



OCTOBER

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

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



I am so pleased to introduce myself to you as the Director of the Council on Aging.

As a Licensed Clinical Social Worker, my experience includes elder care at a Senior Center and in -home care/hospice, and healthcare at both Brigham and Women's Hospital and Dana-Farber Cancer Institute. The majority of my career has been serving and advocating for the needs of our aging population. I live in Medfield with my husband and our two school-aged children.

Already I have enjoyed meeting so many of you and hope to have an opportunity to greet and welcome many more of you to the Center in the coming weeks. My hours at the Center are 8:30am —3:00pm, Monday through Friday. There are many wonderful programs and activities at the Aurelia Newell Center and I am eager to enhance the existing programming to meet your needs. As always, we welcome your suggestions and feedback as it will guide our planning.

Please join me in recognizing Interim Director Patrick Shield for his expert assistance and support this summer at our Center. He is an invaluable resource here in Walpole and I am hopeful to continue a close relationship with the Department of Recreation in the future.

Enjoy all that this beautiful season offers and I hope to see you soon at the Center.

Meet Volunteer Receptionist Mary Burns!

Meet Mary Burns who works the desk Wednesday mornings.

Mary was born in the Jamaica Plain section of Boston. She graduated from St. Thomas Aquinas High School in Jamaica Plain and went to Boston Clerical Business School. Mary met Eddy Burns in 1957 and they married in 1962. Mary and Ed lived in Brighton, then moved to Jamaica Plain for a number of years before coming to Walpole in 1969. Mary and Ed have four children (3 boys and 1 girl) and seven grandchildren.

Mary worked at *The Walpole Times* for 25 years. After leaving the Times, she found more time to enjoy coming to the Senior Center. Mary enjoys golfing and playing tennis. She also enjoys playing Mah Jongg and bridge at the center as well as going on some of the trips that are offered.

Having been on the front desk for about 3 years, Mary enjoys seeing everyone coming in to the Center. Stop by and say hi.



***Mary Burns (right) assisting
Dorothea Hanes***

OCTOBER TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
TUESDAY 10/4	Memory Cafe	Fun and welcoming event for individuals with forgeulness and their families	1:00—2:30PM United Church, Walpole
THURSDAY 10/6	Walpole Walmart	Ride provided to and from Walmart. Registration required.	10:30AM Van leaves COA
THURSDAY 10/6	Alan O'Hare StoryTelling Group	Bring out your stories in words, art, music, or even silence.	7:00—8:00PM COA— FREE
WEDNESDAY 10/12	Twin Rivers Casino	Registration required	9:30AM Van leaves COA
THURSDAY 10/13	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
THURSDAY 10/13	Tangerini's Spring Street Farm Trip, Millis	Visit the farm stand, walking trails, ice cream shop, greenhouse and nursery. Registration required.	11:00AM Van leaves COA
TUESDAY 10/18	Flu Clinic	Flu Vaccine: Recommended for EVERYONE! Be sure to bring your insurance cards.	4:30 –7:00PM Walpole High School Cafeteria
WEDNESDAY 10/19	TRIAD "A Day in the Life of a Corrections Officer,"	Carolyn Pecedich will share her experience with the Norfolk County Sheriff's Department and Community Outreach.	11:00AM—12:00PM COA — FREE
WEDNESDAY 10/19	Restaurant of the Month	Red Wing Diner Registration required	Van leaves COA at 12:00 PM
WEDNESDAY 10/19	Creaive Corner	See a demonstraion of a 3D printer. Registration required.	1:00 –2:00PM Blessed Sacrament School
THURSDAY 10/20	Day of Beauty at Tri County Franklin	Manicures, facials, hair color, and cuts. Registration Required.	8:30 AM Van leaves COA
THURSDAY 10/20	Walpole Errand Day	Sign up for a ride to your errands The van will take you anywhere in Walpole. Registration required.	Times to be determined based on number of people and desinaions
THURSDAY 10/20	HESSCO Senior Supper	HESSCO sponsored Fall Social Dinner with entertainment at Walpole High Schooll. RSVP to Jayne Davis HESSCO, 781-784-4944.	4:00– 6:00PM Walpole High School \$8.00 per person
MONDAY 10/24	Flu Clinic	Flu Vaccine: Recommended for EVERYONE! Be sure to bring your insurance cards.	1:00 –3:00PM COA
THURSDAY 10/27	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA—\$3.00 per person
FRIDAY 10/28	Patriot Place Shopping	Shopping Trip and Cranberry Bog Walk at Patriot Place. Lunch on your own. Registration required.	11:30AM Van leaves COA

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SIGN UP DAY 8:30 AM ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch Broccoli & Chesse Bake 1:00PM Dominos 1:30PM Mah Jongg	4 Stop & Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch Mexican Chicken 2:30PM Yoga 4:00PM A Musical Interlude	5 10:00AM Exercise Class 12:00PM HESSCO lunch Roast Turkey 12:30 PM Pokeno 2:30PM Senior Singing 	6 8:30AM Bird Park Walking 10:30AM Yoga 10:30AM Walpole WALMART 12:00PM HESSCO lunch Beef Chili 1:15PM Bridge	7 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:00PM HESSCO lunch Sausage, Peppers & Onions 12:30PM Bingo
17 8:30 AM ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch BBQ Chicken 1:00PM Dominos 1:30PM Mah Jongg	18 Stop & Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch Beef Stroganoff 2:30PM Yoga 4:00PM A Musical Interlude	19 10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch Roast Pork 1:00PM Creative Corner 2:30PM Senior Singing	20 Walpole Errand Day 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Shepard's Pie 1:15PM Bridge	21 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Chicken Stew 12:30PM Bingo
31 HAPPY HALLOWEEN 8:30 ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch Hot Dog 1:00PM Dominos 1:30PM Mah Jongg		ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.	** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00. For reservations or cancellations, call 781-784-4944 at least 24 hours in advance.	

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

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

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

October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 COLUMBUS DAY CENTER CLOSED 	11 Stop & Shop (AM Trips) 8:30 AM Bird Park Walking 12:00PM HESSCO lunch Caribbean Chicken 2:30PM Yoga 4:00PM A Musical Interlude	12 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch Stuffed Shells 12:30PM Pokeno 2:30PM Senior Singing	13 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Meatloaf 1:00PM Wheel of Fortune 1:15PM Bridge	14 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Crunchy Lite Fish 12:30PM Bingo
24 8:30 ZUMBA 10:00AM Exercise Class 12:00PM HESSCO lunch Beef Stew 1:00PM Dominos 1:30PM Mah Jongg	25 Stop & Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch Pasta Bolognese 2:30PM Yoga 4:00PM A Musical Interlude	26 10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch Glazed Chicken 12:30PM Pokeno 2:30PM Senior Singing	27 8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Sloppy Joe's 1:00PM Wheel of Fortune 1:15PM Bridge	28 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Tuna Salad 12:30PM Bingo

FALL LUNCHEON

Wednesday, OCTOBER 26, 2016, 12:00 – 3:00 PM
 RAFFAEL'S, 1601 MAIN STREET, WALPOLE, MA

Join us for a wonderful meal, entertainment, raffles, and door prizes.

Registration required, tickets will be available at the Council on Aging. Doors open to the public at 11:30 AM.

SPONSORED BY WALPOLE CO-OPERATIVE BANK

AD SPACE

Live.Life.Healthy

Walpole Flu Vaccine Clinics!....Walpole residents age 4 +
October 18, 2016, 4:30-7:00 PM, Walpole High School Cafeteria
October 24, 2016, 1:00-3:00 PM, Walpole Council on Aging

Join us for an information session on vaccines for **Shingles, Pneumonia, Whooping cough, Meningococcal disease and Hepatitis**, (date TBD). A clinic hosted by the Walpole Health Department will be offering all of these vaccines to seniors at the COA... stay tuned for more information.

The **Memory Café** is **Tuesday, October 4 from 1-2:30 PM** at the United Church on Common Street. We will be having fall inspired snacks and a rousing game of Wheel of Fortune, join us!

The Walpole Coalition for Alcohol and Drug Awareness presents **Marijuana and Your Grandchildren: What You Need to Know**, on **October 20th, 11:30AM** at the COA. Learn how marijuana hurts the developing teen brain. A video "Then and Now- Industry Playbooks and Addiction Marketing" will be shown to prompt discussion.

Leandra McLean RN, BSN, CEN, CCRN, Public Health Nurse

A NOTE FROM YOUR OUTREACH WORKER!

With Fall comes cooler temperatures and a reminder to get our Flu Shots. Please see our list of clinics available in October. Also, a reminder that Fuel Assistance will be starting November 1st, more information to follow.

Please note my new hours are listed below. To schedule an appointment call **508-668-3330** or stop by the Walpole Council on Aging.

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

Laurel St. Pierre, Outreach Worker



October 15- December 7, 2016



Mark your calendar with these important dates! In most cases, this may be the only chance you will have each year to make a change to your health and prescription drug coverage.

Medicare health and drug plans can make changes each year--- things like cost, coverage and which providers and pharmacies are in their networks. Make sure your plan will still meet your needs in 2017. If you're satisfied your current plan will still meet your needs for next year, and it's still being offered, you don't need to do anything.

If you determine that you will need to change your Medicare or prescription drug plans for 2017 call the Council on Aging at **508-668-3330**, and **make an appointment with a volunteer** who will help you to make the necessary changes. New coverage begins on January 1, 2017.

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,
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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

