



The

# Senior Informer

Volume 9

Issue 10

OCTOBER 2012

ABINGTON COUNCIL  
ON AGING  
441 Summer Street, Abington, MA 02351  
781-982-2145

Website:  
ABINGTONSENIORCENTER.COM

Suzanne Djusberg, Director  
COADirector@Abingtonma.gov

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**FOAS Craft Fair, Sat., Oct. 27**  
Abington Sr. Center  
(see page 8)

## **DON'T FORGET** OCTOBER TOWN MEETING

**Aging & Your Future Oct. 30**  
(see page 4)

*One day you're the cock of the walk,  
the next a feather duster.*  
—Piers Morgan

## **ACTIVITIES**

Bingo  
Blood Pressure Screening  
Bridge & Chess  
Chair Yoga w/Joanne  
Computer Classes  
Cribbage  
Hearing Tests  
Knitting & Crocheting Group  
Legal Assistance  
Quilting Class  
Senior Lunches  
Tai Chi & Zumba

## **COUNCIL ON AGING STAFF**

Suzanne Djusberg, - Director  
Valerie O'Loughlin -  
Outreach Coordinator  
Karen Dunn -  
Nutrition Coordinator  
Jean Connell -  
Transportation Coordinator  
John Freese - Custodian  
Susan Young - General Services  
Jack Brown, David LaCouture  
Linda Elliot - Van Drivers



## **YOUR ABINGTON FIRE DEPARTMENT STAYING CURRENT WITH TODAY**

—John M. Nuttall,  
Chief of Department

The American Fire Service has undergone tremendous change over the past 15 years, and Abington is no exception. Our firefighters should really be called Community Responders, due to the fact that we respond to a vast multitude of emergency, assistance, preventative and educational opportunity situations in all areas of our community, and for all residents or visitors passing through Abington.

Some of the changes that your fire department has seen over the past years include the hiring and training of firefighter/paramedics begun by retired Fire Chief Malcolm Whiting. The addition of the paramedic service to our department allows us to render emergency medical care at a much higher level, and in many cases brings the emergency room directly to the patient's living room or location. Since 1996, we have had the capability to administer lifesaving medications and techniques at an emergency scene which were previously only available at a hospital. This means a greater chance of survivability or reduced injury from heart attacks, stroke, diabetic emergencies, trauma, and pediatric emergencies. Abington operates two paramedic ambulances, one primary located at the newly re-opened Station Two on Rockland Street, and a back-up located at the Headquarters Station on Bedford Street. All of our fire apparatus also carry basic lifesaving equipment, and are staffed with paramedics or emergency medical technicians.

Technology and equipment upgrades which provide direct life saving and property conservation include thermal imaging cameras, allowing us to see through smoke, or locate hidden fire within walls and ceilings; gas and explosive meters, which help identify carbon monoxide or chemicals in buildings; oxygen sensors, which can determine the levels of oxygen or carbon monoxide in a person; Jaws of Life extrication and rescue tools, located at each fire station; and a minimal amount of specialized technical rescue and diving equipment.

The Abington Fire Department is part of an extensive network of local and state mutual aid agreements, which can provide additional resources during busy times or large emergency incidents. This includes equipment that the Town of Abington could never afford to purchase, and communications plans to allow various assisting towns to talk easily with our department.

*(continued on page 6)*

## BOOK RECOMMENDATIONS

Anne Smith recommends the following books for a good reading experience.

*The Lion's Game* by Nelson DeMille - A dangerous terrorist from Lybia with a quest for vengeance against America for killing his family. Filled with suspense.

*Minding Frankie* by Maeve Binchy - A story about a close-knit community in Dublin who come together to help a father raise a motherless child.

*The Technologists* by Matthew Pearl - A historical thriller which takes place in 1868 at the Massachusetts Institute of Technology.

According to Maureen Wall, "If you've never read a novel by Maeve Binchy, you've surely missed out on some delightful stories. Ms. Binchy, an Irish novelist, playwright and columnist, was known for her humorous take on small-town life in Ireland. You'll love her descriptive characters, her interest in human nature and her often clever surprise endings. Once you start reading one of her books, you are compelled to continue till you've finished. Sadly, Ms. Binchy passed away very recently. I have begun to re-read some of my favorite books in memory of all her accomplishments. Why not check out some of this wonderful author's stories. You'll be glad you did!"

## FEEL GREAT AND STRENGTHEN YOUR BRAIN...eat berries!

Older women who consume at least a cup of strawberries or one-half cup of blueberries per week delay cognitive aging by up to 2 1/2 years, according to a new study at Brigham and Women's Hospital in Boston. (and yes, researchers say berries likely provide similar benefits for men). The key ingredient is flavonoids, antioxidants also found in tea, red wine, apples and oranges.

## PAPERS

### What to Keep

Wills, trust documents, power of attorney, life support directives, health care surrogates, and similar legal Documents.

Birth Certificates, naturalization papers, marriage and divorce documents, adoption papers, a parent's or spouse's death certificate, deeds to property, titles to cars, securities and bonds. (Keep a list at home.)

Income tax returns and supporting documents for three years after filing with the IRS or state; documents used in determining the cost of an asset; records of stock purchases; receipts for major home improvements, insurance policies, warranties.

—Excerpts from Eileen Powell, *Associated Press*

*Life is not the way it's supposed to be. It's the way it is. The way you cope with it is what makes the difference.*

### Where to Keep It

In care of your lawyer, with a copy in your home file, and a copy to your personal representative or Executor.

In a fireproof or safe deposit box.

In your home filing cabinet.

*Everyone has a gift for something, even if it is the gift of being a good friend.*  
—Singer Marian Anderson

## INFORMER NEWS DEADLINE

**Place in Newsletter inbox by 10th of previous month (i.e., 10th of October for the November issue).**

## HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held as follows: Leavitt Terrace, 1st Tues. 9:30 to 12:30; Abington Sr. Ctr., weekly on Mondays 9:30 to 12:30 pm; Blanchard Gardens, 2nd Tues. 9:30 to 12:30; Chestnut Glen, 3rd Tues. 9:30 to 12:30. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age, and 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 - suggested donation. 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 Wed. & Fri. 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, \$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. Tuesday—cost \$4.00. Thursday 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

## SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 509-521-4008 or by email go to [www.seniorcomputerlearningcenter.org](http://www.seniorcomputerlearningcenter.org).

## ABINGTON ART ASSOCIATION MEMBERS EXHIBITION

Abington Public Library – November 2 to November 29

\$3 per entry, limit 2 per person, no commission on sales. (*Paintings have been sold at the library show.*)

Please return your application by mid-October, with hanging fees, to Kathy Naujalis, 237 Bedford Street, Abington 02351. Please bring your artwork, labeled and properly framed and wired for hanging, to the Abington Library on or before October 31. All paintings/photographs must be properly framed and wired for safe hanging. Overall size is limited to 36 inches. Artwork will be available for removal on or after November 29.

## WATERCOLOR WORKSHOP

JOHN MARSHALL DYKE

\$20 per person

Saturday, October 6, 1:00 pm to 4:00 pm

Abington Senior Center

441 Summer Street, Abington

*I have everything now that I had twenty years ago, except now it's all lower.*

—Stripper Gypsy Rose Lee

**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 2012 starts a new membership year with dues of \$5.00 payable now and good until JUNE 2013. Please make checks payable to:**

**“Friends of Abington Seniors, Inc.”  
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 2012-2013: \$5.00 per person or \$100 for lifetime membership.**

***Please send donations to this 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, Inc.***

**Memberships:**

|                        |                             |                          |                          |               |
|------------------------|-----------------------------|--------------------------|--------------------------|---------------|
| Elmelda Slonina        | Marge & Harry Conover       | Mary McPhee              | Judith Sylvia            | Mark Keith    |
| Leo & Christine Runkal | Norman & Lois Hazen         | Edward & Paula LeVine    | Donna Donovan            | Betty Slinger |
| Francine Marley-Ethier | Richard & Patricia McCollem | William & Cynthia Tinney | Frances & Joseph Zaleski |               |

**Donations:** Mark Keith                  Frances & Joseph Zaleski                  Tithing Donation from St. Bridget's

**In Memory of:**

Edward J. Kiernan by Muriel Kiernan                  Claire McPhee by Mary McPhee                  Marilyn A.Gaffney by Robert Gaffney

**Lifetime Member:** Robert Gaffney

**OCTOBER'S CHUCKLE**

—A lady inserted an ad in the classifieds: “Husband Wanted”. Next day she received a hundred letters. They all said the same thing: “You can have mine.”

—Just think, if it weren't for marriage, men would go through life thinking they had no faults at all.

**RIDDLE**

There is a house with all 4 sides facing south. If a bear walks past the house, what color would he be? *(Answer on page 12.)*

**PUZZLE**

How many times can you subtract 5 from 25? *(Answer on page 12.)*

**BREAKFAST WITH SANTA**

We're still collecting items for men that would be good gifts for our Annual Christmas Breakfast with Santa. Also, we can use Xmas gift bags (all sizes) and tissue paper. Bring your items to the Senior Center and we will store them until the December event.

**OCTOBER TUESDAY PRESENTATIONS**

|                       |   |
|-----------------------|---|
| October 2: 10-11am    | Registry of Motor Vehicles Safe Driving Tips for Seniors              |
| October 9: 10:30am    | Meet with State Representative Geoff Diehl                            |
| October 16: 10:30am   | Medicare Update Presentation  |
| October 23: 10-11am   | Planning for the Future   |
| October 30: 9-11:30am | Third Annual Aging & Your Future with John Miller, Home Care Partners |

*Age is nothing but experience, and some of us are more experienced than others. —Humorist Andy Rooney*

**OUTREACH WITH VALERIE**

Hello everyone, I hope you are all enjoying the beautiful fall air! As many of you already know the fall is also the time for Medicare Open Enrollment! This is the time that you can change your Medigap, Medicare Advantage, and Part D plans if you so choose. I am holding SHINE appointment times during the open enrollment period, which is October 15<sup>th</sup> through December 7<sup>th</sup>, on Monday, Tuesday, and Wednesday 9-2 at the Abington Council on Aging. Please call at least one week in advance for appointments. Each appointment typically takes at least one hour or more. Also, there will be a presentation on Tuesday October 16<sup>th</sup> at 10:30 in the senior center auditorium with the regional SHINE director Mary Bessey on Medicare Updates for 2013. Hope to see you there, have a great October!

**AGING AND YOUR FUTURE**

While we can't stop getting older, we can do many things to plan for retirement and the inevitable aging process. On Tuesday, October 30<sup>th</sup>, the Abington Council on Aging will host the **3rd Annual Aging and Your Future** seminar, featuring a panel of 8 different specialists representing industries that provide professional services and retirement resources for the elderly and their families. The event is free and all are welcome, regardless of whether they reside in Abington or not.

Panelists from the legal, financial, medical, real estate and domestic service arenas will be on hand to present information on their industry, and shed light on the myriad of decisions as seniors age in place.

"The program will begin at 9am and finish at approximately 11:30am," explained Suzanne Djusberg, Director, Abington Council on Aging. "Aging seniors need to expect the unexpected. Our audience will listen and learn from community leaders about methods and resources that can be applied to save time, money, and sanity when it's needed most. We encourage all attendees to ask questions."

Each of the presenters will elaborate on how they help to make the aging process more manageable and understandable. Industry experts will discuss estate planning, retirement protection, elder resources, the benefits of homecare services, long term care, and much more.

Please call to register, for directions, and additional information. Abington Council on Aging, 441 Summer Street, Abington, MA 02351 (781)982-2145

**TRAVEL OPPORTUNITIES**

November 11-13: Atlantic City luxury accommodations at Trump Plaza, \$60 Casino Slot Bonus. Price \$169.00

November 14-16: Beautiful White Mountain Hotel & Resort. Included are 3 Xmas shows, 5 gourmet meals off the menu, tax free shopping. \$375 pp/dbl.

Contact Rita Webster @781-982-9102 for information on all trips.

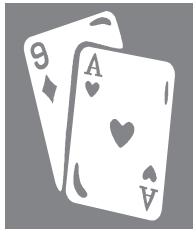
**RECIPE OF THE MONTH — Fried Green Tomatoes** (Submitted by Marie Brown)

- 5 Large Green Tomatoes
- Salt
- Pepper
- Sugar
- 1 Egg, slightly beaten
- 2 tablespoons water or milk
- 1 cup flour
- 1 cup dry bread crumbs
- Oil or butter for frying

Tomatoes should be green and firm. Slice them into 1/2 inch slices. Lay on a tray and sprinkle each with salt, pepper, and sugar. Blend either water or milk into the beaten egg. Dredge tomato in flour, then into egg mixture, then into bread crumbs. Let the slices rest for 15 to 30 minutes so the coating congeals. In medium fry pan heat oil or melt butter over medium heat. Carefully place tomatoes into pan. Fry until golden on each side. Let the fried tomatoes drain on paper towels. (4 servings)

**PLAY BRIDGE/LEARN BRIDGE**

David Drew of Abington (Instructor and Facilitator)  
 For Seasoned Players, Novice Players, Beginners  
 Assistance while you play, questions answered  
 and demonstrated, playing aids provided.  
 Wednesdays at 10am.



You cannot help the poor by destroying the rich.  
 You cannot strengthen the weak by weakening the strong.  
 You cannot bring about prosperity by discouraging thrift.  
 You cannot lift the wage earner up by pulling the wage payer down.  
 You cannot further the brotherhood of man by inciting class hatred.  
 You cannot build character and courage by taking away people's initiative and independence.  
 You cannot help people permanently by doing for them what they could and should do for themselves.  
 —Abraham Lincoln

**INTERESTING FACTS**

If you are right handed, you will tend to chew your food on the right side of your mouth. If you are left handed, you will tend to chew your food on the left side of your mouth.  
 The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

# OCTOBER 2012 LUNCH & ACTIVITIES

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <u>1</u><br><b>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</b><br><b>12:30 Bingo</b><br><br><i>Sukkot</i>                                  | <u>2</u><br><b>9:00 Cribbage</b><br><b>11:30 Lunch:</b><br>Swedish Meatballs with Egg Noodles, Broccoli, Rolls, Dessert, Beverage<br><b>5:30-6:30pm: Zumba (\$4)</b>                                    | <u>3</u><br><b>10:00 Knitting Group</b><br><b>10:00-12:00 Quilting Class</b><br><b>10:00 Bridge</b><br><b>10:30 Chess</b>                                   | <u>4</u><br><b>9:00 Cribbage</b><br><b>10:00 Chair Yoga w/ Joanne (Donation)</b><br><b>11:30 Lunch: TBA</b>    | <u>5</u><br><b>9:00 Cribbage</b><br><b>9:00 Shopping van</b><br><b>11:00 A.M. Tai Chi (Free)</b>  |
| <u>8</u><br><b>Senior Center Closed</b><br><br><i>Columbus Day Observed</i><br><br><i>Canadian Thanksgiving</i>                                      | <u>9</u><br><b>9:00 Cribbage</b><br><b>10:30 Meet w/ State Rep. Geoff Diehl</b><br><b>11:30 Lunch:</b><br>Soup, Ham & Cheese Sandwiches, Crackers, Dessert, Beverage<br><b>5:30-6:30pm: Zumba (\$4)</b> | <u>10</u><br><b>9:00 FOAS Mtg.</b><br><b>10:00 Knitting Group</b><br><b>10:00-12:00 Quilting Class</b><br><b>10:00 Bridge</b><br><b>10:30 Chess</b>         | <u>11</u><br><b>9:00 Cribbage</b><br><b>10:00 Chair Yoga w/ Joanne (Donation)</b><br><b>11:30 Lunch: TBA</b>   | <u>12</u><br><b>9:00 Cribbage</b><br><b>9:00 Shopping van</b><br><b>11:00 A.M. Tai Chi (Free)</b><br><br><i>National Children's Day</i>                           |
| <u>15</u><br><b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b><br><b>12:30 Bingo</b>   | <u>16</u><br><b>9:00 Cribbage</b><br><b>11:30 Lunch:</b><br>Macaroni, Cheese & Chicken, Green Beans, Dessert, Beverage<br><b>5:30-6:30pm: Zumba (\$4)</b><br><br><i>Bosses Day</i>                      | <u>17</u><br><b>9:00 COA Mtg.</b><br><b>10:00 Knitting Group</b><br><b>10:00-12:00 Quilting Class</b><br><b>10:00 Bridge</b><br><b>10:30 Chess</b>          | <u>28</u><br><b>9:00 Cribbage</b><br><b>10:00 Chair Yoga w/ Joanne (Donation)</b><br><b>11:30 Lunch: TBA</b>   | <u>19</u><br><b>9:00 Cribbage</b><br><b>9:00 Shopping van</b><br><b>11:00 A.M. Tai Chi (Free)</b><br><i>Cornwallis Surrendered, Revolutionary War Ended</i>       |
| <u>22</u><br><b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b><br><b>12:30 Bingo</b><br><br><i>Timber Rattlesnakes move to winter dens</i> | <u>23</u><br><b>9:00 Cribbage</b><br><b>11:30 Lunch:</b><br>Turkey Loaf, Potato, Carrots, Birthday Cake, Beverage<br><b>5:30-6:30pm: Zumba (\$4)</b><br><br><i>Mother In Law Day</i>                    | <u>24</u><br><b>10:00 Knitting Group</b><br><b>10:00-12:00 Quilting Class</b><br><b>10:00 Bridge</b><br><b>10:30 Chess</b><br><br><i>United Nations Day</i> | <u>25</u><br><b>9:00 Cribbage</b><br><b>10:00 Chair Yoga w/ Joanne (Donation)</b><br><b>11:30 Lunch: TBA</b>   | <u>26</u><br><b>9:00 Cribbage</b><br><b>9:00 Shopping van</b><br><b>11:00 A.M. Tai Chi (Free)</b><br><i>10/27 Saturday, FOAS 3rd Annual Craft Fair at Sr.Ctr.</i> |
| <u>29</u><br><b>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</b><br><b>12:30 Bingo</b>   | <u>30</u><br><b>9:00 Cribbage</b><br><b>11:30 Lunch</b><br>Steak & Cheese Subs, Chips, Pickles, Dessert, Beverage<br><b>5:30-6:30pm: Zumba (\$4)</b>  | <u>31</u><br><b>10:00 Knitting Group</b><br><b>10:00-12:00 Quilting Class</b><br><b>10:00 Bridge</b><br><b>10:30 Chess</b>                                  | <i>10/9 Fire Prevention Day</i><br><br><i>10/27 Navy Day</i><br><br><i>10/28 Harvard College Founded, 1636</i> | <i>10/29 Full Hunter's Moon</i><br><br><i>10/31 Halloween</i><br><br><i>FYI: Menu is subject to change</i>  |



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**YOUR ABINGTON FIRE DEPARTMENT STAYING CURRENT WITH TODAY** *(continued from page 1)*

We were fortunate last year to have the ability to replace two firefighter/paramedic positions lost to attrition, and replace three positions vacant from retirements. This brought our staffing back to 22 members, including the Fire Chief and Deputy Fire Chief. With this staffing level, even though we are extremely busy, we are able to split each of the four work groups between both fire stations, allowing Station Two to re-open. Three fire officer/paramedics are housed at Station One, and two firefighter/paramedics are housed at Station Two on each shift.

Recently, the Abington Fire Department joined with the Holbrook Fire Dispatch Center, to allow for continuous emergency phone answering, telephone medical direction, radio communication and fire alarm monitoring. This has been a chronic problem for the Abington Fire Department for years, as we still must occasionally leave our fire stations empty to allow our personnel to respond to the emergency scene. When these stations were empty, any fire alarms received into the station would not be monitored until a firefighter was able to return, and radio communication would not be monitored at a central point to coordinate an emergency. Now that we have joined with Holbrook, all of these concerns have been addressed, at a cost much less than if we hired our own dispatchers.

Our fleet of fire apparatus includes two ambulances, four pumping engines, a ladder truck, forest fire truck and various administrative vehicles. The ladder truck and one engine are beginning to show signs of wear from continuous use, as well as repairs needed to our buildings.

The Abington Fire Department has made great strides recently, mainly due to the professional members who are the core of this organization. We still have many goals to reach, with the objective of providing the very best emergency response and care for our residents in an efficient manner.

I am proud to serve as your fire chief since 2010, was a fire captain since 2003, and an Abington firefighter/EMT since 1990. I am a lifelong Abington resident, along with my wife and three sons, and was the first member of my family to join the fire service. It is possible that I won't be the last member appointed as a firefighter, as my oldest son has indicated an interest in this profession as well, and has recently earned his lifeguard certification.

I have always felt that education is a lifelong event, and currently hold Master of Public Administration, Bachelor of Fire Management, and Associate of Fire Science degrees. I have continued to try to stay current by taking numerous Massachusetts and National Fire Academy courses related to administering your fire department, to keep your family, and our members safe.

Lastly, I would not be performing my job without reminding anyone reading this to please check your smoke and carbon monoxide detectors, or ask someone to do this for you. If they are battery operated, and you cannot recall the last time you changed their batteries, now would be a great time to do so.

**DO YOU REMEMBER? 1967 — The Impossible Dream Memories—Marion Wilson**

The 1967 Red Sox Team roster listed Carl Yastrzemski (Triple Crown winner), Tony Conigliaro, Rico Petrocelli, Jim Lonborg, George Scott, Mike Andrews, and others. It was the final game of the season and Boston and Detroit were tied. Boston won their last game but had to wait to see the Detroit results. Detroit lost, making the Red Sox the American League champs. This was after a terrible 1966 season...so bad that on a given day only 600 seats were sold. Boston fans went wild! Unfortunately the World Series went 7 games, but St. Louis won. Abington was selected as one of the towns to be visited by the Red Sox Team, as I believe, Tydol was a sponsor and the Tydol gas station at the corner of Rts. 58 and 139 was "the spot." (A new station is coming there, I think.)

I never saw such crowds in Abington (how come they couldn't make Town Meeting?). My late husband was a very good customer of Tydol and thus he was invited inside to meet the team. The first one he saw was Mike Andrews, who stood up, shook his hand and said he was pleased to meet him. From then on Mike Andrews was his "hero".

Do you think we might have Impossible Dream 2 this year?

**CALLING ALL Knights, Rooks, Bishops, Pawns, Kings and Queens!** We invite you to join our CHESS GROUP. Fall is here and it's time to get back into things, so why not call Bob Creighton at 878-0788 or come to the Sr. Center on Wednesday at 10 am.

**The Power of Words**

*A careless word may kindle strife; A cruel word may wreck a life; A bitter word may hate instill; A brutal word may smite and kill. A gracious word may smooth the way; A joyous word may light the day; A timely word may lessen stress; A loving word may heal and bless.*

—submitted by Anna Fopiano

**LICORICE**

Eating licorice and Lanoxin or diuretics such as Lasix (furosemide) can lead to very low levels of potassium, which may lead to an irregular heart rhythm and possible cardiac arrest. One piece of candy won't hurt, but regular handfuls of licorice could be dangerous.

—bluecrossma.com

*When the clock was first invented, how did anyone know what time to set it??? —submitted by Mr. Solletti*

## **A BRIEF HISTORY OF THE SERVICE OF ABINGTON RESIDENTS DURING OUR COUNTRY'S WAR**

Since the founding of Abington, we have had more than 3,600 residents of Abington (which included Rockland and Whitman before 1874) who have served our country in time of war. Two hundred seventeen of those from the town of Abington have died due to these wars, giving their lives for our country. Including Rockland and Whitman since 1874, the best estimate for the three towns is about 9,000 who have served and at least 350 who have died. This is a proud, although sad and tragic, heritage for our towns and our residents. Others have served in many capacities besides in the armed forces during these wars. We owe a great debt to our veterans and their families, living and dead, for their hardships and sacrifices. This history is intended to give a description of what these veterans and other Abington residents experienced and suffered.

### **Colonial Wars**

This history starts 8 years after Abington's first settlers in 1668. In King Phillip's War (1675-6) the few colonists who had settled in Abington had their homes destroyed. Native Americans and colonists fought each other at a Native American camp on Beech Hill (now in Rockland). In 1689 and 1690 ("King William's War"), the inhabitants of "Fords Farm" (later Abington) were levied a special tax for a colonist attack against Quebec. In 1714, 2 years after the town's founding, the first militia company was formed under the command of William Hersey. This was increased to two militia companies in 1744. In Massachusetts, and most other colonies, militia service was required from almost all able-bodied men until about 1840. In 1744 ("King George's War"), some Abingtonians took part in the colonists' siege and capture of Louisburg in Cape Breton from the French. Two residents of Abington died in this war – James Gloyd (lived near 93 Adams St) and Joshua Whiting of East Abington (Rockland). These are the first records I have found of Abington citizens dying in our wars.

### **French and Indian War**

The first war for which official records exist of Abington service is the "French and Indian War" (1754-1762). These records are incomplete, but 161 Abingtonians are listed as taking part in active duty (another 13 served on the home front) with at least 24 dying while in active duty. One may have been killed in the Fort William Henry battle shown in the "Last of the Mohicans" book and movie. Four slaves served with two dying. These troops served in the Lake Champlain, Lake Ontario, and Maine/Nova Scotia areas. Abington's population was less than 800 at the time (120-150 households). Twenty percent of Abington's population served (a very large percentage of the adult males) with 15% of those in service dying. The experience of this major effort by the town and its citizens would prove very valuable 15 years later in the Revolution. Ironically, during the war a French Acadian family evicted by the British from Nova Scotia (the subject of Longfellow's poem "Evangeline") was relocated in Abington (351 High Street, Whitman).

### **The American Revolution**

The citizens of Abington began their resistance to the British government in 1766 with non-importation of goods taxed by the British and by sending representatives to an illegal (in the opinion of the British government) Provincial Assembly. In March 1770 the Abington Town Meeting adopted the "Abington Resolves" which proclaimed the rights of the colonists, criticized taxation without representation, and declared that Britain stationing troops in Boston amounted to a declaration of war on the colonists. These resolves, which were published in a Boston newspaper, were possibly written by Joseph Greenleaf (Abington resident 1760-1770) who was listed (with Samuel Adams and John Hancock) by British Loyalists in 1774 as one of the 18 leading "rebels" in Massachusetts. Additional anti-British resolves were published by Town Meeting in 1773 and 1774. Per family tradition, a Benjamin Gardner of Beech Hill (Rockland) participated in the Boston Tea Party. In 1773 Abington created its Committee of Correspondence to coordinate resistance with other committees across the colonies. In the fall of 1774 Abington's militia reorganized to become free of British control, and the town began to buy ammunition to prepare for conflict. The Abington militia (about 66 men) marched as a part of Plymouth County militia against British troops stationed in Marshfield immediately after the Battles of Lexington and Concord (April 19, 1775). The British troops withdrew before any fighting occurred. At least one Abingtonian took part in the battle of Bunker Hill. After this battle Abington sent about 50-60 militiamen to the Siege of Boston. These soldiers stayed until the end of the siege in March 1776, and at least one (Cuff Rosario, a slave who also served in the French-Indian War) died in service on August 6, 1775. Sixty other Abington militia were on duty in other parts of Massachusetts in 1775 and early 1776. After the signing of the Declaration of Independence (July 4<sup>th</sup>, 1776), Abington militia continued to serve especially in Massachusetts and Rhode Island (the battle of Newport 1778). Starting in July 1776 Abington men began to serve in the Continental Army. Based on incomplete records it appears that about 49 served in the Continental Army with service including Valley Forge and the Mohawk Valley. In total, 221 Abington citizens are recorded as having served in the Revolution with about 25 dying in service. Given Abington's 1775 population of 1,293 the percent in active service was about 16% (about 70% of all adult males) with 12% of those serving dying. A Revolutionary War general, Solomon Lovell, was born in Abington.

In Abington, there were tremendous efforts to support this war. Enlistment bonuses and supplies were raised for those in service. The selectmen established a list of prices for commodities and services to try to control rampant inflation. Smallpox inoculation was started and a "pock house" established (now 625 Franklin Street, Whitman) for those infected. Taxes were abated for those who died or were wounded in the service. A "draft board" was established to obtain Abington's quota of soldiers. Finally, Aaron Hobart manufactured cannons at approximately where South Avenue crosses the railroad in Whitman. The Revolution was truly a "total war" for Abington.

—Joseph Shea

*Note: This document is part of an article on the history of Abington (including Rockland and Whitman) residents' military service from colonial times until today. This is one of many articles and history of Abington to be included in the Abington Tricentennial book to be published this fall. Those who are interested in the history of Abington should plan to purchase this book.*

### **MARK YOUR CALENDARS!**

**October 27, 2012** is the date of the 3<sup>rd</sup> annual Abington Community Craft Fair. The craft fair, with your help, has been extremely successful for the last 2 years. We are looking forward to and planning for even greater success this year. As always, we will have a host of creative and talented crafters and vendors displaying interesting and useful items of all descriptions that will amaze and delight you.

Debi with her "All Things Painted" theme, Jeff and the South Shore Wood Turners with their spinning lathe, and Bobbi Autry and her Christmas decorations are among our many returning crafters and vendors. We have several vendors and crafters who are new to us. Terry has beautiful jewelry and Christine with her handcrafted accessories made from scrabble tiles. Wendy's Pops are chocolate lollipops onto which she will add edible photos. Bring photos of your favorite people and take home an edible souvenir.

Of course, we will have tasty fudge, baked goods of all kinds and cookies galore. The Kitchen Divas will be working at full force providing a menu of meatball subs, hot dogs, corn chowder and cider. So, bring all your friends, family and acquaintances. Come and spend the day with us. Have a delicious hot lunch and fill a shopping bag with wonderful items.

### **HELP!!!**

We need volunteer bakers for the craft fair. If you can help us out with baked items such as pies, cakes, cookies, etc., please either contact Pat Beaulieu or add your information to the list located on the table in the foyer. If you would like to donate raw cookie dough, you may deliver it to the Senior Center on Tuesday, October 23. It will be baked on Wednesday, October 24. On your package, please note your name, type of cookie, nuts or no nuts, bake temperature and bake time. Thank you for your help.

### **THANK YOU**

The Gifted Hands group was recently the recipient of a bountiful supply of craft materials donated by Jan Veno. Thank you, Jan. The FOAS kitchen crew appreciates the recent donations of garden vegetables. Thank you all.

### **TALKING TO PEOPLE WITH DEMENTIA**

For the most effective way to talk and communicate with someone who has dementia it is important to remember a few simple rules:

**Body language, communication and Alzheimer's** — Your facial expression, your body language, the tone of your voice become extra important when talking and communicating to someone with neurological problems. If a person with dementia feels threatened, undermined or confused by your communication with them, they may react in a negative way to your interventions, i.e., conversation or information can increase agitation, undermine their confidence, increase their feelings of isolation.

**Environmental awareness aids communication.** — Is the lighting sufficient to aid communication? In conversation we usually look at the face and body of the person talking to us. It helps us to understand content and intent. Make sure you have some light on your face.

**Identify yourself and address the person by name.** — This helps someone with Alzheimer's to orientate.

**Does the person with dementia have hearing or sight difficulties?** — Make allowances for visual and hearing deficits. Look into getting a medical evaluation and aids to assist communication.

**Make sure you have the person's attention.**

**Speak slowly, calmly and distinctly.** — For effective communication you need to balance distinctive speech without treating the person with dementia as a child, without shouting or becoming angry with them if they do not understand. Shouting also affects the tone of your voice and makes understanding more difficult. Do not get angry even if you find yourself becoming frustrated. We all have seen people talking too loudly at people with dementia, it's not nice and it really does not help their self respect and confidence.

**Use simple, direct statements and information.** — • Use words the person can understand. • Do not give more than one instruction at a time. • Do not press for an answer if that worries or confuses them. • Ask questions that require a "yes" or "no" response if that aids conversation and understanding.

**If you do not understand the content of their conversation** — If you do not understand what they have said you can ask them to repeat it. Sometimes conversing with someone with Alzheimer's is not necessarily about understanding, it is about showing care, concern, inclusion and love toward them.

**Correcting wrong information** — It is not necessary to constantly correct the validity of the person's statements if it includes wrong information.

**Give visual cues and write things down.**

**Minimize distracting noise.**

**If your conversation has not been successful, try again later.**

—Christine Kennard, [About.com](http://About.com) Guide. *About.com Health's Disease and Condition content reviewed by the Medical Review Board*

### **PROGRAM ANNOUNCEMENT**

The Massachusetts SMP (Senior Medicare Patrol) is reaching out to ALL Medicare beneficiaries, caregivers, soon-to-be-Medicare beneficiaries and providers to help raise awareness of healthcare errors, fraud and abuse which cost billions of dollars each year. Become an educated consumer. For more information, call the MA SMP Program at 800-892-0890.

*I have a simple philosophy: Fill what's empty. Empty what's full. And scratch where it itches.* —Socialite Alice Roosevelt Longworth



## ABINGTON & THE WORLD 100 YEARS AGO

(A continuation of the "That was the Year that Was" series by David Klein)

The world was a busy place 100 years ago and so was Abington. 1912 started off with several new beginnings. On January 1st the Republic of China was established. Several days later on January 5th, the first National Hockey Association game was played and within a few weeks New Mexico and Arizona became part of the union as the 47th and 48th States in the US. In March the pace of events only intensified as New York City's Isabella Goodwin became the US's first woman detective, the South Pole was discovered, and on March 11th Abington held its Town Meeting where residents voted to proceed with plans that had been in the making for the prior two years to hold its 200th Anniversary celebration the week of June 9th through the 15th of 1912.

Much like this year's 300th anniversary, the celebration included the participation of the towns of Abington, Rockland, and Whitman that had originally made up "Old Abington" (Rockland and Whitman having formed their own towns in 1874 and 1875 respectively). In fact, as pointed out by Doug Ulwick, president of the Historical Society of Old Abington in his recent presentation Abington at 200, the Old Town's Last Hurrah, "Between 1912 and the separation of the three towns, there were just 37 years, so everybody born before that split had a strong sense of nostalgia." Mr. Ulwick was originally quoted in Christine Legere's *Boston Globe* article of February 9, 2012.

That there was a strong common spirit between the towns was evidenced by the committees and contests that were set up for that week in June. For example, Church Bell Ringing took place for 15 minutes at sunrise and sunset during each of the seven days of the celebration. And lest anyone thinks that the coordination of the church bells between the three towns' 21 churches was being left to chance, or even divine intervention, the 200th Anniversary Church Bell Ringing committee was formed and included 15 members. The General Committee under the leadership of Chairman and Town Clerk Daniel R. Coughlin was but one of 22 total committees formed to assure that things would go smoothly. There were committees on things such as: Bonfire Fireworks, Illuminations, Badges, and even a "Bureau of Information." There were also some familiar names among the committee members for Abington's 200th anniversary including: Miss M.W. Dyer, E.A. Dyer, C. M. Packard; W.E. Trufant, F.T. Whiting, Fred L. Bemis, and even John L. Sullivan himself who was on the Committee on Civic and Trades Parades. The Children's committee, Sports committee and Police and Fire committees arranged competitions for kids and adults from all three towns. The contests included old standbys such as: a sack race, a potato race, a three legged race, a 100 yard dash, and a tug of war for the he-men of the towns. Some of the other contests were probably more a product of their times such as the "Pipe Lighting Contest" and the ever popular but politically incorrect "Fat Man's Race." The committees on Expenditures, and Civic & Trade Parades assured citizens that "Sanitariums will be established at the parks and convenient places in town." Meanwhile the committee on Women's Reception & Entertainment collaborated with the Women's Auxiliary to the Abington YMCA to announce that a Ladies Rest Room would be maintained in the parlors of the First Baptist Church in North Abington.

Other interesting and somewhat seminal events were happening in the world. Early in the morning on April 15th the *Titanic* sank off the coast of Newfoundland. On May 5th the Olympics opened in Stockholm, Sweden and on the same day in Russia a communist newspaper called *Pravda* began publishing. Closer to home, on June 4th, Massachusetts passed the first US minimum wage law. And the next month, in an eerily similar precursor to current times in our country, the British National Health Insurance Act went into effect providing health coverage to its citizens.

In the days leading up to Abington's 200th anniversary celebration there were plans for an Official Ball, an Historical Exhibit and various local talent and musical contests to be rotated through Abington, Rockland and Whitman, but perhaps nothing grabbed the attention of those in and around the whole celebration more than the planning of the Committee on the Soldiers' Memorial, chaired by Frank G. Wheatley. The Civil War had ended over 45 years earlier and many veterans in the local Grand Armies of the Republic, or G.A.R.s, were itching to see a monument built. Old Abington, with its proud history of both Civil War service and active participation in the Abolishment movement, would soon be answering this call with the dedication of its now 100 year old Memorial Bridge and Arch. After the dedicatory services the invited guests and the Grand Army veterans were to march to the speakers' stand on Island Grove Park and the dedicatory exercises were to be concluded with the following program: SELECTION – Consolidated Bands, ADDRESS OF WELCOME - Daniel R. Coughlin General committee chairman, KELLER'S AMERICAN HYMN – Male Chorus of 200, ADDRESS – Moses N. Arnold, Presiding Officer of the Day, ADDRESS – William H. Taft, President of the United States.

President Taft was invited to speak at the dedication of the Memorial Arch and Bridge. And, one can reasonably conjecture that there was an initial acceptance, because he is clearly listed as a participant in the official program. But, something must have changed along the way and as quoted in the aforementioned *Boston Globe* article, historian Doug Ulwick referred to a letter of Mr. Taft's, saying that "he declined because he could not leave Washington while Congress was in session." In reality Mr. Taft's ultimate reason more probably involved the preparation that he needed to put in for the following week's Republican convention to be held in Chicago. The incumbent President was smack in the middle of a rough and tumble re-election campaign against two formidable opponents, onetime friend, ally, and fellow Republican Theodore Roosevelt and Democrat Woodrow Wilson. Before meeting Wilson in the general election, President Taft was spending a lot of time participating in something that today we take for granted, state primaries. In fact the President, preceded two days earlier by former President Roosevelt, had been to the Boston area in late April. The candidates made similar visits to Middleborough in late April. The President stopped in Brockton on April 29th on his way to Middleborough. So, though he apparently never made it to Abington, President Taft came tantalizingly close and while we will probably never know, he may have genuinely wanted to participate in the Memorial Bridge and Arch dedications.

Where would a proper Abingtonian have gone for local news coverage of the 200th Anniversary? Why to the *Plymouth County Journal & Abington Herald* of course. In 1912 the Friday weekly newspaper had a subscription cost of \$2. —Source: Joice Himewan of Dyer Memorial Library and Wikipedia. Great thanks to Ms. Himewan for her research help.

**COMMENTS AND SUGGESTIONS**

We would welcome your opinions on the contents of our monthly Newsletter. If you have suggestions for items of interest, or would like to contribute an article, please drop us a line at: Senior Informer, Abington Senior Center, 441 Summer Street, Abington, MA 02351

**GERIATRIC MENTAL HEALTH CLINIC**

Brockton, VA Boston Healthcare System

**Are you a veteran over the age of 65?** Have you had concerns lately, such as feeling depressed, irritable, or angry, having less energy, worrying too much, trouble adjusting to changes, difficulty sleeping, thinking more about the war lately, worrying about being forgetful or confused, grief over loss of a loved one?

These issues are common stresses in later life. Many older adults struggle with these concerns. Fortunately, many treatments can help older veterans and families to make positive changes in their lives and to cope with those things that are harder to change. Our geriatric mental health clinic helps older veterans with these various stresses in later life. Our team includes psychologist, psychiatrists, and social workers who offer the following services: individual psychotherapy/counseling, couples or family counseling, support groups for veterans, medications to help mood, sleep, and memory, and social work and care coordination services.

Geriatric Mental Health Services are available at the Brockton and Jamaica Plain VA campuses; not all services are available at both sites. Please ask your VA primary care provider to refer YOU to our clinic through a consult to “Geriatric Mental Health.” For more information, please call Gayle Clark LCSW, at 774-826-2834.

**BECOME A HOSPICE VOLUNTEER**

Hospice Services of Massachusetts is looking for caring individuals in your area to become volunteers that will provide supportive care to hospice patients and their families that are facing end of life.

As a Hospice Volunteer, you can:

- Do important and rewarding work.
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- Be a comfort and supportive presence to patients and their families.
- Encourage patients to share their life experiences.
- Help with administrative duties and other Hospice projects.

Come join our team as we strive to bring comfort and dignity to our patients and families at end of life.

Make a difference...Join our Team. For more information contact: Jo-Ann Richard, Director of Hospice Volunteer Services Hospice Services of Massachusetts. Phone: 508-558-6545 or 508-291-0049, or by EMail: jrichard@hospiceservicesofma.com

**COOKING MEASUREMENTS**

- Dash is less than 1 teaspoon
- 3 teaspoons.....1 tablespoon (1/2 fl. oz.)
- 4 tablespoons.....1/4 cup (2 fl. oz.)
- 5 & 1/3 tablespoons.....1/3 cup
- 16 tablespoons.....1 cup (8 fl. oz.)
- 2 cups.....1 pint
- 2 pints.....1 quart (32 fl. oz.)
- 4 quarts, liquid.....1 gallon
- 2 pints, dry.....1 quart
- 8 quarts, dry.....1 peck
- 4 pecks, dry.....1 bushel
- 16 ounces.....1 pound
- 1/4 lb. stick butter.....1/2 cup
- 9 eggs.....1 pound

**Apple or Pear Crisp for One**

- 1 apple or 1 pear, peeled and thinly sliced
- 2 tbsp. brown sugar
- 2 tbsp. quick-cooking oats
- 1 tbsp. flour
- 1/8 tsp. cinnamon
- 1 tbsp. butter

**Directions:**

Place fruit in small baking dish. In separate bowl, combine all remaining ingredients, then sprinkle over fruit. Bake at 375 degrees for 25 minutes or microwave on high for 2 and 1/2 minutes or until fruit is tender.

**Stupid Jokes for Your Grandchildren**

- 1) How do you repair a broken jack-o-lantern? Buy a pumpkin patch.
- 2) What is a pumpkin’s favorite sport? Squash
- 3) What does one jack-o-lantern say to the other? “cut it out”
- 4) Why do pumpkins never quarrel? Because they have no stomach for fighting.
- 5) Why are teachers happy at Halloween parties? Because there is lots of school spirit.



*You must give something to your fellow men — even if it’s a little thing, do something for others — something for which you get no pay but the privilege of doing it.*  
—Albert Schweitzer

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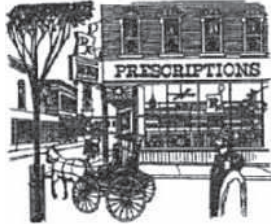
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### Miscellaneous

**Line Dance Schedule:** Dancing with Dot Dunham at St. Bridget's Parish Hall on Friday afternoons, at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 781-293-7727 for more information.

**Support Groups— Open to the Public— No Charge:** Bereavement Group, Abington, meets once a month at the Library, 1st Tues., 6:30 pm; Caregivers Support Group, Rockland COA, 394 Union St, 4th Mon, 1 pm; Prostate Cancer Support Group, monthly, 3rd Wed., 7 p.m., Brockton Hospital, Assembly Room 2nd floor by café. **Nominal fee:** The Norma Kent Pastoral Counseling Center offers a variety of spiritually sensitive mental health services. Please call Lois DiPasqua, LMHC at 781-871-2051 extension 204 to schedule an appointment.

**Food Pantry:** St. Vincent dePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 p.m. 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.

Larry Keough, President; Diane Keith, Vice President; William Kendall, Treasurer; Jack Libby, Asst. Treasurer; Peggy Keating, Secretary

**Informer Newsletter Staff:** Marie Brown, Joanne Curtis, Betty Slinger, Maureen Wall, & David Klein

*Answer to Riddle on page 3 is: White. A house with all sides facing south would have to be on the North Pole, where there might be Polar bears, but no others.*

*Answer to Puzzle on page 3 is: Just once, because after you subtract anything from it, it is not 25 anymore.*

### **Bill of Rights - Amendment II**

A well regulated militia, being necessary to the security of a free State, the right of the people to keep and bear arms, shall not be infringed.

*A little boy and a girl were talking on the school playground. "My dad's an accountant," the boy bragged. "What does your dad do?" "Actually, he's a really important politician," the girl replied. "Honest?" the impressed boy asked. "I didn't say that," answered the girl.*