



### Tips for Seniors: Stay Cool During Hot, Humid Weather

The Executive Office of Elder Affairs advises elders to enjoy the summer weather but take careful precautions during extremely hot weather. High temperatures can take a toll on health. Seniors especially should take extra care to keep cool and hydrated during hot, humid days. Here are a few tips for enjoying the summer weather while keeping comfortable and safe:

#### Keeping Cool

##### **A. Clothes**

- Wear loose fitting clothing in light colors and light materials such as linen and cotton. Materials such as rayon and polyester tend to trap heat close to the skin.
- Wear a hat with a wide brim to protect the face.

##### **B. Home**

- Stay indoors during extremely hot weather.
- Lower shades, blinds, or close drapes on the east side of your home during the morning hours and the west side during the afternoon in order to keep your home as cool as possible. Use a fan in the rooms where the windows are covered.
- If you do not have air conditioning in your home, go to your local Council on Aging/Senior Center, a mall, movie theater or library in order to stay cool.

##### **C. Outdoors**

- Wear sunscreen SPF (Sun Protection Factor) of 30 or higher.
- Wear a wide brimmed hat or take an umbrella to block the sun.
- Schedule outdoor activities before 10 am or after 6 pm when the temperature is lower.
- Avoid strenuous activity.
- If you are outside, take frequent breaks in shaded areas.

#### Keeping Hydrated

##### **A. Fluids**

- The best liquid to drink during hot, humid days is water. Drink plenty of water, even if you are not thirsty, in order to stay hydrated.
- Avoid drinks with caffeine and alcoholic beverages which will dehydrate your body.
- Drink sports drinks that have the added minerals that your body loses when it sweats.

##### **B. Food**

- Keep frozen treats such as ice cream and popsicles in the freezer that can help you keep cool during hot weather.
- Eat cold foods such as sandwiches and salads.
- Fresh fruits and vegetables are also another way to keep hydrated.

#### Keeping Safe

##### **A. Buddy System**

- Make sure that you have someone to check on you to make sure that you are well.

##### **B. Using Common Sense**

- Avoid long walks, particularly during noon to 3 pm, when sun is at its peak.
- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Pay attention to weather reports.
- Contact your doctor if you are taking several drugs for a number of health problems because these may make it harder for your body to keep cool through perspiration. A few examples would be diuretics, sedatives, tranquilizers, and also some heart and blood pressure medicines.

Further tips on staying cool can be found at the Massachusetts Emergency Management Agency's website at: [www.mass.gov/mema](http://www.mass.gov/mema).

**Zumba Gold**

Thursdays, beginning July 11th  
 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.

The July 11th class will be a free demonstration by Carol, a certificated Zumba Gold instructor. Give it a try, have your questions answered, and see if it's for you.

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.

**REMINDER ...**

Last day to submit completed applications for the FY 2014 Senior Tax Abatement Workplace Program is June 30th. Completed time sheets for FY 2013 are also due to Barbara July 1st.



Come celebrate Summer with a special strawberry shortcake dessert after lunch on **Friday, July 19th.**

This dessert will be served for those who sign up and join us at the Senior Center for our congregate lunch only. (Home delivered meal participants will receive the regularly scheduled dessert.)

To sign up for this event call **Joanne at extension 2.** Call for reservations by Friday July 5th.

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

The Friends will not be meeting in July and August.

**Save the date for the annual Cookout at the Senior Center on  
 Saturday, August 17th from 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.

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**

~ ~ ~

Tuesday, July 9th at 1:00  
 Halifax Country Club  
 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, July 23rd from 12:00 to 3:00.

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

## JULY 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-<b>Hot Dog on a Bun</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> (Reserve by Thursday)</p>	<p>2</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-<b>Chicken Picatta</b> 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 <b>FOOD SHOPPING at TRUCCHI'S</b></p> <p>Transportation to Senior Center</p>	<p>3</p> <p>9:15 Chair Yoga 11:30 Lunch-<b>Fish Sticks</b> 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:00 <b>WALMART in RAYNHAM &amp; IHOP or CHINESE BUFFET</b></p>	<p>4</p> <p><b>Happy Independence Day</b></p>  <p><b>SENIOR CENTER CLOSED</b></p>	<p>5</p> <p>11:30 Lunch-<b>Italian Braised Beef Tips</b></p>
<p>8</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-<b>Orange Chicken</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> (Reserve by Thursday)</p>	<p>9</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-<b>Baked Ziti</b> 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 <b>FOOD SHOPPING at STOP &amp; SHOP</b></p> <p>Transportation to Senior Center</p>	<p>10</p> <p>8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch-<b>Beef Marsala</b> 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p>9:00 <b>HANOVER MALL</b></p>	<p>11</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch-<b>Turkey Provolone Sandwich on Rye</b> 4:30 Zumba Gold at K of C</p> <p>9:00 <b>CHRISTMAS TREE SHOP, and SEAFOOD SAM'S in Bourne</b></p>	<p>12</p> <p>9:30 Manicurist 11:30 Lunch-<b>Salmon Boat w/ Tarragon Sauce</b></p> <p>9:30 <b>CASTLE ISLAND</b></p>
<p>15</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-<b>Greek Chicken</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> (Reserve by Thursday)</p>	<p>16</p> <p>8:00 Walk the Park 9:00 Art Class 9:00 <b>State Rep Geoff Diehl</b> 9:30 Hairdresser by Appt 11:30 Lunch-<b>Roast Beef Sandwich</b> 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 <b>FOOD SHOPPING at TRUCCHI'S</b></p> <p>Transportation to Senior Center</p>	<p>17</p> <p>9:15 Chair Yoga 11:30 Lunch-<b>Sloppy Joe</b> 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg</p> <p><b>TWIN RIVER CASINO</b> Pickup 8:00 Center; 8:15 Home Return Home 4:00</p>	<p>18</p> <p>8:00 Walk the Park 11:30 Lunch-<b>Fiesta Fish</b> 4:30 Zumba Gold at K of C</p> <p><b>BROWN BAG PICKUP</b> Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p>9:00 <b>VANITY FAIR OUTLETS in Dartmouth</b></p>	<p>19</p> <p>11:30 Lunch-<b>Roast Turkey w/ Stuffing</b></p>
<p>22</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-<b>American Chop Suey</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> (Reserve by Thursday)</p>	<p>23</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-<b>Potato Crunch Fish</b> 12:00 Computer Class 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 <b>FOOD SHOPPING at STOP &amp; SHOP</b></p> <p>Transportation to Senior Center</p>	<p>24</p> <p>9:15 Chair Yoga 11:30 Lunch-<b>California Chicken Salad, Pita Pocket</b> 12:30 Crafts 1:00 Mah-Jongg</p> <p>10:30 <b>LINDSEY'S RESTAURANT in Wareham and CAPE COD CANAL CRUISE</b></p>	<p>25</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch-<b>Beef Veggie Stew</b> 4:30 Zumba Gold at K of C</p> <p>1:00 <b>"Plymouth County Corrections, Then and Now" Reservations needed</b></p> <p>9:30 <b>DERBY STREET SHOPS and BERTUCCI'S in Hingham</b></p>	<p>26</p> <p>11:30 Lunch-<b>Chicken Pot Pie</b></p> <p><b>FOXWOODS CASINO</b> Pickup 7:30 Home; 7:45 Center Return Home 7:00 pm</p>
<p>29</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch-<b>Tortellini</b> 1:00 Bingo</p> <p>9:00 <b>AROUND TOWN</b> (Reserve by Thursday)</p>	<p>30</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch-<b>BBQ Chicken</b> 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:45 <b>FOOD SHOPPING at TRUCCHI'S</b></p> <p>Transportation to Senior Center</p>	<p>31</p> <p>9:15 Chair Yoga 11:30 Lunch-<b>Tuna Fish Sandwich</b> 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:30 <b>WESTGATE MALL and MARKET BASKET in Brockton</b></p>	<p>AUGUST 1</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch 4:30 Zumba Gold at K of C</p> <p>9:30 <b>DOLLAR TREE in Hanson and GRILLE 58 in Halifax</b></p>	

Eldercare Q &amp; A from OLD COLONY ELDER SERVICES

**SENIORS MISS OUT ON BENEFITS****Are there seniors missing out on basic benefits ?**

Millions of older Americans on limited incomes struggle to pay their prescription, health care, food, and energy costs. The Medicare Improvements for Patients and Providers Act (MIPPA) was created to help seniors on a fixed budget.

One of the programs supported by MIPPA is Serving the Health Insurance Needs of Everyone (SHINE), which helps people on Medicare apply for Medicare Part D (drug coverage) and the Extra Help/Low-Income Subsidy (LIS) as well as Medicare Savings Programs (MSPs). The Social Security Administration says the value of the Part D Low Income Subsidy is around \$4,000/yr. The Medicare Savings Programs saves at least \$1,200/yr, and the annual benefit for seniors under Supplemental Nutrition Assistance Program (SNAP) is \$1,428/yr.

Over 32,000 Medicare beneficiaries today in Massachusetts are eligible for, but not receiving, the Low-Income Subsidy (LIS/Extra Help), which helps pay for prescriptions. Additionally, two-thirds of the people who could be getting food assistance (SNAP) are not getting it.

Across Massachusetts, SHINE counselors have helped people with Medicare select plans and apply for programs that save them thousands of dollars. People 65 and older, as well as people with permanent disabilities under the age of 65, and caregivers providing support for chronically ill loved one have been helped by SHINE counselors. Here are just a few examples:

A woman in the Malden area was spending hundreds of dollars on health care and buying food with a credit card

because she had no money left over. The counselor helped her to qualify for Mass Health, which saved her over \$300 a month.

In Boston, a counselor helped a senior sign up for LIS. In less than two weeks, she said that her medications were significantly lower in cost. The counselor also signed her up for a Medicare Savings Program, saving her nearly \$100 a month in Part B premiums. And, through a referral to a Benefits Specialist, the woman received help applying for food stamps.

A man in the Burlington area called SHINE saying he couldn't afford his generic gout medication because it is now a brand name drug, and the generic is no longer available. After some research, the counselor found that he could probably qualify for help from the drug manufacturer. The counselor helped the man with the application and he got a year's supply of the medication totally free.

In 2012, the SHINE program saved 59,000 Medicare consumers more than \$81 million. To find out if you qualify for any of these health or nutrition programs, call toll-free 1-800-AGE-INFO (1-800-243-4636), then press "3" to be connected to SHINE.

**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**

Happy 4th of July. I hope the weather stays sunny and bright for all of the family get-togethers. Did all of you Dads have a nice Fathers Day? I've missed some of the June activities. I just spent a month in Florida. I went to two weddings, one great niece and one great nephew's. They were lovely events. Two different types of services but equally wonderful. The weather was in the high 80's most of the time. Nice to be able to spend that much time with my family. See you all soon.

Best of Health and Happiness to all.

*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:**

July	10	Senior Center	12:00 --2:00
July	17	Harvard Court	12:00 --2:00

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

July	2, 9, 11, 16, 18, 23, 25, 30		2:00—4:00
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**BLOOD PRESSURE CHECK**

We offer a free blood pressure check and 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, July 18th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

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

**PODIATRIST** - Dr. William Chan. Wednesday, July 10th by appointment only. Contact **Joanne at extension 2** to make an appointment.  
Upcoming dates: August 14, September 11, October 9

**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 July 12th. 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.

**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.

**Editing MP3 Files:** Download free editing software to edit MP3 music.

**Add and Remove Software:** Find, Download and Install Free software. Remove unwanted programs.

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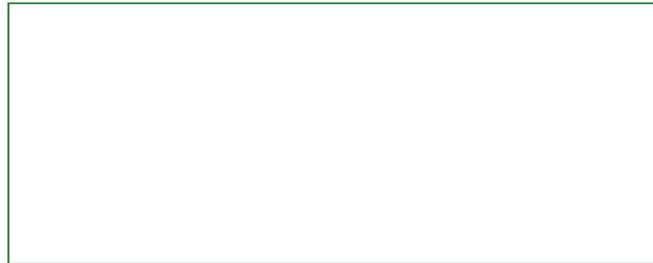
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**RETURN SERVICE REQUESTED**



**COA BUS TRIPS**



**Wednesday, July 24th Lunch & Cape Cod Canal Cruise**

**Leaves the Senior Center at 10:30 A.M. - \$22.00**

Enjoy lunch on your own at Lindsey's Restaurant in Wareham, then spend the afternoon cruising the Cape Cod Canal. The price includes the cruise and bus transportation.

**Call Linda at extension 1 for a reservation.**

The MOTORCOACH TOURS group will not be holding their Pot Luck Suppers in July and August. Enjoy the summer and stay tuned for information on the September Pot Luck.

***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.*