



The

Senior Informer

OCTOBER, 2010

**ABINGTON COUNCIL
ON AGING**

441 Summer Street, Abington, MA 02351
781-982-2145

WWW.ABINGTONSENIORCENTER.COM

Office Hours:

Monday - Wednesday 9 am- 2:00 pm

Thursday 9 am- 1pm

Co-Directors:

Suzanne Djusberg & David Klein

COADirector@Abingtonmass.com

Volume 7.12

Council on Aging Board of Directors

Marie Brown, Chairwoman; Bill Kendall, Vice-Chair; Ellie Diersch; Karen DiLorenzo; Elizabeth Keefe; Larry Keough; Jack Libby; Betty Slinger; Maureen Wall; Ann Welch; George Whiting, Chairman Emeritus

TOWN MEETING

Monday, October 18, 7 pm
Article 3 and Article 10

**Important to continued operation
of Senior Center**

Please attend.

“SPRY means dropping yesterday like a hot potato, ignoring tomorrow like a nagging neighbor and gratefully living every waking hour of today.” Anna Papakadis



On behalf of the Abington Council on Aging Board of Directors, Marie Brown, in her first meeting as the newly elected Chairwoman, presented George L. Whiting, Esq., the former COA Chairman, with a plaque thanking him for his many (18) years of service to the COA and to the senior citizens of Abington. George will carry on his association with the COA as Chairman Emeritus, and he promises to be as involved and helpful as his time allows

ACTIVITIES

Arthritis Exercise
Bingo
Blood Pressure Screening
Computer Class
Cribbage
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Quilting Class
Senior Lunches

COUNCIL ON AGING STAFF

Suzanne Djusberg,
David Klein - Co-Directors
Norma Clark -
Outreach Coordinator
Cheryl Cohen -
Nutrition Coordinator
Jean Connell -
Activities Coordinator
John Freese - Custodian
Jack Brown, David LaCouture
Linda Elliot - Van Drivers

AN ABINGTON TREASURE

Dyer Memorial Library

It catches your eye, that large handsome red brick colonial at 28 Centre Avenue opposite Dunbar Street, you know, the one that appears to be the private home of an affluent family. Well, it isn't a private home. Welcome to the Dyer Memorial Library, one of Abington's treasures.

Dedicated on May 1, 1932, the library was founded in 1930 according to the will of Marietta White Dyer (1853—1918) for the purpose of establishing free public access to a historical and biographical library in the town of Abington. By her will she created a trust “to perpetuate by a permanent memorial, the name and memory of the Dyer family, a family which has been identified with the development and growth of the Town of Abington from its beginning.” When the Town of Abington was incorporated in 1712, the Dyer family had already called the area home for over ten years.

(continued on page 6)

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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 Klefeker. Call for appt. 781-982-2145.

SENIOR TRANSPORTATION—CALL 781-982-2145
 (24 HOUR ADVANCE NOTICE REQUIRED)

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$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. **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 starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for round trip is \$3.00. Each week we will alternate between malls.

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 & Thursdays at 11:00. . 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.

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FRIENDS OF ABINGTON SENIORS - MEMBERSHIP & DONATIONS

The Friends of Abington Seniors, Inc. would like to thank both past and present members for their support and contributions. **JUNE 2010 started a new membership year with dues of \$5.00 payable now and good until JUNE 2011. Please make checks payable to:**

“Friends of Abington Seniors”
and mail to **P.O. Box 2035, Abington, MA 02351.**
Many thanks to families selecting “Friends of Abington Seniors” for memorial gifts.

Friends of Abington Seniors Membership for 2010-2011: \$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 Honor of:

Judy Schlicting by Mary Crawford

In Memory of :

Donald Green by Patricia & Joseph Greene
William Parker by John and Margaret Parker Force
Jean Force by John and Margaret Parker Force

Spefania Giniewicz by Mary Giniewicz
Claire P. McPhee by Mary McPhee

Memberships:

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Valerie & Brian Barry
Kim Bakowski
Denise Rioux
Elena Swain
Sue Norton
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Marjorie L. Lescynski
Roger & Arlene Moore
John & June Berlinguet
Henry Cahill
Carol & Donald Mull

Elva R. Hutcheon
Patricia & Joseph Greene
Mary C. Laidlaw
Iona P. Samson
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Rose Marie Thompson
Linda R. Coulsey
John & Margaret Parker Force
Esther G. Leary
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Dorothy Trosky

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Denise Rioux
Ester G. Leary
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Henry Cahill
William Morison

OUTREACH-SHINE WITH NORMA

OUTREACH and S.H.I.N.E. (Serving Health Information Needs of Elderly) with Norma (I'm here to help you-appointments are good!) Clark.

Saturday, October 23 is "Make a Difference Day" - 'when millions of Americans team up to help others'. It doesn't have to be something world-shaking, but let's all try to do something-anything- that will make a difference in someone's life. (It may end up making a difference in your life too!!) In our Senior world, there is always something to do with, or for, or to, a Senior that will make a difference to them and to you. Make a Difference Day- an annual day of Volunteering- a good day to make a good start!

As always, I am available Monday thru Thursday to help with paper work, pointing you in the right direction, listening, or helping you through the Health Care maze. There will be many changes in Health Insurance, HMO's , Prescription Drug Plans in 2011. I have applications and will help you fill out for SNAP (Food Stamps), Medicare, Medicaid, MassHealth, Prescription Drug Plans, etc. Come see our Senior Center, get involved-come for lunch- you'll be glad you did.

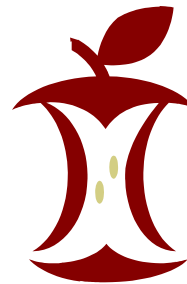
1st ANNUAL ITALIAN SUPPER A HUGE SUCCESS

Congrats and thanks to Maryjo Franey and John D'gostino, dinner chairpersons and head chefs, as well as everyone else who worked with them in any capacity to make the Italian night the huge success it was. Much to our surprise, tickets sold out within a short time of going on sale. Can any organizer of an event ask for more? Judging by the conversation and laughter, a good time was had by all and no one should have gone home hungry as the delicious food and to-die-for desserts were plentiful. There also were many lucky winners of the raffles "good stuff, most of it secured by that super raffle procurer, Noreen Jackson. She's also super lucky, she won a few times but turned her prizes back to be raffled again.

Recipe of the Month

Apple Cobbler

6 to 8 apples, 1 teaspoon cinnamon
1 cup sugar, plus 1 teaspoon kept separately
1 cup flour, 3/4 cup chopped walnuts
3/4 cup melted butter, 1 egg
Preheat oven to 350 degrees.
Fill an 8 x 8 inch pan three quarters full with peeled, sliced apples.
Sprinkle with 1 teaspoon each cinnamon and sugar.
In bowl, mix together 1 cup sugar, 1 cup flour, 3/4 cup chopped walnuts, 3/4 cup melted butter, and 1 egg.
Cover apples with mix. Bake at 350 for one hour.



Attention Crafters!!

We are aware that many of our seniors are talented crafters. We are hoping that you would be willing to share your talents by donating items to our Gifted Hands "Store" in the hallway of the Senior Center. Proceeds from the sale of these items will benefit The Friends of Abington Seniors, Inc. All types of crafts would be greatly appreciated (needle crafts, wood crafts, jewelry, etc.) Please help us fill our shelves.

Bake Sale

The Friends of Abington Seniors, Inc. are sponsoring a bake table at the Abington Community Craft Fair & Marketplace on Saturday, October 30th at the Senior Center. We are looking for donations of baked goods to fill up our table. If you are able to help by contributing baked goodies, please call Pat Beaulieu at 781-871-9873. Baked goods may be dropped off at the Senior Center on Friday, October 29th from 4pm-7pm, or on

| MON | TUE | WED | THU | FRI |
|--|---|---|---|-----------------------------------|
| Highlight Event of the Month - Sunday October 30 Craft Fair | | | | 1 <u>CLOSED</u> |
| 4 <u>Bingo- 12:30 pm</u> | 5 <u>11:30 Lunch:</u> American Chop Suey, Salad, Dessert <u>Cribbage 9:00</u> <u>12 :30 Arthritic Exercise</u> | 6 <u>10 am Computer</u> <u>Class</u> <u>11:00 Quilted Wall</u> <u>Hanging Class</u> <u>Knitting Class</u> | 7 <u>11:00 Lunch:</u> Chicken Nuggets, potato puffs, bread, dessert <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u> | 8 <u>CLOSED</u> |
| 11 <u>Bingo- 12:30 pm</u> | 12 <u>11:30 Lunch:</u> Ham & Cheese or Tuna Salad Sandwiches chips, Dessert 1:00 Senior Citizens As- sociation Meeting <u>Cribbage 9:00 am</u> <u>12 :30 Arthritic Exercise</u> | 13 <u>10 am Computer</u> <u>Class</u> <u>11:00 Quilted Wall</u> <u>Hanging Class</u> <u>Knitting Class</u> | 14 <u>11:00 Lunch:</u> Breaded Chicken, mashed potato, veg, dessert <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u> | 15 <u>CLOSED</u> |
| 18 <u>Bingo- 12:30 pm</u> | 19 <u>11:30 Lunch:</u> Chicken, Broccoli and Ziti, rolls, dessert <u>Cribbage: 9:00 am</u> <u>10:00 Coffee w/Town</u> <u>Mgr</u> <u>12 :30 Arthritic Exercise</u> | 20 8:30 COA/FOAS <u>10 am Computer</u> <u>Class</u> <u>11:00 Quilted Wall</u> <u>Hanging Class Knit-</u> <u>ting Class</u> | 21 <u>11:00 Lunch:</u> Meat Loaf, mashed potato, mixed veg, des- sert <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u> | 22 <u>CLOSED</u> |
| 25 <u>Bingo- 12:30 pm</u> | 26 <u>11:30 Lunch:</u> Shepherds Pie, Rolls, Birthday Cake <u>Cribbage: 9:00 am</u> <u>12 :30 Arthritic Exercise</u> | 27 <u>10 am Computer</u> <u>Class</u> <u>11:00 Quilted Wall</u> <u>Hanging Class</u> <u>Knitting Class</u> | 28 <u>11:00 Lunch:</u> Chicken Noodle soup, grilled cheese, dessert <u>Cribbage: 9:00 am</u> <u>Shopping van: 9:00 am</u> | 29 <u>CLOSED</u> |

An Abington Treasure - Dyer Memorial Library (*continued*)

The library collections focus on local history and genealogy, with a concentration on materials by and about people connected to the area known as Old Abington (now Abington, Rockland, and Whitman). Here you may see the act of the General Court of the Massachusetts Bay Colony incorporating the original Town of Abington; a notable collection of Civil War monographs; historical documents and diaries detailing the lives of the town's inhabitants; early maps of the area; photographic material; fine antique furniture (i.e., the desk of Gen. Benjamin Lincoln, 1773-1810 and French furniture and glassware from the Washington Street mansion that "Paris Sam" built); specimens of pottery made from native clay by John Henry Benner, one of the town's first craftsmen; a six-pound shot from Hobart's bell and cannon foundry (produced the first cannon made in this country); timber from the hull of "Old Ironsides" (huge white oak planks, 40 ft. long and 7 ft. wide, used in construction of frigate "Constitution" were milled in South Abington, now Whitman); a thirteen star flag; a brick from the slave pen at the old Niles house; gold mined in Abington; shoes and tacks made here during the industrial era (Abington shoe factories produced and supplied half of the shoes on which the Union armies marched, some produced in a former hotel at the southeast corner of Summer and Washington Streets reborn at the beginning of the Civil War as a crude shoe factory and now an apartment house); numerous Civil War and Indian relics; a pine tree shilling; bowling pins used at Island Grove (in the era following the Civil War the grove was the recreational center of the district with a ferry boat to cross the pond, the "fandango" a predecessor of "loop-the-loop", a bowling alley, picnic groves, and a large covered platform with refreshment stand); a flag worn by the late John L. Sullivan when he fought Jake Kilrain in the last bare knuckles boxing championship contest; quilts and other handwork; the list goes on and on. The library also serves as headquarters for the Historical Society of Old Abington. If you're a history buff and even if you're not, you'll find the Dyer interesting. You've never been there? Don't tarry. Make plans to visit this town treasure. Genealogists and historians whose research leads them to Old Abington will inevitably make use of the Dyer's collections. The library's reference section includes the largest collection of Massachusetts town histories to be found in the state, as well as a nearly complete set of published vital records up to 1850.

The Dyer is privately funded and receives no government support. It presently operates out of funds derived from the investment income of two trusts: Marietta Dyer's original bequest and a trust established in the 1980s through the generosity of Joseph Murphy, a former library trustee who bequeathed his estate to the Dyer.

For more information regarding hours, presentations, etc., you should call 781-878-8480 or check out the new Dyer Library web site at <http://www.dyerlibrary.org>.

(Info drawn from: Heritage Trail, William D. Coughlin, general chairman of the Tri-Town Celebration of 1962; Reprinted 1987, Evelyn C. Coughlin; Reprinted 1991, Dyer Memorial Library Trustees; and handout "About the Dyer Memorial Library".)

COFFEE WITH THE BOSS

Check your *Informer* calendar. Do you see it there? Coffee with Abington's town manager, John D'Agostino, at 10 a.m. on the third Tuesday of the month. (That is now the plan for each month unless something comes up causing a postponement.)

We should take full advantage of this opportunity to meet and know the man who commands the ship known as "Abington Town Government."

BOOK TALK

Do you like to read? So many of us do. There is a standing invitation for all interested readers to join the Friends of the Abington Library book discussion group called Book Talk. We meet on the third Monday of each month (excluding December) at 10:15 a.m. in the Copeland Room of the library.

Beth Stone Godfrey leads the book discussions which can get pretty spirited. Why not join the group of twenty or more ladies (guess we scared the men away) for a morning of friendship and inspiring conversation.

FYI: September's book was "The Woman in White" by Wilkie Collins, October's was "Moloka'i" by Alan Brennert, and November's choice is "The Help" by Kathryn Stockett.



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What's New & Did You Know?

KEEP THE WHEELS TURNING

The Abington Elderly Services, Inc. wishes to thank everyone for their contribution to the van account. We especially want to thank Beverly Alexandre and Anderson Insulation Company, Inc. not only for the donation of the van but also for providing the mailing requesting donations to "Keep the Wheels Moving". Donations are coming in daily and are most appreciated by our seniors and the Council on Aging's Van program. If you have not sent in a donation but would like to help, please send your tax deductible contribution to:

Abington Elderly Services, Inc., P.O. Box 453, Abington, MA 02351.

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Eleanor Pappone, Secretary; Mary Graham, Treasurer; Patricia Force; Evelyn Drew; Atty. Edward Reilly

Gifted Hands Ladies

We at the Abington Senior Center would like to thank the wonderful lady's knitting/crocheting group for the hand made items for the "Gifted Hands" Store. If you have a chance stop by an admire the craftsmanship. All proceeds benefit the Abington Senior Center & programs.

Did you Know:

Abington has two new water towers— one on Lincoln Street and the other on Chestnut Street.

Land clearing on Brockton Avenue, next to Wal-Mart is in preparation for the construction of a new strip mall, still in the planning stages

A 10 unit apartment building, each unit 1 bedroom, is to be built a the corner of North Avenue and Adams Street, on the site of the grand old home which was destroyed b fire. And just across the street, the gas station is being renovated.

Remodeling is being planned for the Chestnut Glen apartments-kitchens, baths, balconies, flooring, signage, are to be updated.

Roger Woods will be constructing a four buildings , twelve unit, apartment complex on Gliniewicz Way.

ABINGTON COMMUNITY CRAFT FAIR & MARKETPLACE

October 30, 10am -3pm

Abington Senior Center, 441 Summer Street

Donation \$1.00

Sponsored by the Friends of Abington Seniors

Variety of jewelry, spices, Xmas crafts and gifts, knit/crochet items, hand painted crafts, Pampered Chef, etc.

Food tables featuring Anna's corn chowder, another mouth- watering soup and a large variety of homemade baked goods.

Come to browse or shop and then sit for a few minutes to enjoy some lunch with friends.

PREGNANT AT 71

A woman went to the doctor's office where she was seen by one of the younger doctors. After about four minutes in the examination room, she burst out screaming as she ran down the hall. An older doctor stopped her and asked what the problem was, and she told him her story.

After listening, he had her sit down and relax in another room. The older doctor marched down the hallway back to where the young doctor was writing on his clipboard.

"What's the matter with you?" the older doctor demanded. "Mrs. Terry is 71 years old, has four grown children and seven grandchildren, and you told her she was pregnant?"

The younger doctor continued writing and without looking up said,

"Does she still have the hiccups?"



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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. Donation: \$3.00. Call 781-293-7727 for more information.

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 at each meeting. Cost is \$10 yearly.

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, 781-878-1194.

Supporters of the Abington Seniors

Abington Elderly Services, Inc.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Eleanor Pappone, Secretary; Mary Graham, Treasurer; Patricia Force; Evelyn Drew; Atty. Edward Reilly

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