

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*

NOVEMBER 2015

Mae Cousineau, *Vice Chairman*
Jean McDonald
Jill A. Getchell

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:

Attention MEDICARE BENEFICIARIES ...

The annual Medicare Open Enrollment period is October 15 to December 7, 2016

*We will be holding an informational session facilitated by officials from SHINE (Serving Health Insurance Needs of Everyone) at the Senior Center on **Tuesday, November 10, 2015 at 1:00 pm***

You will hear what's new for 2016 and how these changes affect you as a Medicare Beneficiary.

Registration is required—contact extension 2.

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

FUEL ASSISTANCE

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

Please call at extension 2 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.

Whitman Real Estate Tax Exemptions At the Senior Center Thursday, November 12th, 10:30 A.M.

There are several categories of individuals who may qualify for tax exemptions or deferrals because of their personal status. Are you eligible to receive a real estate tax exemption? Principal Assessor Kathy Keefe will be at the Senior Center to present and answer questions about your eligibility.

**REMINDER: ELECTION DAY
TUESDAY, NOVEMBER 3rd**

The Council on Aging bus is available for transportation to the polls at the Town Hall between 9:00 and 10:00
Let us know if you need a ride.

**Duval's Pharmacy Flu Clinic
At the Senior Center
Wednesday, November 18th
From Noon to 1:00 P.M.**

A representative from Duval's Pharmacy will be here to administer flu shots. Registration is required, no later than November 4th—contact extension 2.

Remember to bring your Medicare or other insurance card.

DAYLIGHT SAVINGS TIME



Daylight Savings Time comes to an end on the morning of Sunday, November 1.
Remember to turn your clocks back one hour before going to bed on Saturday night.

This is also a good time to change the batteries in your smoke detectors and carbon monoxide detectors.

TIME CHANGE = BATTERY CHECK

Whitman Fire & Rescue is available to inspect, install and if necessary supply free of charge smoke detectors for seniors in our community. If interested, please call Deputy Fire Chief, Joe Feeny at 781-447-7626 for more information and to schedule an appointment.

TIPS FOR PREVENTING FALLS

Wednesday, November 18 at 9:30

Join us for a community presentation by Megan Alexandre who will be providing information and tips concerning fall prevention.

Please register at extension 2.

As the ability to prevent falls becomes more important as we age, we hope you will be able to attend.

Refreshments will be served.

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.

**Coffee Hour with the Police Department
Friday, November 20, 2015
9:00 at the Senior Center**

We will have a representative from the Police Department to discuss law enforcement issues and current scams affecting our elder population.
Stop by to learn about any new issues.
Any questions you may have for the Police Department will be welcome.

Saturday, November 21st at Noon



The Knights of Columbus will again this year be hosting a wonderful Thanksgiving dinner for the Seniors of Whitman. This special day is an opportunity to meet up with old friends and make some new ones while enjoying a delicious turkey dinner generously provided by the Knights of Columbus. Tickets are expected to be available at the Senior Center and at the office at Harvard Court **beginning November 9th**. Although this event is free of charge, tickets are necessary in order to keep count of the numbers attending. Transportation to this dinner will be available; just let us know if you'll be needing a ride when you pick up your ticket.

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
Friday, November 13th at 12:30 P.M.**

Potluck Italian Luncheon at Harvard Court
With meeting to follow

If anyone has questions call Roberta at 781-261-3930

**Coloring for Stress Relief
At the Senior Center
Friday, November 20th
1:00 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 ext. 2 to sign up.

**Crafts with Denise
Wednesday, November 18th
12:30 at the Senior Center**

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

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

**Is your computer giving you a problem?
Bring your problems to us.**

Visit our Digital Device Doctor.

Get help with your electronic devices including: I-Pads, I-Pods, Laptops, Computers, Cameras, etc.

Richard Stanton is available from 2 to 3 on Tuesdays

Call Linda at ext. 1 for an appointment.

**FUN, GAMES
AND FITNESS**

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.

MAH JONGG—Wednesdays at 1:00 pm.

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



Worcester Art Museum

Saturday, November 7th
Leaves the Center at 9:00

\$12.00 covers transportation only

Explore the beautiful art exhibits or visit the Higgins collection of arms and armor. There is much to see .

National Cemetery in Bourne

Thursday, November 12th
Leaves the Center at 9:30

\$8.00 covers transportation only

Visit loved ones or just take in the beautiful and moving site, Followed by lunch at Mama Mia's in Carver.

Holidays at Highfield Hall in Falmouth

Friday, December 4th
Leaves the Center at 9:00

\$15.00 (covers transportation and admission)

The Mansion at Highfield Hall will be decorated for the Holidays. Walk through the house and marvel at each room.

Lunch stop to be determined.

A minimum of 8 is needed for these trips to go.

Call **Linda at extension 1** to sign up.

Sign up date is October 27th

**Terry Seer's Monthly Social Luncheon...
Holiday Luncheon**

**12:00P.M. on Tuesday December 15th
At Meadowbrook Restaurant**

**Rt. 27 Hanson
\$21.00 per person**

Lunch will be a Pot Roast Dinner with Entertainment.
Reservations and payment must be made by November 20.
Space is limited so don't wait.

See Linda at the Center to reserve your seat and make your payment.



NOVEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>8:00 Wii Bowling 9:15 Chair Zumba 11-1 Blood Pressure 11:30 Lunch—Eggplant Parmesan with Meat Sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">3</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Greek Chicken 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">4</p> <p>11:30 Lunch—Swiss Cheese Omelet 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>9:00 WALMART in RAYNHAM & IHOP , CHINESE BUFFET or PANERA Sign up at ext. 1</p>	<p style="text-align: right;">5</p> <p>9:15 Chair Zumba 11:30 Lunch—Spanish Pot Roast 2:00 Tai Chi</p> <p>TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p style="text-align: right;">6</p> <p>1:30 Lunch—Potato Crunch Fish 1:00 Bingo</p> <p style="text-align: center;">~~~~~</p> <p style="text-align: center;">Saturday, Nov. 7 9:00 Worcester Art Museum Sign up at ext. 1</p>
<p style="text-align: right;">9</p> <p>8:00 Wii Bowling 9:15 Chair Zumba 11-1 Blood Pressure 11:30 Lunch—Cheeseburger 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">10</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Tuna Salad on Lettuce Bed w/ Wheat Roll 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom</p> <p>1:00 SHINE PRESENTATION 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">11</p> <p style="text-align: center;">VETERANS DAY HOLIDAY</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p>	<p style="text-align: right;">12</p> <p>8:30 Podiatrist by Appt 9:15 Chair Zumba 11:30 Lunch—Chicken Parmesan with Penne Pasta 12:30-2:00 Wellness Clinic at Senior Center 2:00 Tai Chi</p> <p>10:30 Tax Exemptions Presentation</p> <p>9:30 National Cemetery-Bourne / Mama Mia's –Carver Sign up at ext. 1</p>	<p style="text-align: right;">13</p> <p>11:30 Lunch—Roast Pork w/ Apple Cider Gravy 12:30 Friends Meeting at Harvard Court</p> <p>10:00 Book Buzz Sign up at ext. 2</p> <p>9:00 PATRIOT PLACE/ Christmas Tree-Foxboro, Olive Garden Restaurant Sign up at ext. 1</p>
<p style="text-align: right;">16</p> <p>8:00 Wii Bowling 9:15 Chair Zumba 11-1 Blood Pressure 11:30 Lunch—Tortellini w/ Meat Sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">17</p> <p>9:00 Art Group 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 11:30 Lunch—Salmon Boat 11:00 Computer Workshops 1:00 Hearing Check by Appt 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">18</p> <p>11:30 Lunch—Roast Turkey 12:30 Crafts with Denise 1:00 Mah Jongg</p> <p>9:30 TIPS FOR PREVENTING FALLS</p> <p>12:00 to 1:00 DUVAL'S PHARMACY FLU CLINIC Registration Required</p> <p>FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1</p>	<p style="text-align: right;">19</p> <p>9:15 NO Chair Zumba 11:30 Lunch—Apricot Glazed Chicken 12:15-1:45 Wellness Clinic at Harvard Ct 2:00 Tai Chi</p> <p>BROWN BAG PICKUP Please Note: Bags available for pickup at the Senior Center between 12:00 and 3:00 only</p> <p>9:00 CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke Sign up at ext. 1</p>	<p style="text-align: right;">20</p> <p>9:30 Manicurist 1:30 Lunch—Baked Macaroni and Cheese</p> <p>9:00 Coffee Hour with Police Dept.</p> <p>1:00 Coloring for Stress Relief Sign up at ext. 2</p> <p style="text-align: center;">~~~~~</p> <p style="text-align: center;">Saturday Nov. 21 K of C Thanksgiving Dinner</p>
<p style="text-align: right;">23</p> <p>8:00 Wii Bowling 9:15 Chair Zumba 11-1 Blood Pressure 11:30 Lunch— Fish Florentine 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p style="text-align: right;">24</p> <p>9:00 Art Group 9:30 Hairdresser by Appt 11:30 Lunch—Chicken Marsala 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by noon Monday – ext. 2</p>	<p style="text-align: right;">25</p> <p>11:30 Lunch—Whole Grain Lasagna Rolls w/ Meat Sauce</p> <p>9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1</p> <p style="text-align: center;">SENIOR CENTER CLOSED AT NOON</p>	<p style="text-align: right;">26</p> <p style="text-align: center;">THANKSGIVING HOLIDAY</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">THANKSGIVING HOLIDAY</p> <p style="text-align: center;">SENIOR CENTER CLOSED</p>
<p style="text-align: right;">30</p> <p>8:00 Wii Bowling 9:15 Chair Zumba 11-1 Blood Pressure 11:30 Lunch—Pasta w/ Meatballs 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>		<p style="text-align: center;">TRIP SIGN UPS BEGIN ON OCTOBER 27th AT 8:00 A.M.</p> <p style="text-align: center;">...</p> <p style="text-align: center;">(You may sign up yourself and one additional Person)</p>		<p style="text-align: center;"><i>Phone extensions for sign-ups:</i> Linda—ext 1 Fran (meals) - ext 4</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. Is it helpful to have a written family health history?

Yes. A written family health history creates a record that helps you and your loved ones, and your health providers. A history can show if you, your children, or your grandchildren might be at risk for developing serious health problems. Your health care providers can use this history to determine the risk of diseases that run in the family. For older adults, a family health history might help explain why you have developed certain health conditions.

A written health history includes information about any medical conditions in your family, as well as lifestyle habits, like smoking or drug use. There are some health problems that can run in a family, such as Alzheimer's disease, arthritis, asthma, blood clots, cancer, depression, diabetes, heart disease, high cholesterol, high blood pressure, birth defects, and stroke. There are some ways to reduce the chance of getting some of these diseases.

A family health history can show if you or your children might have a higher risk of developing a serious health problem. There are also some less common diseases that a health history would reveal, like hemophilia, or sickle cell anemia. While you can't alter the genes you've inherited from your parents — you can change your diet, your exercising, and your medical care to try to lower your chances of getting certain diseases. A thorough health history can help you adjust your lifestyle to avoid health problems. Many diseases result from more than just genetics. Your lifestyle and environment also play an important role. You can take actions to lower your risk of disease, like eating healthier foods, getting regular exercise, and taking effective medications. Doctors ask new patients for their health history, but it may be useful for you to create a broader, written history that includes your parents, grandparents, and your siblings.

Your doctor could use this to make specific recommendations to lower your chance of getting certain diseases. If one of your parents had diabetes, for example, your doctor might want you to monitor your weight and exercise more. If your daughter is considering having a baby, she might get tested to see if she carries a gene for any rare

conditions that were listed in a family history.

To help you create a written family health history, there are some free tools to get you started. The U.S. Surgeon General publishes a free *'My Family Health Portrait'* (print and online versions) that organizes your family health history information. Once you fill out your family health history, you can keep it for your records, share the completed form with your doctor and with family members. Any information you submit to the online version of *'My Family Health Portrait'* stays private. It is not shared with the government or anyone else. You should collect your family's health history in advance, to make it easier to fill out the forms. You can also use *'My Family Health Portrait'* to calculate your disease risk based on your family history for certain common disorders like diabetes and colorectal cancer. If preferred, you can also just collect your family health history on your own paper.

From a family health history, your doctor may want you to take a genetic test to see if you have a mutation, or harmful change, in a gene inherited from a parent. A genetic test takes a small sample of blood, saliva, or tissue to examine. These tests can detect diseases that may be preventable or treatable, such as Huntington's disease, sickle cell anemia, and muscular dystrophy. Genetic tests can help you, or your children, take steps to lower your chance of developing a disease through earlier, or more frequent screening or changes in diet and exercise habits. Genetic testing can cost anywhere from less than \$100 to more than \$2,000. If your doctor wants to do some genetic tests, check with your health insurance company to see if they will cover part or all of the cost of testing. Most diseases that run in the family are not strictly genetic.

To see the Surgeon General's health history tool, go to: <https://familyhistory.hhs.gov/FHH/html/index.html>

~~~Courtesy of 'South Shore News' October 2015 edition

## 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 **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 **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 **extension 2** at least two days prior to your appointment to book.

**Humor Corner**  
**'Ode to Thanksgiving'**

May your stuffing be tasty  
 May your turkey be plump  
 May your potatoes and gravy  
 Have nary a lump  
 May your yams be delicious  
 And your pies take the prize,  
 And may your Thanksgiving dinner  
 Stay off your thighs!

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, November 24th  
 from 12:00 to 2:30. Please call **extension 2** for an  
 appointment

**HEARING SCREENING**

Free hearing screenings and free minor repairs to hearing  
 aids are provided by Board Certified Hearing and Instru-  
 ment Specialist, John Klefeker on Tuesday, November 17th  
 by appointment. Contact **extension 2** to make an appoint-  
 ment. *You should hear what you're missing.*

**PODIATRIST**

Dr. William Chan. Thursday, November 12th by appoint-  
 ment only. Contact **extension 2** to make an appointment.  
 Upcoming dates: December 9, January 13, February, 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.

**Thursday:**  
 November 12 Senior Center 12:30 --2:00  
**Thursday:**  
 November 19 Harvard Court 12:15 –1:45  
**Tuesdays** at the Town Hall (VNA Office, Lower Level)  
 November 3 1:00—4:00  
 November 10,17,24 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,  
 November 19th **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 by Appointment

Contact **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, November  
 20th. 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 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 the 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  
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140 Bedford St., Route 18  
Bridgewater, MA 02324

**781-337-1144** **508-279-0700**

John Klefeker, BC-HIS MA License #127

**DREAM JOB**

• Growing company currently hiring  
Ad Sales Executives  
• Sales experience preferred  
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• Overnight travel required

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**Old Colony Elder Services**  
Providing services to the community since 1974

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Fax: 508-897-0031 • [info@ocesma.org](mailto:info@ocesma.org) • [www.ocesma.org](http://www.ocesma.org)

The cost of printing and mailing this newsletter has been paid by the Massachusetts Executive Office of Elder Affairs.

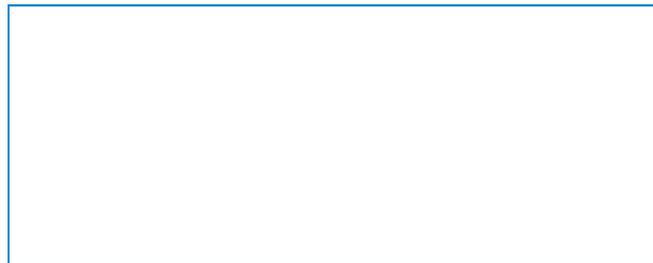
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**Whitman Council On Aging**  
**PO Box 426**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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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.*

#### 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 Linda at extension 1** to have your name taken off of the mailing list. For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.