



# The Senior Informer

**Volume 7.12**

**FEBRUARY 2010**

**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.**

**Co-Directors:**

**Suzanne Djusberg & David Klein  
Chairman: Atty. George Whiting, Jr.**

information: [COADirector@Abingtonmass.com](mailto:COADirector@Abingtonmass.com).

## **Abington Days Gone By: Stories, Reflections & History of Abington**

*(Taken from letters written in January 1992 from one sister to another both raised in Abington in the early 1900's. Catherine Packard Grant who taught at Bridgewater State College was writing to her younger sister Barbara Packard. Permission obtained by Dick Merrill.)*

### **Packard's Store**

When we were young in the early 1920's Daddy's store was an Abington institution of note and importance. Before Daddy and Ma were married (in 1907) or thereabouts, Grandpa Packard in Bridgewater, had set up a grocery store in Abington for his sons Morton and Howard. As I remember, this was about the time I entered school, and the store was flourishing. It had several clerks who were sometimes in the store and at other times behind horses in covered delivery wagons on the town roads.

Inside the front door of the store, which stood right in the center of things in the big Savings Bank brick block, was a glass case where the most delicious chocolates were displayed in open glass dishes. The shelves held cans of fruit, milk, both evaporated and condensed, sugar, and the flour of several grains. Butter was cut from a wheel as it was ordered. There was a hand-turned coffee grinder to grind and bag the coffee beans which came from South American hills. Local produce came in from Massachusetts farms, corn and squash, and cranberries, string beans and tomatoes in season. Potatoes came from Maine (dirt and all and never sorted as to size). Bananas and oranges came from the South.

There was a corner office where Aunt Edith Packard kept the books, ledgers of the orders clerks got on their routes.

Toward the end of summer there were peaches from Georgia. How I liked to see Daddy bringing home the ones that were too ripe to sell!! Mamma would cut them up for sauce. (To this day I do not like firm, hard slices like some that come in cans.)

Once in a while he would go to Boston on the commuter train, to the market district where he ordered staples and local produce alike. He would start off with the early birds, do his business early, eat at Durgin Park, and be home again on the earliest of the afternoon passenger trains that were one of our advantages, living as we did with half-hour schedules night and morning to "town" (Boston).

By the end of our high school days the era of such outfits as Packard's store had begun to wane. The chain stores with their larger buying power and smaller overhead bills that were often long unpaid were beginning to arrive. Daddy angrily remarked at seeing a customer, who asked to deliver a yeast cake, walking home with a bag of flour from one of the chain stores.

1. History of Abington

2. Senior Services

3. Fr. of Ab. Srs. Fund

4. Outreach News

5. Updates (Tax & My Sr. Ctr)

6. Menu - Meals & Activities

7. What's New—February

8. More Sr. Services

### **COUNCIL ON AGING**

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- Jean Connell, Maureen Wall, & Arlene Spaulding—Activity Coordinators
- Cheryl Cohen—Food Coordinator
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**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 Klefer. 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.

**Thursday 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 at 11:30. Thurs. 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.

**Auto Repair** expert Mark Jamieson will talk to your mechanic as a "second opinion". **Moving ?** George Weir will give helpful tips about moving.

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## **FRIENDS OF ABINGTON SENIORS - MEMBERSHIP & DONATIONS**

The 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 "Friends of Abington Seniors" for memorial gifts***

**Friends of Abington Seniors Membership for 2009-2010: \$5.00 per person or \$100 for lifetime membership.**

***Please send donations to our New Address:***      **P.O. Box 2035, Abington, MA 02351**

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**

#### ***In Memoriam:***

- In memory of Wilma & David, by Joe Bentley
- In memory of Evelyn Doherty, by Steven Doherty
- In memory of Roberta Morris, by George Snow
- In memory of Bill Ulwick, by George Snow
- In memory of Duke Loomis, by Betty Loomis

#### **Memberships and Donations :**

**Paul & Judith Cosgrove, Robert Creighton, Thomas & Constance Deveney, Steven Doherty, Rosemary Doherty, Patrick & Sarah Donohoe, Sandra Gervais, Elva Hutcheon, V. Charlene & William Jones, Richard & Victoria Kennedy, David & Judith Stevens, J. Bentley**

**Lifetime Member: William F. Jones in honor of his birthday, by V. Charlene Jones**

## OUTREACH SHINE WITH NORMA

As you may have already discovered, at least those of you who have recovered from the shock, that your Part D Prescription plan started a new “deductible” as of January 1, 2010. The amount varies with the Part D plan you have, but that first visit in the New Year to the Pharmacy was a real shocker to many. There are some Part D plans that have no deductible; perhaps next year you should chose one of them. Those guys in Washington that are working to improve our Health Care costs are applauding the fact that, thanks to them, in 13 years there will be no more “donut hole”... in 13 years from now—(our 90-year olds are so happy to hear that—something to look forward to!)

There are a couple sources of “Extra Help” with prescriptions—one is from Medicare, (witch is Federal) and another is from Prescription Advantage ( our State Prescription plan). Prescription Advantage’s budget has been severely cut but they still offer assistance to low income persons or families. Some drug companies offer help also . I have the figures in my office.

The Council on Aging - that’s the friendly group that all shared one office in Town Hall, ( we also shared the office with the Dog Officer and later the Town Planner) too—but now we’re spread out in the Senior Center. I am here 9:30 to 1:30 every day (1:00 on Fridays) - I have my own office that I don’t share with anyone anymore so we’re much more into privacy and confidentiality (we’re HIPPA ‘Privacy’! Savvy too!) I like scheduled appointments but if you need to drop by, please do so.

If you need a little (or a lot!) of help that would enable you to stay in your own home, help such as, with home maintenance , shopping, laundry, meals, personal care, ect., we can help arrange that if you just let us know. If you are a caregiver, and its’ getting too hard, let us refer you for some help with care giving or a little respite time for yourself. We need you to let us know how we can help... See you at the Senior Center!!!!

## *Important Reminders*

### Its Tax Time Again

Bud Wheaton and Greg Doyon are available for appointments.

Bud is available Tuesdays, and Greg available Thursdays.

Appointments are made between 9:00am to 2:00pm.

Please call 781-982-2145 to schedule an appointment.

### My Senior Center Update

By now most of you are aware that we have begun using the new My Senior Center computer software that will help us keep track of the services and activities that go are offered through the Council on Aging at the Senior Center.

We are asking everyone to remember to use the system when they first enter the building. If you haven't already tried it, it's pretty simple. First you scan you're "My Senior Center" key card at the scanner gun. The scanner will identify that it is you and ask you on the computer screen to choose which activity or activities you have come to the center to do for that particular day. For example on Mondays you can choose "Bingo", whereas on Tuesdays you can choose either "Cribbage" or "Lunch" or both. After you have touched the screen to indicate which activities you're there for, there will be a message on the screen asking if you are done and you can choose either Yes or No. And that's pretty much it.

Some people's key cards are not being recognized. If that's the case please ask one of the office personnel for help to try and fix the card, or if necessary to replace it for you. If you do not have a card please ask to speak to someone. You may have been assigned a card and just not yet picked it up. Or, you may need to fill out a registration form to have a card assigned to you.



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# February 2010 Lunch & Activates

MON	TUE	WED	THU	FRI
1	2 Lunch 11:30 BLTS, soup, crackers, dessert , beverage	3	4 <u>LUNCH: 11:30</u> -Teriyaki Chicken, rice pilaf, broc- coli, dinner role, pineapple, chocolate Cake, milk	5
	9 <u>LUNCH: 11:30</u> - Meatball subs, chips vegetables, dessert, beverage	10	11 <u>LUNCH: 11:30</u> - Cheeseburger on a role, Ketchup, baked fries, green beans, apple crisp, milk	12
15 <b>CLOSED IN HONOR OF PRESIDENTS DAY</b>	116 <u>Lunch: 11:30</u> Pizza, salad, Valen- tine's Chocolate cake, beverage	17	18 <u>No Lunch due to school vacation</u>	19
22	23 <u>LUNCH: 11:30</u> - Chicken cacciatore, w/ pasta, salad, Italian bread, cake, beverage	24	25 <u>Lunch: 11:30</u> Chicken Patty with mashed Potato & gravy, carrots, peaches, brownie	26

MON	TUE	WED	THU	FRI
1 <u>Bingo- 12:30 pm</u>	2 <u>Cribbage 9:00</u> <u>11:30 Healthy Eating</u> <u>Bayada Nurses</u>	3 <u>Computer Class</u> 10 am Quilted Wall Hanging Class-11:00	4 <u>Shopping van: 9:00</u> am 11:00 Art Kingsman, Speaker 12:30 Strengthen with Sharon Arthritis Class	5 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>
8 <u>Bingo- 12::30 pm</u>	9 <u>Cribbage 9:00</u> <u>12:30 Love Letters</u> <u>Performance</u>	10 10 am <u>Computer Class</u> Quilted Wall Hanging Class-11:00	11 <u>Shopping van: 9:00 am</u> 12:30 Strengthen with Sharon Arthritis Exer- cise Class	12 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>
15 <b>CLOSED IN HONOR OF PRESIDENTS DAY</b>	16 <u>Cribbage 9:00 am</u>  12 :30 Working out with <u>Wendy Arthritic Exer-</u> <u>cise</u>	17 9:00 COA/FOAS Meeting <u>Computer Class</u> 10 am Quilted Wall Hanging Class-11:00	18 <u>Shopping van: 9:00 am</u> 12:30 Strengthen with Sharon Arthritis Exer- cise Class	19 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>
22 <u>Bingo- 12:30 pm</u>	23 <u>Cribbage: 9:00 am</u> <u>12:30 Senior Citizens</u> <u>Association Meeting</u>	24 <u>Computer Class</u> 10 am 11:00 Quilted Wall Hanging Class	25 <u>Shopping van: 9:00 am</u> 12:30 Strengthen with Sharon Arthritis Class	26 <u>Cribbage: 9:00 am</u> <u>Yoga-10:30</u>

## What's New

Richard Clark will be performing the play Love Letters on Tuesday February 9th at 12:30pm The charge is \$2.00.

Love Letters by A.R. Gurnery

Set in WW11 era, this Broadway hit is a warm, poignant and humorous look at like and love told through a series of letters. The reading of these letters reveals complicated feelings and emotions, connections and re-affirmation of the enduring value of friendship and love.

Tuesday February 16th

Claire Sullivan from South Shore Recycling Cooperative will have a demonstration on recycling programs in our community and showing a short film.

Thursday February 4th

Art Kinsman will be speak regarding auto repairs

Announcing New Exercise Class

"Strengthen with Sharon"  
Arthritis Exercise

Thursdays, begins February 11th at 12:30 PM (\$4.00)

She's Back!

Workout with Wendy

Begins on Feb. 16th  
Tuesdays at 12:30

BAYADA NURSES

WILL BE PRESENTING INFORMATION ON HEALTHY EATING AND TAKING BLOOD PRESURE S ON FEBRUARY 2 AT 11:00AM

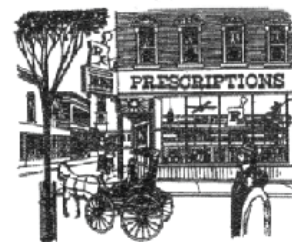
The Senior Citizens Association Meeting is rescheduled for February 23

Lets get healthy, both in body and spirit.

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Classes are Fridays at 10:30. The cost is \$5.00

Please sign up with Jean.



William G. Cox RPh

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#### **Miscellaneous**

**Line Dance Schedule-** Dancing with Dot Dunham at St. Bridget's Parish Hall on Friday afternoons at 1 PM to 2:30PM. Feb 5, 12, 19, 26, Mar 5, 12, 19, 26, Apr 9, 16, 23, 30. Donation is \$3.00. Dot can be reached at 781-293-7727.

**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 between 11:30 and 12:30. Come and check out a new book or video or return and reserve your old books. Please note new library hours.

**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 \$10 to join and the renewal amount \$10 to 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+.

**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).

**Food Pantry**—St. Vincent DePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 PM at the old Friary Convent at St. Bridget's.