

November 2007

Senior Informer

Newsletter Date

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DIRECTOR'S NOTES:

We have so much to be thankful for this November so let's start by giving HATS OFF to our Senior Veterans on Veterans Day 2007! The local Veterans Day Parade is shared between 3 towns and this year the Parade will be held 11/11. Don't forget to attend the Nov.

Special Town Meeting on Monday, Nov. 5th. at 7 p.m. On the warrant that evening is an article to purchase the Flame of Fire Covenant Church for our first ever Senior Center for the Town of Abington and it's deserving Seniors. That will be followed by a special town election

Sat., Nov. 10th. with the polls open from 8 a.m. to 4 p.m. Please note the change in polling hours !! And, count your blessings on Thursday, November 22nd. Happy Thanksgiving to all Abington Seniors & their families from the Council on Aging Staff!
Mary Beth Lawton
Director, COA

Town-wide flu clinic for at-risk Seniors in Abington will be held at the Abington VFW at 30 Central St. on Friday, November 16th., from 9 to 11 a.m. Flu shots are available to residents who are 60 or older, persons under 60 with chronic medical conditions, pregnant women, health care workers and out-of-home caregivers and household contacts of children aged 0-59 months. Please remember to wear short sleeves or loose fitting clothing & bring your Medicare or other senior plan insurance cards. Young children under 9 years will not be immunized at this clinic. Please bring them to their pediatrician. No appointments will be accepted for this clinic.

_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

Nov. 21st.

8:30 a.m

Note new time !

**HAPPY BIRTHDAY AND THANK YOU TO OUR COA VOL-
UNTEERS !**

Nov. 7, Pearl Averell, Nov. 12, Rev. Larry Kanter and Rita Killam,
Nov. 16, Norma Clark, Nov. 22, Helen Crowell, Nov. 25, Peggy
Whalen, Nov. 26, Judy Young, Nov. 27, Connie Rhodes, Nov. 30, Rita
Soper

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. 781-982-2146.

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 or 2146 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 this service.

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 consult and analysis.

ABINGTON SENIOR CENTER FUND

The Abington Senior Center Fund, also known as "Friends of the Abington Senior Center, 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 "**Senior Center Fund**" and mail to **P.O. Box 2035, Abington, MA 02351**.

With many thanks to families selecting "Senior Center Fund" for memorial gifts

Abington Senior Center 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 Town Hall

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 Senior Center Fund

In memory of Rev. George F. Miller, from Bob & Marilyn Gaffney

In memory of Florence Horton, from Justine Healey

In memory of Claire Johnson, from Karen Posimo, Joy Knobel, Linda Honeycutt & Linda

Gospodarsi

In memory of Georgette MacDonald, from Rose Stodder

In memory of Carl Wicklund, from Margaret Wicklund

Memberships

Lawrence Cartier, Paul and Barbara Chase, Marjorie and Harry Conover, Jr., Virginia Dorr and Bertha O'Brien.. Lifetime Memberships: Lorraine Leventuck.

HER'S WHAT WE'RE SERVING FOR OUR CONGREGATE LUNCHES

FOR THE MONTH OF NOVEMBER:

Nov. 1st.-Spaghetti w/Meat Sauce, Mixed Vegetables, French Bread, Sunflower Bar, Milk

Nov. 8th.-Chicken Patty,, Mashed Potato w/Gravy, Carrots, Pears, Cranberry Sauce, Whole Wheat Breadstick, Cherry Shortcake, Milk

Nov.15th.-Pork Patty, Mashed Potato w/Gravy, Peas, Cornbread, Apple Crisp w/Whipped Topping, Milk

Nov. 22nd.-No Meal at the Baptist Church. Meal's on Wheels seniors will receive a frozen meal along with their hot meal the day before (11/21)

Nov. 29th.-Meatball Sub, Green Beans, Potato Chips, Parmesan Cheese, Chocolate Pudding, Milk



★ OUTREACH WITH NORMA ★

★ Be Aware ! There are rumors going around that seniors are being contacted about new health insurance plans coming into the area. Medicare says they will **never** call you on the phone, and there is now a law that states insurance plans are not allowed to contact you by phone, unless you have requested someone call you. There are new plans coming, or old plans returning, if you are interested in changing plans, you should always attend an information session offered by the plan and perhaps make an appointment with your S.H.I.N.E. (Serving Health Information Needs of Elderly) Counselor at the Council on Aging office.

★ PRSCRIPTION ADVANTAGE (The State's Pharmacy Program), is still open enrollment. If you reach the "donut hole" in prescription coverage, you will have to spend up to \$3,051 out-of-pocket for your prescriptions before your Part D plan will start paying again. If you as an individual have income less than \$30,630 (couple \$41,070), Prescription Advantage can help pay for your drugs once you have reached the donut hole. For further information, call Prescription Advantage toll free at 1-800-243-4636 or contact Norma at the Council on Aging office (781-982-2145)

★ "Life would be infinitely happier if we could be born at the age of eighty and gradually approach eighteen" Mark Twain

★ Some new information booklets available in the office: "Getting Your Affairs in Order", National Institute on Aging; "Mourning the Death of a Spouse"; "Medicaid Planning"; "Homestead Act".

★ Remember, Part D (Medicare Prescription Plan) open enrollment is November 15th. to December 31st.. All Medicare recipients need a Part D plan !

★ Medicare will be \$96.40 in 2008—Sorry !!!

★ A new Medicare 2008 book will be arriving in the mail soon. Also, Social Security Award Letters. Save them, you will need them, I promise !!!



Tri-Town Veterans Day Parade !

This year the Town of Whitman will be hosting the Parade which will step off on Sunday, November 11th. at 1:00 P.M. from South Avenue and Charles Street in Whitman and end at the Whitman V.F.W. on Essex Street.

Special Church Services will be held at the United Church of Christ on Washington St. in Whitman at 10:00 a.m. on November 11th.

This Parade is dedicated to All Veterans and especially our Senior Veterans !

If you plan to attend, please call 781-447-5557

November 2007

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|
| <p>Massasoit College: For Seniors-Yoga (Fri.), Arthritis Acquatics M-W-F, Senior Chorus (Wed.), History Reading group and senior computer classes. Call 508-588-9100X1695</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> | <p>Free Health Screening Blood Pressure, Sugar-Most Tu/Thurs 9-12 at 100 Lincoln Blvd. 1st Thurs. 10-11 at 71 Shaw Av & 3rd. Wed. 10-11 at 585 Chestnut St.</p> | <p><u>1</u> Senior Luncheon Baptist Church at 11:15</p> | <p><u>2</u> Line Dancing St. Bridget's Hall 1-2:30</p> |
| <p><u>5</u> Special Fall Town Meeting 7:00 pm</p> | <p><u>6</u> Van goes to Westgate Mall 10:15 movie at Library Fuel Assistance</p> | <p><u>7</u> Walking on Wednesday (WOW) 9:00 am Reilly Track Field</p> | <p><u>8</u> Senior Luncheon Baptist Church at 11:15 Fuel Assistance</p> | <p><u>9</u> Line Dancing St. Bridget's Hall 1-2:30 Special Town Election Tomorrow-Polls Open 8-4</p> |
| <p><u>12</u> Sr. Citizen's Assoc. Meeting 12 noon at VFW Hall</p> | <p><u>13</u> Van goes to Hanover Mall Fuel Assistance</p> | <p><u>14</u> WOW 9:00 am Reilly Track Field</p> | <p><u>15</u> Senior Luncheon Baptist Church at 11:15 Fuel Assistance</p> | <p><u>16</u> Flu Clinic at VFW Hall 9-11 am Line Dancing St. Bridget's Hall 1-2:30</p> |
| <p><u>19</u> Elder Law Clinic with Atty. George Whiting at Town Hall-Call for appt.</p> | <p><u>20</u> Van goes to Westgate Mall 10:15 movie at Library Fuel Assistance</p> | <p><u>21</u> WOW 9:00 am Reilly Track Field COA Meeting 8:30 Sr. Ctr. Comm. 10:00</p> | <p><u>22</u> Happy Thanksgiving !!! COA Office Closed—No Senior Luncheon</p> | <p><u>23</u></p> |
| <p><u>26</u></p> | <p><u>27</u> Van goes to Hanover Fuel Assistance</p> | <p><u>28</u> WOW 9:00 am Reilly Track Field</p> | <p><u>29</u> Fuel Assistance</p> | <p><u>30</u> Line Dancing St. Bridget's Hall 1-2:30</p> |

Here's a recipe from Joanne to complement the turkey and stuffing sure to be served Thanksgiving Day !

CRANBERRY PECAN BARS

Crust:

- 1 cup all purpose flour
- 1/2 cup finely chopped pecans
- 1/2 cup packed brown sugar
- 1/2 tsp. salt
- 6 T. cold butter

In a large bowl, combine the flour, pecans, brown sugar and salt. Cut in butter until crumbly. Press into a greased 9 inch square baking pan. Bake at 350 degrees for 15-20 minutes, or until edges are lightly browned.

Meanwhile, in a large bowl, combine flour and baking powder. Combine the eggs, sugar, milk, and vanilla. Add to the dry ingredients. Fold in the cranberries, coconut and pecans. Pour over crust. Bake 25-30 minutes or until set. Cool on a wire rack. Cut into bars. Refrigerate leftovers.

Filling:

- 2 T. all purpose flour
- 1/2 tsp. baking powder
- 2 eggs, beaten
- 1 cup sugar
- 1 T. milk
- 1 T. vanilla extract
- 1 cup fresh or frozen cranberries, chopped
- 1/2 cup flaked coconut

Can you volunteer some of your time to drive ?

We currently need seniors willing to help other seniors with rides to places where our van or the BAT bus doesn't go. Drivers are needed for rides within the local area such as Braintree Rehab Hospital. If you can, please call 781-982-2145 and let Eileen know.

RITA'S TRIPS—CALL 781-982-9102 FOR MORE INFORMATION

- Nov.6-Zoot Suit Riot**-Incredible show with 8 talented performers, music of the 30's, 40's, 50's & 60's. Relive the early days of the Zoot Suits, Sinatra, Vale, Clooney & others. Includes Holiday Roast Turkey w/fixings. Transportation on your own. **\$42**
- Nov. 15-Foxwoods**– Package includes \$10 food coupon and \$15 in Keno play. **\$25**
- Nov. 28-Roy Clark's Christmas**-He will be bringing his entire show from Branson, Missouri for this wonderful Christmas cavalcade. Included is Casino package of \$15 food coupon for any restaurant and \$15 free bet. **\$67**
- N.Y. Shopping Tour, Dec.2**-Get an early start on your Christmas shopping, spend the day sightseeing, visit New York's world class museums or take in a Broadway show. Drop off's at Rockefeller Center or Macy's. **\$49**
- Dec.30-Jan.1-New Years Party**-Package includes 6 shows, 6 meals including Gala New Years Dinner of Surf & Turf at Norwood Sheraton Four Points. Transportation included. **\$379**

CAREFREE CAPERS BY RITA WEBSTER
GIVE HER A CALL AT 781-982-9102

Appointments are now being accepted at the Council on Aging to help those who are in need of FUEL ASSISTANCE. If you received benefits last season, you should have received a renewal form in the mail. If you are new to Fuel Assistance, call 781-982-2145 and make an appointment with one of our volunteer counselors for either Tuesday or Thursday mornings.

CONSUMER ALERT

Pot Pies Suspected in 30-state *Salmonella* Outbreak

Health Officials are warning consumers not to eat certain frozen chicken and turkey pot pie products, as federal investigators gather more information on a nationwide *Salmonella* outbreak that has so far sickened 139 people in 30 states.

Affected products include Banquet frozen chicken or turkey pot pies made by ConAgra foods, along with generic or store brands of the same two products, that have a printed code ending in "P9" on the package, according to a statement from the US Centers for Disease Control and Prevention. (CDC)

While ConAgra has voluntarily stopped production of the pot pies, it has not issued a product recall but did release a consumer advisory. Though the company advises consumers to avoid eating the pies while the USDA investigates the problem, it believes illnesses are probably related to undercooking of the product by consumers. USDA officials have warned consumers not to use a microwave oven to cook the pies even though many product labels include microwave instructions. Microwave ovens vary in strength and can cook products unevenly, the USDA has warned.

Consumers can get a refund for pot pies already purchased if they send the side panel of the package bearing the P-9 code to the company.

Ground Beef Recalled Due to Possible E-Coli Contamination

J & B Meats Corporation Inc. is recalling frozen ground beef products because they may be contaminated with *E. Coli*, the USDA announced.

The products subject to recall include Sam's Choice Backyard Gourmet Beef Burgers and Topp's Premium 100% Pure Ground Beef Hamburgers. Each package also bears the establishment number "Est. 5712". The frozen beef products were produced on June 12, June 18 and June 22, 2007, and were distributed to retail establishments nationwide.

It is recommended that consumers use any frozen ground beef products within 3 or 4 months of the stated use by date. It is important that consumers look for the recalled products and return them to the store where they were purchased.

Olde Towne Christmas House Tour to Benefit the Senior Center

Tickets are now available for purchase at the Council on Aging, the Busy Beaver Gift Shop, The Other Side of Dempsey's, Emmy's Deli, Independence Insurance, the Abington Public Library and The Country Store. Five homes will be on the tour which will be held Sunday, December 9th from noon until 5 p.m. Tickets are \$25 in advance and \$30 if purchased the day of the tour. Coffee and desserts are included in ticket price available at Abington High School Cafeteria from 11 a.m. to 4 p.m.

If you can sell tickets at the library on Saturdays beginning Nov.10th from 10:30 to 1 p.m., or make a dessert for the day of the tour, call Ann Reilly at 781-878-3670.

**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 for the rest of the year— 11/2, 11/9, 11/16, no dancing 11/23, 11/30, 12/7, 12/14, 12/21, 12/28 and 1/4/08.

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 on Nov. 12th.-come around 11:30 for coffee and...

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 or 2146) 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; 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, 508586-1667 (children welcome)