



## SUMMER POWER OUTAGES

The severe winds experienced during Hurricanes, Tropical Storms and Thunderstorms have the potential to cause power outages in our area. These strong winds have the capability to topple utility poles and snap tree limbs causing them to fall on power lines and disrupt electrical service.

Tips for dealing with a possible power outage:

### Before an Outage

Check flashlights and portable radios to ensure that they are working, and you have extra batteries. A radio is an important source of weather and emergency information during a storm.

If your water supply could be affected (a well-water pump system), fill your bathtub and spare containers with water. Water in the bathtub should be used for sanitation purposes only, not as drinking water.

Pouring a pail of water from the tub directly into the bowl can flush a toilet.

Set your refrigerator and freezer to their coldest settings (remember to reset them back to normal once power is restored). During an outage, do not open the refrigerator or freezer door. Food can stay cold in a full refrigerator for up to 24 hours, and in a well-packed freezer for 48 hours (24 hours if it is half-packed).

If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

Review the process for manually operating an electric garage door.

### During an Outage

In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener.

### After an Outage

Be extra cautious if you go outside to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by trees or debris, and could be live. Never attempt to touch or moved downed lines. Keep children and pets away from them.



## COA BUS TRIPS

### Hyannis Harbor Cruise

Thursday August 15th - 9:00 - \$22.00

Enjoy a scenic 1 hour cruise around Hyannis Harbor and learn about Hyannis history, then stroll the waterfront area. Enjoy one of the restaurants on the dock area.

Call Linda at extension 1 to reserve your seat.

### DRIVER'S LICENSE REMINDER

Since the Registry of Motor Vehicles no longer sends out reminders when your license is expiring, make sure to check your license each year before your birthday to see if it's time to renew.



**Zumba Gold**

Thursdays  
4:30 at the K of C Hall  
1195 Bedford Street  
\$4.00 per session

The Zumba Gold fitness program is a specialty course designed to meet the anatomical, physiological, and psychological needs of an older population. Like the traditional Latin-inspired Zumba workout, the Zumba Gold workout incorporates many of the dance / fitness routines set to Latin and international rhythms but is performed at a lower intensity.

Zumba Gold is certainly good for you, but it's also a lot of fun. Don't let the Zumba name scare you... this class has something for everyone. Many of the movements can even be done while sitting in a chair, so come and check it out.

Join Carol, a certificated Zumba Gold instructor. Give it a try.

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

**FUN and GAMES**

**BINGO** – Mondays at 1:00  
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.

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

**ZUMBA** at the Knights of Columbus Hall, Rt. 18, on Thursdays at 4:30 p.m. Offering is \$4 per class.

**Visit your local Farmers Markets**

**Abington**– Every other Saturday, 9 –11 am until September 15  
Griffin Dairy Property, 350 Plymouth Street

**Brockton**– Saturdays 9 am to noon-until October 26  
Brockton Fairgrounds, Belmont Street.

**Hingham**– Saturdays 10 am to 2 pm—until November 16  
Bathing Beach, 96 Otis Street (Rt 3A)

**Middleboro**– Saturdays 9 am—1pm—until October 26  
Town Hall Lawn, Nickerson Avenue, Route 105

**FRIENDS OF THE WHITMAN SENIORS**  
MONTHLY MEETING OF THE FRIENDS  
at the Senior Center.

The Friends will not be meeting in August.

**The Annual Cookout at the Senior Center**  
**Saturday, August 17th**  
**12:00-2:00.**

All Whitman seniors age 60 and over are welcome to attend.  
A sign up sheet will be available at the Senior Center on August 1st. If you cannot come in, call Joanne at extension 2 to sign up.

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.

**Social Lunch**

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Tuesday, August 13th at 1:00  
The Tavern Restaurant  
Route 139, Marshfield  
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** to reserve.

**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, August 27th from 12:00 to 3:00.

Please call **Joanne at extension 2** for an appointment

## AUGUST 2013

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch-Hawaiian Pork Roast 4:30 Zumba Gold at K of C  9:30 DOLLAR TREE in Hanson and GRILLE 58 in Halifax Sign up at ext. 1	2 11:30 Lunch-Chili Con Carne
5 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Orange Dijon Chicken 1:00 Bingo  9:00 AROUND TOWN Reserve by Thursday - ext. 1	6 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-Turkey & Cheese Sub 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS  8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday—ext. 2	7 9:15 Chair Yoga 11:30 Lunch—Spaghetti & Meatballs 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking	8 8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch—Fish Au Gratin 4:30 Zumba Gold at K of C  9:00 WALMART in Plymouth, Woods Restaurant Sign up at ext. 1	9 11:30 Lunch-Cheeseburger on Whole Wheat Roll  9:30 CASTLE ISLAND Sign up at ext. 1
12 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Turkey Ham & Cheese Sandwich on Multigrain Bread 1:00 Bingo  9:00 AROUND TOWN Reserve by Thursday—ext. 1	13 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-Veal Parmesan 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS  8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center Reserve by Monday – ext. 2	14 8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch—Aloha Chicken 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah-Jongg  9:00 HANOVER MALL Sign up at ext. 1	15 8:00 Walk the Park 11:30 Lunch-Meatloaf 4:30 Zumba Gold at K of C  BROWN BAG PICKUP Please Note: Bags will not be avail- able for pickup before 12:30 or after 3:30 9:00 HYANNIS HARBOR CRUISE Sign up at ext. 1	16 11:30 Lunch-Maple Mustard Pork  9:00 Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater Sign up at ext. 1
19 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Stuffed Shells w/Tomato Meat Sauce 1:00 Bingo  9:00 AROUND TOWN Reserve by Thursday—ext. 1	20 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-Asian Chicken 12:00 Computer Class 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS  11:00 MARSHFIELD FAIR Sign up at ext. 1	21 9:15 Chair Yoga 11:30 Lunch—Pasta Saute 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg  11:30 TRAVELING CHEF PASTA SAUTE LUNCH Seating is limited—Reservation required by August 14th – ext. 2  8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday – ext. 2	22 8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch-Turkey Tetrazzini 4:30 Zumba Gold at K of C  FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	23 9:30 Manicurist 11:30 Lunch-Beef Burgundy  1:00 JEOPARDY At the Senior Center Space is limited— Reserve at ext. 2
26 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-Chicken Broccoli Ziti 1:00 Bingo  9:00 AROUND TOWN Reserve by Thursday— ext. 1	27 8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-Spanish Pot Roast 12:00 Computer Class 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS  8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center Reserve by Monday – ext. 2	28 9:15 Chair Yoga 11:30 Lunch—Mac & Cheese 12:30 Crafts 1:00 Mah-Jongg  10:30 SUFFOLK DOWNS SENIOR DAY LUNCHEON BUFFET Reserve at ext. 1	29 8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch-Jambalaya w/ Rice 4:30 Zumba Gold at K of C  9:30 HINGHAM SHIPYARD SHOPS Reserve at ext. 1	30 11:30 Lunch-Pork with Gravy

Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

## Preventing Identity Theft

### How can I lower my risk of identity theft?

Identity theft is when thieves steal information like your Social Security number, birth date, credit/debit card numbers, personal identification numbers (PINs) or passwords. With enough information about you, thieves can use your identity to commit fraud or other crimes.

A new guide called Money Smart for Older Adults says older people are prime targets for financial exploitation and suggests that older Americans lost at least \$2.9 billion to financial exploitation in 2010. This guide, developed by the [Consumer Finance Protection Bureau](http://files.consumerfinance.gov/f/201306_cfpb_msoa-participant-guide.pdf) and the [FDIC](http://files.consumerfinance.gov/f/201306_cfpb_msoa-participant-guide.pdf), can be downloaded at [http://files.consumerfinance.gov/f/201306\\_cfpb\\_msoa-participant-guide.pdf](http://files.consumerfinance.gov/f/201306_cfpb_msoa-participant-guide.pdf).

The guide suggests the following ways to prevent identity theft:

- **Protect your Social Security number, credit and debit card numbers, PINs and passwords.** Never provide this information in response to an unwanted telephone call, fax, letter, or email – no matter how friendly or official the circumstances may appear. Protect your PIN when using the ATM – don't allow anyone to look over your shoulder (known as shoulder-surfing). To avoid some trouble if your wallet is stolen, carry only the identification you really need. Keep your Social Security card in a safe place at home. When shopping, keep in mind that you don't have to give merchants your Social Security number.
- **Protect your incoming and outgoing postal mail.** If possible, use a locked mailbox or a post office box. If your mailbox is not locked, retrieve items soon after delivery. When ordering new checks, have them delivered to your bank branch rather than delivered to your home. For outgoing mail containing personal information, hand it to a mail carrier or take it to the post office. Don't leave mail in your home mailbox and don't put up the flag on a mailbox to indicate that outgoing mail is waiting.
- **Sign up for direct deposit.** This prevents someone from stealing a check out of your mailbox and forging your signature.
- **Keep your financial trash "clean."** Before tossing out anything containing personal information, rip these items into shreds, preferably with a cross-cut shredder.
- **Watch your bank statements and credit card bills.** Review every charge or withdrawal and report any discrepancies to your bank or card issuer. If a credit card statement or bank statement is late, call customer service. It's possible someone may have stolen your mail and account information.
- **Avoid identity theft on the Internet.** Never provide bank account or other personal information in response to an unsolicited email or on a website that does not explain how personal information will be protected. If you receive an email you think is fraudulent, report it to the Federal Trade Commission. Use their online complaint form at [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov) or forward spam to [spam@uce.gov](mailto:spam@uce.gov).
- **Review your credit report annually.** Look for warning signs of a credit card, loan, or lease you never signed up for. For a free copy of your credit report, visit [www.annualcreditreport.com](http://www.annualcreditreport.com).

To reach the Federal Trade Commission's Identity Theft helpline dial 1-877-IDTHEFT (438-4338). For TTY communication, call 1-866-653-4261.

## 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.

**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.

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

**Our Newsletter is available online at:  
[www.seekandfind.com](http://www.seekandfind.com)**

**BITS AND PIECES by ELEANOR NADELL**

I hope August has as many nice day trips as July did. It seems as if I was on one or two every week. Fun times. The weather seems to stay pretty much the same, but after last winter I'm trying not to complain too much. At least I can keep cool with the air conditioners. It's not like trying to get warm when there is no means of heat. So, I shall keep my thoughts happy ones. Are you going on any of the day trips? I hope to see some of you there. Have some great Summer days and enjoy your outdoor activities. I hope you all stay healthy and happy.

*Eleanor*

**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:**

August 14	Senior Center	12:00 --2:00
August 21	Harvard Court	12:00 --2:00

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

August 6, 13, 15, 20, 22, 27 29	2:00—4:00
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**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, August 15th 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 Friday August 23rd. 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.**

**NUTRITION**

Senior Lunches are served every day at the Senior Center at 11:30. Let us do the cooking for you. 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.

**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, August 20th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

**PODIATRIST** - Dr. William Chan. Wednesday, August 14th by appointment only. Contact **Joanne at extension 2** to make an appointment. Upcoming dates: September 11, October 9, November 13

**Our Newsletter is now available on the Town's Website at [www.whitman-ma.gov](http://www.whitman-ma.gov). Check it out!**

**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.

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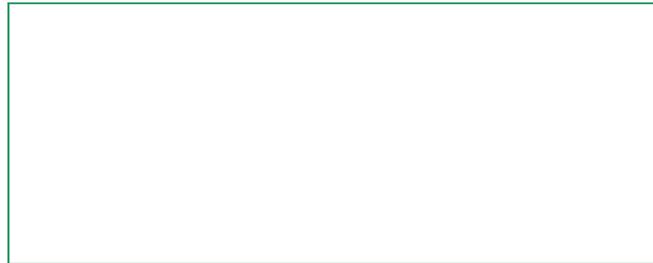
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**RETURN SERVICE REQUESTED**



**MOTORCOACH TOURS**

**Cape Cod Canal Cruise**

**Tuesday, August 9th — 8:15 A.M. — \$65.00**

This trip includes a two hour canal cruise, lunch at Lindsey’s restaurant and a stop at the Christmas Tree Shop. Choose from lemon crusted haddock, baked stuffed chicken or turkey pot pie for lunch.

**Mohawk Trail**

**Tuesday, October 1st– 7:00 A.M.—\$69.00**

Enjoy a great foliage trip along the Mohawk Trail. There will be stops for picture taking. Lunch will be at the Williams Inn in quaint Williamstown. Chose from Baked Scrod, Lemon Herb Baked Chicken or Grilled Boneless Pork Loin Chop.

**Call Linda at extension 1 to reserve your seat.**

**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.*