



SEPTEMBER

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 CITIZENS CLUB
SENIOR TAX WORK OFF
THE RIDE
WELL-BEING CHECKS
VETERANS MEETINGS

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
CRIBBAGE
KNITTING CLUB
MAH JONGG
POT LUCK MEAL
SENIOR SINGING GROUP
WALK-IN BREAKFAST
WRITING GROUP
TRIPS
WALMART
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 8:30 –4:30PM; Tuesday 8:30– 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



Greetings! My name is Patrick Shield and I have been serving as the Interim Director of the Council on Aging since Courtney Riley's departure back in June. I have been very grateful for the opportunity these past few weeks to meet and get to know so many of you and to better understand the challenges facing the seniors of Walpole.

While these past few weeks have been very rewarding, I am pleased to announce that the Town has concluded its search for a replacement for Courtney and beginning September 1st, Medfield resident Kerri McManama will be joining us as Walpole's new Council on Aging Director! Kerri is no stranger to public service, coming to Walpole with a wide range of experience as a Licensed Clinical Social Worker. When Kerri arrives, please be sure to introduce yourself and give her a nice, warm Walpole welcome!

Thank you for being so welcoming and helpful these past few months. If I can ever be of any assistance in the meantime, please do not hesitate to contact me directly anytime.

Patrick Shield, Interim Director

COMMUNITY OUTREACH - *Did you know...?*

The Walpole Council on Aging provides a wide variety of client outreach services including well-being checks, service provider information, food, financial and fuel assistance, farmers market coupons, medical rides medical equipment and bereavement support. If you or a family member needs assistance call **508- 668-3330** or stop by the Walpole Council on Aging, 135 School Street to speak with our Outreach Worker, **Laurel St. Pierre**.

A NOTE FROM YOUR OUTREACH WORKER

As we move into the Fall, I would like to let you know about several important programs.

Our new **Grieving Group** will be held Tuesdays, from September 27th to November 1st, 1:00 -2:00PM, Town Hall R112.

Flu Clinic, October 18th, Walpole High School, and October 24th Town Hall.

Farmer Market Coupons are still available: A \$25.00 coupon book has (10) \$2.50 coupons. One per household with a monthly income limit of \$1832 single, \$2470 couple.

Fuel Assistance program will start in November.



Laurel St. Pierre, Outreach Worker

SEPTEMBER TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION
THURSDAY 9/1	Chickie Flynn's	Join us for lunch at local favorite <i>Chickie Flynn's</i> . Meal includes choice of two entrées, coffee, salad & dessert	Van leaves COA at 11:00AM \$2.50 per person
THURSDAY 9/8	Walpole Walmart	Ride provided to and from Walmart. Pre-registration required.	9:30AM Van leaves COA
THURSDAY 9/15	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA — \$3.00 per person
WEDNESDAY 9/21	Creative Corner	INTERNATIONAL PEACE DAY , learn to make the Origami Peace Crane with Ora.	1:00 –2:00PM COA — FREE
THURSDAY 9/22	Historical Tour of Walpole	Join Recreation Director Patrick Shield for a Historical Tour of Walpole	Pre-Registration Required Van leaves COA at 4:00PM
THURSDAY 9/22	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 destinations
THURSDAY 9/29	Walk-in Breakfast	Join us for a great home-cooked breakfast and wonderful company.	8:00 –10:00AM COA ~ \$3.00 per person

Walpole Flu Vaccine Clinics!

October 18, 2016, 4:30-7:00 PM, Walpole High School Cafeteria

October 24, 2016, 1:00-3:00 PM, Senior Center at Town Hall

Rite Aid will be at our clinic and will accept all insurance cards, except Tufts, to be able to vaccinate all adults 19 years and older.

Please be sure to bring your insurance cards with you if you are 19 years or older.



As we gradually stroll into the fall season- let's think about prevention! Three important vaccinations are recommended:

1. **Flu Vaccine: Recommended for EVERYONE!** Flu season will be starting soon.
2. **Shingles Vaccine:** Even if you have had the Chicken Pox, you can still get Shingles- and it's painful! The Shingles vaccine is **recommended for adults over age 60- whether they've had the shingles or not.**
3. **Pneumococcal Vaccine:** this is **recommended for everyone over 65 to help prevent pneumococcal infections of all types.**

We will have multiple locations and dates available to make these vaccines convenient. Stay tuned! JUST DO IT!

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

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALL PROGRAMS ARE 1 HOUR IN LENGTH UNLESS OTHERWISE NOTED.</p> <p>** HESSCO meals (lunch) are provided daily at the center for a donation of \$3.00</p>			<p>1</p> <p>SIGN UP DAY</p> <p>8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Hot Dog 1:15PM Bridge</p>	<p>2</p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club, Walpole Library 12:00PM HESSCO lunch Tuna Salad 12:30PM Bingo</p>
<p>12</p> <p>8:30AM Zumba 10:00AM Exercise Class 12:00PM HESSCO lunch Meatballs 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>13</p> <p>Stop & Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch Beef Bordelaise 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>14</p> <p>10:00AM Exercise Class 12:00PM HESSCO lunch Penne & Meat Sauce 12:30 PM Pokeno 2:30PM Senior Singing</p>	<p>15</p> <p>8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Roast Chicken 1:15PM Bridge</p>	<p>16</p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Seafood Salad 12:30PM Bingo</p>
<p>26</p> <p>8:30AM Zumba 10:00AM Exercise Class 12:00PM HESSCO lunch Chicken Stir Fry 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>27</p> <p>Stop & Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch Spanish Omelets 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>28</p> <p>10:00AM Exercise Class 12:00PM HESSCO lunch Beef Stew 12:30 PM Pokeno 2:30PM Senior Singing</p>	<p>29</p> <p>8:00- 10:00AM Walk-in Breakfast 8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Glazed Chicken 1:15PM Bridge</p>	<p>30</p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Salmon Fillet 12:30PM Bingo</p>

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

IN-PERSON and **PHONE** registration begin **FRIDAY, September 1st at 8:30PM** .

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

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p style="text-align: center;">LABOR DAY CENTER CLOSED</p>	<p>6</p> <p>Stop & Shop (AM Trips) 8:30 AM Bird Park Walking 12:00PM HESSCO lunch American Chop Suey 4:00PM A Musical Interlude <i>No Yoga Today!</i></p>	<p>7</p> <p>10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch Roast Pork 12:30PM Pokeno 2:30PM Senior Singing</p>	<p>8</p> <p>8:30AM Bird Park Walking 12:00PM HESSCO lunch Meatloaf 1:00PM Wheel of Fortune 1:15PM Bridge <i>No Yoga Today!</i></p>	<p>9</p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Turkey Stew 12:30PM Bingo</p>
<p>19</p> <p>8:30AM Zumba 10:00AM Exercise Class 12:00PM HESSCO lunch Sausage & Pepper 1:00PM Dominos 1:30PM Mah Jongg</p>	<p>20</p> <p>Stop & Shop (AM Trips) 8:30AM Bird Park Walking 12:00PM HESSCO lunch 2:30PM Yoga 4:00PM A Musical Interlude</p>	<p>21</p> <p>10:00AM Exercise Class 10:00AM Knitting Club 12:00PM HESSCO lunch Roasted Chicken 12:30PM Pokeno 1:00PM Creative Corner 2:30PM Senior Singing</p>	<p>22</p> <p>8:30AM Bird Park Walking 9:30AM Senior Veterans Meeting 10:30AM Yoga 12:00PM HESSCO lunch Mac & Cheese 1:15PM Bridge</p>	<p>23</p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Seekers Writing Club Walpole Library 12:00PM HESSCO lunch Roast Turkey 12:30PM Bingo</p>

GRIEVING GROUP TO BEGIN IN SEPTEMBER

People who have lost a loved one can find help at our grief support group. Join us Tuesday's for this 6 week program.

**DATES: September 27, October 4, 11, 18, 25
and November 1st**

LOCATION: ROOM 112 TOWN HALL

TIME: 1:00 PM TO 2:00 PM

There is no charge to attend, but registration is required by **Tuesday, September 13th.**

For more information or to register, call 508-660-7362 or see our Outreach Worker Laurel St. Pierre



Every Thursday come to the COA to listen to Bob Blakely perform!
1:00 PM - 2:00PM (Free) Walk ins Welcome



Meet Ora McGuire Volunteer Receptionist!



This month we celebrate the **International Day of Peace, September 21.** Also, you will meet Ora McGuire, the volunteer who teaches us all about the peace crane, Japan's symbol of longevity and good health. One of Ora's favorite words is "EMPOWERED." She feels this when she teaches and tells the story of the peace cranes. Ora passes out peace cranes to people wherever she goes. She mails them all over the world to friends and gives them to hospitals. Ora's signature on cards and letters is a peace crane with the words "peace and love."

The Peace Crane Movement started in Japan when a young girl, Sudoku Sasaki, was hospitalized due to effects from the atomic bomb. Her roommate at the hospital told her about the legend of the peace cranes, "If you make 1000 paper peace cranes, you will be granted one wish". Some say Sudoku made over one thousand, other say she made 644 and her classmates finished the others in her name.

Whatever the number, these children were the pacesetters of the Peace Crane Movement. Sudoku died at the age of 12. The Peace Crane Movement is carried on through many ways. There was a Peace Abbey in Sherborn. There is a Peace Abbey in Vermont and a memorial park in Hiroshima with a statue of Sudoku holding a golden peace crane.

NEW(S)HORIZON

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

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

Patrick Shield, Interim Director COA
Laurel St. Pierre, Outreach
Christine Tetreault, Advocate
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

HESSCO Meal Site
(508) 668-3423

This Newsletter is made possible,
in part, by a grant from the
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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

Creative Corner celebrates

INTERNATIONAL DAY of PEACE

Wednesday, September 21st, 1:00PM, COA

Learn to make the Origami Peace Crane with Ora!

