

## A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

# HANOVER HAPPENINGS

**OCTOBER 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*



## OCTOBER'S MESSAGE FROM THE DIRECTOR

What better time to renew, add something new or take away what no longer serves our purpose than the changing of a season? The exercise, health and wellness programs you have requested are going smoothly and are very well attended. More educational and cultural classes are scheduled at your request and our Diversity program returned last month with the celebration of Italy. You have inspired the Hanover Council on Aging in so many ways. We are thankful for your suggestions!

This month we are introducing “The Whole Person Concept”. It is our theme for the coming program year bringing a sense of balance in all areas of our lives. We will continue to expand activities that will enhance and enrich your journey . Begin your passage today!



*“The best time to plant a tree was 20 years ago. The second best time is now”*

*Chinese proverb*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yoga-\$4</b> <b>Stretch &amp; Relax-\$4</b> <b>Zumba-\$4</b> <b>Exercise with Chris-\$4</b> <b>Tai Chi-Free</b> <b>Arthritis-Free</b>	<b>Acupuncture-\$25</b> <b>Watercolor-\$10</b> <b>Art Matters-\$2</b> <b>Autumn Tea-\$3</b> <b>Halloween Party-\$5</b> <b>Saturday Supper on 10/25 for \$7</b>	9:30 YOGA 1:00 BINGO/POKER <b>1</b>	10:00 BOWLING 10:00 EXERCISE WITH CHRIS 11:30 TAI CHI 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT <b>PM SHOPPING HANOVER MALL</b> <b>2</b>	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MOVIE-Mr. Banks <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b> <b>3</b>
8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 1:00 MAH JONG <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b> <b>6</b>	9:30 MORNING OUT <b>11:00 ALLERTON HOUSE AND LIGHT LUNCH</b> 1:00 WATERCOLOR <b>1:00-3:00 FLU SHOTS</b> <b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b> <b>7</b>	9:30 YOGA 1:00 BINGO/POKER <b>4:30-7:00 FLU SHOTS</b> <b>8</b>	10:00 BOWLING 10:00 EXERCISE WITH CHRIS 10:00 ASK A LAWYER 10:00 BOOK CLUB 11:30 TAI CHI 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT <b>PM SHOPPING HANOVER MALL</b> <b>9</b>	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b> <b>10</b>
<b>HOLIDAY</b>  <b>SENIOR CENTER CLOSED</b> <b>13</b>	9-12 SHINE (By Appt) 9-12 BEAUTY SALON 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI IN REVIEW <b>PM SHOPPING KOHLS/ STOP &amp; SHOP</b> <b>14</b>	9:30 YOGA 12:00 LUNCH <b>NO AFTERNOON ACTIVITIES INSERVICE</b> <b>15</b>	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 <b>PM SHOPPING HANOVER MALL</b> <b>16</b>	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 ART MATTERS <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b> <b>17</b>
8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG 1:00 AUTUMN TEA <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b> <b>20</b>	9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 WATERCOLOR <b>PM SHOPPING STAR/ MARSHALLS/ MARSHFIELD</b> <b>21</b>	9:30 YOGA <b>10:30 JOHN GALLUZZO</b> <b>11:30 ROYAL NURSING HOME AND LUNCH</b> 1:00 BINGO/POKER <b>22</b>	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 <b>PM SHOPPING HANOVER MALL</b> <b>23</b>	8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH <b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b> <b>24</b>
8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MEDICARE 1:00 MAH JONG <b>PM SHOPPING SHAW'S-CUSHING &amp; OTHERS</b> <b>27</b>	9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI IN REVIEW <b>PM SHOPPING HANNAFORD</b> <b>28</b>	9:30 YOGA 12:00 BLOOD PRESSURE 12:00 LUNCH 1:00 BINGO/POKER <b>29</b>	10:00 BOWLING 10:00 EXERCISE WITH CHRIS 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 1:00 JEWELRY CLASS 2:00 BEREAVEMENT <b>PM SHOPPING HANOVER MALL</b> <b>30</b>	<b>No Other Activities!</b>  <b>12:00 Halloween Party!</b> <b>Doors open at 11:30</b> <b>31</b>

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

**Do they know who YOU are?**

*Call to place an ad today*

**800-732-8070**



**Be World  
Conscious  
Recycle!**

**PRESENTATION AND NAME THAT TUNE  
WITH**

**ALLERTON HOUSE**

Tuesday, October 7, 2014

At 11:00 AM

Pizza and Salad, coffee and dessert

Reservations are necessary

Always a fun time with Carol Taylor, Director of Marketing at Allerton House in Hingham and Linda Chuckran, Director of Community Relations. They will speak about assisted living options and the differences between traditional assisted living and memory care assisted living services. This is followed by the ever popular game Name That Tune. Must attend workshop for free lunch!

**WALNUT HILL GARDEN CLUB  
FRIDAY, OCTOBER 17 AT 9:30**

**Volunteers from the Walnut Hill Garden Club will instruct us again this year in creating a colorful Autumn centerpiece using fall blooms and foliage. The class list limited to 15 people and is only \$5.00. Be sure to sign up.**

**AUTUMN TEA  
MONDAY, OCTOBER 20, 2014  
AT 1:00 PM**

**\$3:00**

**RESERVATIONS ARE NECESSARY  
FEATURING**

**Petticoat Adventures**

Storyteller and actress Joan Gattorna presents a one-woman dramatization of the lives of extraordinary yet little known American women. Today we will hear about

**Petticoat Patriot: Soldier Girl of the  
American Revolution**

Massachusetts native Deborah Sampson was a young woman who disguised herself as a boy and served as a Continental soldier during the American Revolution! Learn about the daily lives of boys and girls in Revolutionary times and what made Deborah dare to be a soldier.

**No reservations after October 15.**  
**the American Revolution!** Learn about the daily lives of boys and girls in Revolutionary times and what made Deborah dare to be a soldier. Discover the secrets of disguise that allowed

**NEW AND RENEWED FRIENDS**

Louise Tanderes, Mary Spada, Judith and John Condon, Dr Iacobucci, Dorothy Merritt, Shirley Mesheau Barbara and John Wilson, Bill and Martha Dooley Ann Chizauskas

**ADDITIONAL DONATIONS:**

Lorine and June Bergeron, Dr Iacobucci, Shirley Mesheau

**IN MEMORY OF:**

Beverly Frattasio in memory of Ronald Levangie  
Mary Lou Skahan in memory of William Skahan  
Dorothy Merritt in memory of Bob Merritt and Steven Botto, Ann Chizauskas in memory of John Chizauskas

**A YEAR IN THE NATURAL LIFE  
OF MASSACHUSETTS  
With John Galluzzo**

**Wednesday, October 22, 2014 At 10:30 am  
Lunch free to those who attend.**

**Reservations are necessary.**

From the first cold day in January 'til the last cold day in December, Massachusetts undergoes innumerable remarkable natural transitions. Naturalist, historian, educator and author John Galluzzo will march us through them all, from the first budding out of the flowers in spring to the arrival of Neotropical songbirds to the falling of the last leaf in autumn. Call 781-924-1913 for reservations. After John's presentation, Royal Norwell Nursing Home will talk with us about their services and treat us to lunch. No reservations after October 20, 2014.

**ART MATTERS  
OCTOBER 17 AT 1 :00 PM, FEE \$2  
MOTHER & CHILD**

The bond between parents and their children is very special, very personal, and yet universal. This relationship transcends language, different cultures, great distances and time itself. Art speaks to this bond, so we can understand and share the connections and experiences made between mothers & their children throughout our human history. Fathers welcome! Join us for a special sharing,.

**SENIOR CENTER GUIDELINES**

The Hanover Council on Aging Board members have been busy working on a Hanover Senior Center Guidelines Handbook to help you better understand the guidelines that we request. Look for it in the new year.

**NEW!**  
**OLD FASHIONED**  
**SATURDAY SUPPER!**  
**Saturday, October 25, 2014**  
**At 5:00 PM, only \$7**  
**Sign up by October 20**

Ham , beans corn bread, cold slaw, coffee and  
 apple crisp dessert

Catered by Hart Brothers  
 Entertainment by Bob Sylvia  
 50/50 Drawing  
 Trivia with prizes  
 Transportation available  
**Senior Center Halloween Party**



**Happy Halloween**

YOU ARE INVITED  
 TO A FIGHTFULLY GOOD TIME  
**FRIDAY, OCTOBER 31, 2014**  
 AT NOON, DOORS OPEN AT 11:30  
 LUNCH—\$5.00

ENTERTAINMENT BY LAURA JAMES  
 Formerly performed with Herb Reed and the Patters  
 SIGN UP BEGINS OCTOBER 2, 2014

**NO RESERVATIONS**  
**TAKEN AFTER OCTOBER 24TH**

**FYI:**

The center will be closed on Monday,  
 October 13 for Columbus Day.  
 No afternoon programs on  
 October 15th. The center is closed for an  
 In-service training for staff.

**FRIENDS OF THE HANOVER COA PRESENTS:**  
**A 50' & 60'S HOLIDAY VARIETY SHOW**  
**FEATURING DON WHO AND A TRIBUTE TO**  
**BRENDA LEE**  
**AT**  
**WHITES OF WESTPORT**

Tuesday December 2, 2014  
 \$59.00

Choice of Baked Scrod or Breast of Chicken

**CONTACT :**

Dot Quinn at 17 Briscos Plain, Hanover, MA  
 1-781-829-4241

**MOVIE**  
**Friday, October 3, 2014**  
**1:00 PM**

**SAVING MR BANKS**  
 With  
 Emma Thompson and  
 Tom Hanks



Two-time Academy Award winner, Emma Thompson and fellow double Oscar winner, Tom Hanks top line Disney's "Saving Mr Banks," inspired by the extraordinary, untold back story of how Disney's classic "Mary Poppins" made it to the screen. When Walt Disney's daughters begged him to make a movie of their favorite book, P.L. Travers' "Mary Poppins," he made them a promise—one that he didn't realize would take 20 years to keep.

**PROGRAM CHANGES IN OCTOBER**

There will be **no congregat meals** at the Senior Center from October 1 through October 10. Wednesday Mah Jong at 1PM is being discontinued as the snow birds return to Florida. Tuesday, Tai Chi at 1PM will not be held in October 7 and October 21 It will be held on October 14 and October 28 in review. Any questions? Call 781-924-1913

## CARING VOLUNTEER

### MEALS ON WHEELS DRIVERS NEEDED!

Volunteer as little as 1 hour per month to make a world of difference .

Drivers are needed to deliver Meals on Wheels to homebound Seniors on Monday through Friday (not including holidays).

The Meals on Wheels program would not be possible without the dedication of caring volunteers contributing to their community.

### IT'S MORE THAN JUST A MEAL!

Each Meals On Wheels delivery is made by a driver who also checks on the well-being of each Senior-bringing peace of mind to clients and their families. For many, the Meals on Wheels driver is the only person they see during their day.

If you are interested in volunteering to become a driver please call: 781-924-1913 and speak to Katie O'Brien or-mail: [coa@hanover-ma.gov](mailto:coa@hanover-ma.gov)

Delivery time is 11:30 to 12:30. It only takes 1 hour a week of your time.

Drivers must be 18 years old or older and have a valid MA Drivers license.

## FLU CLINICS

The Hanover Board of Health in conjunction with the Hanover Visiting Nurse Association will again hold public influenza (flu) clinics at the Hanover Senior Center. The dates for the flu shots are Tuesday, October 7 from 1:00PM to 3:00PM and Wednesday, October 8 from 4:30 PM to 7PM . Transportation is available for both sessions. Reservations for rides are to be made a week in advance.

Flu shots are recommended for everyone in anticipation of the flu season, which is typically December through March here in Massachusetts. **We request that you bring your Medicare or insurance card with you as most insurers will pay for the cost of the flu shot,** but no one will be turned away. If you have any questions or concerns please call the Hanover Board of Health at 781-826-4971.

## JEWELRY CLASS WITH TERRY MCMAHON

On Thursday, October 30 at 1PM, Terry will return to teach another jewelry making class. The fee is \$5. We need 10 people for the class to be held.

## VETERAN'S NEWS

October, 2014

The newly appointed Secretary of Veterans Affairs, Robert A. McDonald, has initiated an independent, nation-wide review of all scheduling practices at VA medical facilities.

Additionally, he has announced actions the VA will take in the coming months to accelerate access to care for Veterans.

To ensure the presence and alignment of proper elements needed for an ethical culture, VA will conduct a holistic review that results in actionable initiatives to ensure a strong ethical environment across all VA facilities.

Require all VA medical center directors to notify the Under Secretary for Health if access or quality-of-care standards are not being met.

Review all senior leader performance plans in the VA to better align with the strategic plan and the outcomes that matter most to Veterans.

Review VA's employee performance goals to ensure they are focused on providing timely quality care.

Require medical center directors to ensure that all VA staff with scheduling privileges complete mandatory training.

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

## THANK YOU

Irene Daika, Chickie Walker, Eileen Zadorian, Dot McDonough, Carolyn Ryan, Ingrid Lancaster, Sue Chapman, Linda Dempsey, Ann Chizauskas, Tina Petkus, John Buzad, Barbara Lancissi, Pat Louis, Ellen Butler, Corie Caye, Claire Garrigan, Sue Gosnell

## WISH LIST

Candy Corn, Hershey bars, microwaveable popcorn, decaf coffee. We are also looking for a small artificial Christmas tree.

## Top 10 Scams Targeting Seniors—by the National Council on Aging

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century."

Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses.

It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse.

And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

1. Health Care/Medicare/Health Insurance Fraud
2. Counterfeit Prescription Drugs
3. Funeral & Cemetery Scams
4. Fraudulent Anti-Aging Products
5. Telemarketing.
6. Internet Fraud
7. Investment Schemes
8. Homeowner/Reverse Mortgage Scams
9. Sweepstakes & Lottery Scams
10. The Grandparent Scam

**Do not give out your social security number**

**Do not give out your credit card numbers**

**Do not give out your bank information**

**It's your phone....HANG UP**

**Contact a family member , friend or police when in doubt.**

## MEDICARE OPEN ENROLLMENT BEGINS OCTOBER 15 AND ENDS DECEMBER 7

This is the one time each year that you can change your Part D drug plan. Come in and find out the best plan for your current medications. Open enrollment is also your opportunity to evaluate your Medicare Advantage or Medicare Supplement plan and make changes. **Important** If you are unable to get to the Senior Center, SHINE counselor, Nancy Lester will arrange a **telephone appointment**. Call 781-924-1913 to make your appointment.

On Monday, October 27, Mary Bessey the Regional SHINE director will be here at 1PM to review the **Medicare changes for 2015**. Come and learn about this important subject and get your questions answered. Reserve your place, call 781-924-1913

## FUEL ASSISTANCE

You can apply for fuel assistance here at the Hanover Senior Center beginning November 1. Fuel assistance is available to both homeowners and renters. The Hanover Senior Center provides help in applying for people of all ages. Please call 781-924-1913 for an appointment and to find out the information that you need to bring in order to apply.

For those who received fuel assistance last year, you should have received a recertification form. You need to send those forms back with your signature, picture identification, income documentation, heating and electric bills.

## **DO NOT BE MISINFORMED!**

PLEASE, It is true with everything, do not depend on your neighbors for information on Social Services. Consult an expert. Nancy Lester is our SHINE Consultant. Also, Katie O'Brien and Nancy are trained to help with fuel assistance. CALL 781-924-1913.

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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 2014

**PLEASE PRINT CLEARLY**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Membership: \_\_\_\_\_

Additional Contribution: \_\_\_\_\_

In Memory of: \_\_\_\_\_

In Honor of: \_\_\_\_\_

Send acknowledgement to: \_\_\_\_\_