



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

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 in our community

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING.
OUR NEXT MEETING IS SEPTEMBER 26, 2013 AT 1:30 PM AT THE NEWELL CENTER AT WALPOLE TOWN HALL

The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders and their families.

Examples of these are as follows:

Nutrition programs	VNA Clinics	Dominos
TRIAD	Yoga	Whist
HESSCO Lunches	Outreach Services	Bridge
Podiatrist	Cribbage	Great Trips
Educational	Financial programs	Chair Exercise programs
Knitting group	Writing group	Zumba Gold
Bingo	Veterans Group	Mah Jongg

Transportation for shopping, errands, and medical appointments.
Day of Beauty (September-June)

PLEASE CONSULT YOUR WALPOLE NEWSLETTER FOR TIMES AND 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

MEMA ADVISES CAUTION DURING EXTREMELY HOT WEATHER

With the extremely hot weather forecast for the Commonwealth, the Massachusetts Emergency Management Agency (MEMA) is advising people to be cautious during this period of extreme heat,

“A few common sense measures can reduce heat-related problems, especially for the elderly, and people with respiratory ailments, who are more susceptible to the effects of high temperatures,” said MEMA Director Kurt Schwartz.

Here are some tips to follow during hot, humid weather:

Slow down, avoid strenuous activity.

Do not try to do too much on a hot day.

Wear lightweight, loose-fitting, light-colored clothing.

Light colors will reflect heat and sunlight and help maintain normal body temperature.

Protect your face with a wide-brimmed hat.

Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.

Limit intake of alcoholic beverages. They can actually dehydrate your body.

Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.

Stay indoors as much as possible. If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.

Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.

Check with your community for information about possible local ‘cooling centers’. Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.

Avoid too much sunshine. Sunburn slows the skin’s ability to cool itself.

If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.

Never leave children or pets alone in a closed vehicle.

Do not leave pets outside for extended periods. Make sure that pets have plenty of drinking water.

Check on family, friends and neighbors.

MEMA ADVISES CAUTION DURING EXTREMELY HOT WEATHER

In normal weather, the body’s internal thermostat produces perspiration that evaporates and cools the body.

However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911!

IS IT A STROKE? CHECK THESE SIGNS FAST

- **Face**— does your face look uneven
- **Arm**— does one arm drift down
- **Speech**— does their speech sound strange
- **Time**— it’s time to call 9-1-1-

HIGH FIBER FOODS

Looking to add more fiber to your diet? Fiber along with adequate fluid intake moves quickly and relatively easily through your digestive tract and helps it function properly.

A high fiber diet may also help reduce the risk of obesity, heart disease and diabetes.

Read nutrition labels to find out exactly how much fiber is in your favorite foods. Women should try to eat at least 21 to 25 grams of fiber a day, while men should aim for up to 38 grams a day.

GRAIN PRODUCTS:

Whole grain breads, buns, bagels, muffins
breakfast cereals with at least 5 g of fiber per serving
Whole grains such as barley, popcorn, corn and brown rice.

FRUITS:

Dried fruits such as apricots, dates, prunes and raisins
Berries such as blackberries, blueberries, raspberries and strawberries

Oranges, apple with skin, avocado, kiwi, mango and pears.

VEGETABLES:

Broccoli, spinach, Swiss chard, green peas and other dark green leafy vegetables

Dried peas and beans such as kidney beans, Lima beans, black-eyed beans, chick peas and lentils

JULY 2013

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30	2 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 Mah Jongg 2:30	3 Exercise class 10:00 Knitting 10:00	4 INDEPENDENCE DAY HOLIDAY CENTER CLOSED 	5 Zumba 9:00 Writing 10:00 Bingo 12:30
8 Castle Island 9:45 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30	9 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 Mah Jongg 2:30	10 Exercise class 10:00 Rain date for Castle Island trip Bubbling Brook 12:00 Senior Chorus 2:30	11 Walk in Breakfast 8-10 NO Yoga Cribbage 1:00 Bridge 1:15	12 State House Tour 9:00 Zumba 9:00 Bowling 10:00 Bingo 12:30
15 Exercise class 10:00 Errand Day Dominos 1:00 Mah Jongg 1:30	16 Stop & Shop Van Trip Walking Club (Off Site) Social Security Presentation 11:00 -11:45 Whist 12:00	17 Exercise class 10:00 Knitting 10:00 Restaurant of month Davio's 11:30 Senior Chorus 2:30	18 Yoga 10:30 Luncheon with Entertainment 12:00 \$5.00 Cribbage 1:00 Bridge 1:15	19 Zumba 9:00 Writing 10:00 Fun with Finance 11:15-12:30 Bingo 12:30
22 Exercise class 10:00 Wal Mart Dominos 1:00 Mah Jongg 1:30	23 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 VNA Brown Bag 12-3:00 Podiatrist 1:00	24 Exercise class 10:00 Odyssey Cruise Lunch with Jazz Music 9:30 am Senior Chorus 2:30	25 Walk in Breakfast 8:00 AM—10:00 AM Yoga 10:30 Cribbage 1:00 Bridge 1:15	26 Zumba 9:00 Bowling 10:00 Larz Anderson Car Museum 11:30 AM Bingo 12:30
29 Exercise class 10:00 Movie at Center 12:30 Dominos 1:00 Mah Jongg 1:30 Sign up for Chickie Flynn August Trip	30 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 Mah Jongg 2:30	31 Walpole Mall Van Trip Exercise class 10:00 Knitting 10:00 Senior Chorus 2:30		



JULY TRIPS

July 8th, Monday	Trip to Castle Island For lunch	Go for lunch at Sullivan's	Van Leaves COA at 9:45 AM
July 10th, Wednesday	Trip To Bubbling Brook	Go for a sandwich or ice cream	Van Leaves COA at 12:00 PM
July 12, Friday	Boston State House Tour and Lunch	<i>1.5 hour walking tour</i> of State House	Van Leaves COA at 9:00 AM
July 17th, Wednesday	Restaurant of the Month Davio's	Davio's Restaurant at Patriot Place	Van Leaves COA at 11:30 AM
July 24th, Wednesday	Lunch on the Odyssey Boat Cruise	Plated Lunch with live Jazz music - \$45.00	Van will leave COA at 9:30 AM
July 26th, Friday	Larz Anderson Auto Museum	"America's oldest car collection"	Van will leave COA at 11:30 AM
July 31st, Wednesday	Walpole Mall Day	11:00 AM	Take Van to go shop- ping at Walpole Mall.

EVENTS AT THE SENIOR CENTER IN JULY

July 11th, Thursday	Walk In Breakfast at Center	8:00 AM 10:00 AM	\$2.50 per meal
July 15th, Monday	Errand Day	Van will drive to stores in Walpole	Please sign up so Van can create route
July 16th, Tuesday	Social Security Presentation	11:00 AM 11:45 AM	What's new with SS, online services & SS benefits and services
July 18th, Thursday	Special Luncheon with Live Music	12:00 PM start with music from Dixieland Duo	\$5.00 Per meal Sign up at Center
July 19th, Friday	Edward Jones presents "Fun with Finance"	11:15 AM 12:15 PM	Ask any questions you may have and a light lunch will be served
July 23rd, Tuesday	Podiatrist	1:00 PM	Please make an appointment at Center
July 23rd, Tuesday	VNA Brown Bag Program	12:00 PM 3:00 PM	Sign up for an individual nursing consultation to help you
July 25th, Thursday	Walk In Breakfast at Center	8:00 AM 10:00 AM	\$2.50 per meal

AUGUST 2013

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			1 Chickie Flynn 11:15 Yoga 10:30 Cribbage 1:00 Bridge 1:30	2 Zumba 9:00 Writing 10:00 Bingo 12:30
5 Kennedy Museum in Hyannis 9:15 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30	6 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 Mah Jongg 2:30	7 Exercise class 10:00 League School choir 11:15-12:00 Senior Chorus 2:30	8 Walk in Breakfast 8-10 Yoga 10:30 Cribbage 1:00 Bridge 1:30	9 Zumba 9:00 Bowling 10:00 Bingo 12:30
12 Exercise class 10:00 Errand Day Dominos 1:00 Mah Jongg 1:30	13 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 Mah Jongg 2:30	14 Exercise class 10:00 Foster's Clambake Knitting 10:00 Senior Chorus 2:30	15 Yoga 10:30 Movie at Center 1:00 Cribbage 1:00 Bridge 1:30	16 Zumba 9:00 Writing 10:00 Bingo 12:30
19 Exercise class 10:00 Massage Day 10:00 \$30.00 for appointment Bubbling Brook 12:00 Dominos 1:00 Mah Jongg 1:30	20 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 Mah Jongg 2:30	21 Exercise class 10:00 Walpole Mall Senior Chorus 2:30	22 Walk in Breakfast 8-10 Wal Mart Van Trip	23 Zumba 9:00 Bowling 10:00 District Attorney Talk 11:00-11:30 Bingo 12:30
26 Boston Duck Tour 9:00 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30	27 Stop & Shop Van Trip Walking Club (Off Site) Whist 12:00 Mah Jongg 2:30 Podiatrist 1:00	28 Exercise class 10:00 Restaurant of month 11:30 Senior Chorus 2:30	29 Yoga 10:30 Cribbage 1:00 Bridge 1:30 Wal Mart	30 Zumba 9:00 Writing 10:00 Bingo 12:30

AUGUST TRIPS

August 1st, Thursday	Trip to Chickie Flynn's For lunch	Limited Seating must sign up at Center	Van Leaves COA at 11:15 AM
August 5th, Monday	Trip To Kennedy Museum in Hyannis	Limited Seating must sign up	Van Leaves COA at 9:15 AM
August 14th, Wednesday	Fosters Clambake in Maine	New England clambakes feature fresh Maine lobster, steamers and clam chowder	Must sign up at Center \$45.00 per ticket
August 19th, Monday	Trip To Bubbling Brook	Go for a sandwich or ice cream	Van Leaves COA at 12:00 PM
August 21st, Wednesday	Walpole Mall Day	11:00 AM	Take Van to go shopping at Walpole Mall.
August 26th, Monday	Boston Duck Tour	Tour and Lunch in Boston	Van will leave COA at 9:00 AM
August 28th, Wednesday	Restaurant of the Month Federal Hill	Lunch at Federal Hill in Providence RI	Van will leave COA at 11:30 AM

EVENTS AT THE SENIOR CENTER IN AUGUST
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August 7th, Wednesday	League School Choir	11:15 AM	Come listen to the children sing!!
August 8th, Thursday	Walk In Breakfast at Center	8:00 AM 10:00 AM	\$2.50 per meal
August 12th, Monday	Errand Day	Van will drive to stores in Walpole	Please sign up so Van can create route
August 19th, Monday	Perfectly Balanced Massages	Please sign up at Center \$30.00 for half hour	Come and relax and Unwind with a massage
August 22nd, Thursday	Walk In Breakfast at Center	8:00 AM 10:00 AM	\$2.50 per meal
August 23rd, Friday	District Attorney Talk	11:00 AM	Come listen to a presentation from the DA
August 27th Tuesday	Podiatrist	1:00 PM	Please make an appointment at Center

NEW(S)HORIZONS

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

Telephone: (508) 668-3330
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Website: www.walpole-ma.gov

Courtney Riley, Director
Conchita Geyer, Outreach Worker
Carol Fellini, Van Driver
Jane Wulk, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

HESSCO Meal site
(508) 668-3423

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in part, by a grant from the
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Elders, Inc.*
P.O. Box 186
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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.

2nd Tuesday of the month—
Diamond Pond Terrace Community
Building 2:00pm

4th Monday of the month—Walpole
Senior Center, Town Hall 12:30pm

1st Tuesday of the month—Walpole
Wal-Mart 11:00– 12:30pm

3rd Wednesday of the month— Norfolk
Senior Center 12:30pm

3rd Wednesday of the month—
Norwood Senior Center 12:30pm

4th Friday of the month— Dover Town
Hall 1:00pm

1st Wednesday of the month— Shaw's in
Medfield 10:00am

THANK YOU, THANK YOU

A very big thank you to the **STOP & SHOP** for continuing their generous donations of water and snacks each and every week to the seniors in Walpole.

Thank you to the **Friends of Walpole Elders** for generously renting the coach bus for the trip to Newport Playhouse.

Once again this trip would not be possible without your support.

THANK YOU

THANK YOU

Summer Senior Swim :

Walpole Center Pool
Senior Swim Times

Monday - Friday: 12:00 pm - 1:00 pm

Once the Center Pool is open, the pool is available for seniors to enjoy ~

Free of Charge!

For more information please contact the COA or
The Walpole Recreation Department.