



# NEW(S) HORIZON

A NEWSLETTER FROM THE  
WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET; WALPOLE, MA 02081

Telephone 508-668-3330 Fax 508-660-7363 website: [www.walpole-ma.gov](http://www.walpole-ma.gov)

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING. OUR NEXT MEETING IS **THURSDAY, MARCH 26th AT 1:30 PM** AT THE NEWELL SENIOR CENTER ATTACHED TO WALPOLE TOWN HALL.

*The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:*

### Nutrition Programs

TRIAD

HESSCO Lunches

Podiatrist

Educational Groups

Knitting Group

Bingo

### VNA Clinics

Yoga

Outreach Services

Cribbage

Financial Programs

Writing Group

Veterans Group

### Dominos

Whist

Bridge

Great Trips

Chair Exercise Programs

Zumba Gold

Mah Jongg

Transportation for shopping, errands and medical appointments

Day of Beauty (September-June)

**LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!**

For the most up-to-date information, please go on our website at [www.walpole-ma.gov](http://www.walpole-ma.gov)

(Once on main page, click on contacts and find the COA)

## WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM

## We need your help...

The Walpole High School Alumni will be honoring those individuals who attended Walpole High School and made the ultimate sacrifice for their country from WW1 to present day.

Currently there is a list of 25 people who will be recognized but they want to make sure not to miss anyone. If you know of anyone who should be honored, please contact Rich McCarthy at [Bigmac2252@aol.com](mailto:Bigmac2252@aol.com) or call 508-463-7515 with any information you have.

The current list will be posted at the Veterans Office, The Council on Aging and on the Walpole Recreation Facebook page.



Please help us honor those who deserve it!  
Thank you!!!



### VNA Care Network & Hospice Presents: **Pre-Diabetes Program**



5 Signs That Put You at Risk. Get the Facts – Take Charge of You!  
**Protect yourself so you can remain healthy...**

**Where:** Walpole Senior Center - 135 School Street; Walpole, MA 02081

**When:** \*Screening: April 27, 2015 9:00 AM -11:30 AM

Program includes: Initial and follow-up screenings  
Education and tips to improve numbers  
Individualized follow-up with nurse

**\*Appointment for screening is required.**

**Call The Walpole Senior Center at 508-668-3330 to schedule your appointment.**

**Cost: Free (Made possible by HESSCO).**

**For more information, call:** Walpole Senior Center at 508-668-3330 or  
Bobbie Converse, RN, VNA Care Network & Hospice at 1-781-455-6661, ext. 4467.

**This program is funded by HESSCO Elder Services and is FREE for seniors who are age 60 and over.**

*THANK YOU!!!*

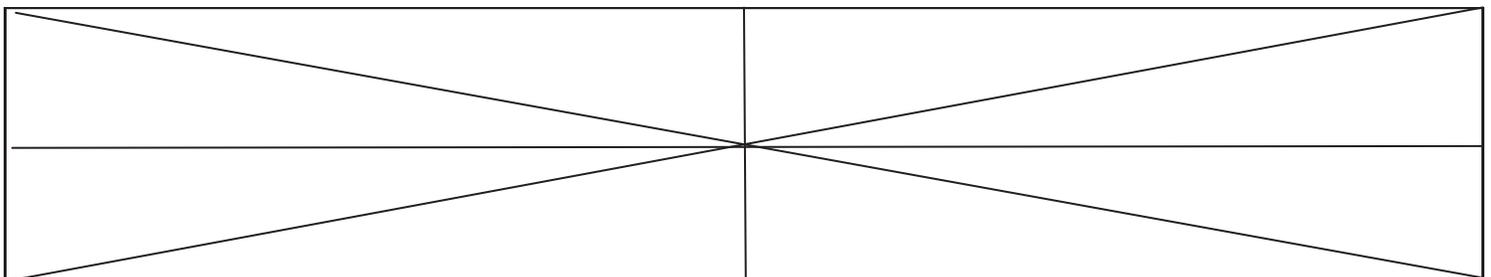
A very big 'thank you' to **Senator Timilty** and the **Walpole Firefighters** for the St. Patrick's Day breakfast they provided for us!! The **Senior Moments** also were wonderful with all the Irish songs for us! WOW! What a wonderful morning!!

Thank you to New Pond Village for sponsoring the St. Patrick's Day performance with Richard Travers. It was wonderful and inspiring!

# APRIL 2015

Please **sign up for ALL trips and events** you would like to attend.  
 Sign up starts **WEDNESDAY, APRIL 1st**. You must speak with someone at the  
 Center to confirm sign up.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><b><u>April Showers</u></b>            April showers bring May flowers.            That is what they say.            But if all showers turned to            flowers, we'd have quite a            colorful day.            By Thomas Tusser</p>		<p><b>1</b>            Exercise Class 10:00 AM            Senior Citizen Club 1:00 PM            Senior Singing Group  <span style="float: right;">2:30 PM</span></p>	<p><b>2</b>            Walk-in Breakfast 8 AM - 10 AM            Chickie Flynn 11:30 AM            Cribbage 1:00 PM            Bridge 1:15 PM            Hoops &amp; Needles 6:30 -9:00 PM</p>	<p><b>3</b>     <b>Good Friday</b>            Zumba 9:00 AM            Bowling 10:00 AM            Circuit Breaker Presentation            Seekers Writing Club 10:00AM  <span style="float: right;">Library</span>            Bingo 12:30 PM</p>
<p><b>6</b>            Exercise Class 10:00 AM            Luncheon at Center 12:00 PM            Mexican Dominos 1:00 PM            Mah Jongg 1:30 PM</p>	<p><b>7</b>            Stop &amp; Shop (AM Trips)            Walking Club - Bird Park  <span style="float: right;">8:30 AM</span>            Whist 12:00 PM            A Musical Interlude 4:00 PM</p>	<p><b>8</b>            Day of Beauty 8:30 AM            Exercise Class 10:00 AM            Knitting Group 10:00 AM            Nurse Diana 11:00 AM            Pokeno Mania 12:30 PM            Senior Singing Group  <span style="float: right;">2:30 PM</span></p>	<p><b>9</b>            Walking Club—Bird Park            Cracker Barrel 9:30 AM            Veterans Meeting 9:30 AM            Yoga 10:30-11:30 AM            Cribbage 1:00 PM            Bridge 1:15 PM            Hoops &amp; Needles 6:30-9:00 PM</p>	<p><b>10</b>            Zumba 9:00 AM            Mansfield Crossing 9:30 AM            Bingo 12:30 PM</p>
<p><b>13</b>            Market Basket 9:30 AM            Exercise Class 10:00 AM            Mexican Dominos 1:00 PM            Mah Jongg 1:30 PM</p>	<p><b>14</b>            Stop &amp; Shop (AM Trips)            Walking Club—Bird Park  <span style="float: right;">8:30 AM</span>            Whist 12:00 PM            A Musical Interlude 4:00 PM</p>	<p><b>15</b>            Exercise Class 10:00 AM            Lunch at Tri County 10:45 AM            Pokeno Mania -12:30 PM            Senior Singing Group  <span style="float: right;">2:30 PM</span></p>	<p><b>16</b>            Walk-in Breakfast 8 AM - 10 AM            Yoga 10:30-11:30 AM            Cribbage 1:00 PM            Bridge 1:15 PM            Hoops &amp; Needles 6:30-9:00 PM</p>	<p><b>17</b>            Zumba 9:00 AM            Bowling 10:00 AM            Seekers Writing Club 10:00AM  <span style="float: right;">Library</span>            Bingo 12:30 PM</p>
<p><b>20</b>            Walmart Trip 9:00 AM            Exercise Class 10:00 AM            VNA Blood Pressure 1:00 PM            Mexican Dominos 1:00 PM            Mah Jongg 1:30 PM</p>	<p><b>21</b>            Stop &amp; Shop (AM Trips)            Walking Club—Bird Park  <span style="float: right;">8:30 AM</span>            Whist 12:00            A Musical Interlude 4:00 PM</p>	<p><b>22</b>            Errand Day (AM Trips)            Exercise Class 10:00 AM            Knitting Group 10:00 AM            TRIAD Meeting 11:00 AM            Creative Corner 1:00 PM            Senior Singing Group  <span style="float: right;">2:30 PM</span></p>	<p><b>23</b>            Yoga 10:30-11:30 AM            Restaurant of Month 11:00 AM            Cribbage 1:00 PM            COA Meeting 1:30 PM            Bridge 1:15 PM            Hoops &amp; Needles 6:30-9:00 PM</p>	<p><b>24</b>            Zumba 9:00 AM            Bingo 12:30 PM</p>
<p><b>27</b>            Exercise Class 10:00 AM            Mexican Dominos 1:00 PM            WVNA Blood Pressure Clinic  <span style="float: right;">1:00 PM</span>            Mah Jongg 1:30 PM</p>	<p><b>28</b>            Stop &amp; Shop (AM Trips)            Walking Club - Bird Park  <span style="float: right;">8:30 AM</span>            Whist 12:00 PM            A Musical Interlude 4:00 PM</p>	<p><b>29</b>            Exercise Class 10:00 AM            Creative Corner 1:00 PM            Senior Singing Group  <span style="float: right;">2:30 PM</span></p>	<p><b>30</b>            Walk-in Breakfast 8 AM - 10 AM            Yoga 10:30-11:30 AM            Movie at Center 12:00 PM            Cribbage 1:00 PM            Bridge 1:15 PM            Hoops &amp; Needles 6:30-9:00 PM</p>	



## *APRIL TRIPS & EVENTS*

APRIL 1 Wednesday	Senior Citizen Club Meeting	Join us and have some fun and games and laughs	1:00 PM New members welcomed
APRIL 2 Thursday	Walk-in Breakfast	Come join us for a great home-cooked breakfast and wonderful company!	8:00 AM—10:00 AM \$3.00 per person
APRIL 2 Thursday	Chickie Flynn Restaurant	Please sign up at Center.	\$2.50 gratuity per person to be paid at restaurant
APRIL 3 Friday	Circuit Breaker Presentation	Presented by Representative Shawn C. Dooley	11:00 AM at COA Free—Please sign up
APRIL 6 Monday	Luncheon at Center with Chef's Don, Colleen & Carol	Roast beef, potatoes, veggies, salad and dessert and coffee	12:00 PM \$6.00pp sign up please
APRIL 8 Wednesday	Presentation by Nurse Diana	Each Month is a different and interesting topic. Not to be missed!!	Talk will start at 11:00 AM
APRIL 8 Wednesday	Day of Beauty	Hair cuts, color, head massage, perms all at a very reasonable cost	Van will leave center at 8:00am Sign up at Center
APRIL 9 Thursday	Walpole Elders Veterans Meeting	Donna will have another interesting program	Meeting starts at 9:30 AM New members welcomed
APRIL 9 Thursday	Cracker Barrel	Good time for a good breakfast	Van will leave center at 9:30 Sign up at Center
APRIL 10 Friday	A trip to Mansfield Crossing	Shop and then have lunch at one of the many restaurants	Van will leave Center at 9:30 Sign up at Center
APRIL 13 Monday	Market Basket	We will go to the new South Attleboro store	Van will leave Center at 9:30 Sign up at Center
APRIL 15 Wednesday	Lunch at Tri Country	Very good meal at very good prices	Van will leave Center at 10:45 Sign up at Center
APRIL 16 Thursday	Walk-in Breakfast	Come join us for a great home-cooked breakfast and wonderful company!	8:00 AM—10:00 AM \$3.00 per person
APRIL 20 Monday	Wal-Mart Trip	We will be going to the Walpole Wal-Mart	Van Leaves at 9:00 AM Must Sign up
APRIL 22 Wednesday	Errand Day	We can take you anywhere in Walpole	Call the Center to sign up 508-668-3330
APRIL 23 Thursday	Restaurant of the Month	We will go to Marina Bay	Van will leave Center at 11:00 Sign up at Center
APRIL 23 Thursday	Council on Aging Meeting	Please join us for this very important meeting for all seniors in Walpole	1:30 PM at the COA All are Welcomed
APRIL 27 Monday	W. VNA Blood Pressure Clinic	Come and get your blood pressure taken at the center - Free	Starts at 1:00 PM Walk-ins Welcomed
APRIL 29 Wednesday	Creative Corner	S&S floral arrangement lesson, but sadly we can only have 10-12 seniors	1:00 PM—Must sign up Free at the Center
APRIL 30 Thursday	Walk-in Breakfast	Come join us for a great home-cooked breakfast and wonderful company!	8:00 AM—10:00 AM \$3.00 per person
APRIL 30 Thursday	Movie at the Center	We will show "Most Exotic Marigold Hotel" with Judy Dench	Movie will start at 12:30 PM Please sign up

## **Six Myths and Reality's of Alzheimer's Disease**

### **Myth 1: Memory loss is a natural part of aging.**

Reality: As people age, it's normal to have occasional memory problems, such as forgetting the name of a person you've recently met. However, Alzheimer's is more than occasional memory loss. It's a disease that causes brain cells to malfunction and ultimately die. When this happens, an individual may forget the name of a longtime friend or what roads to take to return to a home they've lived in for decades.

It can be difficult to tell normal memory problems from memory problems that should be a cause for concern. The Alzheimer's Association has developed information to help you tell the difference. If you or a loved one has memory problems or other problems with thinking and learning that concern you, contact a physician. Sometimes the problems are caused by medication side effects, vitamin deficiencies or other conditions and can be reversed with treatment. The memory and thinking problems may also be caused by another type of dementia.

### **Myth 2: Alzheimer's disease is not fatal.**

Reality: Alzheimer's disease has no survivors. It destroys brain cells and causes memory changes, erratic behaviors and loss of body functions. It slowly and painfully takes away a person's identity, ability to connect with others, think, eat, talk, walk and find his or her way home.

### **Myth 3: Only older people can get Alzheimer's**

Reality: Alzheimer's can strike people in their 30s, 40s and even 50s. This is called younger-onset Alzheimer's. It is estimated that there are more than 5 million people living with Alzheimer's disease in the United States. This includes 5.2 million people age 65 and older and 200,000 people younger than age 65 with younger-onset Alzheimer's disease.

### **Myth 4: Drinking out of aluminum cans or cooking in aluminum pots and pans can lead to Alzheimer's disease.**

Reality: During the 1960s and 1970s, aluminum emerged as a possible suspect in Alzheimer's. This suspicion led to concern about exposure to aluminum through everyday sources such as pots and pans, beverage cans, antacids and antiperspirants. Since then, studies have failed to confirm any role for aluminum in causing Alzheimer's. Experts today focus on other areas of research, and few believe that everyday sources of aluminum pose any threat.

### **Myth 5: Flu shots increase risk of Alzheimer's disease**

Reality: A theory linking flu shots to a greatly increased risk of Alzheimer's disease has been proposed by a U.S. doctor whose license was suspended by the South Carolina Board of Medical Examiners. Several mainstream studies link flu shots and other vaccinations to a reduced risk of Alzheimer's disease and overall better health.

A Nov. 27, 2001, Canadian Medical Journal report suggests older adults who were vaccinated against diphtheria or tetanus, polio, and influenza seemed to have a lower risk of developing Alzheimer's disease than those not receiving these vaccinations. The full text of this report is posted on the journal's Web site.

A report in the Nov. 3, 2004, JAMA found that annual flu shots for older adults were associated with a reduced risk of death from all causes. The abstract of that report is posted on PubMed.

### **Myth 6: There are treatments available to stop the progression of Alzheimer's disease**

Reality: At this time, there is no treatment to cure, delay or stop the progression of Alzheimer's disease. FDA-approved drugs temporarily slow worsening of symptoms for about 6 to 12 months, on average, for about half of the individuals who take them.

Walpole School Nutrition Department and HESSCO cordially invites you to a

## SPRING FLING SENIOR SUPPER

April 28th, 2015

4:00 - 6:00 PM

Location: Walpole High School Cafeteria

Please RSVP by April 16th at 781-784-4944

### MENU:

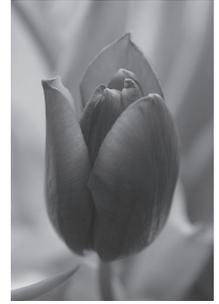
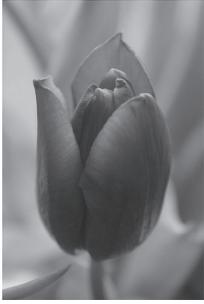
Chicken Penne and Broccoli

Tossed Salad

Dinner Roll

Strawberry Shortcake or Fresh Sliced Fruit

**Suggested Donation: \$8.00**



## - Private Fenway Park Tour -

Monday, May 4th—Tour starts at 12:30 PM

\$20 per person includes transportation & tour

Don't miss this opportunity to see one of the most historic landmarks of Boston!



### IT'S HERE!

The date for **Sheer Madness** has been finalized. We will use a private coach to the show if we have enough sign ups .

Date: **April 19 (Sunday)**

Time: Approximately leave center at 1:30 PM for a 3:00 PM show.

Price: **\$42.00 includes transportation.**

If you want an afternoon of laughter, sign up at Center.

We had a blast 2 years ago when we went in. Don't wait too long to sign up!

Laughter!



### A SMILE A DAY KEEPS THE GROUCH AWAY !

A baseball manager walked out to the mound and said to the rookie pitcher,

“Son, I think you’ve had enough.”

“But I struck this guy out the last time he came up,” the pitcher protested.

“I know, but we’re still in the same inning.”



## A thought from Carol

DO YOU KNOW HOW A SONGBIRD SURVIVES A COLD WINTER??

From the book “Feathers, the Evolution of a Natural Miracle.” By Thor Hanson

Bird feathers are made from the same protein, keratin, as fingernails, hair, horns, and hooves. These elaborate heat-trapping structures that are “the lightest, most efficient insulation ever discovered,” writes Hanson.

The average songbird has 4,000 of them. Feathers are the reason even the smallest, most delicate-looking songbirds don't freeze in the winter. It has been calculated that the difference between the temperature beneath the feathers of a tiny bird and the subzero outdoor temperature outside nighttime air;

the bird can be 140 degrees Fahrenheit warmer!

**NO WONDER WE MAKE OUR BEST PARKAS AND COMFORTERS FROM BIRD DOWN!!!**



# NEW(S)HORIZONS

**Walpole Council on Aging  
Town Hall  
135 School Street  
Walpole, MA 02081**

**Telephone: (508) 668-3330**

**Fax: (508) 660-7363**

**Courtney Riley, Director COA  
Conchita Geyer, Outreach  
Christine Tetreault, Elder  
Advocate**

**Jane Wulk, Van Driver  
Carol Fellini, Van Driver  
Jim Hinds, Van Driver**

**Joanne Damish  
Chairman COA Board**

**Meal site  
(508) 668-3423**

**This Newsletter is made  
possible, in part, by a grant  
from the  
Massachusetts Executive  
Office of Elder Affairs.**



**Friends of the Walpole  
Elders, Inc.  
P.O. Box 186  
East Walpole, MA 02032**

Non-Profit  
US Postage

**PAID**

Framingham, MA  
Permit #179

## WALPOLE VNA

The Walpole Area VNA nursing staff conducts clinics for blood pressure checks, other screenings and provides health info at the following times and places:

**4th Monday of the month -  
Walpole Senior Center,  
Town Hall 12:30 PM**

*As well as:*

3rd Wednesday of the month -  
Norfolk Senior Center 12:30 PM

3rd Wednesday of the month -  
Norwood Senior Center 12:30 PM

4th Friday of the month -  
Caryl Center 1:00 PM

## **“ARE YOU OK?”**

The “Are You OK?” Program, through the Norfolk County Sheriff’s Department offers comfort, security and autonomy for senior citizens, the disabled and anyone who may lack a support system.

The program is a **free service** and all participants need is a home telephone to receive daily automated calls. Participants receive calls between 6:00 AM and noon, 7 days a week, at a time that is right for them. A recorded voice asks, “Are You OK?” The participant may answer “yes” and hang up.

If there is a problem, the participant should respond “no” and the Communications Officer will determine the problem and take appropriate action.

If there is no response or the line is busy, the computer will automatically call back. If there is still no response, the Communications Officer will call a designated friend or family member. If needed, the Communications Officer will ask the local police to check a person’s home. If a participant will be away for an extended period of time or just for a day, he or she can call the 24 hour number and alert the “Are You OK?”

To sign up for this service, contact “Are you OK?” at  
**1-866-900- RUOK (7865).**