

April 2008

Senior Informer

Newsletter Date

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Finally !!!! As you read this April edition of the monthly newsletter, you may be doing so at the new Senior Center located at 441 Summer Street sipping a cup of coffee and watching the snow melt. We will be doing all we can to make life at the Center both stimulating and enjoyable. Let us know what you think.

It's very important that every senior who normally doesn't file a tax return do so for the 2007 tax year. Don't wait to file. To get your tax rebate stimulus payment be sure to file your federal taxes for this past year. The IRS estimates that more than 130 million Americans will benefit from an income tax rebate plan that will give \$300 to people who receive Social Security, lower income people and disabled veterans. You do not need to calculate the amount of the stimulus payment. If you qualify, the IRS will automatically figure it and send it to you. The IRS will also send you a notice showing the amount of your payment. You do not need to call the IRS or fill out any other special forms. In addition, the stimulus payment will not have any effect on eligibility for federal benefits such as food stamps, or assistance for needy families. The stimulus payment will also not be counted as income for purpose of your Social Security benefits. If you do normally file a tax return and receive a refund, the stimulus payment will not be included in your regular tax refund. Your stimulus payment will be direct deposited for taxpayers who select that option when filing your 2007 tax return. If you did not choose direct deposit, a check will be mailed directly to you if you qualify. In addition, your stimulus payment is not taxable and it will not reduce or increase your refund when you file your 2008 return. If, however, you still owe federal taxes from a previous year, the stimulus payment is treated like any other tax refund and will be used to pay past-due federal or state income tax.

I hope this explains how the payments will work but if you have a question make an appointment to have your 2007 tax return done either by a private preparer or call our COA office to make an appointment with either Bud or Greg.

See page 4 for a schedule of when you can expect to receive this stimulus payment.

See you at the Senior Center !!!

COUNCIL ON AGING

- George Whiting,
Chairman
- Marie Brown
- Joanne Curtis
- Joe Iacobucci
- Kate Kelley
- Bill Kendall
- David Klein
- Lorraine Leventuk
- Jack Libby
- Betty Slinger

Next

Meeting

April 16th.

9:00 a.m

HAPPY BIRTHDAY AND THANK YOU TO OUR COA

VOLUNTEERS !

April 6-John Reeves, April 9-Esther Paquette, April 13-Mary Donlan, April 15-Kay Cotter & Barbara Tower, April 19-Bob Riedel & Patricia Dailey, April 21-Michelle Chandler, April 22-Terri Henrikson

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling are held most Tues/Thurs 9-11 at 100 Lincoln Blvd. in the VNA Room; the 3rd. Wed. of the month 10-11 at 585 Chestnut Street, Bldg. 1*2 alternate and the 2nd. Thursday of the month 10-11 at 71 Shaw Avenue.

All Seniors Are Welcome At ALL Sessions

Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Council on Aging at Town Hall with John Klefeker. 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, etc. \$3 round trip. Also available for grocery shopping. Free rides to COA activities & luncheon. 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 Bridgewaters between 9:30 and 4:30 and to Boston Mon-Wed-Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver.

Friday Morning Shopping Bus has been changed to **Tuesday Morning Shopping Van**. We will be using our trusty van to get you to either the Hanover Mall or Westgate 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 Hanover and Westgate. 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, \$2.50 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: Congregate lunches will be held every Thursday serving lunch at 11:30 at the Senior Center at 441 Summer Street while school is in session. Cost is \$2.50. Call ahead to reserve your seat.

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. **Reverse Mortgage** House rich, cash poor ? John Fournier at the COA on the 3rd.Wednesday monthly to describe reverse mortgage. Must be 62 years of age. No credit or income requirements. **Auto Repair** expert Mark Jamieson will talk to your mechanic as a "second opinion". **Moving ?** George Weir will give helpful tips about moving. **Banking** Hal Norton will answer questions concerning all aspects of banking. **Elder Real Estate** Roger Woods and Sue Johnson provide free consultation analysis.

FRIENDS OF ABINGTON SENIORS FUND

The Abington Senior Center Fund has now officially become Friends of Abington Seniors and would like to thank both past and present members for their support and contributions. JUNE 2007 starts a new membership year with dues of \$ 5.00 payable now and good until JUNE 2008. 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 “Senior Center Fund” for memorial gifts

Friends of Abington Seniors Fund Donation *New Address!* **P.O. Box 2035, Abington, MA 02351**
Membership for 2007-2008 \$5.00 per person or \$100 for lifetime membership. Mail or bring to the COA

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 Fund

In memory of Grover Andrews, by Muriel Andrews
In memory of Mary Cooke, by Kevin & Anne Conlon & Family
In memory of Mary Cooke, by Ken, Maria & Isaac Laberteaux
In memory of Mary Cooke, by Mary Lane
In memory of Mary Cooke, by Maureen & Dick Wall
In memory of James Damon, by Dorothy Damon
In memory of Glenny Griffin, by Richard Griffin
In memory of Mary Jackman, by Joseph & Patricia Jackman
In memory of Edward Kiernan, by Murial Kiernan
In memory of Victor Mignault, by E. Louise Mignault
In memory of Katherine Pickering, by Peggy Whalen
In honor of Greg Doyon, by Edna Tracey
In honor of Bud Wheaton, by David & Margaret Evans
In honor of Bud Wheaton, by Eleanor Trudeau

Memberships and Donations

Boston Financial, Dorothy Damon, Barbara Gillespie, Joseph & Patricia Jackman, Lance Kimball, Philip & Cecile LaPointe, Virginia Lind, Nancy MacDonald, Patricia McCarthy, E. Louise Mignault, Margaret & Santino Nicastro, Rose Thompson, Bronia Wieliczki. Lifetime Memberships: Ruth Bouton, Daniel Frieburger

Outreach with Norma

We have had many inquiries about the IRS' "economic stimulus payments". It seems that most everyone is eligible for a payment but **must** file a 2007 tax return to determine eligibility and calculate the amount of the stimulus payment. Even if you don't usually file a tax return, you must do so in order to get the payment. Forms are available at the Library or Post Office. This stimulus payment will not affect your benefits from other sources, such as Food Stamps, Fuel Assistance, etc. An estimated 20 million seniors on Social Security are eligible to receive \$300 per individual or \$600 per couple. It's a gift from the Government-don't miss out.

Another reminder-if you are having trouble making ends meet, consider the Abington Food Pantry at St. Bridget's, available to all Abington residents. Call St. Bridget's or the COA for more information.

Some new Insurance Plans are marketing heavily in our area (Plymouth County). If you are interested, that's fine. If you are not interested, it's O.K. just to hang up. They are supposed to have received a request for information from you with permission to call.

We all need to be on the alert for SCAMS. No government agency such as Social Security, Medicare or Veterans Agency, will ever call you on the phone for information. If you should get a call asking you for personal information, HANG UP. You would know if you initiated the call. If you didn't, don't give out any personal information. Should the caller persist, notify the Police.

I'm really looking forward to being in our new Senior Center. I've been promised an office of my own, with giraffes on the wall even, and a door I can close. I'd like to have you all visit, one at a time, and bring your problems, your joys and your concerns. Appointments are always helpful but not necessary. I have income guidelines for programs such as Food Stamps, Fuel Assistance, Mass. Health, Medicare Buy-In, if you even think you might be eligible, let's find out. Call 781-982-2145 or drop in.

These are the dates we will be receiving our tax stimulus checks. It is scheduled by the last two numbers of your Social Security number. If you filed a joint return, it will be under the husband's Social Security number.

The check is in the mail:

| | | |
|--------------------------|-----------------------|-----------------|
| Week 1—SS#- 00-09 | Receive check: | July 23 |
| Week 2—SS#-10-19 | Receive check: | July 30 |
| Week 3—SS# 20-29 | Receive check: | Aug. 6 |
| Week 4—SS# 30-39 | Receive check: | Aug. 13 |
| Week 5—SS# 40-49 | Receive check: | Aug. 20 |
| Week 6—SS# 50-59 | Receive check: | Aug. 27 |
| Week 7—SS# 60-69 | Receive check: | Sept. 3 |
| Week 8—SS# 70-79 | Receive check: | Sept. 10 |
| Week 9—SS# 80-89 | Receive check: | Sept. 17 |
| Week 10-SS# 90-99 | Receive check: | Sept. 24 |

April 2008

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| <p>Massasoit College for Seniors: Yoga (Fri.) Arthritis Aquatics M-W-F Senior Chorus (Wed.) History reading group and senior computer classes-Call 508-588-9100</p> | <p><u>1</u></p> <p>Van goes to Hanover</p> <p>Tax Assistance</p> <p>10:15 movie at library</p> | <p><u>2</u></p> <p>Walking on Wednesday</p> <p>(WOW) 9:00 am Reilly Track Field</p> <p>Fuel Assistance</p> | <p><u>3</u></p> <p>Senior Luncheon Senior Center</p> <p>441 Summer Street</p> <p>11:15</p> <p>Tax Assistance</p> | <p><u>4</u></p> <p>Line Dancing Senior Center</p> <p>441 Summer Street</p> <p>1-2:30</p> |
| <p><u>7</u></p> | <p><u>8</u></p> <p>Van goes to Westgate</p> <p>Tax Assistance</p> | <p><u>9</u></p> <p>(WOW) 9:00 am Reilly Track Field</p> <p>Fuel Assistance</p> | <p><u>10</u></p> <p>Senior Luncheon Senior Center</p> <p>441 Summer Street</p> <p>11:15</p> <p>Tax Assistance</p> | <p><u>11</u></p> <p>Line Dancing Senior Center</p> <p>441 Summer Street</p> <p>1-2:30</p> |
| <p><u>14</u></p> <p>Abington Senior Citizens Assoc. meeting at 12 noon at VFW Hall on Central St.</p> | <p><u>15</u></p> <p>Van goes to Hanover</p> <p>Tax Assistance</p> <p>10:15 movie at library</p> | <p><u>16</u></p> <p>WOW 9:00 am Reilly Track Field</p> <p>Fuel Assistance</p> <p>9 COA Meeting</p> <p>10 Friends Meeting</p> | <p><u>17</u></p> <p>Senior Luncheon Senior Center</p> <p>441 Summer Street</p> <p>11:15</p> <p>Tax Assistance</p> | <p><u>18</u></p> <p>Line Dancing Senior Center</p> <p>441 Summer Street</p> <p>1-2:30</p> |
| <p><u>21</u></p> <p>Elder Law Clinic with Atty. Whiting at Town Hall-call for appt.</p> | <p><u>22</u></p> <p>Van goes to Westgate</p> <p>Tax Assistance</p> | <p><u>23</u></p> <p>WOW 9:00 am Reilly Track Field</p> <p>Fuel Assistance</p> | <p><u>24</u></p> <p>NO SENIOR LUNCHEON SERVED TODAY</p> <p>SCHOOL VACATION</p> <p>Tax Assistance</p> | <p><u>25</u></p> <p>Line Dancing Senior Center</p> <p>441 Summer Street</p> <p>1-2:30</p> |
| <p><u>28</u></p> | <p><u>29</u></p> <p>Van goes to Hanover</p> <p>Tax Assistance</p> | <p><u>30</u></p> <p>WOW 9:00 am Reilly Track Field</p> <p>Fuel Assistance</p> | <p>COA Van-Dial a BAT Bus Call 781-982-2145 in advance to book your rides</p> | <p>Hearing Screening & Hearing Aid Check by John Klefeker 1st. Tuesday of each month at Town Hall at 1:00 pm Sign up 781-982-2145</p> |

HERE'S WHAT WE'RE SERVING FOR OUR CONGREGATE LUNCHES FOR THE MONTH OF APRIL:

April 3– Chicken Dipper, Rice Pilaf, Broccoli w/Cheese Sauce, Dinner Roll, Apple Crisp, Milk

April 10- Spaghetti w/Meat Sauce, Green Beans, French Bread, Parmesan Cheese, Choc. Cake w/ Frosting, Milk

April 17– Roast Turkey, Mashed Pot. w/Gravy, Carrots, Cranberry Sauce, Dinner Roll, Sun Butter Bar, Milk

April 24– No congregate lunch served. Spring Vacation.

Treasures Appraised

Sunday, April 6, 2008

1 to 4 p.m. at the Abington VFW

Sponsored by Abington Cultural Council and the Friends of the Library

Appraisals: \$5 for 1 item, \$10 for 3 items

Certified Gemologist available for that day

Abington Art Association will feature a select group of works for display and sale

RITA'S TRIPS

CAREFREE CAPERS

CALL 781-982-9102 FOR

MORE INFORMATION

May 4-Travel Show To be held at the Knights of Columbus Hall in Whitman. All are welcome. Refreshments will be served.

May 8-Foxwoods –Includes \$10 food coupon, \$15 Keno play, Departing at 7:30 AM from Rockland Plaza **\$27**

May 13-The Drifters-Enjoy the songs of the 50's such as "Save the Last Dance For Me", "On Broadway" and more. This show will be held at Luciano's in Wrentham. Meal choice is Stuffed Breast of Chicken or Baked Haddock. **\$65**

May 18-22-Wildwood Crest, NJ-Our most popular trip for almost 20 years. Our deluxe hotel is located at the beach. A visit to Cape May with tour of Victorian Homes. Also a visit to Atlantic City with lunch at the Renault Winery. Much more is included. **\$459**

June 13-14-Boothbay Harbor-Includes one night accommodations at the Boothbay Harbor Inn, 2 hr. sightseeing Harbor Boat Cruise, a Lobster Bake and much more. **\$229**

FIVE THINGS YOU NEVER KNEW YOUR CELL PHONE COULD DO

There are a few things that can be done in times of grave emergency. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it.

Emergency The Emergency Number worldwide for Mobiles is 112. If you find yourself out of the coverage area of your mobile network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you. This number can be dialed even if the keypad is locked.

Have You Locked Your Keys In The Car ? Does your car have remote keyless entry ? This may come in handy someday. If you lock your keys in the car and the spare keys are at home, call someone at home on their cell phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at home press the unlock button holding it near the mobile phone on their end. Your car will unlock. Distance is no object. If you can reach someone who has the other remote for your car, you can unlock the doors.

Hidden Battery Power Imagine your cell battery is very low. To activate, press the keys *3370#. Your cell will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charges when you charge your cell next time.

How To Disable a Stolen Mobile Phone To check your mobile phone's serial number, key in the following digits on your phone: *#06#. A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. If your phone gets stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use it/sell it either. If everybody did this there would be no point in people stealing cell phones.

Free Directory Service for Cells Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls. Most of us do not carry a telephone directory in our car. When you need to use the 411 information option, simply dial: **(800) Free 411 or (800) 373-3411** without incurring any charge at all.

**Abington Council on Aging
Town Hall
500 Gliniewicz Way
Abington, MA 02351**

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
ABINGTON, MA
PERMIT # 26

Line Dance Schedule-Call Barbara Reeves 781-878-7320-Donation \$ 3.00. -Mark Your Calendars ! Classes are now being held every Friday at the Senior Center located at 441 Summer Street from 1 to 2:30. Schedule for April is 4/4, 4/11, 4/18, 4/25. Be sure your name and number is on a phone list to be called in case class is cancelled. STAY DANCING !!!!

ARE YOU O.K. ??? Is a free program sure to increase a Senior's sense of security. The sheriff's Department telephones by computer to the Senior's home every day. You choose the time of day. If you don't answer the phone after 2 calls, help is enlisted to make sure you are O.K. We wish every senior that lives alone would sign up for this.

Senior Citizen's Association is an active social club for Abington residents. Meets 2nd Monday each month at 12 noon, VFW Hall on Central St. \$7 to join, \$5 yearly dues. This group has new leadership that are planning some great and different programs. NO upper age limit, but you must be at least 59 1/2 years old. Plan to come to the next meeting around 11:30 for coffee and...Meetings will soon be changing to the Senior Center. STAY TUNED !

Walking Club WOW (Walking on Wednesday-seasonally) meets every Wednesday at 9:00 am at Reilly Field Track next to the Library. Join us when you can, no matter your speed. Call the office (781-982-2145) for info or to sign up. By the way, the Walking Club needs a new coordinator. Anyone ???

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

Movie Showings-Back By Popular Demand ! 10:15 a.m. at the Abington Public Library every 1st. and 3rd. Tuesday of the month. No reservations required and it's free ! Just show up ! Any questions, call 781-982-2145.

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; Alzheimers 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)