



The Senior Informer

FEBRUARY 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.

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GET READY FOR CHANGES ON YOUR TELEVISION

What is the Digital Broadcast Transition ? At midnight on February 17th, all full-power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting. Digital broadcasting promises to provide a clearer picture and more programming options and will free up airwaves for use by emergency responders.

Who is affected ? If you have one or more analog-only TV's that don't have cable or satellite service connected to them and are using a "rabbit ear" antenna to receive your local-over-the-air broadcasts, you will be affected by this transition, and will need to take action to continue receiving any local over-the-air broadcasts after February 17th.

Does the Digital Broadcast Transition Affect Cable Subscribers ? No. Some cable companies have decided to switch to digital service. This is a different issue from the federally mandated Digital Broadcast Transition taking place February 17th. Please contact your cable service provider for more information.

If you are affected by the Digital Broadcast Transition, you have 3 Options:

Option 1: Buy a box that converts digital signals to analog signals that your analog set can display. The estimated cost is \$40 coupon worth \$40. Call the Coupon Program 24 hour number, 1-888-388-2009 to have a couple mailed to you.

Option 2: Buy a new television set with a built-in ATSC digital tuner, with an estimated cost of \$100 and up.

Option 3: Subscribe to cable or satellite video (if available) at an estimated cost of \$8 to \$20 per month, plus possible equipment rentals.

This information is from the Office of Consumer Affairs and Business Regulation Commission Department of Communications and Cable.

COUNCIL ON AGING

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

Feb.
18th.
2009
9:00

HAPPY BIRTHDAY AND THANK YOU TO OUR COA

VOLUNTEERS!

Feb. 2-Natalie Walker, Feb. 3-Flo Severin, Feb. 4-Valerie Barry,
Feb. 7-Jeanne Morris, Feb. 12-Bob Donlan, Feb. 22-Kate Kelley

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 Dr. John Kieferer. 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.

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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 Sylvia Cahill, by George Snow
In memory of Stefania Giniwicz & Alice Mahoney, by Mary Giniwicz
In memory of Paul Jacobs, by George Snow
In memory of Merton "Duke" Loomis, by George Snow

Memberships and Donations—Paul & Judith Cosgrove, Edward & Louise Fafard, Marianna Fortin, Arthur & Marjorie Galvin, Joseph Jackman, Patricia McCollem, Richard McCollem and Russell & Lucy Phillips.

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

Library Program for Senior Center, Thursday February 26 from 10:15 to 11:15

Learn to use **Navigator**, Abington Public Library's online book catalog. Small group instruction conducted the library's reference librarian will help you to get comfortable using this computer program. You will have opportunity to use a computer with a librarian to guide your learning. During this program you will learn to the following: log onto Abington Public Library Web Page, locate the link to Manage Your Account (with your APL card), search for books, audio books and videos, place a hold on items you would like to borrow from library in the Old Colony Network, renew your books online.

Abington Public Library Services at the Senior Center

The Board of Trustees of the Abington Public Library is pleased to announce that the Library now has a branch at the new Abington Senior Center. The Senior Center Library is open on Tuesdays and Thursdays 11:45 to 12:30 during regularly scheduled Senior Lunches. Books, movies in DVD and VHS formats, and audiobooks on compact disc may be borrowed. The Senior Center Library has a browsing collection of approximately 300 items. Titles may also be requested from the Abington Public Library. This service began in October and the number of borrowers has been steadily increasing each week.

The Board saw this as an opportunity to increase services to a growing segment of the community while leveraging the use of the wonderful new Center, all at almost no additional cost to the town", said Trustee Henry Carlo.

The Library Trustees and Acting Library Director Deborah Grimmett thank the Abington Council on Aging, Director Mary Beth Lawton and her staff for providing space for the Library at the Senior Center. The Library also wishes to thank John Najarian for painting the Library room at the Senior Center.

OUTREACH WITH NORMA

Sometimes I feel my middle name is "insurance"-medical, health, prescription, etc. (actually I do lots of other things, too) The State's current fiscal situation has caused a few problems for seniors, one of them being the amount of money available for Prescription Advantage, the State's pharmacy program. The program has been conducting seminars to address the changes. If you didn't get to one in January, there is one left-on February 11th. In Attleboro. Call the office for more information if you're interested. Or call 1-800-AGE-INFO, Prescription Advantage.

Extra financial help is still available from Social Security for individuals with annual income of \$15,600 or less (\$21,000 for couples) and resources (assets, not counting your house) of \$11,900 (or \$23,970 for couples). To get this extra help, you must have a Drug Plan (Part D). I have forms in my office to apply for this extra help.

We have brochures at the Senior Center about a Home Modification Loan Program which provides loans to homeowners to make modifications to their homes to increase access for people with disabilities (such as ramps, lifts, widened doorways, bathroom and kitchen modifications). Or call 617-204-3739 for more information. In fact, we have lots of brochures on anything and everything at the entrance to the Senior Center. Please feel free to browse and help yourself.

By now you should have received two notices from Social Security. One tells how much you received, the second how much you will receive in 2009. Please save them. Don't throw them away. Enjoy your raise in Social Security this year.

It will soon be time for taxes. If you need help with "not too complicated" tax forms, give us a call I can't help with your Senior Housing forms this year, but the offices at Shaw Avenue and Chestnut Glen will be glad to help you gather necessary information.

And lastly, an invitation to join in the activities at the Senior Center. Why wait? Gather up some Seniors and join in the activities. We have a great exercise room, a branch of the Library (with selections that appeal to Seniors), cribbage, computer classes, polish poker and fantastic luncheons on Tuesday and Thursday (call ahead if you have never been before), with lots more to come. Come on down!

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?

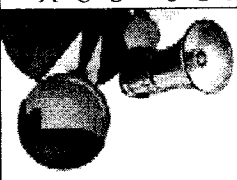
While many of you have had a chance to visit the Center, have lunch or play cribbage, we would also like you to know that for \$275 the Senior Center is available to rent for parties and special occasions. We have a 300 seat auditorium, a 125 seat dining room, a state of the art commercial kitchen along 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

February 2009

Mon	Tue	Wed	Thu	Fri
<p>2 Bridge: 1:00</p> <p>3 Lunch: Sloppy Joes, Chips, Salad & Dessert- Cribbage: 9:00 a.m. Hearing checks with Dr. Klefeker @1:00 Tax assistance: 9:00 (call for appt.)</p>	<p>9 Bridge: 1:00</p> <p>10 Lunch: Chicken, broccoli & ziti, breadsticks, dessert Cribbage: 9:00 a.m. Senior Citizen Assoc. meet. @ Sr. Ctr.-1:00 Tax assistance: 9:00 (call for appt.)</p>	<p>4 Computer class: 10:00 Polish poker: 1:00 Fuel assistance: 9:00 (call for appt.)</p> <p>5 Lunch: Spaghetti w/ meat sauce, green beans, French bread, choc. cake & milk Tax assistance: 9:00 (call for appt.)</p>	<p>13 Cribbage: 9:00 a.m. Line dancing St. Bridget's @1-\$3.00</p> <p>12 Lunch: Cheese-burger, fries, green beans, apple crisp & milk Tax assistance: 9:00 (call for appt.)</p>	<p>20 Cribbage: 9:00 a.m. Line dancing St. Bridget's @1-\$3.00</p> <p>19 No lunch today-school vacation Tax assistance: 9:00 (call for appt.)</p>
<p>16 Bridge: 1:00</p> <p>Legal clinic with Atty. Whiting @9:00</p>	<p>17 Lunch: Ham casse- role, scalloped potatoes, salad & dessert Cribbage: 9:00 a.m. Tax assistance: 9:00 (call for appt.) Van to Hanover Mall</p>	<p>18 Computer class: 10:00, Polish poker: 1:00 COA meeting 8:30, Friends of Abington Seniors: 10:00 Fuel assistance: 9:00 (call for appt.)</p>	<p>26 Lunch: Roast turkey, mashed potato, gravy, peas, roll, cake & milk Tax assistance: 9:00 (call for appt.) Walk-in health care screenings at Sr. Ctr. @ 11:00</p>	<p>27 Cribbage: 9:00 a.m. Line dancing St. Bridget's @1-\$3.00</p>
<p>23 Bridge 1:00</p> <p>24 Lunch: Philly cheese steak subs, chips & dessert Cribbage: 9:00 a.m. Tax assistance: 9:00 (call for appt.) Van to Westgate Mall</p>	<p>25 Computer class: 10:00 Polish poker: 1:00 Fuel assistance: 9:00 (call for appt.)</p>	<p>26 Lunch: Roast turkey, mashed potato, gravy, peas, roll, cake & milk Tax assistance: 9:00 (call for appt.) Walk-in health care screenings at Sr. Ctr. @ 11:00</p>	<p>27 Cribbage: 9:00 a.m. Line dancing St. Bridget's @1-\$3.00</p>	<p>28 Cribbage: 9:00 a.m. Line dancing St. Bridget's @1-\$3.00</p>


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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.

A great big THANK YOU ! to whoever donated the scooter to the Senior Center last month. What a thoughtful donation ! The Seniors at the Center are certainly blessed to have someone who knows that isn't always easy to get around especially in a 13,544 square foot building ! Thank you for your generosity !

Are you interested in being part of a writing group at the Senior Center ? We would like to put together a group of individuals who would put pen to paper highlighting their personal perspectives of a changing Abington. What was Abington like back when ? What did you do for fun on a summer day ? Who was your teacher ? Who was your best friend ? Come and share your memories of Abington and help us "write a book" about what this town was all about-the people, places, events. If you are interested call Betty Slinger at 781-878-3418 and make some history happen.

The Abington Senior Citizen Association would like you to know that there has been a change in their fee structure. It now costs \$10 to join and \$10 to renew your membership each year. The Citizens' Association meets the 2nd. Tuesday of the month at 1:00 pm at the Senior Center.

Wayne McDonald of McDonald and Company Oil would like you to know that he is available to deliver any amount of oil to Abington's seniors at the lowest possible cost. If you fill up, he offers a \$5.00 discount off your bill. Call him at 781-871-2128 or 617-372-5656. Wayne also offers full furnace service on your oil burner.

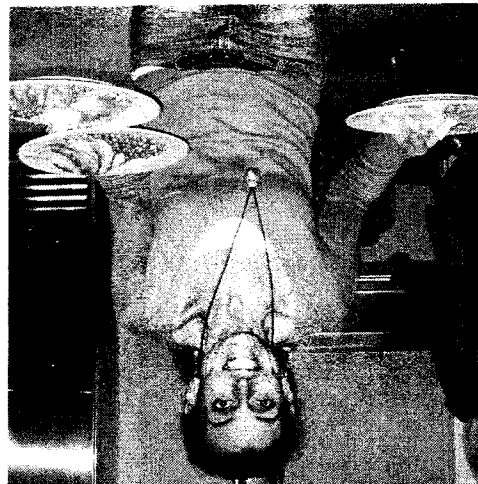
If you are interested in helping us to get Bingo going at the Senior Center, please call Mary Beth at 781-982-2145. We need people to organize and run Bingo each Monday morning at 10:00 am. We need volunteers to get this activity off and running. Anyone ?

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

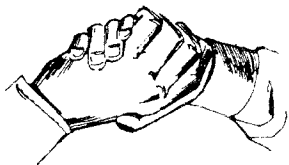
GOOD NEWS ! If you use the van to come to the Senior Center for lunch, activity or program, you will not need to pay the \$3.00 fee for use of the van. As most of our regular riders are aware, we had to raise fees during the height of the gas crunch to offset the rising cost of fuel. Now that prices are a little more normal (!) we will go back to NO CHARGE for the use of the van to come to the Senior Center. So now you really have no excuse to come down and enjoy a home-cooked meal on Tuesday at 11:30 !!

And on that note, if you are planning on attending the Valentine's Day Brunch being sponsored on Saturday, February 14th, our trusty driver, Jack Brown, will be available that day with our van to pick you up, get you to the Senior Center and back home again for no charge. Call Fred Robertson at 781-982-2145 to book your ride.

Abington Seniors enjoyed a Christmas luncheon catered by Vin and Eddie's on Wednesday, December 17th. Anderson Insulation sponsored the event for 107 lucky seniors. Many thanks to Bev Alexandre and the staff at Anderson Insulation for their ongoing support through the years.



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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; **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, 508-586-1667 (children welcome)