

SEEN YOUR NEWS?



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

SENIOR CENTER HOURS

Monday 8-4
Tuesday 8-4
Wednesday 8-4
Thursday 8-4
Friday 8-12

Denise K. Bagley, *Chairman*
Mary Holland, *Director*
Barbara Garvey

OCTOBER
2020



Thomas G. Ford
Laura Andrade
Patricia Goldmann

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:

Fall is upon us!! It's my favorite time of year. I love the gorgeous leaves and anything pumpkin! This Fall will be different because we still have to remain cautious in our activities but we can still enjoy it! We have our fabulous front porch here at the COA that you are welcome to enjoy. It's open, you just need to remember to socially distance and wear your masks. The park is also a great place to take a stroll or sit on one of the many benches and do some people watching! Another great aspect of the Fall....apple picking! Nothing tastes better than a fresh picked apple. Most orchards have apples already picked that you can walk in and buy....as well as a lot of other yummy items!

Don't forget that now is the time to think about getting your flu vaccination. You can check with your Doctor's office if they have it or a lot of walk in clinics (CVS, Walgreens, RiteAids) usually offer it as well.

"Strength grows in the moments when you think you can't go on but you keep going anyway"

-Unknown

Mary



Due to the Coronavirus, the Whitman Senior Center has suspended most activities and classes until further notice.

We are happy to say that as of now, we have the podiatrist and hairdresser back. You must wear a mask and stay in your car until called for your appointment.

Transportation is now available for the first hairdresser appointment on Tuesdays. Food Shopping hours have changed to 10:00 and 12:30.

We have added a Walmart trip on Wednesdays. See pg. 3 for details.

All trips and activities are subject to change at any time depending on the virus situation.

Please check the Town of Whitman website for any updated information regarding our reopening.

Help us save MONEY and go GREEN

Could you help us reduce our printing and mailing costs?

If you could read your newsletter online OR if you 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.

Our newsletter is now available online at:

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

Humor Corner

Revision of 60s and 70s songs...

They just don't make the songs like they used to any more!!!!!!
Some of the artists of the 60's and 70's are revising their hits with new lyrics to accommodate aging baby boomers who can remember doing the "Limbo" as if it were yesterday. They include:

- Bobby Darin - Splish, Splash, I Was Havin' A Flash
- Herman's Hermits - Mrs. Brown, You've Got A Lovely Walker
- Ringo Starr - I Get By With A Little Help From Depends
- The Bee Gees - How Can You Mend A Broken Hip
- Roberta Flack - The First Time Ever I Forgot Your Face
- Johnny Nash - I Can't See Clearly Now
- Paul Simon - Fifty Ways To Lose Your Liver
- The Commodores - Once, Twice, Three Times To The Bathroom
- Procol Harem - A Whiter Shade Of Hair
- Leo Sayer - You Make Me Feel Like Napping
- The Temptations - Papa's Got A Kidney Stone
- Abba - Denture Queen
- Tony Orlando - Knock 3 Times On The Ceiling If You Hear Me Fall
- Helen Reddy - I Am Woman, Hear Me Snore
- Leslie Gore - It's My Procedure, And I'll Cry If I Want To
- And Last but NOT least...
- Willie Nelson - On the Commode Again.

VOTING OPTIONS

Vote by Mail

The Secretary of the Commonwealth will be mailing out Early Voter Application to all registered Voters who have not already applied for one or applied for an Absentee Ballot. In order for us to send you a ballot we need your postage page application returned with your signature.

You can return your ballot via USPS (postage paid by the state) or place your ballot in the drop box Located near the handicapped entrance of the Town Hall. Before returning your ballot, please make sure you sign line 1, and place your ballot in envelope and seal it.

If you are not a registered voter the last day to register for the Presidential election is November 24th.

You can register online at www.registertovotema.com.

Call the Town Clerks office at 781-618-9710 with any questions

In Person Early Voting-Town Hall ~ 54 South Ave

In-person early voting for the **State Election** will be held

October 17-30

Hours:	10/17-10/18	TBD
	10/19 – 10/22	Normal Town Hall Hours prior to COVID
	10/23 – 10/25	TBD
	10/26 – 10/29	Normal Town Hall Hours prior to COVID
	10/30	TBD

BRAIN TEASERS

1. An elevator is on the ground floor. There are four people in the elevator including me. When the lift reaches the first floor, one person gets out and three people get in. The lift goes up to the second floor, 2 people get out, 6 people get in. It then goes up to the next floor up, no-one gets out but 12 people get in. Halfway up to the next floor up the elevator cable snaps, it crashes to the floor. Everyone else dies in the elevator except me. How did I survive?
2. What can you hold without ever touching or using your hands?

Answers on Page 6

DONATIONS

We have received donations of Ensure nutrition drink as well as some Adult disposable briefs and bladder control pads.

Give us a call if you would like any of these. They are available on a first come, first serve basis and they would need to be picked up at the Senior Center.

➤ Reach the Senior Market
ADVERTISE HERE

CONTACT

Karen Fontaine to place an ad today!
kfontaine@lpiseniors.com or (800) 477-4574 x6350



COA Bus Trips
WALMART-PLYMOUTH
 Wednesdays
 Pickups begin at 8:30
 \$7.00 for transportation

This month our Walmart trip will be to the Plymouth location.
 All pickups are from home.
 We are only signing up 4 people per trip, so please only sign up for one trip to allow everyone a chance.
 Sign up day will be October 1st.



WHITMAN PUBLIC LIBRARY

The Whitman Public Library is closed to patrons until further notice, BUT curbside pickup is available to all ocln cardholders.
 Email, call or place a hold at ocln.org to arrange a pickup.

For more information:
 Call 781-447-7613
 email info@whitmanpubliclibrary.org
 or go online at www.whitmanpubliclibrary.org

FOOD SHOPPING--Tuesdays at 10:00 OR 12:30

Each run is limited to 4 people.

10/6-- STOP AND SHOP in WHITMAN
 10/13- SHAW'S IN HANSON
 10/20- STOP AND SHOP in WHITMAN
 10/27- SHAW'S IN HANSON



***Locations are subject to change

Reminder: 4 bag limit please. Reserve your seat by 11:00 on the previous Friday by calling extension 2.

VIRTUAL BURIED IN TREASURES WORKSHOP

What is Buried in Treasures?
 Judgment Free
 Educational
 Self-Help Group for people with hoarding issues

Date: Tuesday, October 6, 2020
Duration: 15 classes, once a week (no class 12/22 or 1/19)
Time: Tuesdays, 11:30 AM - 1:00 PM
Location: Online Virtual Group, facilitated by South Bay Community Services
Cost: Free

For more information, or to be screened and registered please contact:

Kelly Mules @ 508-580-4691, ext. 1812
 Katy Doan @ 508-232-6567

Sponsored by the Greater Brockton Area Hoarding Task Force, Mass Housing, and Old Colony Elder Services

SCAM ALERT...

Protect yourself against deceptive marketing:

- Do not provide your Medicare Unique ID or Social Security number to anyone, except your trusted medical providers.
- Medicare and Social Security will not call you and ask for personal information.
- Hang up if anyone calls offering you free products.
- Do not reply to any postcards you receive in the mail offering free braces, pain medication or other products.
- Do not accept or open any packages you did not order.

REMEMBER NOTHING IS FREE!

Contact the Massachusetts Senior Medicare Patrol Program to report such scams, deceptive calls, receipt of items you did not order and any other suspicious activity. Call 800-892-0890

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 2020. 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, Terry Altieri, 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

OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	6 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – ext. 2	7 8:30 WALMART in PLYMOUTH Sign up at ext. 1	8	9
12 COLUMBUS DAY SENIOR CENTER CLOSED	13 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – ext. 2	14 8:20 Podiatrist by Appt. 8:30 WALMART in PLYMOUTH Sign up at ext. 1 1:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	15 BROWN BAG PICKUP <i>(see Pg. 6)</i>	16
19 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	20 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – ext. 2	21 8:30 WALMART in PLYMOUTH Sign up at ext. 1	22	23
26 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	27 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – ext. 2	28 8:30 WALMART in PLYMOUTH Sign up at ext. 1	29	30

Eldercare Q & A from OLD COLONY ELDER SERVICES The Silent Victim. October is National Violence Awareness Month

The COVID-19 pandemic has put the focus front and center on staying well. Social distancing and other guidelines are in place, many continue to work from home, modify their routines and adopt more “home-based” activities. Unfortunately, for individuals of domestic violence, being confined at home with an abusive partner may elevate the threat of violence.

Domestic violence can affect anyone regardless of gender, sexual orientation, age, race, ethnicity or socioeconomic status. Domestic violence is perpetrated by a current or former intimate partner and is about the perpetrator having power and control. The signs of domestic violence are not always obvious and can be difficult to recognize. An accidental witness to verbal abuse may wonder, “Are those scathing comments indicative of something more?”

When a relationship is in its early stages, jealousy and possessiveness may be quickly dismissed. Excuses for behavior are allowed and apologies accepted. But, domestic violence often escalates as the relationship progresses. Dictating how a partner should dress, who they are allowed to see, where they may go and when, are just a few instances of abusive tendencies.

Domestic violence involves behavior meant to control, scare or harm. It often occurs in the home and can include emotional abuse, psychological violence, sexual violence and physical violence. Specific examples of domestic violence include (but are not limited to): intimidation; verbal abuse; accusations; social isolation; hitting; kicking; shoving; sexual coercion; stalking; cyber-stalking and financial abuse.

The frequency and severity of domestic violence can vary. Physical injury is usually the most obvious danger, but the emotional and psychological consequences are also quite significant.

People who experience domestic violence may feel helpless and alone, and their self-worth can be destroyed. They may also experience anxiety and depression. Often times they are afraid for their safety which may prevent them from seeking help.

According to the [National Coalition Against Domestic Violence](https://www.ncadv.org) (NCADV), 10 million people a year are physically abused by an intimate partner. An important step in preventing or stopping domestic violence is recognizing the warning signs of an abuser. Visit the NCADV’s website at www.ncadv.org for comprehensive information and a lengthy list of warning signs.

For anonymous, confidential help that is available 24/7, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY). Or, visit www.thehotline.org.

Old Colony Elder Services (OCES), a non-profit agency designated as one of 25 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts, provides independent, conflict-free assessments and care coordination for in-home and community-based long-term services through many different programs, including a Protective Services Program. OCES’ Protective Services Program team works with older adults or their designees to prevent, eliminate or remedy situations involving emotional, physical or sexual abuse, neglect by a caregiver, financial exploitation and/or self-neglect. If you have a Protective Services concern, **call the Massachusetts-based Elder Abuse Hotline (centralized intake) at 1-800-922-2275** or visit www.ocesma.org for more information.

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 3:00 on the prior Thursday**. Pickup times cannot be guaranteed unless it is for an appointment.

SENIOR CENTER / WHITMAN CENTER BUS— Our COA bus is available in the morning for Tuesday activities and appointments at the Center or for drop off at either of two pre-determined downtown locations (Town Hall or Family Dollar). Sign-up is required by calling **extension 2 no later than noon on Monday**. Pickup times cannot be guaranteed unless it is for an appointment.

**This bus run is on hold so we can do two food shopping runs*

FOOD SHOPPING Our COA bus travels to various grocery stores on **Tuesdays**; **pickups begin at 12:30**. 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 required weekly by calling extension 2 no later than 11:00 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called by Noon on Monday. **There is a 4 bag limit.** * See page three for current schedule

DIAL-A-BAT— Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, 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 only. Call for additional details. **Call extension 2 at least two days prior to your appointment to book.**

HAIR by Sue

Tuesdays by appointment

Contact **extension 2** to make an appointment

Sue is back. Currently all services are available except for perms.

Please note new pricing

Shampoo and Set	\$14.00
Shampoo, Cut, and Set	\$25.00
Wet Cut	\$15.00
Blow Dry w/ Cut	\$25.00
Color*, Cut	\$40.00
Color*, No Cut	\$35.00
(*client brings in color)	
Haircuts for Men	\$ 12.00

FUEL ASSISTANCE

Call beginning in OCTOBER to make an appointment for help in filling out an application for **first time** fuel assistance applicants.

Please call extension 2 to set up an appointment.

If you received fuel assistance last year, look for your pre-printed renewal application from Self-Help in the mail. Look the application over to make sure the information is correct, make any necessary changes, sign and date the form and return it to Self-Help along with your current proof of income.

OUTREACH

SAFETY ASSURANCE PROGRAM- The Plymouth County Sheriffs Dept. has a free computerized telephone system to call participants at a prearranged time each day. Call 508-830-6256 to sign up.

BROWN BAG DISTRIBUTION PROGRAM –

Thursday, October 15th- Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying. *The bags can be heavy, so you may want to bring someone along to help you carry the bags.*

***Location-Whitman Food Pantry– Call 781-447-8560 to schedule appointment to pick up on the morning of Friday 16th or Saturday 17th.*

FREE LEGAL ADVICE

Attorney Ronald N. Whitney is available to meet with elders once a month on the 4th Tuesday of the month at the Senior Center for assistance with wills and personal legal issues.

We will advise when we are able to start scheduling this again.

HEARING SCREENING

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker.

We will advise when we are able to start scheduling this again.

HELPFUL CONTACT INFORMATION:

Town Hall-All departments	781-618-9700
Veterans Services	781-618-9750
Board of Health	781-618-9755
Housing Authority	781-447-6363
Police Department-	781-447-1212
Fire Department	781-447-1414



Social Security	800-772-1213
Veterans Administration	800-827-1000
Old Colony Elder Services	508-584-1561
Self Help	508-588-5440
Elder Abuse Hotline	800-922-2275
Senior Legal Helpline	866-778-0939

PODIATRIST



Dr. William Chan. Wednesday, October 14th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: November 18, December 9, January 13

BRAIN TEASER ANSWER:

1. I got off on the first floor.

Blanchard Funeral Chapel

Robert A. Tonello,
Steven J Leonard
Funeral Directors

781-447-0170

666 Plymouth Street, Whitman

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ATTORNEY AT LAW

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WHITMAN, MA 02382

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RETURN SERVICE REQUESTED




DAILY LUNCH

Due to Covid-19 we are not currently serving lunch

Senior Lunches are served every day at the Senior Center at 11:30.
Let us do the cooking for you.
Stop by the Senior Center to pick up a menu.

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.



MEDICAL EQUIPMENT LOAN CLOSET

Are you in need of a walker, commode or shower chair?
Give us a call, we may be able to loan you one if we have one in stock.

Just give the Center a call at 781-447-7619 ext. 2

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.