



# The Senior Informer

**NOVEMBER, 2010**

**ABINGTON COUNCIL  
ON AGING**

441 Summer Street, Abington, MA 02351

781-982-2145

ABINGTONSENIORCENTER.COM

**Office Hours:**

Monday - Thursday, 9 am- 2:00 pm

Friday, 9 am - 1pm

**Co-Directors:**

Suzanne Djusberg & David Klein

COADirector@Abingtonmass.com

**Volume 7.12**

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## **CHRISTMAS WITH SANTA**

Abington Senior Center  
Saturday, December 11  
8AM—12 Noon  
Admission 5\$, under 2 free  
Sponsored by FOAS

## **ACTIVITIES**

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

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**“Life isn’t about waiting for the storm to pass. It’s about learning to dance in the rain.**

**—Nubiagroup.blogspot.com**



*-Photo by Fred Robertson*

*As seen from the bridge, winter’s grip enhances the stark beauty of Abington’s treasure, Island Grove Park and the arch honoring Abington’s sons who fought of the Union.*

## **ISLAND GROVE PARK— ABINGTON TREASURE**

*Most of us in town are familiar with our Island Grove Park. We have walked on the bridge and looked north to see the new police station, or south where the stream flows under Centre Avenue into Whitman meadows. We have paused at the spillway and seen the mother duck with her ducklings eating in an area safe from the snapping turtles. In the spring, we have enjoyed the swans and the young of the Canada geese. We have stood on the fridge to try our hands at fishing, or to watch the July 4th fireworks. And generations of Abington folks have memories of swimming, boating and skating here.*

*The history of the park is probably well known. It was a meeting place for abolitionists, with William Lloyd Garrison a principal speaker, and is on the National Register of Historic Places. The 300 foot long bridge and the archway were erected in 1912. The archway has a bronze figure on each side—one of a sailor and the other a soldier—and is topped by an eleven foot bronze eagle. The inscription on the archway reads: “Abington To Her Sons Who Offered Their Lives For The Union”*  
*(continued on page 6)*

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**BREAKING NEWS:**

**BACK TO FRIDAYS: THE CENTER WILL BE REOPENING ON FRIDAYS FROM 9 AM TO 1 PM. FRIDAY VAN SERVICE WILL ALSO BE OFFERED.**

**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 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 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, suggested donation of \$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 11:30. Suggested donation 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.

**FUEL ASSISTANCE**

We have two volunteers who have helped us with fuel assistance applications, Fred Robertson and Ellie Diersch. We have received the new guidelines and forms for 2010-2011 season. Fuel Assistance applications are taken on Tuesdays and Thursdays 9:30am –1:00pm. Please call to set up an appointment 781/982-2145

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**FRIENDS OF ABINGTON SENIORS , INC 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 Memory of :**

Robert J. Kozloski by Carol Kozloski  
Arthur Noble by Ruth Noble  
Buzzie Hirt by Ruth Noble  
Albert DiLorenzo by Karen DiLorenzo  
Douglas B. Footit by Marguerite Footit

Richard Trosky by Dorothy Trosky  
Barbara Whitman by Ruth Noble  
Amy Whitman by George Snow  
Wilma & David by Joe Bentley  
E.J. Kiernan by Muriel Kiernan

**Memberships & Donations:**

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Marilyn O'Donnell  
Al & Barbara Reichert  
Patricia Mahoney  
Jim & Carole Gridley  
Patricia McCarthy

Barbara Brezina  
Ken & Edith Boyajian  
Carol & Neil Caldeira  
Geraldine Derusha  
Janice & Bill Cox  
Susan & D. Leo Donovan  
Lorraine O'Neill  
Charles Goulet  
Victor R. Kahwajy  
Ruth M. Noble



### OUTREACH-SHINE WITH NORMA

There will be many changes in health insurance and in Prescription Drug Plans in the New Year. Keep in mind that if you are unhappy with your Part D plan, you may change plans from November 15th to December 31st. Although Medigap plans (for example, BC/BS Bronzzone or AARP, etc.) have continuous enrollment all year long, Medicare Advantage plans (such as HMO Blue, Tufts, Harvard Pilgrim, etc.) have specific times to enroll. Harvard Pilgrim Medicare plans will not be renewed in 2011, so if you belong to a Harvard Pilgrim Medicare plan, you need to select a new plan to be effective January 1, 2011 or you will have a Medicare only coverage **no RX coverage**. January 1, 2011 is not that far away, so please be aware if you need to make changes, **NOW's** the time to think about it.

If you haven't already heard, there will be no increase in Social Security Benefits in 2011. Sorry –maybe next year????

### THANKSGIVING DINNER FOR THE SENIORS HOSTED ABINGTON FIRE DEPARTMENT

The Abington Fire department will be hosting a Thanksgiving dinner for any senior who would like to attend. The dinner will be held at the Abington Senior Center, serving at noon. Space is limited. Please call 781-832-2080 to make a reservation. Van service will be available. No charge for event.

### HOLIDAY BAKING WITH DONNA

Sheehan Health group presents baking for the holidays with Donna Morrissey. Donna is the Community Outreach Liaison for Sheehan Nursing Homes located at South East Rehabilitation and South Shore Rehabilitation located in Rockland. Please come and join in on the fun baking and delicious holiday cookies on

### CHRISTMAS WITH SANTA

Our annual party will be held on Saturday, December 11, from 8AM to 12 Noon. Admission is \$5, with children under 2 admitted free. The admission fee includes a breakfast of pancakes, sausages, and scrambled eggs, and a photo with Santa. The Children's Gift Shop will be open, with a charge of \$2 for each present (limit of 5 presents per child), and all presents will be gift wrapped and tagged. Coloring books and crayons will be provided to keep everyone busy.

### RECIPE OF THE MONTH—Easy Pumpkin Muffins

#### Ingredients:

1 (18.25 ounce) pkg. Yellow cake mix  
1 (15 ounce) can pumpkin puree  
1 teaspoon ground cinnamon  
? Teaspoon ground nutmeg  
? Teaspoon ground cloves

#### Directions:

Preheat oven to 350 degrees  
Grease a 12 cup muffin pan or line with paper liners  
In a large bowl, mix together cake mix, pumpkin puree, cinnamon, nutmeg, and cloves until smooth.  
Spoon equal amounts of batter into muffin cups.  
Bake for 20 to 25 mins—until a toothpick inserted in the center comes out clean.

### WISH LIST (Kitchen Items)

Every now and again someone will ask if they can help out the Senior Center by donating a new item or two for meal prep in the kitchen or general upkeep of same. Diane Keith, major domo of the kitchen, has suggested the following items for anyone who may be inclined to make such a donation. It goes without saying that any such generous donation is thankfully received and much appreciated.

Large Stainless Bowls for Salad (2)  
Paper Towels  
Tea Bags

Stainless Steel Sauce Pan  
Coffee

|                                                                                                                                             |                                                                                                                                                                                                                      |                                                                                                                                                                           |                                                                                                |                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <p>November 17<br/>Baking with Donna<br/>November 20<br/>Thanksgiving Dinner<br/>hosted by Abington<br/>Fire Department<br/>11:30— 1:00</p> | <p>Seniors ONLY<br/>Flu Clinic<br/>November 15<br/>9am—11:00am<br/>At The Senior Center</p>                                                                                                                          |                                                                                                                                                                           |                                                                                                |                                                                                            |
| <p><u>1</u><br/><u>Bingo— 12:30 pm</u></p>                                                                                                  | <p><u>2 11:30 Lunch:</u><br/>Chinese Chop Suey, rice,<br/>bread pudding, dessert<br/><u>Cribbage 9:00</u><br/><u>12 :30 Arthritic Exercise</u></p>                                                                   | <p><u>3</u><br/><u>10 am Computer</u><br/><u>Class</u><br/><u>11:00 Quilted Wall</u><br/><u>Hanging Class</u><br/><u>Knitting Class</u></p>                               | <p><u>4</u><br/><u>11:30 Lunch:</u><br/>Please Call for Menu<br/><u>Cribbage: 9:00 am</u></p>  | <p><u>5</u><br/><u>Cribbage 9:00</u><br/><u>Shopping van: 9:00</u><br/><u>am</u></p>       |
| <p><u>8</u><br/><u>Bingo— 12:30 pm</u></p>                                                                                                  | <p><u>9 11:30 Lunch:</u><br/>Tomato soup, sandwich,<br/>chips, dessert<br/><u>Cribbage 9:00</u><br/><u>12 :30 Arthritic Exercise</u><br/><u>1:00 Senior Citizen As-</u><br/><u>sociation</u></p>                     | <p><u>10</u><br/><u>10 am Computer</u><br/><u>Class</u><br/><u>11:00 Quilted Wall</u><br/><u>Hanging Class</u><br/><u>Knitting Class</u></p>                              | <p><u>11 Veterans Day</u><br/><u>CLOSED</u></p>                                                | <p><u>12</u><br/><u>Cribbage 9:00</u><br/><u>Shopping van: 9:00</u><br/><u>am</u></p>      |
| <p><u>15</u><br/><u>Bingo— 12:30 pm</u><br/><br/><u>9:00</u><br/><u>Senior Flu Clinic</u></p>                                               | <p><u>16 11:30 Lunch:</u><br/>Baked Mac &amp; Cheese,<br/>turkey loaf, veg, dessert<br/>1:00 Senior Citizens As-<br/>sociation Meeting<br/><u>Cribbage 9:00 am</u><br/><u>12 :30 Arthritic Exercise</u></p>          | <p><u>17</u><br/><u>10 am Computer</u><br/><u>Class</u><br/><u>11:00 Quilted Wall</u><br/><u>Hanging Class</u><br/><u>Knitting Class</u><br/><u>Baking with Donna</u></p> | <p><u>18</u><br/><u>11:30 Lunch:</u><br/>Please Call for Menu<br/><u>Cribbage: 9:00 am</u></p> | <p><u>19</u><br/><br/><u>Cribbage 9:00</u><br/><u>Shopping van: 9:00</u><br/><u>am</u></p> |
| <p><u>22</u><br/><u>Bingo— 12:30 pm</u></p>                                                                                                 | <p><u>23 11:30 Lunch:</u><br/>Chicken a la King in<br/>pastry shells, mashed<br/>potato, dessert<br/><u>Cribbage: 9:00 am</u><br/><u>10:00 Coffee w/Town</u><br/><u>Mgr</u><br/><u>12 :30 Arthritic Exercise</u></p> | <p><u>24</u><br/><u>9:00 COA/FOAS</u><br/><u>10 am Computer</u><br/><u>Class</u><br/><u>11:00 Quilted Wall</u><br/><u>Hanging Class</u><br/><u>Knitting Class</u></p>     | <p><u>25</u><br/>Happy Thanksgiving<br/><u>CLOSED</u></p>                                      | <p><u>26</u><br/><u>CLOSED</u></p>                                                         |
| <p><u>29</u><br/><u>Bingo— 12:30 pm</u></p>                                                                                                 | <p><u>30 11:30 Lunch:</u><br/>Meatloaf, scalloped po-<br/>tatoes, veg, birthday<br/>cake<br/><u>Cribbage: 9:00 am</u><br/><u>12 :30 Arthritic Exercise</u></p>                                                       |                                                                                                                                                                           |                                                                                                |                                                                                            |



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### Island Grove Park—An Abington Treasure (continued from page 1)

The Park & Recreation Department coordinates and administers summer programs, supervised swimming at the pool, as well as a day camp and activities for youngsters. Moms bring tots to paddle in the water and ride on the swings. It is a popular spot for all ages.

Island Grove Park needs the interest and support of our townspeople. The archway badly needs repair. Parts of it have eroded or been vandalized. Although the Park & recreation Department is hampered by a lack of funding and is unable to provide all of the necessary repairs and upkeep, the Park is still a wonderful place. Take a walk through. There is a main trail through the center and other walkways down to the pond. This park is a part of our town and we should all be proud of it and enjoy it. Do what you can to help.

*“One person can make a difference and every person must try.” -John F. Kennedy*

#### General Information:

Island Grove Park is approximately 55.23 acres and is bordered by Central Street and Park Avenue. Island Grove Pond is a 38 acre artificial pond created in the 1700's by building a dam on the Shumatuscancant River. The pond is sand along the edges, with much in the deep areas and with abundant vegetation. The Park has been called “The Crown Jewel of Abington: and has long been an historic gathering spot. In the 1840's the Old Colony railroad built a siding in Abington to accommodate the special trains transporting people (as many as 10,000) from Boston to the famous “August First” abolitionist meetings in the Grove. The bridge and the ach were erected at the time of Abington's 200th anniversary and

### FYI 3 QUESTIONS ON NOVEMBER 2

The following is provided for your reference and is according to the Commonwealth of Massachusetts Secretary of State's publication of voter information

**Question 1**—Sales Tax on Alcoholic Beverages: A NO Vote would make no change in the states sales tax on alcoholic beverages. A YES Vote would remove the states sales tax on alcoholic beverages.

**Question 2**– Comprehensive Permits for Low or Moderate Income Housing: A NO Vote would make no change in the state's 'Chapter 40B' statue. A YES would repeal the current law.

**Question 3**—Sales and Use Tax Rtes; A NO Vote would make no change in the state's sales and use tax rates. A YES Vote would reduce sales and use tax rates to 3%.

### GROUP ACTIVITIES AT THE SENIOR CENTER

- The Quilters meet at 11AM on Wednesdays and work on wall hangings. They recently took time from their own activates to make mop hats for the kitchen staff. It is worth a trip to the Tuesday luncheon just tot see the cooks in their new bonnets.
- - The Cribbage Players have grown from a few people to a group of over 20. They meet on Tuesdays and Thursdays, starting at 9AM and play until the luncheon is served. Both men and women are welcome to participate, and this is certainly the most popular activity at the Center. The players have made weekly donations to keep our van running.
- - The Gifted Hands Group is comprised of ladies who meet together to knit, sew cross stitch, embroider crochet, etc. Many of their hand made items (mittens, hats, baby ensembles) are displayed in the senior center and are available to purchase. It is a social time and everyone is welcome. Members are always willing to help with a craft, or to teach anyone interested in learning. They need on Wednesdays about 10 o'clock and have begun
- expanding to Thursday mornings, with the option of remaining for the Thursday luncheon. They have been generous with their receipts, donating to the Friends of Abington Seniors , Inc. to be used for the benefit of our seniors citizens.



## THANK YOU!!

A **big thank you** to Lurane Ryerson, Marilyn & Dan Brielman and our anonymous donor from the farmers market for their generous donation and all their hard work.

### Did You Know?

-Two new names - **Marjorie Edson** and **Barbara White** have been added to the donors plaque, the attractive one located on the wall of the inside hallway at the Senior Center. If you haven't noticed the plaque yet, stop and look at it on your next visit to the center. It's classy.

- Here's an obscure and often overlooked historical note for you,. A mechanically adept Herbert H. Buffman (originally from Hanover but moved to Abington in 1890) conducted a business here that constructed shoemaking machinery as well as various mechanical repairs. However in 1903 he built his first automobile and by 1906 had perfected his "**Buffum Car**" which at one time was considered the *finest eight-cylinder car in the United States*. His building surprisingly remains to this day and is the present day location of *locally famous Spencer's Pizza*

### ANYONE FOR TAI CHI?

Are you or any other senior you know interested in weekly Tai Chi lessons? Although the Senior Center currently hosts Tuesday meetings of Arthritis Chair Exercise with Wendy, a few seniors have wondered if we might form a group for Tai Chi. Before we ask our COA Directors to investigate it further, we need to have an idea of the interest. If it is something you think you want to take part in please call Jean Connell at the senior center (781-982-2145) to let her know. Leave your name and phone number so she can compile a list and we'll go from there. Thanks.

### BRAIN TEASER

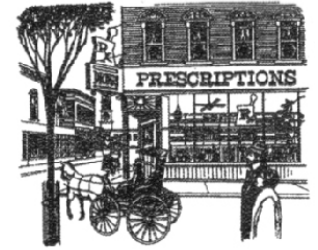
Three consecutive visitors to the local animal shelter each adopted a dog. From the information given below, work out who adopted which dog, what type of dog it was, its favorite treat.  
The favorite treat of the dog adopted by Ed, which wasn't the Labrador, was chicken. Ted adopted Ben, while Ged only had eyes for the mongrel. Sam's favorite treat wasn't steak, while the pug was named Rex. Tuna was the favorite of one of the dogs.

### NOVEMBER'S CHUCKLE

The graveside service had just barely finished, when there was a massive clap of thunder, followed by a tremendous bolt of lightning, accompanied by even more thunder rumbling in the distance.  
The little old man looked at the preacher and calmly said, 'Well....she's there.'

### WRAPPING PAPER REQUEST

Do you have any unused Xmas wrapping paper you might like to contribute to those industrious ladies who tirelessly wrap the gifts purchased at the Breakfast with Santa? If you do, Pat Beaulieu (one of the wrappers) requests that you think of donating it to that effort. You may drop it off at the Senior Center office and they'll see that it gets to Pat. THANK YOU.



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. 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; Tricia Force; Evelyn Drew; Atty. Edward Reilly

##### **Friends of Abington Seniors, Inc.**

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