



# 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, SEPTEMBER 25th 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

### Letter From The Director:

In America, a new case of Alzheimer's develops every 68 seconds. By 2050, the incidence will increase to every 33 seconds. Alzheimer's disease, a form of dementia, is an irreversible, progressive brain disease that slowly destroys memory and thinking skills and eventually even the ability to carry out the simplest tasks. We may think of Alzheimer's as a disease of the elderly but up to 5% of Americans with Alzheimer's (around 200,000) have the early-onset variety which usually appears in one's 50s or 40s. However it can start to show symptoms as early as one's 30s. At this time there is no cure!

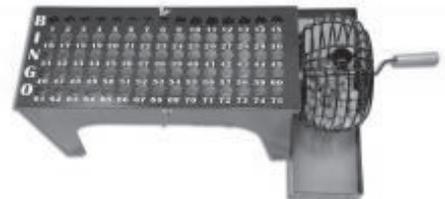
Every year the Alzheimer's Association sponsors "WalktoENDAlzheimer's" in September to raise money and awareness for this horrible disease. This year a walk will be held in Foxborough at Patriots Place on Saturday, September 27th. The Walpole COA will have a team at this walk and would love for you to join us! If possible, please consider walking, donating or both to this very important cause. Through this walk and with your donations, it helps support vital research and essential support programs and services. Please help us find the cure!!

Thanks ~

Courtney Riley

### **THANK YOU FRIENDS OF WALPOLE ELDERSD!!!!**

The Walpole Council on Aging would like to send out a large and sincere THANK YOU to the **Friends of the Walpole Elders** for not only purchasing new bingo supplies but also for supplying the coach bus for the Foster's Tour in Maine! We are very grateful for all your support!!



### **ELDERS NEEDED FOR NEW PROGRAM:**

In need of at least 25 Elders for a 10 week language exchange program.

Walpole Elders will be video chatting with students at a University in France through the computer to help them perfect their English. You DO NOT need to speak any French as these are advanced English students who want to become stronger in the language. It would help if the participating elder had video chat on their home computer but it is not required.

**If interested, please contact Courtney Riley at 508-668-3330**

## SEPTEMBER TRIPS & EVENTS

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

Sign up starts **TUESDAY, SEPTEMBER 2nd.**

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

SEPTEMBER 3	Senior Citizen Club	New members always welcome! Come and meet new friends	Meetings 1st Wednesday of the Month 1:00 PM - 2:00 PM
SEPTEMBER 4 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
SEPTEMBER 4 THURSDAY	Alzheimer Walk Sign Up Day	The Walk will be held at Patriot Place on Saturday, September 27th	Come join the Walpole COA team 10:30 AM
SEPTEMBER 5 FRIDAY	Castle Island	Enjoy the beautiful fall weather with nice ocean breezes and have a hot dog	Van will leave at 10:30 AM
SEPTEMBER 8 MONDAY	Crescent Ridge	We waited until the cooler weather so the ice cream won't melt	Van will leave at 11:30 AM
SEPTEMBER 8 MONDAY	Home Health Services and You	Learn the different types of home care services and how to get started.	Presentation will start at 1:00 PM
SEPTEMBER 10 WEDNESDAY	Presentation by Nurse Diana	Come with any questions and learn about topics to improve your health	Talk will start at 11:00 AM
SEPTEMBER 11 THURSDAY	Veterans Meeting	John Hogan (Ret) US Army will be sharing military uniforms from WWI	Coffee starts at 9:00 AM Meeting starts at 9:30 AM
SEPTEMBER 11 THURSDAY	Ron Lovett Presents: Musical Legends	Join us for a performance with music from Sinatra, Crosby, Manilow, & MORE	FREE - Please sign up at Center 2:00 PM
SEPTEMBER 15 MONDAY	Errand Day	Let us take you anywhere in Walpole	Call Center to sign up 508-668-3330
SEPTEMBER 17 WEDNESDAY	Harvard Museum of Natural History	Visit to enjoy their wonderful glass exhibits	Sign up at Center Time TBD
SEPTEMBER 18 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
SEPTEMBER 22 MONDAY	Main Street Dinner Date In Walpole	Join your fellow elders and the Rec. Volutneens at Conrad's Restaurant	\$10.00 per person - 4:30 PM Sign up at Center
SEPTEMBER 24 WEDNESDAY	Wal-Mart	We will spend 2 1/2 hours in Wal-Mart	Van will leave Center for pick-ups at 9:30 AM
SEPTEMBER 24 WEDNESDAY	TRIAD Meeting - Speaker John J. O'Connor, Jr.	Practicing attorney & retired US Secret Service agent who served a 22-year career	11:00 AM Please sign up at Center
SEPTEMBER 24 WEDNESDAY	Creative Corner	Fun with Spanish featuring Merza Rodriguez-Fernley	Starts at 1:00 PM
SEPTEMBER 25 THURSDAY	Restaurant of the Month	This month we will go to Wayside Inn in Wayland	Van will leave at 10:45 AM
SEPTEMBER 26 FRIDAY	Fire and Safety Open House	Will take place at the COA and Fire station	Please sign up at the Center Starts at 10:30 AM
SEPTEMBER 29 MONDAY	Twin Rivers Trip	Space is limited Please sign up	Van will leave Center at 9:30 AM

# SEPTEMBER 2014

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>1</b> <b>LABOR DAY HOLIDAY</b> 	<b>2</b> Stop & Shop (AM Trips) Walking Club—Bird Park <div style="text-align: right;">8:30 AM</div> Whist 12:00 PM	<b>3</b> Exercise Class 10:00 AM Knitting Group 10:00 AM Senior Citizen Club 1:00 PM Senior Moments Sing Group <div style="text-align: right;">2:30 PM</div>	<b>4</b> Walk-in-Breakfast 8-10 AM Alzheimer Walk Sign Up 10:30 AM Yoga 10:30-11:30 AM Chickie Flynn 11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30 -9:00 PM	<b>5</b> Zumba 9:00 AM Bowling 10:00 AM Castle Island 10:30 Seekers Writing Club 10:00AM <div style="text-align: right;">Library</div> Bingo 12:30 PM
<b>8</b> Scrabble 10:00 AM Exercise Class 10:00 AM Crescent Ridge Trip 11:30 AM Home Health Service & You <div style="text-align: right;">1:00 PM</div> Dominos 1:00 PM Mah Jongg 1:30 PM	<b>9</b> Stop & Shop (AM Trips) Walking Club—Bird Park <div style="text-align: right;">8:30 AM</div> Classical Music Class at New Pond Village 10:45 AM Whist 12:00 PM Classic Movies with R&R <div style="text-align: right;">2:00PM</div>	<b>10</b> Exercise Class 10:00 AM Presentation by Nurse Diana <div style="text-align: right;">11:00 AM</div> Pokeno Mania 12:30 PM Senior Moments Sing Group <div style="text-align: right;">2:30 PM</div>	<b>11</b> Walking Club—Bird Park Veterans Meeting 9:00AM Ron Lovett songs 2:00 -3:00pm Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>12</b> Zumba 9:00 AM Seekers Writing Club 10:00AM <div style="text-align: right;">Library</div> Bingo 12:30 PM
<b>15</b> Exercise Class 10:00 AM Errand Day Scrabble 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>16</b> Stop & Shop (AM Trips) Walking Club—Bird Park <div style="text-align: right;">8:30 AM</div> Whist 12:00 PM	<b>17</b> Exercise Class 10:00 AM Knitting Group 10:00 AM Fallon Q&A 11:00 AM Harvard Glass Exhibit Pokeno Mania - 12:30 PM Senior Moments Sing Group <div style="text-align: right;">2:30 PM</div>	<b>18</b> Walking Club—Bird Park Walk-in-Breakfast 8-10 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	<b>19</b> Zumba 9:00 AM Bowling 10:00 AM Seekers Writing Club 10:00AM <div style="text-align: right;">Library</div> Bingo 12:30 PM
<b>22</b> Exercise Class 10:00 AM Scrabble 10:00 AM VNA Blood Pressure 12:30 Dominos 1:00 PM Mah Jongg 1:30 PM Main Street Dinner Date <div style="text-align: right;">4:30 PM—6:30 PM</div>	<b>23</b> Stop & Shop (AM Trips) Walking Club—Bird Park <div style="text-align: right;">8:30 AM</div> Whist 12:00 PM Classic Movies with R&R <div style="text-align: right;">Gandhi - 2:00PM</div>	<b>24</b> Wal-Mart Trip 9:30 AM Exercise Class 10:00 AM TRIAD 11:00 AM Creative Corner 1:00 PM Senior Moments Sing Group <div style="text-align: right;">2:30 PM</div>	<b>25</b> Walking Club—Bird Park Yoga 10:30 AM Restaurant of Month 11:00 AM Cribbage 1:00 PM Bridge 1:15 PM COA Board Meeting 1:30 PM Hoops & Needles 6:30-9:00 PM	<b>26</b> Zumba 9:00 AM Fire and Safety Open House <div style="text-align: right;">10:00 AM</div> Seekers Writing Club 10:00AM <div style="text-align: right;">Library</div> Bingo 12:30 PM
<b>29</b> Twin Rivers 9:30 AM Scrabble 10:00 AM Exercise Class 10:00 AM Dominos 1:00 PM Mah Jongg 1:30 PM	<b>30</b> Stop & Shop (AM Trips) Walking Club—Bird Park <div style="text-align: right;">8:30 AM</div> Whist 12:00 PM		<p><b><i>When we get a date for                      “Day of Beauty “we will                      have signs made for the                      Center. It will probably                      be toward the end of                      September.</i></b></p>	

## 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.

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It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015:  
*it is important to **review, understand and save** this information.*

During **Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

## **Filling the gaps in your Medicare Coverage!!!**

In last month's newsletter, we examined coverages provided to those enrolled in Medicare. As you may recall, Medicare Part A (Hospital) and Part B (Medical) is the federal government's health insurance coverage for those people over age 65 or for those under 65 and disabled. (If you're under 65 and disabled, you may want to check with your Shine counselors to verify your eligibility for other type coverages).

Medicare does cover some preventative and wellness services including annual wellness exams, mammograms, and flu shots without co-payment. For those services outside the preventative and wellness, there are certain deductibles and co-pays you may be responsible for.

In this month's column, we will review Medigap plans, or as they are commonly referred to as Supplement or Wrap Around Plans. These plans are designed to help pay some of the health care cost Medicare does not cover fully.

### **Medigap Plans**

First, in order to enroll in a Medigap Plan, you are required to be enrolled in Medicare Part A and Medicare Part B. These plans can be used with any hospital or doctor who accepts Medicare.

Private Insurance companies, not the federal government, sell Medicare Supplemental/Medigap insurance.

All Medigap plans coordinate benefits with Medicare. This means that a Medigap policy will generally pay only when Medicare approves payment of a health care expense.

There are two types of Medigap plans called Core and Supplement 1. Supplement 1 plans cover all the gaps not covered by Medicare A and Medicare B. This means simply that the patient will have no co-pays or deductibles.

The Core Plans which are less expensive do not cover the \$1216.00 Medicare Part A Hospital in-patient care deductible. The \$147.00 Part B medical deductible, or the Skilled Nursing Facility (SNF) co-pay of \$152.00 per day after day 20.

There are seven companies offering these plans in Massachusetts: Blue Cross Blue Shield, Harvard Pilgrim, Health New England, Humana, Tufts and AARP's UnitedHealth Care. The coverage is identical but the premiums vary.

Medigap plans do not offer prescription drug coverage. If you select a Medigap plan and you want prescription coverage, you must enroll in a Medicare Part D plan which is run by Medicare-approved private insurance companies. Your SHINE counselor can assist finding the best and least expensive plan that meets your needs.

Understanding all of the complexities of the various Medicare health care choices is not always easy. A SHINE counselor is available at the Council on Aging. SHINE counselors are volunteers who have been trained and certified by the Executive Office of Elderly Affairs to provide Massachusetts elders unbiased health insurance Information, counseling and assistance free of charge

**For more information or to schedule an appointment, call 508-668-3330.**

In next month's edition, we will review Medicare Advantage plans, another option that may help pay some of the health care cost not fully covered by Medicare.

## **Sign up NOW... for events LATER!**

**Tuesday, October 7th:** Shelter at Home Presentation  
Learn how to stay safe in your home in case of an emergency  
At the COA - 2:00 PM

**Wednesday, October 22nd:** Harvest Moon Ball  
Semi-Formal Dance to be held at Blackburn Hall  
5:00 PM—7:00 PM \$5.00 per person

**Tuesday, October 28th:** Murder Mystery Matinee at Lantana's Function Facility  
\$60 per person for Luncheon and Show

### **ATTENTION ALL YOU MOVIE LOVERS!!**



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Check your newsletters for dates

### **YOU GOTTA LAUGH!!**

You don't have to be a "dog person" to truly appreciate this story

I pulled into the crowded parking lot at the local shopping center and rolled down the car windows to make sure my Labrador Retriever puppy had fresh air.

She was stretched full-out on the back seat and I wanted to impress upon her that she must remain there.

I walked to the curb backward, pointing my finger at the car and saying emphatically,

"NOW YOU STAY. DO YOU HEAR ME? STAY! STAY!"

The driver of a nearby car, a pretty young blonde, gave me a strange look and said,

"Why don't you just put it in park?"

*(Thanks Mike)*

### **840 lbs....**

Is the average amount of apples harvested from a single tree each season. That's enough for more than 400 pies!



### **REMEMBER !**

Check your nutrition facts. Almost all foods with a label contain sodium, so it's very important for you and for anyone who buys food for you to know how to read labels to find low-sodium foods.



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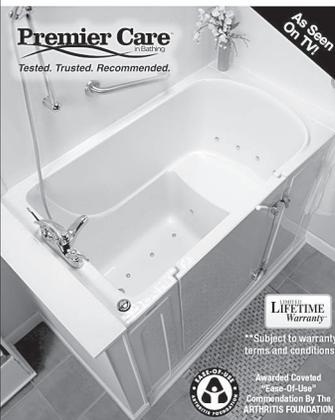
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# NEW(S)HORIZONS

**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 -  
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.