

A PUBLICATION OF THE HANOVER COUNCIL ON AGING

665 Center Street • Hanover MA 02339 • Telephone (781) 924-1913 • coa@hanover-ma.gov

HANOVER HAPPENINGS

JANUARY/FEBRUARY 2015

HANOVER COUNCIL ON AGING MISSION STATEMENT

To provide services, educational programs and activities which enhance and promote the highest quality of life for each individual.
The Mailing of this newsletter is supported in part by the Executive Office of Elder Affairs

January and February Message From The Director

Happy 2015! Wishing you all Peace , Good Health and Happiness in the New Year!!

The Friends of the Hanover Council on Aging are wishing you all a year of good health as well. To start the year 2015 off to a great beginning the “Friends” are offering all exercise classes free for the month of January. If you haven’t already, this month would be a good time to try something new. We offer Yoga, Arthritis Exercise, Zumba, Stretch and Relax, Tai Chi, and Exercise with Chris. New sessions of Tai Chi begin in January. Dates and times are noted on our calendar inside this newsletter.

This month begins the Friends of Hanover Council on Aging Annual Appeal for new members and renewed members. Last year we had approximately 500 members. A donation of \$5.00 is all that is requested. The membership and the fundraising that the Friends do is what makes the programs and activities so affordable for you.

Our Friends will be what keeps us warm this year at the Senior Center.

Robyn



Winter Wonderland

© 2004 Hanover Council on Aging

“I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says “Go to sleep, darlings, till the summer comes again.”

Lewis Carroll, Alice's Adventures in Wonderland & Through the Looking-Glass

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>JANUARY 2015</h1>			NEW YEAR'S DAY CENTER CLOSED	
1	2	3	4	5
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAW-CUSHING & OTHERS	9:30 MORNING OUT 12:00 LUNCH 1:00 MAH JONG LESSON 1:00 WATERCOLOR PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	9:30 YOGA 10:30 NEUROPATHY PRESENTATION 12:00 LUNCH 1:00 BINGO/POKER	10:00 BOWLING 10:00 BOOK CLUB 10:00 EXERCISE W/ CHRIS 10:00 ASK A LAWYER 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 8:00 FOOT CLINIC (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH PM SHOPPING-SHAW'S LEGION & BARSTOW
6	7	8	9	10
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAW-CUSHING & OTHERS	9-12 BEAUTY SALON (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG LESSON PM SHOPPING KOHLS/STOP & SHOP	9:30 YOGA 10:00 WRITING YOUR MEMOIR WITH THATCHER FREUND 12:00 LUNCH 1:00 BINGO/POKER	10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH PM SHOPPING-SHAW'S LEGION & BARSTOW
11	12	13	14	15
19 MARTIN LUTHER KING DAY CENTER CLOSED	20 9-12 SHINE (By Appt.) 9:00 BLOOD GLUCOSE 9:30 MEN'S DISCUSSION 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG LESSON 1:00 WATERCOLOR PM SHOPPING STAR/MARSHALLS MARSHFIELD	21 9:30 YOGA 12:00 PLOW & ANCHOR 1:00 JOHN GALLUZZO 1:00 POKER NO BINGO	22 10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT PM MALL SHOPPING	23 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH PM SHOPPING-SHAW'S LEGION & BARSTOW
16	17	18	19	20
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAW-CUSHING & OTHERS	9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG LESSON PM SHOPPING HANNAFORD	9:30 YOGA 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER	10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT PM MALL SHOPPING	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH PM SHOPPING-SHAW'S LEGION & BARSTOW
21	22	23	24	25
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAW-CUSHING & OTHERS				

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG</p> <p>PM SHOPPING SHAW-CUSHING & OTHERS</p>	<p>3</p> <p>9:30 MORNING OUT 12:00 LUNCH 1:00 MAH JONG LESSON 1:00 WATERCOLOR</p> <p>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</p>	<p>4</p> <p>9:30 YOGA 10:30 NEUROPATHY PRESENTATION 12:00 LUNCH 1:00 BINGO/POKER</p>	<p>5</p> <p>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT</p> <p>PM MALL SHOPPING</p>	<p>6</p> <p>8:30 ACUPUNCTURE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<h1><i>FEBRUARY 2015</i></h1>				
<p>9</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH</p> <p>PM SHOPPING SHAW-CUSHING & OTHERS</p>	<p>10</p> <p>9-12 BEAUTY SALON 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 MAH JONG LESSON 1:00 TAI CHI</p> <p>PM SHOPPING KOHLS/STOP & SHOP</p>	<p>11</p> <p>9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER</p>	<p>12</p> <p>10:00 BOWLING 10:00 BOOK CLUB 10:00 EXERCISE W/ CHRIS 10:00 ASK A LAWYER 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT</p> <p>PM MALL SHOPPING</p>	<p>13</p> <p>8:30 ACUPUNCTURE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 ART MATTERS</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>16</p> <p>PRESIDENT'S DAY</p> <p>CENTER CLOSED</p>	<p>17</p> <p>9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 TAI CHI 1:00 MAH JONG LESSON 1:00 WATERCOLOR</p> <p>PM SHOPPING STAR/MARSHALLS MARSHFIELD</p>	<p>18</p> <p>9:30 YOGA 12:00 PLOW & ANCHOR 1:00 JOHN GALLUZZO</p> <p>1:00 POKER</p> <p>NO BINGO</p>	<p>19</p> <p>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT</p> <p>PM MALL SHOPPING</p>	<p>20</p> <p>8:30 ACUPUNCTURE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>23</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH</p> <p>PM SHOPPING SHAW-CUSHING & OTHERS</p>	<p>24</p> <p>9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH</p> <p>PM SHOPPING HANNAFORD</p>	<p>25</p> <p>9:30 YOGA 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER</p>	<p>26</p> <p>10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT</p> <p>PM MALL SHOPPING</p>	<p>27</p> <p>8:30 ACUPUNCTURE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>

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Call to place an ad today

800-732-8070



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JANUARY ACTIVITIES

TAX PREPATION

Joe Benson will return to prepare tax returns this year. He will be here on Wednesday mornings beginning in late January. Call for more information and to make an appointment.

ART MATTERS

January 9 at 1PM, fee \$2

Vincent Van Gogh

Van Gogh's life is one of the most dramatic, romantic, and tragic stories in all of art history. His paintings are passionate, beautiful and they succeed in sharing with us, briefly, the experience of his madness. His career was very short but his gifts and his influence very great. Join us for a look at his work and the brief but brilliant flame that was his life. Nothing is stranger than the truth.

PRESENTATION ON NEUROPATHY

WEDNESDAY, JANUARY 7 AT 10:30AM

South Shore hospital Home Care division will make a presentation on this important topic. Please call to make a reservation. There is no fee but we need a minimum number of people.

MEMOIR WRITING WITH

THATCHER FREUND

Rescheduled to January 14 at 10:00AM

This two hour seminar will be on the fundamentals of memoir writing including techniques for recalling one's most important memories and how to describe them in compelling ways. Participants should come prepared with two or three memories that they want to write about in class and equipped with pens or pencils and writing paper. No fee but reservations are required.

PLOW AND ANCHOR LUNCH

January 21 at noon, \$5

Winter is the perfect time for a bowl of tomato soup and bread. Join us for this treat from Panera Bread.

Following lunch at 1PM there will be another fascinating presentation by **John Galluzzo** of the South Shore Science Center

Call to make your reservation.

FEBRUARY ACTIVITIES

ART MATTERS

February 13 at 1PM, fee \$2

Ancient Civilizations

Please join us to examine art from the four great ancient civilizations; Mesopotamia (present day Iraq), Egypt, Greece and the Roman Empire. Each culture in turn contributed to the foundation of our own civilization. From these great cultures we get; writing, government, law & order, institutionalized religion, advanced culture, and the spread of information and ideas. Each developed new and greater achievements, adding to the quality of life of all men.

PLOW AND ANCHOR LUNCH

February 18 at noon, \$5

Enjoy a bowl of minestrone soup from Hart Brothers; Come to lunch and stay for another informative lecture by **John Galluzzo** from the South Shore Science Center. The lecture begins at 1PM. Reservations are required for both the lunch and the lecture.

MEDICARE NEWS

Open enrollment is over but there are still steps you can take to lower your prescription drug costs. Make an appointment with our SHINE counselor Nancy Lester to find out about Prescription Advantage and Extra Help.

SCHEDULE CHANGES

SHINE appointments in January will be on Tuesday January 20 and January 27.

Bingo is cancelled on January 21 and February 18.

There is no Tai Chi on Tuesday, January 6.

INCLEMENT WEATHER POLICY

SNOW EMERGENCY

The following is the snow Emergency procedure: Please listen to local radio/TV stations for public school closings. If Hanover schools are closed due to inclement weather, the Council on aging is closed for programs.

**SENIOR / VETERAN'S
PROPERTY TAX WORK OFF PROGRAM
FOR 2015**

The Hanover Council on Aging is taking applications again for the *Senior/Veteran's Property Tax Work Off* which will assist seniors and veterans to work off property tax begins. This program will help seniors of Hanover with payment of residential property tax bills through the involvement of seniors in the community by working in various town departments.

What is the Senior Citizen tax work-off program?

The Hanover Senior Citizen Tax Work-off Program is a program that offers seniors the opportunity to contribute up to 111 hours of service to the Town and receive up to a \$1,000 reduction in real estate taxes. The pay rate for 2014 is \$9.00/hour, the Massachusetts minimum wage but will change to \$9.00/hour as of January 1 2015. Participants will not earn paychecks. Instead they will receive a voucher that can be submitted to the Tax Collector as evidence of the amount earned, which will then be deducted from the property tax bill (only good for the year of service).

Under the law (CH59 5K) the reduction in property taxes is exempt for state income tax purposes. **It is** considered income for federal tax purposes. The Town of Hanover will issue a 1099 to all the residents who participate in this program. Each individual property owner should discuss with a financial advisor or accountant to determine how this may affect any retirement

All information or any questions on this program and/or process can be directed to the Council on Aging (COA) at 781-924-1913. Applications are available at the Hanover Senior Center 665 center St, Hanover, MA.

***ALWAYS IN OUR HEARTS
FOREVER IN OUR MEMORY***

Terrence Carroll	Gino Deacetis
Dorothy Forrest	Francis Paolini
Sophia Tsikrites	Regina Furman
Beverly Hybertson	Malcolm Hall
Justine Murphy	Susan Woodward
Alice Shaw	Carol Matthews
James Purcell	Robert Dill
Jo-Ann Dunham	Karen Wendt
Paul McPhee	David Gilroy
Charles Donnelly	Dorothy Fordyce
Helen Orloski	Marion Carter
Harriet Wetmore	Virginia Coen
Bora Pervane	John Donlon
Daniel Walker	John Lyons
Mary Scafidi	Robert Sennett
Dorothy Fraser	William Carlson
Theoni Liakos	Peter Adams
Sally Rogowski	Robert Scott
Jean Meehan	Joan Fraser
Robert J. Hone Sr	Joseph Difilippo
Linda Kearney	Marion Tucker
Catherine Henderson	Carol Pizzi
Robert Setterland	Matthew Smith
Beverly Ann Carew	Pearl Ridder
John Sisk	Arthur Murphy
Barbara McPherson	Myrtie Hamilton
Richard Carew	Joan Picard
Joseph Capozzi	Christine Hanlon
Mildred Winslow	Mildred Heywood
Deuscilla Wright Sampson	Patricia Dye
Richard Foy	Thomas Ray
Robert Levangie	Barbara Quinn
John Wolongevicz	Robert Rooney
Anne Antanaricz	Donald Dunn
Dorothy Struble	Margaret Sullivan
James Hebb	Wade Jenkins
Barry Walsh	Barbara Adami
Barbara Belanger	Charles Dubois
Donald Shields	Rose Helen Quigley
Robert Mattie	Dorothy Hegenberger
Lillian Kilroy	Imogene Scott
Claire White	John J. Bush Jr.

NEW & RENEWED FRIENDS

Edwin & Marianne Keiley, Carole Gribbons
 Louis Binda, Marilyn DeBoer, Roberta Currier,
 Jo Judge, Ronald Goba, Sheila Burke, Fredrick &
 Mary Fox, Robert & Mary Anne Cirino,
 Margaret Farrell, Nora Hutchings, Yedvica
 Zaleski, Joan Dubois, Joy Mckee, Tom & Ruth Grono,
 Carolyn Richardson, Sally Richardson, John Keane
 Phyllis Richardi, Gale Hurley, Anne Cambal,
 Dave Fountain, Noreen Bruce, Mary & James Sabin,
 Alfred & Joan Wood, David Walsh, Kay Green,
 Robert & Claire Jordan, Jo-Ellen Wood

ADDITIONAL CONTRIBUTIONS

Jo Judge, Nora Hutchings, Yedvica Zaleski, Kenton
 Greene, Anne Cambal, Dave Fountain, Mary & James
 Sabin

IN HONOR OF

Robert & Mary Anne Cirino in honor of Joyce Wilson
 "Job well done"

IN MEMORY OF

Kay Green In memory of Linda Green
 Robert & Claire Jordan in memory of Steven L. Greene,
 Frank Jordan and Michael Hartley,
 Jo-Ellen Wood in memory of Pearl Ridder
 Louis Binda in memory of Alice Binda & Irma Dennan-
 tis
 Marilyn Deboer in memory of Sid Deboer
 Joy McKee in memory of Ronald McKee
 John Keane in memory of Peggy Keane
 Gale Hurley in memory of Connie Harris
 Phyllis Richardi in memory of Frank Richardi
 Scott & Jennifer Ridder in memory of Pearl Ridder
 Paul & Diane Hickey in memory of Matthew P. Hickey

WINTER STORM PREPAREDNESS

Regardless of the severity of a winter storm, Seniors should be prepared in order to remain safe during these events. If you would like to be put on our emergency call list or know someone who should be, please call us at 781-924-1913. We will be happy to check on you. Town departments work together during these times. Your safety is most important to us.

FOR STORM SAFETY:

Be careful of "black ice" when walking and driving. Stay at least two car lengths behind a snow plow. Stock up on batteries, flashlights and canned food. Manual can opener.
 Check oil tank.
 Avoid shoveling, if you need to,
 Please pace yourself.

Cold weather puts an added strain on the heart. Shoveling snow or pushing a car may cause a heart attack. Stay warm, dress warm, and slow down when working outdoors.

Charge cell phone
 Check on your neighbors if possible.

THANK YOU
FOR YOUR GENEROUS DONATIONS
OF PRODUCTS

Jim Fitzpatrick, Julie Whitt, Helen Kelley, Irene Daika, Gretchen Thibeault, Louise Tanderes, Mary McDermott, Linda Hickey, Barbara Norton, Irene Craig, John Thomson, Norma Morgan, Janet Tozier, Stan & Debbie Katsikis, Marianne Keiley, Kenton Greene, Kathy Hannon, Heidi Davis, Ellen Butler, John Buzad, Carol Ceuvrels, Noel Constantino, Cathy Murphy, Marilyn Deboer, Linda Ducharme, Linda Hickey, Anne Reardon, Kathy Grace, Irene Daika, Mike Molongoski, John Damiano, Luke Lukoski

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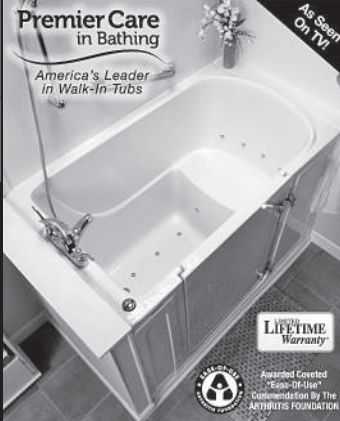
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Client Services Coordinator*

Katie O'Brien
*Transportation/Volunteer
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Mobile Outreach*

Dawn Rivers,
Nutrition Manager

Janet Kirby
Kitchen aide

George
*Transportation Coordinator
Van Driver*
Jim, *Van Driver*

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President/Treasurer*

*Elaine Crowley
Vice President*

Judith Barca

Margaret Rooney

Doreen Giordani

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HANOVER COUNCIL ON AGING**

Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.

I would like to become a Friend of the Council on Aging.
Enclosed are my dues of \$5 per person for 2015

Name: _____

Address: _____

Additional Contribution: _____

I would like to make a donation to the Friends of the Council on Aging:

In Memory of: _____

In Honor of: _____

Send acknowledgement of: _____