

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, 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 OCTOBER, 2016

As we continue with our guiding principle of "Hanover Cares" this year, we will be adding to its purpose, the theme of **HOPE** and **GRATITUDE**.

Our expectation is to reach as many homebound seniors as possible. Do you know of someone who could use a visit? Do you need a visit? Please call 781 924-1913 and ask for Robyn. We would love to visit with you and help you stay connected to your community. Isolation can breed hopelessness. If you are feeling lonely, maybe a friendly visit will lift your spirits. The boost of hope that this offers may be just what you need. There are people who care and are willing to share their friendship.

"When we choose hope, we define what matters to us." Dr. Shane Lopez.

With the new program season approaching, it is with deep gratitude that the Council on Aging thank our dedicated volunteers. You must all feel proud that you and your Senior Center have made such a difference in people's lives.

"At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us." *Albert Schweitzer*

Remember, the anchor, a symbol of **HOPE**, is on our town seal. *Robyn*



What man can stand with autumn on a hilltop and fail to see the span of his world and the meaning of the rolling hills that reach to the far horizon?"

Hal Borland

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>	<p>4</p> <p>9:30 MORNING OUT 1:00 TAI CHI 1:00 WATERCOLOR 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING CHRISTMAS TREE/ ROCHE BROTHERS</p>	<p>5</p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p>	<p>6</p> <p>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p>	<p>7</p> <p>9:00 FOOT CLINIC 10:00 ARTHRITIS EXERCISE 1:00 DECO ART</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>10</p> <p>HOLIDAY CENTER CLOSED</p>	<p>11</p> <p>9-11 BEAUTY SALON 9:30 MORNING OUT 11:45 OLD COLONY LUNCH 1:00 TAI CHI 1:00 ASSESSOR 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING KOHLS/STOP & SHOP</p>	<p>12</p> <p>ALZHEIMER'S PARTNER-SHIP PROGRAM IN THE MORNING REGULAR PROGRAMS CANCELLED 1:00 POKER</p>	<p>13</p> <p>10:00 BOWLING 10:00 EXERCISE W CHRIS 10:00 BOOK CLUB 10:00 ASK A LAWYER 1:00 BRIDGE 1:00 ZUMBA 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p>	<p>14</p> <p>9:30 GARDEN CLUB 10:00 ARTHRITIS EXERCISE 1:00 ART FOR YOUR MIND</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>17</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 TEA WITH ELEANOR ROOSEVELT</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>	<p>18</p> <p>9:30 BLOOD GLUCOSE 9:30 MORNING OUT 9:30 MENS DISUSSION 12:00 HEARING TESTS 1:00 TAI CHI 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING STAR/MARSHALLS MARSHFIELD</p>	<p>19</p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER</p>	<p>20</p> <p>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p>	<p>21</p> <p>10:00 ARTHRITIS EXERCISE 1:00 Grandparents Journals</p> <p>PM SHOPPING-SHAW'S LEGION & BARSTOW</p>
<p>24</p> <p>8:30 YOGA 9:30 CRIBBAGE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG 1:00 LINE DANCING</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>	<p>25</p> <p>9:30 MORNING OUT 10-12 MANICURES 1:00 TAI CHI 2:00 WOMEN'S DISCUSSION 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING MARKET BASKET</p>	<p>26</p> <p>9:30 YOGA 11:00 STRENGTH TRAINING 1:00 POKER 1:00 BOOK CLUB AT SENIOR CENTER</p>	<p>27</p> <p>10:00 BOWLING 10:00 EXERCISE W CHRIS 1:00 BRIDGE 1:00 ZUMBA 2:00 BEREAVEMENT 2:15 STRETCH WITH NEIL</p> <p>PM SHOPPING HANOVER MALL</p>	<p>28</p> <p>NOON HALLOWEEN PARTY NO OTHER ACTIVITIES</p> 
<p>31</p> <p>8:30 YOGA 9:30 CRIBBAGE 9:30 BLOOD PRESSURE 10:00 ARTHRITIS EXERCISE 1:00 MAH JONG</p> <p>PM SHOPPING-SHAW'S CUSHING & OTHERS</p>			<p>POST GRAD LUNCHESES only \$3 Serving Mondays and Fridays Don't forget, orders and payment must be in by Thursday of the previous week.</p>	

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!

MEDICARE PRESENTATION

Wednesday, November 2, 2016 at 1:00PM

Mary Bessey, regional SHINE director, will be here to discuss Medicare and review the **Medicare changes for 2017**. Come and learn about this important subject and have your questions answered. Reserve your place. Call 781-924-1913

DECO ART

Friday, October 7, 2016 at 1PM, fee \$5

Join artist Barbara Reynolds and apply one stroke techniques to this month's project of decorative floral magnets. Sign up and pay by 10/1. Limited space.

REAL ESTATE EXEMPTIONS & DEFERRALS

Tuesday, October 11, 1:00 PM

Join Assessor, Bob Cole, Finance Director, Janine Smith and volunteers, Joan Port-Farwell and Noreen Bruce as they discuss this and answer your questions about tax deferrals. You could save some money! Call for a reservation.

Hanover Senior Center will host a program for the Alzheimer's Partnership October 12 from 10-12 on Wednesday, October 12, 2016

Regular programs (Yoga & Strength training) will be cancelled. You are welcome to attend the program titled "What If" with Gwen Morgan. Call to reserve.

WALNUT HILL GARDEN CLUB

Friday, October 14 at 9:30, \$5.00

A beautiful autumn arrangement is yours to create. Class size is limited. Please call 781-924-1913 to make a reservation.

ART FOR YOUR MIND

Friday, October 14, 2016, 1:00PM

Norman Rockwell Remembered offers a chance to experience many beloved images by Rockwell, to learn more about the way he worked, and to hear the stories behind his choices and inspirations. Please join Jill Sanford for an enjoyable hour of challenging your mind in a whole new way! Please call to reserve.

OCTOBER TEA

Monday, October 17, 2016 at 1PM, fee \$5

Sheryl Faye Presents:

The powerful teachings of Eleanor Roosevelt, to life. One of the top ten most admired people of the 20th century. "...as individuals we live cooperatively, and, to the best of our ability, serve the community in which we live...our own success, to be real, must contribute." – Eleanor Roosevelt

Sign up and pay by Wednesday, October 12.

GRANDPARENTS JOURNALS

Friday, October 21, 1:00, fee \$5

Don't you wish your grandmother had written down her life story? Kathy Dunn will guide in writing yours! Guided questions and prompts will help you tell your grandchildren (and great-grandchildren to come) all about your childhood and teen years; your education, love, and marriage; work, community, religion, military service; parenthood and family life; and, of course, grandparenthood! Journals will be provided. Limited seating. Reserve and pay by October 14.

NEW! WOMEN'S DISCUSSION GROUP

Tuesday, October 25 at 2PM

Join Facilitator, Katherine Gabriel in our first Women's Discussion Group.

Katherine is a recently retired librarian and, wife, mother and grandmother first and foremost. She raised 3 children in Hanover and lived here for 38 years. Kathy went back to school for her Masters degree when the youngest was in HS and has worked with students from College to preschool for 25 years in various schools as an educator and librarian. She loves to travel and has spent time in several European countries and China. She loves to garden, sew and knit and most especially, to read.

Discussions may center around many different topics which could include: Spirituality, Today's News, Generational Differences, Memories, Yesteryear, If I Could Do It Over. Your choice!

Our first session, we ask that you bring a favorite old time recipe. This will be a nice ice breaker to get to know the other women in the group and the opportunity to reminisce at the same time.

Going forward we could have everyone put a topic on a piece of paper and put it in a jar and each month we can choose, or not. It's up to you all on what you would like to discuss.

Please sign up, call 781-924-1913.

MANICURES—FREE

Tuesday, October 25, 2016 10:00-12noon

Enjoy a special treat from Home Instead. On Tuesday, October 25, they will be at the Hanover Senior Center to offer free manicures from 10AM to 12 noon. Please call 781-924-1913 to sign up for this delightful program.

BOOK CLUB

Wednesday, October 26 at 1:00

Lucy Gayheart is a novel written later in the career of one of America's great writers, Willa Cather. The tale of a small-town girl pursuing her dreams, it is a poignant story dealing with the beauty of that pursuit and the painful reality that can follow.

HALLOWEEN PARTY

BE THERE

IF YOU DARE!

FRIDAY, OCTOBER 28, 2016

Beginning at NOON

Enjoy Ham and Beans, Cole Slaw,

Coffee and Dessert

For only \$5.00

Entertainment and prizes

SIGN UP BEGINS OCTOBER 3, 2016

NO SIGN UP AFTER THE 24TH

PLEASE FOLLOW

PARTY GUIDELINES

Although this information has been provided many times in this newsletter, it still goes unanswered by many. When you sign up for a particular program, especially one that involves food and is so generously subsidized most often by Friends, there is still a major cost. There is planning and purchasing of food accordingly. We try to make things as nice as possible for you. We have a guideline policy book available for you to refer to. These guidelines are in place to remind everyone of our reservation, seating and common courtesy policies for parties and social events.

Please sign up on time, do not sign up at the last minute for yourself or a friend, call if you are not coming, and be courteous to the wait staff and entertainers.

This past summer there were a couple of events that people signed up for and did not attend. These were free event to seniors but there was a cost to the Senior Center. Food was ordered and there was a great deal of waste.

On other occasions at special holiday events, the reservation policies have been ignored by some seniors. Expecting rules to be broken puts staff in an uncomfortable situation.

Please be fair.

The above has been approved by:

The Hanover Council on Aging Board, Donald Buckley, Chairman, Richard Farwell, Vice Chairman, Carol Mattes, Secretary and Board members, Clare Flynn, Thelma Litchfield, Roger Leslie and Eleanor Kimball.

FROM OUR DOOR TO YOUR DOOR

From Our Door to Yours, a shopping and delivery service, is a new outreach program offered through the Hanover Senior Center for homebound seniors only. You will receive a weekly phone call from Outreach worker, Katie O'Brien who will take your order of **NO MORE THAN 10 ITEMS.**

Katie will shop for them and bring your items to your door. Cash payment upon receipt will be due at that time.

More than just a delivery service, we hope to act as a bridge between you and the community by keeping you informed with a friendly visit and wellness check. We are excited to offer this opportunity and hoping to add volunteers to this wonderful initiative.

Please call 781-924-1913 and ask for Katie.

HANOVER CARING CONNECTORS

Hanover's Caring Connectors Program is a friendly visitor service of the Council on Aging. This county-wide, volunteer-based program provides ongoing support and alleviates the physical and mental health risks linked to isolation experienced by frail older adults, with little or no support system. If you would like to join us and help change the life of a senior be a Friendly Visitor volunteer, please call Teresa at 781-924-1913.

ATTENTION HOME BOUND SENIORS!

If you could use a visit from a staff member or Caring Connector, please call 781-9124-1913.

VOLUNTEER OPPORTUNITIES

Change the Life of a Hanover Senior!

Volunteer with Us!

The Council on Aging's ability to provide free services is dependent on the generosity of volunteers who help meet the growing needs of the senior community. Join our family to help change lives throughout Hanover.

OLD COLONY LUNCH October 11 at 11:45AM

This month's menu is baked chicken, whipped potatoes, beans and candy corn brownie. Only \$2.50.

Sign up and pay by October 5.

TRIAD NEWS

Veterans' News October, 2016

PROTECTIVE SERVICES INFORMATION

According to law, elder abuse is an act or omission that results in serious, physical or emotional injury to an elder.

WHO IS A VICTIM?

Anyone, 60 years of age or older, living in the community, who; suffers physical, sexual or emotional injury; or is neglecting himself/herself; or is being neglected or financially exploited by his/her caretaker.

WHO IS A CARETAKER?

A person responsible for the care of an elderly person, such as: a family member, a person who has assumed responsibility for an elder on a voluntary, fiduciary or contracted basis.

WHO SHOULD INITIATE A REPORT?

Anyone who has reasonable cause to believe that an elder is suffering from or has died from abuse, neglect or exploitation should report it.

Professionals who must report abuse or neglect are: Physicians, Nurses, Social Workers, Police Officers, Firefighters, EMTs, Psychologists, and COA Directors
Anyone who reports alleged abuse or neglect in good faith shall not be liable in any civil or criminal action.

SENIOR & VETERANS

PROPERTY TAX WORK OFF PROGRAM

Eligibility:

Hanover property owner prior to July 1, 2013

Age 60 years or over for senior citizen

Any age for Veteran

Reside at property for which abatement requested

Copy of current tax bill attached

Valid driver's license/identification

Must pass CORI/SORI check

Applications may be picked up at Hanover Senior Center, 665 Center Street--Hanover, MA

Free Hearing Tests October 18 starting at noon

Affordable Hearing returns to provide free hearing tests. Call 781-924-1913 to make an appointment.

Update on Veteran's benefits:

Are you a Veteran? Did you serve a minimum of 90 days in wartime or 180 days in peacetime after basic training with honorable service? You may qualify.

Do you have your DD214 or for WWII Veterans your discharge papers? For any benefit, you need to provide this documentation. This document should be with your important papers so that a family member can verify your military service.

Did you receive your "welcome home bonus"? If your home of record is from Massachusetts and you served during a wartime period, you are eligible for a bonus. This is for all conflicts going back to and including WWII. To verify whether you applied and received compensation call the Massachusetts Treasurers office at 617-367-9333 X859.

As a Veteran you are eligible for VA healthcare. This would be in addition to your current coverage. There is no monthly premium and full service healthcare is available via clinics or hospital. There is an application form #10-10ez to apply. A copy of your DD214 is needed as well.

You and your spouse are eligible to be buried at the National Cemetery in Bourne, MA. Again, your DD214 must be provided for entry. Your funeral home knows the process for entry.

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

NEW AND RENEWED FRIENDS

June Lane, Joanne & Donald Morrison, Clayton & Peggy Parfumorse, Eileen Martino, Carleton & Evelyn Tweed, Carol Gibbons, Carol Green, Sara Burton, Carolyn Cahalane, Sally Sullivan, Robert Creighton, Thelma Litchfield, Denise & Stephen Fitzgerald, Joe & Judy Grecco, Marie Trechok, Linda Cosgrove,

IN HONOR OF

Thelma Litchfield in honor of Katherine Murray

ADDITIONAL DONATIONS

Joanne & Donald Morrison, Eileen Martino, Sally Sullivan, Robert Creighton, Thelma Litchfield, Denise & Stephen Fitzgerald, Theresa McCarthy, Joseph & Sandra Shoonmaker, Victor & Deborah Nordahl, Susan Landreville, Linda Cosgrove, Scott Mottau, Patty Gage, Jane Bartholomew, Respiratory Care Department, Helen Ferrara,

Special thanks to Tri-Town Rotary Club and Walmart

N MEMORY OF

Joanne & Donald Morrison in memory of Joan Thomas
 Eileen Martino in memory of Joe Martino
 Thelma Litchfield in memory of Paul Litchfield and Susan Keller
 Theresa McCarthy in memory of James Bartholomew
 Joseph & Sandra Shoonmaker in memory of James Bartholomew
 Victor & Deborah Nordahl in memory of James Bartholomew
 Susan Landreville in memory of James Bartholomew
 Linda Cosgrove in memory of John Burchell
 Scott Mottau in memory of James Bartholomew

DONATION OF PRODUCT

Carolyn Cahalane, Nancy Lee, Trudy Sheehan, Jean Ferry, Dick & Dot Doyon, Mary Deame, Marilyn DeBoer, Evelyn Tweed, John Buzad, Janice Johnson, Louise Tanderes, Helen Ferrara, Ingrid Lancaster, Connie Malis, Darlene Lambert, Maria Lako and others from Barstow Village

FLU SHOTS AT SENIOR CENTER

October 5 from 10AM to noon and October 19 from 5PM-7PM

PREPARE FOR THE WINTER:**FUEL ASSISTANCE**

You can apply for fuel assistance here at the Hanover Senior Center beginning November 1. Fuel assistance is available to both home owners and renters. The Hanover Senior center provides help in applying for people of all ages. Please call 781-924-1913 for an appointment 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.

MEDICARE OPEN ENROLLMENT

From October 15 through December 7.

This is the one time during the year that you can change your drug plan. Call 781-924-1913 for an appointment with our SHINE counselor, Nancy Lester. Last year, we saved our seniors over \$60,000 by getting them into the best drug plan.

EMERGENCY LIST

To insure the safety of our residents 80 years of age and older or disabled and/or homebound, we are asking for your cooperation so that you too are better prepared.

In the coming weeks we will be making "wellness" phone calls.

We will not be asking for social security numbers or bank information!

We are trying to determine who should be put on our Emergency Call List. We share this list with the Police and Fire departments so that we may better serve you in a storm emergency. We call people who are on the list before storms to find out if you are prepared or if you need some help.

A sample of some questions we will be asking:

Do you live alone?

Do you have mobility issues?

Do you have family or friends that you can call on?

When available, would you like us to add your name for walkway shoveling?

We will also be calling you before an anticipated storm to check in.

If you know of someone or if you who could use this service please call us at :781-924-1913

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Teresa Slight,
*Volunteer Coordinator/Client
Services Assistant/Van
Driver*

George, *Van Driver*
Jenna, *Van Driver*

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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 2016

PLEASE PRINT CLEARLY

Name: _____

Address: _____

Membership: _____

Additional Contribution: _____

In Memory of: _____

In Honor of: _____

Send acknowledgement to: _____

Friends

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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 Monday, October 17 (due to the holiday) at 9:00AM. All are welcome to attend this open meeting.