



The

Senior Informer

Volume 7.1

JANUARY 2009

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.

OLDE TOWN HOUSE TOUR RAISES \$24,000 FOR SENIOR CENTER & MEMORIAL FIELD

A GREAT BIG "THANK YOU" TO ANN REILLY AND HER MANY VOLUNTEERS FOR THEIR HARD WORK AND BEAUTIFUL DECORATING TALENTS MAKING THIS YEAR'S HOUSE TOUR A STUNNING SUCCESS. HERE IS A LIST OF THE LUCKY WINNERS. MANY THANKS TO ALL OUR SPONSORS WITHOUT WHOSE DONATIONS THIS TOUR WOULD NOT BE POSSIBLE:

\$500.00 CASH RAFFLE WINNER: CARL LACEY, WHO DONATED IT TO THE ST. VINCENT DE PAUL FOOD PANTRY. AWESOME ! MARK DALTON: SO. SHORE STAGING; LARRY SWEENEY, HANOVER CHIEF OF POLICE: \$300 IN GAS CARDS; DORIS DRISCOLL, CHARLIE HORSE RESTAURANT GIFT CERTIFICATES; MARK LYDON: BRUINS TICKETS; GLEN LAPOINTE: VIN & EDDIE'S GIFT CERTIFICATE & A BASKET OF WINES; MARIE COTTER: ABINGTON ATHLETIC CLUB 3 MO. MEMBERSHIP; DONNA FLYNN: ISLAND GROVE MEMBERSHIP; DAN PRICE: MERRY CHRISTMAS SIGN; LORRAINE DESIMONE: BASKET OF LOVING WARM THINGS; BARBARA FRANNEY: TAILGATE BASKET; RICHARD WALL: \$50 FROM ABINGTON BANK; JACKIE WHITTEN: QUEEN BED COVERING; PEGGY KEATING: WINE GLASSES; ANDREA KINGSTON: TASTEFULLY SIMPLE BASKET; KATHY GREEN: CAKE CONNECTION SNOWMAN CAKE; RUTH MUNCY: PAINTING CANISTER/POPCORN BASKET; ANDREA KENNY: SWEAT-SHIRT & QUILT; JOANNE CURTIS: BABY BLANKET; MIRGZA KENIGS: YANKEE CANDLE BASKET; CHRIS BOWSER: WREATH & CANDLE RING; DONNA: SNOWMAN ADVENT CALENDAR; SUSAN CAHILL: WREATH.

CONGRATULATIONS TO ALL THE WINNERS !

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COUNCIL ON AGING

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

Jan. 1-Nancy Lehtonen, Jan. 4-William Jones, Jan. 6-Red Greenleaf,
Jan. 7-Liz Norling, Jan. 11-Joanne MacNeill, Jan. 14-Betty Slinger,
Jan. 16-Wanda Farrar, Jan. 17-Fran Greenough, Robyn Nordeen,
Jan. 19-Joanne Curtis, Jan. 29-Jim Garrison

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.

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 Wilma, by Joseph Bentlet **Memberships and Donations- Membership:** Denise Riouz
Lifetime Members:Ralph Brett

Please remember to visit our Gift Shop at the Senior Center
Hours are Tuesday and Thursday: 11 to 12:30

Cupid Is Looking For You !

*On Saturday, February 14th., the Friend's of Abington Seniors would like to invite you to a **FREE** catered Brunch at the Senior Center. Reservations are required and limited to the first 120 people who call. You must be an Abington resident and 59 1/2 years or older. Brunch begins at 11:00 a.m. and the festivities and entertainment continue until 1:00. R.S.V.P. to Diane at 781-792-0949, Joanne 781-878-1183 or Fred at the Senior Center at 781-982-2145 by Thursday, February 5th. Please wear Red in Honor of St. Valentine*

Annual Election of Officers

Friends of Abington Seniors, Wednesday, January 14th., 2009 at 10:00 a.m.

Abington Town Hall, Cotter Room, 2nd. Floor

Regular Monthly Meeting To Follow

**For Sale: 27" Samsung 3 year old cable & digital ready TV. \$100.00 Firm
Call 508-243-8921**

ARE YOU INTERESTED IN GROUP TOURS AND MOTORCOACH DAY AND OVERNIGHT TRIPS ? WE WOULD LOVE TO SCHEDULE TRIPS TO SHOWS AND VENUES ACROSS NEW ENGLAND. IF YOU ARE INTERESTED IN VOLUNTEERING TO BE A GROUP LEADER TO RUN THESE TRIPS PLEASE GIVE MARY BETH A CALL AT THE SENIOR CENTER. WE HAVE A VENDOR WHO HAS A NUMBER OF TRIP PACKAGES AT VERY REASONABLE PRICES.

The weekend of Saturday, December 6th and Sunday, December 7th was a grand weekend for the 2008 Olde Towne Christmas House Tour for the benefit of the new Senior Center and for The Memorial Field Improvement Fund. The Candlelight tour was beautiful with all the lit candles and the light snow flurries added to atmosphere of Sunday's tour. All the homes were gorgeous and inviting! The refreshments were plentiful at Abington's new Senior Center on Summer Street. The prizes were generous and lovely.and the profit realized was \$24,710!!! This was made possible only through the efforts of over 150 volunteers and the cooperation of the many businesses and residents.

We particularly want to thank the homeowners: Diane and Eric Briscoe, Trish and Anthony Lastoria, Jackie and Pat Faherty, Lisa and Rob Matthews, and Jeanne and Mike McCormick. Their homes were spectacular—tastefully decorated and very welcoming to the more than 800 ticket holders who bought tickets to view the homes. Special thanks also to the decorating chairpersons and committees for each of the homes. Not only did the homeowners give up their time to decorate but all the members of the committees spent hours on end to help the homeowners decorate their homes. Special thanks to the people at Village Gardens, Boston Floral & Gifts, Garden Craft, and Karen DuBois and Ken Graham from the Christmas Place. Special thanks to the screening committee for choosing the wonderful variety of homes.

A special thank you to Seoane's Garden Center for providing each homeowner with a gift certificate for plants and greens to decorate their homes, to the Abington Music Parents for donating a live tree to each homeowner, to Vicky Suziedelis, Ginny Fresina, and Lisa Furness for live greens and to Rosie Walls for providing signage for the tour. Kudos also to the Pusateri Family for providing the golf carts at the Lastoria home to escort people down the driveway. A special thanks to Susan Kelley for doing the pen and ink sketches of each of the homes which Lampworks framed for each homeowner. The sketches were also used on the tickets. Thanks to Katy and Michael at Bayview Copy for working with us on the tickets, posters and flyers, and a special thanks also to the Abington Bank for subsidizing the printing of the tickets.

Kudos to Ms. Kimberly McHugh, AHS Honor Society Advisor, and the Honor Society students and friends, Sally and Dave Nisby for hanging balloons and our bell directional signs on Sunday morning and also for helping us clean up the dining room at the Senior Center. We are so lucky to live in a town like Abington!! Young and old working together!!

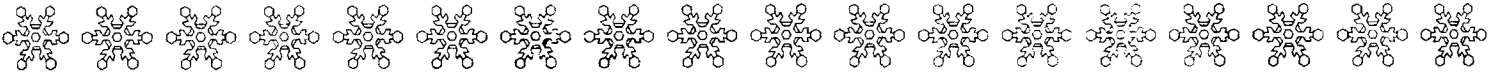
Thanks to the Abington/Rockland Mariner, the Brockton Enterprise, the Patriot Ledger, Globe South, and the local church and school newsletters for providing the coverage of our tour, and in particular to Nancy Reid and Claire Burgess for preparing all the press releases. Thanks also to Kathy Bailey for making the posters that were displayed around town. Kudos also to Justin Shanahan and Jack Buckley for our cable coverage. So many wonderful bakers came through with some wonderful finger desserts. The homeowners "goodie" baskets were wonderful filled with breads by Sally Nisby, Maureen Brophy, Maureen Jansen, Kerry Friedman, Amy Barrett, and Phyllis Landers of Tastefully Simple. We particularly want to thank Richie Barrett for his donation of the coffee and the table linens, to Dunkin Donuts of Rt. 18 and 139 for some of the coffee, and Williams Sonoma for the cider. Joan Ridge and her committee did a great job keeping the trays filled and the coffee, tea and cider hot.

Our homeowners have a wonderful keepsake of the tour...thanks to our photographer—Steve McGowan and to Jean Kelley and Maureen Dursin for putting the albums together. Our prize committee did an outstanding job...thanks to Mary Graham, MaryLou Graham, Elaine Walls, Pat McKenna, Ellen Delaney, and Pat Greene. Through the generosity of local businesses, families, and individuals over 40 prizes were donated to support the Senior Center.

Sheila Lambert, Alice Gurnon and Karen Tracey, Kathy McDonough, and Janice Cox did a great job with ticket sales. Special thanks to the Abington Ale House, Busy Beaver Gift Shop, The Other Side of Dempsey's store, Seoane's Garden Center, the Abington Public Library, The Christmas Place, Country Treasures, The Senior Center, Mia Regazza Restaurant, and Marcia and her staff at Vin & Eddie's Restaurant for selling house tour tickets for us in addition to the members of the House Tour Committee selling tickets.

And last but not least a huge and sincere thank you to each and every one of you!! All of you shared the vision, came to all of the meetings, and supported the cause. That is what truly made this entire endeavor become a reality. This proves again that when we work together all things are possible. It has been an absolute pleasure working with you all!! We are truly blessed to live in such a wonderful, cooperative town like Abington.

Sincerely, Ann Reilly, AmyBarrett, and Lisa Furness, Co-Chairpersons



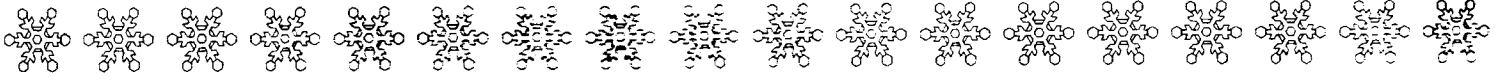
OUTREACH WITH NORMA

HAPPY NEW YEAR TO ALL ! I HOPE 2009 WILL BE A GOOD YEAR FOR YOU WITH NO PROBLEMS.

But, just in case, you should have a problem let us help. If we can't solve your problem, we'll find someone who can.

In the New Year, I would like to think I could be in touch with every senior in town, but there seems to be too many of you now, so I must depend on you to contact me if you need my services.

Please feel free to call the Council on Aging office at the Senior Center (781-982-2145) or come down to see me.



Our Meals on Wheels Program is in dire need of volunteer drivers. This is great opportunity to help out for as little as 1 to 2 hours per week, to do a route each week, or as a substitute, on call when someone else can't make it. Our drivers enjoy delivering meals and saying "hello, how are you" to our clients as much as the client appreciate having you visit. Call Rita, MOW Coordinator at 781-982-2145


THE COA IS IN NEED OF VOLUNTEERS WHO ARE WILLING TO DRIVE CLIENTS TO DOCTOR APPTS. LOCALLY & BOSTON. CURRENTLY THERE ARE ONLY 2 PEOPLE DOING THIS NOW. PLEASE CALL THE COA AT 781-982-2145 IF YOU THINK YOU CAN HELP ANOTHER SENIOR WITH A RIDE.

Just Thought You'd Like To Know....Partners Home Health Care, who does walk-in health screenings for seniors in Abington, is changing their hours at the Senior Center. Their new hours will be the Last Thursday of each month both before, during and after the congregate lunch that day from 11 to 12:30. Come before lunch and have your blood pressure checked or have lunch and stay for sugar testing or nutrition and weight counseling. We've made this change to allow you to save a little gas and do two things at once ! Partners Home Health Care and the Abington Senior Center—helping the senior community, filling the need !

Parking Spaces Available for Rental at Senior Center

If you or a friend or family members uses the Abington Commuter Rail Station for transportation to Boston, the Abington Senior Center would like you to know that we have 10 parking spaces available for rental. We are a short 5 minute walk to the train station with a fee of just \$60 a month to park. If you use the commuter rail, you're aware that the rates just went up and the 5 minute walk can save you significant \$\$\$\$. Call Phil Warren, Abington Town Manager, at Town Hall at 781-982-2100 to reserve your spot.

AND WHILE WE'RE ON THE SUBJECT OF THE SENIOR CENTER....Did you know the Center is available for rental ? While many of you have had a chance to visit the Center, have lunch or play cribbage, we would also like you to know that for \$275 the Senior Center is available to rent for parties and special occasions. We have a 300 seat auditorium, a 125 seat dining room, a state of the art commercial kitchen along with a professional sound and public address system. If you are planning a shower , retirement or anniversary party, give us a call and we'll take you for a tour of our beautiful building. And, if you wish, a one-day liquor license is available from the Board of Selectmen for a nominal fee. Call 781-982-2145 and ask for Mary Beth



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Menu of Lunches Served at Senior Center for January

Thurs. 1/1-Senior Center Closed

Tues. 1/6-Venus de Milo Soup, Crusty Bread, Fruit, Dessert

Thurs. 1/8-Hamburger or Cheeseburger on a Roll, Potato Salad, Mixed Vegetable, Apple Crisp, Milk

Tues. 1/13-Chicken Florentine, Mashed Potato, Vegetable, Dessert

Thurs. 1/15-Breaded Chicken, Mashed Potato & Gravy, Dinner Roll, Apple Sauce, Peas, Brownie, Milk

Tues. 1/20-Fish Sticks, Macaroni & Cheese, Cole Slaw, Dessert

Thurs. 1/22-Chicken Scampi w/Spaghetti, Green Beans, French Bread, Chocolate Cake, Milk

Prices for all meals are \$3.00 Call the week ahead to make your reservation

Tues. 1/27-Chinese Chicken Chop Suey, White Rice, Crispy

781-982-2145

Noodles, Dessert

Thurs. 1/29-Asian Chicken, Rice Pilaf, Broccoli, Dinner Roll, Pineapple, Sugar Cookie, Milk

FREE PIZZA PARTY AT SENIOR CENTER

HOSTED BY HOMEWATCH CAREGIVERS

PLEASE ENJOY A FREE PARTY WITH RAFFLES AND PRIZES HOSTED BY HOMEWATCH CAREGIVERS ON WEDNESDAY, JANUARY 14TH. AT 11:30 A.M. HERE AT THE SENIOR CENTER, 441 SUMMER STREET

PLEASE R.S.V.P. BY JANUARY 7TH AT 781-982-2145

HOMEWATCH CAREGIVERS IS A BONDED AND INSURED COMPANY PROVIDING TRANSPORTATION, AT-HOME PERSONAL AND QUALITY OF LIFE CARING AT AN AFFORDABLE LEVEL FOR YOU OR ELDERLY FAMILY MEMBERS.

PLEASE JOIN US FOR A SHORT PRESENTATION AND LOTS OF FOOD AND FUN!

New Fitness Classes Starting at Senior Center

Come join us a Thursday, January 22nd. From 9:30 to 10:15 for a new Workout Class at the Senior Center. Scott Whitehead, American Council on Exercise certified trainer and Arthritis Foundation instructor, will be teaching a circuit class in our new Fitness Room. Similar to a Curves-style program, you will be working a "circuit" of machines, free-weights and medicine balls allowing you to work your muscles, flex your joints, and exercise your lungs. The class is limited to 5 people to ensure senior safety and proper use of equipment. Cost is \$5.00 for the class. Call 781-982-2145 for more information.

Bingo Coming To Senior Center

For all of you have been patiently waiting for the Bingo to begin here at the Senior Center, good news! The Board of Selectmen has granted the Friends of Abington Seniors a Bingo license which allows us to run Bingo games. We will be starting at the end of January, beginning of February once we have trained our volunteers to run the machines and conduct the Bingo games. Bingo will be on Mondays starting at 10:00 am. Call 781-982-2145 if you would like to volunteer or help run the games.



Marion Wilson, President of the Abington Senior Citizens Association



Some presents from Santa



Alberta McLaughlin and Santa Claus

The Abington Senior Citizens Association enjoyed some holiday cheer on December 9th. At the Abington Senior Center. A delicious sit-down lunch of roast chicken was provided by Trueman's Catering. Santa Claus showed up to give out presents to all the well-behaved seniors. The crowd was serenaded with the song stylings of Doug MacIntyre and left full of holiday cheer.

Photos courtesy of Fred Robertson

LIST OF ACTIVITIES AT THE CENTER:

MON. 10:00-BINGO (COMING SOON)

MON. 1-BRIDGE

TUES. & FRI.: 9-CRIBBAGE

TUES. 11:30- LUNCH

WED. 10-COMPUTER CLASSES (BEGINNERS AND ADVANCED)

WED. 1:00-POLISH POKER

THURS. 9:30-FIRNESS CLASS

THURS. 11:30-LUNCH

WE ARE LOOKING TO FORM PAINTING CLASSES, FLORAL ARRANGING, CAMERA CLASSES, ARTS & CRAFTS CLASSES, BOWLING LEAGUE, ETC.

PLEASE CALL MARY BETH AT 781-982-2145 SO THAT WE CAN BRING ACTIVITIES TO THE CENTER THAT YOU WOULD LIKE TO DO

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Line Dance Schedule-Call Barbara Reeves 781-878-7320-Donation \$ 3.00. -St. Bridget's-Friday afternoon

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 and we can figure out how to hook up the DVD player, we will start movies in the New Year. 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)