

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING

P.O. BOX 426
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633



Patricia Goldmann, *Chairman*
Mary Ann Curby
Robert Titterington

DECEMBER 2012

Mae Cousineau, *Vice Chairman*
Jean McDonald
Barbara J. Garvey, *Director*

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:

As we enjoy this wonderful season with friends, family and loved ones, I would like to extend my sincere appreciation to all of the individuals and organizations who have contributed to our seniors and our Senior Center in so many ways this year. I am truly astounded by the generosity of those who volunteer their time, their expertise, their friendship and give so much of themselves to support us and our community. My sincere thanks and best wishes to all for peace and joy this Holiday Season and a New Year of good health, happiness and prosperity.

*Fondly,
Barbara*

Whitman-Hanson Regional High School's
Show Choir and Student Council present their

ANNUAL HOLIDAY CONCERT AND LUNCH Tuesday, December 11th

10:45—11:00 am ~ arrive

The school store will be open if you wish to look around.

11:00—12:00 ~ Concert

12:05 ~ Turkey dinner

(turkey, mashed potatoes, stuffing, gravy and coffee or milk)

1:00 ~ Depart

Please contact **Joanne at extension 2** no later than Monday, December 3rd to sign up. Our COA bus will be available for transportation.

TREE TRIMMING PARTY at the SENIOR CENTER Thursday December 6th at 1:00

Join us in celebrating the spirit of the season. Stop by the Senior Center with an ornament and help us decorate our Christmas tree. Dessert and Coffee, Tea or Hot Chocolate will be provided.

Also, we will be accepting canned goods, paper goods, and personal care items for the Whitman Food Pantry.

Space is Limited. Transportation is available. Please call Joanne at extension 2 to reserve your seat or to sign up for a ride.

LET IT SNOW

We receive many calls this time of year from elders who are in need of someone to shovel their steps and walkways. We are compiling a list of people available for snow removal (both volunteer and 'for hire') that our seniors can call for assistance.

If you are interested or know of someone who is, please call **Linda at extension 1**.



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.

MEDICARE AND PRESCRIPTION DRUGS

Does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMO's, PPO's) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does.

This year about half of the Medicare drug plans have **preferred pharmacies** in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. There are plans where a drug may cost \$0 at a Preferred Pharmacy, but may cost \$7 at a Non-Preferred Pharmacy.

Some plans also offer a **mail-order program** that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

If you want to change your Medicare Plan, Don't Wait.

**Call Terry Altieri with any questions at
781-447-7619 extension 3**

FUEL ASSISTANCE

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

The following is some of the information that will be needed for the application.

1. Photo ID for the head of the household
2. Social Security card for all people in the home.
3. Proof of all income for the past 4 weeks.
4. Most recent heating bill.
5. Most recent electric bill

Please call **Joanne at 781-447-7619 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 Thursday, December 20th from 12:00 to 3:00.

Please call **Joanne at extension 2** for an appointment

FRIENDS OF THE WHITMAN SENIORS MONTHLY MEETING OF THE FRIENDS

at the Senior Center on
Friday, December 14th at 1:00

A \$5 gift swap is planned.

All are welcome to attend.

Note: 2013 membership dues are due in December.

The Friends will be selling ceramics for Christmas on December 4th and 18th at the Senior Center from 11:00 –3:00.

Come buy for Christmas.

The Friends are selling 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.

The MOTORCOACH TOURS group will be holding their Pot Luck Supper at the Hanson Senior Center on Tuesday, December 18th from 4:30 to 6:30. Just bring a selection of your choice. All prepared meals should arrive fully cooked. Enjoy a night with old or new friends. All are welcome.

Social Lunch

~ ~ ~

Tuesday, December 11th at 1:00
Halifax Country Club
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.

FUN and GAMES

BINGO – Mondays at 1:00 and Fridays at 1:00 (except on the 2nd Friday of each month). 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 AM.

BOWLING – Tuesdays at 1:00 at Timber Lanes in Abington. Contact Bettie Geary at 781-447-4124.

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.

LINE DANCING WITH CRIS KINDELAN – Tuesdays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$3 per class.

CRISFIT WITH CRIS KINDELAN – Thursdays and Fridays at 10:00 am at the Knights of Columbus Hall, 1195 Bedford Street (Route 18 near Abington town line). Cost is \$4 per class.

GENTLE CHAIR YOGA WITH JOANNE at the Senior Center on Wednesdays at 9:15 am. Offering is \$4 per class.



HAPPY BIRTHDAY

Happy Birthday wishes to all who celebrated a birthday in November.

If you were born in **DECEMBER** we'd like to help you celebrate by treating you to a free lunch and birthday gift at the Senior Center on Wednesday, December 19th. Please call Linda at extension 1 to reserve no later than Monday, December 10th.

Lunch is served at 11:30 and you are welcome to bring a guest. The lunch cost for a guest over 60 is \$2.50; under 60, \$3.00.

**NEWPORT CABARET AND PLAYHOUSE
Christmas with the Edwards Twins**

**MONDAY DECEMBER 17TH
\$58.00**

10:00 leaves the Senior Center

Enjoy a wonderful buffet luncheon followed by a great holiday show with the Edwards Twins.

Call Linda at extension 1 to reserve a space. Only a few spaces left, so do not wait to call.

MOTORCOACH TOURS

DECEMBER 5, WEDNESDAY — VENUS DE MILO — \$55.00
Motorcoach departs at 10:15 AM Whitman VFW— return approximately 5:15 PM

SOLD OUT



Get in the Holiday spirit by joining us for lunch at the Venus De Milo restaurant and a Christmas Show with Bobby Justin.

For Reservations, contact Linda Kelly at the Senior Center 781-447-7619 ext. 1.

Please make checks payable to Terry Seer.

Thanks to all who traveled, attended Social Lunches or Pot Luck suppers this year. We look forward to more exciting trips and lunches next year.

DECEMBER 2012

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| <p>3</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p> | <p>4</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:30 FOOD SHOPPING at STOP & SHOP</p> <p>Transportation to Senior Center</p> | <p>5</p> <p>9:15 Chair Yoga 11:30 Lunch 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p>10:15 Motorcoach to Venus DeMilo—SOLD OUT</p> <p>9:00 WALMART in PLYMOUTH and WOODS RESTAURANT</p> | <p>6</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch Fuel Assistance by Appt.</p> <p>1:00 Tree Trimming Party at the Senior Center (reservation required; transportation available)</p> | <p>7</p> <p>10:00 CrisFit at K of C 11:30 Lunch 1:00 Bingo</p> |
| <p>10</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p> | <p>11</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch 12:00 Computer Class 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>10:30 High School Holiday Concert</p> <p>Transportation to Senior Center</p> | <p>12</p> <p>9:00 Podiatrist by Appt 9:15 Chair Yoga 11:30 Lunch 1:00 Mah-Jongg 12-2 Blood Pressure at the Center 12:30 Crafts</p> <p>9:00 HANOVER MALL</p> | <p>13</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch Fuel Assistance by Appt.</p> <p>9:30 SOUTH SHORE PLAZA, Cheesecake Factory in Braintree</p> | <p>14</p> <p>10:00 CrisFit at K of C 11:30 Lunch 1:00 Friends Meeting</p> <p>9:00 FOOD SHOPPING at TRUCCHI'S 's in Abington</p> |
| <p>17</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p> | <p>18</p> <p>8:00 Walk the Park 9:00 Art Class 9:30 Hairdresser by Appt 10:00 Line Dance at K of C 11:30 Lunch 12:00 Computer Workshops 1:00 Hearing Screenings by Appt 1:00 Knitting/Crocheting 7:00 TOPS</p> <p>8:30 FOOD SHOPPING at STOP & SHOP</p> <p>Transportation to Senior Center</p> | <p>19</p> <p>9:15 Chair Yoga 11:30 Lunch—Happy Birthdays 12-2 Blood Pressure at Harvard Ct 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:00 VANITY FAIR OUTLETS in Dartmouth</p> | <p>20</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:30 Lunch 12:00 Atty. Whitney by Appt. Fuel Assistance by Appt.</p> <p>BROWN BAG PICKUP Please Note: Bags will not be available for pickup before 12:30 or after 3:30</p> <p>FOXWOODS CASINO 7:30 Center; 7:45 Home</p> | <p>21</p> <p>10:00 CrisFit at K of C 11:30 Lunch 1:00 Bingo</p> |
| <p>24</p> <p>MERRY CHRISTMAS</p> <p>SENIOR CENTER CLOSED</p> | <p>25</p> <p>CHRISTMAS DAY</p> <p>SENIOR CENTER CLOSED</p> | <p>26</p> <p>9:15 Chair Yoga 11:30 Lunch 12:30 Crafts 1:00 Mah-Jongg</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p> | <p>27</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch Fuel Assistance by Appt.</p> <p>9:00 Good Days Restaurant and Food Shopping at Market Basket in West Bridgewater</p> | <p>28</p> <p>10:00 CrisFit at K of C 11:30 Lunch 1:00 Bingo</p> |
| <p>31</p> <p>8:00 Wii Bowling 11-1 Blood Pressure 11:30 Lunch 1:00 Bingo</p> <p>9:00 AROUND TOWN (Reserve by Thursday)</p> | <p>JANUARY 1, 2013</p> <p>NEW YEARS DAY</p> <p>SENIOR CENTER CLOSED</p> | <p>January 2</p> <p>9:15 Chair Yoga 11:30 Lunch 12:30 Crafts 1:00 Mah-Jongg 6:00 Scrapbooking</p> <p>8:30 FOOD SHOPPING at TRUCCHI'S in Abington</p> <p>Transportation to Senior Center</p> | <p>January 3</p> <p>8:00 Walk the Park 9:30 Hairdresser by Appt 10:00 CrisFit at K of C 11:00 Lunch Fuel Assistance by Appt.</p> <p>TWIN RIVER CASINO 8:00 Center; 8:15 Home</p> | <p>January 4</p> <p>10:00 CrisFit at K of C 11:30 Lunch 1:00 Bingo</p> |

Eldercare Q & A from OLD COLONY ELDER SERVICES

Sign up NOW!

Medicare Open Enrollment, October 15th – December 7th

Any tips for Medicare Drug Plan Open Enrollment?

The Medicare Drug plan 'open enrollment' runs October 15th through December 7th. Here are some tips about choosing a drug plan –

What should I look for in a plan?

Most people pick a plan based on what drugs they use, what pharmacy they want to use, how much the plan costs, and whether they want a plan that covers just drugs only (a Medicare Prescription Drug Plan) or a Medicare Advantage Prescription Drug plan, which covers medical benefits AND prescription drugs.

Am I eligible for Medicare Drug Coverage?

If you're eligible for Medicare Part A or Part B, you are eligible for the Part D drug benefit. You can't be denied because of a pre-existing condition. You can start a Medicare drug plan during the three months before your birthday, and up to three months after your birthday. If you are eligible for Medicare Part D, but don't join, you may have to pay a penalty for joining late. If you have other drug coverage now, you may avoid the penalty.

If you're turning 65 and are eligible for Medicare and Medicaid, you will be signed up for a prescription drug plan automatically. Medicare will pick a plan for you – but you may want to choose your own plan. If you are in a Medicare Advantage Plan, call the plan to see if you can add Medicare Drug Coverage. If you are part of an employer or union drug plan, ask if your coverage will continue, or if they think you should join a Medicare drug plan. If you have a Medigap policy, also known as a Medicare Supplemental Insurance Plan, you may still need to join a Medicare drug plan, because many Medigap policies don't cover drugs.

What will the Medicare Prescription Drug Coverage cost me?

You will have to pay a monthly premium, a yearly deductible (if any), and a copayment for each prescription. If you make less than \$17,044 (\$22,944 for a couple), you should apply for Extra Help – a program that could lower your premiums, deductibles and copays.

Your overall annual cost includes your premiums, deductibles, and copayments for each prescription, and any drug costs you pay during the *coverage gap* which is also referred to as the *donut hole*. If your total drug costs (what you AND your plan pay for covered drugs) are greater than \$2,970 in 2013, you will probably hit the donut hole.

Once in the donut hole, you will pay a discounted percentage of your brand or generic drug costs. If out-of-pocket costs reach \$4,750, or your total drug costs hit \$6,733.75, you reach the catastrophic benefit period, and your plan will pay for most of your drug costs.

Which drugs will my plan cover?

Each Medicare Drug Plan has a *formulary* – a list of brand and generic drugs it covers, how much you will pay for each drug, and if there are any limits on getting a drug. Pick a plan that has all or most of your drugs on the formulary.

How do I find the right plan?

In Massachusetts, you can get free help selecting the best Medicare Drug plan from a SHINE counselor. Call 1-800-AGE-INFO, and select option 3 for the SHINE program. You can also call Medicare at 1-800-MEDICARE 24 hours a day, seven days a week.

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.

Due to the volume of passengers and number of stops, we can no longer accept sign-ups for the Around Town bus after Thursday. Please plan accordingly.

FOOD SHOPPING / SENIOR CENTER BUS—Our COA bus alternates travels to Stop & Shop or Trucchi's in Abington on **Tuesdays** at 9:00. 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 to Whitman is 9:30. Call **Joanne** at extension 2 at least 2 days prior to your appointment to book.



BITS AND PIECES by ELEANOR NADELL

Wow...would you believe that it's almost Christmas? I had to be reminded to get my article ready for the December Senior Newsletter; the time goes by so fast. Between working, the election, and all the church fairs in November, I almost forgot. At any rate, Merry Christmas to all of you and may Santa Claus be kind to you all.

By the time you read this article we will either have a brand new President or Re-elect the old one. Let's just wish, whomever it may be, the very best for the next four years.

Do you have all your shopping done yet? And no, I'm usually doing mine the last minute but somehow it all does get done. Enjoy all the activities at the Senior Center and throughout the town.

Keep well, keep happy and keep smiling.

Yes, you look much nicer with that smile on your face.

Merry Christmas and Happy New Year.

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.

Stop by to see what's available!

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

PODIATRIST - Dr. William Chan. Wednesday, December 12th by appointment only. Contact **Joanne at extension 2** to make an appointment.

Upcoming dates: January 9, February 13, March 13

**Our Newsletter is now available on the Town's Website at www.whitman-ma.gov.
Check it out!**

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:

| | | |
|-------------|---------------|--------------|
| December 12 | Senior Center | 12:00 – 2:00 |
| December 19 | Harvard Court | 12:00 – 2:00 |

Tuesday at Town Hall (VNA Office, Lower Level)

| | |
|------------|-----------|
| December 4 | 2:00—5:00 |
|------------|-----------|

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

| | |
|-----------------------------|-----------|
| December 11, 13, 18, 20, 27 | 2:00—4:00 |
|-----------------------------|-----------|

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, December 20th 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 one Friday morning a month. 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.

Jane will not be here in December.

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.

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 Pict 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.

**Blanchard
Funeral Chapel**

Robert A. Tonello,
Steven J Leonard
Funeral Directors

781-447-0170

666 Plymouth Street
Whitman

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PO Box 426
16 Hayden Avenue
Whitman, MA 02382

RETURN SERVICE REQUESTED



FRIENDS OF THE WHITMAN SENIORS

NAME _____

ADDRESS _____

Here are my membership dues for 2013. 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**

THANK YOU FOR YOUR SUPPORT

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.