

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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JANUARY 2014

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:

I hope that you enjoyed a wonderful holiday season in the company of family, friends and loved ones. Now is the time to wind down from the hectic holidays and plan for a brand new year that I hope will include a visit to the Senior Center and participation in some of the activities and programs we offer.

As always, I welcome your suggestions for activities, trips, and educational programs. Please let me know what you're interested in and what you'd like to see presented in the coming year.



Wishing you all a very Healthy and Happy New Year!

Fondly,
Barbara



TAX TIME

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

Contact **Joanne at extension 2** to make your appointment.



**Musical Entertainment by
Steve Lancilotta
2:00 at the Senior Center
Friday, January 31st**

Tired of the dark and dreary winter? Come to the Senior Center and let the music and fun brighten your day.

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

Our sincere thanks to Colony Center for Health and Rehabilitation in Abington for sponsoring this event for us.

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.

WINTER HEALTH TIPS

Although we all plan to have a safe and healthy winter, the season tends to bring the inevitable colds, flu and health risks from the cold. Recovery from the flu and colds is usually in seven to ten days. If your symptoms get worse, instead of better, or if you develop any of the following symptoms, call your primary care physician:

- Difficulty breathing or chest pain—can be a sign of pneumonia.
- Persistent fever—can be a sign of secondary infection.
- Vomiting or inability to keep fluids down—can become dehydration.
- Painful swallowing—can be a sign of infection if it is severe.
- Persistent coughing—can indicate more than a cold if it lasts for more than two to three weeks.
- Persistent congestion and headaches—can lead to a sinus infection which should be treated with antibiotics.
- Cold weather can be risky for everyone, but some illnesses and certain medications can affect the way your body handles cold temperatures. Be sure to protect yourself and home by “weatherizing” and avoiding prolonged outdoor activity in the extreme cold.

WINTER PET SAFETY TIPS

Our pets also need extra attention this time of year.

- Stay inside—Keep cats and dogs inside in below-freezing temperatures; they can get frostbite too.
- Be careful of spilled anti-freeze; it can be deadly to your pets. Wipe up any spills right away.
- Avoid ice—keep your dogs away from frozen ponds; the ice may not be able to support the dog's weight.
- Make some noise— a vehicle's engine can be a heat source for outdoor or feral cats.



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.

WINTER DRIVING TIPS

From the Massachusetts Registry of Motor Vehicles

Driving in winter is probably the most difficult and hazardous situation for both new and experienced drivers. You should practice driving in winter conditions because motor vehicles handle much differently on ice and snow than they do on warm, dry pavement.

- Reduce your speed according to road conditions. Drive cautiously and accelerate gently.
- Never lock your brakes on icy roads. You will lose steering control. If you do skid, remember to turn into the direction of the skid.
- Increase the space between your vehicle and others. You need more distance to stop safely on slippery surfaces.
- Because the earth does not insulate them, bridges and highway overpasses tend to freeze before the rest of the road and can be very slippery.
- If it is snowing, start slowly. Test your brakes by tapping them gently to see how much traction your tires have.
- Make sure your windshield wipers and defroster are in good condition.
- Before driving, remove ice and snow from your vehicle. Clear all windows, windshield wipers, headlights and brake lights. Clear ice and snow from your vehicle's roof so they do not blow off while you're driving and create hazards for drivers behind you.
- Keep your fuel tank at least half full to prevent the fuel line from freezing.
- Make sure you fill your windshield washer reservoir with a cleaning solution that will not freeze.
- Keep a blanket, flashlight, and a small shovel in your trunk.

FUEL ASSISTANCE

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

Please call Joanne at extension 2 to set up an appointment.

Social Lunch**Tuesday, January 14th at 1:00**Old Hitching Post Restaurant
Route 58 in Hanson

\$17.00 per person, special menu provided

Attendees will meet at the restaurant.If you plan to attend, please call **Terry Seer at 781-413-1879**
for reservations.**Game Day****Wednesday, January 29
1:00 at the Senior Center**Join us for the fun game of **Left, Center, Right**.
Bring a friend or come on your own. Our thanks to
Sachem Center for Health and Rehabilitation for
sponsoring this event. Light refreshments will be served.
Space is limited so call early.**Call Joanne at extension 2 to reserve your seat.
Don't be left out.****FIRST FRIDAY BINGO**In addition to every Monday, Bingo will be held at the Senior
Center on the First Friday of each month at 1:00 beginning on
January 3, 2014.**CARDS**Interested card players should join others at the Senior Center
on Wednesdays at 1:00. 'Hand and Foot' is the current card
game being played, although players are welcome to play any
card game they choose.**FUN, GAMES AND FITNESS****WALKING GROUP**—Meet at the Senior Center on **Tuesdays
and Thursdays at 8:00 am** to walk the beautiful Town Park at
your own pace and arrive back at the Center for coffee and
socialization.**GENTLE CHAIR YOGA WITH JOANNE** at the Senior
Center on **Wednesdays at 9:15 am**. Offering is \$4 per class.**ZUMBA GOLD** at the Knights of Columbus Hall, Rt. 18, on
Thursdays at 4:30 pm. Offering is \$4 per class.
New Participants please call Linda at ext 1 to register.**Wii BOWLING**—Mondays at 8:00 am**MAH JONGG**—Wednesdays at 1:00 pm.**BINGO**—Mondays at 1:00 pm and the First Friday of each
month at 1:00.)**COOKIE SWAP
at the Senior Center
Friday, January 24th at 1:00***Nothing warms up a cold day like a hot drink and cookies.
Bring a batch of your favorite cookies and the recipe to share with
friends. You will go home with a wonderful variety of cookies that
can be enjoyed right away or frozen for later use.**Please bring your recipe with you. We will make copies so
everyone can go home with a booklet of all of the recipes.**So ... get baking and come enjoy a cup of tea or coffee, some
delicious cookies and good company.***Sign up with Joanne at extension 2.****DREAM WORKSHOP**with Jane Murray
At the Senior Center**Friday, January 17th at 1:00 pm**Have you ever started the day by saying "You'll never believe
what I dreamed last night..." ? Well, this event is for you.We will discover which dreams really matter, translate dream
insights into practical action, and learn some of the meanings of
symbols in your dreams.

Write out a short dream and Jane will pick a few to learn about.

**Call Joanne at extension 2 to reserve your seat.
Don't be left out.****FRIENDS OF THE WHITMAN SENIORS****MONTHLY MEETING OF THE FRIENDS
at the Senior Center.**Start the New Year with the Friends of the Whitman Seniors.
Enjoy some coffee and sweets and the company of old friends
plus make some new friends.**Friday, January 10th at 1:00**

A Penny Sale is planned.

Anyone interested in attending should 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.

JANUARY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NEWS YEAR'S DAY SENIOR CENTER CLOSED	2 8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— Salmon Boat w / Saffron Sauce 4:30 Zumba Gold at K of C TWIN RIVER CASINO Pickup 8:00 Center; 8:15 Home Return Home 4:00 Sign up at ext. 1	3 11:30 Lunch— Beef Marsala 1:00 Bingo
6 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Lasagna w / Meat Sauce 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	7 8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch— Chicken Piccata 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday—ext. 2	8 8:30 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch— Cheeseburger 12-2 Blood Pressure at Sr. Center 12:30 Crafts 1:00 Mah Jongg 1:00 Cards 6:00 Scrapbooking 9:00 HANOVER MALL Sign up at ext. 1	9 8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— Cranberry Glazed Pork 4:30 Zumba Gold at K of C 9:00 WALMART in RAYNHAM & IHOP or CHINESE BUFFET Sign up at ext. 1	10 11:30 Lunch— Fiesta Fish 1:00 Friends Meeting
13 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— BBQ Pork Riblet 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday - ext. 2	14 8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch— Honey Mustard Chicken 12:00 Computer Workshops 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday - ext. 2	15 9:15 Chair Yoga 11:30 Lunch— Roast Beef au Jus 12:30 Crafts 1:00 Mah Jongg 1:00 Cards 11:30 BRASS LANTERN, at the South Shore Vo Tech , Hanover Sign up at ext. 1	16 8:00 Walking Group 11-1 Blood Pressure at Harvard Ct 11:30 Lunch— Fish Sandwich 4:30 Zumba Gold at K of C BROWN BAG PICKUP Please Note: Bags will not be available for pickup at the Senior Center before 12:30 or after 3:30 10:00 CHRISTMAS TREE SHOP and KOHL'S with "99" or LONGHORN RESTAURANT in Pembroke Sign up at ext. 1	17 11:30 Lunch— Beef Bourguignon 1:00 DREAM WORKSHOP AT THE SENIOR CENTER Sign up at ext 2
20 MARTIN LUTHER KING JR.'S BIRTHDAY SENIOR CENTER CLOSED	21 8:00 Walking Group 9:00 Art Class 9:00 State Rep Geoff Diehl 9:30 Hairdresser by Appt 11:30 Lunch— Hot Dog 12:00 Computer Workshops 1:00 Knitting/Crocheting 1:00 Hearing Check by Appt 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday - ext. 2	22 9:15 Chair Yoga 11:30 Lunch— Potato Crunch Fish 12:30 Crafts 1:00 Mah Jongg 1:00 Cards 9:00 AROUND TOWN Reserve by <u>Friday</u> —ext. 2	23 8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— Italian Herbed Chicken 4:30 Zumba Gold at K of C 9:30 OCEAN STATE JOB LOT and BUTTERFIELDS in Rockland	24 9:30 Manicurist 11:30 Lunch— Roast Pork w / Apple Cider Sauce 1:00 COOKIE SWAP AT THE SENIOR CENTER Sign up at ext 2
27 8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch— Chicken Coq au Vin 1:00 Bingo 9:00 AROUND TOWN Reserve by Thursday— ext. 2	28 8:00 Walking Group 9:00 Art Class 9:30 Hairdresser by Appt 11:30 Lunch— Sloppy Joe 12:00 Atty Whitney by Appt 1:00 Knitting/Crocheting 7:00 TOPS 8:45 FOOD SHOPPING at STOP & SHOP Transportation to Senior Center Reserve by Monday - ext. 2	29 9:15 Chair Yoga 11:30 Lunch— Cheese Omelet 12:30 Crafts 1:00 Mah Jongg 1:00 LEFT, CENTER, RIGHT GAME AT THE SENIOR CENTER Sign up at ext 2 FOXWOODS CASINO Pickup 7:30 Center; 7:45 Home Return Home 7:00 pm Sign up at ext. 1	30 8:00 Walking Group 9:30 Hairdresser by Appt 11:30 Lunch— Roast Turkey 4:30 Zumba Gold at K of C 9:30 WESTGATE MALL and MARKET BASKET in Brockton Sign up at ext. 1	31 11:30 Lunch— Beef Stroganoff 2:00 MUSICAL ENTERTAINMENT AT THE SENIOR CENTER Sign up at ext 2

Any tips for having a discussion about End-Of-Life Care?

Yes. Most people feel uncomfortable talking about dying or what kind of care they would like at the end of their life. A new group, The Conversation Project, believes that the time to talk about end-of-life care is at the kitchen table, not in the intensive care unit. “Too many people are dying in a way they wouldn’t choose,” The Conversation Project states, “and too many of their loved ones are left feeling bereaved, guilty, and uncertain.” The Conversation Project wants to make sure that an individual’s wishes and preferences are talked about and respected.

According to a survey conducted in California, 60% of people say that making sure their family is not burdened by tough end-of-life decisions is extremely important, yet 56% have not told their family about their end-of-life wishes. The same survey revealed that less than one in four people had put their wishes in writing. One federal survey found that 70% of people would prefer to die at home, yet 70% die in hospitals or nursing facilities.

The Conversation Project began in 2010 when a group of medical professionals, clergy, and members of the media began sharing stories of *good deaths* and *bad deaths* within their own circle. The group then began a grassroots public campaign hoping to initiate a change in our culture. “To make it easier to initiate conversations about dying, and to encourage people to talk now and as often as necessary so that their wishes are known when the time comes” is the goal of The Conversation Project.

For people not sure how to begin this discussion with loved ones, The Project has published *Your Conversation Starter Kit*, designed to help you get your thoughts organized. The

Starter Kit asks questions like: How long do you want to receive medical care? How involved do you want your loved ones to be? Do you think that your loved ones know what you want, or do you think they have no idea?

The Kit also suggests dialogue to break the ice and begin the discussion regarding end-of-life care. You might try, “I need to think about the future. Will you help me?” Another approach might be, “Even though I’m ok right now, I’m worried about what might happen to me and I want to be prepared.” The Kit also suggests you talk about how actively you want to be involved in decision-making about your care, and who you would like to have as your health care proxy? Do you want (or not want) aggressive treatment—resuscitation, feeding tube, etc?

According to The Conversation Project, you don’t need to guide the conversation. Just let it happen. Every attempt at a conversation is valuable; these conversations are meant to help you and your loved ones live and die in a way that you choose.

Every family has stories to tell about how some loved one died—after a long illness, or perhaps suddenly. We talk about *good deaths* and *bad deaths*, but in many of these situations, it is not clear how and where the loved one wanted to die, and what specific instructions they would have wanted the family to use as a guide.

To learn more about The Conversation Project, and to print out a copy of Your Conversation Starter Kit, go to www.theconversationproject.org, and be sure to print out the document titled *How to Talk to Your Doctor*.

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 **Joanne at extension 2** to sign up no later than 4:00 Thursday.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus travels to Stop & Shop on **Tuesdays** at **8:45**. The Bus is also available for Tuesday 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.

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.

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

BITS AND PIECES by ELEANOR NADELL

Happy New Year to one and all. I hope you had a marvelous Christmas and a belated happy Thanksgiving. I was incapacitated for a couple of months, but I am getting more or less back to my old self again. I hated to miss so many of the Holiday activities. With some luck, I will be up and at them again soon. My many thanks to one and all who so graciously sent me good wishes and to those who came to visit me. I looked forward to the mailman coming every day. So to one and all, my sincerest thank you and my best wishes for a wonderful New Year.

Keep well and have the happiest of times,
Eleanor

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.*

VOLUNTEER DRIVERS NEEDED

We are in need of volunteer drivers for our home-delivered (Meals on Wheels) program. If you can spare an hour or so one morning a week, please contact Barbara at the Senior Center at 781-447-7619. A stipend for mileage is paid.

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 28th from 9:00 to 12:00. 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, January 21st by appointment. Contact **Joanne at extension 2** to make an appointment. *You should hear what you're missing.*

PODIATRIST - Dr. William Chan. Wednesday, January 8th by appointment only. Contact **Joanne at extension 2** to make an appointment.
Upcoming dates: February 12, March 12, April 9

HEALTH AND WELLNESS

BLOOD PRESSURE AND HEALTH CARE SCREENINGS

Free health screening clinics for Whitman residents are provided by NVNA (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.

Wednesday:
January 8 Senior Center 12:00 --2:00
Thursday:
January 16 Harvard Court 11:00 –1:00
Tuesdays & Thursdays at Town Hall (VNA Office, Lower Level)
January 7,14, 16, 21, 23, 28, 30 2:00—4:00

BLOOD PRESSURE CHECK

We offer a free blood pressure check by a Registered Nurse at the Senior Center every Monday from 11:00 am to 1:00 pm.

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 16th 12:30 to 3:30 only. Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

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)	

MANICURES BY JANE

Jane, a licensed manicurist takes appointments at the Senior Center once a month. She will be here Friday, January 24th. There is no charge for her manicure services which include nail cutting, filing, cleaning, hand massage and polishing (please bring your own polish). Both women and men are welcome. **Call Joanne at extension 2 to make a reservation.**

COMPUTER WORKSHOPS

By Richard Stanton
 at the Senior Center on Tuesdays
 Appointments are available at 12:00, 1:00 or 2:00

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.

PC (Personal Computer) Fundamentals: Become familiar with 'Windows' on a personal computer. Start the PC, start an application, practice with mouse, then shut down PC.

Advanced PC Use: Increase understanding of 'Windows'. Path and Folder use, Single and Multi select in the windows explorer, Use Drag and Drop, Perform backup.

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

Advanced Internet: Safe Browsing, Navigation and handling of E-Mail, Use an attachment, Search the Web.

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

Budget with Excel / Calc Advanced Features: Edit Basic Budget using advanced features.

Basics of Digital Photos on the PC: Learn to retrieve, organize, edit and Print Digital Photos.

Advanced Digital Photo Management: Editing Photos—retrieve photos using Pact Bridge.

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.

Editing MP3 Files: Download free editing software to edit MP3 music.

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.

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Whitman, MA 02382

RETURN SERVICE REQUESTED



FRIENDS OF THE WHITMAN SENIORS

NAME _____

ADDRESS _____

Here are my membership dues for 2014. I enclose \$ 7.00

I'm happy to be a "Friend", but I want to do more.
I'm including an additional contribution of: \$ _____

Total: \$ _____

**Please make checks payable to "Friends of Whitman Seniors, Inc."
PO Box 245, Whitman, MA 02382**

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.