

NOVEMBER

# NEW(S) HORIZON

2016

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

*We are proud to sponsor many events and programs addressing the health and well-being of Walpole seniors. Look inside for dates and times for the following programs:*

## HEALTH AND SAFETY

FLU CLINIC  
FOOT CARE  
NUTRITION  
NURSE VISITS  
MEDICARE PLANNING  
SHELTER AT HOME  
TRIAD  
WALPOLE VNA NURSING

## EXERCISE

CHAIR EXERCISE  
TAI CHI  
WALKING CLUB  
WII BOWLING  
YOGA  
ZUMBA

## COMMUNITY OUTREACH

AARP TAX PROGRAM  
FARMERS MARKET COUPONS  
FUEL ASSISTANCE  
HOME HEALTHCARE REFERRALS  
HESSCO LUNCH  
MEDICAL EQUIPMENT  
MEDICAL RIDES  
NEWSLETTER  
SENIOR TAX WORK OFF  
SHINE  
THE RIDE  
WELL BEING CHECKS  
VETERANS MEETINGS

## SOCIAL ACTIVITIES

BINGO  
BRIDGE  
CREATIVE CORNER  
KNITTING CLUB  
MAH JONGG  
POT LUCK MEAL  
SENIOR SINGING GROUP  
WALK-IN BREAKFAST  
WRITING GROUP

## TRIPS

DAY OF BEAUTY  
STOP & SHOP  
WALPOLE ERRAND DAY  
REGIONAL DAY EXCURSIONS

**WALPOLE COUNCIL ON AGING CENTER  
135 SCHOOL STREET, WALPOLE, MA 02081**

**Hours: Monday, Wednesday, Thursday, Friday, 8:30AM –4:30PM; Tuesday 8:30AM – 8:00PM**

**Telephone: 508-668-3330, Fax: 508-660-7363, Website: [www.walpole-ma.gov](http://www.walpole-ma.gov)**

*The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.*

## LETTER FROM THE DIRECTOR



Greetings! I hope you are enjoying the lingering days of fall. I am pleased to share some exciting additions to our programming including a monthly Coffee Q&A with local Walpole Attorney DiPietro, new volunteer opportunities & gaming groups, an afternoon cinema at the Center and a monthly birthday party generously sponsored by the Harrington House. Our lovely fall weather may soon be replaced with that unspeakable "white stuff." As a reminder, our cancellation policy states that our **"Senior vans will NOT be on the roads when the Walpole Schools are closed."** If the weather is poor, please contact the Center before coming in to determine if your program is still taking place. I look forward to celebrating this season with you!

Kerri McManama, Director Walpole Council on Aging

**HELP  
WANTED**

### Volunteer Game Captains and Greeters

New gaming groups will be forming for **Dominos, Mah Jongg, Bridge, Cribbage, and Scrabble.** We are looking for friendly seniors to welcome residents to the center as well as welcome those interested in joining games or assisting others play BINGO. Learn to play and have fun! Please see Kerri McManama. We need you!

### SAVE THE DATES ...*Senior Moments Holiday Performances!*

**Tuesday, December 6th**, United Church Memory Café, Walpole, 1:00PM

**Wednesday, December 7th**, Serenity Hill, Wrentham, 2:30PM

**Saturday, December 10th**, Walpole Library, Walpole, 1:00PM

**Wednesday, December 21st**, Blessed Sacrament Academy, Walpole 1:00PM



### A NOTE FROM YOUR OUTREACH WORKER!

Welcome to November. With the holidays and winter just around the corner, I hope all of you have prepared for the colder weather.

- Fuel Assistance will start November 1<sup>st</sup>. There are financial guidelines, please contact me, at 508-660-7362 for more information.
- Foot Care cosmetologist, Kathy Bento, is a huge success. Folks are enjoying her extra TLC. She is available every other Monday by appointment only, for \$20. Please call me to schedule an appointment.



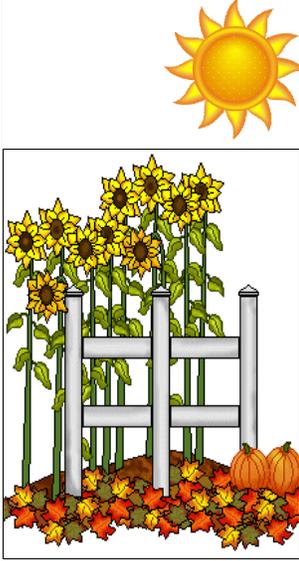
**Laurel St. Pierre, Outreach Worker**

Office Hours: Monday - Thursday, 9:00AM- 3:00PM

# NOVEMBER TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
TUESDAY 11/1	<b>Halloween Parade</b>	Join us to see the Sunshine on the Common Pre-School HALLOWEEN PARADE.	10:00AM COA
TUESDAY 11/1	<b>Memory Cafe</b>	Fun and welcoming event for individuals with forgeulness and their families	1:00—2:30PM United Church, Walpole
TUESDAY 11/1	<b>Alan O'Hare Story Telling Group</b>	Bring out your stories in words, art, music or even silence.	7:00—9:00PM COA—Free
WEDNESDAY 11/2	<b>Day of Beauty at Tri-County in Franklin</b>	Manicures, facials, hair color and cuts. Lunch at Gerry's, Registraon required.	8:30 AM Van leaves COA
THURSDAY 11/3	<b>Walpole Walmart</b>	Ride provided to and from Walmart. Registraon required.	9:30AM
THURSDAY 11/3	<b>Chickie Flynn's</b>	\$2.50 gratuity per person paid at restaurant. Registraon required.	11:00AM Van leaves COA
FRIDAY 11/4	<b>Ice Cream Social</b>	Join us for the Ice Cream Social sponsored by the Walpole Jr. Women's League.	12:00PM COA
WEDNESDAY 11/9	<b>Coffee Q&amp;A</b>	Welcome local Walpole Aorney Joanne DiPietro, offering monthly legal experse	11:00AM COA
WEDNESDAY 11/9	<b>Restaurant of the Month</b>	Longfellow's Wayside Inn, Registraon required.	Van leaves COA at 11:00AM
THURSDAY 11/10	<b>Walk-in Breakfast</b>	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 11/10	<b>"In my Father's Footsteps"</b>	Jim Hinds will share his father's military experience in celebraon of Veteran's Day	11:00AM COA
THURSDAY 11/10	<b>HESSCO Senior Supper</b>	HESSCO sponsored dinner and entertainment at Walpole High School.	4:00– 6:00PM, WHS \$8.00 per person
TUESDAY 11/15	<b>Harvest Potluck Luncheon</b>	Bring your favorite dish and join us to celebrate the season. Registraon required.	12:30PM COA
WEDNESDAY 11/16	<b>Birthday Party</b>	Join us for the *NEW* Senior Birthday Party sponsored by Harrington House.	2:00PM COA
THURSDAY 11/17	<b>Walpole Errand Day</b>	Sign up for a ride to your Walpole errands . Registraon required.	Times based on numbers and desnaons in Walpole.
THURSDAY 11/17	<b>Silver Sizzle Revue Lake Pearl</b>	Cost is \$65 , includes lunch and show	Program: 11:30AM—3:45PM Van leaves COA a 11:00AM
MONDAY 11/28	<b>Wegman's University Ave</b>	Shopping at Wegman's University Avenue	Van leaves COA at 11:30AM
TUESDAY 11/29	<b>K &amp; L Ceramics Workshop</b>	Join us for a ceramics workshop, leave with a finished project. \$10 includes cost of piece.	10:00AM—12:00PM COA
WEDNESDAY 11/30	<b>Creave Corner</b>	Share your hobby or collecble collec on. Come early to set up your collec on display.	1:00 –2:00PM

# November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>SIGN UP DAY</b>  <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>12:00PM</b> HESSCO lunch <b>1:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude	<b>2</b> <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO lunch <b>12:30 PM</b> Pokeno <b>2:30PM</b> Senior Singing 	<b>3</b> <b>8:30AM</b> Bird Park Walking <b>9:30AM</b> WALMART <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO lunch <b>1:15PM</b> Bridge	<b>4</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:30AM</b> Writing Club-Walpole Library <b>12:00PM</b> HESSCO lunch <b>12:00PM</b> Ice Cream Social <b>12:30PM</b> Bingo
<b>14</b> <b>8:30AM</b> Zumba <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg	<b>15</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>12:00PM</b> HESSCO lunch <b>1:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude 	<b>16</b> <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO lunch <b>2:00PM</b> Monthly Birthday Party <b>2:30PM</b> Senior Singing	<b>17</b> <b>Errand Day</b> <b>8:30AM</b> Bird Park Walking <b>10:30AM</b> Yoga <b>12:00PM</b> HESSCO lunch <b>1:15PM</b> Bridge <b>1:30</b> Council on Aging Board Meeting	<b>18</b> <b>9:00AM</b> Zumba <b>10:00AM</b> Wii Bowling <b>10:30AM</b> Writing Club-Walpole Library <b>12:00PM</b> HESSCO lunch <b>12:30PM</b> Bingo 
<b>28</b> <b>8:30AM</b> Zumba <b>10:00AM</b> Exercise Class <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Dominos <b>1:30PM</b> Mah Jongg	<b>29</b> <b>AM Stop &amp; Shop</b> <b>8:30AM</b> Bird Park Walking <b>12:00PM</b> HESSCO lunch <b>1:30PM</b> Yoga <b>4:00PM</b> A Musical Interlude	<b>30</b> <b>10:00AM</b> Exercise Class <b>10:00AM</b> Knitting & Crochet <b>12:00PM</b> HESSCO lunch <b>1:00PM</b> Creative Corner <b>2:30PM</b> Senior Singing	<b>ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.</b> 	<b>** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00. For reservations or cancelations, call 781-784-4944 at least 24 hours in advance.</b>

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

**IN-PERSON** and **PHONE** registration begin **MONDAY, October 3rd at 8:30PM** .

You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.

# November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>8:30AM Zumba</p> <p>10:00AM</p> <p>Exercise Class</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>1:00PM Dominos</p> <p>1:30PM Mah Jongg</p>	<p>8</p>  <p><b>AM Stop &amp; Shop</b></p> <p>8:30 AM Bird Park</p> <p>Walking</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>1:30PM Yoga</p> <p>4:00PM A Musical Interlude</p>	<p>9</p> <p>10:00AM</p> <p>Exercise Class</p> <p>10:00AM</p> <p>Knitting &amp; Crochet</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>12:30PM Pokeno</p> <p>2:30PM</p> <p>Senior Singing</p>	<p>10</p> <p>8:00- 10:00AM</p> <p>Walk-in Breakfast</p> <p>8:30AM Bird Park</p> <p>Walking</p> <p>10:30AM Yoga</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>1:15PM Bridge</p>	<p>11</p>  <p><b>Center Closed</b></p> 
<p>21</p> <p>8:30AM Zumba</p> <p>10:00AM</p> <p>Exercise Class</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>1:00PM Dominos</p> <p>1:30PM Mah Jongg</p>	<p>22</p> <p><b>AM Stop &amp; Shop</b></p> <p>8:30AM Bird Park</p> <p>Walking</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>1:00PM Cinema at the Center</p> <p>1:30PM Yoga</p> <p>4:00PM A Musical Interlude</p>	<p>23</p> <p>10:00AM</p> <p>Exercise Class</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>12:30PM Pokeno</p> <p>2:30PM</p> <p>Senior Singing</p>	<p>24</p> <p><b>Thanksgiving</b></p>  <p><i>Happy Thanksgiving! To You And Your Family</i></p> <p><b>Center Closed</b></p>	<p>25</p> <p>9:00AM Zumba</p> <p>10:00AM</p> <p>Wii Bowling</p> <p>12:00PM</p> <p>HESSCO lunch</p> <p>12:30PM Bingo</p>

**DID YOU KNOW...** Veterans Day originated as "Armistice Day" on November 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926



for an annual observance, and November 11 became a national holiday in 1938. Currently, there are approximately **23.2 million military veterans** in the United States. The brave men and women who served and protected the U.S. are friends, neighbors and coworkers, and an important part of our communities. Say "Thank you for your service" this Veterans Day.

AD SPACE



**A NOTE FROM YOUR PUBLIC HEALTH NURSE**  
*Leandra McLean RN, BSN, CEN, CCRN, Public Health Nurse*

**IMPORTANT VACCINE INFORMATION**

As with all medical care, please discuss vaccinations with your primary care physician. Here are the most up to date recommendations from the centers for Disease Control and Prevention:

- **Influenza is recommended annually for all adults.** The Walpole VNA will offer Walpole, Norfolk & Dover Homebound Elders with Flu Vaccine at home. Contact Leandra McClean, RN, at 508-660-7300 x 133 for more information.
- **Zoster vaccine (for shingles) is recommended for everyone 60 years or older, regardless of whether they report a prior episode of herpes zoster. The chickenpox virus never leaves the body and it can come back as the painful rash of Shingles.** If you've had chicken pox, you can get Shingles at any time. It doesn't matter how healthy you feel. Shingles can strike when you least expect it and can cause a blistering rash that may bring deep, penetrating pain. It's a simple fact that your immune system can weaken with age. And as a result, your chances of developing the Shingles rash increase as you get older. **One in five** people who get Shingles will experience long-term nerve pain.
- **Pneumococcal vaccine**, in the form of PCV 13 or PPSV23 is recommended for all adults 65 years and older. Pneumococcal vaccines are immunizations against the bacteria *Streptococcus pneumoniae*. Their use can prevent some cases of pneumonia, meningitis, and sepsis. There are two types of pneumococcal vaccines: conjugate vaccines (Pevnar13) and polysaccharide vaccines (Pevnar23).
- **Tetanus** is recommended every 10 years, but a recommendation that one dose needs to have Pertussis (whooping cough) coverage. This is given in the form of a Tetanus, Diphtheria and Pertussis (TDaP) vaccine. Whooping cough (pertussis) is a highly contagious respiratory tract infection. Whooping cough has been on the rise for two main reasons. The whooping cough vaccine you receive as a child eventually wears off. This leaves most teenagers and adults susceptible to the infection during an outbreak — and there continue to be regular outbreaks. In addition, children aren't fully immune to whooping cough until they've received at least three shots, leaving those 6 months and younger at greatest risk of contracting the infection. Protect you grand children!

**SAVE THE DATE!**

Have a conversation with your primary care provider and then join us on **Monday, November 7, as we partner with Rite Aid to offer these additional vaccines.**

# NEW(S)HORIZON

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

Telephone: (508) 668-3330  
Fax: (508) 660-7363

Kerri McManama, Director COA  
Laurel St. Pierre, Outreach  
Christine Tetreault, Advocate  
Jane Wulk, Van Driver  
Carol Fellini, Van Driver  
Jim Hinds, Van Driver

Dolores Ehim  
Chairman COA Board

HESSCO 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 HEALTH DEPARTMENT AND COA

The Walpole Nurse will conduct  
clinics for blood pressure checks,  
screenings and provides health  
information on the

**Every Monday morning at  
9:30AM\*, Walpole Senior Center,  
Town Hall.**

\*Times subject to change

## HELPFUL NUMBERS TO REMEMBER:

**NORFOLK COUNTY "ARE YOU OK?"  
(866) 900-RUOK (7865)**

Receive a call daily to make sure you are up and OK!

**HESSCO: (800) 462-5221**

**POLICE (Non-emergency) 668-1212**

**FIRE DEPARTMENT (Non-emergency) 668-0260**

Save the Date



**Minds in Motion:** Tuesdays, 1:00PM, January 10 – February 28, 2017

Blend in the stimulation of a college workshop with the fun of a backyard barbecue; sprinkle in several cups of strongly-held opinions and a pinch of personal revelation. That's the recipe for Minds in Motion, a lively and interactive program that introduces a new topic in each of its eight one-hour sessions. Whether food, music, morality, design, sleep, modern art, or imaginative writing, you'll find yourself instantly engaged and challenged. The 8 week program begins Tuesday, January 10, 2017. Registration required.