



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

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, FEBRUARY 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

(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

Letter From The Director

In February, our thoughts often turn toward Valentine's Day and romantic love. We often get the message from popular culture that one ought to have a special person with whom to celebrate. I don't think that is the case and want to remind you all that we are surrounded by people whom we love and who love us EVERYDAY! Family, friends, pets and companions can give us unconditional love year 'round. I can't tell you how many times I hear of someone bringing a meal to an ill neighbor or helping them with a simple errand. Daily, people at the Center are sharing funny stories about their pets and always at the end they say how much they love them and how lucky they are to have them in their lives. It can be as simple as someone who just came back from lunch with a co-worker whom they have not seen in a while but laughed the whole time they were together. These are all examples of love and caring for another. Think outside the box of chocolates and take Valentine's Day to celebrate all the ways love touches our lives.

I personally would like to take this time to thank everyone who helps this center run and to be a place where people can come and be welcomed! I wish I could list everyone who makes a difference everyday here, but that would go beyond the 8 pages of this Newsletter. The staff at your senior center is very appreciative of the many different ways you all serve our seniors; from all the group leaders, to the families who bring their elders in to enjoy companionship with their peers.

Thank you to The "Knights of the Round Table," who open the Center with laughter every morning and I look forward to their smiling faces everyday!

Thank you to all our volunteers at the desk. We have such wonderful desk volunteers; Jeane G., Marion B., Ginny O., Ginny D, Naifee M., Rita F., Mary B., Jan B., Ora M., Sally O., and Isabelle S. This Center could not run without them and I am so grateful for all they do to help me.

Thank you to Carol Hopkins, our HESSCO meal site manager. Carol enjoys serving the daily meals to all who come into the Center. Carol is a compassionate caring person who really enjoys making the noon day meal special for everyone. We are so lucky to have her at the Center!

Thank you to Don, Colleen, Bob, Rich and Carol for all the work that goes into cooking and serving the "walk-in-breakfast" every two weeks. They also work hard to give us a delicious dinner every other month.

Thank you to Don Wightman our SHINE Representative. You continue to amaze me by the way you go above and beyond everyday! You do such incredible work and it often goes unnoticed, but know everyone here at the Center knows what you do and appreciates you!!

Last but far from least I would like to thank my incredible staff!! Conchita, Carol, Christine, Jim and Jane; you all make me look forward to coming to work and being part of such a magnificent team. Each and every one of you go beyond your roles to help make the Center a better place for everyone.

Courtney Riley

THANK YOU! THANK YOU! THANK YOU!

Everyone at the Walpole Council on Aging would like to sincerely thank:

The Walpole Lions Club for the wonderful Thanksgiving meal that was put on at the Center in November. It was delicious as always and very much appreciated!!

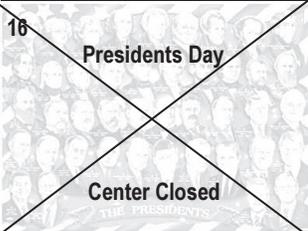
The Friends of the Walpole Elders for their generous donation to our Winter Holiday Party. Their contribution made sure the cost was less for all the seniors who attended.

New Pond Village for sponsoring the very talented entertainer at our Holiday party. It really made the event even more special!

The Walpole Police Department and **Finnegan's Wake** for hosting the Annual Meal for our seniors in January. The Walpole Seniors always look forward to this event and appreciate all the time and effort that is placed into it.

FEBRUARY 2015

Please **sign up for ALL trips and events** you would like to attend.
Sign up starts **Monday, February 2nd**. 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>
2 Groundhog Day Errand Day (AM Trips) Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	3 Stop & Shop (AM Trips) Walking Club - Bird Park 8:30 AM Whist 12:00 PM A Musical Interlude 4:00 PM	4 Exercise Class 10:00 AM Senior Citizen Club 1:00 PM Senior Singing Group 2:30 PM	5 Walk-in Breakfast 8 AM - 10 AM Yoga 10:30-11:30 AM Chickie Flynn 11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30 -9:00 PM	6 Zumba 9:00 AM Seekers Writing Club 10:00AM Library Bingo 12:30 PM
9 Exercise Class 10:00 AM W. VNA Presentation 11:00 AM Pot Luck Meal 12:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM	10 Stop & Shop (AM Trips) Walking Club - Bird Park 8:30 AM Whist 12:00 PM A Musical Interlude 4:00 PM	11 Exercise Class 10:00 AM Knitting Group 10:00 AM Nurse Diana 11:00 AM Movie at Center 12:30 PM Pokeno Mania 12:30 PM Senior Singing Group 2:30 PM	12 Lincoln's Birthday Walking Club—Bird Park Veterans Meeting 9:30 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	13 Zumba 9:00 AM Walmart Trip 10:00 AM Bowling 10:00 AM Bingo 12:30 PM
 <p>16 Presidents Day</p> <p>Center Closed</p>	17 Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Podiatrist 1:00 PM - 4:00 PM A Musical Interlude 4:00 PM	18 Twin Rivers Casino 9:30 AM Exercise Class 10:00 AM Fallon Health Care 11:00 AM Pokeno Mania -12:30 PM Senior Singing Group 2:30 PM	19 Chinese New Year Walk-in Breakfast 8 AM - 10 AM Fuji Restaurant 11:30 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	20 Zumba 9:00 AM Seekers Writing Club 10:00AM Library Bingo 12:30 PM
23 Exercise Class 10:00 AM COA Luncheon 12:00 PM W. VNA Blood Pressure 1:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM	24 Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM A Musical Interlude 4:00 PM	25 Exercise Class 10:00 AM Knitting Group 10:00 AM TRIAD Meeting 11:00 AM Creative Corner 1:00 PM Senior Singing Group 2:30 PM	26 New Pond Village Trip 10:00 AM No Yoga Cribbage 1:00 PM COA Meeting 1:30 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	27 Zumba 9:00 AM Bowling 10:00 AM Bingo 12:30 PM

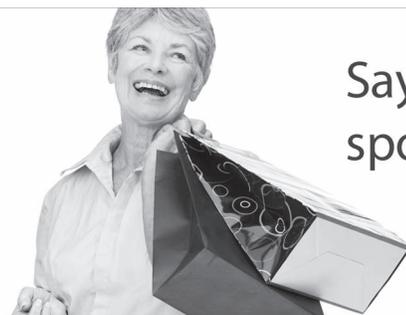
There will be a Valentine's Day performance at the Center which will be generously sponsored by **Victoria Haven** Rehabilitation and Skilled Nursing Center. Sign up necessary.

The details are still being finalized but please check in at the Center. This event will be free to all who attend.









Say *“Thank you”* with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

FEBRUARY TRIPS & EVENTS

FEBRUARY 2 Monday	Errand Day	We can take you anywhere in Walpole	Call the Center to sign up 508-668-3330
FEBRUARY 4 Wednesday	Senior Citizen Club Meeting	Join us and have some fun and games and laughs	1:00 PM New members welcomed
FEBRUARY 5 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
FEBRUARY 5 Thursday	Chickie Flynn Restaurant	Please sign up at Center.	\$2.50 gratuity per person to be paid at restaurant
FEBRUARY 9 Monday	Pot Luck Meal at COA	Come and share your favorite recipes with others.	11:30 lunch starts Please sign up
FEBRUARY 9 Monday	Walpole VNA Presentation	Differences in Home Care	1:00 PM at COA Please Sign up
FEBRUARY 11 Wednesday	Presentation by Nurse Diana	Each Month is a different and interesting topic. Not to be missed!!	Talk will start at 11:00 AM
FEBRUARY 4 Wednesday	Movie At Center	Join us for Disney's "Frozen" and see why every age group loves it	12:30 PM Free at the Center
FEBRUARY 12 Thursday	Walpole Elders Veterans Meeting	This month a movie will be shown and discussed.	Meeting starts at 9:30 AM New Members welcomed
FEBRUARY 13 Friday	Walmart Trip	We will be going to the Walpole Walmart	Van Leaves at 10:00 AM Must Sign up
FEBRUARY 17 Tuesday	Podiatrist	Must make an appointment at Center	1:00 PM - 4:00 PM \$25.00 per person
FEBRUARY 18 Wednesday	Twin Rivers Casino	If you went the month before, you need to wait a week to sign up.	Van will leave Center at 9:30
FEBRUARY 18 Wednesday	Fallon Health Care Agent	Do you have any questions you need answered? Come and ask!	Walk-ins Welcomed 11:00 AM
FEBRUARY 19 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
FEBRUARY 19 Thursday	Restaurant of the Month - Fuji Restaurant, Quincy, MA	The Boston Globe says Fuji is Quincy's "Freshest & flavorful Asian cuisine"	Van will leave at 11:30 AM Must sign up
FEBRUARY 23 Monday	COA Luncheon	Join us for a special lunch at the Center	11:30 AM - \$5.00 per person Must sign up
FEBRUARY 23 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
FEBRUARY 25 Wednesday	TRIAD Meeting	The benefits and services provided by Social Security	11:00 AM Please sign up
FEBRUARY 25 Wednesday	Creative Corner	Come and watch the wonderful Opera Carmen and discuss	1:00 PM Free at the Center
FEBRUARY 26 Thursday	New Pond Village Treats and Tour	Come for lite treats and a tour of New Pond Village	10:00 AM Must sign up
FEBRUARY 26 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

A Letter of Instruction Can Spare Your Heirs Great Stress

While it is important to have an updated estate plan, there is a lot of information that your heirs should know that doesn't necessarily fit into a will, trust or other components of an estate plan. The solution is a letter of instruction which can provide your heirs with guidance if you pass away or become incapacitated.

A letter of instruction is a legally non-binding document that gives your heirs information crucial to helping them tie up your affairs. Without such a letter, it can be easy for heirs to miss important items or become overwhelmed trying to sort through all the documents you left behind. The following are some items that can be included in a letter:

- A list of people to contact when you pass and a list of beneficiaries of your estate plan
- The location of important documents such as your will, insurance policies, financial statements, deeds and birth certificate
- A list of assets such as bank accounts, investment accounts, insurance policies, real estate holdings and military benefits
- Passwords and PIN numbers for online accounts
- The location of any safe deposit boxes
- A list of contact information for lawyers, financial planners, brokers, tax preparers and insurance agents
- A list of credit card accounts and other debts
- A list of organizations that you belong to that should be notified in the event of your death (for example, professional organizations or boards)
- Instructions for a funeral or memorial service
- Instructions for distribution of sentimental personal items
- A personal message to family members

Once the letter is written, be sure to store it in an easily accessible place and to tell your family about it. You should check it once a year to make sure it stays up-to-date.

Article compliments of Elder Law Net, Inc.

HAPPY VALENTINE'S DAY!

DID YOU KNOW...

- ◇ The heart is the hardest working muscle in the body. Every day, it creates enough energy to drive a truck more than 15 miles. Over a lifetime, that's equivalent to driving to the moon and back.
- ◇ Each day, the average heart beats 100,000 times, pumping about 2,000 gallons of blood.
- ◇ The first Heart pacemakers plugged into a wall socket
- ◇ The Blue whale has the largest heart weighing over 1,500 pounds
- ◇ A man's heart weighs about 10 ounces, while a woman's heart weighs approximately 8 ounces.

Events that you may sign up for in February:



Tony Kenny's Irish Cabaret

Wednesday, March 11th 2015

Venus De Milo - Swansea, MA

\$65.00 per person - Transportation, meal and show

Walpole Council on Aging: Intergenerational Interview and Photo Documentation Project

The Walpole Council on Aging is interested in you and your story! We will be working with Recreation and looking for seniors to come in to the center and answer a question about you!! The Voluteens will record your answer and then we display your answers at the center or in our newsletter. If you would like to answer the question but stay anonymous, that is also an option.

We will also be updating our records at this time too to make sure we have the most up-to-date information.

Questions: (select **one** to think about and answer when you come in)

1. Where did you grow up, what was the neighborhood like?
2. When you were a teenager, what did you do for fun?
3. What world event do you remember most from the time you were growing up?
4. What is the most memorable family vacation you ever took?
5. Did you go to college, join the military or get a job after high school?
6. How did you decide what you wanted to do with your life?
7. How long have you lived in Walpole? How has it changed over the years?
8. What is your favorite spot in Walpole and why?
9. What do you enjoy doing now? Hobbies, activities?
10. What is different about growing up today than when you were growing up?
11. What advice would you give today's teenager to help them be successful as an adult?

Program offered: Tuesday – Friday, February 17 – 20, 2015, 10:00PM – 12:00PM at the COA
****This should only take 30 minutes per senior.****

DID YOU KNOW WE CAN BRING YOU LUNCH?

HESSCO Elder Services' nutrition program operates hot lunch programs serving individuals 60 years and older, and their spouses who live in Walpole, MA.

If interested, please call: (508) 668-3423



Senior Citizen Police Academy

The next class for the SCPA will begin on

Monday, February 23rd from 2:00 PM - 4:00 PM

The class will last 10 weeks which includes an actual ride along with an officer on duty.

Sign up will start in January.

Alexander F. Thomas & Sons Funeral Home
Formerly
Keeling-Tracy Funeral Home



45 Common Street
Walpole, Massachusetts 02081
www.thomasfuneralhomes.com

508.668.0154

Serving Families of All Faiths
for Three Generations



160 Main Street ~ Walpole, MA 02081
508.660.3080 www.harringtonrehab.com

Dedicated to Hope, Healing and Recovery

Specializing in: Orthopedic and Cardiac Program

Medically Complex, Subacute, Transitional and Wound Care
Beautiful country setting, state of the art therapy gym.



REHABILITATION AND
NURSING CENTER

135 ELLIS AVE AT ROUTE ONE, NORWOOD, MA

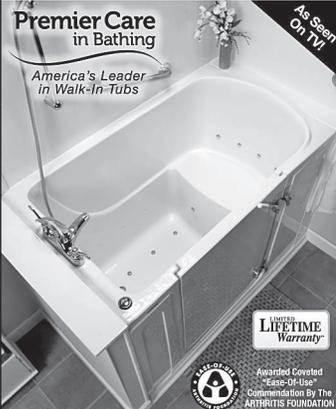
- Short and Long Term Care Rehabilitation
- Specialized Dementia Unit
- In-House Therapy Department
- Up to 7 Days a Week for Physical, Occupational & Speech Therapy

Proudly Owned and Operated by the Franchi Family

CALL FOR A TOUR AND MORE INFO
781-762-6880 www.TheEllis.com

Bathe Safely And Easily

Payments As Low As **\$150** Per Month*



Premier Care
in Bathing

America's Leader
in Walk-In-Tubs

As Seen
On TV!

America's Best Walk-In Baths
Are Now More Affordable!

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ No More Fear of Slipping or Falling
- ▶ Premium Quality for High Performance
- ▶ Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for FREE Information Kit **1-800-345-0181** www.GoToPremierBath.com
Promo Code 20727

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited lifetime Warranty subject to terms and conditions.

For Advertising Information, call
TIM DEMSKI at LPi today!

1 (800) 888.4574 ext. 3434
tdemski@4LPi.com



CARE Resolutions, Inc.

Comprehensive Homecare

Live ins • Companions

Home Health Aides

Alzheimer Care Specialists

508-359-4675

www.care resolutions.com

Insured & Bonded

Dignity & Independence Wherever You Live

The Right Choice for Your Homecare Needs

Home Healthcare Service Serving MA Families



Established 1909

A Community Partner in Your Healthcare

www.wavna.org

55 West Street, 3rd Floor
Walpole, MA 02081

508-668-1066

For All Your Banking Needs

Free Checking for Life | Estate Planning
Saving for Grandchildren's Education
Investing | and much more!

Dedham Savings

your bank

dedhamsavings.com

DEDHAM INSTITUTION FOR SAVINGS since 1946
Member FDIC Member NCUA Equal Housing Lender
Member of the SunLife Program
DEDHAM • NEEDHAM • NORWOOD
SHARON • WALPOLE • WESTWOOD
(800) 462-1190

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

HOLIDAY
SPECIAL



WALPOLE
CO-OPERATIVE BANK

982 Main Street • Walpole
508.668.1080 • WalpoleCoop.com

Member FDIC
Member SIF
EQUALLY HOUSING
LENDER



BETRO
PHARMACY

Since 1952

Peter A. Betro Jr., R. Ph
965 Main Street
Walpole, Massachusetts 02081

508-668-0018

(FAX) 508-668-5590

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
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

"Weather" Or Not We're Open

****REMEMBER WHEN THE SCHOOLS ARE
CLOSED THE SENIOR VANS WILL NOT BE ON
THE ROAD ****

**Please use extreme care and double check the
conditions before you venture out. You can't
always see the black ice on the road,
sidewalks or stairs.**

**If the weather is questionable, please
don't go out unless you have too.**

