



# Among Friends

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(508) 829-0201

### FAX

(508) 829-0214

### LUNCH RESERVATIONS

(508) 829-0201

### VETERANS AGENT

(508) 829-0244

A HAPPY  
NEW YEAR

## January 2009



### HOLDEN AUTHOR TO SPEAK

Virginia Heslinga, Holden resident and author of the newly released book **Wounded Dove**, will speak on Wednesday, January 7th at 10:30 a.m. An Assistant Professor of Humanities and Education at Anna Maria College, Dr. Heslinga has given talks on historic characters, holidays and events, New England towns, and has even led a variety of ghost walks. She has collected stories from many cultures since childhood, and has been a teacher for over 30 years.

**Wounded Dove** was published in 2008. It is a true story of an immigrant family's determination to have a life in a nation of opportunities, of a child's battle to survive a polio epidemic and of a physically disabled girl and a search for love and struggling to gain acceptance, purpose.



Following the pre-main for conversation and entation, Dr. Heslinga will re-lunch. Reservations are needed for LUNCH at 508-829-0201 by 12:30 p.m. Monday, January 5th.

This program is free and open to the public.

### HAVE A "SOUP-ER" NEW YEAR

Please join us as we launch a series of Nutritional Programs which we will present throughout 2009. We begin with Nutritionist Linda Seger-Shippe presenting a program entitled Healthy, Hot and Hearty Soup. Linda's talk will be held on Wednesday, January 28th at 10:30 a.m. Soup is the perfect meal for the cold days of January. Linda will discuss how you can make canned soup healthier without having to purchase the more expensive "low salt" version. She will also be making a healthy, hot and hearty soup. Everyone in attendance will get a container of soup to take home.



*The Board and Staff of the Holden Council on Aging Wishes*

*Everyone a*

*Happy, Healthy & Prosperous New Year.*

## JANUARY IS GLAUCOMA AWARENESS MONTH

**About Glaucoma** ~ Glaucoma is a group of eye diseases which in most cases produce increased pressure within the eye. This elevated pressure is caused by a backup of fluid in the eye. Over time, it causes damage to the optic nerve. Through early detection, diagnosis and treatment, you and your doctor can help to preserve your vision.

Think of your eye as a sink, in which the faucet is always running and the drain is always open. The aqueous humor is constantly circulating through the anterior chamber. It is produced by a tiny gland, called the ciliary body, situated behind the iris. It flows between the iris and the lens and, nourishing the cornea and lens, flows out through a very tiny spongy tissue, only one-fiftieth of an inch wide, called the trabecular meshwork, which serves as the drain of the eye. The trabecular meshwork is situated at the angle where the iris and cornea meet. When this drain becomes clogged, aqueous cannot leave the eye as fast as it is produced, causing the fluid to back up. But since the eye is a closed compartment, your "sink" doesn't overflow; instead the backed up fluid causes increased pressure to build up within the eye. We call this open (wide) angle glaucoma.

To understand how this increased pressure affects the eye, think of your eye as a balloon. When too much air is blown into the balloon, the pressure builds, causing it to pop. But the eye is too strong to pop. Instead, it gives at the weakest point, which is the site in the sclera at which the optic nerve leaves the eye.

The optic nerve is part of the central nervous system and carries visual information from the eye to the brain. This cranial nerve is made up of over one million nerve axons, which are nerve fiber extensions of the retinal ganglion cells. When the eye pressure is increased and/or other inciting factors exist, the optic nerve becomes damaged and the retinal ganglion cells undergo a slow process of cell death termed "apoptosis." The death of the retinal cells and degeneration of the nerve fibers results in permanent vision loss. Early diagnosis and treatment of glaucoma can help prevent blindness.

**Who's At Risk?** ~ *Everyone should be concerned about glaucoma and its effects. It is important for each of us, from infants to senior citizens, to have our eyes checked regularly, because early detection and treatment of glaucoma are the only way to prevent vision impairment and blindness. There are a few conditions related to this disease which tend to put some people at greater risk:*

\* **People over the age of 45.**

While glaucoma can develop in younger patients, it occurs more frequently as we get older.

\* **People who have a family history of glaucoma.**

Glaucoma appears to "run" in families. The tendency for developing glaucoma may be inherited. However, just because someone in your family has glaucoma does not mean that you will necessarily develop the disease.

\* **People with abnormally high intraocular pressure (IOP).**

High IOP is the most important risk factor for glaucomatous damage.

\* **People of African descent.**

African-Americans have a greater tendency for developing primary open-angle glaucoma than do people of other races.

\* **People who have:**

- ~ Diabetes
- ~ Myopia (nearsightedness)
- ~ Regular, long-term Steroid/Cortisone use
- ~ A previous eye injury
- ~ A family history of glaucoma

### CALLING ALL VETERANS

We are inviting all Veterans, (WWII, Korea, Vietnam) to a meet and greet on Friday, January 23rd at 10:30 a.m. Let's get together to



meet and greet, and hear forgotten memories. The meeting will be conducted by Reggie Judson, WWII Eagle Squadron, who has accumulated a vast amount of WWII information. We will also discuss the possibility of getting together on a regular basis. Light refreshments will be served. To register please call the Senior Center at 508-829-0270.

### 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.**

## Trip Talk with Nancy

**Tall Ships ~ Boston - Thursday, July 9, 2009 - \$85.00 per person.** Enjoy a 3 hour buffet & cruise of Boston Harbor aboard the brand new 85 foot luxury yacht "the M/V Harbor Queen." Designed and built by the late great Luther Blount, the M/V Harbor Queen features a neutral interior, gorgeous wood bar and brass railings that transform easily to reflect your unique vision and theme. The M/V Harbor Queen also offers controlled air conditioning to keep you comfortable during your cruise. The M/V Harbor Queen will depart from Quincy Bay Marina and slow cruise into Boston Harbor as you enjoy a delicious Buffet Meal! **Tall Ships...** Graceful, Dramatic and Powerful, the sailing ships of the 18th and 19th centuries, known as Tall Ships, have inspired writers and adventures. Sit back and enjoy your cruise of Boston Harbor as your professional guide points out the sights with a narration of the spectacular Tall Ships! Depart from the Senior Center at 12 Noon. Return approximately 6:00-6:30 p.m. Full Payment due upon reservation. Checks made payable to HCOA.

*We are in the process of choosing trips for the upcoming year. If you have suggestions, please call the Senior Center at 508-829-0270. Nancy is here early mornings on Thursdays. If she's not here, feel free to leave a message and the staff will see to it that she receives your input.*

### MEDICATION BASICS: GET THE MED FACTS

Join us on Wednesday, January 14th from 10:30 to 11:30 a.m. for an interesting talk on the basics of medications. Topics to be covered will be:

- ◇ Tips for managing your medications safely
- ◇ Preventing drug interactions
- ◇ A word about over-the-counter meds and herbal remedies
- ◇ Get your questions answered



Facilitator for this informative program will be Maureen Sendrowski, RN, MPH, VNA Care Network. This program is specifically for elders age 60 years and over and is FREE with funding provided by a grant from the Central Mass. Agency on Aging and the Massachusetts Executive Office of Elder Affairs with funds from Title III of the Older Americans Act.

To register for this program please call Maureen at 508-829-0270.

### IMPORTANT CHANGES FROM THE REGISTRY OF MOTOR VEHICLES

Registrar Rachel Kaprielian announced that the RMV has instituted new hours at all branches delaying the opening from 8:30 a.m. to 9:00 a.m. Hours of operation also changed at the 18 branches that close late at 7:00 p.m. on Thursdays. These branches will now be open from 10:00 a.m. to 6:00 p.m.

The RMV will eliminate courtesy notices that are sent to customers for the following services:

- ~ License renewals
- ~ Mass ID renewals
- ~ Vehicle Re-inspection notices
- ~ Change of address labels.



Registrar Kaprielian noted that the RMV spends over \$600,000 a year on the notices. Many of these service transactions are already available online at [www.mass.gov/rmv](http://www.mass.gov/rmv). Keep in mind that licenses can be renewed up to one year prior to the expiration date.

The RMV will continue to mail vehicle registration reminders to customers.

For more information visit [www.mass.gov/rmv](http://www.mass.gov/rmv) or call (617) 973-8995.

## News from SHINE January 2009

### You Can Still Change your Medicare Plans!

- ◆ **Between January 1 and March 31, you can make one change in your Medicare health plan.** People with Original Medicare can join a Medicare Advantage Plan (such as a Medicare HMO, Medicare PPO, or Medicare PFFS) or switch between Medicare Advantage Plans. People in a Medicare Advantage Plan can return to Original Medicare. **You cannot add or drop your Medicare prescription drug plan during this period.**

After March 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period (November 15-December 31, 2009) effective January 2010.

- ◆ **If you are a member of Prescription Advantage, you have one additional chance to change your Medicare prescription drug plan at any time during the year.**
- ◆ **If you have MassHealth or if you qualify for “Extra Help,” you can change your Medicare prescription drug plan every month.**
- ◆ **If you are first becoming eligible for Medicare, or if you lost your current health insurance, special rules apply.**

*Prescription Advantage, the state pharmaceutical assistance program, will continue to help with the costs of Part D plans, but there are a number of changes in 2009. You should already have received notice of these changes. There will be presentations at several senior centers in our region in January to provide more information and to answer your questions. Prescription Advantage will be mailing you a schedule of these presentations.*

**If you need help** on any aspect of your health insurance, **SHINE** offers free counseling at our Senior Center. Call 508-829-0270 to ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

### JULY IN JANUARY

On Thursday, January 29th we will have a July in January Ice Cream Social. Join us as we pretend it's a hot day in July as we help ourselves to luscious sundaes with many different toppings. After the sundaes, we will continue our summer adventure with the movie “In the Good Old Summertime.”

If you would like to come for lunch, please make your reservation with Ann at 508-829-0201 by 12:30 p.m. Tuesday, January 27th.

If you'd like to come just for the ice cream social, please call Maureen at 508-829-0270 by Wednesday, January 28th.



### A LITTLE JANUARY TRIVIA

- 1) On **Jan. 3, 1888** an invention made of paraffin-covered paper was patented by Marvin Stone. Name that invention: A) Wax Paper; B) Wallpaper; C) Dixie Cups; D) Drinking Straws; E) Adhesive Tape.
- 2) On **Jan. 26, 1875** this invention which has caused fear for millions was patented. Name the invention: A) Atomic Bomb; B) Napalm; C) the Guillotine; D) the Hypodermic Needle; E) the Dental Drill.
- 3) What country seized the USS Pueblo on **Jan. 23, 1968**: A) Japan; B) N. Vietnam; C) N. Korea; D) Iran; E) Iraq.

**Answers:** 1) Drinking Straws; 2) Dental Drill; 3) N. Korea.

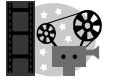
## JANUARY EVENTS

**Thur., Jan. 1...**New Year's Day ~ Sr. Center Closed  
**Fri., Jan. 2.....**New Year's Holiday~ Sr. Ctr. Closed  
**Wed., Jan. 7....**Author Virginia Heslinga 10:30  
**Thurs., Jan. 8...**HCOA Board Meeting 8:00  
Movie: "Miss Pettigrew Lives for a Day" 12:30  
**Wed., Jan. 14...**Blood Pressure Clinic 10:00-12:00  
Medication Basics 10:30-11:30  
**Thur., Jan. 15...**Movie "Firehouse Dog" 12:30  
**Mon., Jan. 19...**Martin Luther King, Jr. Day ~  
Senior Center Closed  
**Thur., Jan. 22...**Movie "Mamma Mia" 12:30  
**Fri., Jan. 23.....**Calling All Veterans 10:30  
**Wed., Jan. 28...**Have a "Soup-er" New Year 10:30  
**Thur., Jan. 29...**July in January Ice Cream Social  
and Movie 12:15

## ON-GOING PROGRAMS

**Mondays:** Arts & Crafts; Lunch; Quilting,  
Knitting; Pool.  
**Tuesdays:** Walking; Computer Class; Strength  
Training; Pool; Lunch; Bingo; Bridge.  
**Wednesdays:** Lunch; Pitch.  
**Thursdays:** Bridge; Strength Training; Lunch;  
Movies; Line Dancing; Pool; Table  
Tennis; Bowling League.  
**Fridays:** Computer Class; Lunch, Pool,  
Military Whist.

## JANUARY MOVIES



**Thurs., Jan. 8 ~ "Miss Pettigrew Lives for a Day"** After losing yet another nanny position because of her gruff demeanor, Guinevere Pettigrew (Frances McDormand) mistakenly lands an assignment as the assistant of an American starlet (Amy Adams) and finds herself swept up in a dizzying world of glamour and high society.  
**Thurs., Jan. 15 ~ "Firehouse Dog"** In Hollywood, canine superstar Rexxx is top dog - literally. The talented mutt gets top billing in some of the biggest movie blockbusters. But when Rexxx gets lost and ends up far from the red-carpet world of Tinseltown, it takes a lonely boy and a company of firefighters to give him a true sense of belonging.  
**Thurs., Jan., 22 ~ "Mamma Mia"** Based on the international hit musical featuring the songs of pop superstars ABBA, this charming tale centers on a bride-to-be (Amanda Seyfried) and her plan to uncover her father's identity by inviting three of her mother's (Meryl Streep) former lovers to her wedding.  
**Thurs., Jan. 29... "In the Good Old Summertime"** MGM musical mainstays Judy Garland and Van Johnson star in a tuneful remake of The Shop Around the Corner, about two pen pals who fall in love without realizing they work together in the same shop ... and don't like each other much! Set in turn-of-the-century Chicago, the movie features the film "debut" of 2-year-old Liza Minnelli (glimpsed in the last scene cradled in her mother's -- Judy's -- arms).

**Friends of the Holden COA**  
**Holden Senior Center**  
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Holden, MA 01520

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