

# 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



June 2013

The mission 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.

## HCOA BOARD

Rev. Dr. Jerry Heslinga, Chair  
Richard Mansfield, Jr.  
Susan Sullivan  
Faye Ellis  
Rebecca Tornblom  
Marilyn Burnham  
Maureen Locke

## SENIOR CENTER STAFF

Louise Charbonneau,  
Director of Senior Services  
Maureen Buffone, Senior Clerk  
Paula Earley, Outreach  
Cindy Smith, Outreach  
Clare Nelson,  
Program Coordinator  
Naomi Sohlman,  
Transportation Coordinator  
Ernest Diesslin, Van Escort  
Marjeanne Adels, Van Escort  
Stephanie Gabrielli, Dining Manager

## VAN DRIVERS

James Wells  
George Warden  
Lawrence Pierce  
Mary Sloan

## FRIENDS OFFICERS

Faye Ellis, President  
Marcia Sherbourne, Vice President  
Geri Sawyer, Secretary  
Helen Holmes, Treasurer

## 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.

## Pen Pal Party

The end-of-year pen pal party will be held on **Thursday, June 6** at the Mayo School. The event is scheduled for **2:00 p.m., ending at 3:00 p.m.** Parking is limited at Mayo School. Please plan to carpool with your friends, or call the senior center transportation number (508-210-5573) to reserve a van ride. Also, be sure to notify our office at 508-210-5570 if you must be absent.



## The First Ladies Part TWO

The First Ladies Part ONE show was so popular that we have invited Patricia Perry back for the next segment, The First Ladies Part TWO!! Part One included the first ladies through Frances Cleveland. Part Two takes us up to Michelle Obama, with interesting stories and gossip from the backgrounds of the First Ladies. Join us on **Monday, June 10 at 1:00 p.m.** for this special event. Free and open to all with refreshments following the performance. Call 508-210-5570 to reserve a place. Come for lunch (Lasagna) and stay for the show. Lunch reservations can be made by calling 508-210-5578 two (2) days in advance (by Thursday, June 6 at 1:00 pm).

## Lunch with Police Chief Sherrill

Join us for lunch (Penne with chicken & broccoli) at noon on **Tuesday, June 11**. Chief George Sherrill will join us for lunch and speak on current topics that Holden is dealing with. Time for your questions will be provided. To make a lunch reservation, call 508-210-5578 by Friday, June 7 at 12:30. This is a wonderful opportunity to get to know the folks who keep our town so safe. (If you wish to come ONLY for the program which begins at 12:30 p.m., call 508-210-5570.)



## NEW BEREAVEMENT SUPPORT GROUP

In response to feedback we have received, we will be starting a new format to our Bereavement Group. Beginning on Tuesday, July 9, we will offer a group for Widows and Widowers which will require registration in order to participate. The time of the group will be decided based on the needs of the majority of registered participants. The group will meet once each month for 6 months. Having this new format for the group will allow for a deeper level of support and discussion among participants, as well as opportunities to learn more about how to become more resilient as they grieve.

To enroll in the group, please call facilitator Carol Recchion at 774-258-1468 by Thursday, June 27. For those other than widows or widowers who have suffered a loss, please contact Carol and she will provide referrals to appropriate groups for support.

*The current Bereavement Group will meet as usual in the month of June (June 10, 2013 at 4:30 p.m.).*





# UPCOMING TRIPS

**Tuesday, July 23 .. "The Spirit of Boston"** Come aboard and enjoy the most entertaining experience in Boston featuring our luncheon Grande Buffet! This two-hour cruise on Boston's historic harbor is perfect for an afternoon getaway and is exclusive to Best of Times Guests Only! Once price includes everything except drinks and photos. *Bon Voyage!* As the ship pulls away from the dock, grab your streamers and your drinks and join our Spirit entertainers in a festive Bon Voyage toast. *Bon Appétit!* Once you've been invited up to our Grande Buffet, take as little or as much as you like. With choices such as Wild Alaskan Salmon, Classic Baked Chicken, Asian Beef & Chicken Sitr Fry, Grilled Vegetable Lasagna, and Sweet Dessert Trio, there is sure to be something to please even the most discerning palate. You can even go back for seconds and thirds as long as the buffet is open! *Oooo, ahhh* - while you dine, we'll entertain you with a fascinating narrated tour of Boston's breathtaking skyline and the talented Broadway-quality performers will dazzle you with song and dance on the center stage. *Stretch your legs* - head topside for the largest outdoor patio deck in Boston and catch a breath of fresh air and an amazing view. *Rock 'til you dock* - from line dances to Top-40 hits, our DJs know how to get everyone up and dancing, right to the end of your cruise. After our cruise, we will depart for Faneuil Hall & Quincy market. This bustling market place is still as busy as it was in the 1700's featuring a burgeoning array of shops, restaurants and outdoor entertainment making it a premiere destination. We will have free time here to explore or shop on our own before our departure home. **Cost of this trip will be \$80.00/person including driver's gratuity.**

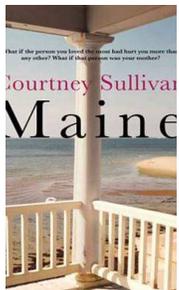
**Tuesday, Aug. 13 ... "Broadway and the Feast"** Join us as we bring a bit of Broadway to the beaches of Maine. We transform one of Maine's best known facilities for lobster, Fosters, into our very own theatre! Best of Times own stage, lighting and sound system creates the show experience our customers have come to expect. Experience one of Maine's finest traditions at one of its finest locations. Our show this afternoon features the dynamic duo of The Chimenti's. They are a husband and wife duo that bring Broadway to life in a very special and unique way. Cathy's repertoire includes a tour with American Family Theatre's production of The Little Mermaid as well as roles such as Mama Rose in Gypsy, Fanny Brice in Funny Girl, Reno Sweeney in Anything Goes, Sheila in A Chorus Line ad Grace Farrell in Annie. Michael has a powerful voice that been seen in New York productions of Fiddler on the Roof, The Fantasticks, Sweeney Todd and The Producers. Your meal includes whole boiled 1 1/4 lb. Lobster, Clam Chowder, Fresh Steamed Mussels, Fresh Maine Clams, Corn on the Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter & Beverage. A 1/2 BBQ Chicken is available as a non-lobster alternative. **Cost for this trip is \$86.00/person including driver's gratuity.**

## A WORD OR TWO FROM THE FRIENDS...

Our last meeting before summer will be at 1:00 p.m. on Monday, June 3. All are welcome. Plans for our Annual Best of Friends Fair on Saturday, November 2 are beginning. If you are interested in a table at the fair, applications are in the Senior Center Office. Thanks to all for a great year!!



## BOOK DISCUSSION GROUP



The discussion group will meet **Thursday, June 13 at 10:00 a.m.** to discuss the book Maine by J. Courtney Sullivan. For the Kellehers, Maine is a place where children run in packs, showers are taken outdoors, and old Irish songs are sung around a piano. As three generations of women arrive at the family's beach house, each brings her own hopes and fears. Maggie is thirty-two and pregnant, waiting for the perfect moment to tell her imperfect boyfriend the news; Ann Marie, a Kelleher by marriage, is channeling her domestic frustration into a dollhouse obsession and an ill-advised crush; Kathleen, the black sheep, never wanted to set foot in the cottage again; and Alice, the matriarch at the center of it all, would trade every floorboard for a chance to undo the events of one night, long ago.

**July's selection:** The Sometimes Daughter by Sherri Wood Emmons

**August's selection:** After the Falls by Catherine Gildiner

## INDOOR FLEA MARKET...

The Friends will be holding an indoor flea market on Holden Days, **Saturday, August, 24** from **9:00-3:00**. Tables/spaces will be \$20.00 each. If you have things you'd like to get rid of, how better than a table in our air conditioned building! Please be aware that whatever you do not sell, you must take home with you, as we have no storage space available. Payment must be received at the time you register. **For further information, please call Paula Grady at 508-829-3462.**



## SHINE COUNSELOR

**Monday, June 3 and Monday, June 17  
BY APPOINTMENT ONLY**





## AN OPEN LETTER FROM LOCAL RESIDENT, JIM MATHESON

"I would like to organize volunteers to clean up Holden by walking every street and picking up trash. This one-time effort would likely be spread out over several months, a few days a week, planning 2 hour shifts. I will provide transportation, safety vests, bags, and pick-up tools. All I need is your help to make this a fun and productive effort! If you would like more information, or to join me, please call Jim Matheson, **508-829-2049**.

### PROTECT YOUR PERSONAL INFORMATION ~ A REMINDER FROM THE EXECUTIVE OFFICE OF ELDER AFFAIRS

Below is a brief story transcribed from NPR, along with the potent reminder: protect your personal information! **Secure numbers are listed below.**

*One recent morning, 86-year-old Evelyn Lois Such was sitting at her kitchen table in Denver when the phone rang. She didn't recognize the phone number or the deep voice on the other end of the line. "He asked if I was a senior, and I said yes, and he said we are sending out all new Medicare cards and I want to make sure I have all of your statistics correct," Such recounts.*

*At first, the caller didn't seem too fishy; he started by running through her address and phone number, just to make sure they were right. But then he read off a series of numbers and asked if it was her bank routing number. "I didn't know really at the time whether it was or not, but I just said no. He said, well could you give it to me so I'll have it correctly, and I said, well I'm not so sure about that. And he started to say something and I hung up."*

**When the scammer tried calling her a second time, she hung up immediately, scribbled down the number from her caller ID and dialed Medicare to report the scam.**

"Fraudsters are as attuned to what's going on in the news as anybody else," says Lois Greisman, who runs the division of marketing practices at the Federal Trade Commission. "Before Katrina hit land, websites were up soliciting funds to help victims of Katrina. This is not a surprise; this is par for the course." A program as vast as the health care overhaul makes for a dangerous twist on the regular scams, she adds.

**"The first line of defense is don't take a call from out of the blue from anyone who's offering to help you navigate the new health care market," cautions Greisman. "Those kinds of cold calls just shouldn't take place, same thing with an unsolicited email, an unsolicited text."**

**As the Affordable Care Act ramps up, the country is likely to see more frequent insurance scams, and they're likely to get more sophisticated.**

*Ms. Such offers this advice for others who get a suspicious call: "Don't answer too quickly. Think about the answer you give them and what they're asking." And NEVER give up any personal or financial information over the phone. Better yet? Just hang up.*

The following numbers can be used to verify information regarding social security or Medicare issues. The toll-free number in MA regarding elder services is also noted.

Social Security Administration (1-800-772-1213) or [www.socialsecurity.gov](http://www.socialsecurity.gov)

Medicare (1-800-633-4227) or [www.medicare.gov](http://www.medicare.gov)

Elder Services in MA (1-800-243-4636) -- TTY: 1-800-872-0166) or [www.800ageinfo.com](http://www.800ageinfo.com)



Do **not** trust toll-free or other numbers from the party that called! **If you want to confirm telephone numbers on-line, you (the senior) should use web-sites that end in ".gov".**



### Father's Day Coffee and Donuts

What better treat than "fresh donuts" with your coffee to celebrate Father's Day!!!!!! Come to the Senior Center and socialize with your friends on **Monday, June 17**. Donuts and coffee available from **9:00 to 10:30 a.m.** Sugar free snack also available. Please call 508-210-5570 and let us know if you are coming so we will have enough donuts!!!!!!!

### VETERAN'S MEETING



Please join us at the Veteran's Meeting on **Friday, June 28 at 10:30 a.m.** FC3/C Dick VanFechtman, U.S. Cruiser Astoria (CL90), will be here to facilitate the meeting. Topics of discussion will be WWII Pacific Carrier Support; Attacks on the Philippines, Iwo Jima and Okinawa; and Fire Support for Island Invasions. All veterans are welcome.



# JUNE 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>3</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Chicken w/ Herbed Broth</i> 1:00 Quilting 1:00 <b>Friends Meeting</b></p> 	<p style="text-align: right;"><b>4</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-11:45 Blood Pressure Clinic 12:00 Senior Lunch <i>Italian Braised Beef</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p style="text-align: right;"><b>5</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Pork Stir Fry</i> 1:00 Pitch Party</p> 	<p style="text-align: right;"><b>6</b></p> <p>8:00 <b>HCOA Board Meeting</b> 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>American Chop Suey</i> 12:30 Movie "Ramona &amp; Beezus" 1:00 Bridge 2:00 Pen Pal Party</p> 	<p style="text-align: right;"><b>7</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Salmon Boat w/ Dill Sauce</i> 1:00 Cribbage</p>  
<p style="text-align: right;"><b>10</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Baked Lasagna</i> 1:00 Quilting 1:00 <b>The First Ladies</b> 4:30 Bereavement Support Group</p>  	<p style="text-align: right;"><b>11</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch <i>Penne w/Chicken Lunch w/Police Chief Sherrill</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>   	<p style="text-align: right;"><b>12</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Fish w/Crumb Topping</i> 1:00 Pitch Party</p> 	<p style="text-align: right;"><b>13</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 <b>Book Discussion Grp</b> 12:00 Senior Lunch <i>Beef Stroganoff</i> 12:30 Movie "The Italian Job" 1:00 Bridge</p> 	<p style="text-align: right;"><b>14</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Honey Baked Chicken</i> 1:00 Cribbage</p>  
<p style="text-align: right;"><b>17</b></p> <p>SHINE By Appt. Only 8-4:00 Billiards 9-10:30 <b>Father's Day Coffee &amp; Donuts</b> 10:00 Crafts 12:00 Senior Lunch <i>Salisbury Steak</i> 1:00 Quilting</p> 	<p style="text-align: right;"><b>18</b></p> <p>8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch <i>Rosemary Pork</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga</p>  	<p style="text-align: right;"><b>19</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Omelet w/Bacon Cheese Sauce</i> 1:00 Pitch Party</p> 	<p style="text-align: right;"><b>20</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>Apricot Chicken</i> 12:30 Movie "American Experience: RFK" 1:00 Bridge</p> 	<p style="text-align: right;"><b>21</b></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Cribbage</p>  
<p style="text-align: right;"><b>24</b></p> <p>8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Quilting</p> 	<p style="text-align: right;"><b>25</b></p> <p style="text-align: center;"><b>STATE ELECTION</b></p>  <p style="text-align: center;"><b>NO PROGRAMS</b></p>	<p style="text-align: right;"><b>26</b></p> <p>8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 1:00 Pitch Party</p> 	<p style="text-align: right;"><b>27</b></p> <p>8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>Swedish Meatballs</i> 12:30 Movie "A Mile in His Shoes" 1:00 Bridge</p> 	<p style="text-align: right;"><b>28</b></p> <p>8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Chicken Fricassee</i> 1:00 Cribbage</p>  
<p><b>The First Ladies Part TWO</b></p>  <p><b>Monday, June 10 @ 1:00 p.m.</b></p>	<p><b>Lunch with Police Chief Sherrill Tuesday, June 11 @ 12:00</b></p> 	<p style="text-align: center;"><b>BLOOD PRESSURE CLINICS NOW EVERY TUESDAY</b></p>	<p style="text-align: center;"><b>Pen Pal Party Thursday, June 6 at the Mayo School 2:00 - 3:00 p.m.</b></p> 	<p style="text-align: center;"><b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b></p>

## COMING IN JULY...

Mon., July, 15 ... Running the Iditarod



Wed., July, 17 ... Summer Social and  
Concert From "Two Old Friends"



Wed., July, 24 ... Wachusett  
Community Band 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.

**BLOOD PRESSURE CLINICS NOW EVERY TUESDAY!!! SEE CALENDAR FOR TIMES!**

## JUNE MOVIES

**Thurs., June 6 ... "Ramona & Beezus"** When free-spirited grade-schooler Ramona Quimby's (Joey King) wild imagination leads her into another adventure, she plunges in with her trademark energy ... and penchant for mishaps, much to the consternation of her parents and big sister Beezus (Selena Gomez). Bridget Moynahan and John Corbett co-star as Mom and Dad Quimby in director Elizabeth Allen's adaptation of the beloved children's books by Beverly Cleary. **G ~ 103 mins.**

**Thurs., June 13 ... "The Italian Job"** Mark Wahlberg stars as Charlie Croker, a clever thief who masterminds a major heist amid the waterways of Venice, Italy -- but a betrayal by one of his own spells disaster, and Croker returns to Los Angeles without the stash, plotting revenge. With an eye on recovering his riches, Croker rounds up his crew -- adding an ace safecracker (Charlize Theron) to the mix. Donald Sutherland, Seth Green and Mos Def also star in this elaborate crime caper. **PG-13 ~ 110 mins.**

**Thurs., June 20 ... "American Experience: RFK"** Robert Francis Kennedy could very well have been president if his tragic murder hadn't intervened. This probing, perceptive biography reassesses the remarkable and tragic life of the third Kennedy son, the boy Joe Sr. called the "runt." Featuring extensive interviews with family members, friends, journalists, Washington insiders and civil rights activists, the film chronicles the pivotal role RFK played in many of the major events of the 1960s. **NR~120 mins.**

**Thurs., June 27 ... "A Mile in His Shoes"** Dean Cain stars in this uplifting family drama as Arthur Murphy, manager of a minor-league baseball team that finds renewed inspiration when they hire new pitcher Mickey Tussler, a lad who happens to suffer from Asperger's syndrome. **PG ~ 91 mins.**

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts  
Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

Presorted Standard  
U.S. Postage  
**PAID**  
Holden, MA  
Permit No. 34

Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520