoying these days and maybe a trip or two.

Keep Busy, Keep Well and Keep Happy

*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, October 28th 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, October 21st by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST**

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

**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:**

October 8 Senior Center 12:30 --2:00

**Thursday:**

October 16 Harvard Court 12:15 --1:45

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

October 7, 14, 21, 28 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, October 16th **12:00 to 3:00 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, October 24th. 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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The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

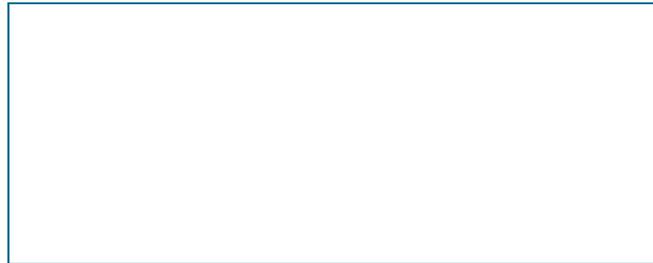
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**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



**Motorcoach Tours present:**

**Trip to Apple Country Rhode Island**  
**Thursday, October 9th — \$52.00**

Leaves Whitman VFW at 9:00 a.m.

Don't miss a great foliage trip to Apple Country Rhode Island. Trip includes stops at the Old Country Store and Emporium, then to Wrights Chicken Farm for an all you can eat Chicken Dinner. After lunch, a visit to Jaswell's Farm Stand.

**Trip to the Christmas Show at the Log Cabin in Chicopee**  
**Thursday December 4th — \$82.00**

Leaves Whitman VFW at -(time tbd)

Enjoy the Christmas Concert with Broadway Cabaret Singer Karen Wagner and the Singing Police Officer Robert Iovanna Duo who share their love for music for a Christmas to Remember. Lunch is marinated sirloin, baked potato, dessert, coffee, tea and glass of wine.

**Call Linda at extension 1 for a reservation.**

Checks should be made payable to Terry Seer.

***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](http://www.seekandfind.com)

and on the Town of Whitman website

[www.whitman-ma.gov](http://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.