

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 8-7
Wednesday 8-4
Thursday 8-4
Friday 8-1

Patricia Goldmann, *Chairman*
Jill A. Getchell
Barbara J. Garvey, *Director*

AUGUST
2017

Mae Cousineau, *Vice Chairman*
Thomas G. Ford
Denise K. Bagley

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.

Tech Help with Max At the Senior Center Wednesday Mornings

Max Elfman, our student volunteer from South Shore Vocational Technical High School is with us through August and we are very happy to have him here.

Max will be holding two group classes.

August 9th he will be doing a group class on Portable Electronics, such as Cell Phones, Tablets, etc.

August 23rd will be a class on Social Media.

Max will be doing individual appointments at 10:30, 11:00 and 11:30 on August 2, 16, and 30th.

Call extension 2 to reserve your seat.



'Hot Dog BBQ' Supper At the Senior Center Tuesday, August 22nd at 4:30 P.M.

Enjoy the taste of Summer with a Hot Dog BBQ. Join us for an evening of socialization and an easy summer meal of hot dogs, pasta salad, chips, soda and strawberry shortcake for dessert.

Cost is \$5.00. Stop by the Center and see **Patty or Elaine** to buy your ticket **beginning Tuesday, August 1st**. Tickets are limited, so get yours early.

Hummingbird Magic Presented by Mass Audubon South Shore Sanctuaries At the Senior Center Wednesday, August 30 at 9:30



Learn about these amazing and colorful birds, their special adaptations, how they survive their long migrations and their role as pollinators. You will also learn about how to best attract them to your feeders. Everyone could use more hummingbird magic in their life.

Space is Limited.
Call extension 2 to reserve your seat.

DISCOVERING SCOTLAND Travel Presentation by Ed and Cindy Esposito At the Senior Center Friday, August 18th at 10:00 A.M.

Experience an amazing photographic journey through Scotland, starting in Edinburgh and traveling to the Scottish Highlands, the Isle of Skye, and the many lochs of Scotland. It includes a myriad of castles, gardens, and animals. And of course, there's a bagpipe or two.

Ed & Cindy are prize-winning travel photographers doing travelog presentations using multimedia slideshows. Their photography is spontaneous with well studied compositions that give a good representation of the places they visit. Their photography is perfectly synchronized with music resulting in beautifully unique presentations.

Call 781-447-7619 ext. 2 to sign up.



ICE CREAM SOCIAL
 Sponsored by North River Home Care
 At the Senior Center
 Thursday, August 10th at 1:30 P.M

What better way to cool off than with an ice cream sundae?
 Join us for an old fashioned make your own sundae with a
 variety of toppings and of course, whipped cream.

Call extension 2 to reserve your seat.
Space is limited.

NEW ~ ~ ~ ~ NEW ~ ~ ~ ~ NEW ~ ~ ~ ~ NEW
SENIOR CHAIR YOGA WITH RITA
AT THE SENIOR CENTER
WEDNESDAY MORNINGS AT 9:30

The cost is \$4.00 to the instructor.
 Yoga has been shown to improve overall health. Chair yoga provides the
 same benefits but is gentle and structured so anyone can participate.
NO previous yoga experience is required. Just wear comfortable clothing,
 bring a water bottle and you are ready to go.

Due to space issues, please call extension 2 to reserve your seat.

100% FREE FUN FRIDAYS—
COURTESY OF THE HIGHLAND STREET FOUNDATION

August 4th

Commonwealth Shakespeare Company
 Old State House
 The Greenway Carousel
 JFK Hyannis Museum

August 11th

Franklin Park Zoo
 Fuller Craft Museum
 Cape Cod Maritime Museum

August 18th

The Institute of Contemporary Art/Boston
 Cape Cod Children's Museum

August 25th

USS Constitution
 Cape Cod Museum of Natural History
 Heritage Museums and Gardens

**Visit HighlandStreet.org for a
 complete list and further information**

Movie of the Month

At the Senior Center
"HIDDEN FIGURES "
 Thursday, August 24th
 12:30 P.M.

Three brilliant African-American women at NASA served as the brains
 behind one of the greatest operations in history: the launch of astronaut
 John Glen into orbit, a stunning achievement that restored the nation's
 confidence, turned around the Space Race, and galvanized the world.
 Based on a true story.

Starring: Taraji P. Henson, Octavia Spencer, Kevin Costner
 Run Time: 2 hours 7 min Rated PG

Call extension 2 to reserve your seat.
Space is limited to 12 attendees.
Sign ups begin on August 1st.

COMPUTER WORKSHOPS

By Richard Stanton

at the Senior Center on Tuesdays

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

There will be no classes in August

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.

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
Tuesday, August 8th
at the Senior Center
6:00 P.M.

This month's project will be a flip flop wreath. Stop by the Center to check out the one on display.
 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 Kerrin
 From Sachem Center for Health and Rehabilitation
Wednesday, August 16th
1:00 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**

Fun and Games

LEFT, CENTER, RIGHT
 Tuesday, August 8th at 1:00 P.M.
 and
 Wednesday, August 23rd at 1:00 P.M.

Sign up at extension 2.

Weekly Activities

ART GROUP– Tuesdays at 9:00
BINGO—Mondays at 1:00 **-CANCELLED FOR AUGUST**
BINGO at Harvard Court– Wednesdays at 12:30
CHAIR YOGA– Wednesdays at 9:30
CHESS- Wednesdays at 2:00
KNITTING GROUP– Tuesdays at 1:00
MAH JONGG—Wednesdays at 12:30
Wii BOWLING—Mondays at 8:00

FOOD SHOPPING—Tuesdays at 12:30
 (see page 5 for more details)

8/1– SHAW'S in BROCKTON
 8/8– STOP AND SHOP in WHITMAN
 8/15– SHAW'S in BROCKTON
 8/23(Wed.)- STOP AND SHOP in WHITMAN
 8/29- SHAW'S in BROCKTON

Reminder: 4 bag limit please Reserve your seat by 1:00 on the previous Friday



COA Bus Trip

Christmas Tree-Pembroke/ Plymouth Lobster Crawl

Thursday, August 10th
 Leaves the Center at 9:00
 \$8.00 for transportation

Get your bargains at the Christmas Tree then head to Plymouth. The bus will take you around to see many of the unique lobster statues on display around the downtown area. All together there are 29 5ft. structures each custom designed and hand painted. Chose either Woods or Lobster Hut for lunch.

CAPE COD CANAL CRUISE

Thursday, August 24th
 Leaves the Senior Center at 10:30
 Trip is \$20.00 includes 2 hour cruise and transportation

Start with lunch right at the dock in Onset at Stash's Restaurant with beautiful water views. After a relaxing lunch, head over to board the boat for a 2 hour cruise along the Cape Cod Canal.

Call **Linda at extension 1** to sign up.

The Travelers Present:

Newport Ice Cream Train– Newport, Rhode Island

Thursday, August 17
 \$87.00

Leaves the V.F.W.– Time to be determined

Enjoy a 90 minute train ride, including a Bistro Lunch and an old fashioned Ice Cream Sundae with all the toppings.
 There will be time for shopping in Newport afterwards.
 Last stop will be the Green Animals Topiary Gardens.

The Buddliner Tour-New Hampshire

Wednesday, September 6
 \$93.00

Leaves the V.F.W. at 7:30

Enjoy a scenic ride to North Conway, N.H. Begin the day with lunch at the White Mountain Hotel. Luncheon choice will be Broiled Scrod or Chicken Cordon Bleu. After lunch, you will enjoy a scenic Buddliner train ride from North Conway to Glen. Train ride is about 1 1/2 hour roundtrip.

Call **Linda at extension 1** for a reservation.
Checks should be made payable to Terry Seer.

AUGUST 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 Hairdresser 9:00 Art Group 11:30 Lunch—Chicken w/ Mushroom and Red Pepper Sauce 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	9:30 CHAIR YOGA 11:30 Lunch—Roast Beef on Lettuce Bed 12:30 Mah Jongg 6:00 Scrapbooking PLAINRIDGE PARK CASINO In Plainville Pickup 9:00 K of C; 9:15 Home Return Home 4:00 Sign up at ext. 1	11:30 Lunch—Roast Turkey w/ Gravy 9:00 WALMART in HALIFAX and LYONVILLE TAVERN RESTAURANT Sign up at ext. 1	11:30 Lunch—Macaroni and Cheese 1:00 Bingo
7	8	9	10	11
8:00 Wii Bowling 11:30 Lunch-Frittata w/ Cheddar Cheese, Red Peppers and Mushrooms 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 11:30 Lunch—Unstuffed Pepper 1:00 Knitting/Crocheting 1:00 LEFT, CENTER, RIGHT Sign up at ext. 2 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2 6:00 Crafts with Denise Sign up at ext. 2	8:20 Podiatrist by Appt 9:30 CHAIR YOGA 11:30 Lunch—Salmon w/Mango Salsa 12:00-1:00 Wellness Clinic 12:30 Mah Jongg 9:00 DERBY STREET SHOPS in Hingham Sign up at ext. 1	11:30 Lunch—Spanish Pot Roast 1:30 ICE CREAM SOCIAL Sign up at ext. 2 9:00 CHRISTMAS TREE- PEMBROKE/PLYMOUTH LOBSTER CRAWL Sign up at ext. 1	11:30 Lunch—Southwestern Chicken 10:00 BOOK BUZZ Sign up at ext. 2 ~~~~~ Saturday 12th 12-2 Friends Barbecue
14	15	16	17	18
8:00 Wii Bowling 11:30 Lunch-Meatballs w/ Marinara 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 11:30 Lunch-BBQ Pork Rib 1:00 Hearing Check by Appt. 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	9:30 CHAIR YOGA 11:30 Lunch—Chicken Cacciatore 12:30 Mah Jongg 1:00 CRAFTS WITH KERRIN Sign up at ext. 2 9:30 CASTLE ISLAND Sign up at ext. 1	11:30 Lunch—Egg Salad 12:30-1:30 Wellness Clinic at Harvard Ct BROWN BAG PICKUP Pickup at the Senior Center <u>between 11:00 and 2:00 only</u> 9:30 WESTGATE MALL and Market Basket in Brockton Sign up at ext. 1	11:30 Lunch—Beef Burgundy HAPPY AUGUST BIRTHDAYS (see page 6) 10:00 DISCOVERING SCOTLAND (see pg 1) Sign up at ext. 2
21	22	23	24	25
8:00 Wii Bowling 11:30 Lunch-Potato Crunch Fish 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 11:30 Lunch—Lasagna Rolls 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 11:00 MARSHFIELD FAIR Sign up at ext. 1 4:30 HOT DOG BBQ (see pg 1)	9:30 CHAIR YOGA 11:30 Lunch—Corned Beef 12:30 Mah Jongg 1:00 LEFT, CENTER, RIGHT Sign up at ext. 2 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	11:30 Lunch—Meatloaf w/ Gravy 12:30 MOVIE at the SENIOR CENTER (See Page 2) Sign ups begin August 1—ext. 2 10:30 STASH'S RESTAURANT and CAPE COD CANAL CRUISE Sign up at ext. 1	11:30 Lunch—Chicken Scallopini
28	29	30	31	
8:00 Wii Bowling 11:30 Lunch-Teriyaki Chicken 9:00 AROUND TOWN Reserve by 4:00 Thursday at ext. 2	9:00 Hairdresser 9:00 Art Group 11:30 Lunch—Catch of the Day w / Florentine Sauce 1:00 Knitting/Crocheting 8:30 –12:00 Transportation to and from Senior Center 12:30 FOOD SHOPPING –ext. 2	8:30 CHAIR YOGA 11:30 Lunch—Shepherd's Pie 12:30 Mah Jongg 9:30 HUMMINGBIRD MAGIC (see pg 1) Sign up at ext. 2 9:00 OCEAN STATE-East Bridgewater, Burlington Coat Factory/"99" Restaurant- Bridgewater	11:30 Lunch—Roasted Pork Loin w/ Apple Glaze FOXWOODS CASINO Pickup 7:30 K of C; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	TRIP SIGN UPS BEGIN on Wednesday, July 26th at 8:00 AM

Eldercare Q & A from OLD COLONY ELDER SERVICES
Q. IS SCIATIC NERVE PAIN SOMETHING I JUST HAVE TO PUT UP WITH?

No, sciatic pain does not have to be a chronic condition. The medical condition called "sciatica" is a major cause of work absenteeism and a major financial burden to both employers and our health care system. Your sciatic nerve is the largest nerve in your body. It begins as a bundle of nerves in your lower back and passes through your pelvis and down the back of each thigh. In the back of the thigh, the sciatic nerve splits into two smaller nerves called the tibial nerve and the peroneal nerve. The sciatic nerve carries impulses from nerves in your lower back to the muscles and nerves in the buttocks, thighs, and lower legs.

Sciatica is a symptom. It consists of leg pain, which might feel like a bad leg cramp, or a 'pinched nerve'. The pain can shoot down your leg to your foot, making sitting or standing very painful. Sciatica can occur suddenly, or develop gradually. You might feel a numbness, or a burning or tingling ("pins and needles") sensation in your legs or toes.

The term 'sciatica' has come to be used to describe any pain felt in the leg along the length of the sciatic nerve. The incidence of sciatica is related to age. It is rarely seen before the age of 20, and it peaks in the fifth decade and declines thereafter. Between 13% and 40% of Americans will have sciatica sometime in their life. The nerve might be pinched inside or outside of the spinal canal as it passes into the leg. Sciatic pain seems to involve a complex interaction of inflammatory, immune and pressure-related elements. Symptoms like paralysis or incontinence indicate a more serious problem like nerve damage or a disease, and should be reported immediately to your primary care doctor.

The exact nature of the relationship of sciatica to disc, nerve, and pain is not yet certain. For some people, the pain from sciatica can be severe and debilitating. For others, the pain might be infrequent and irritating, but has the potential to get worse. A herniated or 'slipped disc' is the most common cause of sciatica, but there is no one basic cause. Not everyone's spinal disks age at the same pace. Spinal disks lose their elasticity over time as they lose fluid and become brittle and cracked. These changes are a normal part of aging.

Another cause can be a small muscle deep in the buttocks that becomes tight or spasms, which puts pressure on the sciatic nerve. Narrowing of the spinal column, or a vertebra that is out of line, can affect the sciatic nerve. Fortunately, most cases of sciatica are short term, and the pain resolves within a matter of weeks or months. But some cases do not resolve quickly, and 10% to 40% of cases can require treatment for chronic pain.

Most patients with sciatica can be treated by their primary care doctor without the need for further diagnostic testing. The goal is to reduce the pain and increase mobility. Physical therapy, with customized stretching exercises to improve flexibility of tight muscles, are often where treatment will begin, along with the use of NSAIDs (nonsteroidal anti-inflammatory drugs) like aspirin or ibuprofen to temporarily relieve pain and inflammation. In other cases, tests like Magnetic resonance imaging (MRI) or computed tomography (CT) scan are used to obtain images of the structures of the back. Spinal injections of an anti-inflammatory medicine, or surgery is available for people who do not respond to other treatments, and who have severe pain. Many people believe that massage, yoga or acupuncture can improve sciatica.

You can take steps to protect your back and reduce your risk for getting sciatica pain by:

- Practicing proper lifting techniques: Lift with your back straight, bringing yourself up with your hips and legs, and holding the object close to your chest. Use this technique for lifting everything, no matter how light.
- Avoiding/stopping cigarette smoking, which promotes disc degeneration.
- Exercising regularly to strengthen the muscles of your back and abdomen, which work to support your spine. Whether you are sitting or lying down, tighten your stomach muscles often, hold them tight, then release.
- Using good posture when you are sitting, standing, and sleeping. Good posture helps to relieve the pressure on your lower back. Wrap up a towel for lower back support in your car seat or desk chair.
- Avoiding sitting for long periods.

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 1:00 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, 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 for additional details.

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



HAPPY BIRTHDAY

If you were born in July we'd like to help you celebrate by treating you to a free lunch and a small gift at the Senior Center on Friday, August 18th.

Please call **Fran at extension 4** to reserve no later than Wednesday, August 9th.

Lunch is served at 11:30 and you are welcome to bring a guest. The lunch cost for a guest is \$2.50

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: September 19, November 21

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

FRIENDS OF THE WHITMAN SENIORS ANNUAL BBQ LUNCHEON

On Saturday, August 12th, the Friends will host a free BBQ Luncheon for all Whitman seniors at the Whitman Senior Center at 16 Hayden Avenue from 12:00 Noon to 2:00 P.M.

The luncheon will include hotdogs, beans, coleslaw, potato salad, chips, watermelon, ice cream and drinks.

There will be a signup sheet available July 24th at the reception counter in the Whitman Senior Center.

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, August 22nd 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, August 15th by appointment. Contact **extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST



Dr. William Chan. Wednesday, August 9th by appointment only. Contact **extension 2** to make an appointment.

Upcoming dates: September 13, October 11, November 8

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:

August 9 Senior Center 12:00—1:00

Thursday:

August 17 Harvard Court 12:30—1:30

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

August 1, 8, 15, 22, 29 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, August 17th, **11:00 to 2:00 only**. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

HAIR by Sue

Tuesdays 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;

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!

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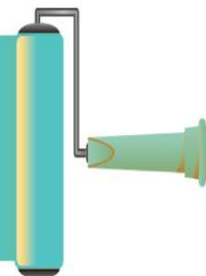


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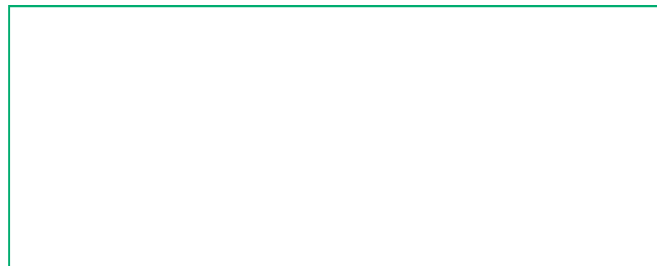


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RETURN SERVICE REQUESTED



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.