

HANOVER HAPPENINGS

July is National Grilling Month

Summer is the time for the best outdoor cooking, so it is no surprise July is National Grilling Month.

Don't let improperly prepared food ruin your summer. Use these grilling tips to keep you grilling and enjoying the beautiful weather all season long.

- Wash your hands. Use hand sanitizer when clean water isn't readily available where you are grilling.
- Keep food cold until you are ready to put them on the grill. Letting them sit allows bacteria to grow.
- Keep hot food warm to at least 140 degrees Fahrenheit until ready to be placed in a cooler with ice or refrigerator to prevent bacteria growth. For salads and cold food, keep them chilled on ice.
- Don't mix raw and cooked foods. Keep raw foods separate from cooked food. Once cooked, use a clean dish to place your final masterpiece. The bacteria from the raw food will contaminate the freshly cooked meal.

So, invite some friends over and throw something delicious on the grill. Be sure to have some cold beverages and play some upbeat music. The weather is fine!



**HANOVER
COUNCIL ON AGING**
est. 1966
EXPLORE • DISCOVER • CONNECT



Our Mission

The mission of the Hanover Council on Aging is to optimize the quality of life by providing services, educational programs and activities which enhance the lives of seniors, people with disabilities, their families, and caregivers.

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**665 Center Street
Hanover, MA 02339
Phone: 781-924-1913
Fax: 781-924-5071
www.hanover-ma.gov**

**Mon-Fri 8am-4pm
Wednesday 8am-8pm**

**Closed Weekends and Holidays
unless we have special
programming**

JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Historical Society 10:00 Arthritis Exercise 11:30 Functional Training with Carla 1:00 Memory Café 1:00—3:00 Mahjongg Group Shopping: Shaw's
4 CLOSED 	5 9:00 Stitch in Time 10-11:00 Mindfulness, Movement & Mediation 11:15 Stretch with Deb	6 9:30 Stay Fit With Sarah 10:00 Walking group 11:15 Stretch with Deb 12:30 Poker 1:00 COA Board Meeting 2:00 Joyful Mvmt/Dance 2:00 Collage with Deb 5:00 The Grange Meeting 6:30 Stretch with Deb (\$10)	7 9:00 Bowling 9:11 Veteran Coffee 11:00 Zumba 12:15 Stretch with Deb 1:00 Bridge Group Shopping: Target	8 9:00 Historical Society 10:00 Arthritis Exercise 11:30 Functional Training with Carla 1:00—3:00 Mahjongg 1:30 Art For Your Mind Group Shopping: Shaw's
11 9:00 Cribbage 9:30 Yoga with Nancy 9:30 Coffee with a Cop 11:00 Arthritis Exercise 12:00 Let's do Lunch (\$5) 1:30 Let's be Critics 4:15 Veterans Drop In Group Shopping: Market Basket	12 9:00 Stitch in Time 9:30 Visiting Nurse Board Meeting 10-11:00 Mindfulness, Movement & Mediation 11:15 Stretch with Deb 11:30-3:00 Reflexology by appointment	13 9:30 Stay Fit With Sarah 9:30 Hillsdale College 10:00 Walking group 10:30-2:30 Storybook Cove 11:15 Stretch with Deb 12:30 Arm Chair Travel and light lunch 12:30 Poker 2:00 Joyful Mvmt/Dance 2:00 Crafting with Brandi 6:30 Stretch with Deb (\$10)	14 9:00 Bowling 9:11 Veteran Coffee 10:00 Legal Services by appt 11:00 Zumba 12:15 Stretch with Deb 1:00 Bridge 1:30 Book Club 2:00 Painting with Heather Group Shopping: Walmart	15 9:00 Historical Society 10:00 Arthritis Exercise 11:30 Functional Training with Carla 12:30 Luau lunch 1:00—3:00 Mahjongg Group Shopping: Shaw's
18 9:00 Cribbage 9:30 Yoga with Nancy 11:00 Arthritis Exercise 12:30 Podiatry by appt. 1:00 Benchmark Pres. 4:15 Veterans Drop In Group Shopping: Market Basket	19 9:00 Stitch in Time 10-11:00 Mindfulness, Movement & Mediation 11:15 Stretch with Deb 11:30-3:00 Reflexology by appointment	20 9:30 Stay Fit With Sarah 10:00 Walking group 11:15 Stretch with Deb 12:30 Poker 2:00 Joyful Mvmt/Dance 4:30 Let's Do Dinner (\$5) 6:30 Stretch with Deb (\$10)	21 9:00 Bowling 9:11 Veteran Coffee 11:00 Zumba 12:15 Stretch with Deb 1:00 Bridge Group Shopping: Target Brown Bag P/U and delivery	22 9:00 Historical Society 10:00 Hearing Tests by appt 10:00 Arthritis Exercise 11:30 Functional Training with Carla 1:00—3:00 Mahjongg Group Shopping: Shaw's
25 9:00 Cribbage 9:30 Yoga with Nancy 10:30 Blood Pressure Clinic with HVNA 11:00 Arthritis Exercise 11:00-1:00 Manicures 12:00 Let's Do Lunch (\$5) 3:00 Memory Caregivers 4:15 Veterans Drop In Group Shopping: Market Basket	26 9:00 Stitch in Time 10-11:00 Mindfulness, Movement & Mediation 11:15 Stretch with Deb 11:30-3:00 Reflexology by appointment	27 9:30 Stay Fit With Sarah 10:00 Walking group 11:15 Stretch with Deb 12:30 Poker 2:00 Joyful Mvmt/Dance 4:30 Dementia Friends 6:30 Stretch with Deb (\$10)	28 9:00 Bowling 9:11 Veteran Coffee 11:00 Zumba 12:15 Stretch with Deb 1:00 Bridge 1:30 Book Club Group Shopping: Walmart	29 9:00 Historical Society 10:00 Arthritis Exercise 11:30 Functional Training with Carla 1:00—3:00 Mahjongg Group Shopping: Shaw's

SUPPORT OUR ADVERTISERS!



WELCOME

Hanover COA STAFF

Director Community/Elder Services

Tammy Murray, LCSW

Client Service Coordinator

Katie O'Brien

SHINE Coordinator

Susan Setterland

Transportation Coordinator/ Programming Assistant

Michael Gallagher

Food Service / Flyers / Newsletter

Patty Walker

Van Drivers

George Shanahan, Mike Mullen,
Steve Chamberlain

Maintenance

Jason Hook



Friends of Hanover COA Board Members

Co-Presidents: Bev Gilmartin
Denise Fitzgerald
Vice President: Kathy Kendrigan
Secretary: Kathy Hanson
Treasurer: Judi Barca
Members: Carol Connelly
Marie Dinneen
Kathy Hannon

Hanover COA ADVISORY BOARD

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Leslie Molyneaux

Vice Chairman

Roger Leslie

Members

Don Buckley

Susan Setterland

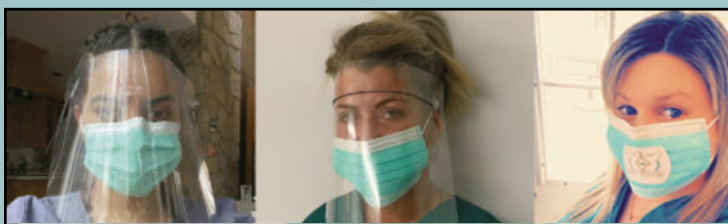
Julie Wesolowski

Lorraine Gaysunas

Kenton Greene

Board meetings are the first Wednesday of the month at 1PM. All are welcome!

Please join in person or via Zoom. Meetings will replay on Community Television



Caria Darosa, CNA

Nicole Fasano, HHA

Emma O'Donoghue, HHA



A Shout Out to all our CNAs, HHAs, RNs, LPNs and staff at Celtic Angels Home Health Care for remaining vigilant throughout the pandemic and strictly adhering to all safety and risk prevention protocols.

Thanks for Keeping Our Patients Safe & Healthy!

You are True Heroes!

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 - Art, Paintings, Bronze, Textiles, Oriental Rugs
 - Americana -Whaling & Nautical, Decoys, Basket Samplers & More
 - Lighting - Oil & Early Electric
 - Military - Swords, Bayonets, Medals, Badges, Uniforms
 - Clocks & Watches
 - Dolls & Toys
 - Books, Post Cards, Manuscripts
 - Town Histories & Atlases
 - Collectibles - Including Hummels, Doultons & Liadros Paper Weights
 - Musical Instruments
 - Thank You - My Interests
- Exceed This List!

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Do you need assistance from Community Services? We are here to help!

Community Services Contact Information

Tammy Murray **Director of Community Services** **Extension 1102**
Park & Rec Field Permitting

Community Television— (781) 878-5450

Colleen Smith **Station Manager** **Extension 7109**

Council on Aging — (781) 924-1913

Katie O'Brien **Client Services / Outreach** **Extension 1104**

Michael Gallagher **Transportation / Program Asst.** **Extension 1103**

Susan Setterland **SHINE Counselor** **Extension 1109**

Patty Walker **Food Service / Flyers / Newsletter** **Extension 1108**

Veterans Services — (781) 924-1913

James Crosby **Veteran Services Officer** **Extension 1107**

Amanda Kinsherf **Admin. Assistant/Case Manager** **Extension 1113**

Karen MacDonald, LICSW **Clinician** **Extension 1114**

Jim Gambino, LADCII **Councilor** **Extension 1115**

Visiting Nurses — (781) 826-5000

Doreen Zeller, RN **Nursing Administrator** **Extension 1039**

Angela Powers, RN **Visiting Nurse**

Patty Moynihan, RN **Visiting Nurse**





Caring for yourself
while caring for some-
one with
Memory Loss

4th Monday (monthly)
starting July 25
3:00-4:00pm

Are you a caregiver of someone with
Dementia, Alzheimer's,
or any other memory issues?
This group is designed to teach tips and
techniques to support you as you
care for others.
Please sign-up at myactivecenter.com



Veteran's Coffee Hour
Every Thursday
at 9:11 am

Veteran Service Officer,
James Crosby, and Veteran
volunteers are hosting weekly
gatherings for all Veterans who
would like to come in and share
some coffee and conversation.
ALL VETERANS ARE WELCOME!

For more information
call 781-924-1913



- Monday:** 9:30 am Yoga with Nancy
11:00 am Arthritis Exercise
- Tuesday:** 10:00 am Mindfulness, Movement & Meditation
11:15 pm Stretch with Deb
- Wednesday:** 9:30 am Stay Fit with Sarah
11:15 am Stretch with Deb
2:00 pm Joyful Movement & Dance
6:30 pm Stretch with Deb
- Thursday:** 11:00 am Zumba
12:15 am Stretch with Deb
- Friday:** 10:00 am Arthritis Exercise
11:30 am Functional Training with Carla

TRANSPORTATION

The Hanover COA vans operate
Monday-Friday for rides to medical
appointments, shopping, etc.

This is a free service available to older
adults 60+ or other approved
individuals who reside in Hanover.

**Please call us for all of your
transportation needs.**

Michael Gallagher,
Transportation Coordinator
at 781-924-1913

GROUP SHOPPING DAYS

Monday—Market Basket
Thursday – Walmart/Target
Friday—Shaw's

Group shopping days are planned but you
still need to call to be scheduled. Other
locations can be added as needed.



COFFEE WITH A COP

Monday, July 11th at 9:30 am

Coffee with a Cop brings police officers and the
community members they serve together, over coffee,
to discuss issues and learn more about each other.

**Please sign-up at myactivecenter.com
or call 781-924-1913 for assistance**



Please feel free to donate any of the following items to our Hanover COA

- Disposable table cloths
- Coffee Regular/Decaf
- Ziplock bags (all sizes)
- Disposable Coffee Cups
- Disposable Plates (all sizes)
- Napkins (any size, plain, seasonal, etc)

Drop off at the Front Desk anytime!



**Friday, July 15th
at 12:30pm**

Wear your best tropical outfit!

MENU: Pulled pork, coleslaw, fruit, luau punch, and tropical cake



COST: \$5.00 (pay at the door)
Registration is required at least 2 days prior to the event.
Please register at myactivecenter.com or call (781) 924-1913 for assistance.



**Next class:
Wednesday
July 27th**

Dementia Friends is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in Massachusetts. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

To become a Dementia Friend, you participate in a one-hour Dementia Friends Information Session offered by a Dementia Friends Champion. You will learn five key messages about dementia and a bit about what it's like to live with dementia. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose – because every action counts!

The Goal of the Hanover COA Staff is to train as many staff, residents, business owners, in Hanover and the surrounding towns to become Dementia Friends.

Classes are held the last Wednesday of the month at 4:30pm.
Please sign-up using myactivecenter.com or call 781-924-1913



**Reflexology!
Tuesday, July 12 (feet)
19 & 26 (HNS)**

Wellness treatments to relax and renew by Marianne Walter, LMT BVTMB. Reflexology of the feet or head/neck/shoulder massage.
30 minutes for \$30.00. (available 11:30-3:30 by appt.)
Please call 781-924-1913 to schedule an appointment



**Let's Do Lunch....
Monday, July 11th & 25th
at 12:00pm**

**.....and Let's do
Dinner!**

Wednesday, July 20th at 4:30pm

The Hanover Council on Aging will be hosting meals so that we can gather, socialize, and share a meal together.

COST: \$5.00 (pay at the door)
Registration is required at least 2 days prior to the event.
Please register at myactivecenter.com or call (781) 924-1913 for assistance.

Armchair Travel



**Wednesday, July 13th
at 12:30 pm**

Join Kenton Greene who will lead us on a virtual adventure to different sights all over the world.

A light lunch will be served.

**Please register 2 days prior to this event
Please sign-up using myactivecenter.com
or call 781-924-1913 to register**

Health Services

Blood Pressure screenings with Hanover VNA at the Hanover Senior Center from 10:30-11:30am

DATES: July 25, Aug 22, Sept 26, Oct 24, Nov 28, Dec 26.

Podiatry with Dr. Chan every 9 weeks at the Hanover Senior (by Appointment) DATES: July 18, Sept 19, Nov 21, Jan 23

Hearing Tests with At Home Hearing on the 4th Friday of each month. (by appointment)

DATES: July 22, Aug 26, Sept 23, Oct 28, Nov 25, Dec 23

Reflexology—Wellnes treatments to relax and renew with Marianne Walter, LMT BCTMB. Reflexology of the feet, hands, or head/neck/shoulder massage. \$30 for 30 minutes (by appointment) DATES: July 12 (feet), 19 & 26 (H/N/S)

Legal Services

Ask-a-Lawyer with Paula Schlossler, third Thursday every other month (by appointment) DATES: July 14, Sept 15, Nov 17

**To schedule your appointment,
call the Senior Center at 781-924-1913**



Stitch in Time

Knitting and Crochet Group

Join us at 9:00 am every Tuesday

Socialize, knit, and crochet, and share patterns

You can also learn how to knit or crochet!

Donations of yarn are accepted and appreciated



Ever wonder why some works of art became as famous as they have? Take a close look at the works of Da Vinci, Monet, Van Gogh, O'Keeffe, Picasso, Warhol and others. Learn the stories behind their creativity and how their innovations transformed society's idea of what art is and can be.

Friday, July 8th at 1:30 pm

If you are interested, please sign-up using myactivecenter.com or call 781-924-1913 to register

Thank you to The Hanover Friends of the COA

Collaging for Fun With Deb

Wednesday, July 6th at 2:00 PM

Collaging for fun and enjoyment, gift giving or personal use, framed, laminated, or greeting card. All ages are welcome.

Please sign-up using myactivecenter.com or call 781-924-1913 to register

Crafting/Ceramics with Brandi

Wednesday, July 13th at 2:00 PM

This class will meet once a month on the 2nd Wednesday and participants will be able to leave with the project made the same day. Please sign-up using myactivecenter.com or call 781-924-1913 to register

Painting with Heather from Heather's Hobby Hollow

Thursday, July 14th at 2:00 PM

This fun class is open to all levels and ages. All materials are provided.

Please sign-up using myactivecenter.com or call 781-924-1913 to register



These classes has been funded by the Mass Cultural Council.

Thank you to the Hanover Cultural Council for making these classes possible



with Diane Campbell
Hanover COA
July 14th & 28th
at 1:30pm

Please sign-up using
Myactivecenter.com
 or call 781-924-1913

REWARDING READING

There are a great many sites that let readers know what is going on with new books. One of those sites is Stop You're Killing Me (SYKM) another is Good reads . The trouble is there are so many new authors and titles it can be confusing. Many groups give out awards for best Mystery novels in many categories. SYKM always lists them. I'm usually too lazy to write the names down and of course forget the authors. This time I made lists.

The following are just a few that are currently up for awards.

- | | |
|------------------------------|---|
| Under The Outlaw Moon | Dietrich Kalteis |
| The Hunted | Roz Nay |
| The Captive | Fiona King Foster |
| Three Dog Knight | Alice Biens |
| Beneath Her Skin | C. S. Porter |
| The Shadows of Men | Abir Makherjee |
| | (A great series about India in the twenties.) |
| (A Rising Man) | First in Series |
| The Pact | Sharon Bolton (Her books never disappoint) |
| The Rabbit Factor | Antti Tuomainen (Looks like a different kind of mystery) |
| A Corruption of Blood | Ambrose Parry (Historical based in Edinburgh) |
| Garnetthill | Denise Mina (I always like her work) |



Friday, July 1 at 1:00 PM

Memory Cafés are a comfortable, social gathering that allows people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

Join us for a variety of activities including music, crafts, and more.

A memory café is a monthly gathering of individuals with memory loss along with their caregivers, or friends and family in a safe, supportive, and engaging environment. First and foremost, it is a social gathering - an opportunity to make new friends and interact without fear of embarrassment or being misunderstood. Many also find it an avenue for sharing concerns and providing support as well.

Memory cafes share this as a similar mission, but many develop their own personality based on the interests of the current participants. Some are primarily social gatherings for conversation, some include structured activities such as arts, music, crafts or creative writing. Others may include an educational component; speakers are brought in to provide resources. Most meet once or twice a month for an hour or two to allow members to get to know one another and all share a positive experience.

Please sign-up using myactivecenter.com or call 781-924-1913 to register



Let's be Critics

Monday, July 11th at 1:30 pm

Facilitator: Diane Campbell

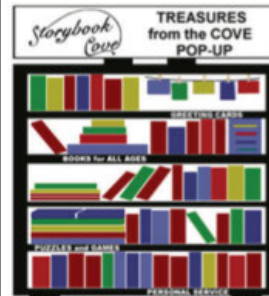
There are millions of new shows on cable or streaming. It can be really difficult to pick out the ones you might like. We will get together and share our likes and dislikes and maybe find something new that could be enticing.

Please sign-up using myactivecenter.com or call 781-924-1913 for assistance

Storybook Cove at COA

Wednesday, July 13

10:30 am—2:30 pm



Storybook Cove, your local, independent bookstore of Hanover, is "popping-up" for a grown-up Book Fair at our Senior Center! Summer Reads – Birthday – Holiday Shopping

The knowledgeable staff (they have been in business 31+ years!) is bringing 200+ books for infants, kids, teens & adults, as well as puzzles, games, and greeting cards for your shopping pleasure. If you do not see what you want, they will gladly take prepaid special orders.

Storybook Cove is donating a portion of the sale proceeds to our COA programming so the more you shop, the more we benefit! Open to the public.

Sarah Chandler is offering

Spa Manicures

by appointment at the Hanover COA

30 minute appt, \$25



Enjoy a cleansing soak, nail shaping, cuticle buffing, hand massage, and polish. Please call 781-924-1913 to make your appointment!

Monday, July 25 11am - 1pm

Monday, August 22 11am -1pm



Hillsdale College

Discussion with Kenton Greene
Wednesday, July 13th
9:30 am



Let's get together for some discussions that cultivate the mind!

Kenton Greene will lead the Hillsdale College online courses on important topics such as the history of Western Civilization, and Civil Liberties, Politics, Literature, History, Religion, Education and Economics are available.

All are welcome!

Please sign-up using myactivecenter.com or call 781-924-1913 for assistance



Kitchen Volunteers, Trip Coordinator, Out of Area Drivers

If you are interested in helping, please contact the COA office at 781-924-1913 for more info.

The Hanover COA Advisory Board

The Board meets monthly in the computer room at the COA.

Everyone is invited to attend. There is an open forum for resident input, so feel free to bring your ideas or just listen to future plans.

The next meeting is
Wednesday, July 6, 2022 at 1PM

Current Projects that the Director is working on:

- Director Certification
- National Accreditation
- Age/Dementia Friendly initiatives.
- Education programs
- Grants

Board meetings are now being recorded. You can watch meetings on Hanovervt.org on demand and on HCTV Thursday's at 3pm.

The SHINE office is open!

If you need help or have questions regarding your Medicare benefits and would like to set up an appointment at the COA, please call the SHINE office at 781-924-1913 ext.1109 and leave a voicemail with your name and phone number. Susan Setterland, SHINE Counselor, will return your call as soon as possible.



Mahjongg

All are welcome!
Every Friday 1:00 - 3:00

Mahjongg has begun. If you would like to watch or play, please call Michael at 781-924-1913 ext. 1103 for details.



The COA staff offers advocacy services. We are not doctors or lawyers but can attend appointments with you, when you feel you could use support or need someone to take notes, ask questions, or explain in real terms what is being communicated.



If you find yourself needing assistance with going to a housing office, a doctor appointment, a court appearance, or anything similar.

Fuel Assistance, SNAP (Food Stamps), Housing application Assistance.

Also, we can assist with applications for fuel assistance, SNAP (food stamps), and housing.

For assistance with any of these services,



BENCHMARK

AT HANOVER

A Benchmark Senior Living Experience

will be giving a presentation at the Hanover COA on
Monday, July 18 at 1:00pm

Please sign-up using myactivecenter.com or call 781-924-1913 for assistance

The Friends of Hanover Council on Aging

What is a COA Friends Group?

As their name implies, Friends groups exist to help their local COA. COA Friends are locally organized charitable organizations that provide financial and sometimes operational support to their associated COA. Friends groups are made up of volunteers interested in assisting elders in their community. They don't take the place of the COA, rather they lend a hand where the COA needs one.

Friends directors should collaborate with their local COA to ensure their efforts are in line with the COA's goals.

Friends aren't responsible for running the COA or its programs – that role is reserved for the COA's employees – but Friends do actively contribute to the COA's mission by supplying needed resources.

Joining and/or donating to a friends group that supports the local COA is a great way for people to make a positive difference in the lives of elders in the community.



MAY AND JUNE DONATIONS

IN MEMORY OF

Judy Scannell in memory of Thomas Scannell
Ron Goba in memory of Sue Goba
Mary Nisula in memory of Nancy Johnson
Glowka Family in memory of Joe Barca
Eileen Marshall in memory of John Marshall
Kathy Burke in memory of Larry Burke
Elizabeth O'Brien in memory of Kevin O'Brien

ADDITIONAL

Elaine Chiro, Joseph Farley, Deborah Bullard,
Judy Higginbottom, Cathy Farrell, Mary Adduci,
Steve and Denise Fitzgerald, Susan Vaille,
Richard and Dorothy Doyon,
Richard and Joan Port-Farwell

IN HONOR OF VETERANS

from Norma Morgan

BECOME A FRIEND OR RENEW YOUR MEMBERSHIP FOR 2022

The purpose of the Friends of the Hanover COA is to seek donations through memberships, fundraising events, sponsorships, as well as corporate gifts in order to financially assist the COA.

These funds help to provide programs and services to enhance the social, emotional, and physical well being of our seniors.

Membership dues is \$5.00 a year (per person)

(Please make checks payable to: Friends of Hanover COA)

Drop off or mail to: Hanover Council on Aging, 665 Center Street, Hanover, MA 02339

NAME (S): _____

ADDRESS: _____

TOWN: _____ ZIP CODE: _____

(List amount enclosed)

Membership (s): _____ Additional contribution: _____

In memory of: _____

In honor of: _____

Acknowledgement (Y or N): _____

Send acknowledgement to: _____

- Group Exercise Classes for Seniors
- Aqua Fitness
- Yoga, Tai Chi
- Strength Training
- Heated Pools, Sauna, Whirlpool
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- Golf Training Zone
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- Medical Wellness Programs



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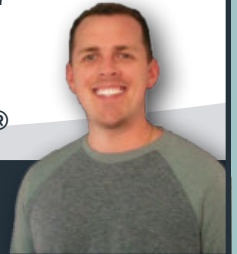
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