



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, JUNE 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

A note from the Director

There are always so many kind words and thoughtful actions which occur all the time. I have tried hard to ensure our Newsletters pay tribute to those who make the Walpole COA a great place to spend your day but there will never be enough paper or ink to thank everyone. There are those who are unsung heroes; the ones who stop and help you into the building or into a car; the ones who make room at the table for you or the ones who spend a few extra minutes in their day to listen to what you have to say or to answer your questions. There are those who smile and make you feel better because they said “hello” or “have a nice day” or the ones who tell a story which would make you laugh and uplift your day. I see and hear so many wonderful interactions in a day and want you to know it means so much to so many people!! That is why the Center is here; to improve YOUR DAY! So let’s continue to “pay it forward.” Come, smile and make every day a happier one for someone else while sharing your kindness with others. Along with the caring, helpful and kind employees and volunteers, it is you, our seniors, who make the Walpole Senior Center a great place to spend time.

Remember, if you see someone without a smile, give them one of yours!

Don’t forget to make someone's Father’s Day special on June 15th!

I would like to wish all the Fathers, Grandfathers and Godfathers a wonderful day!

Thank you all!!

Courtney Riley

Medicare and Mental Health Benefits

Since January 2014, Original Medicare increased its payment for **most outpatient mental health services** to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent co-insurance. **Medicare Advantage** plans must cover the same services as Original Medicare; but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your co-payments.

You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists as long as they are Medicare providers. Know that psychiatrists are less likely to **not** accept Medicare than other practitioners.

Ask your provider if they take Medicare before you begin receiving services!

Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic and anticonvulsant prescription drugs used to treat mental health conditions.

Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, call your senior center and ask for a free confidential **SHINE** appointment to discuss Medicare health insurance.

You can also reach a SHINE counselor at

1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A trained volunteer counselor will call you back as soon as possible.

JUNE TRIPS & EVENTS

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

Sign up starts **MONDAY, JUNE 2nd**.

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

JUNE 2 MONDAY	Errand Day	We will take you anywhere in Walpole; just call and let us know.	Van will leave Center at 9:30 AM
JUNE 2 MONDAY	Women of the 60's performance	Newport, RI Newport Grand Casino	Bus leaves Center at 9:15 AM
JUNE 3 TUESDAY	Classic movie with Rick and Raymond	"Whatever happened to Baby Jane" is the oldie but goodie for this showing	Movie starts at 2:00 PM at COA
JUNE 4 WEDNESDAY	Senior Citizen Club	New members always welcome! Come and meet new friends	Meetings 1st Wednesday of the Month 1:00 PM - 2:00 PM
JUNE 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
JUNE 5 THURSDAY	Chickie Flynn Restaurant	Sign up limited to 24 people	Van will leave Center at 11:30 AM
JUNE 6 FRIDAY	The Arnold Arboretum of Harvard University	Come walk around the Gardens at your own leisure	Van Leaves Center at 9:15 AM Please Sign up
JUNE 9 MONDAY	Twin Rivers Trip	Space is limited to 19 people	Van will leave Center at 9:30 AM
JUNE 10 TUESDAY	Classical Music Selection Talk	Taught at New Pond Village	Van will leave Center at 10:45 AM Class 11:00 AM—12:00 PM
JUNE 12 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
JUNE 13 FRIDAY	Davis Museum at Wellesley	The Davis is home to distinguished permanent collections from around the globe	Van will leave Center at 11:00 AM
JUNE 16 MONDAY	Luncheon at the Center	Sign up limited to 40 \$6.00 per person	Lunch will start at noon Please sign up
JUNE 17 TUESDAY	DAY OF BEAUTY— Tri-County School	Haircuts, color, perms, manicures, Etc... Enjoy all these things at a reduced price!!	Van will leave center at 8:30 AM Must sign up
JUNE 17 TUESDAY	Classic movie with Rick and Raymond	"The Bridge on the River Kwai" is the Classic movie choice	Movie starts at 2:00 PM at Center
JUNE 19 THURSDAY	Snacks and Chat	Come listen to a man who hiked thousands of miles on the Appalachian Trail	Please be at the Center by 8:30 AM
JUNE 19 THURSDAY	Tour Channel 5 (WCVB)	This trip is limited to 10 people due to studio space	Van leaves Center at 10:15 AM
JUNE 23 MONDAY	Wal-Mart	We will spend 2 1/2 hours in Wal-Mart	Van will leave Center for pick-ups at 9:30 AM
JUNE 30 MONDAY	Twin River Casino	Space is limited to 17 people	Van will leave Center at 9:30 AM

Important June Dates:

June 14: Flag Day

June 15: Father's Day

June 21: First Day of Summer

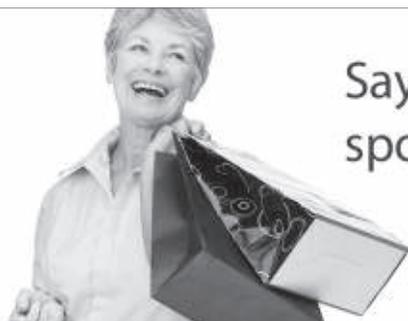
June 28: Ramadan Begins (Sundown)

JUNE 2014

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Errand Day 9:00 AM Women of the 60's Performance 9:00 AM Scrabble 10:00 AM 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 Classic movies with R&R "Whatever Happened to Baby Jane." 2:00 PM	4 Exercise Class 10:00 AM Knitting Group 10:00 AM Senior Citizen Club 1:00 PM Senior Moments Sing Group 2:30 PM	5 Veterans Meeting 9:15 AM Walking Club—Bird Park Chickie Flynn 11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Yoga 10:30-11:30 AM Hoops & Needles 6:30 -9:00 PM	6 Zumba 9:00 AM Seekers Writing Club 10:00AM Library Arnold Arboretum Tour 9:30 AM Bingo 12:30 PM
9 Twin Rivers 8:30 AM Scrabble 10:00 AM Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	10 Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Classical Music Class at New Pond Village 10:45 AM Whist 12:00 PM	11 Exercise Class 10:00 AM Pot Luck Luncheon 12:00 PM Pokeno Game 12:30 PM Creative Corner 1:00 PM Senior Moments Sing Group 2:30 PM	12 NO Yoga Walk-in-Breakfast 8-10 AM Walking Club—Bird Park Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	13 Zumba 9:00 AM Bowling 10:00 AM Seekers Writing Club 10:00AM Library Davis Museum 11:00 AM Bingo 12:30 PM
16 Exercise Class 10:00 AM Scrabble 10:00 AM Luncheon at Center 12:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM	17 Day of Beauty 8:45 AM Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Classic movies with R&R "The Bridge on the River Kwai" 2:00PM	18 Exercise Class 10:00 AM Knitting Group 10:00 AM Fallon Q&A 11:00 AM TRIAD 11:00 AM Pokeno Mania - 12:30 PM Senior Moments Sing Group 2:30 PM	19 Walking Club—Bird Park Snacks and Chat 8:30 AM Tour Ch. 5 (WCVB) 10:15 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 Wal-Mart Trip 9:30 AM Exercise Class 10:00 AM Scrabble 10:00 AM 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	25 Exercise Class 10:00 AM Senior Moments Sing Group 2:30 PM	26 Walking Club—Bird Park Walk-in-Breakfast 8-10 AM Yoga 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM COA Board Meeting 1:30 PM Hoops & Needles 6:30-9:00 PM	27 Zumba 9:00 AM Bowling 10:00 AM Seekers Writing Club 10:00AM Library Bingo 12:30 PM
30 Twin Rivers 8:30 AM Scrabble 10:00 AM Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<h1 style="font-size: 4em; opacity: 0.5;">JULY</h1>			<h1 style="font-size: 2em;">HAPPY 4th of JULY!!!!</h1>

POP-UP TRIPS!!

Please call the Center (508-668-3330) each Monday morning to see which "POP-UP" trips and events are available for the week. POP-UP trips are those trips and events which could not be finalized before the monthly newsletter was sent to the publisher for printing.



Say "Thank you" with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

Tuesday Stop and Shop Trips:

- ◆ Please make sure you call the center and *sign up* at **LEAST 24 Hours** before Tuesday morning.
- ◆ There will be a four (4) bag limit for each shopping trip.
Cases of water and soda will be considered one (1) bag.
- ◆ Please make sure to label all your bags with your name.
This ensures that the bags don't become mixed up!

THANK YOU!!

DID YOU KNOW...

- ◆ 11% of people are left handed
- ◆ The longest recorded flight of a chicken was 13 seconds
- ◆ There is no such thing as a naturally blue food
- ◆ M&M's chocolate stands for the initials for its inventors Mars & Murrie
- ◆ The Grand Canyon can hold around 900 trillion footballs
- ◆ Cats have over 100 vocal chords

SAVE THE DATE AND SIGN UP NOW!!

Fosters Clambake and Musical Performance—\$65.00

Thursday, August 14th

Performance: The Great American Song Book with Lydia Harrell

Cost includes: Transportation, Meal and Show

Weekend Trips

Adirondack Balloon Festival: September 19th - September 21st

Turning Stone Resort: November 2nd - November 4th

Sign up **NOW** at the Walpole Recreation Department

Shingles Vaccinations

Will be offered at the Walpole Town Hall on **Monday, June 16th.**

For more information, please contact the Walpole Health Department at (508) 660-6320

8 Summer Safety Tips

- 1. Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age; so be sure to increase your water intake if you are exercising or doing any type of prolonged physical activity. Of those fluids you are taking in, be sure they are non-alcoholic and decaffeinated. Carbonated sodas and pops may taste good, but they will only further your dehydration.
- 2. Pick the right outfit with accessories:** When possible, wear loose, lightweight and light-colored long sleeves to help protect your skin from sun while also allowing your skin to breathe. Use wide brimmed hats to keep the sun off of your face and neck; as well as full coverage (wrap around) sunglasses for the best eye protection. Glasses that block UVA and UVB rays can help reduce the cumulative effect of damage linked to cataracts and age-related macular degeneration.
- 3. Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air conditioning; including a friend's house, shopping mall, senior center or movie theater. THE WALPOLE COA IS A COOLING CENTER!
- 4. Be an early bird or night owl:** The sun is strongest between 10:00 AM and 4:00 PM. If you must be outside during a summer heat wave, limit your outdoor activity to the morning and the evening when the temperature is lower and the sun is less intense.
- 5. Watch for heat stroke:** It is extremely important to watch for signs of heat stroke especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.
- 6. Review your medications:** Many seniors use medications daily. Some medications can cause side effects like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with a doctor or pharmacist for any questions.

Pot Luck Picnic ~ Wednesday, June 11th at 12:00 PM ~ Free

The weather is to be celebrated so let's get outside and have an old-fashioned picnic! Along with the weather, everyone's favorite recipes are to be celebrated. Please bring your favorite dishes and we'll be sharing with one another. We will be playing lovely music and playing some fun games as well. Sign up at the COA and let us know what you are making so we can create a menu!

Summer Senior Swim :

Walpole Center Pool ~ Senior Swim Times
Monday - Friday: 12:00 PM - 1:00 PM

Once the Center Pool is open (Middle/End of June), the pool is available for seniors to enjoy ~
Free of Charge!

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

Looking for Yarn:

The Walpole Knitters are in need of *washable yarn*.
If you have any and would like to donate it, please drop it off at the Walpole Council on Aging!

THANK YOU!!!!



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***



**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 **1-800-655-8048** www.GoToPremierBath.com
*On approved credit. Limited time offer.

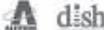
JAMES H. DELANEY & SON
FUNERAL HOME
JAY DELANEY, DIRECTOR
JIM DELANEY, DIRECTOR
(508) 668-1960

48 Common Street, Walpole, MA 02081

dish Make the Switch to DISH Today and
Save Up To 50%

Call Now and Ask How! **1-800-316-0283**

All offers require 24-month commitment and credit qualifications. Call 7 days a week 8am-11pm EST.
Promo Code: M00011 *Offer subject to change based on premium service channel availability.



Professional prices starting at only **\$19.99** per month. **FREE** OVER 10 PREMIUM HD/CABLE CHANNELS. HBO, SHOWTIME, STARZ. For 3 months.



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

DEDHAM • NEEDHAM • NORWOOD
SHARON • WALPOLE • WESTWOOD
(800) 462-1190

dedhamsavings.com

PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- > No Long-Term Contracts
- > Price Guarantee
- > A+ Rating with BBB

TOLL FREE: 1-877-801-5055

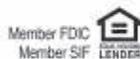
*First Three Months

SPRING SPECIAL



WALPOLE
CO-OPERATIVE BANK

982 Main Street • Walpole
508.668.1080 • WalpoleCoop.com



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**

**Dolores Efthim
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

Do you have your FILE OF LIFE?

The free-of-charge kit consists of an information card listing all medications a person uses and all special health conditions he or she has. The card is kept inside a bright red vinyl sleeve marked "**FILE OF LIFE**" which the users post on their refrigerator or some other highly visible place. In the event of a medical emergency, a File of Life allows paramedics and EMTs to administer the correct treatment quickly.

FILE OF LIFE	
	Name: _____
	Address: _____
Doctor: _____	Phone#: _____
EMERGENCY CONTACTS	
Name: _____	Phone#: _____
Address: _____	
Name: _____	Phone#: _____
Address: _____	

These are available at the COA if you do not have one.