

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



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Mary Ann Curby
Robert Titterington

APRIL 2013

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:

Spring has finally arrived and it's time to get out and about after a very long and very ugly winter! We have several trips, activities and presentations scheduled for this month, so pack away the boots and snow shovels and join us at the Senior Center!

*Hope to see you soon,
Barbara*

"CHOOSE MY PLATE" WORKSHOPS

The Dietary Guidelines for Americans are jointly issued and updated every five years by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). These new guidelines, formerly known as the "Food Pyramid" are now known as "Choose My Plate". These guidelines provide authoritative advice for Americans about consuming fewer calories, making informed food choices and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health.

We are pleased to welcome Donna-Marie Forand, Outreach and Education Specialist for Old Colony Elder Services, who will present two Choose My Plate Workshops at the Senior Center.

BUILDING A HEALTHY PLATE

Workshop One: Dairy, Protein and Grains
Thursday, April 11 at 9:30 am

Workshop Two: Vegetables and Fruit
Date (in June) to be Announced

These workshops will cover the following areas of building a healthy plate:

- Building a healthy plate concept
- Cutting back on foods high in solid fats, added sugars and salt
- Being more physically active
- Eating a variety of colorful foods
- Eating the right amount of calories

Space is limited and a reservation is required.
Call **Joanne** at extension **2** to reserve.

Chair Yoga

9:15 to 10:15 on Wednesdays
At the Senior Center



Have you tried our Chair Yoga yet? If not, come try it out. Release, restore, and recharge your mind and body with gentle movements and mindful breathing.

NO previous yoga experience is required.
Just wear comfortable clothing and you're ready.
Suggested donation to the instructor is \$4 per class.

Just for Laughs ...

Senior Exercise Program

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, and jumped up and down, and perspired for an hour. But by the time I got my leotard on, the class was over.

Family Caregiver Support Program

Presented by Old Colony Elder Services

Monday April 29th
4:30—5:30 pm
At the Senior Center

The Family Caregiver Support Program supports people who are caring for an elder (age 60+) in the community by linking them to information and resources to assist them with caregiving.

Caregiving is a difficult and demanding role. Caregivers often experience high levels of stress and depression. The Family Caregiver Support Program also assists caregivers in learning how to care for themselves while caregiving.

Are you caring for an elder?
 A spouse, parent, other relative, friend?

Old Colony Elder Services can help!

Talk to a Caregiver Advisor.
 Identify your caregiving needs.
 Get information about local programs and resources.
 Find out about support groups.
 Learn how to get the help that you need.

This program is free and confidential—there are no income or age requirements for the caregiver.

Caregivers of all ages are welcome to attend.

The Family Caregiver Support Program is offered through Old Colony Elder Services and supported by the Executive Office of Elder Affairs.

Please join us to learn more about this important program!

Space is limited. Call Linda at extension 1 to reserve your seat.



JERRY ATRIC – THE OLDER I GET

A few stories about ice cream, health care and even romance

Presented by Steve Henderson

Thursday, April 25th
1:00 at the Senior Center

Enjoy a humorous look at aging through the eyes of an elderly gentleman with a sense of humor and a joy for living.

Space is limited. **Call Joanne at extension 2 to reserve a seat.**

This program is supported in part by a grant from the Whitman Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.



COMMONWEALTH MUSEUM TRIP

Friday, April 19th
 Leaves the Senior Center at 11:00

Enjoy lunch at the Fat Cat restaurant in Quincy, then proceed to the new Commonwealth Museum located in the State Archives Building next to the JFK Library in Boston. Admission to the Museum is free.

The first public schools, the first battles for American independence, the first abolitionist newspaper, Massachusetts has always been the leader in the quest for equal rights and opportunities.

The Commonwealth Museum brings the story to life with state of the art interactive exhibits. Its dramatic "treasures gallery" holds the great historic documents that protect our liberties. Climate controlled cases display the Declaration of Independence and Bill of Rights, "John Adams" Massachusetts Constitution of 1780, and unique royal charters. The gallery also hold the copper plate used by Paul Revere to engrave his Boston Massacre image.

Call **Linda at extension 1** to make a reservation..

FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS
at the Senior Center on
Friday, April 12th at 1:00

A penny sale is planned for that day.
Donations may be dropped off at the Senior Center.

Anyone interested in attending, call Roberta at 781-261-3930.
All are welcome to attend.

The Friends continue to sell Whitman throw blankets as a fund raiser. The cost is still \$35.00. Throws are available in green and blue. Stop by the Senior Center, Duval's Pharmacy, or contact any officer of the Whitman Friends group to purchase a blanket.

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

FUN and GAMES

BINGO – Mondays at 1:00 and Fridays at 1:00 (except on the 2nd Friday of each month). Come for fun and socialization. Refreshments are served and new players always welcome. All dollars that come in go back the same day. Try your luck!

Wii BOWLING – Mondays at 8 AM.

BOWLING – Tuesdays at 1:00 at Timber Lanes in Abington. Contact Bettie Geary at 781-447-4124.

MAH JONGG – Wednesdays at 1:00 PM

FITNESS AND EXERCISE

WALKING GROUP – Meets at the Senior Center every Tuesday and Thursday morning at 8:00 to walk the beautiful Whitman Town Park.

LINE DANCING WITH CRIS KINDELAN – Tuesdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$3 per class.

CRISFIT WITH CRIS KINDELAN – Thursdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$4 per class.

GENTLE CHAIR YOGA WITH JOANNE at the Senior Center on Wednesdays at 9:15 am. Offering is \$4 per class.

**WHITMAN HANSON COMMUNITY ACCESS
WORKSHOP**

1:00 on Thursday, April 4
at the Senior Center



Whitman Hanson Community Access is currently looking for volunteers to learn all aspects of television production. WHCA Executive Director Steven Roy and Access Operations Coordinator Kevin Tocchi will talk about some of the things a volunteer can learn and equipment that can be operated at the local TV station, which is located at 115 South Avenue in Whitman. Volunteers can learn things which could lead to producing their own television show. There is no charge for the workshop and all are welcome to attend.

Call **Joanne at extension 2** to reserve a seat.

MOTORCOACH TOURS



Wednesday April 3 – 9:30 AM
Newport Playhouse
("Spreading it Around") - \$69.00

Saturday May 11 – 8:30 AM
Cruising the Charles & lunch at the Cheesecake Factory
\$64.00—More details to come.

Upcoming:
June— Isle of Shoals-New Hampshire, lunch at Warren's Kittery Maine
Details to come

Call Linda at extension 1 for a reservation.

The MOTORCOACH TOURS group will be holding their Pot Luck Supper at the Hanson Senior Center on Tuesday, April 30th from 4:30 to 6:30 (weather permitting). Just bring a selection of your choice. All prepared meals should arrive fully cooked. Enjoy a night with old or new friends. All are welcome.

Social Lunch

~ ~ ~

Tuesday, April 9th at 1:00—Venus III Restaurant
Route 27, Hanson
Lunch is \$15.00

Special menu will be provided.
Attendees will meet at the restaurant.
If you plan to attend, please call **Linda at extension 1**

APRIL 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Pepper Steak 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>2</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Hawaiian Chicken 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center</p>	<p>3</p> <p>9:15 Chair Yoga 11:30 Lunch-Mac & Cheese 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p>9:30 Motorcoach to Newport Playhouse</p> <p>9:30 SOUTH SHORE PLAZA, Cheesecake Factory, Braintree</p>	<p>4</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Salmon w/ Lemon Sauce Fuel Assistance by Appt.</p> <p>1:00 Whitman Hanson Community Access Workshop (reservations needed)</p> <p>9:00 WALMART in Plymouth, Woods Restaurant</p>	<p>5</p> <p>11:30 Lunch-Meatloaf 1:00 Bingo</p>
<p>8</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Tortellini w/ Sauce 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>9</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Hot Dog on a bun 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center</p>	<p>10</p> <p>8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch-Krunch Lite Fish 1:00 Mah-Jongg 12-2 Blood Pressure at the Center 12:30 Crafts</p> <p>9:00 HANOVER MALL</p>	<p>11</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch-Salisbury Steak Fuel Assistance by Appt.</p> <p>9:30 "BUILDING A HEALTHY PLATE" Nutrition Workshop (reservations needed)</p> <p>9:00 CHRISTMAS TREE-Avon, KOHL'S & Olive Garden-Stoughton</p>	<p>12</p> <p>11:30 Lunch-Chicken Picatta 1:00 Friends Meeting</p>
<p>15</p> <p>PATRIOTS DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>16</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Fish Sticks 12:00 Computer Workshops 12:00 Attorney Whitney by Appt. 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center</p>	<p>17</p> <p>9:15 Chair Yoga 11:30 Lunch-Chicken Cordon Bleu 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>18</p> <p>8:00 Walk the Park 10:00 CrisFit at K of C 11:30 Lunch-Shepherds Pie Fuel Assistance by Appt.</p> <p>BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p>FOXWOODS CASINO Pickups- 7:30 Center: 7:45 Home</p>	<p>19</p> <p>11:30 Lunch-Roast Pork w/Raisin Sauce 1:00 Bingo</p> <p>11:00 FAT CAT RESTAURANT in Quincy and new COMMONWEALTH MUSEUM in Boston</p>
<p>22</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Meatball Sub 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p>	<p>23</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Chicken Marsala 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center</p>	<p>24</p> <p>9:15 Chair Yoga 9:30 Manicurist 11:30 Lunch-Stuffed Shells 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:30 LEGACY PLACE, P.F .Chang's or the 50's Diner in Dedham</p>	<p>25</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch-Italian Braised Beef Fuel Assistance by Appt.</p> <p>1:00 "Jerry Atric—The Older I Get" performance by Steve Henderson (reservations needed)</p> <p>9:00 Good Days Restaurant and Food Shopping at MARKET BASKET West Bridgewater</p>	<p>26</p> <p>11:30 Lunch-Pollock Newburg 1:00 Bingo</p>
<p>29</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Chicken Teriyaki 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p> <p>4:30 FAMILY CAREGIVER SUPPORT PROGRAM (reservations needed)</p>	<p>30</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch-Beef and Ziti Bake 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center</p>			<p>Lunch Menu subject to change without notice.</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Tips for Managing Your Medications

How can I keep track of the 6 medications I take?

Older people often take multiple medications for a variety of conditions. This can lead to harmful interactions. If medications are not taken correctly, they can be harmful to your health.

Elders are at greater risk for negative prescription side effects because they use more medications than younger people. Studies show 33% of people age 65+ have one or more harmful reactions to a medication. Here are some tips from the National Council on Aging for managing your medications safely:

- 1. Keep informed about all the medications you're taking.** All drugs can be harmful—over the counter and prescription products. Items like herbal remedies, supplements, vitamins, minerals, antacids, sleep aids, and laxatives should be included anytime you list your medications to share with your doctor and pharmacist.
- 2. Use one pharmacy and talk to your pharmacist often.** Use your pharmacist as a resource to check for drug interactions. Get a written explanation of each medication, and ask your pharmacist questions.
 - How much of the medication should I take?
 - When should I take it?
 - Should I take it with water or food?
 - Should I take it before, during, or after meals?
 - Should I take it at the same time as other medications?
 - What if I miss a dose?
 - Does it need to be refrigerated?
 - What are the possible side effects?
 - How many refills can I get?
 - Are there any food, drinks, other medications or activities I should avoid?
- 3. Pay attention to side effects.** Some medications can cause dizziness and drowsiness that could lead to a fall; stomach upset, diarrhea, or constipation; blurred vision; dry mouth; and fatigue/lack of energy. Know what to expect, how long the side effects may last, what to do when they occur, and when to contact your doctor. In some cases, your doctor may tell you to stop taking the medication, but never stop taking a medication without first speaking with your physician.
- 4. Store your medicines safely.** Medications should be stored in a cool, dry, dark location. Humidity in the bathroom can alter a medication's effectiveness. Keep medicines where you're likely to see them every day. Link taking them with other daily activities like eating or brushing your teeth. Go through your medicine cabinet regularly and discard any expired medications.
- 5. Take your medication as prescribed.** Ask your doctor how you should safely take each of your medications, and then follow those instructions.
- 6. Seek help to pay for medication.** When you start any new medication, check to see whether it's on your health plan's drug list and then verify the associated copayment. Your doctor will know if there is a less expensive substitute. The Medicare Part D program has a subsidy called Extra Help that could help you save money on your drug premiums and deductibles. To find out if you are in the health plan that best covers your current medications, call the SHINE program at 1-800-Age-Info, then press 3. A SHINE counselor can also tell you about additional drug benefits through the state's Prescription Advantage Program.

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 **Linda at extension 1** to sign up no later than 4:00 Thursday.

DIAL-A-BAT– Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, Stoughton, Whitman and Boston. The first pickup to Whitman is 9:30. Call **Joanne at extension 2** at least 2 days prior to your appointment to book.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus alternates travels to Stop & Shop or Trucchi's in Abington on **Tuesdays at 8:45**. The Bus is also available for activities and appointments at the Center. Sign-up is required by calling **Joanne at extension 2** no later than 4:00 Monday.

***Our Newsletter is available online at:
www.seekandfind.com***

BITS AND PIECES by ELEANOR NADELL

Another year, another month, another birthday, too fast for all of them. Let me say, after the February snow storm without electricity for 4 long days, I am getting my bikini ready for next winter. Of course, the good Lord decides if I am to remain here. I was never so cold in my life. I ended up in a shelter for the first time in my long life. It's not an easy situation sleeping on an Army cot that was meant for 18 year olds who weigh 100 lbs. Believe me, to make matters worse, there was no food for a couple of days. Oh well, it feels good to complain. I do say those who were volunteers did their best for which I thank them all. And so we head into springtime ... (not to say that we won't have some bad weather, but not so cold anyway). Well time to go on some trips to make us smile again. I hope you made it through the winter in good shape.

Stay Healthy,

Eleanor

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!

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

PODIATRIST - Dr. William Chan. Wednesday, April 10th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: May 8, June 12, July 10

**Our Newsletter is now available on the
Town's Website at www.whitman-ma.gov.
Check it out!**

HEALTH AND WELLNESS**BLOOD PRESSURE AND HEALTH CARE SCREENINGS**

Free health screening clinics for Whitman residents are now provided by Norwell Visiting Nurse Association and Hospice. Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesdays:

April	10	Senior Center	12:00 – 2:00
April	17	Harvard Court	12:00 – 2:00

Tuesday & Thursdays at Town Hall (VNA Office, Lower Level)

April	2, 9, 11, 16, 18, 23, 25, 30	2:00—4:00
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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, April 18th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR BY MEREDITH

Tuesdays and 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 Wednesday April 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

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 Pict 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.

<p>Blanchard Funeral Chapel</p> <p>Robert A. Tonello, Steven J Leonard Funeral Directors</p> <p>781-447-0170</p> <p>666 Plymouth Street Whitman</p>	<p>WILLS • TRUSTS • ESTATES PERSONAL INJURY LAW</p>  <p>RONALD N. WHITNEY ATTORNEY AT LAW</p> <p>549 BEDFORD STREET WHITMAN, MA 02382</p> <p>781-447-3899</p>	<p>J. SACCONI & SONS, INC.</p> <p>Backhoe • Drains Septic Tanks • Cesspools</p>  <p>15 Commercial Street Whitman</p> <p>447-5670</p>	 <p>FAMILY HEARING CARE CENTER</p> <p><i>...listen to the sounds of life®</i></p> <p>~ Hearing Evaluations ~ Video Ear Inspections ~ Hearing Aids ~ Repairs ~ Ear Wax Removal</p> <p>534 Main Street, Suite 2, Route 18 Weymouth, MA 02190 781-337-1144</p> <p>140 Bedford St., Route 18 Bridgewater, MA 02324 508-279-0700</p> <p>John Klefeker, BC-HIS MA License #127</p>
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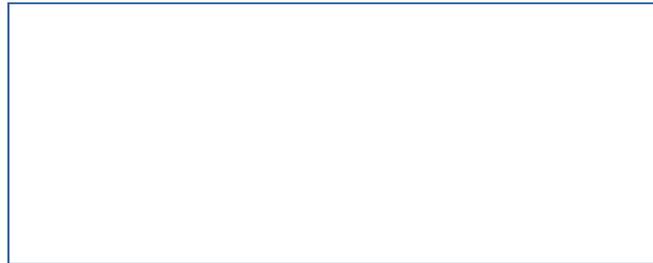
<p>COYNE Healthcare Center</p> <p>Providing the care you need... With the compassion you deserve.</p> <p>56 Webster Street • Rockland 781-871-0555 www.coynehc.com</p> <p>REHABILITATION & NURSING CARE</p>	<p>Old Colony Elder Services</p> <p>Providing services to the community since 1974</p> <p>144 Main Street - Brockton, Massachusetts 02301 508-584-1561 TTY 508-587-0280 www.oldcolonyelderservices.org</p>
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The cost of printing and mailing this newsletter has been paid in part by the Friends of Whitman Seniors, Inc. and the Massachusetts Executive Office of Elder Affairs.

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MA 02382

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

RETURN SERVICE REQUESTED



FRIENDS OF THE WHITMAN SENIORS

NAME _____

ADDRESS _____

Here are my membership dues for 2013. I enclose \$ 7.00

I'm happy to be a "Friend", but I want to do more.
I'm including an additional contribution of: \$ _____

Total: \$ _____

**Please make checks payable to "Friends of Whitman Seniors, Inc."
PO Box 245, Whitman, MA 02382**

THANK YOU FOR YOUR SUPPORT

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.