



# NEW (S) HORIZON

Volume 12 ~ Issue 12

A NEWSLETTER FROM THE  
WALPOLE COUNCIL ON AGING

### A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081

Telephone 508-668-3330 Fax 508-660-7363 e-mail [wcoa@walpole-ma.gov](mailto:wcoa@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 JUNE 27 AT 1:30PM 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     | Day of Beauty           |

Transportation for shopping, errands, and medical appointments.

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](http://www.walpole-ma.gov)

## WALPOLE SENIOR CENTER HOURS:

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

**MassDot Registry of Motor Vehicles Program**

Safe Driving Workshop Presented by the Registry of Motor Vehicles 55 and older.

May's Program was Canceled and Rescheduled for:

**Monday  
June 10th  
11:00 AM at Senior Center**  
Speaker: Michele Ellicks

**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.

**A LAUGH A DAY**

A woman asked her husband, Could you please go out and buy a gallon of milk? And if they have avocados, get six.”  
A short time later, the husband returned with six gallons of milk. ”Why did you buy so many?” his wife asked.  
”They had avocados.”

**Director's Update**

Hello,

I just wanted to thank everyone once more for making the transition as the new Director so wonderful. These past two months have flown by and have been incredibly enjoyable. I have been receiving some great ideas for upcoming trips and programs, so please keep them coming! One suggestion that was brought to the Center that will be started is attending the Walpole Evening Summer Concerts. They start in July so please keep a look out for more information on these.

Also don't forget that Sunday June 16th is Father's Day, so take a moment to thank the special men in your life. Happy Fathers Day to all of you from the Walpole Senior Center!!

Courtney Riley – COA Director

**ONE OF OUR MANY ENJOYABLE TRIPS THE WALPOLE SENIOR CENTER TAKE THROUGHOUT THE YEAR**

Everyone thoroughly enjoyed the trip to  
“The Boston Globe”

Jim Hinds showed us what a very confident and safe driver he is as he drove through the notorious Boston traffic.

Please check our monthly newsletter for upcoming trips. Don't wait too long, our trips fill up very fast.

**Senior Moments: Summer Hours**

The Singing Group Senior Moments will be practicing this summer at the COA. The group meets  
**Wednesdays at 2:30 PM**

**Billiards Anyone?**

Jalapenos Restaurant has offered the Walpole COA use of their Billiards Table in the afternoons. If interested in playing please let us know so we can reserve the table for you.

### The Grandparent Scam Don't Let It Happen to You

You're a grandparent, and you get a phone call or an e-mail from someone who identifies himself as your grandson. "I've been arrested in another country," he says, "and need money wired quickly to pay my bail. And oh by the way, don't tell my mom or dad because they'll only get upset!"

This is an example of what's come to be known as "**the grandparent scam**"—yet another fraud that preys on the elderly, this time by taking advantage of their love and concern for their grandchildren.

Thanks to the Internet and social networking sites, a criminal can sometimes uncover personal information about their targets, which makes the impersonations more believable. For example, the actual grandson may mention on his social networking site that he's a photographer who often travels to Mexico. When contacting the grandparents, the phony grandson will say he's calling from Mexico, where someone stole his camera equipment and passport.

#### Advice to avoid being victimized in the first place:

- Resist the pressure to act quickly.
- Try to contact your grandchild or another family member to determine whether or not the call is legitimate.
- Never wire money based on a request made over the phone or in an e-mail...especially overseas. Wiring money is like giving cash—once you send it, you can't get it back.

Is there a topic you would like to know more about?  
Please let the Walpole COA know so we can book the Program.

#### LAUGHTER IS THE BEST MEDICINE

A teacher told one of her students to give a sentence starting with "I"

The student started, "I is..."

"No dear," the teacher interrupted. "Always say, I am."  
"OK. I am the ninth letter of the alphabet."

#### FTC CONSUMER ALERT

The Federal Trade Commission, the nation's consumer protection agency, cautions you not to give out personal or financial information in response to unsolicited phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks, or take out loans in your name.

If you get a call from someone who claims to be from the government and who asks for your personal information, **hang up**.

It's a scam. The government and legitimate organizations with which you do business have the information they need and will not ask you for it.

Then, file a complaint at [ftc.gov](http://ftc.gov) or call toll-free, 1-877-382-4357.

If you think your identity's been stolen, visit [ftc.gov/idtheft](http://ftc.gov/idtheft) or call 1-877-ID-THEFT.

#### Do you have your FILE OF LIFE?

The free-of-charge kits consist 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	
EMERGENCY CONTACTS	
Name:	Phone#:
Address:	Phone#:
Name:	Phone#:
Address:	Phone#:

# JUNE 2013

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>3</b> Chair Exercise Class <b>10:00</b> Special Luncheon <b>12:00</b> Dominos <b>1:00</b> Mah Jongg <b>1:30</b>	<b>4</b> Stop & Shop Van Trip Day Of Beauty Walking Club (off site) Whist <b>12:00</b> Mah Jongg <b>2:30</b>	<b>5</b> Chair Exercise Class <b>10:00</b> TRIAD Meeting Knitting Group <b>10:00</b> Senior Citizen Club <b>1:00</b> Senior Moments <b>2:30</b>	<b>6</b> Chickie Flynn Trip Yoga <b>10:30</b> Cribbage <b>1:00</b> Bridge Game <b>1:30</b>	<b>7</b> Zumba Gold <b>9:00</b> (Dance Exercise) Wii Bowling <b>10:00</b> Writing Group <b>10:00</b> Bingo <b>12:30</b> Lunch at Marina Bay <b>11:30</b>
<b>10</b> Chair Exercise Class <b>10:00</b> <b>Presentation RMV: 11:00</b> "Is it still safe to Drive?" Dominos <b>1:00</b> Mah Jongg <b>1:30</b>	<b>11</b> Stop & Shop Van Trip Walking Club (off site) Whist <b>12:00</b> Mah Jongg <b>2:30</b>	<b>12</b> Boston Common Wealth Museum Trip with Lunch Chair Exercise Class <b>10:00</b> Senior Moments <b>2:30</b>	<b>13</b> Walk in Breakfast <b>8-10</b> VNA <b>9:30—11:30</b> (Pre Diabetes Screen) NO Yoga Cribbage <b>1:00</b> Bridge <b>1:30</b>	<b>14 FLAG DAY</b> Zumba Gold <b>9:00</b> (Dance Exercise) <b>Presentation:</b> "How to Down Size." <b>10:30 AM</b> Bingo <b>12:30</b>
<b>17</b> Chair Exercise Class <b>10:00</b> Dominos <b>1:00</b> Mah Jongg <b>1:30</b>	<b>18</b> Stop & Shop Van Trip Walking Club (off site) Whist <b>12:00</b> Podiatrist <b>1:00</b> Mah Jongg <b>2:30</b>	<b>19</b> Newport Play House Trip Chair Exercise Class <b>10:00</b> Knitting <b>10:00</b> Senior Moments <b>2:30</b>	<b>20</b> Yoga <b>10:30</b> Restaurant of Month <b>11:30</b> Cribbage <b>1:00</b> Bridge <b>1:30</b>	<b>21 First Day of Summer</b> Zumba Gold <b>9:00</b> (Dance Exercise) Fun with Finance <b>11:15-12:30</b> Writing Group <b>10:00</b> Wii Bowling <b>10:00</b> Bingo <b>12:30</b>
<b>24</b> Trip to South Shore Plaza Chair Exercise Class <b>10:00</b> Dominos <b>1:00</b> Mah Jongg <b>1:30</b>	<b>25</b> Stop & Shop Van Trip Walking Club (off site) Whist <b>12:00</b> Mah Jongg <b>2:30</b>	<b>26</b> Errand Day Chair Exercise Class <b>10:00</b> Movie Day <b>1:00</b> Senior Moments <b>2:30</b>	<b>27</b> Walk in Breakfast <b>8-10</b> Wal-Mart Trip Yoga <b>10:30</b> COA Board Meeting <b>1:30</b> Cribbage <b>1:00</b> Bridge <b>1:30</b>	<b>28</b> Zumba Gold <b>9:00</b> (Dance Exercise) Bingo <b>12:30</b>

<b>TRIP DETAILS</b>
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June 4th Tuesday	Day of Beauty	Take time to pamper yourself at Tri County.	Pay for Services at Tri County This will be the last one before they break for the summer
June 6th Thursday	Chickie Flynn Restaurant	Restaurant Opens at 11:30— Van will leave Center at 11:15	Limited seating must sign up —There will be NO Chickie Flynn trip In July.
June 7th Friday	Lunch at Captain Fish Bones at Marina Bay in Quincy	Lunch will be at 11:30 AM— Leave Center at 10:45 AM.	Limited seating available so please make sure to sign up. Meal will be paid for at Restaurant.
June 12th Wednesday	Boston Common Wealth Museum with Lunch At Castle Island After	Brings the story of History to Life with state of the art interactive exhibits.	Free of Charge—Must sign up limited seating on the bus
June 19th Wednesday	Newport Play House Trip Show: Beau Jest	Day Trip from 11:00 AM-4:00 Leave Center at 10:00 AM	\$46.00 Per Ticket—16 Seats Includes Buffett Meal, Play and 40 minute Cabaret Show
June 20 Thursday	Restaurant of the Month: Dolphins in Natick	Leave Center at 11:15 AM	Shuttle is complementary - Purchase your own meal once there.

<b>DETAILS OF EVENTS AT THE SENIOR CENTER</b>
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June 3rd Monday	Special Luncheon - Pork Tenderloin & Fixings	Come and enjoy and nice lunch with wonderful company	Lunch Served at 12:00 PM \$5.00 a person
June 5th Wednesday	TRIAD Program	Public Summer Safety information	11:00 AM Coffee & donuts will be served
June 10th Monday	Presentation by RMV: Is it Safe to Drive?	Will Discuss Issues facing senior drivers. Will have a Q&A Section	11:00 AM
June 13 Thursday	VNA Care Network & Hospice wellness nurse <b>Pre-Diabetes Screenings</b>	Learn if you are at risk for developing diabetes during these free screenings and talks.	Screenings will be held from 9:30 to 11 a.m. by appointment ONLY Talk will follow at 11:30
June 14 Friday	Presentation: How to Down Size.	Presentation on how to start down sizing no matter how many items you have.	Presentation at 10:30 AM Q&A After
June 21st Friday	Edward Jones presents "Fun With Finance"	A Light Lunch will be served	11:15 AM -12:30 PM
June 27th Thursday	COA Board Meeting	Open to all that would like to come and listen.	1:30 PM

**Norfolk County TRIAD Program**

TRIAD is a program that the Norfolk County Sheriff's Office runs by working with local councils on aging to put senior citizens in touch with any and all pertinent public safety and social service organizations in their area. Through regular meetings, Triad facilitates two-way communication that allows seniors to directly voice their concerns, while police and fire officials and any number of other safety and health organizations can make the seniors aware of relevant programs.

**Next Meeting:**

Public Summer Safety Information  
Wednesday June 5th - 11:00 AM  
Coffee and Donuts will be served

**Ideas, Thoughts, Comments???**

If you just looked through this newsletter and had a thought for a program, trip or lecture please let us know!!

This Walpole Senior Center is here it help link your needs with the appropriate resources, so please let us know what you would like.

Don't hesitate to call the center at anytime.  
508-668-3330



**Transportation:**

The Walpole Vans are available  
Monday—Friday from 8:30 AM to 3:30 PM  
For anyone who would like to be picked up and brought to the center.

Please Call the Center and let us know if you would like a ride so we can plan accordingly.

**Fun Trivia**

1. In the United States, which President signed Father's Day into law?
2. Who was the legendary Benedictine monk who invented champagne?
3. Can you name the largest fresh water lake in the world?
4. What is generally considered the official Father's Day flower?
5. On September 14, 1814 Francis Scott Key wrote the "Star Spangled Banner." In which year did it officially become our national anthem?

Do you know any trivia??  
Send a Question and Answer in to the Center with your name and maybe it will appear in an upcoming newsletter!

- Answers:**
1. Richard Nixon
  2. Dom Perignon
  3. Lake Superior
  4. Rose
  5. 1931

# NEW(S)HORIZONS

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

Telephone: (508) 668-3330  
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Courtney Riley, Director  
Conchita Geyer, Outreach Worker  
Susanne Murphy, Senior Clerk  
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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*Friends of the Walpole  
Elders, Inc.*  
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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.

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 large thank you would like to be given to the  
**Friends of Walpole Elders**  
For generously hosting the Walpole Council on Aging Volunteer  
Luncheon at “Gerry’s Place”. Everyone that attended  
had a wonderful time and this would not be  
possible without your contribution.

We would also like to give a huge thank you to  
**Alyssa Cogan**  
daughter of SFC Jon Cogan, for baking  
all the treats for the monthly Veterans Meeting.  
They were much appreciated by everyone who attended.

