A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

HANOVER HAPPENINGS

SEPTEMBER 2015

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

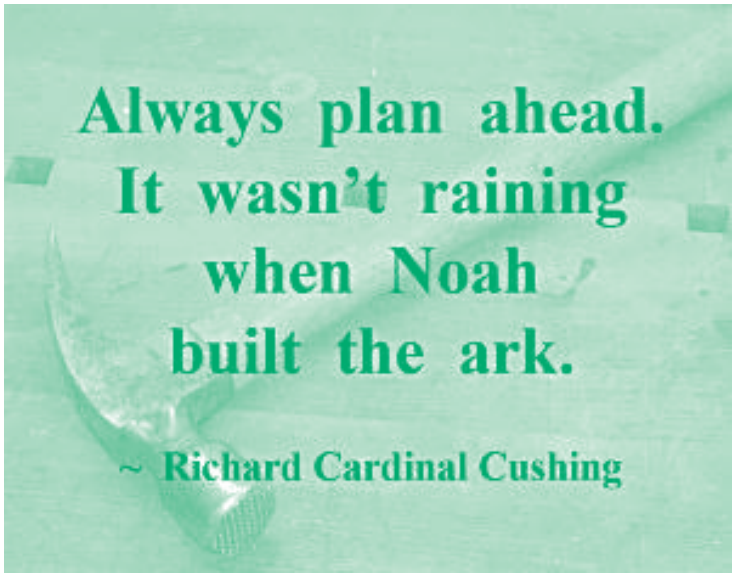
DIRECTOR'S MESSAGE

We are getting ready for a year full of great programs. This year's theme is PREPAREDNESS! The winter of 2015 was very difficult for many Hanover residents, especially for our seniors. This coming year we would like to help you be better prepared for the challenges of New England weather **and** in many other aspects of your lives. The Hanover Senior Center is going to focus its programming around this theme. Our goal is to inform you on as many topics as possible so that you are better able to deal with situations before they arise.

Topics will include preparedness for:

Disasters, Winter Storms, Electric Outages, Fire, Victimization, Hospitalization, End of Life , Financial and Medical Emergencies and Scams and the Flu.

ARE YOU READY?!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI 1:00 WATERCOLOR **PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS**	**2** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO **PM SHOPPING DERBY STREET**	**3** 10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA **PM SHOPPING HANOVER MALL**	**4** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH **PM SHOPPING-SHAWS LEGION & BARSTOW**
7 **LABOR DAY CENTER CLOSED**	**8** 9-12 SHINE (By Appt) 9-12 BEAUTY SALON 9:30 MORNING OUT 11:45 SPECIAL OLD COLONY LUNCH 1:00 TAI CHI **PM SHOPPING KOHLS/STOP & SHOP**	**9** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO	**10** 10:00 BOWLING 10:00 BOOK CLUB 10:00 ASK-A-LAWYER 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA **PM SHOPPING HANOVER MALL**	**11** 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**
14 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**15** 9:00 BLOOD SUGAR TEST 9:30 MORNING OUT 9:30 MENS DISCUSSION 12:00 LUNCH 1:00 TAI CHI 1:00 WATERCOLOR **PM SHOPPING STAR/MARSHALLS MARSHFIELD**	**16** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO **PM SHOPPING DERBY STREET**	**17** 10:00 BOWLING 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2.00 BEREAVEMENT **PM SHOPPING HANOVER MALL**	**18** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MOVIE **PM SHOPPING-SHAWS LEGION & BARSTOW**
21 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**22** 9-12 SHINE (By Appt) 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI **PM SHOPPING HANNAFORD**	**23** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO	**24** 10:00 BOWLING 10:00 Exercise with Chris 11:30 TAI CHI 12:00 LUNCH 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT **PM SHOPPING HANOVER MALL**	**25** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 Five Wishes **PM SHOPPING-SHAWS LEGION & BARSTOW**
28 8:30 YOGA 9:30 BLOOD PRESSURE 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 11:30 STRETCH & RELAX 12:00 LUNCH 1:00 MAH JONG **PM SHOPPING SHAWS-CUSHING & OTHERS**	**29** 9:30 MORNING OUT 12:00 LUNCH 1:00 TAI CHI **PM SHOPPING MARKET BASKET**	**30** 9:30 YOGA 11:00 STRENGTH TRAINING 12:00 LUNCH 1:00 POKER/BINGO **PM SHOPPING DERBY STREET**	***SEPTEMBER 2015***	

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SEPTEMBER ACTIVITIES

ART MATTERS
ANIMALS AND BEASTS

Friday, September 11, 2015 at 1:00PM, fee $2.00
Humans are the only animals that communicate with art. But we love animals, and we especially love art about animals. Many creatures indeed are so important to us that we have imbued them with mythical abilities and magical symbolism that has greatly influenced much of our culture and religion. Join us for a journey around the world and throughout history to appreciate how connected we are with the beasts of fame and fable and how we have cultivated these myths and fables to connect us to one another in art.

BEREAVEMENT SUPPORT

Thursday, September 17, 2015 at 2:00PM
Bereavement support group returns with Joan Port-Farwell as it's facilitator.

Also returning in September

Book Club on Thursday, September 10 at 10:00AM at the John Curtis Library, Men's Discussion on Tuesday, September 15 at 9:30AM and Exercise with Chris on Thursday , September 24, 2015

MOVIE

Friday, September 18, 2015 at 1:00PM
Woman In Gold
Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.

OLD COLONY SPECIAL LUNCH

Tuesday, September 8 at 11:45AM, fee $2.50
This month's lunch is corned beef and cabbage with boiled potatoes and Irish soda bread. Come in and sign up by September 2.

HANOVER SENIOR CENTER GUIDELINES HANDBOOK

The Hanover Council on Aging Board Members have worked this past year on Senior Center Guidelines for our participants. The information that is included will help you be better informed. Please pick up your Guidelines Handbook at the Senior Center.

NEW SERVICE BEGINNING IN SEPTEMBER

The John Curtis Library and the Hanover Council on Aging are happy to partner together to offer seniors the opportunity to enjoy one of the Town's best resources—your Library!
The Senior Center has arranged for the Senior Van to pick up Seniors on Fridays beginning at 9:30 am with drop off at The John Curtis Library approximately 10:00AM and return pick up at 11:00AM. You will have 1 hour to choose a book or just sit and read there in a safe and comfortable setting. Coffee will be available from 10:00 to 10:30AM provided by the Friends of the Hanover COA.
Contact Katie O'Brien at 781-924-1913 to reserve a spot on the library run on Fridays.

ALSO AVAILABLE

Home Delivery Library staff and volunteers can deliver books, DVDs, audio books, and other library materials to your home, if you are unable to come to the library, due to age, illness, or disability.
Deliveries are made once month to individuals living at home.
You can request specific titles, or library staff and volunteers can select materials for you based on your personal reading interests.
Library materials available for delivery include:
regular print books, large print books, audio books on CD, music CDs and magazines

How do I sign up for home delivery?

To sign up over the phone, call the Library at
781- 826-5000 ext

MATTER OF BALANCE

There was a tremendous response to the Matter of Balance program and the September session is full. We have many people on a waiting list and plan another session as soon as we can get the teachers. While you wait, try Tai Chi which also helps with balance and fall prevention.

REMINDER ABOUT FEES

We hope you enjoyed a summer of free exercise. Tai Chi and Arthritis Exercise are still free. Yoga, Stretch & Relax with Neil, Zumba, Exercise with Chris and Strength Training are $4 per class.

PREPAREDNESS PROGRAM

FIVE WISHES
On Friday, September 25, at 1:00 PM, Beacon Hospice will be here to discuss Five Wishes. Five Wishes is an easy to use legal document written in everyday language that lets adults of all ages plan how they want to be cared for in case they become seriously ill. Please sign up, call 781-924-1913.

RECYCLE BIN AT SENIOR CENTER

Prepare to Downsize
Donate, Recycle, Don't Throw Away.
The Hanover Senior Center is accepting: Clothing—Shoes—Linens—Pocketbooks, Accessories and Stuffed Animals. A recycle bin is located next to the building. Please bag your donations. The donations go through a grading process of which 45% are re-used
The GOOD is not shredded!!fff—…

COMMONYMS

What's a commonym you ask? A commonym is a group of words that have a common trait in the three words/items listed. For example, the words: car - tree - elephant.—they all have trunks. These will make you think.
1Your Hand - Your Voice - Your Children
2. Chop - Yard - Pogo
3. Lawn - Rocking - Wheel
4. Sheep - Watch - Seeing-Eye
5. Lilac - Plum - Violet
6. Tug - Sail - Steam
7. Turkey - Teddy Bear - Christmas Stocking
8. Sea - Taco - Turtle
9. Sand - Juke - Toy
10. Time - Stink – Atomic

PLYMOUTH COUNTY FARM VISIT
September 23, Free. Seating is limited. First come first serve. $5.00 deposit will be returned to you on the bus. No money back for cancellations .
Plymouth County Sheriff, Joseph McDonald has invited Hanover Seniors to visit the facilities 90 acre farm. Bus and lunch will be provided by the Sheriff's office and the Friends of the Hanover Council on Aging.
Seating is limited. Please call to reserve at 781-924-1913.
The farm staff is made up of six correction officers who are also trained horticulturalists; The officers supervise an inmate crew who raise plants and care for the animals on the 90-acre farm. In-mates are able to work 7-days a week on the farm. The work instills a sense of accomplishment, and accountability and lets the men learn what it feels like to put in a hard day's work. We'll stop for lunch on the way home (on your own).

Telephone 411 Directory Assistance Surcharge Exemption for Seniors

By Bob Mahoney, President, Dennis Friends' Group

The elimination of residential white page phone books has reduced paper and ink use, saving phone companies a large expense. And by gaining regulatory approval to charge a fee, $2.49 is added to the monthly bill for each 411 directory assistance request. This addition also increases the taxable total of the monthly phone bill.

While computer literate individuals can get numbers free at websites, a large segment of the population, senior citizens and those with certain medical conditions, are beholden to directory assistance as the only means to obtaining an unknown but desired number.

Fortunately, in Massachusetts, Representative George Peterson of Grafton, introduced an enabling bill "An Act regarding regulation of directory assistance" in 2013. The bill proposed to exempt from directory assistance changes, "Customers who are certified handicapped or elderly." Hearings were held at the State House, modifications were made, and the bill became law. The Commonwealth remains the only state to allow exemption by age.

The major phone companies serving Massachusetts have forms available for their customers to apply for the exemption. Call Comcast at 1-855-270-0379 and Verizon at 1-800-974-6006.

The age exemption form requires the applicant be 65 or older.

CORRECTION

The Foxwoods Trip is on Tuesday, September 29 not September 26. Please call Dot Quinn for more information 781-829-4241

WISH LIST

We are making our annual request for artificial Christmas trees and wrapped Halloween candy for our holiday festivities.
We are also asking for donations of yellow day lilies to add to our back hill garden. Think of us when you divide them this fall and put your beds to rest.

Veterans' News

September, 2015

In order to make it easier for Veterans and their families to receive their GI Bill benefits where they choose, the VA Secretary has waived the provisions of the Choice Act, section 702, signed in 2014. This bill sought to disapprove education programs at public institutions for Post 9/11 and Montgomery GI Bill benefits if a school charges Veterans tuition and fees in excess for the resident rate for terms beginning after July 1, 2015.

It is taking extended time for states to implement the changes necessary to be compliant with the Act. The limited waiver by the Secretary covers programs that are not in compliance for all terms beginning prior to January 1, 2016. This will provide time for all programs to become compliant.

In general, the resident rate provisions of the Choice Act covers Veterans as well as their family members using the GI Bill who live in a state where they are attending school and who enrolled within 3 years of the Veteran's qualifying discharge. To remain approved, schools must charge tuition and fees at the resident rate. For more information go to www.benefits.va.gov/gibill/702.asp.

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

UPCOMING TRIPS

Lake Winnipesaukee Turkey Dinner Train
October 14, 2015, $79.00Payment due by Sept. 11, 2015.

Foxwoods Trip, September 29, 2015, $26.00
Contact Dot Quinn for more information at 781– 829 4241. Flyers are on Senior Center Bulletin Board

Christmas in Hawaii/Bright Nights at Forest

Thursday, Dec. 3, $65.00. For reservations and information **contact Darlene Lambert** , 781-924-1722 or Rita Webster, 781-924-5531

SENIOR PROPERTY TAX WORK-OFF PROGRAM VETERANS PROPERTY TAX WORK-OFF PROGRAM

This popular program provides up to $1,000.00 of property tax relief to eligible senior citizens and veterans by placing them in a variety of jobs in Town Departments. It is a win-win program helping senior homeowners with their property taxes and town departments to complete projects that with lack of time go undone. You must live in and own your home, be age 60 or over, be willing to commit to 111 hours of service per year and have appropriate skills that match the needs of the town departments.

Applicants who meet the requirements will be interviewed by department heads prior to being assigned a specific job. Preference will be given to those seniors who match the needs of the department.

This year the applications are available in October and can be picked up at the Hanover Senior Center, 665 Center St, Hanover, MA. Acceptance to the program will be on a first come first served basis. Seniors taking part in property tax work-off programs do not have asset limits but there are income limits. Hardship exemptions are reviewed on a case-by-case basis.

The program will try to find you a job that matches your skills and interests. **NOTE:** You do not have to pay state income tax on your abatement, but you may have to pay federal taxes.

IMPORTANT REMINDER:

Applications are available at the Hanover Senior Center, 665 Center St. You will be notified if chosen. The Senior Center **does not select candidates** for jobs other than jobs at the Center, all others are done solely by the Department Heads.

SCAM ALERT

NO ONE WILL CALL AND ASK FOR YOUR MEDICARE NUMBER! JUST HANG UP !

NEW & RENEWED FRIENDS

Carol Green, Keith Stella, Beverly Frattasio, Nancy Cherico, Joe O'Neil, Dorothy Petrilli, Eleanor Kimball, Jane Moore, June Lane, Sheila & Paul Valicenti, Franklyn & Barbara Barker, Jean-Claude & Pauline L'Italien, John & Collette Cronin, Robert & Claire Jordan, Ruth Eaton, Helen Wagner, Jack Fraser, Hal & Joan Thomas, Maria Lako, Sharon Hartz, Joe & Ann Boyle, Pat West, Joe Woods, Carol Hayes, Helen Kelley, Pat Gerrish, Leonard & Yvonne Norles, Gerald & Janet Abban

IN MEMORY OF

Ron Levangie by Beverly Frattasio
Bob Kimball by Eleanor Kimball
Steven Greene & Michael Hartley by Robert & Claire Jordan
Dick Eaton by Ruth Eaton
Joan Fraser by Jack Fraser
Fritz Reincke by Joan & Hal Thomas
Mary Gonzalez by Maria Lako
Tina Murphy by Kathleen Grace

ADDITIONAL DONATIONS

Nancy Cherico, Jane Moore, Jean-Claude & Pauline L'Italien, Helen Kelley, Gerald & Janet Abban

THANK YOU CORNER

Joe Zemotel, Carolyn Ryan, Mary McDermott, Katy Murphy Grace, Judy Scannell. Dolly Gately, Chickie Walker, Julie Parsloe. Linda Hickey, Emma Alpert, Ellen Butler, Nancy Patterson, Paul and Virginia Zemotel, John Buzad, Maria Lako, Jim Fitzpatrick, Eileen Zadorian, Theresa Gratzer, Bob & Jeannie Johnson, Mary Gilmartin

Special thanks to all for the contributions and purchases of costume jewelry. Proceeds from this is put towards to support Senior Center programs!

Thanks you to the Hanover Lions club for their recent generous gift!

Commonym Answers

1. Things you raise, 2. Sticks, 3.Chairs, 4. Dogs, 5. Purples, 6. Boats, 7. They are stuffed, 8. Shells, 9. Boxes, 10. Bombs

THANK YOU, FRIENDS

The COA Board would like to thank the Friends of the Hanover COA for their generous donations to help support programs, activities and various other very important projects including a new computerized statistical tracking system and an updated computerized television and sound system during fiscal year 2015.

Thanks also, to everyone who donates $5 to the Friends, and those who participate in the raffles that the Friends sponsor. The Friends are able to help with the many activities that the COA runs.

COA Board: Donald Buckley, Chairman; Richard Farwell, Vice Chairman; Carol Mattes, Secretary; Claire Flynn, Treasurer; James Gallant, Eleanor Kimball and Roger Leslie

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JUST TO LET YOU KNOW

We want to explain some of our procedures. When you join the Friends and send in your annual dues, you become a member of the Friends of the Hanover COA and we certainly appreciate your support. However, the mailing list for our newsletter is a separate list. We are happy to add you to that list too, just let us know at the front desk.

SCARE US WITH YOUR TALENTS!
Pumpkin Decorating Contest

Be scary, daring, spooky, funny or zany with your pumpkin!
Decorate it and bring it to be judged.
All pumpkins must be in by October 7, 2015
Do not carve or hollow out pumpkin.
Do not put your name on the pumpkin. You will be given a number.
Judging will take place at our Halloween Party.
1st prize- $50.00
2nd prize- $30.00
3rd prize- $20.00

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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 2015

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Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____