



The Senior Informer

Volume 6.10

OCTOBER 2008

**ABINGTON COUNCIL
ON AGING**

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

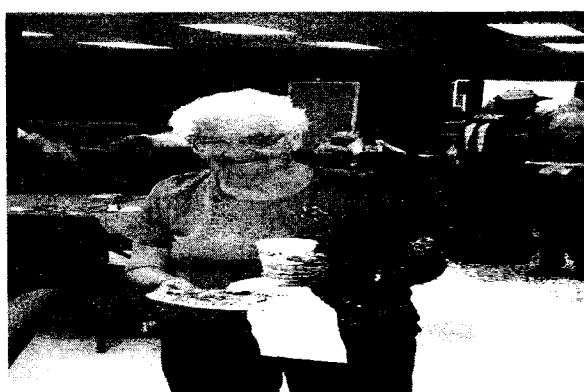
Office Hours:

Monday - Thurs. 9 a.m. - 3 p.m.

Friday 9 a.m. - 2 p.m.

Director: Mary Beth Lawton

Chairman: Atty. George Whiting, Jr.



Allerton House Assisted Living at Central Park in Weymouth hosted a Pizza Party on Tuesday, September 9th at the Senior Center.

Director of Community Relations for Allerton House, Linda Chuckran, played piano favorites for Seniors and awarded prizes for the popular Name That Tune contest.

The celebration was in honor of National Assisted Living Week, where the theme is Filling Life with Love.

Linda is pictured here enjoying herself with visitors and by the way, she plays a mean piano! Thanks for the pizza and ice cream, Linda!

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COUNCIL ON AGING

- George Whiting, Chairman
- Marie Brown
- Joe Iacobucci
- Kate Kelley
- Bill Kendall
- David Klein
- Lorraine Leventuk
- Jack Libby
- Betty Slinger
- Maureen Wall
- Karen DiLorenzo

Next Meeting
Oct. 15th.
9:00 a.m

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**HAPPY BIRTHDAY AND THANK YOU TO OUR COA
VOLUNTEERS !**

Oct. 2-Donna Gorman, Oct. 4-Eric Wilson, Oct. 5-Harry Boulay, Oct. 8-Paul McLeod, Oct. 10-Marianna Fortin, Oct. 24-Marge Edson, Oct. 26-Richard Merrill

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., first Wed. 10 to 11:30, 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.

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 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 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 and Thursdays 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. **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 2008 starts a new membership year with dues of \$ 5.00 payable now and good until JUNE 2009. 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 ??

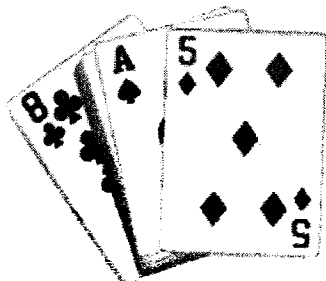
Suggest a donation in your name to the Friends of Abington Seniors Fund

In memory of Al DiLorenzo, by Karen DiLorenzo
In memory of Richard & Patrick Dwyer, by Geraldine DeRusha
In memory of Thomas Neville, by the Friday Quilty Group
In memory of Gil O'Neill, by Lorraine O'Neill
In memory of Alice Ord, by Jo-Ann Venuti

Memberships and Donations

Rev. Thomas Buckley, Winifred Burnham, Dorothy Damon, Patrick & Sarah Donohoe, Richard & Mary Jo Franey, Mary Giniewicz, Herbert Libby, John Libby, Helen Lyons, Carol Mannion, Guy Peter & Corrine Marino, Dick McCarthy, Jeanne Mullin, Peggy & Sonny Nicastro, Joseph & Elaine O'Rourke, Barbara & Al Reichert, John Shepard, Gerald & Eileen Walls, Henry Welsh, Peggy Whalen

A few good seniors are looking for a few more good seniors to form a bowling team at Timber Lanes Bowling Alley. And, if you are interested in Bridge, we have a group meeting to play at the Senior Center on Monday afternoons at 1:00. We also have a newly formed "Polish Poker" league which plays at the Center on Wednesdays afternoons. Call 781-982-2145 if you are interested in joining any of these activities or starting one of your own.





Weight Watchers is coming to the Abington Senior Center !

Give us a call at 781-982-2145 if you are interested in becoming a member of Weight Watchers . Whether you have a little or a lot to lose, it's always easier to do it when you have the support of people who have helped millions lose weight and keep it off. Meetings will start middle to end of October.

RIGHT HERE. RIGHT NOW.

Save the Date !

Saturday, November 8th., Open House 1 to 4 P.M.

Abington Senior Center

90th. Birthday Party for Alice Frame

Please join us as we dedicate our new Fitness Room

In honor of Alice Frame

Share some cake, share some memories and a laugh with Alice and family

R.S.V.P. 781-982-2145 Sponsored by Abington Elderly Services

**Computer Classes starting at the Senior Center on Wednesday,
October 8th.**

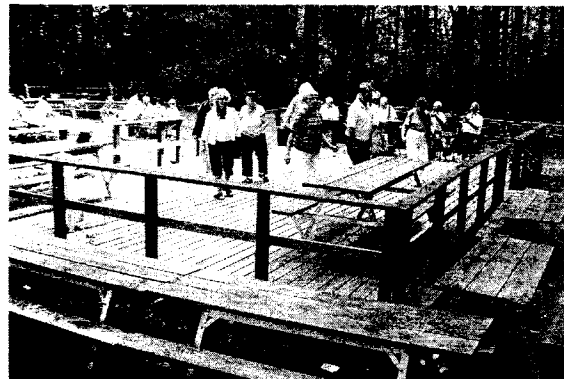
Beginners will enjoy learning the Fundamentals of Computers

Class runs from 10:00 to 11:00 a.m.

Limited to first 5 people

Don't worry if you don't get in the first class

Course will be repeated every few weeks



Over 100 Abington Seniors enjoyed free burgers and hot dogs at the 28th. Annual Charles F. Whitman Cook-Out courtesy of Abington Bank, Abington Police, Fire and Parks and Recreation on Thursday, August 28th. Back by popular demand, visitors were treated to the sounds of the John Shea Orchestra.

All photos courtesy of Fred Robinson

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Menu of Lunches Served at Senior Center for October

Thursday, October 2nd.-Teriyaki Chicken Dipper w/Rice Pilaf, Lemon Zest Broccoli, Multi Grain roll, Yellow Cake, Milk

Tuesday, October 7th.-Beans, Franks & Brown Bread, Butterscotch Pudding w/Whipped Cream, Milk

Thursday, October 9th.-Macaroni & Cheese, Hot Dog, Peas, Roll, Chocolate Chip Cookie, Apple Sauce, Milk

Tuesday, October 14th.-Venus De Milo Soup, Grilled Cheese, Fruit Cups, Milk

Thursday, October 16th.-Chicken Patty, Mashed Potato, Gravy, Peas, Dinner Roll, Black & White Bar, Milk

Tuesday, October 21st.-Chicken Pot Pie w/Biscuit, Ice Cream Sandwich, Milk

Thursday, October 23rd.-Honey Mustard Chicken, Mashed Potato w/Gravy, Peas, Cornbread, Apple Crisp w/Whipped Topping, Milk

Tuesday, October 28th.-Philly Cheese Steak w/Onions & Peppers, Potato Chips & Macarons

Thursday, October 30th.-Meat Loaf, Green Beans, Mashed Potato, Chocolate Pudding w/Topping, Milk, Pears

PRICES FOR ALL MEALS ARE \$3.00

CALL THE WEEK AHEAD TO MAKE YOUR RESERVATION

781-982-2145

Standard Guidelines for Independence in Participation

in Activities Held at the Abington Senior Center

The Abington Senior Center follows the Standard Guidelines for Independence in Participation in Activities as outlined in the Americans with Disabilities Act.

The Abington Senior Center, under the auspices of the Town of Abington, Massachusetts, is not responsible for monitoring the activities of any individual visiting and/or participating in services or programs on or off the grounds of the complex.

Under Section 25.1250 (P. (a)(3) from Section 504 of the Americans with Disabilities Act (ADA) "a public entity is not required to take any action that would result in a fundamental alteration in the nature of its service, program, or activity . . . (Note: the decision around 'fundamental alteration' must be made at the department head level.)"

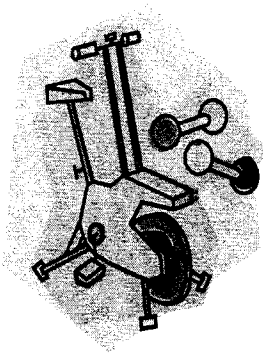
Section 36.303 (g) of the ADA states, "Public accommodations are not required to offer customers, clients, or participants individually prescribed devices . . . or personal assistance in things such as eating, toileting, or dressing."

Individuals wishing to participate in programs held at the Abington Senior Center or to ride the Senior Center van should meet the following criteria in order to be considered appropriate for service provision: able to toilet themselves, able to feed themselves, be oriented to their current surroundings, behave in a non-aggressive or non-disruptive manner, participate in a program or activity that is appropriate for them, desire to participate in a program or activity.

Persons not meeting these criteria are welcome but must be escorted at all times for their well being, while participating in activities on or off the grounds of the complex. If the person being escorted attends an activity, the escort should be capable of assisting in such a way that the instructor will not need to individually instruct the escort.

Power Medicine Ball Class Comes to Senior Center

Scott Whitehead, American Council on Exercise certified trainer and Arthritis Foundation instructor, will be teaching classes on Tuesdays and Thursdays beginning September 30th. from 9:15 to 10:00 a.m. Power Medicine Ball classes are meant to enhance a sense of balance, build stamina, strength and flexibility. Working with these lightweight balls helps to slow the erosion of what is called "fast twitch muscles" which are used to help us swing a tennis racket or a golf club. Scott is also available to work with seniors individually to develop specialized workout programs or therapy for recovery from surgery. Cost for these specialized programs vary. Cost for the Power Medicine Ball class is \$5.00 a session. Call 781-982-2145 with any questions or to sign up.



Abington Senior Citizens Association

Abington Senior Citizen Association meetings are held on the second Tuesday of the month at 1:00 p.m. at the Senior Center. (Please note new time)

Here is the meeting schedule for the rest of the year:

October 14th., November 18th. And the Christmas Party is on December 9th.

If your mailing address is a Post Office Box, please let us know. A lot of our newsletters are being returned to us as undeliverable because they are being sent to your home address so please call us to help save on mailing costs. Thank you !

Did You Know ? Starting October 7th. The Senior Center will be the site for a Branch of the Abington Public Library. You'll be able to reserve, check out and return your library books to the Center during our Tuesday lunches. Friends of the Abington Library will have items for sale.

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Line Dance Schedule-Call Barbara Reeves 781-878-7320-*Donation \$ 3.00.* -Mark Your Calendars ! Line Dancing at the Senior Center at 441 Summer Street from 12:45 to 2:15. Classes are held every Friday.

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 \$7 to join and the \$5 each year.

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-Now that we are in the Senior Center we hope to have movies twice a month. A HUGE Thank You to Verizon for donating a 42" LCD TV to our Senior Center. As soon as it is installed we will start movies again in November. Let us know what movies you'd like to see !!!

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)