

# NEWSLETTER



**MESSAGE FROM CONNIE:**

The Fall Season is on our doorsteps. It's time to leave behind the summer vacation mentality and get moving. I'm hoping more seniors will join us in exercising with Miss Emmy on Mondays at 9:45am, the Walking Club every day at 9:00am, and Tai Chi Thursdays with Scott at Holbrook Court at 12:45pm.

I'd like to thank Sheriff Michael G. Bellotti for his generosity in hosting the Coffee Hour at our Senior Center this September.

Thank you to the Avon Fish & Game for another fun day outdoors on their beautiful grounds which include a pond, a waterfall, colorful birds and lovely flowers. We all enjoyed the Lobster and Chicken Cookout. The seniors enjoyed the food, the companionship, and the refreshing fall weather.

I am sending a warm welcome to Holbrook's new Town Accountant Bethiny Moseley.

I am wishing a happy and blessed Rosh Hashanah (New Year) and Yom Kippur (Day of Atonement) to all our Jewish friends and neighbors.

Happy Columbus Day and Happy Halloween,

God Bless, Connie

**Some Halloween Humor**

- Why don't witches like to ride their brooms when they're angry? . . .  
They're afraid of flying off the handle!
- What do ghosts serve for dessert? . . . Ice scream.
- Why is it so hard to punish a vampire? . . .  
Because they can't reflect on what they've done.



**Newport RI Day Trip – October 19**

It's time to explore the beautiful New England that we call home! On Wednesday, October 19, the Holbrook Council on Aging is sponsoring a day trip to Newport, Rhode Island.

The trip will include a sight-seeing tour of beautiful and dynamic Ocean Drive, a hearty buffet lunch, and a show at the Newport Playhouse & Cabaret Restaurant. The Neil Simon romantic comedy "Last of the Red Hot Lovers" explores Barney Cashman's mid-life crisis as he steps into the dating scene. The play will be followed by a captivating Cabaret.

The luxurious Silver Fox Coach will depart at 9:30am and return approximately at 6:00pm. The cost is \$79. per person. This cost has been reduced thanks to a gift from the Friends of the Holbrook Council on Aging. Call the Senior Center at 781-767-4617 to make reservations.

## File of Life

The File of Life is a card containing your personal health information to be used in case of an emergency.

These free cards are available at the Senior Center. They come with a magnetic case to be placed on your refrigerator. In case of a medical emergency, the police, fire fighters and EMTs can readily access your personal information, such as:

- Your doctor's name & phone number
- Your list of current medications
- The person you want contacted in an emergency

The File of Life card also comes in a pocket-size container that you can keep in your wallet or pocketbook.

It is important to take the time to fill out these cards. In the event of a medical emergency, the police, firemen or EMTs will need this information in order to give you the best care and the speediest care. In a medical emergency, every minute is valuable.



## Health Insurance & Medicare Help

The Open Season for Medicare and other Health insurance agencies is fast approaching at the end of the year. Keep in mind that the Holbrook Council on Aging has SHINE counselor Yvonne available Tuesdays at 12:00 noon, 1:00pm or 2:00pm. Yvonne will talk with you privately, one-on-one, and explain the different health insurance and Medicare options, and try to get answers to your questions. Call the Senior Center for an appointment at 781-767-4617.

## Diabetes Expo – Saturday Oct. 15

A free Diabetes Expo will be held at Lombardo's in Randolph on Saturday, Oct. 15, from 8:30am to 1:30pm sponsored by the South Shore Hospital's Diabetes Self-Management Education Program. The program will promote a better understanding of diabetes, the treatment options, tools and available resources. Call 781-624-6673 for further info.

## New Police Phone Number

The Holbrook Police has a direct line to the Dispatcher. You can call 781-767-6830 and be connected directly to a person instead of going through the phone tree of automated questions. Use this number if you have questions for the police or if you want to report a non-emergency.

In an emergency, always call 9-1-1.

## Reverse 9-1-1 Calls

The Holbrook Safety Building personnel handle calls from Holbrook, Abington, Sharon, Whitman and Canton.

In case of an emergency or to deliver important news, the police/fire/town offices get the word out to all residents by making Reverse 911 calls. The phone call is made to every household with a land line phone. For example, in September, every household was called to remind everyone that we were in a Phase 4 Water Ban and "No Outside Watering is Allowed" due to the drought.

Cell phones are not included unless they are registered with the Sheriff's Office.

## Afternoon at the Movies - Oct. 17

On Monday, October 17 at 11:00am, the Holbrook Council on Aging in conjunction with the Winthrop Congregational Church will show the movie "Harper Valley PTA". The film will be shown at the Winthrop Congregational Church, 16 North Franklin Street. The entrance is on the Linfield Street side of the church.

## Holbrook Public Library Book Clubs

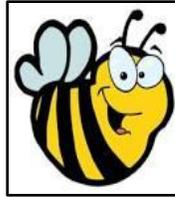
The Holbrook Public Library has an afternoon and an evening adult book club which meets once a month at the library to discuss books. The books are free to borrow with your library card.

10/6 at 6:30pm: The Man in the High Castle by Philip K. Dick

10/19 at 1:30pm: I Will Always Write Back by Martin Ganda

11/3 at 6:30pm: H Is for Hawk by H. MacDonald

11/16 at 1:30pm: Soul of an Octopus by Sy Montgomery



**WEEKLY EVENTS:**

**MONDAYS:**

Medical Appointments: 9:00am-1:00pm  
 Walking Club Sumner Field: 9:00am  
 Stretching with Emmy: 9:45am-10:30am  
 Free Panera Bread while supply lasts:  
 11:00am to 12 noon  
 Chess, Scrabble, and Games: 1pm

**TUESDAYS:**

Medical Appointments: 9:00am – 1:00pm  
 Walking Club Sumner Field: 9:00am  
 Bingo: 1:00pm

**WEDNESDAYS:**

Walking Club Sumner Field: 9:00am  
 Trucchi's: 9:15am  
 Bank and Post Office  
 Knitting: 9:30am  
 Cribbage & Games: 12:00 noon  
 Blood Pressure Clinic: 1:00pm - 2:00pm

**THURSDAYS:**

Mall-Walmart: 8:15am  
 Walking Club Sumner Field: 9:00am  
 Tai Chi: 12:45pm at Holbrook Court  
 Tea: 1:00pm

**FRIDAYS:**

Medical Appointments: 9:00am - 1:00pm  
 Walking Club Sumner Field: 9:00am

**Council on Aging 781-767-4617**

**Open: Mon to Thurs, 9am to 3pm**

**Check the Door for the latest news or call the Senior Center.**

Connie Orlando, Council on Aging Coordinator  
 Pauline Smith, Chairperson of COA Trustees  
 Margaret Feeley, Outreach and Van Driver  
 Jim Taggart, Van Driver  
 Terry Fraser, Cook  
 Mary Kwiatkowski, Newsletter Editor

**WHAT'S THE BUZZ????**

**COA Board Meeting:**

The next meeting will be Thursday, Oct. 20 at 10:00am. All Holbrook residents are welcome to attend.

**TRIAD Meeting:**

The next meeting will be Thursday, Oct. 13 at 10:00am. All Holbrook residents are welcome to attend.

**Friends of the Council on Aging Meeting:**

The next meeting will be Monday, Oct. 3 at 10:30am. All Holbrook residents are welcome to attend.

**Thank You Exec Office of Elder Affairs**

A special thanks to the Executive Office of Elder Affairs for the grant monies. The money helps the Senior Center in many ways, including paying for the postage for this newsletter.

**Medical Access Program**

Thanks to a grant from South Shore Elder Services, seniors can receive transportation to doctors' visits and medical appointments in Boston and other places outside our local area. Call the Senior Center at 781-767-4617 for more information.

**Medical Equipment Loans**

Medical equipment, such as, wheelchairs, crutches, walkers, commodes, shower chairs, etc. are available for loan at the Senior Center. Call if you need something. Also, call if you would like to donate medical equipment to help someone else.

**Register to Vote**

The last day to register to vote for the Nov. 8 Presidential and State election is **Wednesday, Oct. 19, 2016** by 8:00pm. If you have questions relative to the upcoming election, call the Holbrook Clerk's Office at 781-767-4314.

**Donations Welcome**

The Council on Aging would like to establish an account to support senior activities. If you would like to contribute, please make your check payable to:  
 Holbrook Council on Aging  
 All funds will be distributed through requests by the Director through the COA Board.

**Van Schedule & Policies:**

Doctor appointments:

**Monday, Tuesday, and Friday ONLY.**

Van hours are **9:00 am - 1:00 pm.**

Please contact the Senior Center **ONE WEEK** in advance to schedule your appointment pick up.

Please remember the bad weather schedule. Ask Margaret or Jim for details. The rule is if Holbrook Schools are closed, then **NO VAN.**

If this happens on your doctor's appointment day, it is **your responsibility** to inform the doctor's office to reschedule your appointment.

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The van is wheelchair accessible. Call the Senior Center if you have any questions or need any more information regarding the van.

## SENIORS on the GO!



Happy Halloween! Happy Columbus Day!

Holbrook Council On Aging  
9 Jewel Road  
Holbrook, MA 02343