

Senior Informer



REGISTER OF DEEDS JOHN BUCKLEY TO SPEAK AT ABINGTON C.O.A. TUESDAY - JUNE 16TH

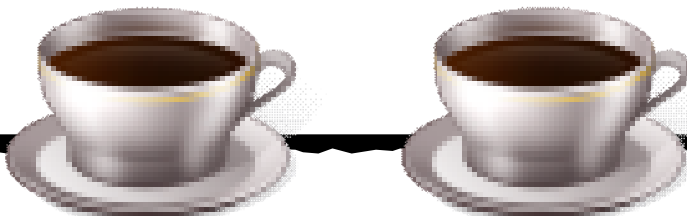
The Abington Council on Aging will be hosting Register of Deeds John Buckley and Field Representative,

Daniel Dermody from Secretary of State William Galvin's Office on Tuesday, June 16th at 10:30 a.m.

John R. Buckley, Jr., Register of Deeds for Plymouth County, is holding a series of Senior Citizens Outreach Programs at the Council on Aging Centers throughout Plymouth County along with Daniel Dermody of Secretary of State William Galvin's office.

The program is designed to update senior citizens on the Homestead Act and recording issues which affect the elderly. The lecture will include a question and answer period and pamphlets will be available on issues discussed. To reserve your seat, contact the Abington Council on Aging at 781-982-2145.

Please join Register Buckley and Mr. Dermody for coffee, donuts, and information on issues that affect your property.



The Senior Center is located at 441 Summer St in Abington.

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COUNCIL ON AGING

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

May

20th

2009

8:30 a.m.

At the Senior
Center

RESERVE

SPACE

FOR

SPONSORS

HAPPY BIRTHDAY AND THANK YOU TO OUR COA VOLUNTEERS !

May 3-Dot Power, May 5-Janice King, May 6-Joyce Joseph, May 7-Fred Robertson, May 10-Joe Iacobucci, May 16-Marion Tisdale, May 24-Tess Purdy, May 25-Terry Riedel

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 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 Emma Cullen, by George Snow
- In memory of Emma Cullen, by Marion & Forrie Tisdale
- In memory of Edward Kiernan, by Muriel Kiernan
- In memory of Helen Lyons, by Vinson Blanchard Gardens Association
- In memory of Helen Lyons, by Bette Buckley

Memberships and Donations - BobDoherty, Steve Georgeakakis, Richard & Annette Griffin, Virginia Lind, Louise MacKenzie, Ann McCarthy and Edward & Eileen Walsh

Lifetime Memberships - John J. Sniger, Jr. & Carol Sniger

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

MEMORIES OF BOB DONLAN

I SERVED ON THE Massachusetts Housing Partnership Committee with Bob for many years. We did everything from traipsing around the woods near Diane Circle to look at the site for a proposed project, to holding hearings and meetings for the project. Bob, who worked at Nissen's at the time, always brought refreshments. His company also gave us a break on the rolls for Abington's 275th. Birthday Celebration Chicken Bake due to his efforts. He was always there to lend a hand and his expertise for the Friend's of Abington Seniors, Inc. of which he was a Board Member. He was also an active member of the Abington Senior Center Committee which preceded the Friends group. I will miss his exuberance, sense of humor and caring nature.

Diane L. Keith, President, FOAS

OUTREACH WITH NORMA

Serving **H**Health **I**Information **N**Needs of **E**Elderly Hours/Outreach Hours: Monday, Tuesday, Thursday, Friday 10 to 2 pm, preferably by appointment. Home visits as warranted. Spring is here, really, and if you're having any problems with Medicare, Medical Insurance, Prescriptions, Social Security, MassHealth, Food Stamps, etc., let me know and we'll try to solve the problem or find someone who can.

MassHealth Buy-In which will pay Medicare (\$96.40 a month) for you if your income is below \$1104 individual, \$ 1478 Couple (monthly) with assets less than \$4,000/\$6,000. If you think you might be eligible, give me a call.

An important reminder: You must present your Prescription Advantage card every time you get a prescription filled. As you probably found out when you had prescriptions filled, the benefits have changed because their budget was cut, but Prescription Advantage is still a good thing to have.

What used to be known as Food Stamps which is now called SNAP, has increased their benefit and changed their eligibility figures. Call their Hotline at 1-800-645-8333 to find out over the phone if you are eligible for SNAP. It's a toll free call so why not ? We have applications at the Senior Center or you can enroll over the phone.

Please note on your calendar-Tuesday, May 19th. From 10 to 3 at the Holiday Inn in Brockton there will be a SENIOR CELEBRATION. They are advertising lots of freebies and free information of interest particularly to Seniors. So gather up some friends fill up your car, and attend all or part of what looks to be a great day. Food will be available as well as other forms of entertainment.

A couple of old friends of the COA are now residents of Nursing Homes and would love to receive cards or notes. Dorothy Damon will be moving to South Shore Rehabilitation and Skilled Care Center, 115 North Avenue, Rockland, 02370 and Ellie Williamson is at Colony House, 277 Washington St., Abington, MA 02351.

It was the year 1908, 100 years ago. The average life expectancy was 47 years, only 14% of homes had bathtubs, 8% of homes had a telephone, there were 8000 cars on only 144 miles of paved roads, maximum speed limit was 10 mph.

The tallest structure in the world was the Eiffel Tower.


The average wage was 22 cents per hour, the average worker made between \$200 and \$400 per year. More than 95% of all births took place at home.

Sugar costs 4 cents a pound. Eggs were 14 cents a dozen. Coffee was 15 cents a pound. The American Flag had 45 stars.

Crossword puzzles, canned beer and iced tea hadn't been invented yet.

Two out of every 10 adults couldn't read or write. Only 6% of Americans had graduated from high school. And best of all, marijuana, heroin and morphine were all available over the counter at the local drugstore.

May 2009

MON	TUE	WED	THU	FRI
				1 <u>Cribbage</u> : 9:00 am <u>Line Dancing</u> St. Bridget's *New Time* 2:15-3:30 Cost \$3.00
4 <u>Bridge</u> -1:00 pm <u>Bingo</u> - 11:00 am	5 <u>LUNCH</u> : Chicken-Broccoli & Ziti, Rolls, Dessert & Beverage <u>Cribbage</u> : 9:00 a.m. <u>Shopping van</u> 9:00 am <u>Workout w/Wendy</u> -12:30	6 <u>Computer Class</u> -10 am <u>Movie</u> -11:00 <u>Polish Poker</u> -1 pm <u>Fuel assistance</u> -9:00 am (call for appt.)	7 <u>LUNCH</u> : Roast Turkey, Mashed Pot., Peas, Roll, Yellow Cake <u>Workout w/Wendy</u> -12:30	8 <u>Cribbage</u> : 9:00 am <u>Line Dancing</u> St. Bridget's *New Time* 2:15-3:30 Cost \$3.00
11 <u>Bridge</u> -1:00 pm <u>Bingo</u> -11:00 am	12 <u>LUNCH</u> : Pizza, Salad, Dessert & Drink <u>Cribbage</u> : 9:00 a.m. <u>Shopping van</u> 9:00am <u>Workout w/Wendy</u> 12:30	13 <u>Computer Class</u> -10 am <u>Movie</u> -11:00 am <u>Polish Poker</u> -1 pm <u>Fuel assistance</u> -9:00 am (call for appt.) <u>Quilting Class</u> -11 to 1	14 <u>LUNCH</u> : Tomato Soup, Grilled Cheese, Green Beans, Pudding <u>Workout w/Wendy</u> -12:30	15 <u>Cribbage</u> : 9:00 am <u>Line Dancing</u> All Saints Church 44 Park Ave. Whitman OLD Time 1:00-3:30 Cost \$3.00
18 <u>Bridge</u> -1:00 pm <u>Bingo</u> -11:00 am	19 <u>LUNCH</u> : Burgers & Dogs, Potato Salad, pickles, Dessert & Drink <u>Cribbage</u> : 9:00 am <u>Shopping van</u> : 9:00 am <u>Workout w/ Wendy</u> : 12:30	20 <u>Computer Class</u> : 10 am <u>Movie</u> -11:00 am <u>Polish Poker</u> : 1 pm <u>COA Meeting</u> -8:30 am <u>Friends of Abington Seniors</u> -10 am	21 <u>LUNCH</u> : Meat Loaf, Gravy, Mixed Veg., Brownie <u>Workout w/Wendy</u> -12:30	22 <u>Cribbage</u> : 9:00 am <u>Line Dancing</u> St. Bridget's *New Time* 2:15-3:30 Cost \$3.00
25 Memorial Day 	26 <u>LUNCH</u> : Hearty Tomato Soup, Grilled Cheese, Dessert & Drink <u>Cribbage</u> : 9:00 am <u>Shopping van</u> : 9:00 am <u>Workout w/Wendy</u> : 12:30	27 <u>Computer Class</u> : 10 am <u>Movie</u> -11:00 am <u>Polish Poker</u> : 1 pm	28 <u>LUNCH</u> : Breaded Chicken, Mashed Pot., Peas, Roll, Apple Crisp <u>Workout w/Wendy</u> -12:30	29 <u>Cribbage</u> : 9:00 am <u>Line Dancing</u> St. Bridget's *New Time* 2:15-3:30 Cost \$3.00 New Yoga class starts at Senior Center at 10:30 today

RESERVE SPACE FOR SPONSORS



ATTENTION LINE DANCERS!!!!

Take note on the calendar of the time changes for the dance classes at Saint Bridget's. Also note on May 15th the class will be held at All Saints Church at 44 Park Ave. in Whitman. This rescheduling is due to the school at St. Bridget's using the Parish Hall for graduation. At this time the date has not been firmed up but could affect the last two classes in June. I will keep you posted in class. As you know, June 12th will be my last day teaching dance class. Beginning in September Dot Dunham will be your instructor. I have enjoyed my years of teaching. Many thanks to all of you. I'm sure you will enjoy Dot as your instructor!

A note from Abington's Veteran's Agent, Joe Colantoni: President Obama recently signed the American Recovery and Reinvestment Act of 2009. This act provides for the one time payment of \$250 to individuals who get Supplemental Security Income (SSI) or Social Security benefits and to disabled veterans that are in receipt of VA Compensation and Pension. Disabled veterans recovery payments will be deposited to the account on file with VA and are expected to begin arriving sometime this summer. No action is required on your part. For more information, please contact the Federal VA at 800-827-1000.

Brown Bag Lunch Anyone ?

Are you interested in movie and lunch all for only \$3.00 ? The Friends of Abington Seniors would like to start offering brown bag lunches (sandwich, chips, cookie, fruit and beverage) for \$3.00 when we show movies on Wednesdays at 11:00 am. Meals would be made by an Abington restaurant and would be available for purchase before the movie. If you like this idea, would you take a moment to let us know if you would take advantage of this offer. Clip this out and drop off to Fred at the Senior Center:

Yes: I would be interested in purchasing lunch _____
No, I would only want to come to watch the movie _____

SAVE THE DATE !!!

Once again the Council on Aging will be hosting a "Taste of Abington" on Sunday, October 4th. Enjoy tasting the best of what Abington's restaurants and caterers have to offer. The last time we held this event was at the K of C Hall in October of 2006 and it was a sell-out. Come and join us here at the Senior Center this Fall to sample the delicious specialties of many of Abington's favorite places to enjoy food. Fun, food, raffles....what more could you want ?

Please join us beginning on Wednesday, May 13th. for our first Introduction to Quilting class taught by a very warm and funny guy, Jerry Nephew. Jerry taught quilting at Saftlers for many years and he is volunteering his time and efforts here at the Senior Center. Our first project will be an L.L. Bean Tote Bag. If you've never sewn, you can do this first project. Jerry is anxious to meet with you and has a ton of ideas for future classes- table runners, pillows, bags, and yes, quilts. You will need one yard of material for this tote bag, nothing heavier than a lightweight denim, with matching thread. Cost of the class is FREE ! Class limited to first 6 to 8 people who sign up and runs from 11 to 1 pm. Eric Saftler has kindly offered a 10% discount card to purchase material and items for your project at his store for everyone who signs up for Jerry's classes. If you have a sewing machine, bring it. We have two available in the Arts & Crafts room at

Please do not call the Senior Center for information on trips. Rita Webster coordinates the trips and is the one to call for information. Rita has some great trips planned which we are happy to post for her, but we don't want to give out the wrong information, so call Rita herself at 781-982-9102.

Please note: the van will be unavailable for rides on May 12, May 22 and June 22. Sorry for the inconvenience.



New Yoga Class

Dorene Kominsky, a registered nurse and Yoga practitioner will be bringing her healing skills to the Senior Center starting Friday, May 29th at 10:30 am. Dorene currently teaches Yoga at the Caritas Good Samaritan Medical Center, Brockton Council on Aging, Holy Cross Church in Easton and Parker Terrace in Easton for Easton Town Employees. She has taught all levels of Yoga, from beginners to skilled, and has worked with many people who are wheelchair bound, fighting arthritis issues, or just not as flexible as they used to be. She is also a registered teacher with the Yoga Alliance and is currently completing 220 hours to become a Kundalini Yoga Teacher. Class are \$4.00 per person, last about 45 minutes and require a minimum of 15 people. Call Fred at 781-982-2145 to sign up for this exciting new class.

FYI

There is a Prostate Cancer Support Group which meets on the 3rd. Wednesday of the month at Brockton Hospital at 7 pm

Due to current budget constraints in all Town Departments, please note the new hours for the Abington Senior Center:

- Mon.-Wed.-9:00 to 4:30
- Thurs.-9:00 to 2:30
- Fri.-9:00 to 1:00

Stimulus Payments

According to the Center on Budget and Policy Priorities, there were as many as 4.5 million elderly and disabled individuals who did not get any Economic Stimulus Payment because they didn't file a 2007 IRS federal tax return by the deadline of October 15, 2008. Most people received the maximum Economic Stimulus Payment in 2008. But if you did not, the IRS is giving you a second chance. You may be eligible for a first time credit or for a larger payment than you were eligible for last year. The ESP is now called the Recovery Rebate Credit (RRC). This payment can be claimed in 2009 by filing a 2008 tax return. If you didn't file a 2007 tax return by October 15, 2008 or if you didn't qualify for an ESP in 2008, but based on your 2008 return you now qualify, you can apply. If you need help filing your tax return, or figuring out how to calculate the Recovery Rebate Credit, and you earn roughly \$40,00 or less, you can get free tax help through the IRS sponsored VITA. You can also get free tax help from the Tax Counseling for the Elderly (TCE) program sponsored by the RS and AARP Tax Aid Program.

Are you interested in learning how to make beautiful bows along with a gorgeous spring or summer wreath ? Faith Lee would love to work with some of our Seniors to make this happen in May. Call Fred at 781-982-2145 if you are would like to join.

RESERVE

SPACE

FOR

SPONSORS

Abington Council on Aging
441 Summer Street
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.* -St. Bridget's-Friday afternoon
Note new time for May at St. Bridget's 2:15 PM to 3:30 PM

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.

The Senior Center Branch of the Abington Public Library is open on Tuesdays and Thursdays between 11:30 and 12:30. Come and check out a new book or video or return and reserve your old books.

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-MOVIES ARE BACK ! Come and watch a movie with us in the comfort of the auditorium on a HUGE screen accompanied by theatre surround sound. You won't need to turn up your hearing aids ! Each week, every Wednesday, at 11:00.

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)