

JUNE 2015

Whipple Senior Center



182 Green Street, Weymouth, MA 02191

WEYMOUTH ELDER HORIZONS

Senior Center 781-682-6140 • Transportation 781-331-3921 • Hours: Monday-Friday 9 a.m.—4 p.m.
Meal Site Lunch Reservation: Call 339-499-6419 by 10a.m. one week before you wish to come in.
www.weymouth.ma.us • Programs Hotline: 781-682-3822 after 9 a.m.

SENIOR CENTER PROGRAMS

ARCHERY
BAND
BINGO
BLOOD PRESSURE
BOOK CLUB
CHORAL GROUP
COMPUTER CLASSES
CRIBBAGE
ELDER LAW/FINANCE
FOOD SHOPPING
FOOT CARE
FRIENDS LUNCHEONS
HANDYMAN
HEARING TESTS
KEY GUARDIAN
KNITTING/CROCHETING
LINE DANCING
MASSAGE, Chair
MEAL SITE
MEDICAL EQUIPMENT LOAN
MOVIES
MUSCLES IN MOTION
OUTREACH
POKER
POOL ROOM
RUOK?
TELEPHONE ASSURANCE
SHINE
TAI CHI
TAP DANCING
TRANSPORTATION
WATERCOLORS
WHIST
Wii VIDEO GAMES
WOODCARVING
WRITING WORKSHOP
YOGA, Chair
ZUMBA GOLD

TO VIEW THIS NEWSLETTER ONLINE, GO TO: www.weymouth.ma.us

WEYMOUTH ELDER SERVICES SPONSORED PROGRAMS POLICY:

Registration to programs is first offered to seniors (60+) of the Town of Weymouth and official volunteers. If additional space is available, non-residents are welcome to participate. Transportation and Outreach Services are solely offered to residents of the Town

SUMMER PROGRAMS HEAT POLICY: Because there is no air conditioning in the gym, if the temperature is predicted to be 85 degrees or more, all programs in the gym are cancelled. If in doubt, please call the programs hotline [after 9 a.m. at 781-682-3822](tel:781-682-3822). All classrooms are air-conditioned, so the policy does NOT apply to those activities scheduled in those rooms.

The Quincy-Weymouth Wellness Initiative Presents: My Life, My Health – Diabetes Prevention and Management

Whipple Senior Center
182 Green Street, Weymouth

FREE 6-week workshop for those living with or caring for someone with diabetes or pre-diabetes to learn skills to prevent, manage and cope with the disease.

Workshop Schedule

June 5 – July 17
Fridays 9:30 a.m. – Noon

Register by calling Teryn Falkingham at the
Weymouth Health Department,
781-340-5008

Registration is limited to 15 participants so please don't delay.



6th ANNUAL WEYMOUTH FARMERS' MARKET

June 6—October 24

9 a.m.—1 p.m.

Town Hall Parking Lot, 75 Middle Street

The market includes over twenty local businesses selling fresh fruits, vegetables, seafood, honey, eggs, breads, pastries, jewelry and other crafts.

Businesses from each of Weymouth's Villages will come to the Farmers' Market on the following days:

East Weymouth—July 18

Weymouth Landing—August 15

Bicknell Square—June 27

South Weymouth—September 12



CHANGING THE MINDSET FOR SUCCESS

Free Fun Fridays!

70 MUSEUMS & CULTURAL VENUES 10
WEEKS OF FUN THIS SUMMER
7 SITES OPEN FOR FREE EACH FRIDAY

Free Fun Fridays offers visitors no cost admission to many of the most treasured cultural venues in Massachusetts

TANGLEWOOD

Lenox • [Website: bso.org/brands/tanglewood/features/2015-tanglewood-season.aspx](http://www.bso.org/brands/tanglewood/features/2015-tanglewood-season.aspx)

NORMAN ROCKWELL MUSEUM

Stockbridge • [Website: http://www.nrm.org/](http://www.nrm.org/)

THE MOUNT: EDITH WHARTON'S HOME

Lenox • [Website: http://www.edithwharton.org/](http://www.edithwharton.org/)

WORCESTER ART MUSEUM

Worcester • [Website: http://www.worcesterart.org/](http://www.worcesterart.org/)

MIT MUSEUM

Cambridge • [Website: http://web.mit.edu/museum/](http://web.mit.edu/museum/)

PEABODY ESSEX MUSEUM

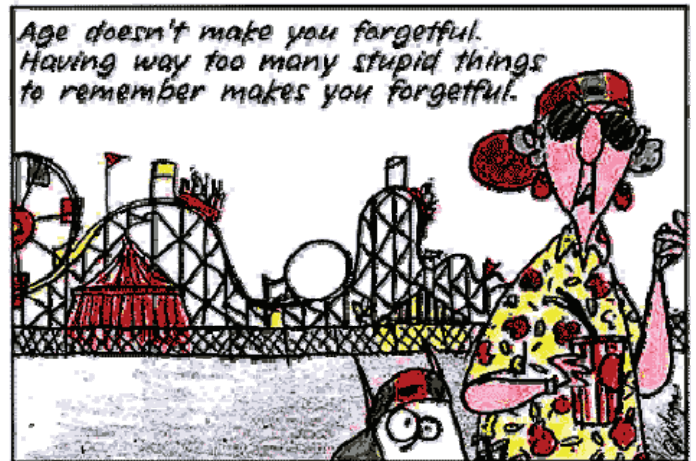
Salem • [Website: http://www.pem.org/](http://www.pem.org/)

THE HOUSE OF THE SEVEN GABLES

Salem • [Website: http://www.7gables.org/](http://www.7gables.org/)

For the listings in July and August, please go to:
<http://www.highlandstreet.org/freefunfridays>

**NO FRIENDS LUNCHEON
IN JUNE, JULY AND AUGUST
WILL RESUME IN SEPTEMBER**



HERE'S HOPING YOU HAVE LOTS OF FUN THINGS TO DO THIS SUMMER!

RECYCLE YOUR HEARING AIDS AND EYEGLASSES

Lions Club International Hearing Aid and Eyeglasses Recycling enables Lions to provide affordable hearing aids for hard-of-hearing and vision impaired individuals who have limited financial resources.

Carefully wrap and place used hearing aids and eyeglasses in a Lions Hearing Collection Container located here at the Whipple Senior Center. Thank you for your support.

OLDE KIDS ON THE BLOCK
Wednesday, June 10, 1-3:30 p.m.



This fabulous 16 piece swing band revives the big band sound of the 30's 40's and 50's. Professional retired and semi-retired musicians will transport you back to that era and will have you dancing, humming, or tapping your feet. Dancers and listeners alike will thoroughly enjoy an uplifting afternoon of music and the vocals of Mara Castle. This is the last time the band will play for the summer. They will resume in September.
 Cost: \$5. Coffee, tea and pastry included. You may pay at the door.

TRIVIA
 CHALLENGE

1. **Question:** If you go to a restaurant and order sweetbreads, what kind of food would you be ordering? Be specific !
2. **Question:** In 1927, what adventurous 25 year old man was the first Time Magazine Person of the Year?
3. **Question:** What was the only Ancient Wonder of the World located in Iraq?
(Answers on page 5)

HERB GARDENING WITH POTTED PLANTS

Wednesday, June 17 at 1 p.m.

Home Instead Senior Care invites you to start an herb garden. It's simple and fun with potted plants!

What you'll need to bring:

- Round Container—10" wide at the mouth and 6" deep is the max or
- Box Container— 12" long and 6" deep is the max.

Limited to 15 registrants, so don't delay!
 Call the Whipple Senior Center at 781-682-6140.

(Plants and soil provided by Home Instead Senior Care)



HARBORMASTER TO ISSUE BEACH STICKERS
TUESDAY, JUNE 23, 10-12

WHIPPLE SENIOR CENTER

Weymouth Seniors (65+) Get your beach sticker free of charge!

You must show proof of residency, and age(65+) so bring your license and registration with you. If you cannot make this date, you may get a beach sticker at the boat ramp shack across from George Lane Beach.

STOCK UP ON SOME BOOKS FOR YOUR SUMMER READING BY VISITING OUR FREE LENDING LIBRARY. WE HAVE A GOOD ASSORTMENT—SOMETHING TO PLEASE EVERYONE!

Whipple Senior Center—Room 10



FRIENDS TRIPS



MYRTLE BEACH, SC Aug.30--Sept. 4, 2015
 \$825 per person double occupancy \$100 deposit per person due upon reservation & balance due on or before July 18th. **Tour includes:** First class hotel accommodations for five nights; overnight in the Baltimore MD area the first and last night; three nights ocean view accommodations at The Dayton House Resort, Myrtle Beach, SC, (an oceanfront property within walking distance to The Boardwalk & area attractions) Baggage handling-1 bag per person & driver gratuities, 5 breakfasts, and 3 dinners while in Myrtle Beach, admission & reserved seating to 3 shows; Hot Jersey Nights, "One" The Show, & Legends In Concert, locally guided sightseeing tour of Myrtle Beach & the Grand Strand area, time for shopping & browsing the popular Broadway at the Beach (350 acres of shops, entertainment, nightlife), time to enjoy the amenities at the resort & the sugar white sandy beach!!!

Note: Bus departs at 8:a.m./ coffee & muffins on board.

**.Questions? Call Sandy at
781-337-5756**

**Checks to: FCOAP.O. Box 890221
E. Weymouth, MA 02189**

TRANSPORTATION

Please call Steve 781-331-3921



Call Steve at 781-331-3921

6/3	SHAWS
6/4	BINGO
6/8	CHRISTMAS TREE SHOP (AVON)
6/9	HANOVER MALL
6/10	SHAWS
6/11	BINGO
6/12	FRIENDS LUNCHEON
6/15	TARGET / ALE HOUSE (ABINGTON)
6/16	CASTLE ISLAND
6/17	SHAWS
6/18	BINGO
6/22	KINGSTON MALL
6/24	SHAWS
6/25	BINGO

Transportation is also provided by van to medical appointments within Weymouth, surrounding towns, and Boston medical facilities. Suggested donation within town is \$6 round-trip, contiguous towns, \$7 round-trip, and Medical Access to Boston, 25% of the cost of the ride.

COURTESY COACH SOUTH SHORE HOSPITAL

The Courtesy Coach provides transportation to patients who need a ride to an appointment at South Shore Hospital or to a program or service directly affiliated with South Shore Hospital. The Coach does not transport patients to physicians' offices. Pick-ups start at 8 a.m. and return no later than 3 p.m. Two weeks notice is required. For more information, please contact South Shore Hospital Courtesy Coach at 781-624-4350.

THE RIDE Eligibility Center
 For eligibility, contact: 617-337-2727
www.mbta.com/theride

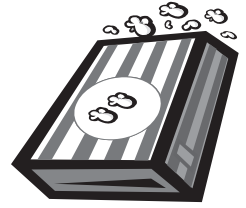
1. Answer: Calf or Lamb Pancreas or Glands
2. Answer: Charles Lindbergh
3. Answer: Hanging Gardens Of Babylon

The Transportation program is partially funded by a Community Development Block Grant, Title 111B grant of the Older Americans Act, and a grant from the Executive Office of Elder Affairs.

FREE FRIDAY FLICKS at 1:00 p.m

Includes popcorn & punch!

Free Friday Flicks are sponsored by the Friends of the Council on Aging and they have just purchased a new 70 inch television!



June 5

Mamma Mia! Romantic Comedy PG-13 2008 108 Min.

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding. Buoyed by the tunes of ABBA, this effervescent yarn -- a Golden Globe nominee for Best Picture (Comedy or Musical) -- also stars Pierce Brosnan, Colin Firth and Stellan Skarsgård as the trio of potential dads.

CAST: Meryl Streep, Pierce Brosnan, Colin Firth, Amanda Seyfried

June 12

Riverdance Documentary/Musical/Dance Not Rated 1996 1 Hr. 41 Min.

Riverdance, the acclaimed Irish music and dance spectacular, comes to the Big Apple in this live video recorded at New York City's Radio City Music Hall. The New York performance features several new pieces never before available on video, including "American Wake" and "Harbour Of The New World." This production stars Jean Butler, Colin Dunne and Maria Pagés, along with a cast of 70 dancers and musicians.

CAST: Colin Dunne, Michael Flatley, and the Moscow Folk Ballet

June 19

Still Alice Drama PG-13 2014 101 Min.

When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's -- which forces Alice and her family to make radical changes in their lives. **CAST:** Julianne Moore, Academy Award winner for this role.

June 26

The Identical Drama PG 2014 107 Min.

Twin brothers are unknowingly separated at birth; one of them becomes an iconic rock 'n' roll star, while the other struggles to balance his love for music and pleasing his father.

CAST: Blake Rayne, Ray Liotta and Ashley Judd

SUMMER PROGRAM CHANGES

No Woodcarving June, July and August.

No Choral Group practice June, July, August.

No Wii Bowling, June, July & August.

No Tap Dancing, June, July & August.

No Friends Monthly Luncheons June, July and August.

June 10 Last session for **Olde Kids on the Block** .

Woodcarving— No sessions June-August. .

June 15 last day for **Zumba Gold**.

June 17 Last day of **Line Dancing** for summer.

June 18 Last day for **Band**.





June 17 Last day for **Book Club**.

June 26 Last day for **Movies**

June 22 Last day for **Water-Based Oils**—No classes in July. Resumes August 10.

ALL PROGRAMS
WILL RESUME IN
SEPTEMBER
UNLESS
OUTHERWISE
INDICATED.

SUMMER PROGRAMS HEAT POLICY: Because there is no air conditioning in the gym, if the temperature is predicted to be 85 degrees or more, all programs in the gym are cancelled. If in doubt, please call the programs hotline after 9 a.m. at 781-682-3822. All classrooms are air-conditioned, so the policy does NOT apply to those activities scheduled in those rooms.

Monday	Tuesday	Wednesday
<p>SHINE* 1</p> <p>10:00 Muscles in Motion 10:00 Friends Board Meeting 12:30 Whist 1:00 Water Based Oils 1:30 Zumba Gold</p>	<p>2</p> <p>No Choral Group</p> <p>10:00 Chair Yoga 10:00 Knitting 12:00 Poker 1:30 Tai Chi</p> 	<p>SHINE*</p> <p>10:00 Blood Pressure 10:00 Muscles in Motion 10:30 Writing Workshop 11:15 Line Dancing</p>
<p>SHINE* 8</p> <p>10:00 Muscles in Motion 10:00 Massage* 11:00 Recreation Board 12:30 Whist 1:00 Water Based Oils 1:30 Zumba Gold</p> 	<p>9</p> <p>10:00 Chair Yoga 10:00 Knitting 12:00 Poker 1:30 Tai Chi</p>	<p>SHINE*</p> <p>10:00 Muscles in Motion 10:30 Writing Workshop 1:00 Olde Kids Band 11:15 Line Dancing</p>
<p>SHINE* 15</p> <p>10:00 Muscles in Motion 10:00 Knitting 12:30 Whist 1:00 Water Based Oils 1-2 Senator Hedlund's Aide 1:30 Zumba Gold</p>	<p>16</p> <p>10:00 Chair Yoga 10:00 Knitting 12:00 Poker 1:30 Tai Chi</p> 	<p>SHINE*</p> <p>10:00 Muscles in Motion 10:00 Finance* 10:00 Blood Pressure 10:30 Writing Workshop 11:15 Line Dancing (e) 1:00 Herb Gardening 1:30 Book Club (last</p>
<p>SHINE* 22</p> <p>10:00 Muscles in Motion 12:30 Whist 1:00 Water Based Oils NO ZUMBA GOLD (resumes September)</p> 	<p>23</p> <p>10:00-noon Free Beach Stickers 10:00 Chair Yoga 10:00 Knitting 12:00 Poker 1:30 Tai Chi</p>	<p>SHINE*</p> <p>9:00 Foot Care* 10:00 Muscles in Motion 10:30 Writing Workshop NO LINE DANCING</p>
<p>SHINE* 29</p> <p>10:00 Muscles in Motion 12:30 Whist 1:00 Water Based Oils NO ZUMBA GOLD (resumes Sept.) NO WATER-BASED OILS (Resumes 8/10)</p>	<p>30</p> <p>10:00 Chair Yoga 10:00 Knitting 12:00 Poker 1:30 Tai Chi</p>	



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Wednesday	Thursday	Friday
<p>on op</p> <p>3</p> 	<p>4</p>  <p>SHINE* 10:00 Band 12:00 Bingo 12:30 Cribbage</p>	<p>5</p> <p>SHINE* 9:30 My Life, My Health—Diabetes 10:00 Attorney O’Neil* 10:00 Muscles in Motion 12:00 Poker 1:00 Movie</p>
<p>on op (Last session til Sept.)</p> <p>10</p> 	<p>11</p> <p>SHINE* 10:00 Band 12:00 Bingo 12:30 Cribbage</p>	<p>12</p> <p>SHINE* 9:00 Foot Care* 9:30 My Life, My Health—Diabetes 10:00 Muscles in Motion 12:00 Poker NO Friends Luncheon 1:00 Movie</p> 
<p>on op (end of season party) with Potted Plants session)</p> <p>17</p> 	<p>18</p> <p>SHINE* 10:00 Band (Last session for the summer) 12:00 Bingo 12:30 Cribbage 1:00 Hearing*</p> 	<p>19</p> <p>SHINE* 9:30 My Life, My Health—Diabetes 10:00 Muscles in Motion 12:00 Poker 1:00 Movie</p> 
<p>on op (resumes September)</p> <p>24</p> 	<p>25</p> <p>SHINE* NO BAND (resumes September) 12:00 Bingo 12:30 Cribbage</p>	<p>26</p> <p>SHINE* 9:30 My Life, My Health—Diabetes 10:00 Attorney Murphy* 10:00 Muscles in Motion 12:00 Poker 1:00 Movie (Last for summer)</p>

Allerton House

Assisted Living Communities at Central Park

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43 School House Road - Weymouth, MA 02188



Volunteers

Very Important People!

Got an Hour? Want to make a difference?

There are many seniors in Weymouth who could use an hour of your time. According to a 2011 report from the U.S. Administration on Aging, there are roughly 11 million seniors living alone in their homes and nearly 1.5 million seniors in nursing homes at any given time. This number has certainly increased over the past four years. The results of a decade long study from the University College London on the impact of loneliness and isolation has shown that both loneliness and infrequent contact with friends and family can, independently, shorten a person's life. *Your time, just an hour of it, can make a difference.*

Weymouth Elder Services is committed to improving the lives of all residents over the age of sixty. Homebound elders are often invisible, an hour of your time visiting, helping with shopping or driving someone who can no longer drive to a doctor's appointment or to visit a spouse in a nursing home can make a world of difference.

If you would like to give an hour of your time to make a positive impact on the life on an elder in Weymouth, please call me @ 781-682-3814. Conversely, if you know of an elder in town who may benefit from any of our many wonderful services, please tell them to call the Whipple Center at 781-682-6140 and one of our staff or friendly volunteers will gladly assist them.

I wish to express my sincere thanks to volunteer Sheetal Surendran who taught Introduction to Facebook here at the Center. Many seniors benefited from her classes.

Sincerely,

Chris Quinn

Coordinator of Volunteers

781-682-3814

Happy Father's Day to all our wonderful fathers, grandfathers and great-grandfathers!

A **BIG THANK YOU** to **Maureen Prasinos** for volunteering her time to show our free weekly movies with popcorn and punch each Friday. June is the last month for movies until the fall when Maureen will resume her volunteer activities.

Happy Birthday to our volunteers celebrating this month - **Rosemarie Fallon 25, Rona Goodman 14, Geraldine Hayes 1, Ellen Hutchinson 28, Sharon Morgan 24, Marylou Newell 13, Joseph Oliverio 28, Joanne Orlando 14, Christine O'Toole 25, Miriam Santry 23, Joseph Sterling 15, and Virginia Vanschyndel 18**

The volunteer program is funded in part by a Community Development Block Grant.

FROM ANN IN THE OUTREACH OFFICE

I've decided to focus on the topic of how important it is to have certain legal documents in place as we grow older. It is very important for everyone to have a Health Care Proxy, Power of Attorney, and a Will in place in order to make sure your wishes are followed through, whether it is regarding your medical well being or your assets. This is why I would like to provide our clients with a beneficial resource so that more clients can have these documents in place.

The Elder Law Project of the Women's Bar Association assists low income seniors throughout the Commonwealth. The ELP makes presentations to elders at senior centers and low income elderly housing developments to explain the purpose and importance of these end-of-life documents such as simple wills, health care proxies, and powers of attorney. Low income seniors who are interested in having such documents prepared meet with the volunteer attorneys for free.

Eligibility Requirements:

Individual: Income must be under \$27,225 and Assets under \$40,000.

Married Couple: Income of \$36,000 or less and assets combined under \$55,000.

Homeowners: May have up to \$814,000 in home equity.

Please contact Elder Law Project at (617) 651-2357 to make an appointment for a free consultation with an Attorney.

If you are not income eligible, two attorneys are available once a month at the Whipple Senior Center for a free 30 minute consultation, Attorney Gerald Murphy and Attorney Michael O'Neil. Please call the reception desk at 781-682-6140 to make an appointment.

Massachusetts power of attorney forms are used mainly because for many people, sickness, advanced age, or an accident can lead to a temporary or permanent state of mental instability. Therefore your finances will still need to be attended to, and the need to make forceful decisions about the course of your health care will now need guidance. This is why it's important to take a few simple steps and designate someone whom you trust to make these decisions on your behalf. Through a Massachusetts Financial Power of Attorney, you can name an Attorney-In-Fact to assume control of your financial affairs when and if it becomes necessary.

You can also make your wishes known for the conduct of our health care through two documents: the Health Care Proxy and the Document Directing Health Care.

All documents must be made in accordance with the Massachusetts Probate Code which calls for all documents to be signed with at least two (2) witnesses or a notary public (unless stated otherwise).

OUTREACH OFFICE HOURS

Andrea: Monday, Wednesday, Thursday 9 a.m.—3:30 p.m.

Ann: Monday, Tuesday, Friday 9 a.m.—3:30 p.m.

It's always best to make an appointment. Call 781-682-6140.

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1-855-670-5938 (TTY 1-855-670-5940).
Or visit www.thpmp.org/sco.

Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.
(From Oct. 1 - Feb. 14 representatives are available
7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

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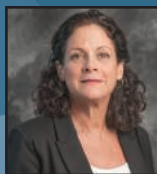
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PROFESSIONAL SERVICES AVAILABLE TO SENIORS

Volunteer Help with Small Tasks—

Weymouth Elder Support Council and BOSS (Benevolent Organizations of the South Shore. Call: 781-682-6140 Ext. 3816 (Ann) or 3817 (Andrea)

Quincy Community Action Programs—

Reverse Mortgage Counseling—Jill Joyce at 617-479-8181 Ext. 377.

***Attorney Michael O'Neil**—offers free 30 minute consultations once a month.

***Free Hearing Evaluation and**

Consultation—John Klefeker, Board Certified Hearing Instrument Specialist once a month.

Blood Pressure by Public Health Nurses 1st and 3rd Wednesday of the month.

Attorney Gerald Murphy-offers free 30 minute consultations once a month.

***Chair Massage with Kerry Gage**—second Monday of the month. Fee: \$10 for fifteen minutes.

***Foot Care** offered twice a month by a registered nurse. Cost: \$29.

Handyman—For small home repairs.

Reasonable rates. Call 781-682-6140 Ext. 3816 or 3817.

***Weymouth Health Department**—B12 Clinics every Tuesday morning from 9:30—11:00 a.m. by appointment. Fee: \$5. You must bring your own B-12 medication and have a written order from your physician. Tetanus shots and pneumonia shots are available by appointment for a fee of \$5. Call Health Department at 781-340-5008 to schedule an appointment.

***SHINE** (Serving Health Information Needs of Elders) Medicare and health insurance options counseling. Call 781-682-6140.

Please note: Professionals are kind enough to provide these services to Weymouth seniors. Please respect their valuable time by keeping your appointment! *indicates appointment is needed.

WEYMOUTH ELDER SERVICES
182 Green Street
Weymouth, MA 02191

