

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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FEBRUARY 2013

Mae Cousineau, *Vice Chairman*
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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:

Since we've had to keep our bus and trips local during January and February due to the threat of bad weather, we're now looking forward to venturing out further as better weather approaches.

Stay tuned for more information on spring and summer destinations including: Boston's North End and Haymarket Square, JFK Library, P.F.Chang Restaurant at Legacy Place in Dedham, Framingham's Garden in the Woods, Heritage Gardens and Daniel Webster Inn in Sandwich, and Providence Place.

As always, please let me know if there's a particular place, activity, or informational topic that you'd like to see offered.

Stay Well,

Barbara

LEGENDS OF LAS VEGAS TRIBUTE

Thursday, February 28th
12:30 at the Senior Center



Come and join us for some fun and live entertainment at the Senior Center. Vic Solo will be performing his Legends of Las Vegas Tribute to the entertainment giants who made it big in Las Vegas. From the Rat Pack to Tom Jones and Wayne Newton.

Seating is limited, so do not wait to sign up, this event will fill up quickly. **Deadline to sign up is Friday, February 22nd.**

For reservations or transportation call Joanne at extension 2.



TAX TIME

This tax season we are pleased to welcome back Mary Sheard who has again volunteered her time to assist low income seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Mary will be available at the Senior Center on Tuesdays by appointment only, beginning in February. Contact **Joanne at extension 2** to make your appointment. This service is specifically available to low income seniors and is free of charge. Mary will be doing simple returns only and will not be doing returns that involve stocks and bonds or income over \$60,000.

MOVIE & POPCORN
AT THE CENTER
THURSDAY, FEBRUARY 7
12:30



EXTREMELY LOUD & INCREDIBLY CLOSE
starring Tom Hanks and Sandra Bullock-PG-13

The story unfolds from inside the mind of Oskar Schell, an inventive 11 year old New Yorker whose discovery of a key in the belongings of his father, who died on 9/11, sets him off on an urgent search for the lock it opens.

Call Joanne at extension 2 at the Center to reserve your seat .
Transportation is available.

Pizza Party
At the Senior Center
Thursday, February 14th at 1:00

Time to get out of the house and meet up with old friends or make some new friends. Come and join us for a pizza party at the Center.

Cost is \$5.00, which includes pizza, soda and dessert. Stop by the Center to buy your ticket.

Tickets are limited so do not delay.



You must have been a beautiful baby.

We hope you will join in on our “**Guess Who???**” contest. Who is that with the silly grin or frown? Who looks like they enjoyed causing trouble? Who is that tall one? Who is the one with the curly hair?

On February 1st, we will post all of the photos that were entered on our bulletin board at the Senior Center. Come in between February 1st and the 11th and pick up an entry form and try and match up the photos with the names on the entry form.

On February 14th, a prize will be awarded to the entry with the most correct answers. Good Luck and Have Fun.

Stop by the Senior Center before February 11th to pickup and submit your entry form.

Social Lunch

~ ~ ~

Tuesday, February 12th at 1:00
 Quan's Chinese Restaurant
 Route 53 in Hanover

Lunch cost will vary, depending on your selection.
 Attendees will meet at the restaurant.

If you plan to attend, please call **Linda at extension 1**
 to reserve.

Dollar Day Lunch
Thursday, February 7th

Join us at the Senior Center on Thursday, February 7th for the best deal in town! Lunch is served daily at 11:30 and if you haven't been in for lunch yet, now is the time to try it out.

Seating is limited to 30 and a reservation is required no later than Friday, February 1st. Come in and enjoy a delicious meal in the company of new (and not-so-new) friends. Menu for the day is Krunch Lite Fish.

Our COA bus is available if you need a ride.
 Call **Joanne 781-447-7619, extension 2** to reserve.

FUEL ASSISTANCE

We are taking appointments on Thursdays for help in filling out applications for first time fuel assistance applicants.

Please call **Joanne at extension 2** to set up an appointment.



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, February 26th from 12:00 to 3:00.

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

INCLEMENT WEATHER POLICY

If the Whitman-Hanson Regional School District cancels school, all Senior Center Activities will be canceled and there will be no Meals-On-Wheels delivered or lunches served at the Senior Center.

School closing information is broadcast on television channels 4, 5, 7, 10 and 25 and on radio stations WBZ 1030 AM, WATD-AM and WPLM-FM. You can also check Whitman-Hanson's local Comcast cable channel 9.

The MOTORCOACH TOURS group will be holding their Pot Luck Supper at the Hanson Senior Center on Tuesday, February 26th 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.



MOTORCOACH TOURS

**Sunday, April 21st
Newport Playhouse**

9:30 am departure—\$69.00

The show is "Spreading it Around".
Cost includes bus transportation, buffet, show and cabaret.

Call Linda at extension 1 for a reservation.
More trips to be announced shortly.

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 and Fridays 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.

Comedy Corner

~ ~ ~

AGING AFTER 50

How to Know You're Growing Older

~ Everything hurts and what doesn't hurt doesn't work.

~ The gleam in your eye is from the sun hitting your bifocals.

~ You feel like the night before and you haven't been anywhere.

~ Your Little Black Book contains only names ending in M.D.

~ You get winded playing chess.

~ Your children begin to look middle-aged.

~ You join a health club and don't go.

~ You begin to outlive enthusiasm.

~ Your mind makes contracts your body can't meet.

~ You know all the answers, but nobody asks you the questions.

Courtesy of Pat Horte

FRIENDS OF THE WHITMAN SENIORS

MONTHLY MEETING OF THE FRIENDS

at the Senior Center on

Friday, February 8th at 1:00

A Valentine card swap is planned.

Anyone interested in attending, call Roberta at 781-261-3930.

All are welcome to attend.

Note: 2013 membership dues are due.

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.

FEBRUARY 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Menu subject to change without notice.				1 10:00 CrisFit at K of C 11:30 Lunch- Beef Romanoff 1:00 Bingo
4 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Cheese Lasagna w/ meat sauce 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	5 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Balsamic Glazed Chicken 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center	6 9:15 Chair Yoga 11:30 Lunch - Spaghetti & Meatballs 1:00 Mah-Jongg 6:00 Scrapbooking 9:00 WALMART in PLYMOUTH and WOODS RESTAURANT	7 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch- Krunch Lite Fish Fuel Assistance by Appt. 11:30 DOLLAR DAY LUNCH 12:30 Movie at the Center (reservations needed) Transportation to Senior Center	8 10:00 CrisFit at K of C 11:30 Lunch- Sweet & Sour Pork 1:00 Friends Meeting
11 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Chicken Cacciatore 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	12 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Shepard's Pie 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center	13 9:00 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch- Potato Crunch Fish 12-2 Blood Pressure at the Center 1:00 Mah-Jongg 9:00 HANOVER MALL	14 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch- Cranberry Turkey Fuel Assistance by Appt. 1:00 PIZZA PARTY (tickets needed) 9:00 Breakfast at PERSEY'S PLACE in Middleboro and Burlington Coat Factory in Bridgewater	15 10:00 CrisFit at K of C 11:30 Lunch- Mac & Cheese 1:00 Bingo
18 PRESIDENT'S DAY SENIOR CENTER CLOSED	19 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Eggplant Rollatini 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center	20 9:15 Chair Yoga 11:30 Lunch - Chicken Chili 12-2 Blood Pressure at Harvard Ct 1:00 Mah-Jongg 9:00 AROUND TOWN (Reserve by Thursday)	21 8:00 Walk the Park 10:00 CrisFit at K of C 11:00 Lunch- Beef Burgundy Fuel Assistance by Appt. BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30 9:00 Good Days Restaurant and Food Shopping at Market Basket in West Bridgewater	22 9:30 Manicurist 10:00 CrisFit at K of C 11:30 Lunch- Salmon Boat 1:00 Bingo FOXWOODS CASINO 7:30 Center; 7:45 Home
25 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- American Chop Suey 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	26 8:00 Walk the Park 9:00 Art Class 9:00 Income Tax Prep by Appt 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch- Teriyaki Chicken 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	27 9:15 Chair Yoga 11:30 Lunch - Fish Sticks 1:00 Mah-Jongg 9:30 DERBY STREET SHOPS and Bertucci's in Hingham	28 8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch- Roast Pork Fuel Assistance by Appt. 12:30 Legends of Las Vegas Tribute (reservations needed) Transportation to Senior Center	March 1 10:00 CrisFit at K of C 11:30 Lunch 1:00 Bingo

Eldercare Q & A from OLD COLONY ELDER SERVICES

SOCIAL SECURITY & CHAINED CPI**What is chained CPI and how would it affect me?**

Chained CPI (Consumer Price Index) is a proposed new way to measure how the annual Social Security Cost of Living Adjustment (COLA) is calculated. It is one of the suggested solutions to the fiscal cliff discussion in Congress that surfaced in mid-December. Most Americans have never heard of this obscure proposal, but it will affect millions of seniors.

Chained CPI is a complicated formula that takes into account changes that average consumers make in their purchases of goods in response to changes in both prices and quantities of products. The net effect is that a chained CPI results in a lower Cost Of Living Adjustment compared to the CPI formula currently in use.

The COLA affects not only Social Security benefits, but federal civilian and military retirement, railroad retirement, Supplemental Security Income (SSI), and veterans' compensation and pensions.

All these beneficiaries would feel the impact of a change in the COLA. The effect would be greatest on those who draw benefits at earlier ages, such as military and disabled beneficiaries, because they are more likely to receive benefits the longest. The Social Security Administration estimates that use of chained CPI would result in a yearly 0.3 percentage point reduction compared to the current COLA increase.

This may not sound like a big cut, but AARP estimates that "adopting the Chained CPI for Social Security benefits would take

\$112 billion out of the pockets of current Social Security beneficiaries over the next 10 years. The greatest impact of Chained CPI would fall on the oldest individuals, eventually resulting in a cut of one full month's benefit annually." The White House has referred to this CPI cut as a relatively modest adjustment.

Social Security is the principal source of income for nearly two-thirds of older American households, and one third of those households depends on Social Security for nearly all its household income. Half of those 65 and older have annual incomes below \$18,500. The average Social Security retirement benefit today is only \$14,800 a year. A CPI cut would push thousands more retirees into poverty.

Currently COLAs are determined using a formula based on increases in the Consumer Price Index for Urban Wage Earners—a measurement considered biased against older people. Since 2002, the federal government has calculated a CPI-Elderly which uses a market basket of goods purchased more heavily by elders, like medical costs and prescriptions. The elderly CPI is a better measurement of seniors' cost of living – but it never has been adopted.

Instead of protecting older Americans against growing retirement, disability and survivorship risks, the chained CPI would do the opposite by weakening the inflation protection of current and future beneficiaries.

Ironically, this cut in retirement benefits comes at a time when younger workers are paying less into Social Security because of a payroll tax cut.

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 to 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*

BITS AND PIECES by ELEANOR NADELL

Good morning and Happy second month of this New Year 2013. Just imagine, here we are well into the 2000's, never thought that I would see this day. The weather has not been too bad either. I guess the good Lord is making things a little easier for us "older" folks, to that I say Amen.

I've been rather busy so far this month. I'm not too interested in the activities at the Council on Aging this month, it is mostly shopping trips and I can do that anytime. I am looking forward to some unusual activities soon. Any bright ideas from some of you? Just came back from breakfast with my niece and nephew, I always enjoy that. I can't think of anything nicer than to share time with my family. For all of you I trust a wonderful year continued good health and happiness.

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, February 19th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, February 13th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates - March 13, April 10, May 8

**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:

February 13	Senior Center	12:00 – 2:00
February 20	Harvard Court	12:00 – 2:00

Tuesday at Town Hall (VNA Office, Lower Level)

February 5	2:00—5:00
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Tuesday & Thursdays at Town Hall (VNA Office, Lower Level)

February 12,14,19,21,26,28	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, February 21st 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 one Friday morning a month. 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.

Jane will be here on Friday, February 22.

Call **Joanne at extension 2** for an appointment.

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.

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PO Box 426
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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 ...

*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.*