

# March 2008

## Senior Informer

Newsletter Date

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**Happy St. Patrick's Day !!!**

**Spring is right around the corner and like many of you, I'm looking forward to warmer days and a bit more sunlight.**

**St. Patrick's Day is almost here and that means a parade for Abington on Sunday, March 16th. Look for our COA van and wave "Hi !" to the seniors inside.**

**While we're still not in the Senior Center as this newsletter goes to print, we are working hard on new programs and activities. Thanks to everyone who responded to our survey. On page 7 we have a list of items we are looking to be donated to our Center. If you can help out, thank you in advance.**

**The COA lost a dear friend last month. Mary Cooke was half of the "M & M's" (Maureen Wall being the other half) who volunteered in the COA office. The following is a heartfelt tribute to a wonderful woman:**

### TRIBUTE TO A FRIEND by Maureen Wall

As many of you are aware, the Council on Aging has lost a dear friend with the passing of Mary Cooke. I personally am deeply saddened by this loss. I worked very closely with Mary in the COA office for the past 2 years where we instantly struck up a close friendship, both in the office as well as outside. Mary was the mother of 10 children, all of whom I had the pleasure of meeting during her brief illness. They were indeed very lucky to have had a person like Mary Cooke as their mother and I know how very much she loved them and their families. Mary's life centered around family, church and community. Mary coordinated the Fuel Assistance program for the COA, having taken over this position after her husband Jim passed away. She was extremely knowledgeable, helpful and most caring to anyone she helped out. I only wish I had known Mary earlier in my life. She was a wonderful person and will be missed by everyone who knew her.

### 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  
March 19th.  
9:00 a.m

## HAPPY BIRTHDAY AND THANK YOU TO OUR COA

### VOLUNTEERS !

March 2-Theresa Johnston, March 12-Alice Ord, March 14-Lois Nally,  
March 18-Diane Keith, March 19-Greg Doyon, March 30-Louise  
LaBree, March 31-George Snow

### 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 Bridgewater 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 Baptist Church on Brighton 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 Michael Barry, from Kathy & Jim Lavin  
In memory of Richard Burnham, from Winnie Burnham  
In memory of Larry Cody, from George Snow  
In memory of Mary Creighton, from Bob Creighton  
In memory of George Davey, from Avon V.F.W. Post 8892  
In memory of George Davey, from his Caretakers  
In memory of Leo Federici, from Abington Senior Citizens Assoc.  
In memory of William Kameese, from Marilyn Kameese  
In memory of Edward Kiernan, from Muriel Kiernan  
In memory of Mabel Marley, from Vinson Blanchard Gardens Assoc.  
In memory of Donald Monts, from Teresa Monts  
In memory of Bertha O'Brien, from Abington Senior Citizens Assoc.  
In memory of Carol Shura, from Stanley Shura  
In memory of Ralph Soper, from George Snow  
In memory of Dorothy & Philip Trufant, from Lawrence Trufant  
In memory of Hazel Weir, from George Weir  
In honor of Greg Doyon, from William Doyle

### **Memberships and Donations**

Patricia Ambrose, Rev. Thomas Buckley, Bob Creighton, Lyman Douglas, Mr. & Mrs. Arthur Galvin, Richard & Annette Griffin, June Jackson, Kathleen Kelley, Dick McCarthy, Louise MacKenzie, William & Maureen Mangan, William Morison, Russell & Lucille Phillips, Grace Puopolo, Dorothy Rosseel, Isabelle Shea, Charles Tautkus, Conall Timoney, Roland & Meredith Turcotte, William & Nancy Walsh. Lifetime Memberships: Linda Leader, Joan McLaughlin, George Weir.

Outreach with Norma

*Before saying “yes” to a nursing home, do I have options ?*

The Commonwealth of Massachusetts has committed itself to a “Community First” philosophy, which means that care at home is the first resort, and nursing home care is the last resort. There are many options these days to help you live at home. In 2006, over 100,000 Massachusetts residents spent some time in a nursing home. Three out of four of these people were age 75 or over, and 68% were woman. The Commonwealth is slowly trying to “rebalance” how it spends its tax dollars on long term care. More people are taking advantage of short-term rehabilitation, and then returning home.

Knowing whether nursing home care is right for a loved one involves talking with your local Aging Services Access Point (ASAP) agency. (In Abington, Old Colony Elderly Services is our ASAP-508-584-1561). These agencies have staff that specializes in counseling families on what kind of long-term care they need; everything from day care programs, to new residential options. In some circumstances, the state now allows family members (other than spouses) to be paid as a caregiver.

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Some of our Seniors have received an official-looking document, which looks like it comes from Social Security but isn't. It is from a new HMO plan. It's all right to reply if you want more information. Just know it's NOT from Social Security.

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Just a reminder-if you are 70 years of age and/or a (surviving spouse) widow, widower, blind or a veteran with service-connected disability, you may be eligible for a rebate on your taxes. Contact Town Hall Treasurers office for more information and application.

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Did you know that all AARP members are entitled to a free half-hour of legal advice with a lawyer from AARP's Legal Service Network. For more information, call 1-800-424-3410 or me at the COA office.

**FREE CASH FOR SENIORS**

Each Fall, the Massachusetts Department of Revenue issues it's annual update for a real estate tax credit for certain seniors, aged 65 or older. The credit is also known as the Senior Circuit Breaker Credit. This “free cash” started in 2001 at which time the maximum refund amount was \$385. This year (2007) the maximum refund amount is \$900.

This tax credit is available to renters and homeowners over the age of 65. Generally this credit is available to those who don't make enough to file a tax return and, to a lesser extent, those who make enough to file but have total income of less than \$70,000. Total income for this purpose includes items not taxable in Massachusetts such as Social Security and other non-taxable items. For tax year 2007, the maximum available, regardless of whether you had any income withheld, is \$900. For tax year 2006 the maximum refund was \$870.

In order to get the refund you have to file a tax return. Some people think that in order to get a refund, you need to have had some tax withheld or paid in. That is not true. You can get this refund by filing a Massachusetts income tax return. 2001 was the first year that this credit was available. But it's not too late to file for 2004, 2005 & 2006. Usually, if you are eligible for credit in the current year, you were probably eligible in the prior years.

# March 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<u>3</u>	<u>4</u> Van goes to Hanover Tax Assistance 10:15 movie at library	<u>5</u> Walking on Wednesday (WOW) 9:00 am Reilly Track Field Fuel Assistance	<u>6</u> Senior Luncheon Baptist Church at 11:15 Tax Assistance	<u>7</u> Line Dancing St. Bridget's Hall 1-2:30
<u>10</u> Abington Senior Citizens Assoc. meeting at 12 noon at VFW Hall on Central St.	<u>11</u> Van goes to Westgate Tax Assistance	<u>12</u> (WOW) 9:00 am Reilly Track Field Fuel Assistance	<u>13</u> Senior Luncheon Baptist Church at 11:15 Tax Assistance	<u>14</u> Line Dancing St. Bridget's Hall 1-2:30
<u>17</u> Elder Law Clinic with Atty. Whiting at Town Hall-call for appt. Happy St. Patrick's Day !!!!	<u>18</u> Van goes to Hanover Tax Assistance 10:15 movie at library	<u>19</u> WOW 9:00 am Reilly Track Field Fuel Assistance 9 COA Meeting 10 Friends Meeting	<u>20</u> Senior Luncheon Baptist Church at 11:15 Tax Assistance	<u>21</u> Line Dancing St. Bridget's Hall 1-2:30
<u>24</u>	<u>25</u> Van goes to Westgate Tax Assistance	<u>26</u> WOW 9:00 am Reilly Track Field Fuel Assistance	<u>27</u> Senior Luncheon Baptist Church at 11:15 Tax Assistance	<u>28</u> Line Dancing St. Bridget's Hall 1-2:30
<u>31</u>	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	COA Van-Dial a BAT Bus Call 781-982-2145 in advance to book your rides		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

**HERE'S WHAT WE'RE SERVING FOR OUR CONGREGATE LUNCHESES FOR THE MONTH OF MARCH:**

March 6– Pot Roast, Whole Potato, Carrots, Whole Wheat Bread, Raspberry Cake, Milk

March 13-Spaghetti w/Meat Sauce, Green Beans, French Bread, Parmesan Cheese, Choc. Cake w/ Frosting, Milk

March 20-Breaded Chicken, Mashed Potato & Gravy, Peas, Multi Grain Bread, Choc. Chip Cookie, Milk

March 27-Chicken Scampi w/Spaghetti, Green Beans, Whole Wheat Bread, Mixed Fruit, Spice Cake, Milk

**Beef & Irish Stout Stew**

- 2 lbs lean beef stew meat
- 3 T. vegetable oil
- 2 T. flour
- 1 pinch cayenne pepper
- Black pepper to taste
- 2 large onions chopped
- 1 clove garlic
- 2 T. tomato paste
- 1 1/2 cups Irish stout
- 2 cups chopped carrot
- 1 sprig fresh thyme
- 1 T. parsley

**Directions:**

**Toss the beef cubes with 1 Tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper & cayenne pepper. Dredge the beef in this to coat.**

**Heat the remaining oil in a deep skillet over medium-high heat. Add the beef and brown on all sides. Add the onions and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover and cook for 5 minutes.**

**Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. Pour in the rest of the beer and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with parsley.**

**RITA'S TRIPS**

**CAREFREE CAPERS**

**CALL 781-982-9102 FOR**

**MORE INFORMATION**

**March 13-Foxwoods**-Includes \$10 Food Coupon, \$15 Keno Play **\$27**

**March 19-Twin Rivers**-Includes \$10 Food Coupon, \$5 Cash & Scratch Ticket **\$19**

**April 27-28-Foxwoods Overnight**-Our overnight is at the Great Cedar Hotel located at Foxwoods. A visit to Mohegan Sun with a Food Coupon and a \$10 Free Bet. Our day at Foxwoods includes a \$15 Keno Play **\$149**

**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**

## **FROM THE FRIEND'S CORNER**

We here at the Friend's of Abington Seniors have been busy working with Mary Beth Lawton, our COA Director, to fund programs and activities for our new Senior Center. As a result of the surveys that you mailed in or dropped off, we have a good idea what you would like to see happen.

With that thought in mind, we would like to see if there are people out there who would like to donate items or buy them as a donation for the Center. We are looking for new or almost new board games, like checkers, chess, dominoes, Scrabble, cribbage, puzzles, decks of cards and dartboards. We also would like to put a bocce court and horseshoes outside when the ground thaws so if you have these items and would like to gift them we would love to have them.

We are also looking for fitness equipment such a treadmill in good working condition, a recumbent bike, and perhaps someone who has downsized and would like to donate a Bowflex and/or workout equipment.

There is going to be an area where you can relax and read so we would be looking for books and past issues of magazines. It is our hope that someone out there would donate a big screen TV along with a HD-DVD for the seniors to enjoy movies and cable shows. (The Center will have basic Comcast cable.)

In the kitchen, pots and pans along with cooking equipment is needed. We are buying all new appliances but do need a microwave, food trolleys, can openers, etc. We don't have a cleaning service for the Center but do have need of a good heavy-duty vacuum.

Also in the spring we would like to put up a flagpole with flags. If you would like to make a donation in a loved ones name for this area, we will be doing plantings and a brick memory walkway. We are also looking for bird feeders, a gazebo, or anything to make the outside more inviting.

One of the rooms in the Center will be dedicated to computers. We are looking for new or almost new computers to teach our seniors how to use computers or allow them to access their e-mail when not at home. From some of our friends at other Senior Centers we have heard how much fun it is to play games on the Nintendo Wii so if you would like to donate a system we would love to have it.

Thank you to everyone out there for all your past donations and contributions. If you would like to help outfit the new Center as we have asked for items above, please call Mary Beth at the COA at 781-982-2145.

**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 held every Friday at St. Bridget's Parish Hall, Rte. 58, Abington from 1:00 to 2:30 p.m. Here's the schedule until we move into the new Senior Center: 3/7, 3/14, 3/21 and 3/28. Dates are subject to change if the hall is needed by the parish. Be sure your name & number is on a phone list to be called if class is cancelled.**

**Abington has a new Senior Center located on Summer St & we hope to be able to start our line dancing classes there sometime in the Spring. 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)