



# 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 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, MAY 22nd 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](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

## Director Notes

With the snow having finally melted and the colder weather behind us, we can get back outside and be seen. Being seen is being involved and creating a great quality of life; and isn't that what it should be all about?! The Walpole Council on Aging will continue to help with this by creating an environment that cultivates being active and engaged. I have seen the vitality in the Walpole Elders and will continue to support you in whatever way I can so please let me know!

May is also a time to stop and honor the Mothers and Veterans in our lives. Mother's Day is Sunday, May 11<sup>th</sup>. To all the mothers, grandmothers, great grandmothers and godmothers, I hope you have a wonderful day!!

Memorial Day is Monday, May 26<sup>th</sup> and a time to remember those who have gone before us and paid the ultimate sacrifice ensuring our freedom in this wonderful country. Please take a moment to remember our Veterans and say **THANK YOU** to them for their services.

Courtney Riley

"You have brains in your head.  
You have feet in your shoes.  
You can steer yourself any direction you choose."  
Quote from Dr. Seuss

### DID YOU KNOW...

DUCT TAPE'S MOST FAMOUS FIX WAS ABOARD NASA'S HISTORIC APOLLO 13 FLIGHT. IT WAS USED TO BUILD A MAKESHIFT AIR FILTER. ALL NASA FLIGHTS CARRY DUCT TAPE NOW.

## Happy Thought of the Day...

While driving the van today I overheard one of the nicest stories and I would like to share it with everyone. I'm going to try to relate it to everyone (but the lady telling the story will remain anonymous). I can give you a little hint by saying that she is one of the nicest, friendliest seniors I have been lucky to meet in my 13 years working for the Walpole COA. She always has a smile for everyone, even on days when she is not feeling her best.

My lady friend was saying to the person next to her on the van, "The other day I was feeling a little sorry for myself and thinking of all the things I cannot do any more. My grandson called me while I was boo-hooing to myself. I told him about all the things I can't do any more and so few things that I can do now because of my age and he said to me, 'Nona, don't think of the things you can't do but concentrate on the many things you can still do. You still make me happy and you still cook the best of anyone'."

I would like to add that this particular lady makes everyone around her happy.

WOW, that should be the mantra for us all to follow.

Carol

## MAY TRIPS & EVENTS

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

Sign up starts **Thursday, MAY 1st.**

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

MAY 1 THURSDAY	Chickie Flynn	Sign up limited to 24 people	Van will leave Center at 11:30 AM
MAY 5 MONDAY	Wal-Mart	We will spend 2 1/2 hours in Wal-Mart	Van will leave Center for pick-ups at 9:30 AM
MAY 6 TUESDAY	Classic movie with Rick and Raymond	“Sunset Boulevard” is the oldie but goodie for this showing	Movie starts at 2:00 PM at COA
MAY 7 WEDNESDAY	A trip to Wegman’s Chestnut Hill	Van will leave Center at 9:30. We will use 17 passenger van	We will limit bags to 2 because of the smaller van.
MAY 7 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
MAY 8 THURSDAY	Veteran’s Meeting	Join other Veterans for this monthly meeting. Light snacks are served.	Meeting starts at 9:15 AM
MAY 8 THURSDAY	FUN! Waffle ball at the ball field Between Blackburn and COA	Come on over! We need fun people to play and be cheerleaders!!	Please sign up at the Recreation or COA. Game starts at 3:00 PM
MAY 9 FRIDAY	Quiche Breakfast	Join us for a quiche and French toast breakfast	Must Sign up -\$4.00 Max sign up 24 People
MAY 12 MONDAY	Medicare Fraud Abuse program	Very interesting program for ALL seniors to hear.	12:30 PM– 2:00 PM
MAY 13 TUESDAY	Elder Law Program: A Legal Checkup	Presented by: Attorney William O’Connell.	Presentation starts at 2:00 PM Please sign up at Center
MAY 14 WEDNESDAY	Nurse Diana Wiseman: How to prevent dehydration	With summer coming it is very important to hear this program	Presentation is 11:00 AM—12:00 PM At COA—Please sign up
MAY 15 THURSDAY	TRIAD	Monthly Meeting put on by Norfolk County Sheriff’s Office	Presentation starts at 11:00 AM
MAY 15 THURSDAY	Direct from Vegas: Tony Pace Show and Luncheon	White’s at Westport	COA Van leaves center at 10:30 AM \$50.00 per person
MAY 16 FRIDAY	Wakefield R.I. Trip	Join us for a visit to this quaint little town on the water	Many craft shops and restaurants Van will leave Center at 9:30 AM
MAY 19 MONDAY	Errand Day and Walpole Mall	We will take you anywhere in Walpole	Van will leave Center at 9:30 AM
MAY 19 MONDAY	New Orleans Connections Band	Sponsored by Victoria Haven of Norwood and Thomas Upham House of Medfield	Show Starts at 1:00 PM at COA Please Sign up
MAY 20 TUESDAY	Classic movie with Rick and Raymond	“Rear Window” is the classic movie choice	Movie starts at 2:00 PM at Center
MAY 21 WEDNESDAY	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
MAY 21 WEDNESDAY	Lake Pearl Show	The North Shore acappella group will sing all 60’s music	A really great show not to be missed plus a great dinner for \$59.00
MAY 22 THURSDAY	Snacks and Chat	Guest Speaker: Deputy Police Chief John F. Carmichael and a pharmacists	Please be at the Center by 8:30 AM
MAY 23 FRIDAY	Fun with Finance	Light lunch will be served with a talk by Timothy Moses from Edward Jones	Presentation is from 11:15 - 12:30 PM
MAY 28 WEDNESDAY	Senior Health Day	Hosted by the Walpole COA and Walpole VNA	10:00 AM—12:00 PM Light snacks will be served
MAY 29 THURSDAY	Trip to Tower Hill Botanic Garden	Boylston, MA	Leave Center at 9:30 AM \$8.00 per person

# MAY 2014

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Sign up for Chickie Flynn Today Monday April 28th</p>			<p>1 Walk in Breakfast 8-10 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 &amp; Needles 6:30 -9:00 PM</p>	<p>2 Zumba 9:00 AM Seekers Writing Club 10:00AM Library Bowling 10:00 AM Bingo 12:30 PM</p>
<p>5 Wal-Mart Trip Scrabble 10:00 AM Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM</p>	<p>6 Stop &amp; Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Classic movies with R&amp;R "Sunset Blvd." 2:00 PM</p>	<p>7 Wegmans Grocery Store 9:30 AM Exercise Class 10:00 AM Senior Citizen Club 1:00 PM Senior Moments Sing Group 2:30 PM</p>	<p>8 Walking Club—Bird Park Veteran Meeting 9:15 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Whiffle Ball Game 3:00 PM Hoops &amp; Needles 6:30-9:00 PM</p>	<p>9 Zumba 9:00 AM Quiche Breakfast 9:30 AM Seekers Writing Club 10:00AM Library Bingo 12:30 PM</p>
<p>12 Exercise Class 10:00 AM Scrabble 10:00 AM Medicare Fraud Abuse 12:30 PM Dominos 1:00 PM Mah Jongg 1:30 PM</p>	<p>13 Stop &amp; Shop (AM Trips) Walking Club—Bird Park 8:30 AM Classical Music Class at New Pond Village 10:45 AM Whist 12:00 PM Elder Law Talk 2:00 PM</p>	<p>14 Exercise Class 10:00 AM Knitting 10:00 AM Dehydration Talk with Dianne 11:00 AM Pokeno Mania - 12:30 PM Senior Moments Sing Group 2:30 PM</p>	<p>15 Walk in Breakfast 8-10 AM Walking Club—Bird Park TRIAD Meeting 11:00 AM Yoga 10:30-11:30 AM Tony Pace Show 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops &amp; Needles 6:30-9:00 PM</p>	<p>16 Zumba 9:00 AM Bowling 10:00 AM Seekers Writing Club 10:00AM Library Wakefield RI Trip 10:00 AM Bingo 12:30 PM</p>
<p>19 Errand Day &amp; Walpole Mall Exercise Class 10:00 AM Scrabble 10:00 AM New Orleans Connections Band 1:00 PM Dominos 1:00 PM Mah Jongg 1:30 PM</p>	<p>20 Stop &amp; Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Classic movies with R&amp;R "Rear Window" 2:00PM</p>	<p>21 Day Of Beauty 8:30 AM Exercise Class 10:00 AM Lake Pearl Event 10:30 AM Senior Moments Sing Group 2:30 PM</p>	<p>22 Snacks &amp; Chat 8:30-10:00 AM Walking Club—Bird Park Yoga 10:30 AM Cribbage 1:00 PM Bridge 1:15 PM COA Board Meeting 1:30 PM Hoops &amp; Needles 6:30-9:00 PM</p>	<p>23 Zumba 9:00 AM Seekers Writing Club 10:00AM Library Fun with Finance 11:00 AM Bingo 12:30 PM</p>
<p>26 <b>MEMORIAL DAY</b> CENTER IS <b>CLOSED DUE</b> TO HOLIDAY</p> 	<p>27 Stop &amp; Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM</p>	<p>28 Exercise Class 10:00 AM Senior Health Day 10:00 AM—12:00 PM Senior Moments Sing Group 2:30 PM</p>	<p>29 <b>No Yoga</b> Walk in Breakfast 8-10 AM Tower Hill 9:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops &amp; Needles 6:30-9:00 PM</p>	<p>30 Zumba 9:00 AM Bowling 10:00 AM Seekers Writing Club 10:00AM Library Bingo 12:30 PM</p>

## Don't Forget:

Mother's Day is on Sunday May 11th  
Walpole Day is on Saturday May 17

### TO DO LIST!

- 1) need an oil change
  - 2) get a hair cut
  - 3) find a plumber
- Anything else?

Find businesses that support your  
community at **SeekAndFind.com**

### **Tuesday Stop and Shop Trips:**

- ◆ Please make sure you call the center and *sign up* at **LEAST 24 Hours** before Tuesday morning.
- ◆ Starting in April, 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!!*

### **Whiffle Ball Game—Thursday, May 8th**

Council on Aging and Recreation are going to rally a crew together to batter up and throw the “whiffle ball” over home plate. For those who don't want to play, we are in need of a cheering section!

### **Walpole Day ~ Saturday, May 17th**

Come out and support the Council on Aging and all the other great organizations in town. The Parade Starts at 12:00 PM.

### **Senior Health and Wellness Expo - Wednesday, May 28th**

Hosted at the Walpole COA from 10:00 AM -12:00 PM.

Expo will include Walpole Visiting Nurses, Walpole Health Department, Betros Pharmacy, Walpole Veterans Agency, BJ Wholesale, New Pond Village and more...

### **SAVE THE DATE AND SIGN UP IN MAY!**

#### **Women of the 60's Tribute ~ Monday, June 2nd ~ \$40.00 per person**

Newport Grand Casino, Newport RI ~ Leave COA at 9:00 AM - Return 4:30 PM

Spend the afternoon reminiscing with the great songs from the notable women singers of the 60's. Includes an “All you can eat” Italian Buffet and \$20 free slot play.

#### **Pot Luck Picnic ~ Wednesday, June 11th ~ 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!

#### **Weekend Trips**

**Adirondack Balloon Festival:** September 19th - September 21st

**Turning Stone Resort:** November 2nd - November 4th

Sign up *NOW* over at the Walpole Recreation Department

### **Shingles Vaccinations**

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

For more information, please contact the Walpole Health Department at (508) 660-6345.

## The A, B, C and D's of Medicare.

If you are age 65 and are enrolled in Medicare, there are a number of important points you should remember.

First, there are four parts of Medicare. Parts A, B, C, and D. Most people are automatically enrolled in Part B when they become eligible. Look at your Medicare card to make sure it reads Part A and Part B with a date next to it. If you do not have part B and you do not have creditable coverage under an employer plan, you may have to wait until the next general election period which runs from March 1 through March 31 of each year. You also may have to pay a penalty.

**(Best way to make certain, contact your SHINE counselor before your 65<sup>th</sup> birthday).**

.Medicare Part A (Hospital Insurance) helps cover inpatient hospital care, skilled nursing care, hospice care and home health coverage. Most but not all people get Medicare Part A Premium free since it was earned by working and paying social security taxes.

Medicare Part B (Medical Insurance) helps cover services from doctors and other outpatient health care providers, outpatient care, home health care, durable medical equipment and some preventive services. For 2014 most people will pay a premium of \$104.90 for their Part B plan.

Part C (Medicare Advantage) allows you to choose to receive all of your health care services through a provider organization. These plans include all of your health care services covered under Part A and Part B, and usually include Medicare prescription as part of the plan coverage and may include extra benefits and services for an extra cost. You must have Part A and Part B to enroll in Part C.

You also may purchase a Medicare supplement insurance which is also called Medigap insurance because it fills the gaps in Medicare coverage. How many of the gaps depends on the type and cost of the plan. There are currently seven companies selling Medigap insurance in Massachusetts. It is important that you learn as much as possible of the Pros and Cons of the Medicare Advantage Plans and Medigap plans. **(Your SHINE counselor is trained to help you do just that).**

Part D (Medicare Prescription drug coverage) helps cover the cost of prescription drugs. Many people pay a premium for Part D **(Your SHINE counselor can assist you in selecting a Part D plan that best meets your needs).**

Finally, it's important to note that people who have Medicare Coverage are not affected by the Affordable Care Act (or Obama Care as it's commonly referred to). Medicare is not a part of the Affordable Care Act's Health Insurance Market Place. If you have Medicare, your Medicare benefits are not changing. You do not need to replace your Medicare coverage.

## **How to Avoid the Two Words that Cost Thousands in Medicare Bills**

It's not something they teach doctors in medical school. And it's probably not something you'd know to look for if you were suddenly rushed to the hospital in an emergency. But when a doctor decides to write the words "under observation" on a Medicare patient's chart, it can have lasting consequences.

Those two little words can be the difference between spending thousands of dollars out of your own pocket and having Medicare cover the entire bill. Brenda Kelley-Nelum was driving her husband to an appointment when he started having symptoms of a stroke. An ambulance took him to the nearest hospital with a stroke clinic. Hours later they were still there, waiting on test results, when someone mentioned her husband had been put on observation status. As an advocate for seniors in Virginia, Kelley-Nelum had a vague recollection that she'd heard that term before. And it wasn't good.

"I was really frightened about what's wrong with my husband. And then they came up with this observation term.

She was right to worry.

Kelley-Nelum did what advocates advise anyone on Medicare to do. She found out how her husband was classified and asked if he might need rehab later. Then she spoke up -- loudly. She asked so many questions, she said, the doctors grew tired and sent in someone from hospital administration. That person relented and changed her husband's status to "inpatient." His entire \$22,000 bill was ultimately covered by Medicare.

As it turned out, her husband would go on to a nursing facility for rehabilitation; Medicare pays for rehab only for people admitted to a hospital for three or more days as "inpatients." Medicare will not pay for rehab if they were classified as "observation status" when they received treatment at the hospital. Kelley-Nelum did what advocates advise anyone on Medicare to do. She found out how her husband was classified and asked if he might need rehab later.

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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  
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.**



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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 -  
Dover Town Hall 1:00 PM

## THANK YOU!!

A very large thank you to the  
**Friends of Walpole Elders**  
who once again supplied the Council on Aging with a  
coach bus to Boston. Everyone had a wonderful  
time and we appreciate the support!

The Walpole COA would also like to say thank you to  
**Teddy Hoegler and his "Girls"**  
for supplying the Walk In Breakfasts with fresh eggs.  
They are always a delightful treat and  
enjoyed by everyone!

