

Among Friends



May 2018

MEMORIAL DAY



CHOCOLATE AND TEA WITH KIM LARKIN



"A multisensory experience to delight your eyes, mind and taste buds." Kim Larkin is a commercial chocolatier. Her talk will feature the health benefits of chocolate and tea along with the history, art and poetry of each. Join us on **Wednesday, May 2 at 1:00 p.m.** for this very interesting program. Seating is limited, so please call 508-210-5570 to make your reservation.

SHINGLES VACCINE CLINIC

The Holden Senior Center in partnership with Walgreens will offer the first of two (2) shingles vaccine clinics on **Monday, May 21** from **1:00-3:00 p.m.** Healthy adults 50 years and older should get two doses of Shingrix (the new shingles vaccine), separated by 2 to 6 months. You should get Shingrix even if in the past you have had, shingles; received the previous shingles vaccine (Zostavax) or are not certain if you have had chickenpox. There is no maximum age for receiving the Shingrix vaccine. Because this vaccine requires two shots be administered, we will hold a second clinic on **Monday, July 23**. Details for that clinic will appear in the July newsletter.



You **must** register to receive your vaccination. Please call the Senior Center at 508-210-5570. Registrations need to be received by the end of business (4:00 p.m.) on Monday, May 14. Over the next week, you will be contacted by a representative from Walgreen's to confirm insurance information, etc. Please call the Senior Center for registration purposes only, as the staff is not knowledgeable about the ins and outs of the vaccine. You can, however, call Walgreen's with any concerns or you can ask questions when the Walgreen's representative contacts you.

*The Senior Center will be closed in observance of
Memorial Day on Monday, May 28*



COUNCIL ON AGING BOARD MEMBERS

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Holden Senior Center
1130 Main Street, Holden, MA 01520
508-210-5570

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Bob Gionnatti, Gregg Tivnan
Meal Site Manager: Sue Donaldson - **508-210-5578**
Fax: **508-829-0214**

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.

Hours: Monday - Friday 8:00 a.m. - 4:00 p.m.



UPCOMING TRIPS



Wednesday, June 13 ... Maine's Famous "Bull and Claw" Lobster Bake ... Depart from the Holden Senior Center at 8:30 a.m. Arriving in Maine, you'll travel along the coast past scenic towns and attractions until arriving in Wells. Now be ready for a Lobster Feast at the Bull and Claw Restaurant beginning with a cup of delicious Clam Chowder, sautéed Mussels, fresh Maine Clams, tossed Green Salad, fresh baked bread and rolls and an entrée choice of delicious Maine Lobster, succulent Prime Rib or Cranberry Stuffed Chicken Breast. Your feast also includes a Hot Blueberry Crisp dessert with French Vanilla Ice Cream. After departing, you'll continue along the Atlantic Seacoast and make a visit to scenic Ogunquit. Finally, you'll visit the outstanding "When Pigs Fly Bakery" in Kittery and experience their old world artisan breads. Your expected arrival home will be @ 6:30 p.m. Tour cost is \$85.00/person including attractions listed above, luncheon, luxury bus and driver's gratuity. Please make checks payable to Friends of HCOA.



Wednesday, August 15 ... Narragansett Lighthouse Cruise ... Depart the Senior Center at 9:00 a.m. on your luxury Silver Fox Coach for Rhode Island's best maritime experience. You'll first arrive at the Quonset Point Officer's Club for a delicious full course luncheon. Your menu includes a Garden Tossed Salad, Entrée of Fresh Baked Scrod or Baked Chicken with Lemon, Mashed Potatoes and Green Beans, Mud Pie Ice Cream and choice of Coffee or Tea. After lunch you'll board the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour, including ten beautiful lighthouses and a Newport Harbor tour. You'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights. You'll return home at 5:30 p.m. after a fun filled day sailing Narragansett Bay. Cost of this tour is \$90.00/person including transportation, luncheon, cruise and driver's gratuity. Please make checks payable to:



Wednesday, September 12 ... Plymouth Getaway Tour ... Depart the Senior Center at 8:30 a.m. and travel to Plymouth, MA, where the Pilgrims landed in 1620 and established New England's first English colony. On arrival, you will take a sightseeing tour that will include a visit to Plymouth Rock, a view of the venerable Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial, a most moving and memorable sight. You'll then enjoy a full course luncheon at Plymouth's excellent Hearth & Kettle Restaurant. Your entrees include delicious seafood and chicken entrees (Broiled Cape Scrod, Plymouth's Best Fish & Chips or Cranberry Chicken) and Apple Cranberry Crisp with Fresh Whipped Cream for Dessert. Then, today's special treat will follow a narrated 75 minute sightseeing Harbor Cruise on the Pilgrim Belle, a true paddle wheeler with no propeller propulsion. Your Captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches. Arrival home is expected at 5:30 p.m. Tour cost is \$80.00/person including driver's tip. Please make checks payable to Friends of HCOA.



PLEASE BE AWARE ... The Friends of the Holden Council on Aging will not be responsible for incorrect information/ costs that appear on the flyers or in this newsletter. Patrons will be responsible for corrected tour costs once the error is brought to our attention.



SHINE DATES FOR MAY ~ BY APPOINTMENT ONLY

MONDAY, MAY 7 & MONDAY, MAY 21



MAY IS NATIONAL ARTHRITIS AWARENESS MONTH ~ FACTS ABOUT ARTHRITIS

What is Arthritis? ~ The term arthritis refers to about 120 different diseases that can affect the joints, muscles, and other soft tissues. The three most common forms are osteoarthritis, fibromyalgia and rheumatoid arthritis.

Osteoarthritis also known as degenerative joint disease, is the most common type of arthritis, affecting an estimated 21 million adults in this country. Commonly referred to as a “wear and tear” arthritis, osteoarthritis involves destruction of the cartilage, the cushion or shock absorber on the ends of bones.



Fibromyalgia is a disease that causes pain and stiffness in the tissues that support and move the bones and joints. It is a common disease that affects approximately 2% of the U.S. population or about 5 million people. Widespread pain and localized tender points occur in the muscles and tendons, especially those of the neck, spine, shoulders and hips. Other common symptoms include significant fatigue, difficulty concentrating and sleep disturbance.

Rheumatoid arthritis is a disease that primarily affects the lining of the joint. An important feature of this inflammatory illness is that the body’s own immune system targets its own tissue as an enemy. Joint swelling over a long period of time can lead to deformity and loss of function in the joint. Because rheumatoid arthritis affects the entire body, many people also experience fatigue, fever and a general sense of feeling unwell. Rheumatoid arthritis affects over 2 million people.

Other types of arthritis include gout, systemic lupus, erythematosus, juvenile arthritis, scleroderma, infectious arthritis, ankylosing, spondylitis, psoriatic arthritis, bursitis, tendinitis, and carpal tunnel syndrome.

How common is arthritis? ~ Arthritis can affect people of all ages including children.

What are the symptoms? ~ Symptoms of arthritis can include pain, swelling and stiffness in joints or the inability to move a joint normally. In some types of arthritis such as rheumatoid arthritis, joints can become red, warm, swollen and painful, and the person may feel “sick all over.” Other symptoms are unexplained fever, fatigue, weight loss and swollen lymph glands. Symptoms generally last more than two weeks.

Who is at risk? - Non-modifiable risk factors are those that cannot be prevented or changed. They are:

(1) Men and women 45 years of age or older; (2) Females 15 years of age or older; (3) Someone with a family history of arthritis; (4) Being African-American.

Modifiable risk factors are those that can be prevented or changed by an individual. These include:

(1) Obesity; (2) Past injuries to joints; (3) Infections such as Lyme Disease; (4) Certain occupations that require frequent repetitive joint activities, for example, kneeling or stooping.

How is arthritis diagnosed? ~ A diagnosis of arthritis is based on a pattern of symptoms, medical history, family history, physical examination, X-rays and lab tests.

How is arthritis treated? ~ Appropriate management can help people with arthritis live healthy and independent lives. A rheumatologist (an arthritis specialist) can be very helpful in evaluating and treating types of arthritis that require specialized drug therapy. An important aspect of successfully dealing with arthritis pain and disability is self-management. It is important for patients to learn about their disease and to take part in their own care. Working with health care professionals allows a person to share in decision making and gain a sense of control. The following are important self-management skills:

- Exercise is important in maintaining healthy and strong muscles, for preserving joint mobility and for maintaining flexibility. Exercise can also help people to sleep better, to maintain a positive attitude and to lose weight. It can reduce pain, too. Before beginning any exercise routine, ask your doctor to help you create a program that meets your specific arthritis needs.
- Rest is also important. Arthritis may cause tiredness and muscle weakness. A rest or short nap that does not interfere with nighttime sleep may be useful in controlling pain. Some people find stress reduction and biofeedback helpful.
- Assistive devices can be used to reduce stress on certain joints. For example, braces or canes may help reduce stress on the knees. Jar grippers or similar gadgets may help reduce stress on the small joints. Research shows that patients who take part in their own care report less pain, make fewer visits to their doctor and enjoy a better quality of life.

When should you get help? ~ Early diagnosis and appropriate treatment are very important in managing arthritis. Physicians now believe that damage to bones begins within the first two years that a person has the disease. Early diagnosis can decrease symptoms and long-term complications. A person should see a health care professional if symptoms of pain or swelling in multiple joints on both sides of the body develop.



MAY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>NO MORNING GLORY CAFE FRIDAY, MAY 25th</u></p>	<p>1</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Shepard's Pie 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>2</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch Turkey a la King 1:00 Pitch Party 1:00 Chocolate & Tea w/Kim Larkin</p>	<p>3</p> <p>8:00 HCOA Meeting 8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch Meatloaf & Gravy 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI</p>	<p>4</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Macaroni & Cheese 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>7</p> <p>SHINE by Appt. Only 8-4:00 Billiards 9:00 Friends Meeting 10:30 Tai Chi 12:00 Senior Lunch Swedish Meatballs</p>	<p>8</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Pork Ribique 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>9</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch Sloppy Joe on Bun 1:00 Pitch Party</p>	<p>10</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Cordon Bleu 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI</p>	<p>11</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Catch of the Day 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>14</p> <p>ANNUAL TOWN ELECTION</p> <p>NO PROGRAMS</p>	<p>15</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Stuffed Pepper Casserole 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>16</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch Garlic Herbed Chicken 1:00 Pitch Party 1:00 Bunny Mellon Talk & Tea</p>	<p>17</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:00 Book Discussion Group 10:30 Low Impact Exercise 12:00 Senior Lunch Beef w/Pearl Onions 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI</p>	<p>18</p> <p>8-4:00 Billiards 8:30-10:30 Morning Glory Cafe 10:00 Poker 12:00 Senior Lunch Breaded Fish on Bun 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>21</p> <p>SHINE by Appt. Only 8-4:00 Billiards 10:30 Tai Chi 10:30-12:30 Legal Clinic By Appt. Only 12:00 Senior Lunch Beef Burgundy 1-3:00 Shingles Vaccine BY APPT. ONLY</p>	<p>22</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Roast Turkey 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>23</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch American Chop Suey 1:00 Pitch Party 1:00 Two Old Friends</p>	<p>24</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch Chicken Pesto 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI</p>	<p>25</p> <p><u>NO MORNING GLORY CAFE</u></p> <p>8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch Hot Dog on Bun 1:00 Cribbage 1:15 Oriol Senior Fitness</p>
<p>28</p> <p>MEMORIAL DAY</p> <p></p> <p>SENIOR CENTER CLOSED</p>	<p>29</p> <p>9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch Beef w/Onions/Peppers 1:00 Bingo 1:00 Bridge 1:15 Chair Yoga-BEGINNER 2:30 Chair Yoga-ADVANCED</p>	<p>30</p> <p>8-4:00 Billiards 9:00 Tai Chi 10:15 Scrabble 12:00 Senior Lunch Ranch Chicken 1:00 Pitch Party</p>	<p>31</p> <p>8-4:00 Billiards 10:00 Mah Jongg 10:00 Art Is 4 Every1 10:30 Low Impact Exercise 12:00 Senior Lunch Egg Frittata 1:00 Bridge 1:15 ZUMBA Gold 2:30 Chair Yoga-MULTI</p>	<p>ANY ACTIVITY (or MENU) CAN CHANGE WITHOUT NOTICE</p>

TAKE ME OUT TO THE BALL GAME!

The schedule for the local Bravehearts baseball team has been posted in the Senior Center. Additional information on tickets, phone numbers and refreshments is in the brochure on the round table in the lobby. Please note the daytime games are being held on June 5 and 6, as well as July 11 and July 25. It's a great and reasonable way to have a fun outing with family and friends!



FROM THE FRIENDS ...



Welcome to May flowers!! Check out the line-up of trips planned - it appears on page 2 of this newsletter. Something for everyone!! Fair volunteers are needed, so please save a spot on your calendar for Saturday, November 3rd. Our next Friends meeting will be held on **May 7 at 9:00 a.m.**

FREE LEGAL CLINIC



Attorney Arthur Bergeron from the firm Mirick O'Connell will be here on **Monday, May 21 from 10:30 a.m.-12:30 p.m.** He will offer free 15 minute appointments to answer your legal questions. Appointments are **required**. No walk-ins. To schedule your appointment, please call 508-210-5570.

A VOLUNTEER OPPORTUNITY FROM THE KITCHEN ...

If you're interested in giving assistance to some of Holden's frailest citizens, we have the opportunity for you!! We are in need of people to drive Meals on Wheels. If you think you're interested, please come by to see Sue, Monday-Friday between 9:00 a.m. and 12:30 p.m. or call her (508-210-5578). We promise you'll never find an opportunity as rewarding as this! Come join our volunteer family!



Who was Bunny Mellon?



Bunny Mellon was an American style legend and wife of financier Paul Mellon. She was famous in her own right as horticulturalist, philanthropist and art collector. She designed and planted a number of gardens, including the White House Rose Garden; a most interesting lady. Learn about her real life from her niece, Kathy Fleming, also a designer, teacher, gourmet cook and author. Talk and tea is **Wednesday, May 16 at 1:00 p.m.** Reservations required - call 508-210-5570. We thank the Friends of HCOA for sponsoring this program.

BOOK DISCUSSION GROUP

The book discussion group will meet on **Thursday, May 17 at 10:00 a.m.** to discuss the book The Couple Next Door by Shari Lapena. It all started at a dinner party. ... A domestic suspense debut about a young couple & their apparently friendly neighbors - a twisty, rollercoaster ride of lies, betrayal, and the secrets between husbands & wives.

Anne & Marco Conti seem to have it all - a loving relationship, a wonderful home, and their beautiful baby Cora. But one night, when they are at a dinner party next door, a terrible crime is committed. Suspicion immediately lands on the parents, but the truth is a much more complicated story.

Inside the curtained house, an unsettling account of what actually happened unfolds. Detective Rasbach knows that the panicked couple is hiding something. Both Anne and Marco soon discover that the other is keeping secrets, secrets they've kept for years. What follows is the nerve-racking unraveling of a family - a chilling tale of deception, duplicity & unfaithfulness that will keep you breathless until the last shocking twist.

If you'd like to join the book club, new members are always welcome!!



COMING UP ...



June 4 - Medicare Fraud

June 11 - Free Legal Clinic



June 13 ... Pen Pal Farewell

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.

MAY CENTERED SENIORS YOGA CLASSES!

A unique experience to maintain or regain Strength & Balance, to Lubricate achy and stiff joints, and to provide you with Stress Reduction, Relaxation and overall Well-Being this spring. There is a class and level for everyone~ from a **VERY GENTLE Class** - Seated stretches and seated poses - **Tuesdays 1:15-2:15** ~ to a more **ADVANCED Class** - offering more challenging standing & balancing flows - **Tuesdays 2:30-3:30** ~ or ... a MIDDLE of the road **MULTI-LEVEL Class** on **Thursdays 2:30-3:30**.



All Yoga classes offer mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability. Try a class and find out why so many people love Yoga and experience the benefits first hand. Cost for yoga classes is \$2.00/class. The cost is subsidized through a grant from the Executive Office of Elder Affairs.

BACK BY POPULAR DEMAND ... TWO OLD FRIENDS



Back by popular demand, **on Wednesday, May 23 at 1:00 p.m.**, performers Emery Hutchins and Jim Prendergast bring us a rousing concert of Celtic and American country music, Irish tunes, vintage ballads, jigs and reels, with a few stories mixed in. These talented musicians use a wide variety of instruments including guitar, drums, concertina, mandolin and banjo, to name just a few.

Please call 508-210-5570 to reserve a seat. Free and open to all.

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, Inc.

Return Service Requested

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

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