

A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

Steve Maraboli, Life, The Truth and Being Free.

HANOVER HAPPENINGS

NOVEMBER 2014

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:

While November is often considered a month of gratitude, it would be nice if we would count our blessings all year long. Our Senior Center cornucopia is overflowing with a bounty of gifts from so many.

Thank You To:

Our Veterans and today's men and women serving in the armed services,
The many volunteers who so often give of their time and to the many Seniors who donate product and never expect any form of recognition. You know the true meaning of giving.
The local businesses who donate to the Seniors and their Center,
The many volunteer organizations who donate their time, talents and resources,
To all Hanover Town departments,
Council on Aging Advisory Board,
Friends of the Hanover C.O.A.,
Community Services Director, Anthony Marino,
Town manager, Troy Clarkson,
Your caring staff at Hanover Senior Center,
And to all Hanover Seniors!



“ Give freely to the worlds these gifts of love and compassion. Do not concern yourself with how much you receive in return, just know in your hearts it will be returned.”

Steve Maraboli, Life, The Truth and Being Free.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga-\$4 Stretch & Relax-\$4 Zumba-\$4 Exercise with Chris-\$4 Tai Chi-Free Arthritis-Free	Acupuncture-\$25 Beauty Salon-\$15 Watercolor-\$10 Art Matters-\$2 Veteran's Breakfast-\$7 Plow & Anchor-\$6/5	<h1>NOVEMBER</h1> <h2>2014</h2> 		
3	4	5	6	7
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWSCUSHING & OTHERS	9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 WATERCOLOR 1:00 TAI CHI 1:00 MAH JONG LESSON PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS	9:30 YOGA 10:30 PALLIATIVE CARE 12:00 LUNCH 1:00 BINGO/POKER 1:00 WHIST	10:00 BOWLING 10:00 EXERCISE WITH CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	VETERAN'S BREAKFAST 9:30 AM 9-12 FOOT CLINIC (By Appt) All other morning activities cancelled PM SHOPPING-SHAWS LEGION & BARSTOW
10	11	12	13	14
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG 1:00 DECO ART PM SHOPPING SHAWSCUSHING & OTHERS	VETERAN'S DAY SENIOR CENTER CLOSED	9:30 YOGA 10:30 BODY, SOUL & SPIRIT 12:00 LUNCH 1:00 BINGO/POKER 1:00 WHIST	10:00 BOWLING 10:00 EXERCISE WITH CHRIS 10:00 ASK A LAWYER 10:00 BOOK CLUB 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 ART MATTERS PM SHOPPING-SHAWS LEGION & BARSTOW
17	18	19	20	21
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWSCUSHING & OTHERS	9-12 SHINE (By Appt) 9-12 BEAUTY SALON 9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 WATERCOLOR 1:00 TAI CHI 1:00 MAH JONG LESSON PM SHOPPING STAR/ MARSHALLS/ MARSHFIELD	9:30 YOGA 10:30 WRITING A MEMOIR 1:00 BINGO/POKER 1:00 WHIST	10:00 BOWLING 10:00 EXERCISE WITH CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT PM SHOPPING HANOVER MALL	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:30 PLOW & ANCHOR-LUNCH 1:30 JOHN GALLUZO PRESENTATION PM SHOPPING-SHAWS LEGION & BARSTOW
24	25	26	27	28
9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG PM SHOPPING SHAWSCUSHING & OTHERS	9-12 SHINE (By Appt) 9:30 MORNING OUT 10:30 ALLERTON HOUSE AND LIGHT LUNCH 1:00 TAI CHI 1:00 MAH JONG LESSON PM SHOPPING HANNAFORD	No Activities Senior Center closed for In-service	Thanksgiving SENIOR CENTER CLOSED	No activities at Senior Center

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**THREE PART PROGRAM
ON
END OF LIFE ISSUES**

**THREE WEDNESDAYS IN
NOVEMBER AT THE SENIOR CENTER**

The Hanover Senior Center continues to embrace the "Whole Person" concept. Our lives are filled with many 'passages' including illness, dying and the loss of a love one. In our three part series we will discuss Palliative Care, Hospice and your Memoir.

PALLIATIVE CARE

With

Brenda Kardos

Wednesday, November 5 at 10:30AM

Brenda Kardos, Director of Hospice of the South Shore, Home Care Division, South Shore Hospital will present to us this medical specialty. It's mission to relieve suffering and improve quality of life with comfort and dignity. Please call to make a reservation.

HOSPICE PRESENTATION WITH

Scott Siosek of Beacon Hospice

Wednesday, November 12 at 10:30AM

**Attending to Body, Soul and Spirit at the End of
Life**

Have you ever wondered what you could do to support people at a difficult time in their lives? Beacon Hospice is offering a free, educational presentation that will examine the human journey at the end of life. Participants will gain information on: the physical, emotional and spiritual needs of the terminally ill; the fears, anxieties and concerns that people experience at the end of life; ways to talk about end of life issues with loved ones; support for family caregivers; and how the hospice team supports patients and their families.

This session is open to anyone in the community who would like more information on end-of-life care and the dying process. Join us on Wednesday, November 12, 2014 from 10:30-11:30AM at the Hanover Council on Aging. All are welcome to attend! Please make your reservation in advance so that we can prepare for the right number of participants.

**WRITING A MEMOIR
WITH
THATCHER FREUND**

**Wednesday, November 19, 2014 at 10:30AM
Your Lasting Gift to your Family.**

Thatcher Freund, a journalist and memoir writer, will talk about the importance of stories in our lives both to ourselves and to the culture we live in, and why it matters so much that we preserve them.

Thatcher Freund, will conduct a two-hour seminar on the fundamentals of memoir writing, including techniques for recalling one's most important memories and how to describe them in compelling ways.

Because we remember our lives as a series of scenes that tell stories, memoir is a superb format from which to learn the elements of good writing. By stressing the importance of ideas and the use of details that bring scenes to life, as well as emphasizing such smaller elements of good writing as the use of active verbs, Thatcher helps participants gain the confidence to write their own stories.

The workshop includes writing a scene of up to five paragraphs in length, class discussion, and Thatcher's suggestions for ways in which the scene might be improved. Participants should come prepared with two or three important memories that they might want write about in class, and equipped with pens or pencils and writing paper. Please call to make a reservation.

Biography

Thatcher is a graduate of Stanford University with a B.A. in History, and the Columbia School of Journalism. His published work includes a book, *Objects of Desire: The Lives of Antiques and Those Who Pursue Them*, which follows the lives of three pieces of American furniture from their creation in the 18th Century to their sales at Sotheby's some 250 years later. He lives in Portland, Maine, where he has taught writing at the college level. He currently helps people to write the stories of their lives.

Changes for November

No Yoga on Monday, November 24. No activities at the Senior Center on Wednesday, November 26 and Friday, November 28. Happy Thanksgiving!

EXPANDED SHINE SERVICE

Medicare Open Enrollment runs from October 15 through December 7. This is the time to review your drug coverage and make changes for 2015. Our SHINE counselor, Nancy Lester will take appointments every Tuesday during Open Enrollment. Call 781-924-1913 to make an appointment.

ART MATTERS

Friday, November 14 at 1PM, fee \$2
ANCIENT GREECE & ROME
 Nothing less than the flowering of civilization.

Join us to examine, through their art, the contributions of Ancient Greeks; philosophy, religion, mathematics, science, poetry & literature, even democracy. The Romans spread that culture to dominate the whole of Europe and beyond. They established urban life and the basis for our own culture.

PLOW AND ANCHOR LUNCH

Reservations necessary!

CHICKEN POT PIE from Hart Brothers
 FRIDAY, NOVEMBER, 21 **12:30**, \$6.00
 Note the time!
 Reserve by Monday, November 17
 Only \$5.00 if you sign up for 1:30 presentation on mammals.

JOHN GALLUZZO PRESENTATION

Friday, November 21 , 1:30 PM
 Please sign up.
 How Many Mammals?
 Southeastern Massachusetts has its share of the state's mammals, and many we can list right off the tops of our heads: gray squirrels, Eastern chipmunks, raccoons, woodchucks and more. But exactly how many are there, when we account for every bat, every vole, every mouse? Naturalist, historian, educator and author John Galluzzo will walk us through the list from the Big Brown Bat to the White-tailed Deer.

DECO ART

November 10 at 1:00, \$5.00 .
 Painting on glass.

JEWELRY

THURSDAY, NOVEMBER 13, 2014 AT 1:00PM

\$5.00

WITH Terry Mc Mahon

Just in time for the winter holiday.
 Class size is limited. Please make a reservation.

THANK YOU:

Thank you to the following for your donations:
 Glenda Larsen, Joan Norris, Evelyn Tweed, Claire Garrigan, Carol Catalano, Trudy Sheehan, John Dewey, Tom Young, June Payne, Don Morrison, Emma Alpert, Noel Constantino, Stan & Virginia Szejnar, Judy Grecco, Marge Bates, Claire Flynn, Don Morrison, Barbara Sawtelle, Carol White, Emma Alpert, John Buzad, Sonya Demayo, June Bergeron, Jane White, Linda Omen, June Payne, Francis Sorgman, Eleanor Duvall, Pat Brindley, Terry Bogni, Eileen Zadorian, Ruth Hunt, Barbara Lancissi, Sister Eleanor Riordan, Beverly Gilmartin, Helen Paxton, Carole Radke, Elizabeth Meader, Louise Tanderes,

WHIST

There has been a strong interest in having whist at the senior center. We are now offering whist on Wednesdays at 1PM starting in November. This is a drop-in program. Come and join us.

BEGINNERS MAH JONGG

Classes with Rickie Moriarty are continuing on Tuesdays at 1PM. This is your chance to learn this wonderful ancient game.

NAME THAT TUNE (RESCHEDULED)

Tuesday, November 25 at 11:00AM

Join Linda Chuckran and Carol Taylor of Allerton House for a presentation on assisted living options. This will be followed by a game of "Name that Tune" and a light lunch. This event was originally scheduled for October. There is no fee but you must reserve a spot in advance. Reserve by November 21. Must attend the workshop for the free lunch!



VETERAN'S BREAKFAST
FRIDAY, NOVEMBER 7, 2014
At 9:30 AM
ENTERTAINMENT BY
RICK WALSH
\$7.00

We will celebrate Veteran's Day with a breakfast on November 7, 2014 at 9:30AM. Reservations are necessary and the cut-off date is Tuesday, November 4. The cost for the breakfast and entertainment is \$7 and veterans are free. The breakfast from Hart Brothers includes: juice, coffee, scrambled eggs, sausages, home fries, and breakfast breads. Rick Walsh will entertain us with a tribute to Veterans.

Veterans are free!

Season's Greetings

CONGRATULATIONS
TO THE FIRST ANNUAL HOLIDAY CARD
CONTEST WINNERS

FIRST PLACE WINNER ... Peggy Desmond
SECOND PLACE WINNER, Bill Flynn
THIRD PLACE WINNER, Barbara Barry

We received many beautiful entries.
 Thank you, all!

Veterans' News

November, 2014

The Veterans Benefits Administration is currently undergoing the largest organizational transformation in its history to eliminate the disability claims backlog and transform the way benefits and services are delivered to Veterans, their families, and survivors. The Boston VA Regional Office is playing an integral role in this nationwide transformation effort.

Statistics:

374,809 Veterans reside in Massachusetts.

VA Boston administers disability compensation and Vocational Rehabilitation and Employment services to local Veterans. It also supports VA Regional Offices in New Hampshire and Vermont.

Compensation and pension payments total \$735 million from Boston.

There are 137 full-time administrative support specialists.

Service Delivery:

Reduced claim inventory from peak in February, 2013 by 54%.

Reduced any claim older than 125 days, from 9,600 in Feb. 13 to 2,800 now.

Average wait time for a decision has reduced from 190 days to 166.

Mandatory overtime instituted for all claims processing personnel since January, 2014.

We are fortunate here in Eastern Massachusetts to have excellent VA facilities and a dedicated staff seeking to improve time in responding to Veterans.

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

New and renewed Friends

John Fraser, Dave & Sandy Vaughn, David Duff, Anne McIntyre, Norma Sides, Sue Gosnell, Irene Karstunen, Rita Webster, Sue Donovan, Darlene Lambert, Nora Hutchings, Jean & James Carroll, Dick Housley, Richard & Beth Laurie, Marie Sisk, Mary McMorrow, John Bora, Betty Vogel, Ruth McLaughlin, Robert & Carolyn Frattalone, Emma Alpert, Jack & Eileen Sears, Thomas & Clare Ray,

Additional contributions

Dave & Sandy Vaughn, David Duff, Anne McIntyre, Shirley Mesheau, Pat Weinard, Nora Hutchings, Dick Housley, Richard & Beth Laurie, Norma Morgan, Betty Vogel,

In Memory of

John Fraser in memory of Joan Fraser
 Norma Sides in memory of Robert Sides
 Rita Webster in memory of Carol Marsh
 Darlene Lambert in memory of Tina Murphy and Dot Struble
 Marie Sisk in memory of John Sisk
 Mary McMorrow in memory of John Zappala
 Friends of Pearl Ridder at Barstow Village in memory of Pearl Ridder
 Cynthia Newton in memory of Pearl Ridder
 Ronald Lally in memory of Ron Johnson
 Jean Keaney in memory of Pearl Ridder
 Joanne Curtis in memory of Pearl Ridder
 Paul & Diane Hickey in memory of Matthew P. Hickey

STOCKING STUFFERS

**Be a part of the
 Hanover Senior Center Giving Community**

We are asking for the following donations to help stuff holiday stockings for the food pantry, veterans and the underprivileged children:

Packages of Kleenex
 Chap stick
 Pre-wrapped mini Christmas candy
 (We have candy canes)
 Gloves and socks
 Assorted small items

COMING UP IN EARLY DECEMBER**HOLIDAY CONCERT AND DESSERT BUFFET****RESERVATIONS NECESSARY**

On Sunday, December 7 at 2PM, there will be a special **Holiday Concert and Dessert Buffet** at the Hanover Senior Center. The Rusty Skipper will entertain us with some favorite holiday music! The cost is \$5 and signups begin on November 24 and end on December 4. Transportation is available. Please call for van reservation.

ANNUAL HOLIDAY PARTY!

**Wednesday, December 10, 2014 , noon,
 \$12.00**The annual **Holiday Party** will be held on Wednesday, December 10 at noon. Enjoy a roast beef dinner by Harts Caterer and entertainment by the Tenors.

Signups begin on Monday, November 24 and the first two days are reserved for Hanover residents and honorary Hanoverians (volunteers who have helped out for 30 hours). This very popular event sells out quickly.

Remember reservations must be made in person and payment must be made when you reserve. Each person can sign up for them self and only one additional person.

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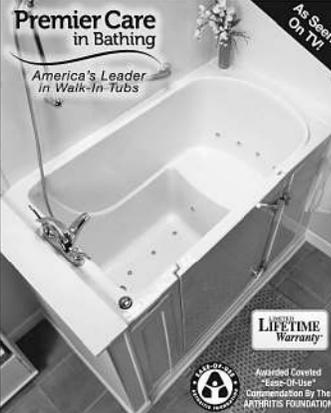
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*Transportation/Volunteer
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Mobile Outreach*

Dawn Rivers,
Nutrition Manager,
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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 2014

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____

**A REMINDER IS NECESSARY. YOU MAY ONLY SIGN UP
FOR 1 OTHER PERSON BESIDES YOURSELF!**