



The

Senior Informer

Volume 10

Issue 3

MARCH 2013

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

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ABINGTONSENIORCENTER.COM

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MARCH...IN LIKE A LION, OUT LIKE A LAMB

March "comes in like a lion, out like a lamb," according to a saying which dates back to the 17th century...or sometimes it's the other way around. The old saw is a cliché in modern meteorological circles, but it's not necessarily a reliable forecasting guide. March is the transition between winter and summer, often starting with stormy weather before becoming mild later. Perhaps it's best to take the saying at face value. March may well start with fierce weather, but is always likely to end with some spring in its step. So, we have to wait and see what March 2013 brings! What's *YOUR* guess?

—Maureen Wall

HAPPY ST. PATRICK'S DAY FREE ST. PATRICK'S LUNCHEON

Abington Sr. Ctr., Tues., Mar. 12
Limit 125 people, sign-up required.
NO PHONE CALLS
\$Donations accepted for
Food Pantry

*May your blessings outnumber the
shamrocks that grow, and may trouble
avoid you wherever you go.*

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
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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

HOUSE NUMBERS FOR SENIORS PROGRAM

Thanks to an anonymous donation, the Abington Council of Aging is pleased to announce a new program that will provide our seniors who need them with reflective house numbers free of charge.

Many houses are not numbered, or not numbered clearly, making them very difficult to locate in an emergency when seconds count. Police, Fire, Meals on Wheels, Postal and Transportation will find you faster when your home is properly marked. (Besides, it's the law.)

Your house should have 4" high numbers in contrasting colors on the house – not the door – so the numbers can be seen from the street. If you have numbers make sure they can be seen from the street. Put the numbers under lighting, and use numbers with a contrasting background so they will be visible at night. If your driveway is long, post your house number on both sides of a mailbox or sign pole at the end of the driveway near the road. Be sure to keep the numbers visible by trimming trees and bushes.

Protect yourself, your family, and your property by having large, visible house numbers.

APPLICATION FOR HOUSE NUMBERS



Name _____

Address _____

Telephone Number _____

If you need help or new numbers, please complete the form above, and return by mail or drop off in the designated box at the Senior Center:

Abington Council on Aging
Attn.: Marie Brown, Chairwoman
441 Summer Street
Abington, MA 02351

BOOK RECOMMENDATIONS

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

Fiction

The Sandcastle Girls by Chris Bohjalian: This book is historical fiction about the Armenian genocide in World War One. Bohjalian was inspired to write this novel because his grandparents were of Armenian descent and lived through this terrible time. The book is also a wonderful love story between an Armenian man and a Boston blueblood. The story moves between the present and WWI as the author connects the lives of generations.

The Secret Keeper by Kate Morton: Morton has written another wonderful family story that centers around a mystery and a love that involves several generations. Morton's writing style makes it almost impossible to put the book down. It's one that you wish would never end. If you have never read Kate Morton, you need to! Her other novels are as wonderful as this one. Try *The Forgotten Garden* and *House at Riverton*.

The Last Child by John Hart: This one is a murder mystery that rises above simple plot. The characters range from the evil to the good, from those who lie to protect their misdeeds, to those who are the victims. As the story begins, we learn that a young girl was abducted a year ago. She has never been found and her twin brother, as young as he is, is trying to find out what happened to her. Why people do what they do is the theme that drives Hart's novels. If you like this one, try his *Down River* and *King of Lies*.

**INFORMER NEWS DEADLINE**

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

Tax assistance began on 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.

HIT BY A TRUCK

An old man goes to answer a knock at the door one evening to find two sheriff deputies standing there. "Sir, are you married?" one deputy asked. "Why yes," the old man replied, "for 48 years." "Do you have a photograph of your wife sir?" the second deputy questioned. The old man pulled a picture out his wallet and handed it to the officers. They looked it over and handed it back to him. "Sir, I'm sorry but it looks like your wife has been hit by a truck." The old man says, "I know sir, but she's got a wonderful personality and she's a great cook."

OUT OF THE MOUTH OF BABES!

The COA recently received some feedback from one of our Meals on Wheels clients who found a Christmas card that accompanied the lunch. The card was designed by an elementary school student, in the hopes of bringing Christmas cheer to one of our seniors—which it did. The verse read..."Merry Christmas. I hope you don't die." You just got to love the naivete of a child!

Did You Know These Facts about Martin Van Buren?

He was the 8th President of the U.S., inaugurated in 1837 and served only one term. He was the only President with a bilingual upbringing (Dutch and English); was one of the shortest Presidents (5 ft. 6 inches tall); the first President born an American citizen instead of a British subject; and according to some accounts, the expression "OK" originated as an abbreviation for "Old Kinderhook" (one of his nicknames) and was used as a slogan to express support for Van Buren.

VOLUNTEER OPPORTUNITIES

Would you like to run a store? Volunteers needed to organize and set up the *Christmas with Santa* gift shop. For further information, call Diane Keith at 781-982-2145.

NEWSLETTER MAILINGS

Due to the sizable increase in mailing costs, we are asking those of you who regularly visit the Senior Center to pick up your Newsletter there. We will have a copy with your name on it reserved in a special slot. A sign up sheet will be available on the entrance table.

ADOPT A HYDRANT

The recent storm has left most hydrants buried in snow and not readily available in case of fire. Any time spent by the firemen in finding and digging out a hydrant is time lost in controlling a fire. Why not check on the hydrant nearest your home, and make sure it is free of snow and/or any debris. Adopt it. You'll feel safer.

When you reach the end of your rope, tie a knot in it and hang on.
—Thomas Jefferson

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:

Judith Sylvia	Ellen Wilbur	John Force	Grace McGin	Paul & Barbara Januszewski
Dorothy Trosky	Steve Georgeakakis	Margaret Parker Force		Francesco & Carla Melandri

In Memory of:

Edward Kiernan by Muriel Kiernan	John J. Force by John & Margaret Parker Force
Richard Trosky by the Trosky Family	Santino “Sonny” Nicasastro by Peggy Nicasastro

Donations:

Jim Howell

Lifetime Membership:

Jerry Snuffer

REALLY OLD NEWS

Excerpts from Abington Town Report, 1929


School Nurse Report – 1929: At one of the monthly inspections, 110 children were found to be 10% underweight; 30 children were designated as 20% overweight.

Classes on Mothercraft were offered to 8th grade girls; a course on Home Hygiene and Care of the Sick was given to freshmen girls.

The total school salaries, including the Superintendent and Teachers was \$74,700 for the year.

In 1929 there were 1,376 dwellings in town; 5960 acres, and 2,875 registered voters.

DO YOU REMEMBER? — THE ETRUSCO



On St. Patrick’s Day, March 17, 1956, the Italian freighter *Etrusco* was blown ashore onto the beach at Cedar Point, Scituate. Although the weather had been fair during the trip which began in February from Emden, Germany, the ship encountered blizzard conditions as it neared the Massachusetts coast. At about 8 pm that night, heavy winds drove the ship onto the shore and then further onto the beach as the night progressed. Members of the crew were all safely rescued the next morning and benefited from the hospitality of the people of Scituate. The ship remained there for several months, attracting many visitors. The Italian owners sold the vessel as salvage, and on Thanksgiving Day it left for emergency repairs in Boston and then to Baltimore where it was christened the *S.S. Scituate*. There is an exhibit on the *Etrusco* at the Maritime & Irish Mousing Museum on the Driftway in Scituate.

CARBON MONOXIDE ALERT

Abington Fire Chief John Nuttall would like everyone to be aware of the possibility of carbon monoxide poisoning. Please make sure that your dryer vents and your heater vents are clear and working properly. If you are using portable heaters, be careful that you are not replacing the air in your home with poisonous gases. Carbon monoxide is quick, deadly, and sneaky. The law requires every home to have a carbon monoxide detector. Make sure that you do, and that it is in working order.

Flourless Oatmeal Peanut Butter Cookies: (submitted by Mary Wall)

Ingredients: * 1-1/4 cups rolled oats * 1/4 cup sugar * 1/4 cup peanut butter * 1/2 tsp baking powder * 1 egg * 2 tbsp butter, softened
 Directions: * Preheat oven to 350°F. * Combine all ingredients in a large bowl. Mix well until batter is blended evenly. * Portion cookies onto a greased baking sheet, approximately 1 to 2 inches apart. * Bake cookies for approximately 12-15 minutes. * Remove cookies from baking sheet and allow to cool on wire rack. * Makes 1 dozen. * Eat and enjoy.

OUTREACH WITH VALERIE — MARCH 2013**Need help with prescription drug costs? Prescription Advantage may be your answer!**

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs.

Who can join?

If you are a Massachusetts resident, eligible for Medicare and are:

—65 years or older with an annual income at or less than \$55,850 for a single person or \$75,650 for a married couple

Or, you're under 65 years and disabled, with an annual income at or less than \$21,000 for a single person or \$28,444 for a married couple.

How can Prescription Advantage help you?

—If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare D coverage gap (donut hole).

—If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan now, instead of waiting for Open Enrollment in October.

—If you are NOT currently enrolled but you need a Part D or Medicare Advantage plan now, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. Also, help is available from the SHINE program. Call the Senior Center and ask for a SHINE appointment, our trained SHINE volunteer offers free, confidential counseling on all aspects of health insurance to anyone on Medicare.

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

Set the oven at 350. Butter a 2 quart baking dish.

Sift together:

1 cup sugar

½ cup flour

½ teaspoon baking powder

¼ teaspoon salt

Separate 3 eggs. Beat the whites until stiff. Beat in, a spoonful at a time: ½ cup sugar.

Set aside. Without washing the beater, beat the yolks until light. Add:

2 teaspoons grated lemon rind

¼ cup lemon juice

2 tablespoons melted butter

1 ½ cups milk.

Stir into the flour mixture. Beat until smooth. Add the beaten whites and fold gently until no whites show. Pour into the baking dish.

Set in a pan of hot water ½ inch deep. Bake 45 minutes. Chill at least 1 hour.

**MARCH'S PUZZLE**

Can you rearrange each of these sets of letter blocks into a word?

PL A ED AP UD

JE IN CT TER

WHI ST LE ER

ECU ON EX TI

ROG CE AR AN

See Answers on page 8.

MARCH'S CHUCKLE -- The Senior Driver

My neighbor was working in his yard when he was startled by a late model car that came crashing through his hedge and ended up on his front lawn. He rushed to help the elderly lady driver out of the car and sat her down in a lawn chair. He said with excitement, "You appear quite elderly to be driving."

"Well, yes I am," she replied proudly. "I'll be 97 next month and I am now old enough that I don't even need a driver's license anymore. The last time I went to my doctor he examined me and asked if I had a driver's license. I told him, Yes, and handed it to him. He took scissors out of a drawer, cut the license into pieces, and threw them into the wastebasket, saying, 'You won't need this anymore.' SO, I thanked him and left!"

KITCHEN WISH LIST: Bingo ladies request small dessert plates. Kitchen ladies request large aluminum pans.

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

3/1—Sign up for St. Patrick's Lunch begins at 9AM

3/5—Home Instead program on Senior Fraud & Abuse, 11AM

3/6—Olde Kids on the Block, Music and Dancing, 1:00-3:30PM; \$6

3/12—Meet with Sate Rep. Geoff Diehl, 10:00AM

3/12—St. Patrick's Lunch

3/19—Old Colony Elderly Services program, 11AM

"I fear the day that technology will surpass our human interaction. The world will have a generation of idiots." —Albert Einstein

If you can stay calm while terror surrounds you, you probably haven't fully understood the situation.

—Anonymous

Be yourself, everyone else is already taken. —Oscar Wilde

MARCH 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3/3—<i>National Anthem Day</i> 3/10—<i>Daylight Savings Time Begins</i> 3/17—<i>St. Patrick's Day; Don't forget to view parade, start time 1PM</i></p>	<p>3/31—<i>Easter Sunday</i></p>		<p>IN CASE OF INCLEMENT WEATHER AND THE ABINGTON SCHOOLS ARE CLOSED, THE SR. CTR. WILL ALSO BE CLOSED.</p> <p><i>FYI: Menu is subject to change.</i></p>	<p><u>1</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (Free)</p>
<p><u>4</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 9:30-11:30 <u>Beginners Mah-Jongg</u> 12:30 <u>Bingo</u></p>	<p><u>5</u> 9:00 Cribbage 11:00 Home Instead presentation 11:30 Lunch: Macaroni & Cheese, Ham, Vegetable, Dessert, Beverage 5:30-6:30 Zumba (\$4)</p>	<p><u>6</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p>	<p><u>7</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA</p>	<p><u>8</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi (Free)</p>
<p><u>11</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 9:30-11:30 <u>Beginners Mah-Jongg</u> 12:30 <u>Bingo</u></p>	<p><u>12</u> 9:00 Cribbage 10:00 Meet with State Rep. Geoff Diehl 11:30 Lunch: Corned Beef & Cabbage Dinner 5:30-6:30pm: Zumba (\$4)</p> <p><i>Girl Scouts founded, 1912</i></p>	<p><u>13</u> 9:00 FOAS Mtg. 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p>	<p><u>14</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA</p>	<p><u>15</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi (Free)</p> <p><i>Beware the Ides of March</i></p>
<p><u>18</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 9:30-11:30 <u>Beginners Mah-Jongg</u> 12:30 <u>Bingo</u></p>	<p><u>19</u> 9:00 Cribbage 11:00 Old Colony Elderly Services program 11:30 Lunch: Soup & Sandwich, Crackers, Dessert, Beverage 5:30-6:30pm: Zumba (\$4)</p>	<p><u>20</u> 9:00 COA Mtg. 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p> <p><i>Vernal Equinox</i></p>	<p><u>21</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA</p>	<p><u>22</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (Free)</p>
<p><u>25</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 9:30-11:30 <u>Beginners Mah-Jongg</u> 12:30 <u>Bingo</u></p>	<p><u>26</u> 9:00 Cribbage 11:30 Lunch: Steak & Cheese Subs, Chips, Cole Slaw, Dessert, Beverage 5:30-6:30pm: Zumba (\$4)</p> <p><i>Passover begins</i></p>	<p><u>27</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:00 Bridge 10:30 Chess</p> <p><i>Full Worm Moon</i></p>	<p><u>28</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Donation) 11:30 Lunch: TBA</p> <p><i>Maundy Thursday</i></p>	<p><u>29</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (Free)</p> <p><i>Good Friday</i></p>

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For Information Call

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ABINGTON READS

Abington Reads is a community event sponsored by the Abington Public Library. During February and March join us in reading *Dark Tide* by Stephen Puleo. This book details the fascinating history of the 1919 Boston Molasses flood. Events for adults, teens and children are planned, culminating in a visit from *Dark Tide* author Stephen Puleo on Monday March 25th at 7:00 PM in the Copeland Room at the Abington Public Library.

Abington Reads is brought to you with federal funds provided by the Institute of Museum and Library Services and administered by the Massachusetts Board of Library Commissioners. Please note that the two cooking programs are sponsored by the Friends of the Library with funds donated in memory of Mary Caron.

Abington Reads 2013 Calendar of Events

Sat. Mar. 2 at 1:00 PM

Discovery Museums present Physical Changes of Matter. Children in Grades 2 – 5.

Sat. Mar. 2 at 2:00 PM

Discovery Museums present Physical Changes of Matter. Teens in Grade 6 and older.

Wed. Mar. 6 at 7:00 PM

Historian Dr. Gary Hylander. Boston, 1919. Adults and Teens.

Thurs. Mar. 14 at 7:00 PM

Cliffhanger Club discusses *The Great Molasses Flood* by Deborah Kops. Children & Parents.

Sat. Mar. 16 at 2:00 PM

Some of These Days: Understanding History Thru Music Concert by Jim & Maggi Dalton. Adults/Family.

Wed. Mar. 20 at 10:30 AM

Discussion of *Dark Tide* at the Abington Senior Center.

Thurs. Mar. 21 at 7:00 PM

Italian Inspired Healthy Cuisine, a hands-on Cooking Program with Kathleen Delaney. Adults.

Mon. Mar. 25 at 12:15 PM

Author Stephen Puleo visits Abington High School. Event for AHS students only.

Mon. Mar. 25 at 7:00 PM

Author Stephen Puleo speaks at the Abington Public Library. Adults & Teens.

TRAVEL OPPORTUNITIES

April 26: The Don Who Show, singer, impersonator & comedian. Dinner at Wright's Chicken Farm, family style. \$49 ppd

May 1: Newport Playhouse "Spreading It Around" play & cabaret with great buffet. Wealthy widow starts a foundation S.I.N. "Spending It Now" to fool her unappreciative children. After the play, sit back and enjoy a Cabaret show. \$76 ppd.

June 5: Fresians of Majesty – Enjoy these beautiful horses performing a fantastic choreographed musical show displaying their skill and beauty. A delightful lunch served at the Putney Inn. \$79 ppd. Contact Rita Webster at 781-982-9102 for information on all trips.

HEALTH WARNINGS—IMPORTANT: Stroke Identification

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke. He said that the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough. So, this advice is well worth repeating and passing along to everyone you know. RECOGNIZING A STROKE....remember these "3" steps, STR (first letters of word stroke):

S - ask the individual to SMILE;

T - ask the person to TALK and speak a simple sentence coherently (for example, it is sunny out today);

R - ask him or her to RAISE BOTH ARMS; and finally,

one new sign to recognize a stroke - ask the person to stick out their tongue (if tongue is crooked or goes to one side or the other, this can be another sign of a stroke).

GARDENING CLASSES AT ABINGTON LIBRARY

The Gardening Classes at the Abington Public Library will continue on March 6th and 20th, and on April 3rd. These classes are sponsored by Abington's S.A.G.E. Topics covered by Shelley Vaughn, 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. Call library for times.

IN APPRECIATION

Our thanks to **Bayview Graphics** for their assistance and generosity in providing windshield placards to identify our Meals on Wheels drivers. Recently while one of our drivers was delivering a meal at Chestnut Glen, her car—with all her personal belongings, as well as the other meals to be delivered—was towed away during her 10 minute absence. We hope these placards will prevent any such recurrence. Thanks, Bayview.

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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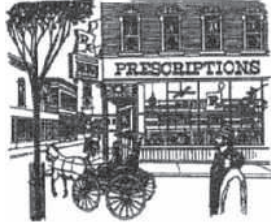
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**Non-Profit
Organization
U.S Postage Paid
Abington, MA
Permit #26**

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; 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, Clerk; Mary Cordeiro, Secretary

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

Answers to puzzle on page 4: 1. Applauded 2. Interject 3. Erstwhile 4. Execution 5. Arrogance

Bill of Rights – Amendment VII

In Suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury shall be otherwise re-examined in any Court of the United States, than according to the rules of the common law.

When the people find that they can vote themselves money, that will herald the end of the republic. Sell not liberty to purchase power. —B. Franklin

May your pockets be heavy and your heart be light, may good luck pursue you each morning and night. —an Irish toast

You only live once, but if you do it right, once is enough! —Mae West