

## 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

SEPTEMBER 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*

## SEPTEMBER'S MESSAGE FROM THE DIRECTOR

Summer comes to an end and our lazy days are over. We celebrate Labor Day signaling that vacation has ended and our program year begins full steam ahead!

This is a great month to get to know your staff.

Nancy Lester is the Senior Center's Administrative Assistant and Client Services Coordinator as well as our very valuable SHINE counselor. Katie O'Brien is our Mobile Outreach Coordinator, Volunteer Coordinator and shared Transportation Coordinator. George Shanahan is a shared Center's Transportation Coordinator as well as van driver. Jim Palana is also a van driver. Janet Kirby is Kitchen and activities aide. Steve Ennis is our Custodian and Dawn Rivers who works for Old Colony Elder Services is the Nutrition site manager.

I am proud of our staff. Each one makes personal contributions to the Hanover Senior Center and all pull together to accomplish the Council on Aging's mission. In addition, they consistently rise above their duties to meet the needs of the Seniors, always with a welcome smile in service to ensure that your needs are fulfilled. They never stop doing their best even when it may go unrecognized.

They have contributed to the outstanding success of the Hanover Senior Center and I know you value them as much as I do. *Robyn*

### **NEW IDEAS AND SUGGESTIONS FOR PROGRAMS ARE ALWAYS WELCOME !**

We are always looking for suggestions for new programs, activities and entertainers. If you have an idea, please let me know. Thanks. *Robyn*

### **GREAT NEWS FROM THE FRIENDS OF THE HANOVER COUNCIL ON AGING!**

Our "Friends" are looking out for you. Your health and well being are uppermost on their minds. They have approved the funding for September's Health and Wellness classes. Yoga. Stretch & Relax, Zumba and Exercise with Chris are free for the month of September! Come in and take advantage of this is a great opportunity!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>LABOR DAY SENIOR CENTER CLOSED</b></p>	<p><b>2</b></p> <p>9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 WATERCOLOR \$10</p> <p><b>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</b></p>	<p><b>3</b></p> <p>9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG</p>	<p><b>4</b></p> <p>10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD</p> <p><b>PM SHOPPING HANOVER MALL</b></p>	<p><b>5</b></p> <p>8:30 ACUPUNCTURE (By Appt) \$25 9-12 FOOT CLINIC (By Appt) \$29 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MOVIE</p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>8</b></p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MAH JONG <b>1:00 DECO ART</b></p> <p><b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b></p>	<p><b>9</b></p> <p>9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI</p> <p><b>PM SHOPPING KOHL'S/ STOP &amp; SHOP</b></p>	<p><b>10</b></p> <p>9:30 YOGA 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG</p>	<p><b>11</b></p> <p>10:00 BOWLING 10:00 ASK A LAWYER 10:00 BOOK CLUB 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD</p> <p><b>PM SHOPPING HANOVER MALL</b></p>	<p><b>12</b></p> <p>8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 ART MATTERS \$2</p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>15</b></p> <p>8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MAH JONG</p> <p><b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b></p>	<p><b>16</b></p> <p>9:00 BLOOD GLUCOSE 9-12 BEAUTY SALON 9:30 MORNING OUT 9:30 MEN'S DISCUSSION 12:00 LUNCH 1:00 WATERCOLOR \$10 1:00 TAI CHI</p> <p><b>PM SHOPPING MARKET BASKET</b></p>	<p><b>17</b></p> <p>9:30 YOGA <b>10:30 LEGAL PLANNING</b> 12:00 LUNCH 1:00 BINGO/POKER/ MAH JONG</p>	<p><b>18</b></p> <p>10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA GOLD 2:00 BEREAVEMENT</p> <p><b>PM SHOPPING HANOVER MALL</b></p>	<p><b>19</b></p> <p>8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX <b>AFTERNOON IN SERVICE CENTER CLOSED</b></p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>22</b></p> <p>8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH 1:00 MAH JONG</p> <p><b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b></p>	<p><b>23</b></p> <p>9-12 SHINE (By Appt) 9:30 MORNING OUT <b>12:00 SPECIAL OLD COLONY LUNCH</b> 1:00 TAI CHI <b>1:30 I REMEMBER WHEN</b></p> <p><b>PM SHOPPING HANNAFORD</b></p>	<p><b>24</b></p> <p>9:30 YOGA <b>11:00 SAFETY ASSURANCE</b> 12:00 LUNCH 12:00 BLOOD PRESSURE 1:00 BINGO/POKER/ MAH JONG</p>	<p><b>25</b></p> <p>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</p> <p><b>PM SHOPPING HANOVER MALL</b></p>	<p><b>26</b></p> <p>8:30 ACUPUNCTURE (By Appt) \$25 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX <b>12:00 DIVERSITY LUNCH PROGRAM</b></p> <p><b>PM SHOPPING-SHAW'S LEGION &amp; BARSTOW</b></p>
<p><b>29</b></p> <p>8:30 YOGA \$4 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH &amp; RELAX 12:00 LUNCH <b>1:00 HEARING TESTS</b> 1:00 MAH JONG</p> <p><b>PM SHOPPING SHAW'S- CUSHING &amp; OTHERS</b></p>	<p><b>30</b></p> <p>9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI</p> <p><b>PM SHOPPING STAR/ MARSHALLS/ MARSHFIELD</b></p>			

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are reading this newsletter.*

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**NEW PROGRAMS:**

The Hanover Council on Aging is offering beginner's classes in Mah Jong starting Tuesday, September 9 at 1:00PM. Ricky Moriarty has generously offered to teach.

Anyone interested in starting a Whist game? Call 781-924-1913 if you are interested.. If we have enough interest we will go forward with the game

**BINGO!**

New! As an added incentive A free drawing for gift card every week!

**ART MATTERS  
PAUL GAUGUIN**

Friday, September 12 at 1PM, fee \$2

"An artist is either a plagiarist or a revolutionist." A brilliant intellectual, Gauguin was a scoundrel, and a self described savage, and his innovative work inspired great devotion. He was a champion for human rights, and a shameless opportunist. His life was an adventure, traveling back and forth across the globe and journeying through many levels of civilization. Join us for an adventure of our own, looking at the art and life of Paul Gauguin.

**NEW RECYCLE BIN AT SENIOR CENTER!**

Help recycle clothing, shoes and linens. There is a new recycle bin at the senior center! Your donation helps support programs for the Hanover schools as well as the senior center. The program, which began a few months ago, involved the placement of collection containers outside all four public schools in Hanover. Kelly Lawrence, the Director of the Office of Family and Community Engagement for Hanover Public Schools, spearheaded the initiative. Bring your items to the senior center bin today!

**I REMEMBER WHEN**

Tuesday, September 23 at 1:30PM

**RESERVATIONS REQUIRED**

The Hanover Historical Society "I Remember When" Program returns to the Senior Center on Tuesday, September 23 at 1:30.

**MOM, DAD,  
HOW DO WE SAVE THE FAMILY HOME?**

with

PATRICK KELLEHER

Wednesday, September 17 at 10:30AM

**RESERVATIONS REQUIRED**

With the costs of long term care out of control you need to educate yourself on how best to protect what you have for the people you love the most!

At age 70 there is a 70% chance that you will need Skilled Nursing Care. Nursing Home care can cost about \$12,000.00 per month with an average stay of about 3.5 years. That's over \$500,000! How will you pay for this for yourself and/or your spouse? This can impoverish most seniors in one year.

Disability Planning is one of the most overlooked areas in estate planning.

Patrick J. Kelleher, Esq. a Hanover Estate Planning and Elder Law specialist will discuss these challenges as we age in place and the legal strategies you want to explore to begin protecting what you have for the people you love the most.

Patrick will discuss the difference between Medicare and Medicaid. Will these programs pay for your long term care? He will also discuss the 5 year look-back period on asset transfers.

**THANK YOU FROM JOYCE**

I thank all for coming to my "special Day" I know it took many hrs. of prep & planing to put on such a wonderful party thanks for organizing it.

The cards, gifts, flowers and well wishes were heart warming also for the messages I received from those who could not be there, thanks for all the Happy Thoughts.

In the late 1950's every Saturday morning I would sit in front of my family's black and white TV to watch Dale Evans and Roy Rogers Show. The theme song for that program fits how I feel about All of You.

Happy Trails to you until we meet again.

Happy Trails to you keep smiling until then.

Who cares about the clouds when we are together, just sing a song and bring the sunny weather.

Happy Trails to you until we meet again.

Some trails are happy ones other are blue. It's the way you ride the trail that counts.

Happy trails to you. Always. JOYCE

**TAI CHI**

There are still some openings in the Tai Chi classes. The Tai Chi program continues in the fall and classes are still free. Call Nancy to sign up for either the Tuesday 1PM class or the Thursday 11:30AM class. No drop ins.

**DECO ART**

with  
**SHARON BRAKE**  
**\$5.00**

Monday, September 8 at 1PM

This month's art project is a decorative watering can featuring an autumn motif.

**Make reservations and payment in advance.**

**OLD COLONY ELDER SERVICES  
TRAVELLING CHEF**

**Tuesday, September 23 at noon**

Join us for a Panini lunch of home-made sandwiches. Choose from chicken parmesan or Italian cold cuts on freshly-baked bread. Soup and dessert are included as well. Sign up by September 17. The price is only \$2.50 for this special treat. No phone reservations.

**ACTIVITIES RETURNING IN SEPTEMBER**

The end of summer means the return of some of our popular programs. The Men's Discussion will return on Tuesday, September 16 at 9:30AM. Book club returns to the John Curtis Library at 10AM on Thursday, September 11. Bereavement starts again on Thursday, September 18. Exercise with Chris will begin again on Thursday, September 25 at 10AM.

**TRANSPORTATION NOTES**

After an early interest in shopping at Market Basket, there has been a drop-off in ridership. If the interest does not pick up there will be another shopping option in October. September has five Tuesdays and we are trying a new destination. On Tuesday, September 30, the COA van will go to the Webster Square shopping plaza in Marshfield. In addition to Star Market, there is a Marshalls and a Job Lot. Sign ups are required.

**DIVERSITY PROGRAM  
CELEBRATING  
ITALY**

Friday, September 26

Lunch at noon

Ziti and Meatball, salad,  
coffee and cannoli.

**\$5.00**

Entertainment by

George Lyons at 1PM

**RESERVATIONS REQUIRED!**

Join us as we learn about Italy.. Gene Spriggs will bring Italy to Hanover with a slide show of his travels. Enjoy a lunch of Italian cuisine from Flavors of Italy right here in Hanover. Then enjoy the music of Frank Sinatra and Dean Martin by George Lyons

**Sign up begins Tuesday, September 2, 2014**

for Hanover residents and Honorary Hanoverians.

**No sign ups after September 22.**

**LAKE WINNIPESAUKEE  
TURKEY DINNER TRAIN**

Take a ride Wednesday, **October 15, 2014** on a luxury coach, Scenic foliage drive, Roast Turkey dinner, 2-hour train ride, farm stand visit for apples.

Taxes and gratuities not included and 40 passengers needed to prevent cancellation of the tour.

\$78.00 due on or before Friday, September 12, 2014.

**FOXWOODS CASINO**

Tuesday, **October 21, 2014** at \$25.00 per person.

Free Buffet or \$10.00 meal coupon, coin bonus TBA.

Transportation included.

**CONTACT for both trips:**

Dot Quinn at 17 Briscos Plain, Hanover, MA

1-781-829-4241



## **SAFETY ASSURANCE ( formerly Are You okay?)**

Wednesday, September 24 at 11:00AM  
Pizza and salad lunch to follow  
**RESERVATIONS REQUIRED**

Please join us to learn about a free service program called Safety Assurance. This program is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6:00 AM and Noon time. All calls are monitored by a communication's officer at the Plymouth County Sheriff's office. Calls can be stopped for things like vacations and hospitalizations. Enrollment is **FREE** through the Hanover Council on Aging (781-924-1913) or by calling the Plymouth County Sheriff's Department at 1-800-622-4300 or 1-508-830-6526.

## **VOLUNTEER SANPSHOT**

Our Volunteer indoor gardener brings life to the Senior Center. Her green thumb skills have produced some fantastic results. The plant she is holding in the above picture surprised us by blooming for the very first time! Thanks to Darlene's loving attention.

I think that Darlene's laugh is what brings the plants so much joy. It sure does for everyone here at the Senior Center.



## **WISH LIST**

We are looking for day lilies, cone flowers, daisies, brown eyed susans, alyssiums, If you are dividing and would like to share, we would love them.

Also, we would appreciate some artificial Christmas trees for this year's holiday season at the center and for the Stetson House.

Products needed: decaf coffee, Splenda.

## **DONATIONS**

John Collins (Wheel Chair), Jean Migre, Jeanne Marie Kiely, Nancy Mickunas, Linda Hayes, Jane Bradis, Theresa Gratzner, Carol Reilly, John Buzad, Nancy Gaffey, James Moran, Irene Craig, Stan Szejnar, Russ Phifer, Russ Smith, Jean & Bob Johnson, Jackie, Carroll, Barbara Sawtelle, Marilyn DeBoer, Mary Gaeta, Barbara Lancissi, Family of Claire White, Ruth Hunt, Jean Innello, Debbie & Stan Katsikis, Maureen Elliot, Ruth Hunt, Kathy Nunay, Ann Chizauskas, Darlene Draper, Mary Sides, Muriel Jennings, Luke Lukoski, Dorothy Gullicksen, Irene Daika, Ivy & Olive, Joan Norris, Nancy Funder, Mary McDermott, Maryanne Aylesworth,, Lee Bodkin, Dolly T.

Katherine Woods, Connie Malis, Helen Kelley, Donna Howard, Jackie Carroll, Chris Greenough, Barbara Lancissi, Louise Tanderes, Bob & Connie Salerno. Susan Setterland-

Special thanks to our Hanover neighbors, Trader Joe's and Panera Bread for the many contributions of food. The seniors greatly appreciate these donations. Thanks also to Squires restaurant for giving us such a good price on the lobster rolls in July. Many thanks to those of you who donated to the "Birthday Wishes" box.

## **HEARING TESTS**

Patricia Wilbur of Affordable Hearing will return on Monday, September 29 at 1PM for free hearing tests. Sign up for an appointment.

## **HEALTH SCREENINGS**

Remember that there are monthly blood pressure screenings on the last Wednesday of the month at noon and blood sugar testing on the third Tuesday at 9AM. Stop in for these free services.

### NEW AND RENEWED FRIENDS

Linda Dempsey, Bob & Connie Salerno, Bernie & Anne Lorge, Barbara & Jack Croley, Barbara Sawtelle—Carol White—Peggy Desmond—Eleanor Kimball—Irene Kennerdell—Ken & Lilly McKeeman—June Lane—Jim & Ellie Allen—Mary Ellen & Roy Morell—Marie & Ray Martocci—Peg Fahey—Marie Scioscio—Bob & Bonnie Teetsell—Lorene Warner—Judith Williams—Dianne Holden—Dotty & Bill McDonough—Pauline & Eric Magnuson—Mary Roper—Anne McIntyre—Charles Barrasso & Judith O’Farrell—Frank Giardiello—Richard & Maureen Cooke—Peter & Janet Shinney—Marion Keville—Nora Hutchings—Josephine Koelsch—Dorothy Quinn—Sally Murphy—Patricia Gerrish—Nancy Davis—Patricia Gorham--Eleanor Kimball—Jim & Ellie Allen—Ruth Hunt--Janet Tozier—Muriel Devaney—Chuck & Gail Lemke—Eileen Martino—Carol Green—Mary Ann Nolan—Donald Ford—Dolores Johnson-- Elaine McDonnell—Helen Kelley-Arthur & Dot Sullivan—Alan Abboud-

#### ADDITIONAL DONATIONS:

Bernie & Anne Lorge—Eleanor Kimball—Jim & Ellie Allen—Marie & Ray Martocci—Dotty & Bill McDonough—Pauline & Eric Magnuson—Mary Roper—Charles Barrasso & Judith O’Farrell—Josephine Koelsch, Lorine & June Bergeron

#### IN MEMORY OF:

Robert Kimball by Eleanor Kimball  
 Anne O’Rourke by Peg Fahey  
 Debbie Finney by Pauline & Eric Magnuson  
 Marianna & Michael Terrazano by Peter & Janet Terrazani  
 Donald Koelsch by Josephine Koelsch  
 Marty Quinn by Dorothy Quinn  
 John Murphy by Sally Murphy  
 Arthur Gorham by Patricia Gorham  
 Susan Keller by Eleanor Kimball  
 Eleanor Teebagy by Janet Tozier  
 Marty Quinn & Doris Hult by Chuck & Gail Lemke  
 Christine Abboud by Alan Abboud

Claire White by Rita & Thomas Turgeon

#### IN HONOR OF:

Jo Judge by Ruth Hunt  
 Dick & Ruth Eaton by Chuck & Gail Lemke  
 Joyce Wilson by Robyn Mitton

### Veterans’ News—September, 2014

The Department of Veterans Affairs (VA) is celebrating 70 years of investment in the education and economic prosperity of America’s Service members and Veterans. The Servicemen’s Readjustment Act of 1944, better known as the “GI Bill”, was enacted on June 22, 1944. The law provided a wide range of benefits for Veterans returning from World War II, including low-cost homes, education and vocational training. The original GI Bill was heralded as a major success and contributor to America’s rebound after the war.

Subsequent service men and women enjoyed expanded benefits after serving in Korea and Vietnam.

Today, passage of the Post-9/11 GI Bill provided Veteran’s benefits to Gulf War servicemen and women and to activated members of the National Guard and Reserves.

VA education and training benefits are a key resource for Veterans transitioning from military service to civilian workforce. The new eBenefits Veterans Employment Center is the first online interagency website that brings together, in one place, public and private job opportunities, as well as resume-building and other career tools. Visit [www.ebenefits.va.gov](http://www.ebenefits.va.gov)

If you have questions about your military/Veterans benefits, contact Mike Thorp, Hanover Veterans’ Service Officer, located at Town Hall, 781-829-0968.

#### MEDICARE APPEALS

If you have Medicare, you have the right to appeal decisions you disagree with. All steps in the appeal process have specific time frames and other requirements.

It is very important to pay attention to the time limits for appeals. Some appealable situations: 1. Medicare denies your request for a health care service; 2. Medicare denies payment for health care that you have already received; 3. Medicare stops covering services that you are receiving or 4. Medicare pays a different amount than you believe it should.

For assistance with appeals, the Medicare Advocacy Project (MAP) provides free advice and legal representation. MAP can assist anyone with Original Medicare or a Medicare Advantage Plan, regardless of income. Call the Massachusetts Senior Legal Helpline at 866-778-0939 or Hanover COA’s SHINE counselor at 781-924-1913

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*Nutrition Manager,*

Janet Kirby  
*Kitchen Aide*

George  
*Van Driver*

Jim, *Van Driver*

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**FRIENDS OF THE  
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: \_\_\_\_\_