

A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

HANOVER HAPPENINGS

OCTOBER 2017

Hello All.

I wanted to use this space, this month, to make you aware of some special services we have going on and coming up over the next few months.

We are accepting applications for the Senior Tax Work Off Program. This program offers Hanover residents 60 years of age or older, the opportunity to work 125 hours from January to September and earn a Real Estate Tax Credit of up to \$1375.00. Please come to the Center for more information and/or an application.

If you are or know someone in the community that could use a check-in or just a friendly visit, please call the center at the number listed above. We have started a program in which a member of our staff will stop by and visit with residents who could use a little company or someone to talk to.

With the change in seasons also comes a change in weather. At these times rain, falling leaves or branches, wind, snow, and ice can cause power outages or other situations in which you may want to know you are prepared and not alone. The Center maintains an "Emergency List" of people who may need assistance in these times. If you would like to be on this list please contact us and we will add your name.

We have a lot of programs that have started or will be starting soon. Please be sure to check the program book at the front desk to learn more about what is listed in the Newsletter but more importantly to keep up to date on programs added after we are required to go to print!

CODE RED:

Hanover has an automatic call system to advise you of emergencies and other important information <http://www.hanover-ma.gov/Code-Red>. If you need assistance signing up please call the Center and we can help set up for you!

Tammy

We Need Your Help!

We are trying to clean up our mailing list. If you received this in error, or would like to receive it electronically please contact the office 781-927-1913. There is no need to change the way you receive it if you are happy with it.

The Newsletter is available online at:

Hanover-ma.gov under the Council on Aging, Facebook—Hanover Ma Council on Aging, and ourseniorcenter.com., or call and request the link be emailed to you. The choice is yours!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 MOBILITY PLUS 1:00 MAH JONG 1:00 TAI CHI 1:00-3:00 FLU SHOTS</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p> <p style="text-align: right;">2</p>	<p>9:30 MORNING OUT 1:00 WATERCOLOR 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING ROCHE BROS/XMAS TREE</p> <p style="text-align: right;">3</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 6:00 HANOVER HISTORY</p> <p style="text-align: right;">4</p>	<p>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p> <p style="text-align: right;">5</p>	<p>10:00 ARTHRITIS EXERCISE</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p> <p style="text-align: right;">6</p>
<p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p> <p style="text-align: right;">9</p>	<p>9:30 MORNING OUT 9-11 BEAUTY SALON 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING KOHLS/STOP&SHOP</p> <p style="text-align: right;">10</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p> <p style="text-align: right;">11</p>	<p>10:00 BOWLING 10:00 BOOK CLUB 10:00 ASK A LAWYER 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p> <p style="text-align: right;">12</p>	<p>10:00 ARTHRITIS EXERCISE 1:00 MOVIE</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p> <p style="text-align: right;">13</p>
<p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 HANOVER SHIPBUILDING 1:00 MAH JONG 1:00 TAI CHI</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p> <p style="text-align: right;">16</p>	<p>9:30 MORNING OUT 9:30 BLOOD GLUCOSE 9:30 MENS DISCUSSION 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING STAR/MARSHALLS MARSHFIELD</p> <p style="text-align: right;">17</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p> <p style="text-align: right;">18</p>	<p>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 1:00 BEAD CLASS 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p> <p style="text-align: right;">19</p>	<p>10:00 ARTHRITIS EXERCISE 1:00 ART FOR YOUR MIND</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p> <p style="text-align: right;">20</p>
<p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p> <p style="text-align: right;">23</p>	<p>9:30 MORNING OUT 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING MARKET BASKET</p> <p style="text-align: right;">24</p>	<p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:30 MATTER OF BALANCE BEGINS</p> <p style="text-align: right;">25</p>	<p>10:00 EXERCISE W CHRIS 10:00 BOWLING 11:30 CAREGIVER FATIGUE 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p> <p style="text-align: right;">26</p>	<p>9:30 WALNUT HILL</p> <p>10:00 ARTHRITIS EXERCISE</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p> <p style="text-align: right;">27</p>
<p>8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TAI CHI</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p> <p style="text-align: right;">30</p>	<p>9:30 MORNING OUT 11:30 HALLOWEEN PARTY 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING BIG Y/TJ MAXX</p> <p style="text-align: right;">31</p>			

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SPECIAL EVENTS

North River Home Care will be sponsoring an earring party on **Thursday October 19 at 1pm**. There will be hundreds of different beads for you to creatively put together various bead combinations to make your own personal earrings. There is no skill required, guaranteed everyone will make a few pairs of earrings by the end of the class. Make and wear your masterpieces or give them to friends or grandchildren as presents. Be sure to sign-up and reserve your spot, the limit is 12 people for this class.

LES MOLYNEAUX PRESENTS:

The History of the National Fireworks Company
Wednesday October 4 at 6pm

Les Molyneux, Co-President of Hanover Historical Society, will trace the history of this local company which went from making decorative fireworks to become one of the largest munitions manufacturers in the World with plants in seven states during World War Two. **Reservations Requested Light Refreshments Served**

JOHN GALLUZZO PRESENTS:

Ship Building in Hanover

Monday October 16th at 1pm

North River shipbuilders launched 1,025 ships between 1690 and 1870, including many that went on to great fame. What was Hanover's role in this phenomenon? Join Hanover Historical Society board member John Galluzzo for an inquisitive look at Hanover's shipbuilding past.

LUNCH AND LEARN

Kim Bennett LCSW of Visiting Angels of the South Shore will discuss Compassion Fatigue and Caregiver Burnout on **Thursday October 26th @ 11:30 am** a light lunch will be served. (**reservation requested**). A presentation for family caregivers facing the difficult feelings of anger and guilt, including specific techniques and common sense guidance, how to manage one's own care, how to recognize – and discuss – when it's time to make transitions at life-changing points, when to ask for assistance, and how to remain yourself while you are a caregiver. (This presentation is also perfect for professional caregivers).

ART FOR YOUR MIND

Friday, October 20, 2017 at 1 PM

Cost: \$2.00

The Art of France, showcases some of France's prominent artists and art trends from the past several centuries – Baroque, Romanticism and Impressionism to name a few. **Please call to reserve your spot.**

MATTER OF BALANCE

This free 8-week program is based on Fear of Falling: A Matter of Balance. This program emphasizes practical strategies to manage falls. You will learn to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance.

This program will meet on Wednesdays at the Senior Center with Instructors from the Emilson YMCA. If this program interests you, **call the front desk to sign-up**. The program begins, Wednesday, October 25, 2017 1:30 – 3:30 PM. Mark your calendar for dates listed: 10/25/17, 11/8/17, 11/15/17, 11/22/17, 11/29/17, 12/6/17, 12/13/17 and 12/20/17.

SEASONAL INFLUENZA CLINIC

MONDAY, OCTOBER 2, 2017

From 1:00 PM-3:00 PM

*please bring your Medicare or other insurance card which will cover cost of flu shot

MOBILITY PLUS PROGRAM

On Monday, October 2nd, 2017, Craig Tarantino, PT, MS, owner of Mobility Plus Physical Therapy in Hanover, will speak to local seniors on, "Exercising Safely with Arthritis." The talk will take place at the Hanover Council of Aging starting at 11:30 am.

Craig will speak on pain management, exercise protocols, wellness strategies, and how to develop your own personalized Home Exercise Program. Refreshments will be provided as well. "It is so important that our seniors understand the benefits of exercise, and how this can positively impact their quality of life", said Craig. Mobility Plus Physical Therapy is a premier, therapist-owned private practice that specializes in orthopedic, neurological, and pre/post-surgical injuries and conditions.

VETERAN'S NEWS

VA Secretary David Shulkin will decide by November, 2017 whether to add to the list of medical conditions the Department of Veteran Affairs presumes are associated with exposure to Agent Orange. Additions would make many more Vietnam era veterans eligible for VA disability compensation and VA healthcare.

Ailments under review as possible additions to the current 14 presumptive diseases are bladder cancer, hypothyroidism and Parkinson-like symptoms without diagnosis of that particular disease. Hypertension and stroke also may be embraced, or ignored, as part of the current review.

The process was sparked by the Institute of Medicine's (IOM) 10th and final review of medical literature on health effects of herbicide exposure in Vietnam and Southeast Asia.

Many Veterans know what's at stake and have been pressing VA to add more diseases to the presumptive list. Also, thousands of sailors and Marines who served on ships in the territorial waters off Vietnam continue to press VA and Congress to make Blue Water Navy Veterans eligible for Agent Orange benefits. If you have questions about your military/VA benefits please contact Hanover's Veterans Service Office, Mike Thorp, located at town hall 781-829-0968.

FROM THE OFFICE OF ELDER AFFAIRS

If it sounds too good to be true, it probably is:

If someone says you that have "won" **free** money... and requires you to send "**real**" money to get their "**fake**" money... the odds are **EXTREMELY GOOD** you have **NOT** just won the LOTTERY, SWEEPSTAKES, RAFFLE, VACATION, PRIZE, BEQUEST, GIFT, LEGACY, REWARD, etc.

If it sounds too good to be true, **just let it go.**

ACTIVITY REQUESTS

We want to know what you want! If you have any suggestions for activities or programs let the office know we will do our best to provide it.

HANOVER VNA

I am very pleased to have the opportunity to contribute to the Hanover Happenings. The Hanover VNA works in conjunction with the Hanover VNA Board to assist the Hanover community in need. The Board provides scholarships, camperships, and community assistance. The Hanover VNA continues to keep ever present in our minds the original mission that began on January 15, 1929: "To promote the health, individual and community, to prevent disease and to provide nursing care for the sick in their homes". The VNA provides services of health assessment and screening, health education and counseling, physician prescribed medication and treatment, in the home, the office and community settings.

September 2017 was "Healthy Aging" month according to the Department of Health and Human Services. Aging begins the moment we are born. You may have heard the saying "you're not getting older, you're getting better". We're not the only ones, some of the world's most popular cheeses are better with time, wine gets better the longer it sets and allows the flavor to come through, furniture can be priceless antique, and jewelry gets more valuable as it gets older. Even though we can get better with age in some areas, we need to take care of ourselves and live a healthy lifestyle to add life to years and reduce the risk of developing chronic diseases or to have better control of what illnesses we might have. It is never too late to start leading a healthier lifestyle. Here are a few tips to help.

Tips for Healthy Aging:

- Stay physically active-Check with your doctor then find your passion –walk, dance...;
- Make healthy food choices-Avoid salty, sweet, and processed foods...;
- Keep your brain active-Read, do word searches, learn something new, play games;
- Stay socially engaged-Participate in COA, church, the library, cultivate relationships;
- Keep your stress at bay-Talk to loved ones, close friends, counselor, practice relaxation;
- Get adequate sleep-Keep a schedule and regular bedtime;
- Have an annual physical and keep additional appointments as required;
- Prevention is key-Hand washing, Immunizations, be safety conscious.

Be well.

Doreen Zeller, RN

DROP IN EXERCISE CLASS DESCRIPTIONS

Arthritis Exercise-Take Control with Exercise

Monday & Friday-10:00 AM – 11 AM, Cost: Free
Take Control with Exercise-shows you how to increase physical activity to boost energy, relieve pain and improve well-being, without straining joints. This upbeat fitness video is a 60 minute balanced exercise program, a proven method for getting in better shape no matter what shape you're in now.

Tai Chi

Monday & Tuesday 1:00 PM – 2:00 PM, Cost: \$4.00
Tai Chi has been described as a form of moderate slow-motion exercise, a type of moving meditation, and a system of martial art. The movements can be adapted for various degrees of relaxation or rigorous exercise, depending on the needs of the practitioner. Health benefits include stress relief and improved balance.

Instructor: Roxanne

Strength Training

Wednesday 11 AM-12 PM, Cost: \$4.00
This class focuses on building and maintaining strength and endurance in the major muscles in the upper and lower body and the core. Using dumbbells, weighted balls, resistance bands, and body weight, you will work the different muscles in the back, chest, arms, legs, and abdominals. Special attention and care are given to the low back, knees, and shoulders where joints may show increased signs of aging. All exercises can be done sitting or standing and modifications are offered.

Instructor: Carla

Chair Yoga

Monday at 8:30AM & **Wednesday** at 9:30AM, Cost: \$4.00

This class is done while sitting in a chair and/or standing using a chair for support. It is adaptable for all ages and capabilities. Cues and modifications are given to fit all needs. Together you will explore proper posture, better breathing techniques, and gentle movement of nearly every muscle in the body. The class ends with a complete mind/body relaxation that will leave you feeling refreshed, relaxed and rejuvenated.

Instructor: Kathy

Exercise with Chris

Thursday 10:00AM, Cost: \$4.00

This fun filled class includes seated and ambulatory exercises and lots of laughter.

Instructor: Chris

Aging Gracefully, Modified Mat Yoga (Stretch & Relax)

Tuesday & Thursday 2:15PM -3:15 PM, Cost: \$4.00
Mat Yoga is practiced from the floor and utilizes props such as chairs, walls, blocks and straps. This fun & energizing Yoga class is designed to increase strength, flexibility & balance while focusing & quieting the mind. Variations and modifications are provided for the movements and postures enabling each student to accommodate their own individual needs.

Instructor: Neil

Zumba Gold

Thursday 1:00 PM, Cost: \$4.00

Zumba Gold. Active older adults who are looking for a modified **Zumba**[®] class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow **Zumba**[®] choreography that focuses on balance, range of motion and coordination.

Instructor: Pasqualina

WALNUT HILL GARDEN CLUB FALL CRAFT

Friday, October 27 at 9:30 AM

Cost: \$4.00

Join us as the Walnut Hill Garden club will be here to get into the fall spirit. You will create a decorative hanging chalkboard that will be adorned with silk flowers. Reservations are necessary. Call 781-924-1913 to reserve your spot!

MEDICARE PRESENTATION

Join us on **Wednesday, November 1 at 1PM** at the Hanover Senior Center to learn about the changes in Medicare for 2018. Mary Bessey, the regional SHINE (Serving Health Information Needs for Everyone) director will be here to discuss Medicare. Open enrollment runs from October 15 through December 7 and is the one time each year that you can make changes to your Medicare plans including your drug plan. Choosing the right drug plan could save you thousands of dollars. Call 781-924-1913.

HALLOWEEN PARTY

Tuesday, October 31, 2017 at 11:30 AM Cost \$5

Join us for some Halloween fun and a costume contest! Lunch and Entertainment by Bob Sylvia! See you there! **Don't forget to R.S.V.P.**

VOLUNTEER OPPORTUNITIES The Center is seeking volunteers to assist in the office (specifically Thursday and Friday), the kitchen (packing meals on wheels or cooking meals for events), and out of area transportation (mileage reimbursement available). These positions are eligible to Senior Tax Work off and/or mileage reimbursement.

MOVIE: THE BRIDGEWATER TRIANGLE DOCUMENTRY

Friday, October 13 at 1PM

The **Bridgewater Triangle** refers to an area of about 200 square miles within southeastern Massachusetts, claimed to be a site of alleged paranormal phenomena, ranging from UFOs to poltergeists, orbs, balls of fire and other spectral phenomena, various bigfoot-like sightings, giant snakes and "thunderbirds"

NEW AND RENEWED FRIENDS

Judy Lyons, Lois Amarault, June Lane, Charles Fisher & Constance Rothmund, Barbara Beekman, Ann Savage, Marie Sisk, Sonny & Linda Ducharme, Mary Ellen & Roy Morell, John & Eileen Marshall, Heidi Davis, Carol White, Claire Garrigan, Janice Keough, Richard Whiting, Nancy Davis, Marie & Ray Martucci, Nancy Gamble, Helen Smith, Eleanor Nawazelski, Marjory Ellstrom, Patricia Montgomery, Linda Dempsey, Cliff & Lorraine Gaysunas, Richard & Suzanne Stevens, Dolores Johnson, June Lane, Nina Dallas, Doug & Maureen Sargent, Sheila Healey, Ann Chizauskas, Mr. & Mrs. James Wasiolek, Ellen Murphy, Dick Housley, Ed Finn, Joyce Tucker, Carol Glowka, John & Sandra Calderwood, Melissa Anderson, Joseph Farley, Howard & Patricia Perkins, June Lane

ADDITIONAL DONATIONS

Judy Lyons, Anne Quinn, Catherine Connolly, Plymouth Health Care, Ann Chizauskas, Claire & Bill Flynn, Marie Sisk, Elovetsky Family, John & Eileen Marshall, Mike & Carol Molongoski, Heidi Davis, Claire Garrigan, Richard Whiting, Helen Smith, Eleanor Nawazelski, Marjory Ellstrom, Patricia Montgomery, Dolores Johnson, John Thomson, Ellen Murphy, Nancy Johnson, Dick Housley, Friends at Village at Walnut Circle, Joe Tucker, Carol Glowka, Howard & Patricia Perkins, John Buzad, Norma Morgan, Shirley Beers, Valerie Spring, Carol Todd

Please note: We do our very best to get your loved ones names entered promptly, yet sometimes there are delays in the process. Please know that it is unintentional and we will list names as soon as we can.

IN MEMORY OF

Judy Lyons in memory of George Noon
Ann Chizauskas in memory of Bob Shea
Claire & Bill Flynn in memory of Thelma Litchfield
Marie Sisk in memory of John Sisk
The Elovetsky Family in memory of Eileen Zadorian
John & Eileen Marshall in memory of Kathryn Marshall
Mike & Carol Molongoski in honor of Teddy Drummond
Heidi Davis in honor of A. Peter Davis
Richard Whiting in memory of Shirley Whiting
Marie and Ray Martucci in memory of Virginia Golden
Eleanor Nawazelski in memory of Julius Nawazelski
Marjory Ellstrom in memory of Robert Ellstrom and Sally Alexander
Patricia Montgomery in memory of Ruth Montgomery
Doloras Johnson in memory of Ralph Johnson
Ann Chizauskas in memory of John Chizauskas and Ruth Doolin
Friends at Village at Walnut Circle in memory of John Cafferty
Joe Tucker in memory of Marilyn Pratt
Carol Glowka in memory of Stan Glowka

John Thomson in honor of Robyn Mitton

FRIENDS TRIP

Winnepesaukee Turkey Train Ride.

October 12, 2017 call Donna Lawrence at 508-866-7556

Our knitting group is always looking for yarn, if you have any that you would like to donate, you can drop it at the center. **We Thank You!**

*****Special thanks to the weekly poker players for their continued donations to the Center!**



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I would like to become a Friend of the Council on Aging.

Enclosed are my dues of \$5 per person for 2017

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 October 16, 2017 (due to Columbus Day holiday) at 9am. All are welcome to attend this open meeting.