



The Senior Informer

Volume 6.11

NOVEMBER 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.

"The Singing Trooper" To Visit the Abington Senior Center

Sgt. Daniel M. Clark, known to many in Massachusetts as the "Singing Trooper" will be bringing his fabulous voice and unique style of entertainment to the Abington Senior on Thursday, June 25th. at 12 Noon. From delivering premier National Anthems to Military Tributes and his unforgettable journey through Broadway, Opera, Elvis, and Patriotic tunes, Dan Clark always leaves his audience asking for more !

Sgt. Clark has performed with the Boston Pops, the Rosie O'Donnell Show, appeared in People Magazine, and sang a duet of "Danny Boy" with Donnie Osmond on the "Donnie and Marie Show". Boston sports fans have seen Clark open numerous games and seasons performing the National Anthem for the Patriots, Red Sox, Bruins, Celtics and the Ted Williams tribute with the United States Marine Corps Band in 2002. He has also been opening the Boston Marathon since 1990 and in July 2004 opened the Democratic National Convention in Boston.

Please join us at 12 Noon for what is truly a once in a lifetime experience followed by light refreshments.



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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

June

17th

2009

8:30 a.m.

At the Senior
Center

RESERVE

SPACE

FOR

SPONSORS

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

June 6-Victor Kahwajy, **June 15**-Lorraine Leventuk, **June 16**-Connie Sheridan, **June 23**-Millie Vitali, **June 30**-Shirley McIver

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 Bridgewaters 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 2009 starts a new membership year with dues of \$5.00 payable now and good until JUNE 2010. 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 2009-2010 \$5.00 per person or \$100 for lifetime membership.

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 Kenneth Johnson, by Senior Citizens Assoc.
- In memory of Kenneth Johnson by George Snow
- In memory of Edward Kiernan by Muriel Kiernan
- In memory of the Lepine Family by Rita Estey
- In memory of Barbara Pepe by Edward and Donna Le-Vine
- In memory of Nancy Walsh by George Snow

In memory of Bob Donlan, by: Bridget Cashman, Denise & Jim Finch, Anna Fopiano, Heather Libby, Patricia Linehan, Barbara Martin, Memorial School Staff, Milestone Engineering & Construction Office Staff, Amelian & Veronica Pastuszak, Scituate Public Schools Business Office, Betty Slinger, R.M. Stewart, Officer Harold L. Vitale Fund and the Peter Woodbury School.

Memberships and Donations - Edith Doughty, Joe & Pat Greene, Dick & Marge Horgan, Edward & Donna Le-Vine, Barbara Lynch, Winifred Lynch, Anna Miron, Anita Ream, Donna Rioux, Donna Stevens

Lifetime Memberships - Peggy Keating

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

Please note changes for Bingo on Mondays !

Effective the first Monday in June, 6/1, the time for Bingo will be changed to 1:00 P.M. Also, the Abington Senior Center, through the Friends of Abington Seniors, will be offering free coffee and cookies for everyone who would like to join our Bingo party. Please, come join us and bring a friend.

OUTREACH WITH NORMA

Can it be June already ?? We've all heard the expressions, "can't make ends meet" or, "I have more out-go than in-come" or my favorite, "I run out of money before I run out of month".

We all need to make sure we are taking advantage of any and all benefits that are available to us. Most government benefits depend entirely on income and assets, but don't let that scare you. So many of these benefits are not used because people don't know about them or don't think they are eligible.

A free cell phone, if you're eligible, with free minutes, could mean saving on a phone bill; a visit to the Food Pantry would extend your food dollars. If you're eligible (call me and I'll tell you) for Medicare Buy In and MassHealth could save many dollars a month. Prescription Advantage (the State's Pharmacy Program) could save you a bundle. Also, check out your gas and electric and cable companies for discounts.

And, if you like to eat out (and who doesn't ??) go to places that offer Senior Discounts (and thank the owners for their thoughtfulness).

Vacation time will be coming up soon. We'll still be here at the Senior Center most of the time. Come take part in our scheduled activities or just come and visit with each other. We have frequent requests for drivers to doctors appointments beyond our van's territory such as Quincy. We can always use volunteers to deliver Meals on Wheels to Abington Seniors. We have a lovely Senior Center with lots of things to do...a movie on Wednesday at 11, home cooked lunches on Tuesday at 11:30, we just got a Nintendo Wii with Wii Fit so you can play golf, bowl or do some easy yoga....so come and mix with the crowd, it's a "cool" place to be.

THE NEW SENIOR CENTER GIFT SHOP

The Senior Center soon will be opening a new and renewed Gift Shop for your perusal and shopping pleasure. It is hoped that all of our Abington Seniors will come and discover a treasure that they can use or give as a gift for another senior, a child, grandchildren or even a great-grandchild.

Among the new items will be such items as cosmetics, items on consignment such as jewelry, hand crafted goodies and artwork. We will no longer be taking books or flea market items. Thank you for your donations in the past.

Opening date will be announced shortly.

The Abington Council on Aging would like to thank Gail Franzen, Stephen and Sheila Kilourhy and Steven Robbins for their generous donations to the Senior Center in memoriam of Robert Donlan. Due to his passing, his presence here at the Center as well as on the Friends of Abington Seniors Board of Directors will be deeply missed. Many thanks to the Donlan family for directing donations to benefit the Senior Center as well as the St. Vincent de Paul Food Bank. Future donations may be made in Bob's name by mailing to the Abington Senior Center, 441 Summer Street, Abington, MA 02351. Your heartfelt generosity is deeply appreciated.

June 2009

MON	TUE	WED	THU	FRI
<p>1</p> <p><u>Bingo</u>-1:00 pm</p>	<p>2 <u>LUNCH</u>: Meatball Subs, chips, salad & dessert</p> <p><u>Cribbage</u>: 9:00 a.m.</p> <p><u>Shopping van</u> 9:00 am</p> <p><u>Workout w/Wendy</u>-12:30</p>	<p>3 <u>Computer Class</u>-10 am</p> <p><u>Movie</u>-11:00-"Slumdog Millionaire"</p> <p><u>Polish Poker</u>-1 pm</p> <p><u>Quilting Class</u>-11 to 1</p>	<p>4 <u>LUNCH</u>: Ginny's Homemade Pizza, Tossed Salad</p> <p><u>Last Congregate Lunch-Banana Split Party Today !!!</u></p> <p><u>Workout w/Wendy</u>-12:30</p>	<p>5 <u>Cribbage</u>: 9:00 am</p> <p><u>Line Dancing</u> St. Bridget's</p> <p>*New Time* 2:15-3:30</p> <p>Cost \$3.00</p> <p><u>Yoga</u>-10:30 am</p>
<p>8</p> <p><u>Bingo</u>-1:00 pm</p>	<p>9 <u>LUNCH</u>: Yankee Chowder, crackers, French bread, dessert</p> <p><u>Cribbage</u>: 9:00 a.m.</p> <p><u>Shopping van</u> 9:00 am</p> <p><u>Workout w/Wendy</u>-12:30</p>	<p>10 <u>Computer Class</u>-10 am</p> <p><u>Movie</u>-11:00-"Nights in Rodanthe"</p> <p><u>Polish Poker</u>-1 pm</p> <p><u>Quilting Class</u>-11 to 1</p>	<p>11</p> <p><u>Workout w/Wendy</u>-12:30</p>	<p>12 <u>Cribbage</u>: 9:00 am</p> <p><u>Line Dancing</u> St. Bridget's</p> <p>*New Time* 2:15-3:30</p> <p>Cost \$3.00</p> <p><u>Yoga</u>-10:30 am</p>
<p>15</p> <p><u>Bingo</u>-1:00 pm</p>	<p>16 <u>LUNCH</u>: American Chop Suey, salad, rolls, dessert</p> <p><u>Cribbage</u>: 9:00 a.m.</p> <p><u>Shopping van</u> 9:00am</p> <p><u>Workout w/Wendy</u> 12:30</p>	<p>17 <u>Computer Class</u>-10 am</p> <p><u>Movie</u>-11:00-"Frost/Nixon"</p> <p><u>Polish Poker</u>-1 pm</p> <p><u>Quilting Class</u>-11 to 1</p> <p><u>COA Meeting</u>-8:30 am</p> <p><u>Friends Meeting</u>-10</p>	<p>18</p> <p><u>Workout w/Wendy</u>-12:30</p>	<p>19 <u>Cribbage</u>: 9:00 am</p> <p><u>Line Dancing</u> All Saints Church</p> <p>44 Park Ave. Whitman</p> <p>OLD Time 1:00-3:30</p> <p>Cost \$3.00</p> <p><u>Yoga</u>-10:30 am</p>
<p>22</p> <p><u>Bingo</u>-1:00 pm</p>	<p>23 <u>LUNCH</u>: Italian Cold Cut Sub, chips, dessert</p> <p><u>Cribbage</u>: 9:00 am</p> <p><u>Shopping van</u>: 9:00 am</p> <p><u>Workout w/ Wendy</u>: 12:30</p>	<p>24 <u>Computer Class</u>: 10 am</p> <p><u>Movie</u>-11:00-"Last Chance Harvey"</p> <p><u>Polish Poker</u>: 1 pm</p> <p><u>Quilting Class</u>-11 to 1</p>	<p>25</p> <p><u>Workout w/Wendy</u>-12:30</p>	<p>26 <u>Cribbage</u>: 9:00 am</p> <p><u>Line Dancing</u> St. Bridget's</p> <p>*New Time* 2:15-3:30</p> <p>Cost \$3.00</p> <p><u>Yoga</u>-10:30</p>
<p>29</p> <p><u>Bingo</u>-1:00 pm</p>	<p>30 <u>LUNCH</u>: BLT's, pickles, chips, soup</p> <p>Birthday Cake & Ice Cream</p> <p><u>Cribbage</u>: 9:00 am</p> <p><u>Shopping van</u>: 9:00 am</p> <p><u>Workout w/Wendy</u>: 12:30</p>		<p>Register of Deeds John Buckley here at Senior Center 6/16 at 10:30 along with Dan Dermody, from the Sect'y. of States Office</p>	

RESERVE SPACE FOR SPONSORS

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 ?

Anyone who has attended Oliver Ames High School in Easton in the last 10 years is familiar with Principal Wesley Paul's "shake it off and step up" story about the farmer and the mule.

Now the parable is sweeping China, too, Paul is happy to report.

The story is about a mule who falls into a well. The farmer despairs of rescuing him and decides the only option is to bury the mule by dropping shovels full of dirt into the well.

As each pile of dirt hits the mule, however, the animal realizes that if he shakes the dirt off and takes a step up, he will eventually be able to climb out of the well, which he does, triumphantly.

The story's moral is that the adversities that attempt to bury us have the potential to benefit us, if we, like the mule, "shake it off and step up".

Paul said the story proved a hit. It was on the Ma'anshan No. 2 High School in China by the end of the day he told it, and it was mentioned to him by other school officials he met during his travels in China.

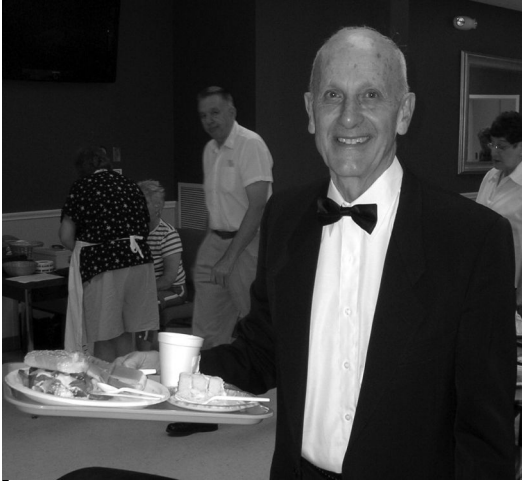
Reprinted from the 5/17 Brockton Sunday Enterprise

The Senior Citizens Association of Abington will meet Wednesday, June 10th., at 1:30 PM at the Abington Senior Center. Back by popular demand they will be entertained by the choral group, the OPALS. Any Abington Senior over 90 is welcome whether a member or not.



Come make a patriotic wall hanging quilt with Jerry Nephew during the month of June. Classes are held Wednesdays from 11 to 1. We have a couple of sewing machines available in our Arts and Crafts room but encourage you to bring your own. This will be Jerry's last project before he takes the summer off to make his garden grow. He'll be back in September ready to begin a Halloween or Autumn hanging quilt. Class is FREE ! Just bring your own material and supplies. 10% off at Saftler's for anyone attending Jerry's class.

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



Mr. John Perusi, Director, (left) and the Massasoit Community College South Shore Chorus (below) visited the Abington Senior Center on May 19th with a program featuring songs from South Pacific and old time sing along songs. (All pictures courtesy of Fred Robertson)



Pictures left: Chefs Laura McCarthy and Anna Fopiano take a break from luncheon duties while Anna and Suzanne Djusberg (right) listen to the song stylings of the South Shore Chorus, pictured in the dining room mirror.

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 2:15 to 3:30. June schedule: 6/5 and 6/12. Dancing resumes in September.Say good bye to Barbara Reeves on 6/12...this will be her last day teaching dance class. Starting in Sept. Dot Dunham will be the new instructor.

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. Please note a reduction in library hours. The Board of Library Trustees announced that hours of service at the Abington Public Library will be reduced during June, July and August. The library will be closed on the following days: 6/3, 6/11, 6/19, 6/20, 7/17, 7/31, 8/14, 8/28.

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)