



The

Senior Informer

DECEMBER 2012

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

Website:
ABINGTONSENIORCENTER.COM

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Volume 9

Issue 12

Council on Aging Board of Directors

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HAPPY HOLIDAYS!

BREAKFAST with SANTA
Dec. 15th, 8AM—Noon
\$5, 4 & under FREE
Abington Senior Center

*How wonderful it is that nobody
need wait a single moment before
starting to improve the world.*

—Anne Frank

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

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Linda Elliot - Van Drivers



YOU AND YOUR CAR

Last month a representative from the Registry of Motor Vehicles brought us informational material about our driving abilities and how to recognize some of the warning signs of possible problems. The *Safe Driver Checklist* included some of the following questions:

Do you have difficulty seeing clearly in the dusk and dark?

Do you have difficulty following construction detours or seeing the police officer on detail near construction zones?

Do you have difficulty keeping up with the posted speed limit?

Do you often get lost on once familiar roads?

Do you forget the basics, such as putting on your headlights and wearing a seat belt?

Are you unsure of your parking skills? Can you parallel park and park in a straight line?

Are you unsure of your reflexes and reaction time? Is it difficult to react quickly in certain situations?

Other questions might be: Are your family members reluctant to ride with you and your grandchildren not allowed to ride with you? Even if you are willing to risk your own life, have you considered the possibility of robbing someone else of theirs?

Massachusetts is a self reporting state. It is your responsibility to report to the Registry of Motor Vehicles any medical condition that may affect your ability to drive. Arthritis may make it difficult to react quickly in an emergency; good vision is extremely important, and any hearing loss should be checked. If you've suffered a loss of consciousness or an episode of altered consciousness (such as low blood sugar, lightheadedness, or disorientation) you must turn in your driver's license for at least six months. Mental abilities – confusion, stress, depression – may affect your ability to drive. And alcohol and the side effects of prescription drugs create definite problems.

Where and when you drive makes a difference. Consider traffic and weather conditions. Avoid heavy traffic periods and dark and rainy nights. Use greater caution while making a left hand turn, or choose a route that avoids difficult turns. Wear your seat belt, and don't speed. Changing lanes is a major problem for adult drivers. Turn your head and look for approaching traffic in the lane into which you'll be moving. In parking lots, choose a spot where you can drive forward when it's time to leave. Park farther away so you will have fewer cars and pedestrians to contend with.

Braintree Rehabilitation Hospital has a driver evaluation program, and AAA has a Safe Driving for Mature Operators class.

Surrendering your license is a major decision. You also surrender your independence and your right to come and go as you please. It also frees you from car repairs, car insurance, shoveling driveways, and other expenses and inconveniences. And, maybe, if car manufacturers continue to progress, we will be able to just jump into a car, program where we want to go, and let the car do the rest. In the meantime, think about your driving, and remember – the Council on Aging has a van for your convenience.

DO YOU REMEMBER? Growing Up in the Fifties*Memories —Anne Reilly*

After graduating from Mrs. Coughlan's Kindergarten on Cliff Street, I attended the Center Elementary School in the late 40's and early 50's where Ms. Clare Crowley was our principal. We had some wonderful teachers including Mrs. Sweeney, Mrs. Edlund, Mrs. O'Connell, Mrs. Palmer and Mrs. Pratt. If you wrote left-handed and had Ms. Ruth Wilkes for first grade your knuckles were hit with a ruler to make you write with your right hand. We all walked home for lunch (home for me was 92 Bedford Street) the first two or three years before lunches began in the cafeteria/gym.



There were two elementary schools in Abington at that time, North and Center. Each spring we had our spring shows at Franklin Hall in the old National Bank Building in center Abington at the corner of Washington Street and Center Avenue where Abington Liquors is now located. The building burnt down in 1960. We walked up the three flights to the hall to give our performance. At the end of the school year we walked from our respective schools (North and Center) to Abington High School (now the Frolio) where we participated in Track and Field Events. It was always a thrill to beat North School in the events.

We attended the 7th and 8th grade at Abington Junior High which opened in the early 50's (the present Beaver Brook Elementary School). We walked home daily from the Junior High and stopped at Lloyd's store for candy, ice cream or soda. (Lloyd's was located on Washington Street opposite the G.A.R. Hall).

Some of our other favorite spots in Abington Center were Erickson's News for the large ice cream cones (where Marylou's is now located) or Bemis Drug which also had a soda fountain. The drugstore was on the corner of Washington Street and Orange Street beside Bailey's Garage which was my father's and is now my brother's place of business. The Golden Slipper (on Center Avenue) was also a favorite; Lucille had penny candy (remember that) and also had many unique items – to go along with her unique personality. Another interesting store in the Abington Center was Solario's (Salario's?? take your pick) Meat Market. The understanding was the meat was always fresh!!

Another great place was "Jim the Greek's" liquor and fruit store (and other assorted items) owned and operated by Telemachus Gakidis who greeted everyone, young and old the same way – "Hello Keed!!" Jim's store was located next to Leo DeCota's Dry Cleaning establishment where the parking lot for Sovereign Bank is now located. My friend and neighbor, Gail Pike and I loved to purchase pomegranates from Jim's store to eat on the way home from school.

Life was so much easier when we were kids growing up in Center Abington!

*A day without sunshine is like, you know, night! —Steve Martin***INFORMER NEWS DEADLINE**

Place in Newsletter in box by 10th of previous month (i.e., 10th of December for the January 2013 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 and the last Tuesday of the month, 9:30 to 12:30; 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 Bridgewaters 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.

FUEL ASSISTANCE

Fuel assistance began on November 1. Call 781-982-2145 to make an appointment.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 509-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

BOOK RECOMMENDATIONS

Non-fiction titles suggested by Beth Anderson Godfrey.

The Worst Hard Times by Timothy Egan —The story of those who lived in the Dust Bowl and tried to survive through the country's worst drought and depression. Ken Burns' series about this time period is on PBS this month.

The Gardner Heist by Ulrich Boser —A fascinating examination of the 1990 theft from the Elizabeth Stewart Gardner Art Museum in Boston. The lost art has still not been found.

Historical Fiction

The True Story of Hansel and Gretel by Louise Murphy —Murphy takes the fairy tale and turns it into a story about the survival of two children left in the Polish forest during WWII

The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer —This is a "feel good" story that takes place on the Isle of Guernsey in the English Channel during WWII. The English, under Nazi control, need a reason to meet and so they establish a Reading Group.

Author Presentation at the Abington Public Library

December 5, 7:00 P.M. **Hank Philippi Ryan** will speak about her mystery novels and new thriller *The Other Woman*.

*I love mankind, it's people I can't stand! —Charles Schultz**The older we get the fewer things seem worth waiting in line for.**I don't know how I got over the hill without getting to the top.*

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:

Steve Georgeakakas Marion Tisdale Annette Murray William Barry Paul Quinn
 Helen C. Crowell

In Memory of:

Jack Reilly by Ann M. Reilly Fran Greenough by Linda Elliott George Crowell by Helen C. Crowell
 Charles Melchin by Marie Melchin Jackie Kristian by Robert Kristian Fran Greenough by Betty Slinger
 Joseph T. Nickley by Marilyn Nickley

Birthday Remembrance: Russell B. Sharpe



**PLAN TO ATTEND—GOOD TIME FOR ALL
 DANCE WITH THE OLDE KIDS BIG BAND on December 5th, 1 PM—3PM
 Abington Senior Center
 Tickets \$6 per person, Refreshments**



Senior Computer Learning Center Open House at Abington Council on Aging

The Senior Computer Learning Center of Mass. Inc. (open to students age 50 or older) at the Abington COA, 441 Summer St., has scheduled an “Open House” on Wednesday, January 9th, from 10:00 to 12:00. SCLC staff and instructors will be on hand to assist with the evaluation, selection, registration and prerequisites for computer courses.

Prior to starting the winter schedule we will be offering two FREE workshops, Basics for Beginners. These workshops are designed to familiarize absolute beginners with mouse operation, keyboard functions, the desktop, and other getting-started skills.

Introductory computer courses will be offered along with advanced courses and workshops. Our lab is set up with 10 modern PCs with the Windows 7 operating system and the appropriate application software. Instructors and staff are all PC experienced volunteers.

The final schedule and calendar are expected to be completed in late December. For information please go to our website **seniorcomputerlearningcenter.org**, or call and leave us a message (between 1:00 and 3:00) at 508-521-4008.

To register by mail (when the schedule is completed in late December): Go to our website. Click REGISTER at the top and PRINT a registration form. Fill out the registration form and enclose a check made out to SCLS. Mail to: Senior Computer Learning Center, c/o Abington Senior Center, 441 Summer Street, Abington, MA 02351 (or you may drop off the application at the Abington Senior Center). To register in person: When the schedule is completed in late December, pre-printed registration forms will be made available outside the lab in the Senior Center.

I BELIEVE IT!

At last, an explanation: "Ever walk into a room with some purpose in mind, only to completely forget what that purpose was? Turns out, doors themselves are to blame for these strange memory lapses.

Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale." It's not aging, it's the door! Whew!

TRAVEL OPPORTUNITIES

If you're looking for an unusual gift idea, here's a possibility for the person with Irish roots—or not. Andy Cooney's Forever Irish at the Aqua Turf Club, Tuesday, March 12, 2013. Celebrate St. Patrick's Day with Andy Cooney at Connecticut's leading banquet facility The Aqua Turf Club. Package includes RT motor coach transportation, elegant luncheon at Turf Club, and Forever Irish Show. \$79 per person. Depart Rockland Plaza at 9:45 a.m., return at 4:30 p.m. For info and reservations call Rita Webster at 781-982-9102.

OUTREACH WITH VALERIE

Medicare and Prescription Drugs — Does it matter which pharmacy you use?

For *many* Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs! All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does.

This year about half of the Medicare drug plans have **preferred pharmacies** in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. There are plans where a drug may cost \$0 at a Preferred Pharmacy, but may cost \$7 at a Non-Preferred Pharmacy.

Some plans also offer a **mail-order program** that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT! CALL 1-800-MEDICARE NOW!

CRAFT FAIR THANKS

The third annual Abington Community Craft Fair was an unprecedented success in every way. There were so many people who contributed to this wonderful day and we wish to thank them all: to the Friends of Abington Seniors, Inc., thank you for your continuing sponsorship of our efforts; to the bakers and all those who donated countless delicious baked good for us to sell; to the makers of beautiful raffle baskets (38 in total) and the many businesses who donated gift certificates (18) for the raffle, we are so grateful to all of you; to Alan Graphics & Signs, whose signs were very noticeable in a year with numerous political ones everywhere; to Bob Toomey, who in the middle of his political campaign was willing to conduct an interview in order to aid our cause; to our many volunteers, whose untiring workers have worked all year to make sure this event was a success; and to the new and returning vendors and crafters, who we hope had a both profitable and enjoyable day.

RECIPE OF THE MONTH — (submitted by Maureen Wall)

Chocolate Mint Brownies This is a fast and easy dessert for the holidays or anytime.

Ingredients: 1 pkg. Double Fudge or reg. Brownie mix; 1/2 teaspoon peppermint extract; and 1 box Andes Creme DeMenthe candies (unwrapped). Prepare brownies as directed on box, adding in the peppermint extract. When the brownies come out of the oven and are still hot, place several candies on the top and allow them to melt, then spread them over the top as a frosting. One can garnish with additional candy pieces if desired.



Sweet Potato Casserole

Ingredients:	3 cups mashed sweet potatoes	1 cup brown sugar	1 egg, slightly beaten
	3/4 cup table cream or heavy cream	1/4 cup melted butter	1 teaspoon vanilla
	1/2 teaspoon cinnamon	1/4 teaspoon nutmeg	
Topping:	1/2 cup dark brown sugar, packed	1/2 cup flour	
	1/2 cup cold butter	1 cup chopped pecans	

Preparation: Preheat oven to 350 degrees. Butter a two quart casserole. Mix all ingredients, except topping. Pour into prepared casserole. In a medium bowl combine sugar and flour, cut in butter until topping resembles small peas. Add pecans and stir gently to combine. Sprinkle over sweet potatoes. Bake for 30 minutes or until sweet potatoes are hot and topping has lightly browned. (4 servings).

SAVE THE DATE —Upcoming Events at the Senior Center

- 12/2 Music Festival/Community Appreciation Get Together, sponsored by St. Vincent DePaul/Abington Food Pantry, light refreshments, all are welcome, 2-4PM.
- 12/5 Old Kids on the Block Big Band, 1-3 PM
- 12/7 Candy Land Event
- 12/8 Polar Express
- 12/11 South Shore Choir Performance
- 12/15 Breakfast with Santa

DECEMBER'S PUZZLE

- 1. $7 \times 3 - ? = 17$
- 2. $? \div 6 \times 4 = 8$
- 3. $16 - 5 + ? = 18$
- 4. $13 \times 3 - 15 = ? \times 4$
- 5. $7 \times 6 \div ? = 17 - 8 \div 3$

See Answers on page 8.

DECEMBER CHUCKLE -- Your Duck is Dead

A woman brought a very limp duck into a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away."

The distressed woman wailed, "Are you sure?" "Yes, I am sure, your duck is dead," replied the vet. "How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head. The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the bird from head to foot. The cat sat back on its haunches, shook its head, meowed softly and strolled out of the room. The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!" The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."

ATTENTION!!

On January 9, 2013 at 9:00 a.m. at the Senior Center the Friends of Abington Seniors (FOAS) will hold their annual meeting for election of officers and Board of Directors. All members (those who have paid their annual dues) are encouraged to attend and participate.

Remind yourself that it's okay not to be perfect.

DECEMBER 2012 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>3</u> 9:00-10:00 Beginners Knitting/ Crocheting Class (\$5) 12:30 Bingo	<u>4</u> 9:00 Cribbage 11:30 Lunch: Hot Dogs, Baked Beans, Potato Salad, Dessert, Beverage 5:30-6:30 Zumba (\$4)	<u>5</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess <i>National prohibition ended, 1933</i>	<u>6</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA <i>Devastating ship explosion, Halifax, NS, 1917</i>	<u>7</u> 9:00 Cribbage 9:00 Shopping Van 11:00 A.M Tai Chi (Free) <i>Pearl Harbor Day</i>
<u>10</u> 9:00-10:00 Beginners Knitting/ Crocheting Class (\$5) 12:30 Bingo	<u>11</u> 9:00 Cribbage 11:30 Lunch: Soup, Sandwich, Chips, Dessert, Beverage 5:30-6:30 Zumba (\$4)	<u>12</u> 9:00 FOAS Mtg. 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess	<u>13</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA	<u>14</u> 9:00 Cribbage 9:00 Shopping van <i>George Washington died, 1799</i>
<u>17</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 12:30 Bingo	<u>18</u> 9:00 Cribbage 11:30 Lunch: Hot Turkey Sandwich, Stuffing, Squash, Cranberry Sauce, Birthday Cake, Beverage 5:30-6:30pm: Zumba (\$4)	<u>19</u> 9:00 COA Mtg. 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess	<u>20</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA <i>US Troops invaded Panama, 1989</i>	<u>21</u> 9:00 Cribbage 9:00 Shopping van <i>Winter Solstice, shortest day</i>
<u>24</u> CENTER CLOSED <i>Christmas Eve!</i> <i>Gettysburg Address, 1863</i>	<u>25</u> CENTER CLOSED <i>Merry Christmas!</i>	<u>26</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess <i>Harry Truman died, 1972</i>	<u>27</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA <i>WWII Battle of the Bulge ended, 1944</i>	<u>28</u> 9:00 Cribbage 9:00 Shopping Van 11:00 A.M. Tai Chi (Free)
<u>31</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) CENTER CLOSED AT NOON. <i>End of 2012, celebration of New Year's Day</i>	January 1, 2013 CENTER CLOSED Happy New Year! <i>Dec. 1 Rosa Parks refused to give up her seat on the bus</i> <i>Dec. 2 —13th Amendment adopted, prohibiting slavery</i>	FYI: IN CASE OF INCLEMENT WEATHER AND THE ABINGTON SCHOOLS ARE CLOSED, THE SENIOR CENTER WILL ALSO BE CLOSED. FYI: Menu is subject to change.	<u>29</u> FYI: Menu is subject to change. <i>Dec. 8 US entered WWII, 1941</i> <i>Dec. 9 First day of Chanukah</i> <i>Dec. 15 Bill of Rights went into effect</i>	<u>30</u> <i>Dec. 15 Sioux Chief Sitting Bull killed, 1870</i> <i>Dec. 16 WWII Battle of Bulge began, 1944</i> <i>Dec. 26 Boxing Day (Canada); 1st day of Kwanzaa</i>

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MEET YOUR NEIGHBOR

Probably most Abingtonians are familiar with Sun-Ra-Lea Farm on Linwood Street, but how many people actually know much about the busy lady who lives there. Lurane Ryerson was born and brought up there and has lived on Linwood Street her entire life, taking over the farm from her parents.

The farm's current livestock consists of 3 horses, 3 goats, 2 llamas, 50 chickens, and an old dog. Except for the chickens and the dog, all the other animals have been taken from uncaring owners and placed at Lurane's home by Animal Rescue. Visitors are welcome, and the grandchildren are happy to give tours. Eggs are for sale, sometimes on the honor system. Buyers may take the eggs, write down their name and amount paid, and take their eggs from the refrigerator in the barn. Usually there are other items available in season: raspberries, strawberries, peas, lettuce, spinach, beans, squashes, pumpkins, tomatoes, peppers, and egg-plant, and apples and peaches. All produce is grown pesticide and herbicide free at the Farm and at the Community Gardens. Lurane has recently begun winter gardening in her greenhouse. Already swiss chard, kale, collards, and herbs have begun to sprout, kept warm at night by plastic film and bricks that have been sun-heated during the day. She is also working to germinate tomato plants.

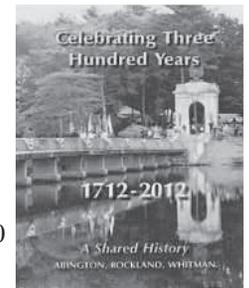


Lurane is involved with many Abington activities. She is the assistant chairperson on SAGE and has worked with others on finding funding to provide Level 1 energy savings on all 13 town buildings, including the Senior Center. The cost to update the equipment at the Center is expected to be recouped within four months as a result of the savings in gas and electric usage. Lurane works on the Community Gardens at the Griffin Farm, helping to get the plots assigned in the summer, revitalized in the fall, and is there every Saturday during the summer at the Farmers' Market.

She has also become a member of the Board of Director for the Council on Aging and is interested in Senior Center activities and perhaps replanting the Senior gardens. She is interested, interesting, and apparently tireless. She is the mother of two children and a grandmother to three girls. In her spare time, she goes horseback riding.

TRICENTENNIAL COMMEMORATIVE BOOK NOW AVAILABLE! —Nancy Reid

After many months of gathering information and taking pictures, the Tricentennial Committee is pleased to announce that the long-awaited commemorative book of Old Abington's Tricentennial is finally finished and available at a cost of only \$20. The book entitled: "Celebrating Three Hundred Years 1712-2012: A Shared History - Abington, Rockland, Whitman," contains over 240 8 x 10 pages of text and pictures, including dozens of colored pictures from the year-long Tricentennial Celebration events. The picture of the bridge with 300 luminaries at night is simply breathtaking. The cover features the procession of color guards crossing Island Grove Bridge toward the Memorial Arch on September 22, 2012. The procession marched to the grove prior to the beginning of the re-dedication ceremony held in front of the Abolitionist Memorial rock. Civil War re-enactors also participated in the procession and were encamped at Island Grove for the weekend. Many pictures of the encampment are in the book.



The sections about each town were written by residents of their respective towns of Abington, Rockland and Whitman. The book begins with a timeline of events in Abington's history and the section is interspersed with pictures from more than a century ago. There are well over 1,000 pictures in the book that evoke pleasant memories for those who have lived in the Town for a number of years or have families who have lived in the Town. In addition to the pictures of celebration events, other pictures in color include the work of the 30 student winners of the "Thirty for the 300th" contest chosen from hundreds of entries submitted from all grades in the schools of the three towns.

Nearly 500 copies of the limited edition book were sold in the first week it was available, so those planning to purchase a copy should not wait too long to do so. This book is a "must have" item for every "Old Abington" family. It will make a wonderful family keepsake or a gift for someone else. The advertisements are even fun and interesting to read. Those who purchased the ads helped fund the publishing of the book thus making the book affordable at a cost of only \$20.

Locations where the book may be purchased are as follows: Abington- Bemis Drug, Slattery Insurance Agency, Abington Public Library, Abington Senior Center and the Office of the Town Clerk in the Abington Town Hall; Rockland- Butterfields Restaurant and the Town Clerk's Office in the Rockland Town Hall; Whitman- Duval's Pharmacy, Harding Print, 15 Colebrook Blvd., and the Town Clerk's Office in the Whitman Town Hall. For those who need a copy mailed, the cost is \$26.

Checks should be made payable to the Abington Tricentennial Committee. Questions regarding the books may be sent via email to: abington_ma_300th@verizon.net. The Tricentennial website is: www.abington300th.webs.com.

THANK YOU

The Friends of Abington Seniors wish to thank the Gifted Hands Group for their recent \$1000 contribution, one of several donations resulting from the sale of their hand-crafted items.

ODDS & ENDS

Remove burnt remnants from a pot by filling it with a few inches of water, adding a few tablespoons each of white vinegar and baking soda and simmering it for about 10 minutes. Remove from the heat and let it cool completely before cleaning the pot as usual. Repeat as necessary.

To get rid of weeds that shoot up between your sidewalk cracks or the borders in your driveway, put salt on the unwanted grass in the cracks and crevices and either water it or let it rain on it. It's less expensive than a chemical spray, and it kills it right off. When buttering a baking dish, wear a plastic sandwich bag like a glove while holding a stick of butter. Once done, return the butter to its wrapping and dispose of the plastic bag.



South Shore

Rehabilitation & Skilled Care Center
24-hour Skilled Nursing
Short-Term Rehabilitation
and Respite Care

115 North Avenue
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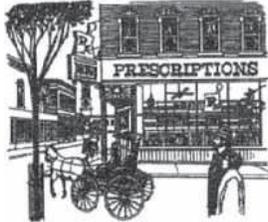
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Miscellaneous

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.

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

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

Answers to puzzle on page 4: 1) 4 2) 12 3) 7 4) 6 5) 14

Bill of Rights – Amendment IV

The right of the people to be secure in their person, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

*If you don't read the newspaper, you are uninformed. If you read the newspaper, you are misinformed. ~ Mark Twain
I cook using the 4 food groups, canned, boxed, bagged & frozen. --Aunty Acid, www.facebook.com/auntyacid*

Research Notes: In 1912 there were eight churches in Abington alone, including: the First Baptist Church on Adams Street in North Abington, the Catholic Church (St. Bridget's R.C.) on Central Street, the First Congregational Church on Washington Street, the Fourth Congregational Church on Randolph Street, North Abington, the General Church of the New Jerusalem (Abington Branch) on Orange Street, the Methodist Chapel on Randolph Street, West Abington, the New Jerusalem Church on the corner of Centre Avenue and Dunbar Street, and the First Universalist Church on the corner of Washington and Chapel Streets.—*David Klein*