

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*
Robert Titterington
Barbara J. Garvey, *Director*

SEPTEMBER 2015

Mae Cousineau, *Vice Chairman*
Jean McDonald

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:

'Back to school time' means program planning time for the Senior Center. As always, I welcome your suggestions for programs, activities, and trips that you'd like to see offered.

We have some different and interesting activities coming up this month that I hope you'll take advantage of.

Be well and enjoy the Fall!

Barbara

MEDICARE OPEN ENROLLMENT

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 2016: *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, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Contact Terry Altieri at the Senior Center for an appointment at 781-447-7619 ext. 3

David Shikes - Humorist
At the Senior Center
Friday, September 18th
1:30 P.M.

David Shikes has been entertaining audiences for the past 10 years bringing people together through humor and stories of New England.

Laughter is the best medicine, don't miss out!
Light refreshments will be provided.

Seats are reserved. Call Joanne at ext. 2 to sign up.

Coloring for Stress Relief
At the Senior Center
Wednesday, September 30th
1:30 P.M.

Chill. Chat. Color.

If you haven't tried the new craze of coloring for 'grown-ups', come in and see what it's all about. Adult coloring is a meditative pastime that can help with stress relief and encourage creativity. Materials will be provided. If you have already started a project, bring your own work and join us.

Coffee and cookies will be available.

Call Joanne at ext. 2 to sign up.

LYME DISEASE PREVENTION AND AWARENESS

PRESENTED BY NORWELL VNA AND THE WHITMAN BOARD OF HEALTH
AT THE SENIOR CENTER
10:30 THURSDAY, SEPTEMBER 24TH

This free program will address prevention, signs and symptoms of Lyme Disease, measures to take if you have been bitten by a tick and personal protection measures. Questions and answers follow the presentation.

Call Joanne at extension 2 to reserve your seat .

If you can't make it to the Senior Center, this is also being presented on Wednesday, September 23rd at 6:30 p.m. in the Library Community Room. Call the Board of Health at 781-618-9755 to sign up.

FLU VACCINE NOTICE

Announcement from the Whitman Board of Health:

The Massachusetts Department of Public Health will not be providing towns with free flu vaccine for the 2015-2016 season. Due to this decision, Whitman will not be conducting any flu clinics for the 2015-2016 flu season (this includes the Senior Center). Please make arrangements with your primary care physician to receive your flu and pneumonia vaccines. If you have any question or concerns, please contact the Board of Health office at 781-618-9755.

HAZARDOUS WASTE DAY
Saturday, September 19th
9 a.m.—1 p.m.

Abington/Whitman
Abington Highway Garage
22 Central Street

Items accepted are:

Toxic/ Hazardous paints, chemicals, cleaners
Automotive Fluids
Mercury Products

Stop in the Center or Town Hall for a flyer with more details.

FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
At the Senior Center on
Friday, September 11th at 1:00 P.M.
Meeting with Penny Sale to follow

Donations to the Penny sale are welcome that day.
Anyone with questions should call Roberta at 781-261-3930 or
Melinda at 781-447-8132

~~~~**BREAKING NEWS**~~~~

**By popular demand, we have added another day of  
Chair Zumba**

CHAIR ZUMBA  
Mondays and Thursdays  
9:15 at the Senior Center  
Cost is \$5.00 per class

New Participants should call Linda at extension 1 to register.

**Movie of the Month**

**"THE BUTLER"**  
**At the Senior Center**  
**Friday, September 25th**  
**12:30 p.m.**



The story of a White House butler who served seven American presidents over three decades is recounted. The film traces the dramatic changes that swept American society during this time.

Starring: Forest Whitaker, Oprah Winfrey, Jane Fonda  
Run Time: 2:12

Rated-PG -13 some disturbing images, language, sexual material, and thematic elements.

**Call Joanne at extension 2 to reserve your seat .**  
**Space is limited to 12 attendees.**

**Motorcoach Tours Presents:**

Thursday, September 24th  
Pioneer Valley  
\$75.00 (tip included)

A stop at the Bridge of Flowers in Shelburne Falls, then off to Yankee Candle Village. Lunch will be at Chandlers Restaurant (choice of Roast Sirloin of Beef w/shallots, Baked Haddock, Turkey dinner or Grilled Vegetable lasagna). After lunch, a stop at Atkins Farms in Amherst.

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

Will you be the next Jeopardy Champion?

**Jeopardy**  
**At the Senior Center**  
**Thursday, September 24th at 1:00**

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.**

**BOOK BUZZ ..... At the Senior Center**  
**Friday, September 11th at 10:00**

Join a representative from 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!

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

**FUN, GAMES**  
**AND FITNESS**

**BAGGO**-Tuesdays at 10:00 am.

**BINGO**—Mondays at 1:00 pm and the First Friday of each month at 1:00.

**BINGO at Harvard Court**— Wednesdays at 12:30

**CHAIR ZUMBA**—Mondays and Thursdays at 9:15 am  
 Cost is \$5.00 per class, payable to the instructor.

**CARDS**— Wednesdays at 1:00

**MAH JONGG**—Wednesdays at 1:00 pm.

**PICKLEBALL**— Tuesday and Thursday morning at 8:00. The court is behind the Police station. New participants please call Linda at ext. 1 to register.

**TAI CHI** — **Thursdays at 2:00 at the Town Hall.** Cost is \$5.00 per class. New Participants please call Linda at ext. 1 to register.

**Wii BOWLING**—Mondays at 8:00 am

**COA BUS TRIPS**



**Cape Cod Canal Cruise**

Friday, September 11th

Leaves the Center at 10:30

\$20.00 includes 2 hour cruise and transportation  
 (8 seats available)

Start with lunch right at the dock in Onset at Stash's Restaurant with beautiful waterviews. After a relaxing lunch, head over to board the boat for a 2 hour cruise along the Cape Cod Canal.

**Cape Cod Scallop Festival**

Friday, September 18th

Leaves the Center at 9:30

\$10.00 for transportation, \$7.00 General Admission

Enjoy the food court, entertainment or shop at the craft show.  
 Lots to do and enjoy.

**Providence Place**

Saturday, September 26th

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

\$12.00 for transportation only

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 6:38 p.m.

Call **Linda at extension 1** to sign up.  
 Sign up date is Wednesday August 26th.

BAGGO, the Bean Bag Toss game is still being played on Tuesday mornings at 10:00 through October, weather permitting.  
 The perfect game for all ages. Give it a try.

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



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

**Wednesday, September 9th with Denise**

Cost is \$2.00 per class to help offset supplies expense.

Reservations are required  
 Please call **Joanne at extension 2** if you will be participating.

## SEPTEMBER 2015

| Monday                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Phone extensions for sign-ups:</i><br/><i>Linda—ext 1</i><br/><i>Joanne—ext 2</i><br/><i>Fran (meals) - ext 4</i></p>                                                                                                        | <p>1</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Chicken Stir Fry</b><br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at SHAWS</b><br/>Reserve by noon Monday – ext. 2</p>                                                                     | <p>2</p> <p>11:30 Lunch—<b>Tuna Salad on Lettuce Bed</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing<br/>6:00 Scrapbooking</p> <p><b>TWIN RIVER CASINO</b><br/>Pickup 8:00 Center; 8:15 Home<br/>Return Home 4:00<br/>Sign up at ext. 1</p>                                             | <p>3</p> <p>9:15 Chair Zumba<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—<b>Roast Turkey</b><br/>2:00 <b>Tai Chi</b></p> <p><b>9:00 WALMART in RAYNHAM &amp; IHOP , CHINESE BUFFET or PANERA</b><br/>Sign up at ext. 1</p>                                                                                                                | <p>4</p> <p>11:30 Lunch—<b>Hot Dog w/ Bun</b><br/>1:00 <b>Bingo</b></p>                                                                                                                                                                         |
| <p>7</p> <p><b>LABOR DAY</b><br/><br/><b>SENIOR CENTER CLOSED</b></p>                                                                                                                                                              | <p>8</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Greek Chicken</b><br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br/>Reserve by noon Monday – ext. 2</p>                                                              | <p>9</p> <p>8:30 <b>Podiatrist by Appt.</b><br/>12:30 <b>Crafts with Denise</b><br/>1:30 Lunch—<b>Salmon Boat</b><br/>12:30-2:00 Wellness Clinic at Senior Center<br/>1:00 Mah Jongg<br/>1:00 Card Playing</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> | <p>10</p> <p>9:15 Chair Zumba<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—<b>Stuffed Shells</b><br/>2:00 <b>Tai Chi</b></p> <p><b>9:00 HANOVER MALL, Squires Restaurant-Hanover</b><br/>Sign up at ext. 1</p>                                                                                                                             | <p>11</p> <p>11:30 Lunch—<b>Meatloaf w/ Gravy</b><br/>1:00 <b>Friends Meeting</b></p> <p><b>10:00 Book Buzz</b><br/>Sign up at ext. 2</p> <p><b>10:30 CAPE COD CANAL CRUISE</b><br/>Sign up at ext. 1</p>                                       |
| <p>14</p> <p>8:00 Wii Bowling<br/>9:15 Chair Zumba<br/>11-1 Blood Pressure<br/>11:30 Lunch—<b>Steak &amp; Peppers on Whole Wheat Roll</b><br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p> | <p>15</p> <p>9:00 Art Group<br/>9:00 State Rep Geoff Diehl<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Macaroni &amp; Cheese</b><br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom<br/>1:00 Hearing Check by Appt</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at SHAWS</b><br/>Reserve by noon Monday – ext. 2</p> | <p>16</p> <p>11:30 Lunch—<b>Chicken Marsala</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing</p> <p><b>9:00 CASTLE ISLAND</b><br/>Sign up at ext. 1</p>                                                                                                                                  | <p>17</p> <p>9:15 Chair Zumba at the Town Hall<br/>11:30 Lunch—<b>Roast Beef on Lettuce Bed w/Kaiser Roll</b><br/>12:15-1:45 Wellness Clinic at Harvard Ct<br/>2:00 <b>Tai Chi</b></p> <p><b>BROWN BAG PICKUP</b><br/>Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</p>                          | <p>18</p> <p>9:30 Manicurist<br/>11:30 Lunch—<b>Roast Pork w/ Fruit Salsa</b></p> <p><b>1:30 DAVID SHIKES HUMORIST</b><br/>Sign up at ext. 2</p> <p><b>9:30 CAPE COD SCALLOP FESTIVAL-East Falmouth</b><br/>Sign up at ext. 1</p>               |
| <p>21</p> <p>8:00 Wii Bowling<br/>9:15 Chair Zumba<br/>11-1 Blood Pressure<br/>11:30 Lunch—<b>Sloppy Joe</b><br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                              | <p>22</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>Chicken Parmesan</b><br/>11:00 Computer Workshops<br/>12:00 Atty Whitney by Appt<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at STOP &amp; SHOP</b><br/>Reserve by noon Monday – ext. 2</p>                           | <p>23</p> <p>11:30 Lunch—<b>Swiss Cheese Omelet</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing</p> <p><b>9:00 MIKO'S CAFÉ, DOLLAR TREE, MARKET BASKET-Brockton</b><br/>Sign up at ext. 1</p>                                                                                           | <p>24</p> <p>9:15 Chair Zumba<br/>9:30 Hairdresser by Appt<br/>11:30 Lunch—<b>Spanish Pot Roast</b><br/>2:00 <b>Tai Chi</b></p> <p><b>10:30 Lyme Disease presentation</b><br/><b>1:00 Jeopardy</b><br/>Sign up at ext. 2</p> <p><b>FOXWOODS CASINO</b><br/>Pickup 7:30 K of C; 7:45 Home<br/>Return Home 7:00 pm<br/>Sign up at ext. 1</p> | <p>25</p> <p>11:30 Lunch—<b>Potato Crunch Fish</b></p> <p><b>1:00 MOVIE at the SENIOR CENTER (see Page 2)</b><br/>Sign up at ext. 2</p> <p>~~~~~<br/><b>Saturday 26th</b><br/><b>3:30 PROVIDENCE PLACE/ WATERFIRE</b><br/>Sign up at ext. 1</p> |
| <p>28</p> <p>8:00 Wii Bowling<br/>9:15 Chair Zumba<br/>11-1 Blood Pressure<br/>11:30 Lunch—<b>Mediterranean Chicken</b><br/>1:00 Bingo</p> <p><b>9:00 AROUND TOWN</b><br/>Reserve by 4:00 Thursday at ext. 2</p>                   | <p>29</p> <p>9:00 Art Group<br/>9:30 Hairdresser by Appt<br/>10:00 Baggo<br/>11:30 Lunch—<b>BBQ Pork Patty</b><br/>11:00 Computer Workshops<br/>1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center<br/><b>1:00 FOOD SHOPPING at SHAWS</b><br/>Reserve by noon Monday – ext. 2</p>                                                                      | <p>30</p> <p>11:30 Lunch—<b>Eggplant Parmesan</b><br/>1:00 Mah Jongg<br/>1:00 Card Playing</p> <p><b>1:30 Coloring for Stress Relief</b><br/>Sign up at ext. 2</p> <p><b>9:30 SOUTH SHORE PLAZA, Cheesecake Factory in Braintree</b><br/>Sign up at ext. 1</p>                       | <p><b>TRIP SIGN UPS BEGIN ON AUGUST 26th AT 8:00 A.M.</b></p> <p>...</p> <p><b>(You may sign up yourself and one additional Person)</b></p>                                                                                                                                                                                                |                                                                                                                                                                                                                                                 |

## Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

**Q. HOW LONG IS LONG TERM CARE?****What is long term care, and how long is it needed?**

Long term care refers to a variety of in-home services and supports designed to help someone with personal care needs, like eating, bathing, dressing, walking and toileting. It is predominately not medical care—and it can take place over a short or long period of time. The goal of these services and supports is to help you live as independently as possible when you need help doing some everyday activities. The term you will often hear now is “long term services and supports” (LTSS).

About 70% of people over age 65 need some type of long term care during their lifetime. Perhaps the best known form of long term care is nursing facility services – but most long term care is provided in the home, and most personal care is provided by unpaid family members and friends.

Many nursing facilities and hospitals offer short-term “rehabilitation” to help you transition back to the community. Many of these rehabilitation services can also be provided in your own home.

If you have had medical treatment for a stroke or a broken hip, for example, you may get some medical care after you return home, but you may also need some help with what are called “activities of daily living” (ADLs) like using the toilet, taking a shower, walking and dressing. Tasks like shopping, cooking, and transportation, known as “instrumental activities of daily living”, are also part of LTSS.

The need for LTSS may arise suddenly, such as after a heart attack, but more commonly the need for LTSS happens gradually, as you get older or have a disability that gets worse. Short-term care can last several weeks or a few months while you are recovering from an illness or injury. Long-term care can be ongoing, as with someone who is severely disabled from Parkinson’s or Alzheimer’s disease. Many people use LTSS for years from unpaid family members and hired caregivers.

It is hard to predict how much or what type of long-term care you might need, but here are some risk factors to consider:

- Age: The need for LTSS increases with age.
- Gender: Women are at higher risk for LTSS needs than men, because they often live longer.
- Marital status: Single people are more likely than married ones to need care provided.
- Lifestyle: Poor diet and exercise habits can increase a person’s risk.

A number of public programs, including Medicare and Medicaid, may help pay for some LTSS under certain circumstances. These programs have specific rules about what services are covered, how long one can receive benefits, whether or not you qualify for benefits, and how much you have to pay in out-of-pocket costs. Medicare only covers medically necessary care and focuses on medical “acute care” such as doctor visits, prescriptions, and hospital stays. Medicare will pay for some nursing facility costs up to 100 days; for the first 20 days Medicare pays 100% of your costs, but for days 21 through 100 Medicare only covers a small part of your expenses.

Medicaid is better at covering LTSS needs, but it only helps people with low income and assets pay for some of their LTSS expenses. Medicaid, known in Massachusetts as “MassHealth”, covers personal care services at home, and nursing facility care—but you still have to pay most of your income to the facility.

In addition to public programs, there are also private long term care insurance policies on the market. But people with certain medical or LTSS conditions may not qualify for such policies, even if they can afford the premiums. Someone buying LTC insurance in their 60s may not need to use it for 20 years; and consumers may not want to pay premiums for many years for a need that may never arise.

It’s important to start planning for LTSS now to maintain your independence in the future and to make sure you get the care you may need, in the setting you want. To learn more about long term services and supports in your community, dial 1-800-Age-Info, and press “1” for the Aging Services Access Point (ASAP) or Area Agency On Aging (AAA) nearest you.

**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 **1:00**. The Bus is also available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2** no later than noon on 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.

### Humor Corner

Success is.....

At age 4 success is not peeing in your pants.

At age 12 success is having friends.

At age 16 success is having a drivers license.

At age 20 success is having sex.

At age 35 success is having money.

At age 50 success is having money.

At age 60 success is having sex.

At age 70 success is having a drivers license.

At age 75 success is having friends.

At age 80 success is not peeing in your pants.

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

### PODIATRIST

Dr. William Chan. Wednesday, September 9th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: October 14, November 12, December 9

### 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.

#### **Wednesday:**

September 9 Senior Center 12:30 --2:00

#### **Thursday:**

September 17 Harvard Court 12:15 --1:45

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

September 1 4:00--7:00

September 8,15,22, 29 1:00-- 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, September 17th **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 2nd for September/October. 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 an appointment**

**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's for the Novice:** Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

**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.

**Blanchard Funeral Chapel**

Robert A. Tonello,  
Steven J Leonard  
Funeral Directors

**781-447-0170**

666 Plymouth Street  
Whitman

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John Klefeker, BC-HIS MA License #127

**DREAM JOB**

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E-mail [jobs@4LPi.com](mailto:jobs@4LPi.com) for more information

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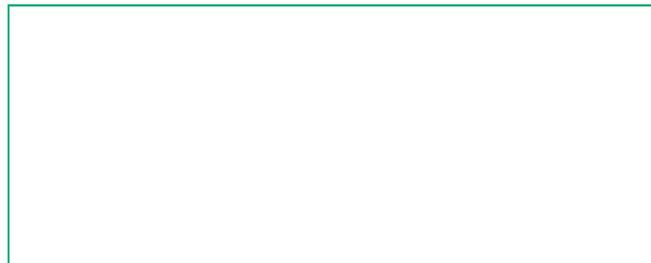
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**RETURN SERVICE REQUESTED**



### 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.**

#### 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



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