

Among Friends

SENIOR SERVICES
COUNCIL ON AGING
1130 Main Street
Holden, MA 01520
Tel.: 508-829-0270
Bus: 508-829-0273
Nutrition: 508-829-0201



January 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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TELEPHONE NUMBERS

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 508-210-5577

HOURS

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

PLEASE NOTICE

OUR NEW PHONE NUMBERS LISTED AT LEFT!!
PLEASE MAKE THE CHANGE IN YOUR PHONE
RECORDS AT HOME!!!



HEARING LOSS PROGRAM

Claire Williams, doctor of audiology, will present a program on "Hearing Loss" on **Thursday, January 12 at 10:00 a.m.** Following the presentation, there will be time for questions and answers. The program is free and open to all. Please register at 508-210-5570.



OSTEOPOROSIS AND PREVENTING VERTEBRAL FRACTURES



Dr. Paul Creedon, Clinic Director of South County Physical Therapy, will present a program on "Osteoporosis & Preventing Vertebral Fractures" at **10:00 a.m. on Wed., Jan. 25th.** There will be time for questions following the presentation. The program is free and open to all. Please register by calling 508-210-5570.

The Senior Center Staff Invites You to Lunch

The Senior Center Staff will once again be cooking lunch for you on **Tuesday, January 31** at noon. We will be serving a pork roast dinner. **Reservations are required.** The Scouters Lodge A.F. & A.M. is underwriting \$1.00 of the cost of each ticket. Therefore, the cost of this meal will be \$3.00 per person. We thank the Scouters Lodge for their generosity. To make your reservations, please call the Senior Center at 508-210-5570 no later than **Wednesday, January 25.**

Join Us!

FROM THE FRIENDS...

We would like to thank all of the Friends who donated to the Bake Table at our annual fair (in any way). Thanks to your help and support, we had a successful fair which will benefit the Senior Center and its activities. A great big thank you to Betty Carlson for chairing the fair and to all who worked at the various tables. You are a great asset to the Friends!!

Our next meeting is **Monday, January 9 at 1:00 p.m.** at which time we will be taking a final vote on the proposed by-law changes. All Friends are welcome.



The Senior Center will be closed on **Monday, January 2** for the New Year's holiday and **Monday, January 16** for Martin Luther King, Jr. Day.



ATTENTION HOLDEN PROPERTY OWNERS 65 YEARS OR OLDER

Did you know that you may qualify for up to \$500 off your real estate tax bill? The Assessors Office has applications for Real Estate Exemptions available to elderly taxpayers who meet certain income qualifications.

- Applicants must be 65 years old prior to July 1, 2011, have owned property in Massachusetts for 5 years, and have lived in Massachusetts for 10 years.
- Income from all sources in 2010 must be less than \$20,000 for a single person, or \$30,000 for a married couple.
- "Whole Estate" which is balances of bank accounts, value of stocks, bonds and other securities, excluding the value of your home, must be less than \$40,000 for a single person, or \$55,000 for a married couple.

If you think you may qualify, please call the **Assessors Office** at **508-210-5515** between the hours of 8:00 a.m.-4:00 p.m. Monday, Wednesday, Thursday; 8:00 a.m.-7:00 p.m. Tuesday and 8:00 a.m.-12:00 noon on Friday. We would be happy to set up an appointment to help you fill out the application.

Please note: Applications must be filed by March 29, 2012.

UPCOMING TRIP...

Tuesday, February 14...White's of Westport Valentine's Interlude... Some love lasts a lifetime, true love lasts forever. Come celebrate the most romantic holiday of all with your friends at White's of Westport Valentine's Interlude! Enjoy good food, friends, music and laughs. Enjoy a family style lunch and social time before the entertainment begins. Roast Turkey and Roast Beef served family style; have both if you like! All meals include soup, potato, vegetable, rolls, coffee or tea. **Cost of this trip is \$59.00 per person including driver's gratuity.**



WE MAKE IT EASY FOR YOU TO KEEP YOUR NEW YEAR'S RESOLUTIONS...

Just a reminder that the Senior Center is making it easy for you to hold true to your resolutions. Here's how...:

- Strength Training Classes every Tuesday and Thursday at 10:30 ~ \$4.00 per class
- Chair Yoga every Tuesday afternoon at 2:00 ~ \$2.00 per class
- Line Dancing for all levels every Thursday afternoon at 1:00 ~ \$4.00 per class
- Walking Group every Wednesday at 10:00
- Exercise Room w/treadmill, etc. Doctor's note required.



Everyone is welcome to any of these opportunities. We look forward to seeing you!!

CALLING ALL VETERANS

All Veterans are welcome to join us on Veterans meeting. January 1942 we are Great Britain. Japan captures Singapore for victory in the Battle of the Bulge.



January 27 at 10:30 a.m. for our monthly at war. First American troops arrive in pore. Fog lifts and allows total air support. We welcome all Veterans of all wars.

SHINE COUNSELOR

**Wednesday, January 4 and Wednesday, January 18
BY APPOINTMENT ONLY**



We are fortunate to have Michelle McGarry, a student at Quinsigamond Community College offer us a series of articles on respiratory care. Here is the first:

Smoking Cessation Is the Key to Better Health

Cigarette smoking is one of the leading causes of death in the U.S., and it is also the most preventable. Fifty percent of smokers who do not quit will die from smoking-related diseases or illnesses. One out of every five deaths in the U.S. is caused by smoking. It is the cause of 90% of the deaths from chronic obstructive pulmonary disorder (COPD), 80% of lung cancer deaths in women, and 90% of lung cancer deaths in men. Smoking is also implicated in the development of many other cancers that target major organs, because it negatively affects the entire body. It also increases the risk of cardiovascular disease such a coronary heart disease, which is the number one cause of death in the U.S.

Damage from smoking cannot be reversed, but quitting will keep further damage from occurring. Quitting this habit will also reduce the risk of developing a smoking-related disease or illness. Soon after smoking cessation occurs, the individual should experience an increase in circulation and normalization of blood pressure. Breathing will also become easier, and the individual will experience an increase in smell and taste. Each year an individual remains tobacco-free, the risk of cancer declines as well.

There are many different ways smokers can quit. Some choose to seek professional help from a therapist on an individual or group basis, while others use the help of medications to aid the quitting process. Some smokers decide to gradually reduce the amount of cigarettes they smoke daily until they are tobacco free. Others swear the only way to truly quit is by "cold turkey" -- giving the habit up all at once. However the individual decides to quit, it is important to pick a "quit day" and to be fully prepared with prescriptions or anything else necessary to make quitting cigarettes successful.

Tips to Deal with Nicotine Cravings:

- Drink plenty of fluids, especially water. This will help flush the toxins from your body. Keep coffee, soda, and alcohol to a minimum as they can increase tobacco cravings.
- Eat more fruits and vegetables, but do not diet while quitting as this will decrease the chance for success.
- Relieve stress: read a book; exercise; get a massage; practice yoga; take a bath; etc.
- Get more sleep.
- Distract yourself when you feel cravings: chew a piece of gum; go for a walk; listen to music; watch television; play a game; or call a friend or family member to catch up on life's events.
- Change your daily habits that would normally trigger a smoking habit.
- Clean your home of anything that smells of smoke.

Weight gain, anxiety, and agitation are all normal side effects experienced during the process of smoking cessation. With time, these should subside. It is not uncommon to have to try several times before being able to quit smoking permanently. It is important to remember not to become discouraged. Perseverance is the key and quitting and improved health is possible.

Michelle McGarry is a second year Respiratory Care Student at Quinsigamond Community College. The Respiratory Care Program Coordinator is Karen Kaletski Dufault of Sutton, MA

AARP INCOME TAX PROGRAM RETURNS

The Holden Senior Center will be hosting the AARP Income Tax Program again this year. There will be 10 sessions on a first come first served basis. Beginning January 17, you can call the Senior Center to make your appointment. Please remember that this is a volunteer program at no cost to you and is meant to prepare **simple tax returns**. If you have a tax return that is more complicated in nature, we encourage to contact a CPA or tax consultant.



IT'S A GREAT TIME TO...
New Year's is a great time to check & replace the batteries in your flashlights, smoke & CO detectors!





JANUARY 2012



<p>SENIOR CENTER</p>  <p>CLOSED</p>	<p style="text-align: right;">3</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Chicken Mornay</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">4</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Vegetable Alfredo</i> 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">5</p> <p>8:00 HCOA Board Mtg. 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Meatloaf & Gravy</i> 12:30 Movie "Rudy" 1:00 Bridge</p>	<p style="text-align: right;">6</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Fish Stew</i> 1:00 Cribbage</p>
<p style="text-align: right;">9</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Burgundy Meatballs</i> 1:00 Quilting 1:00 Friends' Meeting</p>	<p style="text-align: right;">10</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef & Bean Chili</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">11</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Turkey & Gravy</i> 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">12</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Hearing Loss 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Pork w/Apples</i> 12:30 Movie "Ice Castles" 1:00 Bridge 1:00 Line Dancing</p>	<p style="text-align: right;">13</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Buttermilk Chicken</i> 1:00 Cribbage</p>
<p style="text-align: right;">16</p> <p>SENIOR CENTER</p>  <p>CLOSED</p>	<p style="text-align: right;">17</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Stuffed Shells</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">18</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch <i>Salmon Boat</i> 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">19</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Herbed Chicken</i> 12:30 Movie "Modern Marvels: Disneyworld" 1:00 Bridge 1:00 Line Dancing</p>	<p style="text-align: right;">20</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Cribbage</p>
<p style="text-align: right;">23</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Fish w/Dill Sauce</i> 1:00 Quilting</p>	<p style="text-align: right;">24</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Beef Stroganoff</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>	<p style="text-align: right;">25</p> <p>8-4:00 Billiards 10:00 Angel Walkers 10:00 Osteoporosis Program 11:45 Senior Lunch <i>Baked Chicken</i> 1:00 Pitch Party 2:00 Chess Group</p>	<p style="text-align: right;">26</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <i>Lasagna</i> 12:30 Movie "Marley & Me" 1:00 Bridge 1:00 Line Dancing</p>	<p style="text-align: right;">27</p> <p>8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Beef w/Onions/Peppers</i> 1:00 Cribbage</p>
<p style="text-align: right;">30</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Chicken Fricassee</i> 1:00 Quilting</p>	<p style="text-align: right;">31</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Home-Cooked Lunch 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>		<p style="text-align: center;">BLOOD PRESSURE CLINIC TUESDAY MORNINGS 10:00 A.M. TO NOON</p>	<p style="text-align: center;">MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>



COMING IN FEBRUARY. ..

Thurs., Feb 2 - Your Rights as a Patient by
Michelle Pepe



Mon., Feb. 6 - Ron Rosenstock on
Photography

Wed., Feb. 29 - Home Cooked Lunch



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

JANUARY MOVIES

Thurs., Jan. 5... **"Rudy"** In this fact-based drama about the triumph of the human spirit, scrawny high schooler Rudy Ruettiger (Sean Astin) dreams of playing football at Notre Dame. But his father (Ned Beatty) can't afford to send him, so he ends up at a college across the street instead. Undaunted, Rudy eventually transfers to Notre Dame, where he takes on duties assisting the groundskeeper (Charles S. Dutton) and joins the school's practice squad. *PG ~ 114 min.*

Thurs., Jan. 12... **"Ice Castles"** When an accident causes her to go blind, ice skater Lexi Winston gives up her dream of being an Olympic champ -- till she meets irrepressible Nick Peterson. With his help, Lexi learns to work through her disability and regain her competitive spirit. *PG ~ 95 minutes*

Thurs., Jan. 19... **"Modern Marvels: Disneyworld"** Get a behind-the-scenes glimpse of the amazing engineering and ingenious technology that produced the 27,000-acre complex of Orlando's Walt Disney World -- the world's most visited theme park. It's also the world's most technologically advanced, boasting lifelike animatronics, a network of underground tunnels connecting the various regions of the park, and space-age propulsion technology called linear synchronous motors. *Not Rated ~ 100 minutes*

Thurs., Jan. 26... **"Marley & Me"** Jennifer Aniston and Owen Wilson star in this big-screen tearjerker based on a best-selling memoir as a newly married couple who, in the process of starting a family, learn many of life's important lessons from their trouble-loving retriever, Marley. Packed with plenty of laughs to lighten the load, the film explores the highs and lows of marriage, maturity and confronting one's own mortality, as seen through the lens of family life with a dog. *PG ~ 110 mins.*

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Friends of the Holden COA
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