SEPTEMBER 2013

NEW (s) HORIZON

Volume 13 Issue 13

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

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WALPOLE CENTER—135 SCHOOL STREET, WALPOLE, MA 02081
Telephone 508-668-3330 **Fax** 508-660-7363 **website:** 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 **SEPTEMBER 26 AT 1:30 PM** AT
THE NEWELL CENTER AT WALPOLE TOWN HALL

The Walpole C.O.A. is proud to sponsor many events and programs for Walpole elders and their families. Examples of these are as follows:

Nutrition programs	**VNA Clinics**	**Dominos**
TRIAD	**Yoga**	**Whist**
HESSCO Lunches	**Outreach Services**	**Bridge**
Podiatrist	**Cribbage**	**Great Trips**
Educational	**Financial programs**	**Chair Exercise programs**
Knitting group	**Writing group**	**Zumba Gold**
Bingo	**Veterans Group**	**Mah Jongg**

Transportation for shopping, errands, and medical appointments.
Day of Beauty (September-June)

LOOK INSIDE THE WALPOLE NEWSLETTER FOR TIMES AND DATES OF THESE PROGRAMS!

For the most up to date information please go on our website at 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

YOUR ORAL HEALTH

There have been many studies done that link poor dental health to chronic conditions such as heart disease, diabetes, and bacterial pneumonia. For this reason, it is important to maintain a healthy mouth, with or without natural teeth.

Proper Oral Care for Denture Wearers

It is important that dentures are removed during sleep each night.

Like natural teeth, dentures must be brushed daily to remove food deposits and plaque. Plaque is bacteria that can cause tooth decay on any remaining teeth, irritation of the gums as well as bad breath. Brushing denture daily also helps to prevent them from becoming permanently stained. Avoid using hard-bristled brushes since they may damage dentures.

Dentures wearers, who don't use toothpaste to clean their dentures, may use hand soap or mild dishwashing liquid. Avoid using powdered household cleaners which are too abrasive.

Also avoid using bleach, as this may permanently white the pink portion of the denture.

STEPS TO CLEANING A DENTURE:

- Fill the bottom of the sink with water; this will prevent the denture from breaking if it is dropped while cleaning.
- Rinse away loose food particles thoroughly
- Moisten the brush and apply a denture cleanser or toothpaste
- Brush every surface, scrubbing gently to avoid damage. Rinse thoroughly.

Did you know??

A used aluminum can is recycled and back on the grocery shelf as a new can in as little as 60 days.

SAFE DRIVER CHECKLIST

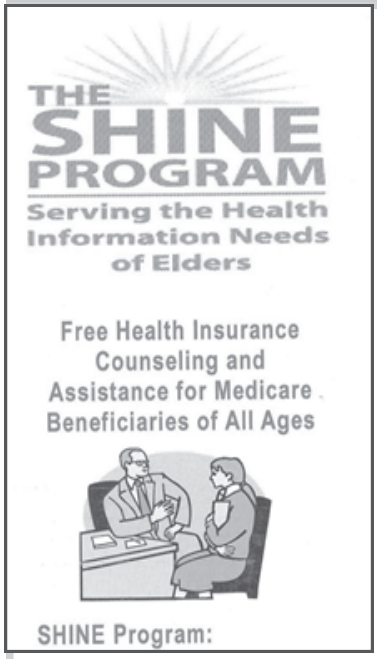
- Do you often get lost on once familiar roads?
- Do you forget the basics, such as putting on your headlights and wearing a seat belt?
- Are you unsure of your parking skills? Can you parallel park and park in a straight line?
- Are you unsure of your reflexes and reaction time? Is it difficult to react quickly in certain situations.

If you find yourself answering yes to many of these questions, you may want to consider driving less, or not driving at all. Drivers who voluntarily surrender their licenses are eligible for a free Ma. I.D. For more information contact the Registry of Motor Vehicles at 857-368-8000

IS IT A STROKE?

CHECK THESE SIGNS **FAST**

- **Face** – does your face look uneven
- **Arm** - does one arm drift down
- **Speech** – does their speech sound strange
- **Time** – it's time to call 9-1-1-



Don't Ignore Your Medicare Mail!

It's that time of the year again! If you have a Medicare Prescription Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of the September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2014.

During the annual Medicare Open Enrollment (**October 15 -December 7**), you will have a chance to **change** your plan for next year. Shine Counselors can help you understand your plan changes, as well as other options you may have. Make your Shine appointment early!

DO NOT WAIT UNTIL IT'S TOO LATE!

To schedule a Shine appointment call the Walpole Council on Aging at 508-668-3330 or 1-800- 243- 4636

SEPTEMBER TRIPS

All trips must be signed up for. Spaces are limited.

SEPTEMBER 4 WEDNESDAY	MARKET BASKET BELLINGHAM	WE WILL USE OUR 17 PASSENGER VAN	Will leave center at 9:30 AM
SEPTEMBER 5 THURSDAY	CHICKIE FLYNN	LIMITED SEATING Please Sign up	Will leave center at 11:15 AM
SEPTEMBER 9 MONDAY	ERRAND DAY & WALPOLE MALL	Errands must be in Walpole	Please sign up and let us know where you would like to go.
SEPTEMBER 11 WEDNESDAY	R.I. LIGHTHOUSE TOUR	$30.00 for tour	Please sign up to reserve you spot
SEPTEMBER 16 MONDAY	CRACKER BARRELL	Van will leave at 9:30 AM	Pay for meal once at Restaurant
SEPTEMBER 18 WEDNESDAY	PEABODY MUSEUM	Faberge Revealed Exhibit	Van will leave center at 8:00 AM
SEPTEMBER 19 THURSDAY	RESTAURANT OF MONTH	FEDERAL HILL, RI	Van will drop off at location, you may choose where you would like to go
SEPTEMBER 20 FRIDAY	SENIOR SUMMIT	Norwood Council on Aging	8:30 am – 12 noon
SEPTEMBER 23 MONDAY	PATRIOT PLACE	Van will drop you off to walk around Patriots Place	Will leave center at 9:15 AM
SEPTEMBER 25 WEDNESDAY	BIG APPLE FARM IN WRENTHAM	Fresh Veggies, Ice Cream and Fruit	Walk around and take in sites of Farm.
SEPTEMBER 26 THURSDAY	WAL-MART	Walpole Wal-Mart	Van can pick you up at home, please sign up at Center
SEPTEMBER 30 MONDAY	TWIN RIVERS	Van will leave center at 9:30 AM	Leave for home at 2:30 PM

SPECIAL SEPTEMBER EVENTS AT CENTER

SEPTEMBER 4 WEDNESDAY	TRIAD PROGRAM	The Yellow Dot program and Postal Service	11:00 AM
SEPTEMBER 9 MONDAY	Walpole Area VNA Presentation	Healthy Cooking for One.	1:00 PM
SEPTEMBER 10 TUESDAY	Medicare 101 Presentation	*The four parts of Medicare *Options available to you	10:00 AM
SEPTEMBER 12 THURSDAY	Presenting: Pairing Down to Essentials	What to throw away, what to keep, and how to keep safely what you have	11:00 AM
SEPTEMBER 13 FRIDAY	Representative Louis L. Kafka	Meet and Greet / Q&A	10:30 AM - 12:00 PM
SEPTMEBER 23 MONDAY	Blood Pressure Clinic	Walpole VNA Nurse	12:30 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day Holiday Center is Closed 	**3** Stop & Shop 8:00 Walking Club (off site) Whist 12:00 Mah Jongg 2:30	**4** Market Basket 9:30 Exercise class 10:00 TRIAD 11:00 Knitting 10:00 Senior Citizens Club 1:00 Senior Chorus 2:30	**5** Yoga 10:30 Chickie Flynn 11:15 Cribbage 1:00 Bridge 1:15	**6** Zumba 9:00 Bowling 10:00 Writing 10:00 Bingo 12:30
9 Errand Day & Walpole Mall Exercise class 10:00 Walpole VNA Class 1:00 Dominos 1:00 Mah Jongg 1:30	**10** Stop & Shop 8:00 Walking Club (off site) Fallon Health Care 10:00 Whist 12:00 Mah Jongg 2:30	**11** Rhode Island Lighthouse Cruise AM Leave Exercise class 10:00 Senior Chorus 2:30	**12** Walk in Breakfast 8-10 Veterans meeting 10:30 Down Size Program Cribbage 1:00 Bridge 1:15	**13** Zumba 9:00 Rep. Kafka 10:30-12:00 Bingo 12:30
16 Cracker Barrel 9:30 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30	**17** Stop & Shop 8:00 Walking Club (off site) Whist 12:00 Mah Jongg 2:30	**18** Peabody Essex Museum Exercise class 10:00 Knitting 10:00 Senior Chorus 2:30	**19** Yoga 10:30 Restaurant of Month Trip Cribbage 1:00 Bridge 1:15	**20** Senior Summit 8:30 Zumba 9:00 Bowling 10:00 Writing 10:00 Fun with Finance 11:15 Bingo 12:30
23 Exercise class 10:00 Patriot Place 10:00 VNA Blood Pressure 12:30 Dominos 1:00 Mah Jongg 1:30	**24** Stop & Shop 8:00 Walking Club (off site) Whist 12:00 Mah Jongg 2:30	**25** Exercise class 10:00 Big Apple Farm 11:00 AM Senior Chorus 2:30	**26** Wal-Mart Yoga 10:30 Cribbage 1:00 **COA Meeting 1:30** Bridge 1:15	**27** Zumba 9:00 Bingo 12:30
30 Twin Rivers 9:30 Exercise class 10:00 Dominos 1:00 Mah Jongg 1:30				

With Sincere Appreciation ~

A very special thank you to everyone that went on the trip to Hyannis.
I realize that your trip was cut short due to my family emergency. I was so comforted by the way you all accepted leaving your trip before seeing everything at the JFK Museum without any complaints.
Don and I appreciate very much all the prayers offered for Don. They were answered because by the time I got to the hospital he was stable and is now feeling fine once again.

Sincerely,
Carol and Don Fellini

The Friends of Walpole Elders:

Thank you to the Friends of Walpole Elders for once again being extremely generous and providing a coach bus for two of our trips. The first was up to York Maine for the Fosters Clambake and the other was to the Boston Duck Tours. These buses made it possible for more people to attend these events and to be comfortable while doing so.

The Boyden Elementary School and The Walpole Library:

Thank you for allowing the Senior Center to be temporarily housed in your facilities at such short notice and for the very hospitable accommodations that were provided to us while there!

The Walpole Volunteens:

Thank you for helping us with our meals at the
center and for providing such wonderful enthusiasm!

The meals wont be the same without you!

Starbucks:

Thank you to Walpole Starbucks for supplying the Center with daily sweet treats and providing us coffee for our Walk In Breakfasts!

A very large thank you to **Ron Farnum** for picking these treats up for us and bring them to the Center!

Directors Corner

The summer months were a very eventful and productive time for the Senior Center. The largest and most exciting news is that the floor has been updated by tearing up the carpet and replacing it with special tiles. This project was truly a team effort, and could not have been completed without everyone's help. Thank you to the entire crew in the building maintenance department and the I.T. department for removing and then replacing all the items in the center in such a quick manner! I would also like to thank all the groups, clubs and organizations who were understanding for those two weeks and made the best of not being in the Center. A special thank you also must be given to the Senior Center Team; Conchita, Carol, Jane and Jim for being so flexible and working on the fly. It was an adventurous two weeks but the final product of the floor was well worth it.

Please continue to bring me your wonderful ideas for trips and programs, the ones I have received have been great so keep them coming. Don't forget this is your center so let me know what you would like! Lastly, I am hoping that all visitors to the Senior Center will help obtain accurate statistics and track trends by swiping their Walpole COA keychain card. *MYSENIOR* Center only works if everyone swipes so we can get the most accurate information. Please ask me if you have any questions on this or you don't have a card.

Thank you for everything and please remember my door is always open!

Courtney Riley

LAUGHTER IS THE BEST MEDICINE

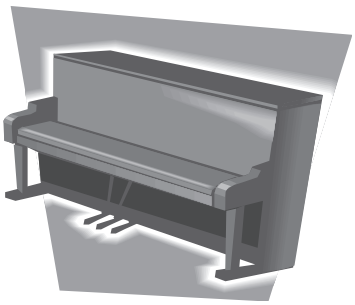
My daughter e-mailed this and I thought I would share it:
"Sometimes I open my mouth and my mother comes out!"
Good to know that our kids actually listened to us once and a while, don't you think?

ROBBINS ROAD COMPOST FACILITY FALL HOURS:

SATURDAYS 8 AM TO NOON ~ JUNE 1 TO OCTOBER 5
SATURDAYS 8 AM TO 4 PM ~ OCTOBER 12 TO NOVEMBER 30

PIANO NEED!

Please let the center know if you have,
or know of a lightly used
Piano looking for a new home.



WALPOLE CLUB OF MONTH

The Golden Zumba group meets every Friday at 9:00am.
Open to everyone that wants to exercise and have fun.
MUST enjoy music. $2.00 a class
Come join the group but be aware you will have fun and lots of laughs !

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

Telephone: (508) 668-3330
Fax: (508) 660-7363
www.Walpole-MA.gov

Courtney Riley, Director COA
Conchita Geyer, Outreach Worker
Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver

Dolores Efthim
Chairman COA Board

Meal site
(508) 668-3423

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Friends of the Walpole Elders, Inc.
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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 12:30pm

As well as:

1st Tuesday of the month ~
Walpole Wal-Mart 11:00– 12:30pm

2nd Tuesday of the month ~
Diamond Pond Terrace Community Building 2:00pm

3rd Wednesday of the month ~
Norfolk Senior Center 12:30pm

4th Friday of the month ~
Dover Town Hall 1:00pm

Walpole Area VNA will be offering three classes at the Council on Aging this fall.

Monday September 9, 2013 at 1:00 p.m.
Healthy Cooking for One: This class offers healthy cooking, freezing and shopping tips with a focus on cooking for one.

Monday October 21, 2013 at 1:00 p.m.
Keep Moving: This class emphasizes the importance and health benefits of keeping moving and is offered by a Physical Therapist.

Monday November 18, 2013 at 1:00 p.m.
Holistic Approaches to stress reduction. This class teaches techniques for stress reduction emphasizing mindful breathing and mindful eating.