A PUBLICATION OF THE HANOVER COUNCIL ON AGING

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

HANOVER HAPPENINGS

MAY, 2016

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 MAY

YOU SUGGESTED, WE LISTENED

We take member feedback seriously. In our recent survey, we asked how the Hanover Senior Center could better serve its seniors. Members responded with valuable information and suggestions for programs.
We're excited to announce some new programs that have been suggested. We encourage all active members to continue with suggestions. Your suggestions are in part what makes the Senior Center so successful. Please feel free to make future requests and tell us what you think.

New this month: computer workshops, lunch program and line dancing.
Coming in June: meditation and walking club.
This month we remember our loved ones passed and our fallen service men and women.
We will miss Board Member Al Mickunas. Al supported and participated in the Senior Center. He loved playing poker and reading the paper with a cup of coffee here. I will remember Al as always having a quote. I remember this one the most:

" A Team is one that supports each other."

A reminder to all……...

Hold On To The Love, Not The Loss

Eva Longoria

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG **PM SHOPPING-SHAWS CUSHING & OTHERS**	**3** 9:30 MORNING OUT **9:30 MIKE THORP** 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL **PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS**	**4** 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	**5** 10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL **PM SHOPPING HANOVER MALL**	**6** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE 11:00 REP DECOSTE **1:00 MOVIE** **PM SHOPPING-SHAWS LEGION & BARSTOW**
9 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE **1:00 TEA WITH MAE WEST** 1:00 MAH JONG **PM SHOPPING-SHAWS CUSHING & OTHERS**	**10** 9-12 BEAUTY SALON 9:30 MORNING OUT 11:45 OLD COLONY LUNCH 1:00 TAI CHI 2:15 STRETCH WITH NEIL **PM SHOPPING KOHLS/STOP & SHOP**	**11** 9:30 YOGA 11:00 STRENGTH TRAINING **1:00 TRIP TO HOSPICE HOUSE** 1:00 POKER	**12** 10:00 BOWLING 10:00 EXERCISE W/ CHRIS 10:00 BOOK CLUB 10:00 ASK-A-LAWYER 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL **PM SHOPPING HANOVER MALL**	**13** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE **1:00 AUDUBON** **PM SHOPPING-SHAWS LEGION & BARSTOW**
16 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG **1:00 LINE DANCING** **PM SHOPPING-SHAWS CUSHING & OTHERS**	**17** 9:00 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISCUSSION 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL **PM SHOPPING STAR/MARSHALLS MARSHFIELD**	**18** 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	**19** 10:00 BOWLING 10:00 EXERCISE W/ CHRIS 11:45 TAI CHI 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL **PM SHOPPING HANOVER MALL**	**20** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE **10:00 WALNUT HILL** **11:00 REP DECOSTE** **PM SHOPPING-SHAWS LEGION & BARSTOW**
23 8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG **1:00 LINE DANCING** **PM SHOPPING-SHAWS CUSHING & OTHERS**	**24** 9:30 MORNING OUT **11:00 ASSESSOR** 1:00 TAI CHI 2:15 STRETCH WITH NEIL **PM SHOPPING HANNAFORDS**	**25** 9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER	**26** **MEMORIAL DAY BREAKFAST** 1:00 ZUMBA 1:00 BRIDGE 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL **PM SHOPPING HANOVER MALL**	**27** 8:30 ACUPUNCTURE (By Appt) 10:00 ARTHRITIS EXERCISE **PM SHOPPING-SHAWS LEGION & BARSTOW**
30 **Memorial Day Holiday** **Center closed**	**31** 9:30 MORNING OUT **11:00 TRIAD AND LUNCH** 1:00 TAI CHI 2:15 STRETCH WITH NEIL **PM SHOPPING MARKET BASKET**	***HAPPY MOTHER'S DAY, MAY 8, 2016***		

All the seniors in town are reading this newsletter.
Do they know who YOU are?
Call to place an ad today
800-477-4574

Be World Conscious Recycle!

MAY HIGHLIGHTS

Great news!

The Friends of the Hanover COA's generosity is in full bloom. All exercise classes are free in the month of May. These include yoga, exercise with Chris, stretch with Neil, strength training, tai chi, zumba and line dancing.

MIKE THORP, VETERAN'S AGENT
Tuesday, May 3 at 9:30AM
Veteran's agent, Mike Thorp will be available to answer questions for Veterans who need information about their earned benefits. Mike will also be discussing benefits from the VA. Call 781-924-1913 to sign up.

OLD COLONY SPECIAL LUNCH
May 10 at 11:45 AM, fee $2.50
This month's menu features: omelets, fruit cup, home fries, French toast and coffee cake. Sign up and pay by May 5, only $2.50.

AUDUBON PRESENTATION
Friday, May 13 at 1PM
Join us for this free educational program on common bird songs of the Northeast. This is a slide presentation and recorded bird songs. Please call to reserve your spot. Coffee & Dessert to follow.

Representative David DeCoste

Friday, May 20, 2016

Representative DeCoste will have people from the Mass Department of Revenue and Veteran's Affairs when he is here on May 20 to answer any of your questions. Please sign up at 781-924-1913.

Free Light Lunch to Follow--

WALNUT HILL GARDEN CLUB
Friday, May 20 at 10AM, fee $6
Spring is in the air and it is time to create a basket of annual flowers and plants. Limited availability, sign up and pay by May 13.

TOWN OF HANOVER ASSESSOR, BOB COLE
Tuesday, May 24 at 11AM.
Come and find out the range of real estate exemptions and deferrals that you may be eligible to apply for. Get your question answered. Call 781-924-1913 to reserve your place.

The Incredible Mae West

The Delvena Theatre Company will be presenting *The Incredible Mae West* at the Hanover Senior Center on **Monday, May 9**. Tea begins at 1PM and the performance at 1:30 PM. The fee is $5. Sign up by May 5th Meet Hollywood legend blond bombshell, "Mae West" as portrayed by actress Lynne Moulton. Famous for her comedic one-liners, "Mae" will keep the audience entertained with an insight into her fascinating 80-year show business career, her philosophy of life and, of course, her singing. A humorous, yet informative production. After the performance, the actress will open up to the audience for discussion regarding Ms. West. Truly a unique experience!
The Incredible Mae West is an original edutainment production written by Fran Baron.

—-

Pat Roche Hospice House Visit—May 11, 2016
Join us on Wednesday, May 11 at 1PM as we head over to the Pat Roche Hospice House in Hingham. This 12 bed hospice residence is available for individuals on hospice care who cannot remain in their home for end-of-life care. The residence provides a homelike setting. The van will leave the Hanover Senior Center at 1PM and arrive there about 1:30PM. After a tour of the facility, we will have coffee and refreshments. Call 781-924-1913 to sign up, the limit is 12 people.

FREE MOVIE IN MAY

Friday, May 6 at 1:00, **The Intern**, a comedy with Robert DeNiro about a 70 year old who reenters the workforce.

TRIAD MEETING

Tuesday, May 31 at 11AM
Senior safety is the focus of the TRIAD program. Join us and find out about fire safety. Hanover Fire Captain, Eric Johnson will discuss the importance of smoke alarms as well as fall safety, fire safety and escape planning.
A light lunch will be served at noon for those who attend. Reservations are needed. Call 781-924-1913

YOU SUGGESTED, WE LISTENED

EXCITING NEW CAFÉ!

BEGINNING FRIDAY, MAY 6, 2016
HANOVER SENIOR CENTER
AND
HANOVER HIGH SCHOOL
NUTRITION DEPARTMENT
ARE COLLABORATING ON A FRESH NEW DELICIOUS PROGRAM!
POST GRAD LUNCH
MONDAYS AND FRIDAYS
LUNCH MUST BE ORDERED ON THURSDAY FOR MONDAY
AND ORDERED ON TUESDAY FOR FRIDAY
CALL 781-924-1913 (ASK FOR TERESA)
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SEATING IS LIMITED TO 20 PEOPLE
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FRESH FRUIT,
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CHICKEN SALAD, GRILLED CHICKEN, HONEY CHICKEN OR BUFFALO CHICKEN

This is on a trial basis. Number will increase depending on interest and enthusiasm. Please keep in mind food is made fresh by your order and preference daily. Payment is due for cancellations as well.

YOU SUGGESTED, WE LISTENED

LINE DANCING

Monday, May 16 and 23 at 1:00PM
Come join the fun. Learn the latest Line Dances. Give your body a healthy and enjoyable workout. The two introductory classes are **free** this month!

COMPUTERS

Wednesdays, May 18 and 25 at 10:00AM

Have a computer or technical issue you need to resolve? Nate Pina will be available by appointment to answer your questions. Please be sure to let us know how he can help, when you sign up for this program. Call 781-924-1913

YOU SUGGESTED, WE LISTENED

Other program and activity suggestions our survey indicated are:
Book Club at the Senior Center
Volunteer Facilitator needed
Women's Discussion Group
Volunteer Facilitator needed

TUESDAY SHOPPING IN MAY
There are five Tuesdays in May. We will go to Hannaford's on the fourth Tuesday and Market Basket on the fifth Tuesday. Sign up with Katie.

Hanover Lions Pancake Breakfast

The Hanover Lions will hold a Pancake Breakfast on Sunday May 15th from 8 to 11AM at the Hanover Council on Aging, 665 Center St. Hanover. The menu will include all you can eat Pancakes (plain, blueberry and chocolate chip) Sausage, Eggs, Coffee and Juice. Seniors and children (6-14) eat for $5.00; Adults are $7.00; and children under 6 eat for free. There will also be door prizes. All proceeds to benefit Lions supported charities.

Bingo is BACK

Starting Wednesday, May 4 at 1PM.

Take advantage of Massachusetts Tax Amnesty before May 31, 2016.

For people who have not paid their taxes or who have underreported their income, they can file and pay no penalties through a tax amnesty.
More information is available at mass.gov/Tax amnesty

HANOVER COUNCIL ON AGING ADVISORY BOARD MEETING

The Hanover COA Advisory Board meets the 2nd Monday of the month and will meet again on Monday, May 9th at 9:00AM.
All are welcome to attend this open meeting.

WELCOME

It is with pride and respect that Thelma Litchfield is welcomed as a new member of the Hanover Council on Aging Advisory Board.

VOLUNTEER HIGHLIGHT CORNER

Beginning this month, we will highlight a volunteer or groups of volunteers.
There is a great deal that we cannot accomplish without the dedication and efforts of our volunteer corps.
To kick off our new thank you initiative, we would like to thank Barbara Lancissi.
In her quiet way, Barbara has offered to transport many seniors in need of a ride.
Most recently at an event held at our Senior Center, someone had lost their car keys.
Without hesitation, Barbara came forward with an offer to drive.
That's Barbara, quietly reaching out, never seeking recognition.

HEALTHY AGING

The Town of Hanover has received a Healthy Aging Grant and is looking for 10-12 Hanover residents over the age of 60 to participate in a focus group to help with ideas and suggestions to improve open space access, healthy eating/exercise and transportation issues in Hanover.
This group will meet on May 18 from 6-7:30PM (light dinner served) at the Hanover Council on Aging, 665 Center Street, Hanover.
For questions or to register, please call or email Dawn Sibor (consultant for grant) 781-710-2946 or dsibor@verizon.net

MEMORIAL DAY BREAKFAST

THURSDAY
MAY 26, 2016
9:30 AM
$5.00
Veterans are free!
We have set this morning aside to honor our loved ones who have died and to the military men and women who gave the ultimate sacrifice serving their country.
Please join us for breakfast catered by Hart Brother's. Roger Tinknell will provide the entertainment. Everyone, including veterans must sign up in advance so that we may place our catering order before the event.
Sign up begins Monday May 2, final day to sign up is May 20.

FRIENDS OF THE HANOVER COA

PRESENTS

Newport Playhouse, Thursday, June 16, $89

The Newport Playhouse boasts the "Best Buffet in Rhode Island" offering hot and cold foods, main entrees, side dishes, beverages and homemade desserts. Just a short stroll from the dining room, the intimate theater will showcase *Play it again Sam.*

Lobster Bake Luncheon Cruise, Thursday, July 14, 2016, $89

Bring your appetite on this delightful excursion to scenic Gloucester. Aboard the *Beauport Princess*, indulge in your choice of steamed lobster OR grilled chicken with New England clam chowder, corn, potatoes, cole slaw salad and chocolate mousse.

Contact Dot Quinn at 781-829-4241 to sign up.

NEW AND RENEWED FRIENDS

Darlene Lambert, Jean Innello, Betsy Jackson, Jim & Ellen Autio, Ronald Remondini, Kathy Burke, Paul & Barbara Belanger, Alan Abboud, Barbara Sawtelle, Carol White, Christopher & Shirley Wise, Herbert & Gertrude Alley, Russ & Mary Smith, Mary Adduci, Josephine Koelsch, Carol Connelly, Jean Krous, Sandra Long, Nancy & Bill Madden, Barbara Fennell, M. Patricia Hurley, Marlene Cobb, Sean & Susan Morrison, Marilyn Wilkinson, Donald Graham, Melissa Anderson, Marian Sears, Marie McConnell, Claire & Bill Flynn, Shirley Cavanagh, Dorothy Gullicksen, Helen Smith, John & Eileen Marshall, Carol & Rick Mattes, Irene & Hans Daika

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Herbert & Gertrude Alley in honor of Robyn Mitton & Great Staff

ADDITIONAL DONATIONS

Jim & Ellen Autio, Kathy Burke, Alan Abboud, Christopher & Shirley Wise, Herbert & Gertrude Alley, Josephine Koelsch, Jean Krous, M.Patricia Hurley, Sean & Susan Morrison, Beverly Hayes, Marilyn Wilkinson, Donald Graham, Marian Sears, Claire & Bill Flynn, Shirley Cavanagh, John & Eileen Marshall

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IN MEMORY OF

Kathy Burke in memory of Larry Burke
Alan Abboud in memory of Christine Abboud
Josephine Koelsch in memory of Donald Koelsch
M. Patricia Hurley in memory of Daniel Hurley
Beverly Hayes in memory of M. Margaret Dill
Marian Sears in memory of Jack Sears
Shirley Cavanagh in memory of Patrick Cavanagh & Neil & Mary Rockwell
John & Eileen Marshall in memory of Kathryn Marshall
Darlene Lambert in memory of Theresa Parmenter

Veterans' News , May, 2016

As a Veteran you are eligible for VA healthcare. This healthcare may be in addition to your primary insurance. For instance, if you are on Medicare and also have a supplemental plan like Blue Cross or Tufts, you can also have VA coverage at no cost to you. You do not need to change your current primary care providers. The VA would be an additional option for you.

For those Veterans who enlisted after September, 1980, you must have served 24 continuous months or the full period for which you were called to active duty to be eligible.

VA services locally are available at the VA hospital in Brockton and there are two outpatient facilities located in Plymouth and Quincy. For specialized care there are the two VA hospitals in Boston; Jamaica Plain and West Roxbury.

There are 8 priorities of care within VA healthcare. They are based on the amount of income you report. The higher the income, the lower the priority of service. It means that a 7 or 8 priority will pay higher copay for services and prescriptions than a 2 or 3 priority. Regardless of priority, services are available to all Veterans.

To apply for VA healthcare use VA form number 10-10EZ along with a copy of your DD214. Mail application to: VA Boston Healthcare System, Business Office – Eligibility, 940 Belmont Street, Brockton, MA 02401.

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.

THANK YOU FOR PRODUCT DONATIONS

Norma Morgan, Janice Connolly, Mary Deame, Shirley Larkin, Jean and Bob Johnson, Barbara Januszewski, Barbara Feeley, Ann Chizauskas, Lee Bodkin, Marlene Cobb, Barbara Fennell, Amy Madden, Dolly Gately, Karen Salters, Brady Harrington, Darlene Lambert, Elizabeth Ross, Mary Longo

SHINE COUNSELING

SHINE appointments are available at your convenience and no longer limited to the second and fourth Tuesday morning. Call 781-924-1913 to make your appointment with Nancy Lester to learn more about Medicare and the state and federal benefits that you are eligible to receive

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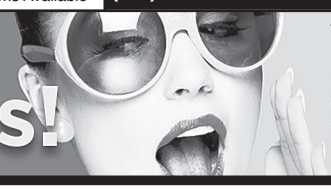

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Please make checks payable to Friends of Hanover COA and mail to:
Hanover Council on Aging, 665 Center St., Hanover, MA 02339.
I would like to become a Friend of the Council on Aging.
Enclosed are my dues of $5 per person for 2016

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____