

# TAUNTON COUNCIL ON AGING NEWSLETTER

30 OLNEY STREET  
TEL: 508-821-1425



MAYOR: CHARLES CROWLEY  
CHAIRMAN: EDWARD J O'BRIEN  
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## PROGRAMS/ SERVICES

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\*TASK FORCE FUEL ASSISTANCE  
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YOGA  
BLOOD PRESSURE SCREENING  
BEGINNERS FITNESS  
ADVANCED FITNESS  
HEARING SCREENING  
LINE DANCING  
HEALTH PROGRAMS  
FLU SHOTS  
DROP-IN CENTER LUNCH  
MONTHLY NEWSLETTER  
PHOTO ID PROGRAM  
VISION SUPPORT GROUP  
INCOME TAX ASSISTANCE  
CRAFT CASE  
"FILE OF LIFE" PROGRAM  
COMPUTERS AVAILABLE  
"SHINE" COUNSELING  
CRIBBAGE  
FORTY-FIVE  
SUECA  
BINGO  
MOVIE PROGRAM  
KNITTING  
CROCHETING  
ART CLASS  
QUILTING  
PUZZLE EXCHANGE  
REFERRALS FOR HOME  
DELIVERED MEALS  
HEALTH EDUCATION TOPICS  
DIAL-A-RIDE  
REFERRAL TO LONG  
DISTANCE TRANSPORTATION  
PARTIES & SPECIAL EVENTS  
BEGINNERS COMPUTER CLASSES  
READING BOOKS AVAILABLE  
\*SENIOR TAX WORK OFF PROGRAM  
CHECKERS  
TELEVISION AREA  
\*SUBJECT TO FUNDING

## Older Americans Month Proclamation

WHEREAS, Taunton is a community in which 9,600 citizens age 60 or older make their home; and

WHEREAS, older adults in Taunton and throughout the U.S. are a growing population with evolving needs; and

WHEREAS, older Americans are valuable members of our society who are rich with experience and deserving of our respect; and

WHEREAS, the increasing number of baby boomers reaching traditional retirement age highlights the need for increased support of older adults; and

WHEREAS, our older citizens of today and tomorrow promise to be among the most active and involved older adult populations in our nation's history; and

WHEREAS, it is the responsibility of this and all U.S. communities to work collaboratively to address older adults' unique health and long-term care challenges; and

WHEREAS, it is crucial that communities modernize systems of care to help empower older Americans and give them more control over their own lives; and

WHEREAS, communities can improve older citizens' overall quality of life by helping them:

Make behavioral changes in their lifestyles that can reduce the risk of disease, disability, and injury;

Obtain the tools they need to make informed decisions about, and gain better access to, existing health and long-term care options in their communities;

Have more options to avoid placement in nursing homes and remain at home as long as possible.

NOW THEREFORE, I, Mayor Charles Crowley and members of the Taunton Municipal Council do hereby proclaim May 2009 to be Older Americans Month. We urge everyone to take time this May to honor our older adults and the professionals, family members, and citizens who care for them. Our efforts can improve the lives of our older citizens and help pave the way for future generations.



# MOVIE PROGRAM

## “THE WOMEN”

The Taunton Senior Center is pleased to present the film “The Women” at the center on Tuesday, May 19, 2009 at 1:30 p.m.

This movie follows the gossip, wisecracking and overall disillusionment that erupt among a group of socialite friends when their dearest and most envied learns of her husband’s marital infidelity at the hands of a backstabbing shopgirl. The all-female cast stars Meg Ryan, Annette Bening, Eva Mendes, Debra Messing, Jada Pinkett Smith and Candic Bergen, with supporting roles by Bette Midler, Cloris Leachman and Carrie Fisher.

Please join us for a few laughs and some popcorn. Please call the center at 508-821-1425 to register for the show.



## “SHIPPING AND THE TAUNTON RIVERS”

PRESENTED BY MAYOR CHARLES CROWLEY

The Taunton Senior Center is pleased to present Mayor Charles Crowley as our guest speaker on Tuesday, May 5, 2009 at 1:30 p.m.

Mayor Crowley’s program will highlight the evolution of the Taunton River, Mill River and Three Mile River in Taunton. He will present an illustrated program showcasing the shipping industry that flourished here in Taunton as well as highlighting some of the old mills, landing places, herring runs and herring fishing operations that occurred along our rivers.

Seniors interested in attending are requested to pick up a free ticket for the presentation at our center. Seating is limited and tickets are on a first come, first serve basis. Individuals must be over 60 years of age and a resident of Taunton. For further information please contact the Senior Center at 508-821-1425.

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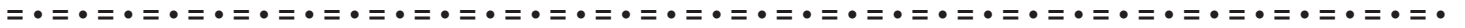
**GUEST SPEAKER GINA L. DEROSI  
REGISTER OF PROBATE OF BRISTOL COUNTY**

The Taunton Senior Center is pleased to have Register of Probate Gina L. DeRossi as our guest speaker on Tuesday, May 12, 2009 at 1:30 p.m. Register DeRossi states one of her primary goals as Register is to educate the public about what the Registry is and why it is important to the lives of every citizen. Bringing the Registry directly to the people was a theme often raised during her campaign. Register DeRossi states having the opportunity to speak to seniors around the County about the many ways the Registry can help them prepare for various circumstances and prevent unnecessary expense and litigation is just one way to accomplish this goal.

Register DeRossi will discuss the following topics at the presentation:

- *How will the new Uniform Probate Code, recently passed and effective in July, 2009, impact seniors who have or don't have a power of attorney or health care proxy?*
- *What can you do to avoid the expense of having to use the Court to intervene in certain circumstances like probating an estate or petitioning for a guardianship?*
- *What are the responsibilities of the people you have charged with taking care of you or your finances if you have appointed a health care proxy and/or power of attorney? What rights do you retain once you have done this?*

Please call the Senior Center at 508-821-1425 to register for the presentation.



**"WHAT YOU NEED TO KNOW ABOUT DIABETES" with Susan Bianchini**

Susan Bianchini, MS, RN, diabetes management coordinator at Morton Hospital, will be our guest speaker on Tuesday, May 26, 2009 at 1:00 p.m. Susan provides outpatient diabetes education following the guidelines of the American Diabetes Association who accredits the program. She also provides inpatient diabetes education.

The rate of diabetes has been shown to be increasing at an alarming rate. Susan will discuss ways to care for ourselves and others to help prevent pre-diabetes and diabetes. It is important to increase our awareness about diabetes and its prevention.

Interested Taunton Seniors should call the center at 508-821-1425 to register for the presentation.

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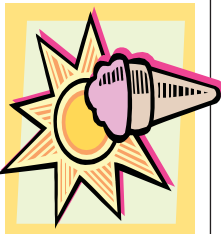
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

# MAY 2009

<p>9:30 .....SUECA 9:30 .....FITNESS 101* 1:30 .....YOGA*</p>	<p>4</p>	<p>9:30 .....SUECA 10:00 ...FITNESS CLASS* 1:30 .....MAYOR CHARLES CROWLEY PRESENTS "SHIPPING AND THE TAUNTON RIVERS"</p>	<p>5</p>	<p>9-11 .....BLOOD PRESSURE SCREENING 9:30 .....SUECA 9:30 .....QUILTING GROUP 1:30 ..... BINGO</p>	<p>6</p>		<p>7</p> <p>9:30 .....KNITTING &amp; CROCHETING 9:30 .....SUECA 9:30 ..... "SHINE" COUNSELING 10:00 ...FITNESS CLASS* 1:30 .....LEGAL SERVICES APPT 1:30 .....ART GROUP</p>	<p>8</p> <p>9:30 .....SUECA 9:30 .....FITNESS 101* 1:30 .....LINE DANCING</p>
<p>9:30 .....SUECA 9:30 .....FITNESS 101* 10:00 .... VISION SUPPORT GROUP MEETING 1:30 .....YOGA*</p>	<p>11</p>	<p>9:30 .....SUECA 10:00 ...FITNESS CLASS* 1:30 .....GINA DEROSI REGISTER OF PROBATE GUEST SPEAKER 1:00 ..... TRIAD MEETING</p>	<p>12</p>	<p>9-11 .....BLOOD PRESSURE SCREENING 9:30 .....SUECA 9:30 .....QUILTING GROUP 1:30 .....BINGO</p>	<p>13</p>	<p>9:30 .....KNITTING &amp; CROCHETING 9:30 .....SUECA 9:30 ..... "SHINE" COUNSELING 10:00 ...FITNESS CLASS* 12:30 .....CONSUMER COMPLAINT 1:30 .....ART GROUP</p>	<p>14</p> <p>9:30 .....SUECA 9:30 .....FITNESS 101 1:30 .....LINE DANCING</p>	<p>15</p>
<p>9:30 .....SUECA 9:30 .....FITNESS 101* 1:30 .....YOGA</p>	<p>18</p>	<p>9:30 .....SUECA 10:00 ...FITNESS CLASS* 10:00 ...HEARING SCREEN* 1-4 .....PHOTO ID 1:30 .....MOVIE: "THE WOMEN"</p>	<p>19</p>	<p>9-11 .....BLOOD PRESSURE SCREENING 9:30 .....SUECA 9:30 .....QUILTING GROUP 1:30 .....BINGO</p>	<p>20</p>	<p>9:30 .....KNITTING &amp; CROCHETING 9:30 .....SUECA 9:30 .....SHINE COUNSELING 10:00 ...FITNESS CLASS* 1:30 .....ART GROUP 1:30 ..... Wii GAMING</p>	<p>21</p> <p>9:30 .....SUECA 9:30 .....FITNESS 101 1:30 .....LINE DANCING</p>	<p>22</p>
<p>SENIOR CENTER CLOSED IN CELEBRATION OF THE MEMORIAL DAY HOLIDAY</p>	<p>25</p>	<p>9:30 .....SUECA 10:00 ...WHAT YOU NEED TO KNOW ABOUT DIABETES</p>	<p>26</p>	<p>9-11 .....BLOOD PRESSURE SCREENING 9:30 .....SUECA 9:30 .....QUILTING GROUP 1:30 .....BINGO</p>	<p>27</p>	<p>9:30 ..... KNITTING &amp; CROCHETING 9:30 .....SUECA 10:00 ...FITNESS CLASS* 1:30 .....ART GROUP 1:30 Wii GAMING</p>	<p>28</p> <p>9:30 .....SUECA 9:30 .....FITNESS 101 1:30 .....LINE DANCING</p>	<p>29</p>

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