

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633

Patricia Goldmann, *Chairman*
Barbara J. Garvey, *Director*

JANUARY
2017

Mae Cousineau, *Vice Chairman*
Jill A. Getchell
Thomas G. Ford

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 ...

Open House at the Senior Center
Tuesday, January 3, 2017 from 4:30 to 6:30 pm

Beginning on January 3, 2017 our hours of operation will change to:

Monday	8 am to 4 pm
Tuesday	8 am to 7 pm
Wednesday	8 am to 4 pm
Thursday	8 am to 4 pm
Friday	8 am to 1 pm

Did you know that approximately 230 Whitman residents turn 60 years of age each year? Our new schedule includes Tuesday evening hours and will afford us the opportunity to provide evening programming, events, and activities that younger seniors who are still working, caring for grandchildren, or caring for aging parents might not be able to attend during the day.

If you were born before 1958, you should be familiar with the Whitman Council on Aging and the services we offer; but if you are not, we hope that you will join us for our first evening event - an Open House at the Senior Center on Tuesday, January 3, 2017 from 4:30 to 6:30 pm. Please come by, enjoy some refreshments and get to know your Senior Center. We look forward to hearing your suggestions and interests for our future planning and how best to meet the needs of our ever-expanding "Baby Boomer now Senior Citizen" generation. Other Tuesday evening events in January include:

January 10 at 5:30

**Meet and Greet with representatives of the
Whitman Fire and Police Departments.**

January 31 at 5:00

Real Estate Tax Exemptions

Kathy Keefe, Principal Assessor will be here to present and answer questions about your eligibility for real estate tax exemptions and deferrals.

Barbara

"From Ireland to France"

Travel presentation by Ed and Cindy Esposito
At the Senior Center
Friday, January 27th at 10:00

Enjoy an exciting visual and sound presentation with beautiful photographs from Ireland and France. The journey begins in Ireland with visits to bustling Dublin and the majestic Cliffs of Moher. In France, we visit Paris, a global center for art, fashion and culture. We'll also make a stop at Normandy, France, the site of the large-scale invasion in the D-Day landings of World War II.

This presentation is being presented by Ed and Cindy Esposito who took all the photographs and created the multimedia slideshow. Ed and Cindy are prize-winning, semi-professional photographers selling their work directly to individuals and through stock agencies. Ed is a former president of the Duxbury Camera Club, and both Ed and Cindy are active members of the South Shore Camera Club and Boston Camera Club. Their photographic interests are primarily in landscape, nature and travel photography.

Call **extension 2** to reserve your seat.

TAX TIME

This tax season we are pleased to welcome Mary Sheard who has again volunteered her time to assist low income Whitman 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.

This service is specifically available to low income Whitman 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.

Call **extension 2** to make your 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.

Whitman Real Estate Tax Exemptions At the Senior Center Tuesday, January 31 at 5:00 P.M.

There are several categories of individuals who may qualify for real estate tax exemptions or deferrals because of their personal status. Are you eligible to receive a real estate tax exemption? Principal Assessor Kathy Keefe will be at the Senior Center to present and answer questions about your eligibility.

The deadline for all tax exemptions is April 1, 2017.

Please call **extension 2** to sign up.



BOOK BUZZ At the Senior Center Friday, January 13th at 10:00

Join a representative from the Whitman Public Library, on the 2nd Friday of the month at the Senior Center to chat about books and authors. Come hear about what new books and movies are available, talk about what you are currently reading, hear about other library programs and services, or get suggestions on what to read next!

Please call **extension 2** to sign up and reserve your seat.

MEET AND GREET

With the Whitman Fire and Police Department
At the Senior Center
Tuesday, January 10th at 5:30



Do you have questions or concerns for the Fire or Police Departments?

Join us for an informal meet and greet with representatives from the both departments.

Refreshments will be served.

Please call **extension 2** to sign up and reserve your seat.
(snow date will be Tuesday January 24th at 5:30)

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

Appointments are available at 10:00, 11:00 or 12:00

Workshops are 45 minutes long and will have no more than three participants in a session.

Please contact **extension 2** to sign up for the course of your choice.

PC's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.

Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.

Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.

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.

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.

~New ~ New~ New~

Manage Digital Photos: Find, Select, and Print, Copy or Delete.

Send and Receive Photos over the Internet: Upload, Download, and Email.

Backup your personal Data: Choose what to backup. Use acceptable devices, Organize your photos using picassa 3, Edit photos for red eye etc.

Crafts with Denise
Wednesday, January 11th
12:30 at the Senior Center
 Cost is \$2.00 per class to help offset supplies expense.
 Reservations are required.
 Please call **extension 2** if you will be participating.

Crafts with Erica
 From Sachem Center for Health and Rehabilitation
Wednesday, January 18th
12:30 pm at the Senior Center

All supplies are provided. Just bring a willingness to have fun.
 Reservations are **required** for space and supply planning.
 Please call **extension 2** if you will be participating.



Visit with Abner
The Pet Therapy Dog
Monday, January 9th
 10:30 a.m. at the Senior Center

Fun and Games

CHESS– New!
Wednesdays, January 4, 11, 18, 25 at 2:00
 ~~~~  
**LEFT, CENTER, RIGHT**  
**Wednesday, January 4th at 12:30 P.M.**  
 and  
**Friday, January 20th at 10:30 A.M.**  
 ~~~~  
Sign up at extension 2.

Weekly Activities

ART GROUP– Tuesdays at 9:00
BINGO—Mondays at 1:00 pm
BINGO at Harvard Court– Wednesdays at 12:30
KNITTING GROUP– Tuesdays at 1:00
MAH JONGG—Wednesdays at 1:00 pm
PICKLEBALL– Will resume in the Spring
Wii BOWLING—Mondays at 8:00 am

Movie of the Month
 At the Senior Center
“ SULLY ”
Thursday January 26th
1:00 P.M.

On January 15, 2009, the world witnessed the “Miracle on the Hudson” when Captain “Sully” Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media, an investigation was unfolding that threatened his career.

Starring: Tom Hanks
 Run Time: 1 hours, 36 minutes
 Rated PG-13

Call extension 2 to reserve your seat.

Pizza Party
At the Senior Center
Friday, January 20th at 11:30



Got cabin fever? 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.
 Pizza choices are: cheese or pepper and onion.

Cost is \$5.00 which includes pizza, soda and dessert. Stop by the Center and see **Patty or Elaine** to place your order and buy your ticket **after January 2nd**. We will have transportation, so let us know if you need a ride.

Tickets are limited to 36, so get yours early.

We'll be playing Left, Center, Right at 10:30 so come early and get in on the fun!

FOOD SHOPPING–Tuesdays at 12:30
 (see page 5 for more details)
1/3– STOP AND SHOP
1/10– SHAWS BROCKTON
1/17– STOP AND SHOP
1/24– SHAWS BROCKTON
1/31– STOP AND SHOP
 *Reminder a 4 bag limit please

What do you get if Santa goes down the chimney when a fire is lit?
 Crisp Cringle

JANUARY 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>SENIOR CENTER CLOSED</p> <p><i>Happy New Year!</i></p>	<p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Macaroni & Cheese 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 4:00 on Friday – ext. 2 OPEN HOUSE 4:30—6:30 PM</p>	<p>11:30 Lunch— Chicken Scallopini 1:00 Mah Jongg 6:00 Scrapbooking</p> <p>12:30 LEFT, CENTER, RIGHT</p> <p>2:00 CHESS Sign up at ext. 2</p> <p>9:00 AROUND TOWN Reserve by 1:00 Friday at ext. 2</p>	<p>11:30 Lunch— Italian Pot Roast</p> <p>9:00 WALMART in HALIFAX, Lyonville Tavern Restaurant Sign up at ext. 1</p>	<p>11:30 Lunch—Meatballs w/ Marina Sauce</p>
9	10	11	12	13
<p>8:00 Wii Bowling 11:30 Lunch-Baked Chicken with Mushroom & Red Pepper Sauce 1:00 Bingo</p> <p>10:30 VISIT WITH ABNER</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Potato Crunch Fish 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 4:00 on Friday – ext. 2</p> <p>5:30 MEET AND GREET WITH FIRE AND POLICE DEPARTMENTS Sign up at ext. 2</p>	<p>8:20 Podiatrist by Appt 11:30 Lunch—Whole Grain Ravioli with Meat Sauce 12:30-1:30 Wellness Clinic 1:00 Mah Jongg</p> <p>12:30 CRAFTS WITH DENISE</p> <p>2:00 CHESS Sign up at ext. 2</p> <p>9:00 HANOVER MALL Sign up at ext. 1</p>	<p>9:00 Hairdresser by Appt 11:30 Lunch— Pork Stir Fry w/ Honey Ginger Sauce</p> <p>9:00 CHRISTMAS TREE— Avon/ "99" Restaurant-Canton Sign up at ext. 1</p>	<p>11:30 Lunch—Corned Beef</p> <p>10:00 BOOK BUZZ Sign up at ext. 2</p>
16	17	18	19	20
<p>MARTIN LUTHER KING JR DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>9:00 Art Group 9:00 Hairdresser by Appt 9:00 State Rep Geoff Diehl 11:30 Lunch-Cheese Omelette 10:00 Computer Workshops 1:00 Knitting/Crocheting/Loom 1:00 Hearing Check by Appt.</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 4:00 on Friday – ext. 2</p>	<p>11:30 Lunch—Lemon Pepper Chicken 1:00 Mah Jongg</p> <p>12:30 CRAFTS WITH ERICA</p> <p>2:00 CHESS Sign up at ext. 2</p> <p>9:00 AROUND TOWN Reserve by 1:00 Friday at ext. 2</p>	<p>11:30 Lunch—Beef Tips w/ Mushroom Gravy 12:30-1:30 Wellness Clinic at Harvard Ct</p> <p>BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u></p> <p>9:00 Good Days Restaurant and MARKET BASKET - ext. 1</p>	<p>10:30 LEFT, CENTER, RIGHT Sign up at ext. 2</p> <p>11:30 PIZZA PARTY (ticketed event)</p>
23	24	25	26	27
<p>8:00 Wii Bowling 11:30 Lunch— Greek Chicken 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Shepherd's Pie 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 4:00 on Friday – ext. 2</p>	<p>11:30 Lunch—Catch of the Day w/ Newburg Sauce 1:00 Mah Jongg</p> <p>2:00 CHESS Sign up at ext. 2</p> <p>PLAINRIDGE PARK CASINO In Plainville Pickup 9:00 K of C; 9:15 Home Return Home 4:00 Sign up at ext. 1</p>	<p>9:00 Hairdresser by Appt 11:30 Lunch-Roast Turkey w/ Gravy</p> <p>10:00 LEFT, CENTER, RIGHT Sign up at ext. 2</p> <p>1:00 MOVIE at the SENIOR CENTER (see pg. 3) Sign up at ext. 2</p>	<p>11:30 Lunch—Meatloaf w/ Gravy</p> <p>10:00 TRAVEL PRESENTATION "IRELAND TO FRANCE" Sign up at ext. 2</p>
30	31	FEB 1	FEB 2	FEB 3
<p>8:00 Wii Bowling 11:30 Lunch— Meatballs w/ Tomato Sauce and Penne 1:00 Bingo</p> <p>9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2</p>	<p>9:00 Art Group 9:00 Hairdresser by Appt 10:00 Computer Workshops 11:30 Lunch— Hot Dog 1:00 Knitting/Crocheting/Loom</p> <p>8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING Reserve by 4:00 on Friday – ext. 2 5:00 REAL ESTATE TAX EXEMPTIONS Sign up at ext. 2</p>	<p>11:30 Lunch 1:00 Mah Jongg</p> <p>9:00 WALMART in RAYNHAM & IHOP, CHINESE BUFFET or PANERA Sign up at ext. 1</p>	<p>11:30 Lunch</p> <p>9:30 OCEAN STATE JOB LOT and Butterfields Restaurant in Rockland Sign up at ext. 1</p>	<p>11:30 Lunch</p> <p>TRIP SIGN UPS BEGIN ON Wednesday, December 28th AT 8:00 AM</p>

Eldercare Q & A from OLD COLONY ELDER SERVICES

Q. Is drug abuse an issue with older people ?

Yes. Little attention has been paid to the issue of substance abuse, both legal and illegal drugs, among older adults. Recent data demonstrates that drug abuse is increasing among elders, and is a larger proportion of all substance abuse among this population.

One study in 2011 reported that 6.3% of those age 50 to 59 reported they had used illicit drugs in the past month, more than twice the rate recorded in 2002. Baby boomers (born between 1946 and 1964) have a lifetime rate of illicit drug use higher than those of people older than them. The number of older adults needing treatment for substance abuse is estimated to increase from 1.7 million in 2000 to 4.4 million by 2020.

Nonmedical use of prescription drugs among people 50 years and older is predicted to increase to 2.7 million Americans by 2020, and one recent study of elderly men in hospital emergency rooms showed that 11.6% involved opioid use, a rate nearly 5 times higher than marijuana, and 6 times higher than cocaine.

One large study of emergency department admissions in 2008, for illicit substance abuse among adults over age 50 years, noted that nearly 60% were aged 50 to 54 years, while only 1.5% were over age 75 years. Substance abusers were 70% male. The substances most commonly abused include cocaine (50%–60% of cases), heroin (25%), and marijuana (20%).

Researchers define “early onset users” as individuals with a long history of substance abuse who continue to abuse as they age. “Late-onset” substance abuse is a less common pattern, accounting for less than 10% of substance abuse. Some older adults who start abusing drugs do so because of medical factors, like higher rates of painful medical conditions that push the elder toward self-medication, and the development of psychiatric conditions, like depression or dementia. Older adults also suffer from higher rates of many of the same risk factors found in younger adults, like bereavement, social isolation, financial difficulties, or poor support systems.

Some studies suggest that in recent years prescription opioids have replaced heroin as the opioid of choice, including among elders. But among people who were early users of illicit drugs, heroin has been a drug of choice for so long that changing trends are not immediately reflected among older adult users.

The most common addiction among elders is with legal substances, like nicotine and alcohol. Psychoactive prescription drugs come in third, and illegal drugs, like marijuana, cocaine, or narcotics, come in fourth. One study of alcohol use in assisted living found that 60% of residents drank alcohol, 34% drank daily, 19% had health impacts from drinking, and 12% had physical or psychosocial harm from alcohol. Alcohol abuse is a risk factor for psychiatric illness: older adults are 3 times as likely to develop a mental disorder if they have a lifetime diagnosis of alcohol abuse.

Some studies recommend that every 60 year old should be screened for alcohol and prescription drug use/abuse as part of their routine physical exam. But diagnosis of elder drug abuse is a challenge for primary care doctors. Older patients may feel compelled to hide their abuse. Doctors may become absorbed with other medical concerns and neglect to explore the possibility of substance abuse. Bringing more attention to elder drug abuse will hopefully encourage physicians to become more comfortable learning about treating older substance abusers.

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 4:00 Thursday**.

SENIOR CENTER BUS— Our COA bus is available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **extension 2 no later than noon on Monday**.

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 now required weekly by calling extension 2 no later than 4:00 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called on Monday morning. There is a 4 bag limit.

DIAL-A-BAT– Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, North Easton, 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 and Fridays only.

Call extension 2 at least two days prior to your appointment to book.

**FRIENDS OF THE WHITMAN SENIORS
MONTHLY MEETING OF THE FRIENDS**

**There will be no January Meeting
February meeting and luncheon will be held at Harvard
Court**

Additional information will be available later.

If anyone has questions , please call
Roberta at 781-261-3930

State Representative Geoffrey Diehl Office Hours

State Representative Geoff Diehl is here at the Senior Center every other month on the third Tuesday at 9:00 a.m.

No appointment is necessary.
Upcoming dates are: January 17

Representative Diehl looks forward to hearing from you and relaying your concerns to Beacon Hill. If you cannot make it in to speak with him, you may contact his office directly at (617) 722-2810, ext. 6326 or by email at: Geoff.Diehl@MAhouse.gov

FUEL ASSISTANCE

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

Please call 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, January 24th from 12:00 to 2:30. Please call **extension 2** for an appointment.

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, January 17th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST

Dr. William Chan. Wednesday, January 11th by appointment only. Contact **extension 2** to make an appointment.
Upcoming dates: February 8, March 8, April 12

WELLNESS CLINIC

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

Wednesday:

January 11 Senior Center 12:30—1:30

Thursday:

January 19 Harvard Court 12:30—1:30

Tuesdays at the Town Hall (VNA Office, Lower Level)

January 3,10,17, 24,31 1:00—2:30

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, January 19th, **11:00 to 2:00 only.** Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR by KATHY

Tuesdays and Thursdays by Appointment

Contact **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)	
Haircuts for Men	\$ 8.00

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;

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Stop by to see what's available!

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HOME SECURITY TEAM

Old Colony Elder Services
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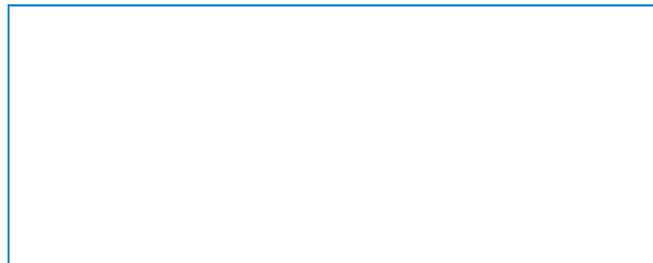
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Whitman, MA 02382

RETURN SERVICE REQUESTED



DAILY LUNCH

Senior Lunches are served every day at the Senior Center at 11:30.
Let us do the cooking for you.
(check out the menu on Page 4 of this newsletter).
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.



Here is what some are saying:

65 year old Adrian says "If you don't like to do extra kitchen duties, lunch at the Senior Center is your answer. Lunch is always tasty, served piping hot and always well balanced. Personally I don't understand why more seniors don't take advantage of this program."

Transportation is available on Mondays and Tuesdays.

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.

Help us go GREEN and save MONEY

Our newsletter is now available online at:
www.OurSeniorCenter.com
and on the Town of Whitman website
www.whitman-ma.gov



If you read your newsletter online or 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. For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.