



The Senior Informer

JULY/AUG 2010

ABINGTON COUNCIL ON AGING

441 Summer Street, Abington, MA
02351
781-982-2145

Summer Office Hours:
Monday - Wednesday. 9 a.m. - 2:00
Thursday 9 a.m. - 1p.m.
Co-Directors:

Volume 7.12

information: COADirector@Abingtonmass.com.

Something for Everyone Article by Betty Slinger

What are you waiting for? *Your* Abington Senior Center is now a welcoming destination! Why not stop by to enjoy this lovely, spacious facility. And, as a bonus, if you want to escape from the oppressive heat of a sweltering, muggy summer day, it's also air conditioned!

If like Garbo, you "vant to be alone," plunk yourself down on a comfortable couch in the reading room, or in a cozy wing chair, to read a book or magazine for an hour or two.

Conversely, If you want company, there are other options: Monday Bingo; Tuesday and Thursday luncheons; the Frame-Ware Exercise/Fitness Room featuring equipment to help tone those abs and glutes; a pool table; a Wii-TV setup; computer, knitting/crocheting, and quilting lessons; cribbage; wild card penny poker; arthritis chair exercises with Wendy; yoga with Lisa Cabral; a public library branch; a social club, the Senior Citizen's Association; free eye and hearing screenings; SHINE and Norma Clark's extensive knowledge regarding assistance for medical and social is involving seniors; fuel assistance; income tax assistance; these and more are available for the at your Senior Center. If we don't have it, and you can get together a small group of like-minded individuals, our young COA co-directors—only in their early to mid to 40s, and they *love* seniors—will do their best to help you get it going here at the center.

1. Something for Everyone
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

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

Senior Center Staff:

- Suzanne Djusberg & David Klein—Co-Directors
- Norma Clark -Outreach Co-ordinator
- Jean Connell, Maureen Wall, & 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 24 advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewaters 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. **Thursday 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. Price is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

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 David A. Belcher, by Judy Belcher
In Memory of Judith Prizio, by James Prizio
In Memory of Nancy A. Webb, by James Webb
In Memory of Edward J. Kiernan, by Muriel Kiernan
In Memory of George (Lefty) Roberts, by Marjorie Roberts
In Memory of Richard A. Murphy, by Nancy Murphy
In Memory of Donald F. Monts, by Teresa Monts
In Memory of Jack Reilly, by The Reilly Family

Memberships and Donations :

Steven J. Doherty	Teresa B. Monts	Fran & Chris Cronin
Mr. & Mrs. Roy Leander	Ann Reilly	Lyman C. Douglas
John A. Shepard	Donald & Mary Galvin	Harry & Marjorie Conover, Jr.
Maryjo & Rick Franey	Deane & Maria Taylor	Alberta F. McLaughlin
Diane Keith	William & Joan Connors	Daniel F. O'Neill
Rosemary Doherty	Louise MacKenzie	Edith A. Doughty
Eva Baptiste	Teri & Joe Mini	Rev. Thomas W. Buckley
Roger & Judy Roy	Leo Gowin, Jr.	George & Claire Anderson
Leo & Christine Runkal	Joe & Marilyn Nickley	James Webb
Jacqueline Whitten	Maureen Harris	George Dunphy
Blanche & Harold Sims	Janet Sundberg	
Marylou Allsopp	Virginia Lind	
Stanley Mackiewicz	M. Patricia Hurley	
Robert & Maureen Gadbois	Francine Marley-Ethier	
Steve Georgeakakis	Tom & Patricia Bates	
Muriel Tormto	Barbara Barnes	



Something for Everyone — Article Continued from Page 1

Speaking of the co-directors, Suzanne Djusberg and David Klein, amazingly they really do seem to like and appreciate seniors. They are strong advocates for Abington's seniors, welcoming interested, helpful, fun, and always willing to jump right in to help out. What a refreshing change!!

Again, speaking of change, it was of special interest for us to learn the new Town Manager, John D'Agostino, enjoys and supports senior activities. He plans to be at the center occasionally for coffee and discussion and he's agreed to be Head Chef for an upcoming Italian Spaghetti Dinner fund raising event. There's been a suggestion of a possible sauce competition between John D'Agostino, Mary Jo Franey, Anna Fopiano, Karen DiLorenzo, and others. Mr. D'Agostino claims to make a mean spaghetti sauce as well as a mouthwatering Italian cheesecake! Can't wait to try that cheesecake. Perhaps cooking is a relaxing reprieve from town business.

On Tuesday and Friday mornings laughter and lots of good natured kidding emanate from the 30 or so cribbage playing men and women gathered around tables in the side annex of the Senior Center dining room. Just friendly games—though they keep a running score of winners on the board. If you're a cribbage player why not join in? Each time the players meet, they generously fund (\$1 per person) a kitty that's donated to the Senior Center general fund.

In the adjacent dining room and kitchen, the Tuesday Luncheon Ladies set up for the home-cooked meal of the day. Centerpieces and condiments are placed on the round dining tables, while serving tables are covered and lined up. Coffee urns are readied, and soon the hearty aroma of freshly brewed coffee caresses the air. Trays are stacked, cups, plates, and cutlery set out. Pat Peters, Toni Marella and Ellie Forrestall prepare and man the reception table at the door—later they help wash dishes. There's a gentle steady rhythm to the preparations. In the kitchen the cooking staff, those most-of-the-time jolly ladies led by head chefs Diane Keith and Anna Fopiano, can be heard joking and laughing as they pull together all aspects of the day's homemade entree and dessert. As the pace picks up, prep chefs Joanne Curtis, Francine Ethier, Marie Brown, Rita Estey, Noreen Jackson, Rita Webster, Pat Jackman, and John Freese circulate throughout the kitchen chopping, tearing, measuring, filling, washing, etc., as needed and directed. Noreen always has a joke or two—not to worry, they're clean, she tells them to her priest. At the stroke of 11:30 a.m. lunch is served, and a tasty, filling meal it is (salad, entree, dessert, coffee or tea) all for the small sum of \$3. Doubt you can do better than that anywhere around. Remember, you must sign up for lunch by Friday of the previous week which allows the ladies to plan their food purchases accordingly.

August 2010 Lunch & Activities

MON	TUE	WED	THU	FRI
2	3	4	5 <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u>	6 <u>CLOSED</u>
9 <u>Bingo- 12:30 pm</u>	10 Lunch: Meatball Subs, chips Dessert <u>Cribbage 9:00</u> 12 :30 Arthritic Exercise 1:00 Senior Citizens Association Meeting	11 10 am <u>Computer Class, Knitting & Quilted Wall Hanging Class-11:00, Nielson Eye Screening late morning</u>	12 <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u>	13 <u>CLOSED</u>
16 <u>Bingo- 12:30 pm</u>	17 11:00 Lunch Tunafish salad or egg salad, veg, dessert <u>Cribbage 9:00 am</u> 12:30 Arthritic Exercise	18 10 am <u>Computer Class</u> 11:00 Quilted Wall Hanging Class Knitting Class	19 <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u>	20 <u>CLOSED</u>
23 <u>Bingo- 12:30 pm</u>	24 Lunch 11:00 Cheeseburgers, Fries, dessert <u>Cribbage: 9:00 am</u> 10:00 Coffee w/Town Mgr <u>12 :30 Arthritic Exercise</u>	25 8:30 COA/FOAS 10 am <u>Computer Class</u> 11:00 Quilted Wall Hanging Class Knitting Class	26 <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u>	27 <u>CLOSED</u>
30 <u>Bingo- 12:30 pm</u>	31 11:00 Ham & Cheese Sandwiches, Tomato Soup, chips, Birthday Cake <u>Cribbage: 9:00 am</u> <u>12 :30 Arthritic Exercise</u>			

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OUTREACH - SHINE WITH NORMA

Urgent REQUEST: good drivers willing to drive a Senior to medical 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.donnotcall.gov.

SAVE THE DATE

Italian Supper

The Friends of Abington Seniors are hosting Italian Supper on September 11 from 5:00pm—8:00pm
Our own town manager, John D'Agostino will be Head Chef for this event. Cost is \$15 Adults, \$7 Kids

Tickets can be purchased at the Senior Center The menu includes pasta, Lasagna, pasta, meatballs, antipasto salad, bread, Italian desserts. Beer and Wine will be available to purchase.

Upside to Downsizing

While we can't stop the aging process, we can do many things to ease the inevitable pain and emotions that occur during the process. On Tuesday, September 21st, the Abington Council on Aging (COA) will host our 2nd annual seminar, "*The Upside to Downsizing*" featuring a panel of 10 different specialists in industries that cater to and provide professional services to the elderly and their families. The event is free and all are welcome, regardless of whether they reside in Abington or not.

Each of the presenters will discuss how they can help make the aging process more understandable and methods that can be applied to save time, money and sanity when needed most. Our experts will tell you how to down size to make your home more habitable or explore the actions needed to move into assisted living residences, nursing homes or to stay at home with some help.

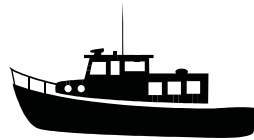
For further information and/or directions, call the Abington COA at 781/982-2145. Reservations are not required.

What's New & Thank You's

FRIENDS OF THE ABINGTON SENIORS, INC.
PRESENTS A DAY AT SPECTACLE ISLAND
Friday, August 20, 2010

YOUR DAY INCLUDES

- *Round Trip Motor coach Transportation
- * Boat Trip to Spectacle Island
- * Sightseeing on the Island



PRICE: \$20.00 Per Person

Make Checks payable to : Friends of the Abington Seniors, Inc.
You may pack your own lunch or purchase hot dogs, hamburgers, ect. at the
snack bar on the island.

For Reservations Call: Rita Webster (781) 982-9102

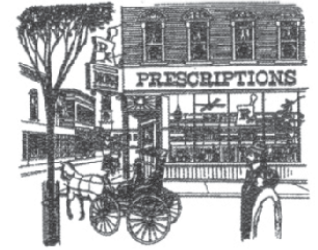
Depart: Abington Senior Center at 9:00 AM
Return Approximately 3:30 PM

Recharge Ministries & Behind the Veil Ministries
will be hosting a three day retreat on September 23, 24, &
25 from 6:00pm – 9:00pm at the
Abington Senior Center
441 Summer Street
All are welcome.
For more information please call
Pastor Bob Prudler @ 520/732-9254
Janene Prudler @ 575/773-4739

Crafters Wanted

We are having a Craft Fair on Saturday,
October 30, 2010
from 9:00am—2:00pm.
NO BUY/SELL
Please call 781/982-2145
for more information and application

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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: 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.

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 of \$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.