



The

Senior Informer

Volume 7.12

JUNE 2010
ABINGTON COUNCIL ON AGING
 441 Summer Street, Abington, MA 02351
 781-982-2145
 Office Hours:
 Monday - Thurs. 9 a.m. - 2:30 p.m.
 Friday 9 a.m. - 1p.m.
 Co-Directors:
 Suzanne Djusberg & David Klein
 Chairman: Atty. George Whiting, Jr.

information: COADirector@Abingtonmass.com.

*“To read a poem in January is as lovely as to go for a walk in June”
- Jean-Paul Sartre*

Abington, What’s NEW in June?

NEW WEBSITE - WWW.AbingtonSeniorCenter.com

We’re proud to introduce: A new place on the Internet to serve the senior community in Abington. If you missed getting an issue of the Senior Informer or want to see even more current happenings involving the Senior Center and other town news check out the website. There’s loads of information and resources as well as photos from recent and not so recent events. There’s even an events calendar section showing our upcoming schedule of monthly activities and meals. Stop by the site frequently and keep an eye out for special announcements and up to the minute news. If there’s something that you’d like to see added please let us know! We’d like to thank the Abington Elderly Services, Inc. for their generous sponsorship of the website.

NEW fiscal year for the Abington COA Board of Directors

As the town prepares to enter a new fiscal year, June also marks a time when the Abington Council on Aging seeks people who may be interested on serving as a COA Board member. If interested, please let us know. COA Board meetings are held on the 3rd Wednesday of each month at 8:30 A.M. If you’re not sure, come to a meeting and check it out or speak to one of our current members. We’d love to have you!

NEW Vote - The town will hold an override vote on Saturday, June 26th at the High School. If you haven’t already done so please register to vote with the town clerk. Call 781/982-2112 or stop by town hall, if you’re not enrolled. We need your vote to save funding for our Senior Center. If anyone needs absentee ballots please see Jean at the Senior Center front office. We’re very grateful to the Friends of Abington Seniors, Inc. for their crucial and generous support over the past eight months. It’s now time to be funded again by the town where we live. Remember, your vote will count!

1. First Page– What’s New!
2. Senior Services Listing
3. Fr. of Ab. Srs. Fund
4. Health Care Reform Article
5. Outreach News
6. Menu - Meals & Activities
7. What’s New & Thanks!
8. Miscellaneous

COUNCIL ON AGING

- George Whiting, Chairman
- Marie Brown, Vice Chair
- Karen DiLorenzo
- Joe Iacobucci
- Elizabeth Keefe
- Bill Kendall
- Larry Keough
- Jack Libby
- Betty Slinger
- Maureen Wall
- Ann Welch

Senior Center Staff:

- Suzanne Djusberg & David Klein—Co-Directors
- Norma Clark -Outreach Coordinator
- Jean Connell, Maureen Wall, Arlene Spaulding & Fred Robertson—Activity Coordinators
- Cheryl Cohen—Food Coordinator
- John Freese—Custodian
- Jack Brown, David LaCouture & Linda Elliot— Van Drivers

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MY SENIOR CENTER CARDS

If you have filled out a My Senior Center form for a new key card, please see Jean to pick it up. Please do not be shy about asking for a demo of how to use the card. This will really help us out!!!

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held as follows: Leavitt Terrace, first Tues. 9 to 12, Abington Sr. Ctr., last Thurs. 11 to 12:30, Blanchard Gardens, second Thurs. 10 to 11, Chestnut Glen, second Thurs. 10:30 to 12, Stop & Shop, last Thurs. 2 to 4. **All Seniors Are Welcome At ALL Sessions**

Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.
 Nielson Eye Center is having vision/eye health screenings on the first Wednesday of every month. Call for appt. 781-982-2145

SENIOR TRANSPORTATION—CALL 781-982-2145

Council on Aging Van is door-to-door service to medical appointments, bank, hairdresser, pharmacy, library, grocery shopping, \$3 round trip. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewater between 9:30 and 4:30 and to Boston Mon & Wed-BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up at either Chestnut Glen or Shaw Ave around 9:15. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for trip is \$3.00. Each week we will alternate between malls. I hope this works for everyone so give us feedback if you use the van.

SENIOR NUTRITION—CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. A referral is needed from your doctor, visiting nurse, social worker or case worker.

Senior Lunches: Tuesdays at 11:30. Thurs. at 11:30. Price is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week. After June 10th there will be no Thursday lunches for the summer.

VOLUNTEER PROFESSIONAL SERVICES—FREE

FOR APPOINTMENT OR CONNECTION CALL 781-982-2145
Elder Law Clinic founded by Atty. George Whiting held at the COA on the 3rd Monday morning monthly. Meet confidentially-Atty. Whiting will address questions & offer general guidance.

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FRIENDS OF ABINGTON SENIORS - MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions. **JUNE 2010 starts a new membership year with dues of \$5.00 payable now and good until JUNE 2011. Please make checks payable to:**

“Friends of Abington Seniors”
and mail to **P.O. Box 2035, Abington, MA 02351.**
With many thanks to families selecting “Friends of Abington Seniors” for memorial gifts

Friends of Abington Seniors Membership for 2010-2011: \$5.00 per person or \$100 for lifetime membership.

Please send donations to our New Address: P.O. Box 2035, Abington, MA 02351

Name _____

Address _____

In Memory Of _____

Send Acknowledgement To _____

THE BIRTHDAY GIFT THAT KEEPS ON GIVING
Do you have a birthday coming ?? Can't think of anything you want or need ??
Suggest a donation in your name to the **Friends of Abington Seniors**

In Memoriam:

In Memory of Kathryn by Henry G. Walsh
In Memory of Edward J. Kiernan by Muriel Kiernan

Memberships and Donations :

Allen Griggs, Doris Griggs, Jacalynn Mercer, Douglas B. Fraser, Helen L. Fraser, Bill Curran, Agnes Curran, Diane Keith, Joe Iacobucci, Marge Edson, & Barbara Pace

Please Remember Us in Your Wills

Making Changes for Safer Driving

Here are ten good ways to improve driving skills and extend safe driving capability:

1. Take a refresher driving course for seniors. 55 Alive, DriveWell and other classes on defensive driving for older driver focus on specific strategies for dealing with the impact of the aging process.
2. When filling prescriptions ask your doctor or pharmacist if your medications have any potential side effects that could hinder your ability to drive.
3. Have regular eye examinations, and keep your glasses prescription current
4. Make sure your car is in good working conditions
5. Make adaptive modifications to the vehicle itself for enhanced driving safety (improved side & rear mirrors, a back-up warning buzzer, and pedal adjustments.
6. If the car is large and difficult to maneuver, consider trading it for a smaller car, which might be easier to handle and park
7. To avoid most challenging driving situations.
8. If your night vision has diminished, schedule car trips during daylight hours.
9. Avoid distractions (loud music or conversation, and cell phone use while driving.
10. Buckle up. Everyone in your car should wear a seatbelt.

Summer is here please drive defensively

Straight Talk for Seniors on
Health Reform from the National Council
on Aging. To learn more, visit
www.ncoa.org

* Continued from the May issue



FACT # 4: The law will improve care for older Americans in other ways.

It will:

Help prevent and combat elder abuse, neglect, and exploitation;

Improve the workforce caring for seniors—and increase the number of primary care physicians;

Improve nursing home quality; and

Reduce health insurance premiums for Americans aged 55-65.

FACT # 5: The law will reduce Medicare spending growth—and it's fully paid for.

Over the next 10 years, Medicare spending will continue to grow, but at a slightly slower rate. The independent, nonpartisan Congressional Budget Office has stated that the new law is fully paid for—and even helps reduce the deficit by \$124 billion over 10 years. It will save Medicare about \$500 billion over 10 years and is expected to extend the solvency of the Medicare Trust Fund for an additional nine years. Specifically, the new law will:

Slow the rate of payment increases to Medicare providers, including hospitals, nursing homes, and home health agencies. Doctors will not be affected. Many providers—whose profits will increase with newly insured patients—have agreed to these new payments.

Reduce payments to Medicare Advantage (MA) plans. About 75% of seniors are enrolled in traditional Medicare; the rest are enrolled in private MA insurance plans. Today, Medicare pays these plans over \$1,100 more per person than traditional Medicare. The new law will level the playing field by eliminating this overpayment. As a result, some MA plans may cut extra benefits like eyeglasses or hearing aids, increase premiums, or perhaps even drop out of the program. However, MA plans *will not* be allowed to cut any guaranteed benefits.

Reduce fraud and waste to make Medicare more efficient.

Ask high-income beneficiaries to pay higher Medicare premiums. The law will affect individuals with annual incomes above \$85,000 and couples with incomes above \$170,000.

Create a new Medicare Advisory Board to recommend ways to reduce costs in the future.

Trip to Rowe's Wharf July 30, 2010

**Departs the Abington Senior Center at 9:00AM
Continuing to Rowe's Wharf, Boston
Cost is \$20.00pp**

**Bring your own lunch or buy hot dogs and burgers at the barbeque pit.
For Reservations contact
Rita Webster 781/982-9102**

OUTREACH - SHINE WITH NORMA

Urgent REQUEST: good drivers willing to drive a Senior to medial appointments at South Shore Medical in Norwell. Our van does not go to Norwell, plus appointments may be for times when our van is not on the road. Will gladly reimburse for gas. If you would be willing to do this run, not often, but on occasion, please call the COA office.

Cell Phone owners; Cell Phone Numbers have gone public... phone numbers have been released to telemarketing companies and you will not only be receiving sales calls but you will be charged for these calls.

To prevent this from happening to you, call the following number 1-888-382-1222, (the National Do No Call List). It blacks out your number for 5 years. You MUST call from the cell phone whose number you want to block—it must be that cell phone... or go on line to:
www.donotcall.gov.

The month of June will find some nice people celebrating 90 years –or –older birthdays including: Francis Diodato, Florence Thomas, Helen Cheverie, Constantino Caruse, Mary McCarthy, Myrtle Bates, Madeleine Forrand, and Mary Franey. Congratulations to all of you (If we missed your birthday, please let us know)., I wonder how many of you remember home deliveries of milk in glass bottles with cardboard stoppers?? - or S & H green stamps??- or metal ice trays with levers? - or wash-tubs wringers???? Or Studebakers or Packards?? Or Blackjack chewing gum?? When there were only 3 TV stations? (or even when there was NO such thing as TV?????)

If you need help with or have questions about Health Insurance (Medigap/Medicare Advantage plans (formerly HMO's), Prescription Advantage/Medicare-Parts A,B, or D, Mass Health, Medicaid, etc, etc... give me a call or come in (appointments are helpful), or if you are about to turn 65 and plan to retire– or not, health insurance is a whole new world so let us help you enter this new life insurance world.. It helps to be informed! As always, we don't know all the answers, but we'll find someone who does.!



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June 2010 Lunch & Activities

MON	TUE	WED	THU	FRI
	1 Lunch: 11:30 Steak Subs, chips, dessert	2	3 LUNCH: 11:30– Sausage Links, Mashed Potato & Gravy, Dessert	4
7	8 Lunch: 11:30 Pizza, Salad, Dessert <u>Reservations Required by June 1</u> <u>*Entertainment after</u>	9	10 LUNCH: 11:30– Ginny's Homemade Pizza, Salad, Dessert *Last Congregate Lunch * Banana Split Party Reservations Please	11
14	15 Lunch: 11:30 Shepardds Pie, Rolls Dessert	16	17	18
21	22 Lunch: 11:30 Vegetable Soup, Egg Salad Sandwich, dessert	23	24	25
28	29 Lunch: 11:30 Chicken Casserole,	30		

MON	TUE	WED	THU	FRI
	1 <u>Cribbage 9:00 am</u> <u>12 :30 Working out with Wendy Arthritic Exercise Class</u>	2 Eye Screening 10 am <u>Computer Class</u> 11:00 Quilted Wall Hanging Class	3	4 <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u>
7 <u>Bingo– 12::30 pm</u>	8 <u>Cribbage 9:00</u> 12 :30 Arthritic Exercise 1:00 Senior Citizens Association Meeting *Massasoit Chorus* Performing	9 10 am <u>Computer Class, Knitting & Quilted Wall Hanging Class-11:00, Nielson Eye Screening late morning</u>	10	11 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u> <u>Shopping van: 9:00 am</u>
14 <u>Bingo– 12:30 pm</u>	15 <u>Cribbage 9:00 am</u> <u>12 :30 Working out with Wendy Arthritic Exercise</u>	16 8:30 COA/FOAS 10 am <u>Computer Class</u> 11:00 Quilted Wall Hanging Class Knitting Class	17	18 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u> <u>Shopping van: 9:00 am</u>
21 <u>Bingo– 12:30 pm</u>	22 <u>Cribbage: 9:00 am</u> <u>12 :30 Working out with Wendy Arthritic Exercise</u>	23 10 am <u>Computer Class</u> 11:00 Quilted Wall Hanging Class Knitting Class	24	25 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u> <u>Shopping van: 9:00 am</u>
28	29 <u>Cribbage: 9:00 am</u> <u>12 :30 Working out with Wendy Arthritic Exercise</u>	30		

What's New & Thank You's

Goodbye & Good Luck Arlene!!!!

We want to wish Arlene Spaulding great luck going forward with her job search and her new position on the Abington Board of Health. Arlene has been a great help volunteering as our afternoon Activities Coordinator at the Senior Center and she will be missed! will be missed greatly!

Announcing - The Massasoit Chorus

They will perform on June 8th at 1:00 at the Senior Center for all who are interested.

Please note the change of time for the Senior Citizens Association meeting. It is at 1:00 sharp.

Colony House puts on the dancing shoes!

One of our intrepid reporters claims to have witnessed a mid-May Seniors dance at Colony House. Reportedly, everyone loved it!

A big Thanks to John Burnett and his son from Arrowhead who put together and installed a wooden trellis at the Senior Center to beautify the back of the building prior to our May 1st memorial dedication. Thanks also to Rick Franey for measuring and making the purchase at Lowes!

Thanks to Roger's Music Express for donating their time & equipment for the Town's Public Forum held at the Senior Center on May 6th. Call Roger himself for DJ Services at (781) 878-5551

Line Dancing News

Good News, the schedule time for dancing will remain the same (see back page for spring schedule including our last class Summer Party on June 11th).

Please note the floor has been re-done. This year we are requested to wear rubber soled shoes, sneakers, or felt soled dance shoes to minimize damage to the floor (Thanks!)

Many Thanks to Dot Dunham for being our instructor this year. We have enjoyed the dancing and look forward to next fall. Have a great summer!

The Abington Rotary Club will be sponsoring the luncheon and sundaes on June 10th. Reservations are a must call 781-982-2145

Need help with Spring Cleaning
Call Diane Dumont from Cardinal Cushing Center in Hanover.
Please call 781/3356-5601
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Miscellaneous

Line Dance Schedule- Dancing with Dot Dunham at St. Bridget's Parish Hall on Friday afternoons at 1 PM to 2:30PM. Spring schedule: May 7, 14, 21, 28 and June 4 & 11 (there will be a Summer Party on the 11th as it's the last class of the season). The first fall class will be September 10, 2010. Donation: \$3.00. Dot can be reached at 781-293-7727.

ARE YOU O.K. ??? Is a free program sure to increase a Senior's sense of security. The program is sponsored by the Sheriff's Department along with the Council on Aging. For further information, please contact the Outreach Coordinator at the COA.

The Senior Center Branch of the Abington Public Library is open on Tuesdays between 11:30 and 12:30. Come and check out a new book or video or return and reserve your old books. Please note new library hours.

Senior Citizen's Association is a Social Club, for Abington residents over 59 1/2 years old, singles and couples, which meets on the 2nd. Tuesday of the month at 1:00 p.m. at the Senior Center. A different and varied program is offered each meeting. Cost is \$10 to join and the renewal amount \$10 to each year.

Senior Center at Massasoit- Call 508-588-9100 Arthritis Aquatics (M-W-F), Senior Chorus (T), Yoga for Seniors (F), History Reading Group and Senior Net Computer Classes for age 50+.

Support Groups- Open to the Public- No Charge Bereavement Group, Abington, meets once a month at the Library, 1st Th., 6:30 pm; Norma Kent Counseling Center, covered by Medicare, sliding fee, 781-871-2051; Alzheimer's Support, Colony House, 277 Washington St., monthly, 4th Mon, 5-6 pm and in Brockton at the Emmanuel House Assisted Living, 25 E. Nilsson St; Better Breathers, Brockton Hospital assembly room, last Tues, 2-3:15 pm; Caregivers Support, Rockland COA, 394 Union St, 4th. Mon, 1 pm; Grandparents Caring for Grandchildren, Brockton, 1st Fri, 10-2, 508-586-1667 (children welcome).

Food Pantry—St. Vincent DePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 PM at the old Friary Convent at St. Bridget's.