



The

Senior Informer

Volume 10

Issue 1

JANUARY 2013

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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—HAPPY NEW YEAR—

FREE CATERED VALENTINES BRUNCH

Abington Senior Center
Tuesday, Feb. 12, 2012

Limit 100 people, sign up begins
Feb. 01, 2012 at the Center.

Age doesn't matter unless you're a
cheese.

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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John Freese - Custodian
Susan Young - General Services
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Linda Elliot - Van Drivers



THE REWARDS OF VOLUNTEERING—PRICELESS

Delivering MOWs, driving someone to a Boston appointment, working at the food pantry, there are many ways to volunteer but they all require that you give something of yourself including your time. Nevertheless, it's said you receive more than you give, perhaps in ways you never expected. With that in mind, we decided to reprint the following piece written in 1990 by retired Abington librarian Nancy Reid a well-known volunteer who has enthusiastically and tirelessly worked on many varied projects and committees over the years. This piece is excerpted from "The Other Canada Band Trip," *Abington Music Notes, Spring 1990, October 2001*

"It was in 1973, when I was recruited by the late Paul K. Smith to handle publicity for the music festival Abington was hosting, that I became hooked on youth music programs.

My first experience as a chaperone came in 1978 when Mr. Smith entered the AHS contingent of 114 musicians, 40-member drill team, 12-member flag squad, and 10 majorettes in the International Blossom Festival parade in Niagara Falls, Canada. There were over 900 students in the high school then and 5 buses made the trip.

It was imperative to Paul Smith that the band practice their music the night before the big parade but as usual it was rainy outside. You can imagine the scene as the entire band in parade formation took over the dining hall at the top of the hotel and practiced their parade music from the *New World Symphony*.

Serving as drum major--tall fur hat, mace and all--was Debbie Mascaro, a national baton twirling champion. Debbie was a good leader and quite impressive with the many medals she had won glistening across her uniform. An example of her leadership came at the conclusion of the parade (which passed the Canadian Falls, the mist blowing over the band) ... it was still a half-mile to the buses through a great deal of congestion. Many bands disbanded at this point, but not the AHS band. They marched single file behind Debbie, winding their way to the buses--not stopping their cadence until the last member had arrived. Spectators, as well as other bands, stood in awe, applauding. I still get goose bumps remembering this sight.

It was somewhat fitting that the parade song that year was from *New World Symphony* because it seems that from that time on a whole "new world" of musical experiences was just beginning for me and for the Town of Abington."

In another reprint excerpted from, "The Return Is Priceless," *Abington Music Notes, February 2000*, referring to the rewards of volunteering, Larry Corcoran (a music parent) stated: "My volunteering began a number of years ago for the reason that most of us get involved. My children were involved with the Music Department, and I wanted to offer support by helping wherever I was needed. ... The expected happened. The shows went on ... but something was happening that I didn't anticipate. I was enjoying a personal satisfaction that I couldn't define. I was getting to know people who I'd seen around town for years. Not only was I becoming friendly with them, but they were becoming my friends. ... We were having fun and getting to know each other in a manner different than we'd ever expected.

For me personally, what started out as a desire to help support the kids has taken on a new dimension. I've received rewards that I never anticipated and can only define by using other people's words. I'm reminded of an interview given by the late singer Harry Chapin who referred to a quote by Pete Seeger, the ultimate American volunteer and dubbed, in some circles, as the "Conscience of America." When asked about the benefits and rewards of participation, Seeger replied, "I'm not quite sure my participation has made any difference. But I can tell you one thing, involvement with these issues means you're involved with the good people, the people with the live hearts, the live eyes, the live heads." Chapin added, "Just think of it in terms of your own lives. Who are the people that are your best friends? They're the people who make your life worthwhile, usually people who are committed to something. So in the final analysis, commitment in and of itself ... is truly something that makes your life more worthwhile."

Using this context as a yardstick to measure return on my efforts, I've received back much more than I've given. When I'm involved with any project or event with the Music Department ... the return I receive by giving a little of my time to help provide a forum for this talent is priceless."

BOOK RECOMMENDATIONS

For Mystery/Detective Story Lovers 2012 has been a great year for mystery stories. These are all on the bestseller list and suggested by Beth Godfrey.

Defending Jacob by William Landay: A murder trial, a teenage boy, and a grand jury investigation of the boy's family are engrossing. The ending will demand that you talk about it to anyone who has read the book.

Gone Girl by Gillian Flynn: This mystery deals with domestic violence, but the mystery is not as simple as that. The plot twists never stop. The book also explores the role of reporters...reputations can be made or destroyed by their reporting, and they may not always have it right.

Broken Harbor by Tana French: Broken Harbor is a town on the English seaside. As the economy suffers, so does a family when the father loses his job and cannot find another. The novel opens with the murders of the husband, the wife and their two children. It is one detective's job to find the murderer. The psychology that drives the story makes this novel. If you like *Broken Harbor*, you will also like her *Into the Woods* and *Faithful Place*.

Nonfiction

The Children's Blizzard by David Laskin: This blizzard is also called the Schoolhouse blizzard. In 1888, a fierce storm suddenly appeared and swept across the plains killing hundreds of people, some of them children on their way home from school. This book makes us very thankful for our meteorologists.

River of Doubt by Candice Millard: Teddy Roosevelt was determined to map an uncharted part of the Amazon River. This non-fiction book, part adventure and part biography, details Roosevelt's trek into the jungles of South America as he attempts to follow the River of Doubt from its source back to civilization.

MUSICAL APPRECIATION AT THE SENIOR CENTER

On December 2nd, the St. Vincent de Paul Society, Abington Food Pantry, sponsored a music festival in appreciation to the local community for their support of the food pantry. Our old friends, the O.P.A.L.S. led off with Christmas carols, followed by soloists Dennis Leonard, Katie Beckvold, and Clayton Stone (all accompanied by Carrie Bates on the piano). The Bessettes finished the program with familiar popular tunes, and then refreshments were served in the dining area.

On December 5th, the Old Kids on the Block Big Band performed in the afternoon. They will be back in March.

On December 11, The South Shore Choir sang for our Tuesday luncheon folks. Some of the residents from the Colony House Nursing Home attended the luncheon and remained with the regulars to hear our favorite Christmas carols. All in all, a very pleasant noon hour.

Don't cry because it's over, smile because it happened.
—Dr. Seuss

Lost time is never found again. —Benjamin Franklin



INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of January for the February 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.

F-16 vs. C-130

A C-130 was lumbering along when a cocky F-16 flashed by. The jet jockey decided to show off. The fighter jock told the C-130 pilot, 'watch this!' and promptly went into a barrel roll followed by a steep climb. He then finished with a sonic boom as he broke the sound barrier. The F-16 pilot asked the C-130 pilot what he thought of that?

The C-130 pilot said, 'That was impressive, but watch this!' The C-130 droned along for about 5 minutes and then the C-130 pilot came back on and said, 'What did you think of that?'

Puzzled, the F-16 pilot asked, 'What the heck did you do?'

The C-130 pilot chuckled. 'I stood up, stretched my legs, walked to the back, relieved my bulging bladder, and got a cup of coffee and a cinnamon roll.'

The moral of the story is, when you are young and foolish, speed and flash may seem a good thing! When you get older and smarter, comfort and dull is not such a bad thing!

The best thing about the future is that it comes one day at a time.
—Abraham Lincoln

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:

John & Barbara Reeves

Harold & Sue Norton

Dave & Judy Stevens

Philip & Margaret Filosi

In Memory of:

Edward J. Kiernan by Muriel Kiernan

Barbara (Libby) Coburn by Barbara Libby

Douglas B. Footit by Marguerite Footit

Anita Minnehan by Joanne Curtis

Special thanks to everyone who contributed in any way to the Friends of Abington Seniors, and we wish you all a happy and healthy new year..

VALENTINE'S BRUNCH

On Tuesday, February 12, the Friends of Abington Seniors will be providing a catered brunch for our Seniors. Although the brunch will be free, pre-issued tickets will be necessary. The tickets will become available on Friday, February 1, at 10 AM at the Senior Center. Phone calls will not be accepted, you must come in to sign up. Menu: Home Fries, Scrambled Eggs, Bacon, Sausage, Ham, Assorted Fresh Fruit, Muffins, Scones, Breakfast Breads, Orange Juice, Coffee, Tea.

THE SENIOR COMPUTER LEARNING CENTER OF MASS—OPEN HOUSE ANNOUNCEMENT

The SCLC (a non-profit organization) is now in its second year at the Abington COA and will be hosting an open house and registration on January 9th from 10-12. You are invited to take a tour of our well equipped computer classroom, learn more about details of our courses and register for the courses. Instructors, coaches and staff will be on hand to answer questions and provide assistance. Most classes are scheduled weekly and are from five to eight weeks long. The starting point for most beginners is the ***Basics for Absolute Beginners*** class followed by the ***Introduction to Computers*** class.

A list of the anticipated classes follows:

Two, FREE, ***Basics for the Absolute Beginner*** (one morning and one afternoon class, January 10th)

Two, ***Introduction to Computers*** classes

Learn about your new iPad with ***Exploring the Pad***

Learn All about Windows7 (for the more advanced student)

Trace your roots with the popular ***Introduction to Genealogy*** course.

Learn how to process your digital pictures with the ***Digital Photo Editing*** class.

Several shorter (one to three day) workshops are also being scheduled. For more information and to register by mail: Go to the website: **www.seniorcomputerlearningcenter**. Click REGISTER at the top and PRINT a registration form. Fill out the form and enclose it with a check made out to SCLC. Mail to the: Senior Computer Learning Center, c/o Abington Senior Center, 441 Summer Street, Abington, MA 02351, or you may drop off the application. To register in person: Forms will be available outside the classroom at the Senior Center.

7 HABITS OF THE HIGHLY EFFECTIVE BRAIN

- 1) Have a nutritious diet
- 2) Focus sequentially, don't multi-task, do multi-sense
- 3) Be physically active
- 4) Participate socially
- 5) Sleep well, and long enough
- 6) Challenge yourself mentally
- 7) Have an optimistic, accepting attitude.

*Unfortunately, many people do not consider fun an important item on their daily agenda. For me, that was always high priority in whatever I was doing.
Test Pilot General Chuck Yeager*

OUTREACH WITH VALERIE — JANUARY 2013

Hello everyone, and happy New Year! We are now heading into the snowy winter months, which here in New England can mean sleet, ice, and large snow accumulations. No matter how many years of driving experience seniors have under their belt, winter weather can still present a wide variety of challenges. AARP offers the following information for staying safe on winter roads:

- Winterize your vehicle to make sure brakes, headlights and heaters are all working properly.
- Stop gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- Turn on your headlights to increase your visibility to other motorists, and keep your lights clean and free of ice or debris.
- In unfavorable driving conditions, reduce your speed and increase the distance between your car and the one in front of you. Remember that it takes more time to stop on icy roads.
- Stay alert. Look ahead to give yourself more time to react safely to situations without suddenly braking or skidding.
- Before driving, clear all snow and ice from your vehicle’s hood, windows, and roof.
- Use snow or all-season tires or chains for better traction and smoother slowing. Remember that even with snow tires, you should use extra caution while driving in inclement weather- no tires allow you to drive on snow or ice at normal speeds.
- Take extra precautions on bridges, overpasses, and shaded areas, which can freeze first, and remain icy longer than roadways. A road on which ice and snow are completely frozen is pretty slippery, even though it provides more traction than a road with melting ice.
- In wet driving conditions, do not drive faster than the windshield wipers can clear water from the windshield. Make sure your wiper blades are in good shape, and replace them yearly.
- Equip your car with emergency supplies such as blankets, food, water, spare fuses, a flashlight with batteries, an ice scraper, flares and a first aid kit

HEALTH CARE PROXY

One of your New Year’s Resolutions should be to make sure your Health Care Proxy is completed and up to date. The proxy is a legal document that allows you to name someone you know and trust to make your health care decisions, if for any reason, you are unable to do so yourself. It can be completed without an attorney or notary. You can name a relative or close friend that will be available to communicate with your caregivers and make decisions about your health care if you cannot. You should discuss with this person your wishes and beliefs so that decisions may be made in keeping with them. The proxy should be kept where it can be easily found, and copies should be given to your physician and the person you have chosen as your agent. A Health Care Proxy is important, not only for you, but for those who will be in charge of your care.

FILE OF LIFE

This, too, is important. A completed, up-to-date File on your refrigerator will give emergency responders information as to your doctor, preferred hospital, emergency contacts and current medications.

RECIPE OF THE MONTH — *(submitted by Joanne Curtis)*

SNICKERDOODLES

- | | |
|-------------------------------------|-----------------------|
| 1 cup soft shortening (part butter) | 1 ½ cups sugar |
| 2 eggs | 2 ¾ cups sifted flour |
| 2 tsp. cream of tartar | 1 tsp. soda |
| ¼ tsp. salt | 2 tbsp. sugar |
| 2 tsp. cinnamon | |

Heat oven to 400. Mix shortening, the 1 1/2 cups sugar and eggs thoroughly. Sift together flour, cream of tartar, soda, salt, and stir in. Form dough into balls the size of walnuts. Roll in mixture of the 2 tbsp. sugar and cinnamon. Place about 2” apart on ungreased baking sheet. Bake 8 to 10 minutes. Makes about 6 dozen.



JANUARY’S PUZZLE

Replace the missing vowels to complete these animal homes:
 1. CV 2. CT 3. FRM 4. NTHLL 5. PRY 6. RKRY 7. LDG 8. RTH 9. VRY 10. RST
See Answers on page 8.

JANUARY CHUCKLE -- Husbands Are Husbands

A man was sitting reading his papers when his wife hit him round the head with a frying pan. 'What was that for?' the man asked. The wife replied, 'That was for the piece of paper with the name Jenny on it that I found in your pants pocket'. The man then said 'When I was at the races last week, Jenny was the name of the horse I bet on.' The wife apologized and went on with the housework. Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon re-gaining consciousness the man asked why she had hit him again. Wife replied... 'Your horse phoned.'

DID YOU KNOW THESE FACTS ABOUT JOHN QUINCY ADAMS

He was known as the “Accidental President” because the 1824 Presidential election was decided in his favor by the U.S House of Representatives after he failed to win either the popular vote or the Electoral College vote. After the Presidency, he served nine terms in the U.S. House of Representatives.

KITCHEN WISH LIST: Paper Napkins, Sweet’n Low

SAVE THE DATES

Upcoming Events at the Sr. Center

- 1/9--SCLC computer classes open house & registration
- 2/1--Sign up for Valentine’s Brunch begins
- 2/12--Valentine’s Brunch

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.

JANUARY 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>1/8 Elvis Presley born, 1935</i> <i>1/17 Brink's Robbery, 1950</i> <i>1/26 Full Wolf Moon</i> <i>1/27 Vietnam War ended, 1973</i> <i>1/29 Raccoons mate</i></p>	<p><u>1</u> CENTER CLOSED <i>Happy New Year!</i></p>	<p><u>2</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u></p>	<p><u>3</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>11:30 Lunch: TBA</u></p>	<p><u>4</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 A.M Tai Chi (Free)</u></p>
<p><u>7</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>12:30 Bingo</u></p>	<p><u>8</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken, Broccoli, Ziti, Crusty Bread, Dessert, Beverage <u>5:30-6:30 Zumba (\$4)</u></p>	<p><u>9</u> <u>9:00 FOAS Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u></p>	<p><u>10</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>11:30 Lunch: TBA</u></p>	<p><u>11</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 A.M Tai Chi (Free)</u></p>
<p><u>14</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>12:30 Bingo</u></p>	<p><u>15</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Beef Stew, Corn Bread, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>16</u> <u>9:00 COA Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u></p>	<p><u>17</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: TBA</u> Chair Yoga changed to Monday, 1/14 (one time only) <i>Benjamin Franklin born, 1706</i></p>	<p><u>18</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 A.M Tai Chi (Free)</u></p>
<p><u>21</u> CENTER CLOSED <i>Martin Luther King Day observed.</i></p>	<p><u>22</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Corn Chowder, Chicken Salad Sandwich, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>23</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u></p>	<p><u>24</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>11:30 Lunch: TBA</u></p>	<p><u>25</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 A.M. Tai Chi (Free)</u></p>
<p><u>28</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>12:30 Bingo</u> <u>Christine McAuliffe Day, Challenger Disaster, 1986</u></p>	<p><u>29</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> American Chop Suey, Salad, Birthday Cake, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>30</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u> <i>Franklin D. Roosevelt born, 1882</i></p>	<p><u>31</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>11:30 Lunch: TBA</u></p>	<p>IN CASE OF INCLEMENT WEATHER AND THE ABINGTON SCHOOLS ARE CLOSED, THE SENIOR CENTER WILL ALSO BE CLOSED. <i>FYI: Menu is subject to change.</i></p>

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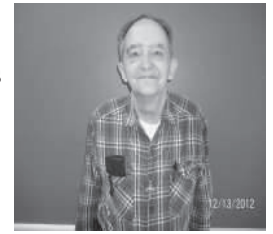
1-800-732-8070 ext. 3429

email: mbell@4LPi.com



MEET YOUR SENIOR CENTER CUSTODIANS

In case you don't know her name, we're sure you have recognized and had a conversation with her! Susan Young has been working at the Senior Center for 2 years now. You would recognize her as she helps you carry something, brings you your meal, cleans your lunch plates, or brings you hot coffee or tea. She keeps the Ladies Room "sparkling" and always adds some cheer to your day. Susan has become our Senior Center Librarian, a position she takes great pride in and also is in charge of medical equipment at the center. Susan is an individual who lends a hand wher-



ever help is needed and though she only works 20 hrs. a week, she certainly earns her keep. She truly loves her job at the Center ... and we all love Susan.

Mr. "Jack of All Trades," John Freese, has been working part time at the Senior Center for more than 3 years. John is responsible for organizing rooms for meetings, setting up tables and chairs for events, making sure everything is "ready to go." He also keeps his eyes and ears open to be sure that things are running smoothly and timely, and that everything is back in shape following these meetings and events. John also monitors who needs an "arm" to help them go in and out and is always at the ready with the wheelchair for those clients needing a ride. Both John and Susan are always busy and always available to help in any way they can.

A BRIEF HISTORY OF THE SERVICE OF ABINGTON RESIDENTS – Joseph Shea

1946-1963: Korean War

From 1947 to 1972, there was a peacetime draft for the first time. This, and the Cold War, led to large numbers of Abington men and women serving in the Armed Forces. At least one (Ralph Thompson) died during active duty in the late 1950s. In 1950 the Korean War broke out. Abington sent 147 residents (2% of the population). Thankfully, none from Abington died. Rockland sent over 230 residents into the service; Whitman had 393 serve and 7 die in the Korean War.

Vietnam

From the early 1960s to the early 1970s, 302 Abington residents (3% of the population of Abington) served during the Vietnam War. Many served in Vietnam itself; others in bases or ships around the world during the Cold War. Seven Abington residents lost their lives in the Vietnam War. The most memorable death was Special Forces Staff Sergeant Richard Fitts who was killed November 30, 1968, but his body was not found and identified until early 1990. His body was brought home to burial in Abington with a procession through the town. The local Vietnam Veterans Chapter is named in honor of Sergeant Fitts. Rockland had 668 residents serve during the Vietnam conflict with also 7 killed. Whitman had 557 serve and 5 die.

1975-Present

In the last 20 years Abington men and women have continued to serve their country during the 1991 Gulf War (27 served) and the ongoing War on Terror which started after 9/11 (43 residents are listed on Abington's Veterans Memorial; more have or are serving but are not listed). Thankfully no members of the Armed Services from Abington have died. Whitman has had 312 serve and 2 have died. Rockland has had approximately 306 serve with two killed in action in Iran – LCPL Walter O'Haire, USMC on May 9, 2007; SPC Matthew M. Pollini, US Army was killed on January 22, 2009. These four are the latest residents of the 3 towns to die in our country's service. Let us pray they are the last. Since the town's first settlers in 1668 (344 years), we have an estimate of 9,000 residents serving and at least 350 dying in the service (tragically, 1 died for each year since the first settlers). The actual totals of those who served and those who died may be greater. —*Note: This document is part of an article on the history of Abington included in the Abington Tricentennial book which is now available for purchase.*

MOVIE REVIEW – Lincoln

What does Steven Spielberg's *Lincoln* have to offer, besides of course the great research and writing of Concord's own Doris Kearns Goodwin, among others? When it comes to President Abraham Lincoln and the Civil War, such an important point in our nation's collective history, we may assume that most events are common knowledge. Of course that's almost never really the case, and so too, here we have a film portrait of the story of the passage of the 13th amendment that outlawed slavery in the United States, but which followed a path very different than many may know about. The Union won the war, lesson learned! So Congress amended the Constitution and slavery was outlawed, right? Well, not exactly. Our country was beaten down by four years of brutal internal strife and war. No, the year is not 2013, but rather 1865. President Lincoln freed the slaves with the Emancipation Proclamation two years earlier, but were they truly free? Lincoln's proclamation was an executive order made during war time. To outlaw slavery in the US for future generations, the President was pressing for the passage of a constitutional amendment. The challenge was that many in Congress, as well as Lincoln's own cabinet, were arguing for the war to be brought to an end first. The President realized, however, that the war's end, as crucial as it was to be, could have been the pretext that anti-abolitionists needed to stop momentum for the amendment ending slavery. You know where we're at today, but to see how this played out is alone worth going to see the movie. Afterwards, you'll begin to understand why it took another 55 years for women to achieve the right to vote.

The film itself is beautifully crafted, as we have come to expect of a Spielberg directed project. The acting was extraordinary through and through. Daniel Day Lewis has to be a favorite to win another best actor Oscar. He may well be looked upon as the definitive Abraham Lincoln portrayal of our time. Sally Field was enormously good as well. She gives us a Mary Lincoln that avoids cliché and intersperses layers of complexity. The cast boasts many strong peripheral characters including the excellent Tommy Lee Jones as Thaddeus Stevens, who showed us that the intricate world of politics was as alive and well 150 years ago as it is today. *Lincoln* is one of those movies that are worth seeing on the big screen! --David Klein



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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.

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Answers to puzzle on page 4: 1. Cave, 2. Cote, 3. Farm, 4. Anthill, 5. Apiary, 6. Rookery, 7. Lodge, 8. Earth, 9. Aviary, 10. Roost

Bill of Rights – Amendment V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia when in actual service in time of War or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb, nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.