



# 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 for and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING. PLEASE CONTACT THE CENTER TO FIND OUT WHEN THE NEXT MEETING IS. THE NEWELL SENIOR CENTER IS ATTACHED TO WALPOLE TOWN HALL.

*The Walpole C.O.A. is proud to sponsor many events and programs.  
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

### **A Note from the Director:**

After 28 years of working as the Walpole Outreach Worker, our beloved Conchita Geyer has chosen to retire. Conchita truly is an amazing person and friend to so many here in Walpole, and she will be greatly missed. Please see her statement below:

“It is with mixed emotions that I retire from my position as Outreach Worker for the Walpole Council on Aging. It has been a great privilege and pleasure working these many years in a position I have loved, and forging such good relationships with my co-workers, volunteers, and the Town Hall staff. These memories I will treasure in my retirement.”

Conchita L. Geyer

### **Shine...shedding a bit of light.**

Over the past several months the Senior Center has received calls from a number of our members inquiring about mailings and calls they received from Competitive Electricity Suppliers who want to generate and sell electricity to them. After fielding a number of these calls we contacted the National Consumer Law Office in Boston to see what information on competitive suppliers they might have. They were very helpful and provided a lot of useful information. Here is a list of what you need to know before choosing a competitive electricity supplier:

#### ***What are Competitive Suppliers?***

Before electricity arrives at your home, it needs to be generated in a power plant and delivered to you. Only a few distribution utilities, such as NSTAR, National Grid and Western Mass. Electric Company are allowed to transmit electricity in Massachusetts. But since 1998, Massachusetts has allowed other companies to generate and sell you electricity—these companies are called competitive suppliers. Competitive suppliers generate and sell electricity to you which your local distribution utility then delivers to your home.

#### ***Will I Ever be forced to Purchase Electricity from a Competitive Supplier?***

No! You always have the option of receiving basic service from your local distribution utility. Sometimes salespeople for competitive suppliers will try to pressure you into buying their product by telling you that your local distribution utility will no longer serve you. Sometimes salespeople will pretend to represent your local distribution utility in order to trick you into thinking that you need to switch services. Call your local distribution utility or a consumer advocate if you have been told that you need to switch your service!

#### ***Will a Competitive Supplier Save Me Money?***

It is possible to save some money by purchasing electricity from a competitive supplier. However, there are risks if you choose competitive supply...

#### ***What Problems Might I Have If I Choose a Competitive Supplier?***

Many customers who choose competitive supply run into problems, including:

- Dramatically higher costs
- Large fees (some competitive suppliers charge fees for cancellation, payment processing, late payment, etc.)
- Poor customer service
- Slamming (the illegal practice of switching your service to another competitive supplier without your permission)

#### ***What Questions Should I Ask Before Choosing a Competitive Supplier?***

The Massachusetts Department of Public Utilities requires competitive suppliers to provide you with certain information. Before choosing to purchase electricity from a competitive supplier, it is important to ask questions, including:

- What will I pay per kilowatt hour (kWh)?
- Will my rate ever change? If so, how often will it change?
- What charges will show up on my bill?
- Are there fees for cancellation? Payment processing? Late payment?

These are just some questions that will help you decide whether choosing competitive supply is right for you. But keep in mind that salespeople may not always provide you with accurate information.

Look at the contract or talk to a consumer advocate before choosing to purchase competitive supply!

# JULY 2015

<u>MONDAY</u>		<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Sign up today, June 29th for Bubbling Brook</b>		<b>1</b> Exercise Class 10:00 AM Knitting Group 10:00 AM Bubbling Brook 12:00 PM Senior Moments Sing Group 2:30 PM	<b>2</b> Walking Club—Bird Park No Yoga No Chickie Flynn Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>3</b> Zumba 9:00 AM   <b>Center closed at 12:00 PM</b>
<b>6</b> Errand Day & Walpole Mall Tour of State House 10:00 AM Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>7</b> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common 6:30 PM	<b>8</b> Exercise Class 10:00 AM Newport Playhouse 9:30 AM Pokeno Game 12:30 PM Creative Corner 1:00 PM Senior Moments Sing Group 2:30 PM	<b>9</b> Walk-in-Breakfast 8-10 AM Yoga 10:30 AM Walking Club—Bird Park Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>10</b> Zumba 9:00 AM Bowling 10:00 AM Castle Island 11:00am Bingo 12:30 PM
<b>13</b> Exercise Class 10:00 AM Luncheon at Center 12:00pm Dominos 1:00 PM Mah Jongg 1:30 PM	<b>14</b> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common 6:30 PM	<b>15</b> Exercise Class 10:00 AM Knitting Group 10:00 AM Heritage Gardens 9:45 AM Pokeno Mania - 12:30 PM Senior Moments Sing Group 2:30 PM	<b>16</b> Walking Club—Bird Park Yoga 10:30 Chello's Restaurant 11:00 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>17</b> Fox 25 Zip Trip 5:00 AM Zumba 9:00 AM Bingo 12:30 PM
<b>20</b> Exercise Class 10:00 AM Castle Island 11:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>21</b> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common 6:30 PM	<b>22</b> Exercise Class 10:00 AM Presentation by Nurse Diana 11:00 AM Creative Corner Project 1:00 PM Senior Moments Sing Group 2:30 PM	<b>23</b> Walking Club—Bird Park Walk-in-Breakfast 8-10 AM Yoga 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>24</b> Zumba 9:00 AM Bowling 10:00 AM Bingo 12:30 PM
<b>27</b> Exercise Class 10:00 AM Wal-Mart Trip 11:00 AM  Dominos 1:00 PM Mah Jongg 1:30 PM	<b>28</b> Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common 6:30 PM	<b>29</b> Exercise Class 10:00 AM Knitting Group 10:00 AM Creative Corner and Parachute Playtime 1:00 PM Senior Moments Sing Group 2:30 PM	<b>30</b> NO Yoga Walking Club—Bird Park Pawsox Game 11:00 AM Wheel of Fortune 1:00 PM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>31</b> Zumba 9:00 AM Bingo 12:30 PM

## THE DECLARATION OF INDEPENDENCE

ITS WORDS ARE A PERMANENT REMINDER OF THE VALUES UNDERLYING THE AMERICAN REPUBLIC

The 1,340 word document that dissolved America's ties to Britain is 239 years old.

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.” This is its most recognized sentence.

**LET US PLACE YOUR AD HERE.**

## JULY TRIPS & EVENTS

Please **sign up for ALL trips and events** you would like to attend.

Sign up starts **WEDNESDAY JULY 1st.**

Must speak with someone at the Center to confirm sign up.

JULY 1 WEDNESDAY	Bubbling Brook	Come with us and enjoy an ice cream! Of course you can always have clams too!	Van will leave Center at 12:00 PM Must Sign up at Center
JULY 6 MONDAY	Tour of State House	Walking Tour will last approximately 1 hour	Van will leave Center at 10:00 AM Must Sign up at Center
JULY 6 MONDAY	Errand Day and Walpole Mall	We will take you anywhere in Walpole; just call and let us know.	Time will be set once we see how many and where everyone is going.
JULY 8 WEDNESDAY	Newport Playhouse	We can accommodate 25 seniors	\$50.00 Van will leave Center at 9:30 AM
JULY 9 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
JULY 10 FRIDAY	Castle Island and Sullivan's	Since there are two trips this month you may sign up for one or the other	Van will leave Center at 11:00 AM Must Sign up at Center
JULY 13 MONDAY	Luncheon at the Center 12:00 PM	Menu as follows: Pork loin, veggies, salad and dessert	\$6.00 paid that day Please sign up at Center
JULY 15 WEDNESDAY	A trip to the Heritage Gardens in Sandwich is planned	Enjoy the hydrangeas in bloom this month.	\$20.00 van will leave Center a 9:45 AM
JULY 16 THURSDAY	Restaurant of the Month - Chelo's	Join us for lunch in Apple Valley, RI	Pay for lunch at the restaurant Must Sign up at Center - 11:00 AM
JULY 17 FRIDAY	Fox 25 News will be coming to Walpole	Walpole will be featured live this Friday morning on the Walpole Common	The TV Crew will arrive at 5:00 AM and leave at 10:00 AM
JULY 20 MONDAY	Castle Island and Sullivan's	Since there are two trips this month you may sign up for one or the other	Van will leave Center at 11:00 AM Please sign up at Center
JULY 22 WEDNESDAY	Come Learn from Nurse Diana	Each month a different topic will be discussed related to senior health	11:00 AM at the Center Free
JULY 27 MONDAY	Walpole Wal-Mart	We will spend 2 1/2 hours in Wal-Mart	Van will leave Center for pick-ups at 11:00 AM
JULY 30 THURSDAY	Wheel of Fortune Game With Laurie Blake	Game starts at 1:00 PM The more the merrier!!	Come join us for some laughs and Challenges. Free of charge
JULY 30 THURSDAY	Pawsox Baseball Game	Enjoy an afternoon at the ball park - Van leaves at 11:00 AM	You will buy your tickets at the box office when you get there. Sit where ever you want.

### CAROL'S CORNER

#### Season of Seven Billion Hot Dogs Kicks Off



No matter the age or regional preference, hot dogs will be a popular choice for Americans this summer. Between Memorial Day and Labor Day, Americans are expected to eat seven billion hot dogs. Consumption peaks over the Independence Day holiday, when Americans are expected to eat 150 million hot dogs. The summer grilling season is to hot dog fans what Christmas is to kids. It's an American tradition and whether you are at a barbecue, baseball game or in your backyard, odds are that hot dogs will be on the menu.

# AUGUST 2015

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>3</b> Errand Day 9:30 AM Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>4</b> Stop & Shop (AM Trips) Walking Club—Bird Park <span style="float: right;">8:30 AM</span> Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common <span style="float: right;">6:30 PM</span>	<b>5</b> Exercise Class 10:00 AM Boston Public Library 9:00 AM Presentation by Nurse Diana <span style="float: right;">11:00 AM</span> Senior Moments Sing Group <span style="float: right;">2:30 PM</span>	<b>6</b> Yoga Walk-in-Breakfast 8-10 AM Chickie Flynn 11:15 AM Walking Club—Bird Park Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>7</b> Zumba 9:00 AM Bowling 10:00 AM Bingo 12:30 PM
<b>10</b> Exercise Class 10:00 AM Legacy Place 11:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>11</b> Stop & Shop (AM Trips) Walking Club—Bird Park <span style="float: right;">8:30 AM</span> Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common <span style="float: right;">6:30 PM</span>	<b>12</b> Exercise Class 10:00 AM Knitting Group 10:00 AM Fosters Clambake 8:30 AM Pokeno Mania - 12:30 PM Senior Moments Sing Group <span style="float: right;">2:30 PM</span>	<b>13</b> Walking Club—Bird Park Yoga 10:30-11:30 AM Les Burch 1:00 PM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>14</b> Zumba 9:00 AM Quiche Breakfast 9:30 AM Bingo 12:30 PM
<b>17</b> Exercise Class 10:00 AM Twin Rivers 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>18</b> Stop & Shop (AM Trips) Walking Club—Bird Park <span style="float: right;">8:30 AM</span> Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common <span style="float: right;">6:30 PM</span>	<b>19</b> Exercise Class 10:00 AM Charles River Boat Tour 9:00 Senior Moments Sing Group <span style="float: right;">2:30 PM</span>	<b>20</b> Walking Club—Bird Park Walk-in-Breakfast 8-10 AM Yoga Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>21</b> Zumba 9:00 AM Bowling 10:00 AM Bingo 12:30 PM
<b>24</b> Exercise Class 10:00 AM Wright's Chicken Farm 10:30 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>25</b> Stop & Shop (AM Trips) Walking Club—Bird Park <span style="float: right;">8:30 AM</span> Whist 12:00 PM Advanced Mah Jongg 1:30 A Musical Interlude 4:00 PM Concert on the Common <span style="float: right;">6:30 PM</span>	<b>26</b> Exercise Class 10:00 AM Pokeno Game 12:30 PM Creative Corner 1:00 PM Senior Moments Sing Group <span style="float: right;">2:30 PM</span>	<b>27</b> Walking Club—Bird Park Yoga 10:30-11:30 AM Restaurant of the Month <span style="float: right;">11:00 AM</span> Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>28</b> Zumba 9:00 AM Boston Aquarium 11:00 AM Bingo 12:30 PM
<b>31</b> Buzzards Bay Trip 9:30 AM Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM				<b>*YOU MAY SIGN UP                      FOR THE BOSTON                      PUBLIC LIBRARY IN                      JULY</b>

## September and October Trips. You may sign up in July for these trips.

*The Beach Boys, Ultimate Tribute Show -*  
 September 23rd - At the Venus De Milo Seanssea, MA - \$60 per person

*Hal McIntyre Orchestra with A Tribute to Peggy Lee*  
 September 30th - Norwood Theater - **FREE**

*New Hampshire Turkey Train - October 6th - \$90 per person*

Includes: Transportation, Mystery Stop, Train Ride, Luncheon on Train and Best of Times Tour Director

## AUGUST TRIPS & EVENTS

Please **sign up for ALL trips and events** you would like to attend.

Sign up starts **MONDAY, August 3rd**

Must speak with someone at the Center to confirm sign up.

Don't leave Voice Mail, they will be deleted

AUGUST 3 MONDAY	Errand Day	We will take you anywhere in Walpole; just call and let us know.	Van will leave Center at 9:30 AM
AUGUST 5 WEDNESDAY	A tour of the Boston Public Library	\$20.00 pp for a personal tour of the BPL Heavy walking Tour	Van will leave Center at 9:00 AM Must Sign up - can sign up in JULY
AUGUST 5 WEDNESDAY	Presentation by Nurse Diana	Learn about Senior Health Topics Come have your questions answered	Presentation starts at 11:00 AM
AUGUST 6 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
AUGUST 6 THURSDAY	Chickie Flynn Restaurant	Sign up limited to 24 people	Van will leave Center at 11:15 AM
AUGUST 10 MONDAY	Legacy Place in Dedham	A place to shop till you drop and then relax at one of the many restaurants	Van will leave Center 11:00 AM Please sign up at Center
AUGUST 12 WEDNESDAY	Fosters Clambake— York Maine	Price of day trip includes coach bus, meal and live entertainment	\$75.00 per person 8:30 AM - 6:30 PM
AUGUST 13 THURSDAY	Les Burch will entertain us with Live Music	Les is back with a “Touch of Nostalgia”	1:00 PM at the Center FREE
AUGUST 14 FRIDAY	Quiche Breakfast	Join us for a homemade Quiche Breakfast at the Center	Sign up limited to 24 9:30 AM - \$4.00 per person
AUGUST 17 MONDAY	Trip to Twin Rivers Casino	Space is limited so please sign up at the Center	Van will leave center at 10:00 AM
AUGUST 19 WEDNESDAY	A Tour along the Charles River	Architecture cruise – 90 minutes on the boat	Limited to 17 people - \$25.00 PP Van will leave at 9:00 AM
AUGUST 20 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
AUGUST 24 MONDAY	Wrights Chicken Farm Restaurant	A nice “all you can eat” chicken dinner	Van will leave Center at 10:30 AM Must Sign up at Center
AUGUST 26 WEDNESDAY	Creative Corner with Ora is back with another great program	“The Wardrobe Doctor” will be here to help us coordinate our outfits and accessories	1:00 PM at Center Must Sign up - FREE
AUGUST 27 THURSDAY	Restaurant of the Month	The “Lilac” in Millis—11:00 AM	This Chinese restaurant was recommended by one of our seniors
AUGUST 28 FRIDAY	A visit to the Boston Aquarium	This is your chance to visit the new updates to our aquarium	Van will leave Center at 11:00 AM \$25 pp—17 person Max
AUGUST 31 MONDAY	Marine Life Center in Buzzards Bay	Heavy Walking Tour and unfortunately No Wheel Chair Access	Van will leave at 9:30 AM Must sign up at Center

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# 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

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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:

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

## Warning Signs:

*Heat Exhaustion* vs. **HEAT STROKE**

Heat-related illness is **Preventable!**  
Stay somewhere cool  
Drink plenty of water  
Avoid sugar, alcohol & caffeine  
Wear light clothing

Paleness  
Tiredness  
Weakness  
Dizziness  
Headache  
Fainting  
Muscle cramps  
Heavy sweating  
Nausea or vomiting

Extremely high body temperature (103°F+)  
Red, hot, dry skin (with no sweating)  
Rapid, strong pulse  
Throbbing headache  
Dizziness  
Nausea  
Confusion  
Unconsciousness

*Watch out!*  
If left untreated,  
heat exhaustion can  
progress to



## **STOP**

If you recognize symptoms of heat stroke, it is **LIFE THREATENING**. Get the person somewhere cool and seek medical attention **IMMEDIATELY**.