

SEEN YOUR NEWS?

WHITMAN COUNCIL ON AGING

P.O. BOX 426

16 HAYDEN AVENUE • WHITMAN, MA 02382

(781) 447-7619 • FAX (781) 447-7633



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Mary Ann Curby
Robert Titterington

JUNE 2013

Mae Cousineau, *Vice Chairman*
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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:

Wishing all Dads, Grandfathers, Brothers, and Uncles a very Happy Father's Day! Hope you'll join us for the Men's Ice Cream Social on the 13th.

Fondly

Barbara

Father's Day Humor

- Father and son were quietly sitting on a beach and were counting the waves. Suddenly, the child pointed towards a dead bird and asked what happened to it. His father replied that it just passed away and went to heaven. The little boy thought for a moment and asked surprisingly "Why did God throw it back then?"
- One evening a little girl and her parents were sitting around the table eating supper. The little girl said, "Daddy, you're the boss, aren't you?" Her Daddy smiled, pleased and said "yes". "That's because Mommy put you in charge, right?"
- The little girl was sitting in her father's lap as he read her a good-night story. For time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek. By and by she would alternately stroke her own cheek, then his again. Finally she spoke, "Daddy, did God make you?" "Yes, sweetheart" he answered, "God made me a long time ago." "Oh" she said, then "Daddy, did God make me too?" "Yes, indeed honey" he assured her. "God made you just a little while ago." "Oh" she said. Feeling their respective faces again, she observed, "God's getting better at it now isn't he?"

"Dadisms"

- "When I say no, I mean no. Why? Because, that's why."
- "This is your last warning."
- "When I was your age ..."
- "Don't ask me, ask your mother."

Flag Day



On **June 14**, 1777, the Continental Congress approved the design of a national flag.

Since 1916, when President Woodrow Wilson issued a presidential proclamation establishing a national Flag Day on June 14, Americans have commemorated the adoption of the Stars and Stripes by celebrating **June 14** as Flag Day. Prior to 1916, many localities and a few states had been celebrating the day for years. Congressional legislation designating that date as the national Flag Day was signed into law by President Harry Truman in 1949; the legislation also called upon the president to issue a flag day proclamation every year.

According to legend, in 1776, George Washington commissioned Philadelphia seamstress Betsy Ross to create a flag for the new nation. Scholars debate this legend, but agree that Mrs. Ross most likely knew Washington and sewed flags. To date, there have been twenty-seven official versions of the flag, but the arrangement of the stars varied according to the flag-makers' preferences until 1912 when President Taft standardized the then-new flag's forty-eight stars into six rows of eight. The forty-nine-star flag (1959-60), as well as the fifty-star flag, also have standardized star patterns. The current version of the flag dates to July 4, 1960, after Hawaii became the fiftieth state on August 21, 1959.



Men's Ice Cream Social

Thursday, June 13th
At the Senior Center
1:00



Come for an old fashioned ice cream sundae with all the toppings. Meet some new friends or bring a friend with you. Cards will be provided for those who would like to stay and play a game or two.

Seating is limited so call **Joanne at extension 2** to reserve.

**SENIOR CITIZEN COMMUNITY SERVICE PROPERTY TAX
VOUCHER PROGRAM**
(Applications accepted June 1 through June 30 only)

Purpose: The Senior Tax Program is a program allowing the Town of Whitman the opportunity to utilize the knowledge and skills of its senior residents in exchange for credit toward the resident's property tax bill. The purpose of this program is to enhance municipal services and alleviate senior residents' tax burden. A qualified resident will be credited at a rate of \$8.00 per hour toward a maximum abatement of \$800.00 per household during the fiscal year.

Eligibility requirements:

1. Year-round Whitman resident for at least 5 years who is age 60 or over; and
2. Pays real estate taxes to the Town of Whitman; and
3. Is the only name on the deed to the property (other than a spouse). If you have the name of anyone other than a spouse on the deed, you do not qualify.
4. Can produce a copy of current real estate tax bill.
5. Commitment of 100 hours per fiscal year is required (July 1, 2013– June 30, 2014). Credit will be granted towards the Tax Bill issued in January 2015 provided you are still the homeowner of record.

Job Development: The Whitman Senior Tax Program is a jobs program. Qualified seniors will be hired to work for town departments, including the schools. The Council on Aging will work with the departments and applicants to develop specific jobs, conduct interviews, and place qualified people. Each department will be contacted and asked to review their service procedures and requirements to determine whether they may benefit from the assistance of a senior resident.

Job Placement /Selection: Applicants will be referred to departments based on their skills and the needs of the departments. Jobs will be offered based on qualifications and availability.

Earnings: \$8.00 per hour credit for all jobs, to be credited to the tax bill issued in January 2015.

Application Procedure: Includes an intake interview to determine eligibility, an application form, a job interview with COA director, a referral by COA Director to the department, and a job interview with the department head. Additionally, applicants will be required to get a CORI (Criminal Offender Record Information) check per requirement of the Office of Elder Affairs.

For more information and to get an application please call Linda Kelly at the Senior Center 781-447-7619 after May 31st.

PROTECT YOUR PERSONAL INFORMATION

Below is a brief story transcribed from NPR, along with the potent reminder: protect your personal information! **Secure numbers are listed below.**

One recent morning, 86-year-old Evelyne Lois Such was sitting at her kitchen table in Denver when the phone rang. She didn't recognize the phone number or the deep voice on the other end of the line. "He asked if I was a senior, and I said yes, and he said we are sending out all new Medicare cards and I want to make sure I have all of your statistics correct," Such recounts.

At first, the caller didn't seem too fishy; he started by running through her address and phone number, just to make sure they were right. But then he read off a series of numbers and asked if it was her bank routing number. "I didn't know really at the time whether it was or not, but I just said no. He said, well could you give it to me so I'll have it correctly, and I said, well I'm not so sure about that. And he started to say something and I hung up."

When the scammer tried calling her a second time, she hung up immediately, scribbled down the number from her caller ID and dialed Medicare to report the scam.

"Fraudsters are as attuned to what's going on in the news as anybody else," says Lois Greisman, who runs the division of marketing practices at the Federal Trade Commission. "Before Katrina hit land, websites were up soliciting funds to help victims of Katrina. This is not a surprise; this is par for the course." A program as vast as the health care overhaul makes for a dangerous twist on the regular scams, she adds.

The first line of defense is "Don't take a call from out of the blue from anyone who's offering to help you navigate the new health care market," cautions Greisman. "Those kinds of cold calls just shouldn't take place, same thing with an unsolicited email or an unsolicited text." As the Affordable Care Act ramps up, the country is likely to see more frequent insurance scams, and they're likely to get more sophisticated.

Ms. Such offers this advice for others who get a suspicious call: "Don't answer too quickly. Think about the answer you give them and what they're asking." And never give up any personal or financial information over the phone. Better yet? Just hang up.

The following numbers can be used to verify information regarding social security or Medicare issues. The toll-free number in MA regarding elder services is also noted.

Social Security Administration (1-800-772-1213) or
www.socialsecurity.gov

Medicare (1-800-633-4227) or www.medicare.gov

Elder Services in MA (1-800-243-4636) -- TTY: 1-800-872-0166
or www.800ageinfo.com

Do not trust toll-free or other numbers from the party that called! If you want to confirm telephone numbers on-line, you (the senior) should use web-sites that end in .gov .

Provided by the Executive Office of Elder Affairs

FRIENDS OF THE WHITMAN SENIORS
 MONTHLY MEETING OF THE FRIENDS
 at the Senior Center on
Friday, June 14th at 12:30

A pizza lunch from Trio Café is planned.
 \$5.00 per person

Any non- members interested in attending, call Roberta
 at 781-261-3930.
 All are welcome to attend.

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.

WHITMAN PUBLIC LIBRARY
SPRING BOOK, BAKE AND YARD SALE



Thursday, June 13th 1-5 PM
 Friday, June 14th 1-5 PM
 Saturday, June 15th 9-1 AM

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 to
 the instructor.

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 8:00 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

“CHOOSE MY PLATE“ WORKSHOP

The Dietary Guidelines for Americans are jointly issued and updated
 every five years by the Department of Agriculture (USDA) and the
 Department of Health and Human Services HHS). These new guide-
 lines, formerly known as the “Food Pyramid” are now known as
 “Choose My Plate”. These guidelines provide authoritative advice for
 Americans about consuming fewer calories, making informed food
 choices and being physically active to attain and maintain a healthy
 weight, reduce risk of chronic disease, and promote overall health.

We are pleased to welcome back Donna-Marie Forand, Outreach and
 Education Specialist for Old Colony Elder Services, who will present
 another Choose My Plate Workshop at the Senior Center.

BUILDING A HEALTHY PLATE



Workshop Two: Vegetables and Fruit
Thursday, June 6 at 9:30

These workshops cover the following areas of building a
 healthy plate:

- Building a healthy plate concept
- Cutting back on foods high in solid fats, added sugars
 and salt
- Being more physically active
- Eating a variety of colorful foods
- Eating the right amount of calories

Space is limited and a reservation is required.
 Call **Joanne at extension 2 to reserve.**

Congratulations to our Monday morning Wii Bowler
 Bettie Geary for bowling a perfect game!



Bettie Geary in the news,
 She rolled a perfect game!
 No more singing the blues,
 She’s earned the right to fame.

JUNE 2013

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Fish w/ Crumb Topping 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch- Hot Dog on a Bun 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center	9:15 Chair Yoga 11:30 Lunch- Macaroni & Cheese 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking 9:00 WALMART in Plymouth, Woods Restaurant	8:00 Walk the Park 9:30 Hairdresser 11:30 Lunch- Garlic Chicken 9:30 "Building a Healthy Plate" Workshop presented by Old Colony Elder Services Sign up required 9:00 CAPE COD (Yarmouth area) THRIFT SHOPS	11:30 Lunch- Beef Stir Fry 11:00 Hearth and Kettle Restaurant in Weymouth and Commonwealth Museum in Boston
10	11	12	13	14
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Baked Chicken with Gravy 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch- Turkey-ham, American Cheese 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center	8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch- Swedish Meatballs/ Noodles 12-2 Blood Pressure at the Center 12:30 Crafts 1:00 Mah-Jongg 9:00 HANOVER MALL	8:00 Walk the Park 9:30 Hairdresser by Appt 11:30 Lunch- Cheese Omelet 1:00 Men's Ice Cream Social & Cards at the Senior Center Sign up required 8:30 ROCKPORT	11:30 Lunch- Roasted Turkey w/ Maple Gravy 1:00 Friends Meeting
17	18	19	20	21
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- BBQ Beef Patty 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch- Lemon Pepper Fish 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at TRUCCHI'S Transportation to Senior Center	9:15 Chair Yoga 11:30 Lunch- Stuffed Shells w/ Meat Sauce 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg 9:30 CASTLE ISLAND	8:00 Walk the Park 11:30 Lunch- Sweet n'Sour Pork 9:00 Motorcoach to Isle of Shoals BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30 9:00 Good Days Restaurant and Food Shopping at MARKET BASKET in West Bridgewater	11:30 Lunch- Cranberry Chicken
24	25	26	27	28
8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch- Cheese Lasagna 1:00 Bingo 9:00 AROUND TOWN (Reserve by Thursday)	8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch- Lemon Dijon Chicken 12:00 Computer Workshops 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center	9:15 Chair Yoga 11:30 Lunch- Egg Salad 12:30 Crafts 1:00 Mah-Jongg 9:30 OCEAN STATE JOB LOT in East Bridgewater, DOLLAR STORE, & MIKO'S CAFÉ in Brockton	8:00 Walk the Park 9:30 Hairdresser by Appt 11:00 Lunch- Steak and Cheese FOXWOODS CASINO Pickups- 7:30 Center: 7:45 Home	11:30 Lunch- Krunch Lite Fish 9:30 BOSTON'S NORTH END and HAYMARKET
Lunch Menu subject to change without notice.				No Manicures for the month of June

Eldercare Q & A from OLD COLONY ELDER SERVICES

Free Phones & Bill Discounts**Is there a federal program to cut phone costs?**

Yes. Lifeline is a government benefit program that provides monthly discounts on telephone service (landline or wireless) for eligible low-income consumers. With this program, your phone bill could be reduced by more than \$100 a year. You can also qualify for a free cell phone and up to 250 free minutes per month from certain wireless companies.

Lifeline discounts are available to eligible, low-income consumers in every state—including Massachusetts. You must be financially eligible to enroll and you are required to reconfirm your eligibility with your telephone provider every year. Only one Lifeline discount per household is permitted.

To be eligible you must either have an income that is at or below 135% of the federal poverty guidelines, roughly \$15,080 a year for one person, or participate in one of the following assistance programs:

- MassHealth
- Supplemental Nutrition Assistance Program (Food Stamps or SNAP)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Temporary Assistance to Needy Families (TANF)
- National School Lunch Program's Free Lunch Program
- Head Start

Since 1985, the Lifeline program has provided a discount on

phone service for qualifying consumers. In 2005, Lifeline discounts were made available to households on pre-paid wireless service plans. An eligible household can receive a discount on either a landline or wireless service, but not both. Over the past 25 years, Lifeline has helped tens of millions of low-income Americans afford basic phone service, but it's estimated that at least 50% of the consumers in Massachusetts who qualify for Lifeline are not enrolled.

You can apply for Lifeline discounts directly through a participating phone company. These companies are reimbursed by the government for the revenue the companies lose by providing discounted service. There are several companies offering Lifeline in Massachusetts. You may want to start by asking your current provider if they offer the program and how to enroll.

Use the resources below to get more information about the program and the companies that can provide service in Massachusetts:

The Massachusetts Office of Consumer Affairs & Business Regulation (OCABR) , <http://www.mass.gov/ocabr>; the direct link is <http://www.mass.gov/ocabr/consumer/cable-tv-and-telecomm-a/advisories-dtc/lifeline-what-consumers-should-know.html>

Federal Communications Commission, 1-888-225-5322, <http://www.fcc.gov/lifeline>

Universal Service Administration Company (USAC), <http://www.lifelinesupport.org>

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**

BITS AND PIECES by ELEANOR NADELL

Well Hi there Dads, I wish you all a great Father's Day. Celebrate with your families and enjoy the day. To all of the Dads in my family, I wish them the best of all days. It's your day to do what you like best. It's really hard to realize that it is now June. Boy do the months go by quickly. Well, there are some interesting trips available on the COA bus and also on the Motorcoach bus. Have you joined the Friends group yet? Roberta, the President has a lot of activities planned for the year. Come and join us. We always like to see new faces and are delighted to greet new people. So for this month, I'll see you at the Senior Center or on one of the buses.

Stay Well,

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:

June	12	Senior Center	12:00 – 2:00
June	19	Harvard Court	12:00 – 2:00

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

June	4, 11, 13, 18, 20, 25, 27	2:00—4:00
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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, June 20th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.



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, June 25th from 12:00 to 3:00.

Please call **Joanne at 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, June 18th by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, June 12th by appointment only. Contact **Joanne at extension 2** to make an appointment.
Upcoming dates: July 10, August 14, September 11

If you suspect Elder Abuse(physical, neglect, financial or emotional) take steps to help.

Old Colony Elder Services-Protective Services:
508-584-1561
Elder Abuse Hotline: 1-800-922-2275

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)	

**Our Newsletter is now available on the Town's Website at 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 from the following:

1. PC (Personal Computer) Fundamentals, Advanced PC Use,
2. Internet Basics,
3. Advanced Internet, Basics of Budgeting with Excel / Calc,
4. Budget with Excel / Calc Advanced Features,
5. Basics of Digital Photos on the PC,
6. Advanced Digital Photo Management,
7. iTunes for Digital Music / Video,
8. Editing MP3 Files,
9. Add and Remove Software,
10. Ease of Access,
11. Online Education.

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!

Social Lunch
 ~ ~ ~
 Tuesday, June 11th at 1:00
 East Bay Grill in Plymouth
 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.

Blanchard Funeral Chapel
 Robert A. Tonello,
 Steven J Leonard
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781-447-0170
 666 Plymouth Street
 Whitman

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 ATTORNEY AT LAW
 549 BEDFORD STREET
 WHITMAN, MA 02382
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RETURN SERVICE REQUESTED



MOTORCOACH TOURS



Thursday, June 20th - 9:00 A.M. - \$85.00

Cruise with the Isle of Shoals Steamship Company around Portsmouth New Hampshire and the Isle of Shoals. Lunch at Warren's Kittery Maine. Don't miss this beautiful scenic trip.

Saturday July 20th - 8:00 A.M. - \$79.00

Norman Rockwell Museum and lunch at the Red Lion Inn.

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

The MOTORCOACH TOURS group will be holding their Pot Luck Supper at Mo's Place, Route 27 in Hanson on Tuesday, June 25th at 5:00 PM. Menu will be provided, cost to be determined. Enjoy a night with old or new friends. All are welcome to attend. Call Linda at extension 1 for reservations.

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.