

A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

HANOVER HAPPENINGS

NOVEMBER, 2016

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*

Director's Message for November:

It is customary in November to count our blessings and be thankful. This should keep us pretty busy, don't you think?

One blessing that I am grateful for, is our patient and understanding staff members here at the Hanover Senior Center. Cheerfulness and kindness is reflected in their interaction with our seniors. They recognize that, valuing more of what should be important, and less focus on negativity, is paramount.

It is very busy at the center. Did you know that Seventy Five percent of services we offer through our Outreach do not even take place at the center and the people we serve outside of the center are very grateful that we are there for them?

We appreciate your patience and understanding when our services are extended outside of the center and it takes time away from the front desk.

How fortunate are those of you who can come here on a regular basis.

How **grateful** you must be for your independence.

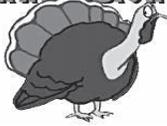
It is a gift to ourselves and others when we "keep an attitude of gratitude."

The possibility of increased joy in the present is our reward. *Robyn*

"It's not happiness that brings us gratitude; it is gratitude that brings us happiness."

Dale Carnegie



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 MEDICARE PRESENTATION</p>	<p>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p>	<p>10:00 ARTHRITIS EXERCISE 1:00 DECO ART</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>	<p>9-11 BEAUTY SALON 9:30 MORNING OUT 11:45 OLD COLONY LUNCH 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING KOHLS/STOP & SHOP</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p>	<p>9:30 VETERAN'S BREAKFAST NO OTHER MORNING PROGRAMS AT CENTER</p> <p>1:00 BRIDGE 1:00 ZUMBA 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p>	<p>CENTER CLOSED</p> 
<p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>	<p>9:30 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISUSSION 1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING STAR/MARSHALLS MARSHFIELD</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p>	<p>10:00 BOWLING 10:00 EXERCISE W CHRIS 11:30 TRIAD AND PASTRAMI LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p>	<p>10:00 ARTHRITIS EXERCISE 10:00 MEDITATION 1:00 ART FOR THE MIND</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>	<p>9:30 MORNING OUT 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING MARKET BASKET</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p>	<p>CENTER CLOSED</p> <p>HAPPY THANKSGIVING</p> 	<p>NO PROGRAMS</p>
<p>8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>	<p>9:30 MORNING OUT 1:00 TAI CHI 1:00 WOMEN'S GROUP 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING BIG Y (formerly Hannaford)</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 BOOK CLUB AT SENIOR CENTER</p>	<p>POST GRAD LUNCHESES only \$3 Served Mondays and Fridays Don't forget, orders and payment must be in by Thursday of the previous week.</p>	<p>Lions Breakfast On Sunday , Nov,13 From 8:00 am to 11:00 am At Hanover Senior Center Pay at door.</p>

*All the seniors in town
are reading this newsletter.*

Do they know who YOU are?

Call to place an ad today

800-477-4574



**Be World
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MEDICARE PRESENTATION

Wednesday, November 2, 2016 at 1:00PM

Mary Bessey, regional Director of SHINE will be here to discuss Medicare and review the Medicare changes for 2017. Come and learn about this important subject and have your questions answered. Reserve your place. Call 781-924-1913

DECO ART

Friday, November 4 at 1:00PM, fee \$5

This month's project with Barbara Reynolds is a large decorated tile.

There is limited availability so sign up and pay early.

OLD COLONY SPECIAL LUNCH

Tuesday, November 8, 2016 at 11:45AM

Only \$2.50

Enjoy roasted turkey, stuffing, gravy, potatoes, mixed vegetables, cranberry sauce and apple pie. Please sign up.

VETERANS BREAKFAST
Thursday, November 10, 2016
At 9:30AM
\$5.00

Veterans are free!

We will celebrate and honor our veterans with a breakfast on Thursday, November 10 at 9:30AM. A delicious breakfast will be catered by Hart Brothers and cost you only \$5.00. Veterans are welcome to attend, free of charge. The Council on Aging Board and Friends approve and subsidize this program. Please sign up and pay by November 7.

ART FOR THE MIND

November 18, 2016 at 1:00

The featured topic, *Native American Journey* offers an opportunity to observe hand-made creations of Native Americans through time, from all across our country. See how natural resources became an important part of the story the artwork tells. Join Jill Sanford for an enjoyable hour of challenging your mind in a whole new way!

MEDITATION SEMINAR

Friday, November 18, 2016 at 10AM

Rob Carney will be leading an introductory meditation seminar for stress relief and mental clarity. Rob will be speaking on the benefits of meditation (why it's worth trying), leading a guided meditation, and explaining strategies to optimize your practice and hurdle any obstacles in your path.

Rob Carney is a UMass Amherst graduate and South Shore resident. He has been practicing and studying all forms of health and wellness since his senior year of high school. Between yoga, nutrition, psychology, food and farming, meditation and many other forms of personal development, Rob has made it his life's journey to share his ideas and help others improve their lives to be at their fullest potential.

WOMEN'S DISCUSSION GROUP

Tuesday, November 29 at 1PM

Join Kathy Gabriel as she leads the group in a discussion of our choosing.

BOOK CLUB at the Hanover Senior Center **With John Welsh**

Wednesday, November 30, 2016 at 1:00PM.

This month's book is Blue Diary by Alice Hoffman

WE WILL MISS YOU, BOB THOMPSON!

Long time acupuncturist and friend Bob Thompson has moved. Bob will now be doing "community acupuncture" at New England Wellness Solutions. It has been a pleasure every Friday seeing him. Bob would like you to know that any patients that he has already treated at the Hanover COA, will get ½ off their first visit (so, \$13.50). The address is 90 Rockland Street (route 139) in Hanover.

Bob is offering a REFER A FRIEND SPECIAL!

You and a referred friend will receive 50% off your next treatment. Just:

- Tell a Friend
- Buy a service
- Enjoy 50% off

GRATITUDE

Especially this month, The Hanover Senior Center would like to acknowledge with gratitude the following: our veteran's and today's men and women serving in the armed services **and** their families; our volunteers who dedicate their time and talents to the Senior Center; the Council on Aging Board members; the Friends of the Hanover COA who are so generous with help in funding our popular programs, TRIAD members, Selectmen, Town manager Troy Clarkson, Assistant Town manager, Tony Marino, the Tai Chi participants who gave a wonderful demonstration at our health and safety Fair, and to Eagle Scout candidate, Gavyn Bush for his beautification initiative on our grounds,



Gavyn Bush



Tai Chi Participants



Nava Trail Walkers



Grace Trail author, Ann Jolles and seniors

VETERAN'S NEWS

November, 2016

VIETNAM VETERANS AND ALL WHO SERVED IN SOUTHEAST ASIA DURING THE VIETNAM WAR.

The VA recognizes the following diseases as related to Agent Orange exposure:

AL Amyloidosis; a rare disease caused when an abnormal protein, amyloid, enters tissues or organs.

Chronic B-cell leukemia; a cancer that affects white blood cells.

Chloracne; a skin condition that occurs soon after exposure, like acne seen in teenagers.

Diabetes Mellitus Type 2; a disease characterized by high blood-sugar levels with body's inability to produce insulin.

Hodgkin's disease; a malignant lymphoma with enlargement of the lymph nodes, liver and spleen.

Ischemic heart disease; a disease resulting with reduced blood flow.

Multiple Myeloma; cancer of white blood cells in bone marrow.

Non-Hodgkin's lymphoma; cancers that affect the lymph glands.

Parkinson's disease; progressive disease that affects muscles.

Peripheral Neuropathy; nervous system condition that causes numbness, tingling and motor weakness.

Porphyria Cutanea Tarda; liver dysfunction and blistering of skin.

Prostate cancer; cancer of the prostate.

Respiratory cancers; cancers of the lung, larynx, trachea, and bronchus.

Soft Tissue Sarcomas; types of cancers in body tissues like muscle, fat, blood and lymph vessels.

All Veterans who served in Southeast Asia should be registered in VA healthcare and be screened for Agent Orange exposure. There is no cost to you nor do you need to change any of your existing healthcare coverage.

If you have questions about your military/VA benefits please contact Hanover's Veteran Services Officer, Mike Thorp, located at the town hall, 781-829-0968.

TRIAD PROGRAM CHARITABLE GIVING

Thursday, November 17 at 11:30AM
and

Sam Lagassa's Pastrami sandwich Lunch

Only \$7.00 (retail price, \$13.00)

Sign up and pay by November 10, 2016.

If you're thinking about giving to a charity, do your research to avoid fraudsters who try to take advantage of your generosity. Here are tips to help make sure that your charitable contributions actually go to the cause you support.

Please join Hanover's Triad including, Police, Sherriff, Fire, District Attorney and the Hanover Senior Center to discuss:

What You Need to Know

Learn the signs of a charity scam and get tips for researching a charity.

Charitable Gifts-in-Kind FAQ

When you think about donating to a charity, you may think about donating money. But there's another type of donation you may not be aware of — gifts-in-kind.

Before Giving to a Charity

Tips to help make sure your charitable contributions are put to good use

Specific Charity Scams

Some scammers focus on specific causes to play on your generosity. Rip-off artists often focus on emotional appeals or disasters in the news.

Charitable Solicitations for Vet & Military Families

How to donate to legitimate charities that support service members and their families.

Fundraisers Calling on Behalf of Police and Firefighters

Questions to ask telemarketers claiming to call on behalf of local police and firefighters.

Information obtained from the Federal Trade Commission.

NEW AND RENEWED FRIENDS

Emma Alpert, Priscilla Tilley, Genevieve Haddad,
Mary Spada, Margaret Farrell, Robert & Claire Jordan,
Dagnija Usalis

IN MEMORY OF

Kathleen Murphy-Grace in memory of Tina Murphy &
Ada Barresi
Mary Spada in memory of John Spada,
Robert & Claire Jordan, in memory of Bridget Jordan
& Catherine DeGeorge.

DONATION OF PRODUCT

Thank you to the following people for their generous
donation of products: Roberta Currier, Norma Morgan,
Paul & Virginia Zemotel, John Buzad, Shirley Lankin,
Bonnie Teetsell, Stephanie Strojny, Jean Ferry, Lynn
Neville, Barbara Sawtelle, Carol White

WISH LIST

Stocking stuffers for children.

GIVING TUESDAY

OCES has joined the Giving Tuesday campaign to help
raise money for our Emergency Funds program. This
year's starting date is November 29th.

You can help OCES meet the needs of at-risk low in-
come older adults and individuals with disabilities who
are in a crisis or emergency circumstance that threatens
either their health and/or living situation.

You can help heat a home, or purchase food, or medi-
cine, or provide emergency assistance when someone
faces an unexpected challenge. Thank you for your
support.

Mail donations to:

OCES
144 Main Street
Brockton, MA 02301

HELP THE FOOD PANTRY

This is a difficult time of year for some families. They
need cereal, cookies, crackers, macaroni and cheese,
and condiments. Bring your donations to the senior
center and we will deliver them to the food pantry.

OUTREACH REMINDERS:**PREPARE FOR THE WINTER:****EMERGENCY LIST**

To insure the safety of our residents 80 years of age
and older or disabled and/or homebound, we are ask-
ing for your cooperation so that you too are better
prepared.

In the coming weeks we will be making "wellness"
phone calls.

**We will not be asking for social security numbers
or bank information!**

We are trying to determine who should be put on our
Emergency Call List. We share this list with the Po-
lice and Fire departments so that we may better serve
you in a storm emergency. We call people who are
on the list before storms to find out if you are pre-
pared or if you need some help.

A sample of some questions we will be asking:

Do you live alone?

Do you have mobility issues?

Do you have family or friends that you can call on?

When available, would you like us to add your name
for walkway shoveling?

We will also be calling you before an anticipated
storm to check in.

If you know of someone or if you who could use this
service please call us at :781-924-191

FUEL ASSISTANCE

You can apply for fuel assistance here at the Hanover
Senior Center beginning November 1. Fuel assistance
is available to both home owners and renters. The
Hanover Senior center provides help in applying for
people of all ages. Please call 781-924-1913 for an
appointment.

MEDICARE OPEN ENROLLMENT

Now through December 7, 2016

This is the one time during the year that you can
change your drug plan. Call 781-924-1913 for an ap-
pointment with our SHINE counselor, Nancy Lester.

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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 2016

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____

Friends

Dot Quinn,
President/Treasurer

Elaine Crowley,
Vice President

Judi Barca

Margaret Rooney

Doreen Giordani

The Hanover COA Advisory Board meets of the second Monday of the month and will meet again on Monday, November 14 (due to the holiday) at 9:00AM. All are welcome to attend this open meeting.