

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*
Robert Titterington
Barbara J. Garvey, *Director*

SEPTEMBER 2016

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 ...

**"TRIP AROUND THE WORLD"
FAMILY FAVORITES POTLUCK LUNCHEON
Friday, September 23 at 12:00**

Do you have a family favorite recipe that has been passed down through generations from Grandma or your Mother?

Perhaps these tempting dishes might showcase your family's heritage (whether it be Greek, Italian, French, Middle Eastern, Irish, etc.). Or maybe you have a favorite dish that brings back family memories and comfort.

Care to share these dishes with others? Sign up for our "Trip Around the World" Potluck Luncheon and bring in your favorite family dish. Don't forget to bring in the recipe. We'll make and distribute copies so everyone can continue to enjoy these specialties.

Call extension 2 no later than Monday, September 19th to sign up and let us know what dish you will be bringing.

Barbara

P.S. This Potluck Luncheon suggestion came from one of our senior patrons. If you have ideas for activities or events you'd like to see offered, we want to hear from you.

We would also like to hear from folks who have talents that they are willing to share with others. Perhaps you can teach knitting or crocheting, sewing or quilting. Would you be willing to facilitate a cribbage group or a men's social group? All ideas are welcome.

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

At the Senior Center

Provided by NVNA

(Norwell Visiting Nurse Association and Hospice)

A 5-week program on Wednesdays from 9:00 to 11:00 am
September 14, 21, 28 and October 5, 12

For individuals who are living with pre-diabetes and diabetes.

This program will cover:

Nutritional Management
Monitoring blood sugars
Exercise
Medications
Complications

Advance sign up is required as space is limited to 10.

Call extension 2 to reserve your seat

Traveling Chef

'Carving of the Day' Lunch

Provided by Old Colony Elder Services

Wednesday, September 7th at 11:30

At the Senior Center

Roast Beef
Mashed Potato
Vegetable
Roll and Butter
Dessert

Suggested donation for Seniors is \$2.50.

Seating is limited. Call **extension 4** to reserve.
Reservations must be made no later than Thursday
September 1st.

Stay and play Bananagrams after lunch..see pg 3

MEDICARE OPEN ENROLLMENT
Do Not Ignore Medicare Mail !!!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During **Medicare Open Enrollment (October 15th to December 7th)**, you will have a chance to change your plan for next year.

If you would like help understanding your plan changes as well as other options you may have, a trained SHINE counselor is available at the Senior Center to offer free and confidential counseling on all Medicare and Medicare-related health insurance programs.

Contact Terry Altieri at the Senior Center to schedule an appointment at 781-447-7619 ext. 3



Coffee Hour with the Fire Department
Friday, September 16th
9:30 at the Senior Center

A representative from the Fire Department will be here to discuss safety issues and to answer any questions that you may have.
Call extension 2 to sign up.

Please let us know you're coming by signing up at extension 2.

Movie of the Month
At the Senior Center
"Miracles from Heaven"
Friday, September 16th
at 1:00 P.M.

Starring: Jennifer Garner, Kylie Rogers, Martin Henderson
Run Time: 1 hour , 49 minutes
Rated PG

When Christy discovers her 10 year old daughter Anna has a rare, incurable disease, she becomes a ferocious advocate for her daughter's healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the the wake of her dramatic rescue that leaves the medical specialists mystified. Based on a true story.

Call extension 2 to reserve your seat.

FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
PENNY SALE AT THE SENIOR CENTER
FRIDAY, SEPTEMBER 9TH AT 1:00 P.M.

Penny Sale to Follow the Meeting
Desserts will be served

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

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 **extension 2** 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.

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.

Crafts with Erica

From Sachem Center for Health and Rehabilitation
Thursday, September 22nd
12:30 pm at the Senior Center

All supplies are provided. Just bring a willingness to have fun.
Reservations are **required** for space and supply planning.
Please call **extension 2 if you will be participating.**



"BANANAGRAMS"
At the Senior Center
Wednesday, September 7th
12:30 P.M.

Join us at the Senior Center for Bananagrams. It's a fun family game that involves arranging lettered tiles into a grid of connected words (think Scrabble or crossword puzzles) faster than one's opponents.

Sign up is required by calling 781-447-7619 ext. 2.

LEFT, CENTER, RIGHT
At the Senior Center

Tuesday, September 13 at 1:30 P.M.
or
Friday, September 30th at 1:30 P.M.

BAGGO AT THE SENIOR CENTER
Thursday, September 22nd at 9:00

Don't miss the fun. We now have an awning for the deck so you can play in comfort.
Sign up at extension 2.



Weekly Activities

ART GROUP– Tuesdays at 9:00

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

BINGO at Harvard Court– Wednesdays at 12:30

KNITTING GROUP– Tuesdays at 1:00

MAH JONGG—Wednesdays at 1:00 pm.

PICKLEBALL– Tuesday and Thursday mornings at 9:00. The court is behind the Police station. Participants please call Linda at ext. 1 to register.

Wii BOWLING—Mondays at 8:00 am

Crafts with Denise
Wednesday, September 14th
12:30 at the Senior Center

Cost is \$2.00 per class to help offset supplies expense.
We will be making paper pumpkins this month. Stop by the Center to see a sample.
Reservations are required.
Please call **extension 2 if you will be participating.**

Motorcoach Tours Presents:

Foster's Clambake

Tuesday, September 6th
8:30 Pickup at the V.F.W.
\$82.00 (tip included)

Travel to Foster's for a delicious Clambake. After lunch, stop at Stonewall Kitchen and When Pigs Fly Bread Company before heading home.

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

COA BUS TRIPS



Concord River Cruise

Wednesday, September 21st
Leaves the Center at 9:00

\$40.00 covers cruise, lunch and transportation

Enjoy a relaxing one hour and fifteen minute cruise on the Concord and Sudbury Rivers while enjoying lunch aboard a pontoon boat. View the homes of the 1800's and nature at it's best. 50% deposit required with your reservation.

We have 7 seats available



Chatham

Wednesday, September 28th
Leaves the Center at 8:30

Put on your walking shoes and explore the quaint town of Chatham. The town center has nearly a mile of shopping with something for everyone. We will make a stop at Marion's Pie Shop plus you will find many other places to eat in the center as well. Shop...Eat...Relax

Call **Linda at extension 1** to sign up.
Sign up date is August 29th

SEPTEMBER 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>TRIP SIGN UPS BEGIN ON MONDAY, AUGUST 29TH AT 8:00 AM</p>			1	2
			9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Chicken Scallopini 9:00 CHRISTMAS TREE SHOP in BOURNE and SANDWICH VILLAGE Sign up at ext. 1	11:30 Lunch—Fish Florentine 1:00 Bingo
5	6	7	8	9
<p>LABOR DAY SENIOR CENTER CLOSED</p>	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Hot Dog 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Friday – ext. 2	11:30 Special Lunch ... "Carving of the Day" Roast Beef Dinner (see Pg. 1) 1:00 Mah Jongg 6:00 Scrapbooking 12:30 BANANAGRAMS Sign up at ext. 2 9:00 AROUND TOWN Reserve by 4:00 Friday at ext. 2	9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Spanish Pot Roast 9:00 WAREHAM CROSSING/ Stash's Restaurant-Onset Sign up at ext. 1	11:30 Lunch—Cold Chicken Breast w/Tomatoes and Cucumbers 1:00 Friends Meeting 10:00 BOOK BUZZ Sign up at ext. 2 9:00 CASTLE ISLAND Sign up at ext. 1
12	13	14	15	16
8:00 Wii Bowling 11:30 Lunch—Lasagna w/ Meat Sauce 1:00 Bingo 10:30 VISIT WITH ABNER 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Swiss Cheese Omelette 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:30 LEFT, CENTER, RIGHT Sign up at ext. 2 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by 4:00 on Friday – ext. 2	8:30 Podiatrist by Appt 11:30 Lunch—Orange Dijon Chcken 12:30-2:00 Wellness Clinic at Senior Center 1:00 Mah Jongg 9:00 DIABETES SELF-MANAGEMENT Week 1 of 5 (Sign up at ext. 2) 12:30 CRAFTS WITH DENISE 9:00 HANOVER MALL Sign up at ext. 1	9:00 Pickleball 11:30 Lunch—Potato Crunch Fish 12:15-1:45 Wellness Clinic at Harvard Ct BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u> 9:00 WALMART in HALIFAX, Lyonville Tavern Restaurant Sign up at ext. 1	11:30 Lunch—Roast Turkey w/ Gravy 9:30 COFFEE HOUR WITH THE FIRE DEPARTMENT Sign up at ext. 2 1:00 MOVIE at the SENIOR CENTER (see pg. 2) Sign up at ext. 2
19	20	21	22	23
8:00 Wii Bowling 11:30 Lunch—Greek Chicken 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 9:00 State Rep Geoff Diehl 11:30 Lunch—Grilled Tilapia 11:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at STOP & SHOP Reserve by 4:00 on Friday – ext. 2	11:30 Lunch—Meatballs w/ Sauce 1:00 Mah Jongg 9:00 DIABETES SELF-MANAGEMENT Week 2 of 5 (Sign up at ext. 2) 9:00 CONCORD RIVER CRUISE (see Page 3) Sign up at ext. 1	9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Roast Pork w/ Marsala Sauce 9:00 BAGGO (Sign up at ext. 2) 12:30 CRAFTS WITH ERICA Sign up at ext. 2 9:00 Good Days Restaurant and MARKET BASKET - ext. 1	11:30 Lunch—Egg Salad w/ Lettuce & Tomato 12:00 "TRIP AROUND THE WORLD" Potluck Luncheon (see pg. 1) Sign up at ext. 2
26	27	28	29	30
8:00 Wii Bowling 11:30 Lunch—Macaroni & Cheese 1:00 Bingo 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Pickleball 9:00 Art Group 9:00 Hairdresser by Appt 11:30 Lunch—Chicken Parmesan 11:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom 8:30 –12:30 Transportation to and from Senior Center 1:00 FOOD SHOPPING at SHAWS Reserve by 4:00 on Friday – ext. 2	11:30 Lunch—Salmon w/ Dill Sauce 1:00 Mah Jongg 9:00 DIABETES SELF-MANAGEMENT Week 3 of 5 (Sign up at ext. 2) 8:30 CHATHAM (see Page 3) Sign up at ext. 1	9:00 Pickleball 9:00 Hairdresser by Appt 11:30 Lunch—Turkey Salad w/ Lettuce and Tomato FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	11:30 Lunch—Meatloaf with Gravy 1:30 LEFT, CENTER, RIGHT Sign up at ext. 2

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. I SHOULD I BUY PRESCRIPTIONS ONLINE ?

The U.S. Food & Drug Administration (FDA) is very clear: "If you cannot confirm that an online pharmacy is licensed in the United States, you should not use that online pharmacy." The FDA has no jurisdiction over prescription medications from other countries, and can't guarantee their safety or effectiveness. Only 3% of online pharmacies reviewed by the National Association of Boards of Pharmacy are in compliance with U.S. pharmacy laws and practice standards.

Many consumers are turning to the internet for medications because they can get instant access to information and services. Consumers are also looking for cheaper alternatives. According to an FDA survey, one in four of surveyed internet users reported having purchased prescription medicine online. About 29% of those in the survey said they were not sure how to safely purchase medicine online. Online pharmacies associated with your health insurance plan, or a local pharmacy, are generally safe to use. But medicines ordered through illegal pharmacies could have been made anywhere.

One large online pharmacy based in Canada says it handles over 300,000 orders per year and tells seniors that it sources its drugs from "partner pharmacies" in India, Singapore and Europe "which are under strict government regulations of their country." But they are not U.S. regulated. The internet pharmacy says, "The only difference between these medications and ones you would receive from a pharmacy in the United States is the price." And the price difference is dramatic: A bottle of 84 Atenolol 25 mg. pills is \$80 in the U.S. and \$11 online. A bottle of 84 Aricept 10 mg. pills in the U.S. is \$1,090 and \$64 online. A bottle of 90 Lipitor 10 mg. pills in the U.S. is \$399 and \$60 online. You just go onto their website, place an order, pay by credit card, and fax your prescriptions toll-free.

But the FDA warns that buying prescriptions from fraudulent online pharmacies can be dangerous, or even deadly: "Counterfeit medicines should be considered unsafe and ineffective.

These medicines may be less effective or have unexpected side effects." These sites may also sell your information to other illegal websites and internet scams. "The products they provide may be fake, expired, and otherwise unsafe" the FDA says. In fact, many online pharmacy scams are so sophisticated that even health care professionals can have a hard time detecting illegal sites at first glance."

Here are some warning signs of a fake online pharmacy:

1. They allow you to buy drugs without a prescription
2. They offer discounts or cheap prices that seem too good to be true
3. They send unsolicited email or other spam offering cheap medicine
4. They ship prescription drugs worldwide
5. They are located outside of the U.S. and say your drugs will be shipped from a foreign country
6. They are not licensed in the U.S. and by the board of pharmacy in your state.

It is illegal to import drugs to the United States for personal use, but the FDA does not object to personal imports of up to a 3-months' supply of drugs that are not FDA approved if the following are true: if the drug is for a serious condition for which effective treatment is not available in the U.S.; if there is no commercialization or promotion of the drug to U.S. residents; if the drug does not represent an unreasonable risk; and if the person importing the drug states in writing that it is for his or her own use, and provides contact information about the doctor providing treatment. Drug products must be listed with the FDA before they may be imported for commercial use in the U.S. The foreign manufacturer is required to register with the FDA, and to identify a U.S. Agent. For more information, go to: www.FDA.gov/BeSafeRx

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**.

SENIOR CENTER BUS— Our COA bus is 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**.

FOOD SHOPPING Our COA bus travels to various grocery stores on **Tuesdays at 1:00**. Due to an increase in riders, we find it necessary to limit the number of passengers to allow sufficient room for both passengers and their purchases. **Sign-up is now required weekly by calling extension 2 no later than 4:00 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called on Monday morning.

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.

Trips to **Boston** are provided on Wednesdays and Fridays only.

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

HUMOR CORNER

Even though we didn't realize it at the time, most of the 50+ generation was HOME SCHOOLED....

1. My mother taught me RELIGION.
"You better pray that will come out of the carpet"
2. My father taught me the CIRCLE OF LIFE.
"I brought you into this world, and I can take you out..."
3. My mother taught me about ANTICIPATION.
"Just wait until we get home".
4. My mother taught me FORESIGHT
"Make sure you wear clean underwear in case you're in an accident".
5. My father taught me about JUSTICE.
"One day you'll have kids, and I hope they turn out just like you!".



Visit with Abner
Monday, September 12th
10:30 a.m. at the Senior Center

Need a little love? Come meet Abner, a pet therapy dog, who has a lot of love to give. Abner and his owner Sylvia will be here for a visit once a month on a Monday at 10:30 am.

State Representative Geoffrey Diehl Office Hours

State Representative Geoff Diehl is here at the Senior Center every other month on the third Tuesday at 9:00 a.m.
No appointment is necessary.
Upcoming dates are: September 20, November 15

Representative Diehl looks forward to hearing from you and relaying your concerns to Beacon Hill. If you cannot make it in to speak with him, you may contact his office directly at (617) 722-2810, ext. 6326

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 27th 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 Instrument Specialist, John Klefeker on Tuesday, October 18th by appointment (No appointments in September). Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, September 14th by appointment only. Contact **extension 2** to make an appointment.
Upcoming dates: , October 12, November 9, December 14

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 14 Senior Center 12:30—2:00

Thursday:

September 15 Harvard Court 12:15—1:45

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

September 6, 13, 20, 27 1:00—4:00

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 15th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR by KATHY

Tuesdays and Thursdays 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)	
Haircuts for Men	\$ 8.00

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!

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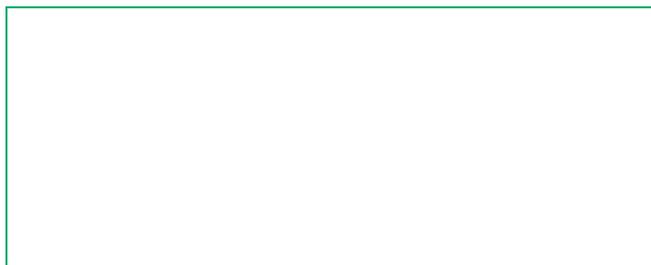
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RETURN SERVICE REQUESTED



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.

ABOUT OUR TRIPS AND ACTIVITIES ...

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.OurSeniorCenter.com and on the Town of Whitman website www.whitman-ma.gov

If you read your newsletter online or choose not to receive a newsletter at this time, please **call 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.