

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



July 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 508-829-0214

HOURS

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

BACK BY POPULAR DEMAND...

The Greendale Men's Club Orchestra will entertain us on **Tuesday, July 10**. Please note the new time: the concert will start at **12:45 p.m.**, right AFTER lunch! Be sure to call 508-210-5570 if you plan to come for the concert and call 508-210-5578 (before noon on Friday July 6) if you plan to come for lunch.



HEALTHY PRACTICES TO IMPROVE YOUR LIFE



Be sure to join us on **Monday, July 16 at 1:00 p.m.** for a very special nutrition program. Tricia Silverman, a registered dietitian, will give a fun and informative talk on healthy practices that will add years to your life. Tricia spent time studying the culture and lifestyle of Okinawans, many of whom live to be 100. She is a lively and entertaining speaker, with lots of great ideas for all of us. The program is sponsored in part by a grant from the Holden Cultural Council. Please call 508-210-5570 to register for this free event.

It's Summertime...

We invite you to join us on **Wednesday, July 18 at 2:00 p.m.** for our Summer Social. In an effort to expand the former event called the Victorian Tea, we are planning a Summertime Social which will feature, tea, sandwiches and sweets and music by Elliot Lockwood. We will still be giving prizes for prettiest hat and most creative hat, as well as some door prizes. *Reservations are a must*, so please call 508-210-5570.



NEW PROGRAM....

The Holden Professional Firefighters will hold a blood pressure clinic **Thursday July 5 from 4:00-6:00 p.m.** here at the Senior Center. The screening is free ~ just stop by and they will take your blood pressure and give you a record card to track your results. *The clinic is open to everyone.*



BEREAVEMENT SUPPORT GROUP

Our monthly bereavement support, facilitated by Carol Recchion, MDiv. will be held on **Monday, July 9 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, August 10 ... "Boston Duck Tour" We're off to Boston for one of the most unique 80 minute tours you'll ever encounter. You'll board a "Duck," an authentic, renovated World War II amphibious landing vehicle & tour Boston like it's never been toured before. You'll be greeted by one of the legendary tour conDUCKtors, who'll be narrating your tour. You'll cruise by all the places that make Boston the birthplace of freedom and a city of firsts. And just when you think you've seen it all, there's more. It's time for "Splashdown" as your conDUCKtor splashes your duck right into the Charles River for a breathtaking water side view of Boston, the kind of view you just won't get anywhere else. Then it's off to Faneuil Hall Market place! It's always a festival offering free entertainment, incredible shopping in the Historic Quincy Market Building and Lunch on your own at the many fine restaurants. Departs from the Holden Senior Center at 9:00 a.m. Depart for home at 3:00 p.m. Cost for this trip including driver's gratuity will be \$57.00.

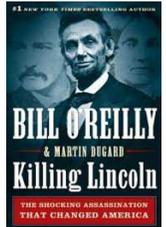
Friday, October 5... "Fall Foliage Train Ride" Join Best of Times for a very special and exclusive train ride through some of New Hampshire's best scenic areas. This trip is the most comprehensive foliage train ride offered in New England. We will travel for 4 hours past Lake Winnepesaukee, through the 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. More details will appear in the August; newsletter.

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. Cost of this trip will be \$88.00 which will include the concert, lunch, bus and driver's gratuity. More details will appear in the August newsletter.

BOOK DISCUSSION GROUP ~ THURSDAY, JULY 12 ~ 10:00 A.M.

The book discussion group will read **Killing Lincoln: The Shocking Assassination that Changed America Forever**. The anchor of *The O'Reilly Factor* recounts one of the most dramatic stories in American history—how one gunshot changed the country forever. In the spring of 1865, the bloody saga of America's Civil War finally comes to an end after a series of increasingly harrowing battles. President Abraham Lincoln's generous terms for Robert E. Lee's surrender are devised to fulfill Lincoln's dream of healing a divided nation, with the former Confederates allowed to reintegrate into American society. But one man and his band of murderous accomplices, perhaps reaching into the highest ranks of the U.S. government, are not appeased.

In the midst of the patriotic celebrations in Washington D.C., John Wilkes Booth—charismatic ladies' man and impenitent racist—murders Abraham Lincoln at Ford's Theatre. A furious manhunt ensues and Booth immediately becomes the country's most wanted fugitive. Lafayette C. Baker, a smart but shifty New York detective and former Union spy, unravels the string of clues leading to Booth, while federal forces track his accomplices. The thrilling chase ends in a fiery shootout and a series of court-ordered executions—including that of the first woman ever executed by the U.S. government, Mary Surratt. Featuring some of history's most page-turning action, *Killing Lincoln* is history that reads like a thriller.



For August, the group has decided to read: **50 Shades of Gray** by E.L. James. Everyone is welcome to join the group.



A Great Big Thank You...

...to the 3rd grade teachers and room mothers at the Mayo School. Our end of the year pen pal party was a huge success and so enjoyable. The children, staff and room mothers made all of our senior pen pals feel welcomed and special. It was one of the best events of the year!!! A big thank you to our senior pen pals as well!

FUN WITH MUSIC

Come Monday, July 23 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. Different musical programs will be held through the summer and early fall. Check each month's newsletter for details.

SHINE COUNSELOR
Wednesday, July 11
BY APPOINTMENT ONLY



IMPORTANT TRANSPORTATION REMINDERS



Beginning July 1st the following information will be taking effect:

All riders pay for ALL rides-We will inform riders if and when State Grant money becomes available.

Ridership fees are:

\$2.50 round trip in Holden
(\$1.25 for each extra stop)

\$3.00 round trip - out of town
(\$1.50 for each extra stop)

****Out of town Rides must be scheduled at least one (1) week before date of appointment.**

*****In town appointments must be scheduled two (2) days prior to date of appointment.**

- Reservations are taken on a first come first served basis.
- No standing rides will be scheduled (with the exception of dialysis clients).
- Dialysis clients will be given special consideration due to the life sustaining nature of treatments. Regularly scheduled appointment times, days and location will be taken for REGULAR medical treatments (i.e., chemotherapy, dialysis).
- Vans will wait for clients only **5 minutes** after scheduled pick up time.
- Be considerate of other clients waiting for pick up. Please call if you know your appointment will run later.
- Inform Doctors' offices that you are dependent upon the van for your transportation and ask them to make every effort to get you out on time.
- We encourage you to call if you finish your appointment early - if the van is in the area we will come to pick you up earlier than scheduled - **HOWEVER**, we cannot guarantee that we will be able to return early to bring you home. You may have to wait until your scheduled return time for your ride.

NOTE: When your appointment is at a multi-office facility, the van will return to bring you home at the same door where you were left off upon arrival.

News from SHINE/Lowering Your Medicare Drug Costs

More than 5.1 million seniors and people with disabilities on Medicare have saved an estimated \$3.2 billion on prescription drugs because of the Affordable Care Act (health care reform).

If you reach the Donut Hole, you will automatically receive a 50% discount on brand-name prescription drugs covered by your Part D plan. For generic drugs covered by your plan, you will pay 86%. These discounts apply whether you buy your drugs at a pharmacy or order them through the mail. What you pay for both brand-name and generic drugs in the Donut Hole will decrease each year until it is closed in 2020.

If you have already reached the Donut Hole, you should already be receiving these discounts. **In the Donut Hole, you should not be paying full price for your drugs!**

You may be able to get additional help paying for your drugs. Prescription Advantage offers assistance to qualified individuals and can be reached at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. The MCPHS Pharmacy Outreach Program, previously known as MassMedLine, can work with you and your doctor to try to reduce your cost and can be reached at 1-866-633-1617. You can also make an appointment with a SHINE counselor by calling the Senior Center at 508-210-5570.

Your local Veterans Service Office may help if you are no longer eligible for assistance with payment of Part B premium. If you are a Veteran, or the widow of a veteran, and receive a notice from Social Security that the State is no longer paying for your Part B premium, you should contact your Town Veterans Office to see if you are eligible for benefits from their office that would assist you with Medical Payments and reimburse you for your Part B Premium.



JULY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Lasagna 1:00 Quilting</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 Italian Braised Beef 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p style="text-align: center;">4</p> <p style="text-align: center;">INDEPENDENCE DAY SENIOR CENTER CLOSED</p> 	<p style="text-align: right;">5</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken w/Herbed Broth 12:30 Movie "Everybody's Fine" 1:00 Bridge 4-6:00 HPPF Blood Pressure Clinic</p> 	<p style="text-align: right;">6</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Salmon Boat w/Dill</p> 
<p style="text-align: right;">9</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Hot Dog on Bun 1:00 Quilting 4:30 Bereavement Support Group</p> 	<p style="text-align: right;">10</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Penne w/Chicken & Broccoli 12:45 Greendale Men's Club Orchestra 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p style="text-align: right;">11</p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Fish w/Dill Sauce 1:00 Pitch Party</p> 	<p style="text-align: right;">12</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Grp 12:00 Senior Lunch Beef Stroganoff 12:30 Movie "The Vikings: Nova" 1:00 Bridge</p>	<p style="text-align: right;">13</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Honey Baked Chicken</p> 
<p style="text-align: right;">16</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Breaded Fish 1:00 Quilting 1:00 Nutrition Program</p> 	<p style="text-align: right;">17</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Rosemary Pork 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p style="text-align: right;">18</p> <p>8-4:00 Billiards 10:00 Angel Walkers 12:00 Senior Lunch Shepherd's Pie 1:00 Pitch Party 2:00 Summer Social</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 Apricot Chicken 12:30 Movie "War Horse" 1:00 Bridge</p>	<p style="text-align: right;">20</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Beef w/Jardinere Sauce</p> 
<p style="text-align: right;">23</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch BBQ Chicken 1:00 Quilting 1:00 Fun with Music</p> 	<p style="text-align: right;">24</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Swedish Meatballs 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 12:00 Senior Lunch Spanish Omelet 1:00 Pitch Party</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 Potato Crunch Fish 12:30 Movie "Designing Woman" 1:00 Bridge</p>	<p style="text-align: right;">27</p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Beef & Cabbage Casserole</p> 
<p style="text-align: right;">30</p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch Veal Bourguignon 1:00 Quilting</p> 	<p style="text-align: right;">31</p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Rib-i-que 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p> 	<p style="text-align: center;">GREENDALE MEN'S CLUB ORCHESTRA</p>  <p style="text-align: center;">Tuesday, July 10 @ 12:45 p.m.</p>	<p style="text-align: center;">HEALTHY PRACTICES TO IMPROVE YOUR LIFE</p> <p style="text-align: center;">Monday, July 16 @ 1:00 p.m.</p>	<p style="text-align: center;">MENU & MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</p>

COMING IN AUGUST...



Wednesday, Aug. 8 Back by Popular Demand...a concert by "Two Old Friends"

Monday, Aug. 13 - Nutritional Information from the Mediterranean



Thursday, Aug. 16 - Annual Picnic/Cookout

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

JULY MOVIES

Thurs., July 5 ... "Everybody's Fine" Frank just lost his wife, and without their mother by his side, Frank's grown children aren't compelled to visit for the holidays. So he hits the road to visit them -- collecting various revelations and learning about himself along the way. Robert DeNiro; Kate Beckinsale and Drew Barrymore star. *PG-13 ~ 99 minutes*

Thurs., July 12... "The Vikings: Nova" While they're often portrayed in movies and history books as horned-helmeted barbarians, this fascinating installment of "Nova" reveals the Vikings to have been more civilized than we give them credit for. Startling new research from historians indicates that the 8th century Norsemen were, in fact, also shrewd merchants, accomplished artisans and superbly creative when it came to feats of nautical engineering. *NR ~ 105 minutes*

Thurs., July 19... "War Horse" Adapted from a novel by Michael Morpurgo, this majestic World War I drama centers on Devon lad Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken -- even when Joey is sold to the cavalry and sent off to France. *PG-13 ~ 146 minutes*

Thurs., July 26... "Designing Woman" Sports writer Mike (Gregory Peck) and fashion designer Marilla (Lauren Bacall) meet while traveling, fall in love and quickly get married. But the honeymoon comes to an abrupt end when they return to New York and must contend with the fact that they're practically strangers. Having to deal with exes and angry mobsters only complicates things further. This nuanced comedy, directed by Vincente Minelli, earned an Oscar for Best Original Screenplay. *NR ~ 117 minutes*



*The Senior Center will be closed Wed., July 4 ~
Independence Day*



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