

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, *Chair*
Barbara Garvey, *Vice Chair*
Mary Holland, *Director*

NOVEMBER
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:

Let's talk Turkey!!

Did you know Turkey appendages are like mood rings? The dangly appendage that hangs from the turkey's forehead to the beak is called a snood. The piece that hangs from the chin is the wattle. These fleshy flaps can change color according to the turkey's physical and mental health. When a male turkey is trying to attract a mate, the snood and wattle turn bright red. If the turkey is scared, the appendages take on a blue tint. And if the turkey is ailing, they become very pale.

It's a good thing we don't have a snood and wattle because I have the feeling we would all have a blue tint!

I know we are all feeling lonely but I think we still can find things to be grateful for. I personally am grateful I don't have little kids and that I would have to be their teacher!! Yikes!! What are you grateful for?

"The more grateful I am, the more beauty I see."
– Mary Davis

Mary



Feeling Lonely? Would you like a friendly morning call from our office?

These days some of us may be feeling isolated, miss seeing friends and family, and could use a friendly voice to talk to. Laura is available three days a week and would love to give you a call and check in to see how you are doing or just chat and brighten your day. You decide how often you would like to be called.

Give our office a call (781-447-7619, ext. 1) and let us know if you, or maybe your parent, would like to be on the list.

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

**CALLING ALL SANTA'S ELVES
FOR OUR FOURTH ANNUAL GIVING TREE FOR
SENIORS**

As the 2020 Holiday Season approaches we are reminded that this year will be different. What will be the same is that many of our Seniors may not have families nearby and could be alone during the holidays. Please help us brighten the Holidays for our Seniors and consider visiting our "Giving Tree" in our front entrance.

Since gift cards are "one size fits all" and are always appreciated by seniors, the tags on the Giving Tree will request various gift cards. Please consider further supporting our community by purchasing the gift cards from a Whitman establishment. Our town provides a multitude of choices for our seniors—pharmacies, restaurants, coffee shops, grocery stores, convenience stores, and more. For a senior that may not drive, we have our Around Town bus on Mondays that can get the recipient to any location in town to enjoy and redeem their gift cards.

Our Giving Tree will be at the Senior Center from November 23 through December 11 and gifts will be distributed to seniors between December 16 and 21. If you are interested in being a "Delivery Elf" please let me know.

Thank you in advance for coming together as a community and helping to brighten the lives of our elders during an extremely difficult and challenging year!



**Happy Holidays!
Mary & all the
COA Staff**

**Whitman Knights of Columbus # 347
48th Annual Thanksgiving Dinner for
the Elderly**

The Whitman K-of-C is pleased to announce that we will be holding our 48th Annual Thanksgiving Dinner for the Elderly on Saturday, November 21, 2020. However, due to the effects of the Covid-19 Pandemic, we have been forced to initiate some changes to our normal procedures.

Rather than holding this event at our Council Hall on Bedford Street, as we have in past years, we will be accepting reservations from those Whitman Seniors who might be interested in having a meal delivered to them, free of charge, at their home.

All food items for this event will be prepared and cooked at our premises on Bedford Street by K-of-C members under established, strict sanitary guidelines, and delivered to individual homes by the Whitman Police Department, starting around 1:00 P.M. All meals will be served in a plastic, microwaveable container with a sealed lid, ready to be reheated at home. The meals will include boneless turkey breast, mashed potatoes, stuffing, squash, peas and onions, cranberry sauce, and gravy.

To sign up for this event, all you have to do is call the Knights of Columbus at **781-447-9061**, and we will take your information. If no one answers, you can leave your name and phone number, and we will call you back. We will then place you on our delivery roster. The deadline for reservations will be Wednesday, November 11, 2020. Meals will be served on a first-come, first-served basis, so please be sure to make your reservations early!

Happy Thanksgiving!



➤ 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-RAYNHAM

Wednesdays

Pickups begin at 8:30
\$7.00 for transportation

NATIONAL CEMETERY-BOURNE

Thursday November 5 & 12th

Pickups begin at 9:30
\$8.00 for transportation

We are only signing up 4 people per trip, so please only sign up for one trip to allow everyone a chance. All pickups are from home. Sign up day will be November 2nd.

Call extension 1 to sign up.



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.

- 11/3- STOP AND SHOP in WHITMAN
- 11/10- SHAW'S IN HANSON
- 11/17- STOP AND SHOP in WHITMAN
- 11/24- 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.

A THANKSGIVING POEM

May your stuffing be tasty,
May your turkey plump,
May your potatoes and gravy
have nary a lump.
May your yams be delicious
and your pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!



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- Whitman Food Pantry

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Duval's Pharmacy
571 Washington Street-Whitman
781-447-0606

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

NOVEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	3 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – Sign up at ext. 2	4 8:30 WALMART in RAYNHAM Sign up at ext. 1	5 9:30 National Cemetery in Bourne Sign up at ext. 1	6
9 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	10 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – Sign up at ext. 2	11 VETERANS DAY SENIOR CENTER CLOSED	12 9:30 National Cemetery in Bourne Sign up at ext. 1	13
16 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	17 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – Sign up at ext. 2	18 8:30 Podiatrist by Appt. 8:30 WALMART in RAYNHAM Sign up at ext. 1	19 BROWN BAG PICKUP <i>(see Pg. 6)</i>	20
23 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2	24 9:00 Hairdresser 10:00 & 12:30 FOOD SHOPPING – Sign up at ext. 2	25 8:30 WALMART in RAYNHAM Sign up at ext. 1 Senior Center Closes at Noon	26 HAPPY THANKSGIVING SENIOR CENTER CLOSED	27 SENIOR CENTER CLOSED
30 9:00 AROUND TOWN Reserve by 3:00 Thursday at ext. 2				

Eldercare Q & A from OLD COLONY ELDER SERVICES National Alzheimer's Disease Awareness Month

November is National Alzheimer's Disease Awareness Month as well as National Family Caregivers Month.

Did you know that there are more than five million Americans living with Alzheimer's? Or that there are 16 million Americans providing (unpaid) care to those with Alzheimer's or other dementias? Those are the figures according to the [Alzheimer's Association](#).¹

Alzheimer's is a degenerative brain disease that affects memory as well as thinking and behavior. It is a type of dementia where, over time, its symptoms interfere with daily tasks. Although there is no cure for Alzheimer's, the symptoms can be treated.

Be Aware of the Signs

Most people are familiar with one sign of Alzheimer's in particular - memory loss. But, there are a number of warning signs and symptoms of the disease. Among them:

- Difficulty concentrating. It takes a longer time to complete things.
- Difficulty with problem solving. Working with numbers may be challenging.
- Trouble driving to a familiar place or completing tasks that are familiar.
- Losing items and not being able to retrace steps to find them again.
- Losing track of the passage of time and the seasons.
- Asking the same questions repeatedly. Trouble following and engaging in conversation.
- Confusion. Mood and personality changes.
- Poor judgement.

If you notice changes in yourself or in a family member, don't delay. Make an appointment with your doctor. To learn more about Alzheimer's and for a comprehensive list of signs and symptoms, visit www.alz.org.

Family Caregivers

Caring for someone with Alzheimer's disease can be overwhelming. Family caregivers face a number of challenges on a daily basis. It is imperative that family caregivers pay attention to their own well-being. Getting involved with a caregiver support group is an important step. Old Colony Elder Services (OCES), which is designated as one of 25 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts, offers a Family Caregiver Support Program as well as a virtual Alzheimer's and Dementia support group to provide support, advice and guidance to caregivers and families.

OCES' Family Caregiver Support Program (FCSP) provides FREE one-on-one support, which includes a personalized plan outlining OCES' available resources as well as community resources that are applicable to an individual's caregiving situation. Educational workshops or programs that share techniques to help family caregivers with stress reduction, time management, goal setting, problem-solving, relaxation and more are among these caregiver support group resources.

OCES' virtual Alzheimer's and Dementia Support Group is specifically for people caring for someone with memory impairment. Caregivers are able to share their experiences and receive practical advice. They also learn strategies to deal with common challenges and further improve their coping and self-care skills.

OCES' Healthy Living Program offers The UCLA Longevity Center Memory Training Program that is designed for those who wish to improve or maintain their memory ability. The goals of the Memory Training Program are to help participants develop good memory habits and to teach techniques to improve memory. The strategies taught are effective in improving memory in older adults with normal, age-related memory challenges.

The role of a family caregiver will change over time as Alzheimer's disease progresses. Know that there are many resources available to help.

For more information about OCES' Family Caregiver Support Program and the Alzheimer's and Dementia Support Group, or if you are in need of services, contact OCES' Information and Referral Department at 508-584-1561.

Sources: ¹Alzheimer's Association. (n.d.) *Facts and Figures*. <https://www.alz.org/alzheimers-dementia/facts-figures>

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 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, November 19th- 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 20th or Saturday 21st.*

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

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|---------------------------|--------------|
| 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, November 18th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: December 9, January 13, February 10

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John Klefeker, BC-HIS

140 Bedford Street  
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Bridgewater, MA 02324

**508-279-0700**

MA License #127



## John E. McCluskey, Esq. ELDER LAW ATTORNEY

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**Whitman Council On Aging**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

**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.*