

Among Friends

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-210-5570
Trans.: 508-210-5573
Nutrition: 508-210-5578



August 2012

The purpose of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

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Senior Center 508-210-5570
Director 508-210-5571
Transportation 508-210-5573
Nutrition Site 508-210-5578
& Lunch Reservations
Veterans' Agent 508-210-5529
Fax 508-829-0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.



WELCOME 2 OUR WORLD

Please join us on **Monday, August 6 at 1:15 p.m.** for a concert by two local musicians, Olivia Del Brocco and Sammi Brakton. Both of these young ladies sing and play the guitar and ukulele. The concert will feature some of their original songs and arrangements, and we are very pleased to host them for the first time at the Senior Center. Please come and support this performance. The concert is free and open to all with refreshments following. Please call 508-210-5570 to reserve a place.

TWO OLD FRIENDS

Back by popular demand, on **Wednesday, August 8 at 1:00 p.m.**, Kennebunk River Productions features Emery Hutchins and Mac McHale in concert, delighting audiences, young and old, with a combination of Irish music and American country music. Playing banjo, guitar, mandolin and concertina, Two Old Friends offer lots of story-telling, plaintive ballads and foot-stomping tunes. We are pleased to welcome them back. Call 508-210-5570 to reserve your place for this free concert. The performance is open to all, please bring your friends! Remember ~ we are air-conditioned!!



Healthy Heart



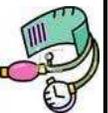
Healthy You

THE MEDITERRANEAN PATHWAY TO HEALTHIER LIVING

Join us on **Monday, August 13 at 1:00 p.m.** for the second in a series by nutritionist Tricia Silverman. This lively talk will show easy ways to incorporate healthful Mediterranean foods into your own diet. Those following this type of food plan typically have less heart disease and lower death rates than those following the usual American diet. This program is made possible through a grant from the Local Cultural Council. The program is free and open to all.

FREE SERVICE FOR EVERYONE!!

The Holden Professional Firefighters are providing a free monthly blood pressure clinic the first Thursday of each month at the Senior Center. Please feel free to stop by between **4:00-6:00 p.m.** on **August 2nd**, have your blood pressure checked and meet some of Holden's firefighters!!



BEREAVEMENT SUPPORT GROUP

Our monthly bereavement support group, facilitated by Carol Recchion, MDiv. will be held on **Monday, August 13 at 4:30 p.m.** Our Bereavement Support Group will provide community members the opportunity to: **Manage their loss; Understand grief and recovery; Cope with change; Express feelings; Share experiences; Receive Support and Develop new insights.** If you or someone you know has suffered a loss, please invite them to our group. **Everyone is welcome.**





UPCOMING TRIPS

Friday, October 5... "Fall Foliage Train Ride" Join Best of Times for a very special and exclusive train ride through some of New Hampshire's best scenic areas. This trip is the most comprehensive foliage train ride offered in New England. We will travel for 4 hours past Lake Winnepesaukee, through the White Mountains region of New Hampshire, and through some of New England's prettiest towns such as Meredith, New Hampton, Ashland, Plymouth, Bridgewater and Livermore Falls. As we make our way north, our train stops directly in front of the Common Man Inn in Plymouth, NH for a scrumptious meal. Known for their excellent cuisine and terrific service, this sit down luncheon will leave each traveler raving about their experience. Buffet Lunch Menu: Entrees: Roast Beef with a Garlic Demi Glace & Roast New England Turkey with Sage Stuffing, Pan Gravy & Homemade Cranberry Sauce. Also includes: Homemade Breads; Caesar Salad; Pasta Salad; Mashed Potato; Fresh Seasonal Vegetable; Homemade Cheese Cake topped with a Fresh Berry Sauce; Coffee/Tea. Cost of this trip is \$99.95 including drivers gratuity. You depart Holden at 7:45 a.m. and return at approximately 6:30 p.m.

Tuesday, December 4 ... "Vienna Boys Choir at Springfield Symphony Hall" The world's most beloved choir has been thrilling audiences young and old for over 500 years. Their eagerly anticipated tours play to sell out crowds nationwide. The Vienna Boys' Choir is a choir of long-standing tradition; and is one of the oldest boys' choirs existing in the world. For nearly five hundred years, they have been a symbol of Austria. Don't miss the opportunity to experience their one-of-a-kind holiday program featuring classic and contemporary Christmas favorites. Before the show we will enjoy a wonderful lunch at Chez Josef. Menu includes choice of: Roast Center Loin Pork or Stuffed Filet of Sole served with salad, potatoes and fresh vegetables, dessert and coffee. Cost of this trip will be \$88.00, which will include the Reserved Red Seating. Luncheon, Motor coach Transportation and all Gratuities. You will depart Holden at 10:00 a.m. and return at approximately 4:45 p.m.

TRAVEL REMINDERS



Just a few reminders for those who participate in the day trips we offer. The refund policy is "if we don't lose it - you don't lose it," meaning if we find a replacement for you we will refund your money. Also, please remember upon arriving at the Senior Center, to **park as close to the ball field as possible**. Please remember to listen carefully when your driver or trip leader makes announcements as to time and place to return to the bus. There is a schedule the driver has to keep, thus making it imperative for travelers to keep an eye on the time and return in plenty of time for departure. Also, if you have a medical condition where you need to eat periodically, please bring a snack with you in the event of unforeseen delays. Also, if you tend to de-hydrate quickly or easily, please bring a bottle or two of water for yourself. We want everyone to be comfortable, happy and have a good time. Thank you for your cooperation and understanding.

SENIOR CENTER ANNUAL PICNIC

Join us on **Thursday, August 16** at **noon** for our Annual Picnic. *This year the picnic will be held here at the Senior Center.* Our menu will be hot dogs, hamburgers, corn on the cob, and all the fixings. **We ask that you please bring a dessert to share.** Reservations are **REQUIRED**. To make your reservation, please call 508-210-5570 **before August 13.**



BOOK DISCUSSION GROUP

This month's book to be discussed will be Fifty Shades of Grey by E. L. James. When college student Anastasia Steele goes to interview young entrepreneur Christian Grey, she encounters a man who is beautiful, brilliant, and intimidating. The unworldly Ana realizes she wants this man, and Grey admits he wants her, too—but on his own terms. When the couple embarks on a daring, passionately physical affair, Ana discovers Christian's secrets and explores her own desires. The group will meet for what is sure to be a lively and interesting discussion on Thursday, August 9. Everyone is welcome. September's read will be Angry Housewives Eating Bon Bons by Lorna Landvik.

FUN WITH MUSIC



Come Monday, August 27 at 1:00 p.m. for a music program with sing along, bell ringers, classical music and fun songs. If you would like to participate in the program or if you have a craft to display, please leave a message for Marilyn Hyson at the Senior Center at 508-210-5570.

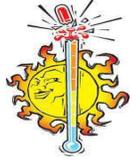
SHINE COUNSELOR

**Wednesday, August 1 & September 5
BY APPOINTMENT ONLY**



DANGERS FROM SUMMER HEAT

According to the Centers for Disease Control, hundreds of people across the United States die and millions are at risk of getting sick every year from heat-related illness. Most of these occurrences are preventable, if only people understood more about the dangers of heat and dehydration.

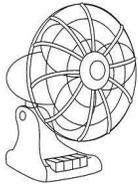


Heat Related Illness - heat related medical conditions include heat stroke, heat exhaustion, heat cramps, sunburn and heat rash. Heat exhaustion occurs when a body has lost a lot of its fluids through sweating, and, as a result, the body overheats. Signs include heavy sweating, pale complexion, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting, fainting, skin may be cool and moist, fast and weak pulse, fast and shallow breathing.

If untreated, heat exhaustion may progress to heat stroke, which is a life threatening medical condition that can result in damage to the brain and other organs.

Of all people who die of heat stroke, about 80% are age 50 or older. Deaths

attributed to diabetes, lung disease, and hypertension increase more than 50% during heat waves. Heat stroke occurs 12 to 13 times more frequently in people age 65 and older than in younger persons.



Elderly people are more susceptible to heat exhaustion and heat stroke because they:

- Begin to sweat at higher body temperatures and less effectively than younger people - their sweat glands do not function as well;
- Are more likely to have medical conditions that upset normal body responses to heat. These include any thyroid diseases, high blood pressure, heart/circulatory problems and chronic illnesses such as lupus;
- Are more likely to take medications that cause mouth dryness, increase sensitivity to the sun, change ability to reason, or impair the body's ability to regulate temperature or perspire. These include diuretics, antibiotics, antidepressants, anti-psychotics, non-steroidal anti-inflammatory drugs, sedatives and antihistamines;
- And are more susceptible to other risk factors such as mental illness, alcoholism, impaired self-care ability and unavailability of air conditioning.



What You Can Do To Protect Yourself:

- If possible, stay in an air-conditioned area, either at home or in a public place such a mall, library or recreation/senior center. If air conditioning is not available, pull shades over the windows and use cross-ventilation and fans to cool rooms.
- Drink plenty of fluids, but avoid drinks with alcohol, caffeine, or a lot of sugar. Don't wait until you are thirsty.
- Start drinking fluids at least 30 minutes before going out.
- Plan strenuous outdoor activity for early morning or evening when the temperature is lower.
- Take frequent breaks when working outside.
- Wear sunscreen SPF 15 or higher, wide-brimmed hats and light-colored, loose-fitting clothes.
- Eat more frequently, but be sure meals are well balanced, cool and light.



SAFELY ENJOY YOUR SUMMER!!

TAKEN FROM: www.everyonesbusiness.org



COMING IN SEPTEMBER ~ MY MEDICARE.GOV

The SHINE program is offering an update open enrollment. This is for people who computer. This program will emphasize website to compare health and drug plans, dosage and how you take them (1x/top, if you have one. Join us on **Wednesday, September 19** at **1:00 p.m.** for this important update. Register by calling 508-210-5570 by September 14.



of computer skills for "mymedicare.gov" before already can get on the internet and have access to a skills to help you use the tools on the Medicare available to you. Please bring a list of your medication, prn, 2x/day) to the session, as well as a laptop.



AUGUST 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>SENIOR CENTER ANNUAL PICNIC <i>will be held here at the Senior Center</i> Thursday August 16 @ noon</p>	<p>1 SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Yankee Chicken Pie</i> 1:00 Pitch Party</p> 	<p>2 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 12:30 Movie "The A-Team" 1:00 Bridge 4-6:00 HPFF Blood Pressure Clinic</p> 	<p>3 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Chicken Murphy</i></p> 
		<p>6 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Sloppy Joes</i> 1:00 Quilting 1:15 Welcome 2 Our World 4:30 Bereavement Support Group</p> 	<p>7 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork w/Gravy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>8 8-4:00 Billiards 10:00 Angel Walkers 10:30 Senior Lunch <i>Fish Sticks</i> 1:00 Pitch Party 1:00 Two Old Friends</p> 
<p>13 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Beef & Broccoli</i> 1:00 Quilting 1:00 Nutrition Program</p> 	<p>14 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Honey BBQ Chicken</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>15 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Cheese & Spinach Omelet</i> 1:00 Pitch Party</p> 	<p>16 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Center Annual Picnic & Cookout 1:00 Bridge</p> 	<p>17 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Fish w/Crumb Topping</i></p> 
<p>20 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Turkey & Gravy</i> 1:00 Quilting 1:00 Fun with Music</p> 	<p>21 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Spaghetti & Meatballs</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>22 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Sweet & Sour Pork</i> 1:00 Pitch Party</p> 	<p>23 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef & Bean Chili</i> 12:30 Movie "Lovely, Still" 1:00 Bridge</p> 	<p>24 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Apricot Chicken</i></p> 
<p>27 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Quilting</p> 	<p>28 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p>29 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Pasta Primavera w/Chicken</i> 1:00 Pitch Party</p> 	<p>30 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Hot Dog on Bun</i> 12:30 Movie "Larry Crowne" 1:00 Bridge</p> 	<p>31 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Orange Beef</i></p> 



COMING IN SEPTEMBER...

Wed., Sept. 12...Home Cooked
Lunch



Wed., Sept. 19...Talk on stress and
meditation



Mon., Sept. 24....Chet Williamson
concert

FRIENDS OF HCOA

I WOULD LIKE TO:

- Renew My Membership
- Become a New Member

Enclosed is my \$5.00 Donation
Please Send My Membership Card To:

Name: _____

Address: _____

Telephone Number: _____

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

AUGUST MOVIES

Thurs., Aug. 2 ... "The A-Team" This updated feature-film take on the hit 1980's television show follows a group of Iraq War veterans on the run from U.S. military forces while they try to clear their names after being framed for a crime they didn't commit. Along the way, Col. Hannibal Smith, Capt. H.M. "Howling Mad" Murdock, Sgt. Bosco "B.A." Baracus and Lt. Templeton "Faceman" Peck help out various people they encounter. Joe Carnahan directs this high-octane actioner. Starring Bradley Cooper, Liam Neeson & Jessica Biel

PG-13 ~ 117 minutes

Thurs., Aug. 9 ... "Oceans" This Disney nature documentary from co-directors Jacques Perrin and Jacques Cluzaud examines the vital role water plays in human existence and the cause-and-effect interplay between oceans and the environment. Shot on location around the world, the feature-length film also dives beneath the surface with stunning underwater photography that documents lesser-known and endangered aquatic life forms. *G ~ 84 minutes*

Thurs., Aug. 23... "Lovely, Still" When his beautiful new neighbor, Mary (Ellen Burstyn) asks him out on a date, elderly bachelor Robert (Martin Landau) suddenly finds himself swept up in the excitement and panic of new love. But as romance blossoms between the couple, an unexpected challenge arises that threatens to undermine the fledgling relationship. Nicholas Fackler directs this touching drama that also stars Adam Scott and Elizabeth Banks. *PG ~ 92 mins.*

Thurs., Aug. 30 ... "Larry Crowne" After he's laid off from his longtime job at a soulless retail giant, average middle-aged guy Larry Crowne decides it's time to change his life by heading back to college, where he finds a new perspective -- and a new romance with a professor. Tom Hanks & Julia Roberts star. *PG-13 ~ 99 minutes*

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Friends of the Holden COA
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