



The

# Senior Informer

FEBRUARY 2013

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

Website:  
ABINGTONSENIORCENTER.COM

Suzanne Djusberg, Director  
COADirector@Abingtonma.gov

Volume 10

Issue 2

## Council on Aging Board of Directors

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## HAPPY VALENTINE'S DAY

### FREE ST. PATRICK'S LUNCHEON

Abington Senior Center  
Tuesday, March 12, 2013  
Limit 100 people, sign up begins  
March 1, 2013 at the Center.

*One loyal friend is worth ten thousand relatives. —Euripides*

## ACTIVITIES

Bingo  
Blood Pressure Screening  
Bridge & Chess  
Chair Yoga w/Joanne  
Computer Classes  
Cribbage  
Hearing Tests  
Knitting & Crocheting Group  
Legal Assistance  
Mah Jongg  
Quilting Class  
Senior Lunches  
Tai Chi & Zumba  
**COUNCIL ON AGING STAFF**  
Suzanne Djusberg - Director  
Valerie O'Loughlin -  
Outreach Coordinator  
Karen Butler -  
Nutrition Coordinator  
Jean Connell -  
Transportation Coordinator  
John Freese - Custodian  
Susan Young - General Services  
Jack Brown, David LaCouture,  
Linda Elliot - Van Drivers



## THE BLIZZARD OF '78

Thirty five years ago this month, the Blizzard of '78 roared through New England. Beginning late on February 6 and lasting over 32 hours, more than two feet of snow fell, accompanied by sustained winds of 86 miles an hour, with gusts up to 111. Coastal areas—including Scituate, Hull, and Revere—were flooded, with tides reaching 16 feet above normal levels. More than 10,000 coastal residents were evacuated. Homes were destroyed, some never to be rebuilt. A lot of people died—some were asphyxiated trying to keep warm in their snowed in cars, some died shoveling snow; a little girl drowned in Scituate, a small boy perished under the snow. The *Can Do*, a pilot boat from Gloucester, sank on its way to a rescue mission, with all 5 crew members lost. In an 8 mile stretch of Route 128, 3,000 cars and 500 trucks were stranded. A state of emergency was declared, by our governor and by the president. National Guard troops were mobilized, and Federal troops with 24 cargo planes of equipment were airlifted to Massachusetts. Personnel and equipment from the South Weymouth Naval Station pitched in to help.

All usual activities and schedules were put on hold during the cleanup. For non-coastal residents, it became a kind of “time out.” There was no driving – most of the streets were impassable, and Governor Dukakis had banned all non-essential travel. People pulled out their sleds and hiked out to buy milk and bread—talked to neighbors and talked to strangers. They were patient with themselves and with each other, and maybe looked at things they hadn't really seen for awhile. Within a fairly short time, the hiatus was over, and it was back to everyday living.

The storm and its aftermath lasted just a few days—overwhelmingly sad for some, memorable for all.  
*—Thank you to Merlyn at the Dyer Memorial Library for her assistance with this article.*

## BLIZZARD REMEMBRANCES

The blizzard was the first time COA Director **Suzanne Djusberg** had ever seen snow. She had just moved from sunny southern California and was regretting that decision as snowflakes kept falling and falling, with no end in sight.

**John Freese** was called up by the National Guard and spent two weeks in Hough's Neck in Quincy, discouraging and arresting looters.

**Joe Coughlin**, a heavy equipment operator for the City of Boston, was sent out on his bulldozer to begin plowing the main route from West Roxbury towards Jamaica Plain.

**Red Greenleaf** just finished his last delivery of the day at Trucchi's and headed home as the first snowflakes were falling. He parked his truck in his yard, and there it stayed for the next six days until his neighbor finally used a backhoe to set him free. Red went to his main office in Easton where they were doing a great business selling candy, chips, peanuts, etc., to all those folks who had been without their usual food supplies for quite some time. During his travels, Red met people who had been stranded in the storm and had sought and found refuge with strangers. New friendships were thus established, sometimes to the detriment of old relationships.

**BOOK RECOMMENDATIONS**

These are all on the bestseller list and suggested by Beth Godfrey.

**Nonfiction**

*The Immortal Life of Henrietta Lacks* by Rebecca Skloot: Henrietta Lacks, an African American woman, died of cancer. Her body became the source of the first cells which were cultured to create an immortal cell line for research. Today those cells are known as the HeLa cell line.

**Historical Fiction**

*The Soldier's Wife* by Margaret Leroy: Another World War II story set on the Isle of Guernsey. It traces the relationship between a British housewife and a Nazi soldier. Beautifully written. The question: What would you do for your family?  
*The Paris Wife* by Paula McLain: Part pure history and part fiction, McLain examines the five years of Ernest Hemingway's first marriage. This is the time of the "lost generation" as writers fled America for Paris. The novel is a fascinating look into Hemingway's personality and the lives of the those who were part of his 1920's world.

*The Mistress of Nothing* by Kate Pullinger: The Victorian author, Lucie Duff Gordon, ill with tuberculosis, left England with her maid, Sally, and settled in Egypt where the climate was more beneficial. There she wrote *Letters From Egypt*. So popular were these letters that the money earned from their sale helped support her family in England, and are still in print today. This novel is a fictionalized account of the lives of Gordon and her maid in the strange (to English eyes) world of 1800's Egypt.

**THANK YOU**

I wish to thank all of the volunteers who helped with our Breakfast with Santa on December 15, 2012. They were too numerous to list individually. A special thanks to Frank Burke, who played Santa. He was wonderful! A special thanks to Suzanne Djusberg, our Director, for her assistance. We received many compliments on the event and look forward to next year. See you then. —Diane Keith

**Did You Know These Facts about Andrew Jackson?**

Also known as "Old Hickory", he was the 7th President of the U.S. from March 4, 1829 to March 3, 1837. He was the first President born in a log cabin, was the first President to ride on a railroad train while President, was the first President who was the object of an attempted assassination (January 20, 1835), and was the first Presidential candidate nominated by a national convention.

**FOAS ANNUAL ELECTION RESULTS**

On January 9, Friends of Abington Seniors, Inc. (FOAS) held their annual election of officers with the following results:

Darlean Lewis, President  
Larry Keough, Vice President  
Bill Kendall, Treasurer  
Jack Burns, Associate Treasurer  
Peggy Keating, Secretary  
Mary Cordeiro, Clerk

**INFORMER NEWS DEADLINE**

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

**TAX ASSISTANCE**

Begins February 13. Call the Center at 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 508-521-4008 or by email go to [www.seniorcomputerlearningcenter.org](http://www.seniorcomputerlearningcenter.org).

**THE HEARING AID**

A man was telling his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."  
"Really," answered the neighbor. "What kind is it?"  
"Twelve thirty," the man replied.

**HEALTH WARNINGS**

Symptoms you should NOT ignore!

- (1) Sudden intense headache
- (2) Chest pain
- (3) Unexplained weight loss
- (4) Unusual bleeding
- (5) High or persistent fever
- (6) Shortness of breath
- (7) Sudden confusion

You know your body best, so if you see or feel something different or just feel "off", pay attention and don't dismiss it! Better to be safe than sorry.

**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 started 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:**

Cheryl Leone      Michael Kovalski      Jim & Joy Franey      Anne C. McCarthy      Liz & Arthur Holbrook  
 Steve Georgeakakis      Peter & Una Walsh      Matt & Marti Mulholland

**In Memory of:** Edward J. Kiernan by Muriel Kiernan      Kendra (Libby) Coburn by Barbara Libby

**Donations:** Liz & Arthur Holbrook      Anna M. Fopiano

*Special thanks to everyone who contributed in any way to the Friends of Abington Seniors.*

**ST. PATRICK'S LUNCHEON**



On Tuesday, March 12, the Friends of Abington Seniors, Inc. will sponsor a luncheon at the Senior Center. As in past years, the food will be prepared and served by members of the Abington Lions organization. Reservations will be necessary and will be limited to 100 people. Sign up will begin at 10:00 AM on March 1 (the first Friday in March). No phone calls will be accepted, you must come in to sign up.

**POND SKATING**

Do you remember pond skating - Island Grove, or at some other pond? Your first double runner skates, then graduating to the single blades? Remember when you were finally allowed to go by yourself (after the Park Commissioner had measured the ice), and how the older kids taught you how to stop, with the ice flying up from the blades, and how to skate backwards. Remember skating from the bandstand, under the bridge, to Central Street and then back to the Centre Avenue dam, and around again to the cove. Remember the boys playing hockey – the banging and yelling and the sound of the puck skidding across the ice. The special skating at night, with small fires and marshmallows, and playing snap the whip. Do you remember how cold your feet were, and how the pain almost brought tears when it was time to take off the skates? Not many people pond skate now – most go to the rinks. That’s probably a lot safer, but maybe not as much fun.



**REALLY OLD NEWS**

*Excerpts from Abington Town Report, 1929*

Report from the Police Chief: Staff: 1 Chief and 4 Special Officers

Arrests: 154 (140 male; 14 female)

Majority of arrests were motor vehicle related; one notable arrest was for possession of 9 hornpout

Report from the Fire Chief: Staff: 2 Permanent and 36 Call Firefighters

Responded to 83 fires and alarms

Report from the Board of Health: 87 contagious diseases reported, predominantly scarlet fever and whooping cough.

**5 FAST WAYS TO FIGHT FATIGUE**

1. **Open a window**, take deep breaths.
2. **Refresh yourself** with a quick face wash.
3. **Do simple stretches**.
4. **Laugh**—lifts the spirits.
5. **Meditate**—relieves anxiety.

*“Life’s tough, pilgrim, and it’s even tougher if you’re stupid.” —John Wayne*

**OUTREACH WITH VALERIE — JANUARY 2013**

Hello everyone, hope your winter is going well and I hope everyone had a wonderful holiday season! It's back to business here with just a few notes that I would like to touch upon this month. First off, senior citizens still receiving their Social Security benefits by paper check must take action soon- March 1, 2013 is the final deadline by which all remaining federal benefit check recipients must receive their money electronically. That is the date the electronic payment law goes into effect, switch to electronic payments now before time runs out. Check recipients can sign up for direct deposit or the Direct Express card by calling toll-free 1-800-333-1795, visiting [www.GoDirect.org](http://www.GoDirect.org), or talking to your local Social Security office. The process is fast, easy, and free! Individuals will need their Social Security number or claim number, their 12 digit federal benefit check number and the amount of their most recent federal benefit check. If choosing direct deposit, recipients also will need their financial institution's routing transit number, account number, and account type. There are no sign-up fees or monthly fees to receive benefits electronically.

Next, I have a quick Medicare Part D plan update. If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transitional refills**. Transitional refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary, OR that has restrictions (prior authorization or step therapy). It is important to understand that a **transitional refill is only a temporary solution**. You need to call your doctor right away to talk about switching to a drug your plan does cover OR filing a request with our Part D plan for a "formulary exception". A transitional refill is not for a new prescription. You can only get one if you were already taking the drug before you signed up for the new plan. Also, a transitional refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover. If you are in the same plan as last year, you may still be able to get a transitional refill if your plan removed a drug you had been taking in 2012 from its 2013 formulary, for reasons other than safety. Not all pharmacists know about transitional refills. Ask your pharmacist to call your Part D plan for special instructions.

**RECIPE OF THE MONTH — Chocolate Chip Treasure Cookies**

- 1 1/2 cup Graham cracker crumbs
- 1/2 cup flour
- 2 tsp baking powder
- 1 14 ounce can sweetened condensed milk
- 1/2 cup butter, softened
- 1 1/3 cup coconut
- 12 ounces semisweet chocolate
- 1 cup walnuts

Preheat oven to 375 degrees. Mix graham cracker crumbs, flour, and baking powder. In large mixing bowl, beat sweetened condensed milk and butter until smooth. Add dry ingredients and mix well. Stir in coconut, chocolate chips, and walnuts. Drop by rounded table-spoonfuls onto ungreased baking sheets. Bake for 9 to 10 minutes or until lightly browned.

**3-2-1 Small Cakes** by Nancy Austin —submitted by Susan Young

Mix Angel Food cake mix (dry) and any flavor cake mix (dry).

Take cup, add 3 tablespoons of the dry cake mix and mix well with 2 tablespoons of water.

Put in microwave and microwave for 1 minute.

Take out of cup and eat. Makes about 23 little cakes.

(You can store dry mix and use as needed.)

**FEBRUARY'S PUZZLE**

Word Builder – Using the letters provided, answer these clues. Every answer must include the letter **G**.

Letters: L, E, E, T, G, I, N, A, N

5 Letter Words: Oversized person, Spy, Cherub, Magic Spirit, Vassal, Sparkle.

6 Letter Words: Motor, Friendly, Deny, Consuming, Hungry bird, Peace-loving.

7 Letter Words: Tilting, Ancestry, Immune system stimulator, Alpine flower, Edible jelly

8 Letter Word: Knot *See Answers on page 8.*

**FEBRUARY'S CHUCKLE -- Feel Like a Nut?**

A tour bus driver was driving a busload of senior citizens when a lady tapped him on the shoulder and offered him a handful of peanuts. He gratefully accepted. About 15 minutes later, she handed him another handful, repeating the gesture two more times.

"Why don't you eat them yourself?" the bus driver finally asked.

"We can't chew the nuts," she answered. "No teeth."

Puzzled, the driver inquired. "Then why do you even buy them?"

"Because," the lady replied, "we love the chocolate around them."

**KITCHEN WISH LIST:** Small dessert plates, regular coffee (not decaf).

*It is one of the old blessings of old friends, that you can afford to be stupid with them.*

—Ralph Waldo Emerson

**SAVE THE DATES****Upcoming Events at the Sr. Center**

2/1—Sign up for Valentine's Brunch begins

2/8—Senator Keenan office hours at Sr. Ctr., 10:00 a.m.

2/12—Valentine's Brunch

3/1—Sign up for St. Patrick's Day Lunch begins

3/12—St. Patrick's Day Lunch

*The reason Politicians try so hard to get re-elected is that they would 'hate' to have to make a living under the laws they've passed.*

# FEBRUARY 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2/2 <i>Groundhog Day</i> 2/10 <i>Chinese New Year</i> 2/13 <i>Tax Assistance begins at Sr. Center. Call for appointment.</i></p>				<p><u>1</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p> <p><i>National Freedom Day</i></p>
<p><u>4</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>9:30-11:30 Beginners Mah-Jongg</u> <u>12:30 Bingo</u></p>	<p><u>5</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Shepherd's Pie, Rolls, Dessert, Beverage <u>5:30-6:30 Zumba (\$4)</u></p>	<p><u>6</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>7</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>11:30 Lunch: TBA</u></p>	<p><u>8</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>10:00 Meet with Senator Keenan</u> <u>11:00 Tai Chi (Free)</u></p> <p><i>Boy Scouts founded 1910</i></p>
<p><u>11</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>9:30-11:30 Beginners Mah-Jongg</u> <u>12:30 Bingo</u></p>	<p><u>12</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Valentine's Day Brunch <u>5:30-6:30pm: Zumba (\$4)</u></p> <p><i>Abraham Lincoln Born 1809</i></p>	<p><u>13</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><i>Ash Wednesday</i></p>	<p><u>14</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Valentine's Day</i></p>	<p><u>15</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (Free)</u></p>
<p><u>18</u> CENTER CLOSED</p> <p>Washington's Birthday Observed</p>	<p><u>19</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Meatball Subs, Chips, Tossed Salad, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>20</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>21</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (Donation)</u> <u>11:30 Lunch: TBA</u></p>	<p><u>22</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p> <p><i>George Washington Born 1732</i></p>
<p><u>25</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>9:30-11:30 Beginners Mah-Jongg</u> <u>12:30 Bingo</u></p> <p><i>Full Snow Moon</i></p>	<p><u>26</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken Chow Mein, Noodles, Pineapple, Birthday Cake, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>27</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>28</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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## THE BEST EXOTIC MARIGOLD HOTEL

Review by David Klein

**“Everything will be all right in the end....if it’s not all right then it’s not the end.”**

Memorable Quote from *The Best Exotic Marigold Hotel*

“British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than its advertisements, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.” This is a quote from [Imdb.com](http://Imdb.com), which describes the set-up for Director John Madden’s movie adaptation of Deborah Moggach’s novel. Indeed, “slowly begins to charm in unexpected ways” is the key, for *The Best Exotic Marigold Hotel* is a movie that many mature adults seem to enjoy more than the critics at large. And, count me as among those that liked this movie. I’ll call it a slightly age-biased four stars (out of five) as it includes one of my favorite all-time quotes, “Everything will be all right in the end...if it’s not all right then it’s not the end.” The cast is a who’s who of great British actors including Judi Dench and Maggie Smith, but it also includes Dev Patel as the overly optimistic Indian hotel owner. Some may remember Patel as the young lead actor from the Oscar winning hit *Slumdog Millionaire* of a few years ago. If you missed it in the theaters, *The Best Exotic Marigold Hotel*, while not brilliant, makes a very enjoyable rental.

### TRAVEL OPPORTUNITIES

**March 3-5:** Two nights at Atlantic City Resorts Casino. Bonus package \$25 cash, 2 buffets, and 1 show. \$169 ppd.

**March 12:** Andy Cooney’s Forever Irish, band, Irish sopranos, Irish stepdancers, buffet dinner, corned beef & cabbage, baked scrod. \$79 ppd.

**April 26:** The Don Who Show, singer, impersonator, comedian; dinner at Wright’s Chicken Farm, family style. \$49 ppd.

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

### MEET OUR NUTRITION/MEALS ON WHEELS COORDINATOR

Karen Butler joined the Council on Aging staff as recently as last year, but she has been a member of our community for thirty-seven years. In case you don’t always find her in her office, Karen is often out visiting our clients who have their meals delivered daily, assessing their nutritional needs and diet, and ensuring that those seniors are satisfied with the services. Karen coordinates our Meals on Wheels drivers and is very proud of all her volunteers. These are the people who bring in a client’s meal, stop to say hello and at the same time check on the seniors well being. The Meals on Wheels program is short-term as well as long-term, depending on a client’s circumstances at a given time, and must be authorized by the client’s physician.



At times she is out delivering meals herself if any of the regular drivers are out sick or away. Karen helps out at the Thurs. luncheon at the center as well. She is always cheerful and ready to help anyone out. I would be remiss if I didn’t mention this, Karen is always looking for extra Meals on Wheels drivers in the event a regular driver is out sick or is away, so let us know if you or someone you know would like to help out and fill in here and there to deliver a meal. —Maureen Wall

### MAH-JONGG

The COA is proud to introduce Mah-Jongg! Ann Reilly has started a group, for the novice to slightly more experienced players, on Mondays from 9:30 to 11:30 at the Senior Center. In case you didn’t know, Mah-Jongg is a traditional Chinese game played by 4 people around a square table. The game is played with 144 tiles rather than playing cards. So, why not check this out and do something different in these long dreary winter months.

### GARDENING CLASSES AT ABINGTON LIBRARY

The Gardening Classes at the Abington Public Library will continue on February 13 and 27th, on March 6th and 20th, and on April 3rd. These classes are sponsored by Abington’s S.A.G.E. Topics covered by Shelley Vaugine, Master Gardener, will include preparing the ground, purchasing seeds (vegetables, fruits, flowers and herbs), nurturing the plants, picking and preparing the produce. There will be no charge for these classes.

### SENATOR KEENAN OFFICE HOURS

Senator Keenan will be at the Senior Center on Friday, February 8, at 10:00AM, and will be available to answer questions you may have.

### SELF-CARE FOR THE CAREGIVER

Recognize Stress, Rate your tension levels, Keep a stress diary, Exercise, Learn relaxation techniques, Laugh, Express yourself artistically, Talk about challenges, Give yourself pleasant events once or twice a week, Practice relaxation. —Alzheimer’s Association

*If you would have a lovely garden, you should live a lovely life. —a Shaker saying*  
*The lion and the calf shall lie together, but the calf won’t get much sleep. —Woody Allen*



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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

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

Darlean Lewis, President; Larry Keough, Vice-President; William Kendall, Treasurer; Jack Burns, Asst. Treasurer; Peggy Keating, Secretary; Mary Cordeiro, Clerk

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

*Answers to puzzle on page 4:* Giant, Agent, Angel, Genie, Liege, Glint, Engine, Genial, Negate, Eating, Gannet, Gentle, Leaning, Lineage, Antigen, Gentian, Gelatin, Entangle

### Bill of Rights – Amendment VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusations; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the Assistance of Counsel for his defence.

*Politicians are the same all over. They promise to build a bridge even where there is no river. —Nikita Krushchev, Russian Soviet politician*

*We hang the petty thieves and appoint the great ones to public office. —Aesop, Greek slave and fable author*