



The

Senior Informer

Volume 10

Issue 4

APRIL 2013

ABINGTON COUNCIL
ON AGING

441 Summer Street, Abington, MA 02351
781-982-2145

Website:
ABINGTONSENIORCENTER.COM

Suzanne Djusberg, Director
COADirector@Abingtonma.gov

Council on Aging

Board of Directors

Marie Brown, Chairwoman
Bill Kendall Vice-Chair
Nancy Cavanagh
Karen DiLorenzo
Elizabeth Keefe
Larry Keough
Jack Libby
Lurane Ryerson
Betty Slinger
Maureen Wall
Ann Welch
George Whiting, Chairman Emeritus

ABINGTON NEEDS YOU!

*Don't forget
TOWN MEETING
April 1, AHS
TOWN ELECTION
April 27, AHS
STATE PRIMARY ELECTION
April 30, AHS
No matter how you feel, get up,
dress up, and show up.*

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

Help Keep the Seniors Off the Streets,

Support a New Senior Center

*L-R: Ellie Peck, Kate Kelley, Bill Kendall, Jack Libby—2004 fundraising circular
(Photo by Doug Ulwick)*

ABINGTON'S SENIOR CENTER

If you come to the senior center for one of the activities: cribbage, tai chi, chair yoga, computer training, mah jong, chess, or for one of the luncheons, you may not realize the efforts that went into making this building a reality. This is how it all began and progressed.

In 1998 a Senior Center Committee was formed as an offshoot of the Council on Aging Board of Directors. Mary Donlan was chosen as chairperson. The first objectives were to gain support from the town and to begin fund raising, both of which required a staff of volunteers.

The Town approved money for a feasibility study, and a membership drive was started. St. Bridget's church offered rooms in the friary to receive the goods donated for a yard sale. It was really hot in those small rooms, but folks showed up every day to sort and price all the many items brought in. In the early fall, everything was transported to Leavitt Terrace for the first of our two yard sales.

We had bake sales. We assembled and sold recipe books. We sold T-shirts and bumper stickers. We had a bean supper at the UCC church and a spaghetti supper at the Knights of Columbus. We sold candy bars to everyone who came to town meetings, went to the Abington Bank on Saturdays, or attended almost any local public function. We raffled off a television, a bicycle, a GPS, afghans, gift certificates donated by local restaurants, and calendars. Some of the volunteers had their picture taken with the notation: "Keep the Seniors Off the Streets".

Abington as a town responded. People cooked for the suppers, bought candy bars they didn't even want, knit afghans for the raffles, sent in recipes for the books, and donated money. The three banks were very generous, the Seniors Citizens Association made regular donations, as did Abington Elderly Services. The Christmas House Tour Committee donated three years of profits to the cause. And a small, elderly woman who had been receiving Meals on Wheels left money in her will.

The Town offered to donate two acres of land for a Senior Center building. The site selected was on Pattison Street, part of the Griffin Farm property. Grant applications were submitted and rejected. An architect, Doug Ulwick, was retained to begin planning the building, and a building committee was formed to work with him. But progress was slow and seemingly unending. Then, at a special town meeting on November 13, 2006, **Mary Donlan** stood up and asked her fellow townspeople to vote a debt exclusion of \$1.8M to fund a senior center. And they did. One year later, when the Flame of Fire church became available, the town meeting voted to use those funds to acquire that property. And that's how it happened. Volunteers continue to be a vital part of the functions held at the Senior Center. As Margaret Mead noted: "*Never doubt that small groups of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has*"



HAPPY 85TH BIRTHDAY WISHES TO MARY DONLAN!

BOOK RECOMMENDATIONS

The following four fiction titles have been suggested by a few members (Barbara Whitcomb, Diane Price, Barbara Acurso) of the NC Winding River Plantation Book Club.

Fiction

The Dressmaker by Kate Alcott: Tess, an aspiring seamstress, thinks it's her lucky break when she's hired by the famous designer Lady Lucille Duff-Gordon to serve as her personal maid during the *Titanic*'s maiden Atlantic crossing. Amidst the panic and chaos of the sinking liner, Tess and her employer manage to survive. Later, newspaper stories detailing the loss of life cause Tess to question whether class played a part in their survival and at what cost that survival.



A Secret Kept by Tatiana deRosnay who also authored *Sarah's Key*: This is a story of a modern family and the invisible ties that hold them together.

The Thread by Victoria Hislop who also wrote *The Island*: A story of love, friendship, and the difficult choices that must be made.

The Little Giant of Aberdeen County by Tiffany Baker.

Nonfiction

Francona; The Red Sox Years by Terry Francona: For all you Red Sox/baseball fans, Francona's memoir is brutally honest ... Francona's tenure included the highest-high, the first Red Sox title in 86 years and the lowest-low when a collapse kept the team from the playoffs that led to the manager's ouster. --*USA Today*

MONDAY BINGO HOURS HAVE CHANGED

Beginning April 1st Bingo hours will start at 10:00AM. If you would like to volunteer to be a bingo caller, please call 781-982-2145.

DO YOU REMEMBER?

When you were a child, did your mother or grandmother read to you from *A Child's Garden of Verses*, or recite some small poem memorized from years past? Maybe we can keep some of the old sayings or poems alive. Do you know the rest of this one...

One misty, moisty morning
When cloudy was the weather,
I chanced to meet an old man
Clothed all in leather ...

DID YOU KNOW?

(Source: *Chris Hamilton's My Senior Center – Fun Facts*)
The Census, conducted once every 10 years (most recently in 2010), turns out some truly interesting nuggets. Here are a few:
.In 1910, the West region of the US made up 7.7% of the total population, now it's 22.5%
.The census is the US government's largest peacetime operation; the 2010 census cost almost \$15 billion
.74% of all US households responded via mail; Wisconsin had the highest response rate at 82% while Alaska had the lowest at 64%
.Cohabitation rate (people living together) rose 13% from 2000 to 2010
.Rhode Island's population is 52% female
.There was a 15% increase in people 65 and over from 2000 to 2010. —submitted by David Klein

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of April for the May 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 Bridgewater between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van**. We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for round trip is \$3.00. Each week we will alternate between malls.

SENIOR NUTRITION—CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. A referral is needed from your doctor, visiting nurse, social worker or case worker.

Senior Lunches: Tuesdays & Thursdays at 11:30. Tuesday—cost \$4.00. Thursday suggested donation is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

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 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

OLD GOATS

Groups of Americans were traveling by tour bus through Holland. As they stopped at a cheese farm, a young guide led them through the process of cheese making, explaining that goat's milk was used. She showed the group a lovely hillside where many goats were grazing. 'These' she explained, 'are the older goats put out to pasture when they no longer produce.' She then asked, 'What do you do in America with your old goats?'



A spry old gentleman answered, 'They send us on bus tours!'

THANK YOU ABINGTON LIONS CLUB

On March 12 members of the Abington Lions Club cooked and hosted a free, delicious corned beef and cabbage St. Patrick's dinner at the Senior Center for 148 seniors. Ted Cummings, acting as MC, entertained the crowd and kept things moving. Kudos to chef Craig Coyle of the local restaurant **Tastefully Done** for sharing his expertise for this affair.

IN APPRECIATION

Our thanks to **China Plaza** for the donation of fortune cookies for the Tuesday luncheon.

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:

Mary E. Devereux

Mary Cordeiro

Imelda Gemmel

John & June Berlinguet

Herbert Libby

John R. “Jack” Burns

Joe & Karen Tracey

George Dunphy

D. Leo & Susan Donovan

John Wieliczki

In Memory of: Bronia Wieliczki by John Wieliczki Clarisse Oliveira by Dulce Griffin

Richard Trosky by Dorothy Trosky Edward J. Kiernan by Muriel Kiernan

Correction to March Listings: Listings should have read as follows

Jean M. Force by John J. & Margaret Parker Force

William B. Parker by John J. & Margaret Parker Force

Birthday Remembrance: Charles Doughty, Jr. by Edith Doughty

Donations: Herbert Libby

SENIOR COMPUTER LEARNING CENTER**Open-House Announcement**

The SCLC will host an open house and registration on Wednesday, April 3rd, from 10-12 at the Abington Senior Center, 441 Summer Street, Abington, MA 02351.

Please visit our modern computer classroom and learn more about details of the courses and how to register. Instructors, coaches and staff (all volunteers) will be on hand to provide assistance.

Free Basic Workshop

If you have not used a mouse or a keyboard we are offering again, two, FREE “**Basics for the Absolute Beginner**” workshops (one in the morning and one in the afternoon) on Thursday, April 4th from 9 -11:30 and from 12 - 2:30.

This is usually followed by the eight week **Introduction to Computers** course.

Scheduled Courses (five to eight weeks long)

Introduction to Computers,

All about Windows7 (for the more advanced student),

Advanced Photo Editing using Photoshop Elements,

Microsoft Word 2007,

Microsoft Excel 2007.

Workshops (anticipated, one to three days)

Scanning Documents and Photos with Basic Photo

Editing,

Introduction to Computer Games,

Win7 and Win8 - What's the Difference?

Put the You in YouTube,

Computer Security

Upgrade Your PC Memory.

We expect to complete the final schedule, calendar and website in late March.

Then, for further information please go to our website

www.seniorcomputerlearningcenter.org, or, call and leave us a message (between 1:00 and 4:00) at 508-521-4008.

To register by mail (late in March when the final schedule and website are updated)

Go to our website, www.seniorcomputerlearningcenter.org,

Click **REGISTER** at the top and **PRINT** a registration form. Fill out the registration form, and enclose the form with a check made out to SCLC.

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: forms will be available outside the classroom in the Senior Center.

One may be my very good friend, and yet not of my opinion. —Margaret Cavendish (1664)

OUTREACH WITH VALERIE — APRIL 2013

Did you know that falls are the leading cause of death by injury and the most common cause for non-fatal injuries? More than one third of adults ages 65 and older fall each year in the United States. About 25% of all falls are the result of hazards such as slippery or wet surfaces, poor lighting, inadequate footwear, and cluttered pathways in a home. This checklist from the Norwell NVNA will help you find and fix some of those hazards in your home to help prevent falls.

Living Area

- All rugs should be secured to the floor or removed. All furniture should be placed to allow a clear passageway about the home. A cordless telephone should be in easy reach. Have stable firm, and appropriate height chairs with arms available. Avoid rockers and swivel type chairs. Keep all cords out of the pathway. Develop a safe plan for proper pet care.

Bathroom

- Keep a night light on in the bathroom. Use bathroom rugs with non skid backing. Install grab bars in the bathtub and toilet areas. Place a rubber mat or non-skid strips on the bathroom/shower floor. Leave the bathroom door unlocked, so it can be opened from both sides. In case of emergency have cordless phone easily available.

Kitchen

- Reorganize the kitchen and make frequently used items easily accessible. Use a reacher/grabber for high and low items. Clean up all spills immediately.

Bedroom

- Remove all rugs and floor clutter. Keep a flashlight in the bedroom and install a night-light. Use a normal height bed. Keep electrical cords, phone cords, and bed linens out of the pathway.

RECIPE OF THE MONTH — Easy Monkey Bread

It's pretty easy and only 4 main ingredients:

1/2 cup granulated sugar

2 cans 16.3 oz. ea Pillsbury Grands Homestyle Refrigerated Buttermilk Biscuits

1 cup firmly packed brown sugar

3/4 cup butter or margarine, melted

Optional: 1/2 cup chopped walnuts or 1/2 cups raisins

Preheat oven to 350; Grease 12 cup fluted tube pan or similar. In large plastic bag mix granulated sugar & cinnamon; Separate biscuits into 16 biscuits, cut into quarters and shake to coat. Arrange in pan (adding walnuts or raisins, if desired) among the biscuit pieces. In small bowl, mix brown sugar and butter and pour over biscuit pieces. Bake 28 to 32 minutes or until golden brown and no longer "doughy" in center. Cool in pan 10 min. and turn upside down onto serving plate. Pull apart to serve.



APRIL'S PUZZLE

1. Minutes in 3½ hours ÷ days in a week
2. Syllables in INTEREST + consonants in REPAYMENT
3. Vowels in AQUEOUS x vowels in WATER
4. A score – different letters in STRIKER
5. Syllables in INTERMINABLY + different consonants in UNENDING

See Answers on page 8.

APRIL'S CHUCKLE -- PICK UP THE PACE

My boss phoned me today. He said "Is everything OK at the office?"

I said "It is all under control. It's been a very busy day. I haven't stopped to take a break all day."

"Can you do me a favor" he asked.

I said "Of course, What is it?"

"Pick up the pace a little. I'm in the foursome behind you."

Did You Know These Facts about Theodore Roosevelt?

He was the 26th President of the United States, and he was the youngest president, assuming the office at the age of 42 after President McKinley was assassinated (JFK was the youngest to be elected to the office of president at age 43). Roosevelt was an avid reader and developed a photographic memory; it is said he was a great multi-tasker. He was the first American awarded the Nobel Prize in 1906. Theodore Roosevelt was the first president to travel outside of the continental United States while in office. He took a four minute flight in a plane built by the Wright Brothers, making him the first president to fly in an airplane. And...believe it or not...was known to go skinny-dipping in the Potomac River during the wintertime.

FREE HOUSE NUMBERS FOR SENIORS REMINDER

As reported in the March issue of the *Informer*, free house numbers are available for seniors but you must fill out and return an application. An application was printed in the March *Informer* and they are also available at the Senior Center. Don't miss this opportunity to receive free of charge reflective house numbers along with installation (if you so choose). Contact COA Chairwoman Marie Brown at the Sr. Ctr. for more information.

If you want to be listened to, you should put in time listening. —Marge Piercy

SAVE THE DATES

Upcoming Events at the Sr. Center

- 4/1—10:00AM New start time for Bingo
 4/1—Town Meeting, AHS
 4/1—April Fool's Day
 4/15—Income Tax Day
 4/27—Annual Friends of Abington Library Book Sale
 4/27—Town Election, AHS
 4/30—State Primary Election, AHS
 5/1—Free "Spring Fling" with music by Olde Kids on the Block, 1:00-3:30pm, at Sr. Center, light refreshments, wear your dancing shoes.

FREE BREAD

On Thursdays at the Senior Center free bread and some baked goods will be available for the taking courtesy of **Sudbury Farms** and the FOAS members who travel to the distribution center early in the morning to pick it up. A good assortment of breads and English muffins, both wheat and white, await your choice. If you're early there may be some sweets, even a pie or two.

*Memory is more indelible than ink.
 —Anita Loos*

APRIL 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u> <u>9:00-10:00 Beginners Knitting, Crocheting Class (\$5)</u> <u>9:30-11:30 Beginners Mah Jongg</u> <u>10:00 Bingo</u> <u>All Fools Day</u>	<u>2</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Spaghetti, Salad, Italian Bread, Dessert, Bev.</u> <u>5:30-6:30pm: Zumba (\$4)</u>	<u>3</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>	<u>4</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: Donation \$4</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>5</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u>
<u>8</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>9:30-11:30 Beginners Mah-Jongg</u> <u>10:00 Bingo</u>	<u>9</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Baked Beans, Fish Sticks, Tartar Sauce, Cole Slaw, Dessert, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	<u>10</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>	<u>11</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: Donation \$4</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>12</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (Free)</u>
<u>15</u> <u>CENTER CLOSED FOR PATRIOTS' DAY</u> <i>Patriots' Day</i>	<u>16</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Meat Loaf, Mashed Potatoes, Peas, Dessert, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	<u>17</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> <u>6:00pm COA Mtg.</u>	<u>18</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: Donation \$4.00</u> <i>No Lunch, School Vacation</i> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>19</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (Free)</u>
<u>22</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>9:30-11:30 Beginners Mah-Jongg</u> <u>10:00 Bingo</u> <i>Earth Day</i>	<u>23</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Soup & Sandwich, Chips, Birthday Cake, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	<u>24</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>	<u>25</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: Donation \$4.00</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i> <i>Full Pink Moon</i>	<u>26</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u> <i>Arbor Day</i>
<u>29</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>9:30-11:30 Beginners Mah-Jongg</u> <u>10:00 Bingo</u>	<u>30</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Chicken Broccoli & Ziti, Rolls, Dessert, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	<u>4/7 Holocaust Remembrance Day</u> <u>4/13 Thomas Jefferson Born, 1743</u> <u>4/15 Income Tax Day</u>	<u>ATTENTION:</u> Note that COA meetings will be held at 6PM beginning April 17 to make it easier for any still employed senior to attend if they so wish. Meetings are open to all.	<u>ATTENTION:</u> Please note that Monday Bingo games will now begin at 10:00AM starting April 1.

Search, review, shop,
at SeekAndFind.com

Buy all your holiday gifts
from these advertisers.



*Advertising Sponsors
make this newsletter possible*



For Information Call
Mark Bell
1-800-732-8070 ext. 3429
email: mbell@4LPi.com

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.*

PAUL REVERE'S RIDE —Patriots' Day, April 15th

Listen, my children, and you shall hear
Of the midnight ride of Paul Revere,
On the eighteenth of April, in Seventy five;
Hardly a man is now alive
Who remembers that famous day and year.
He said to his friend, "If the British march
By land or sea from the town tonight,
Hang a lantern aloft in the belfry arch
Of the North Church tower as a signal light,
One if by land, and two, if by sea;
And I on the opposite shore will be,
Ready to ride and spread the alarm
Through every Middlesex village and farm,

For the country folk to be up and to arm."....
So through the night rode Paul Revere;
And so through the night went his cry of alarm
To every Middlesex village and farm,
A cry of defiance and not of fear,
A voice in the darkness, a knock at the door,
And a word that shall live forevermore!
For, borne on the night-wind of the Past,
Through all our history to the last,
In the hour of darkness and peril and need,
The people will waken and listen to hear
The hurrying hoof-beats of that steed,
And the message of Paul Revere.



*Hope you enjoy perusing
these few excerpts from Long-
fellow's famous poem.*

ABINGTON PUBLIC SCHOOLS TEXTILE RECYCLING PROGRAM

Did you know....every year in Massachusetts, over 520 million pounds of textiles are disposed of at incinerators or landfills, 95% of which can be reused or recycled? Turn these throw-outs into revenue for the Abington Public Schools. Donated items are accepted in any condition as long as they are clean and dry; we take "the good, the bad, and the ugly". Visit www.baystatetextiles.com for a list of acceptable items including clothing, shoes, pocketbooks, bedding, draperies, and stuffed animals.

Abington Public Schools have partnered with Bay State Textiles to bring textile recycling bins to every public school yard in town. White bins can be found at the Abington High School gym parking lot, Woodsdale parking lot, Beaver Brook near the gym entrance and in the driveway, and the Center School back parking lot. The white recycle bins are available 24/7, and proceeds from the collection of textiles benefit the PTO of that school.

Six percent (6%) of America's trash is textile material; in Abington that amounts to 300 tons or \$19,800. Textile recycling needs to become familiar and as easy to perform as bottle, can, and paper recycling. Bay State Textiles offers a \$100 per ton rebate on textiles collected. This program has the potential of generating thousands of dollars for Abington Public Schools as well as keeping the trash tipping fees down in town. Your old clothes, shoes, and household linens are too good for the trash!

A GREAT LESSON ON STRESS

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?'.... She fooled them all "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden--holding stress longer and better each time practiced."

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up tomorrow.

APRIL FOOL'S DAY

Some believe April Fool's Day evolved simultaneously in several cultures at the same time. The most common belief is that the observance began in France, where it was customary to play tricks on family and friends. French children fool their friends by taping a paper fish to their friends' backs. In England, tricks can be played only in the morning. If a trick is played on you, you are a "noodle". In Scotland, you are called an "April Gowk" or cuckoo bird. The Scots can be given credit for the "Kick Me" and the "to be the butt of a joke" expression. In Italy, April Fool's is traditionally a day of practical jokes, pranks, and silliness. In Portugal, April Fool's is celebrated on the Sunday and Monday before Lent. The traditional trick there is to throw flour on your friends. And, of course, Americans play small tricks on friends and strangers alike on the first of April. April Fool's Day is a "for-fun-only" observance in which silly, harmless pranks are played on others. It's a fun little holiday on which you must remain on the alert, or you may be the next APRIL FOOL.

"The first of April is the day we remember what we are the other 364 days of the year." --Mark Twain





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

115 North Avenue
Rockland, MA 02370

781-878-3308

www.athenahealthcare.com/southshore
Managed by Athena Health Care Systems



**McAlear
Eye Care**

**Quality Care with
a Personal Touch**

Eye Exams & Optical Shop
781-331-4004

1690 Main Street #5
South Weymouth

(Rt. 18 at the Abington line)

www.McAlearEyeCare.com
Thomas J. McAlear, OD - MA Lic 4801



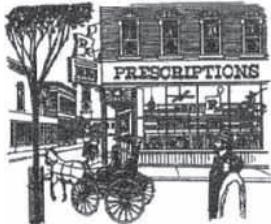
**FAMILY
HEARING
CARE CENTER**

...listen to the sounds of life®

~ Hearing Evaluations ~ Video Ear Inspections
~ Hearing Aids ~ Repairs ~ Ear Wax Removal

140 Bedford St., Route 18
Bridgewater, MA 02324
508-279-0700

John Klefeker, BC-HIS MA License #127



William G. Cox RPh
**Bemis
DRUG CO., INC.**

Cor. of North Ave. & Brighton St.
6 Brighton St., No. Abington, Mass.

781-878-0893

PROFESSIONAL PHARMACISTS
PRESCRIPTION DELIVERY
www.bemisdrug.com

MEDICAL ALARMS PROTECTING SENIORS NATIONWIDE



Push



Talk



Help is on
the way

- ✓ 25+ Yrs. in Business
- ✓ A+ Rated with BBB
- ✓ Dr. Recommended
- ✓ Made in the USA
- ✓ Waterproof Button
- ✓ Price Guarantee
- ✓ Monitored in the USA
- ✓ Lifetime Warranty
- ✓ Tax Deductible*

\$19.95/Mo. - Holiday Special**

Toll Free: 1-877-801-5055



*Check with your accountant

**First three months only



CAMELOT APARTMENTS
COLUMBIAN SQUARE • SOUTH WEYMOUTH

Convenient to So. Shore Hospital
Restaurants, Church & Shopping

Predominantly Senior Occupied (WE LOVE SENIORS)

Family Owned and Managed

DEL REALTY • **781-331-1100**

Old Colony Elder Services

Serving elders, families and caregivers since 1974

144 Main Street - Brockton, Massachusetts 02301

508-584-1561 TTY 508-587-0280

www.oldcolonyelderservices.org

**Sachem Skilled Nursing
and Rehabilitation Center**

A Kindred Healthcare Community

Healing, Hope, Dignity

JCAHO ACCREDITED

66 Central Street
E. Bridgewater • MA 02333
508-378-7227

SHOW YOUR SUPPORT
sponsor your
local newsletter

Call 800-732-8070



COYNE
Healthcare Center

REHABILITATION & NURSING CARE

Providing the care you need...
With the compassion you deserve.

56 Webster Street • Rockland
781-871-0555
www.coynehc.com

**Abington
Bank**

6 Harrison Ave.
P.O. Box 68
Abington, MA 02351

(781) 878-0045

**Abington COA
441 Summer Street
Abington, MA 02351**

**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. 30 (210+7); 2. 9 (3+6); 3. 10 (5x2); 4. 14 (20-6); 5. 8 (5+3)

Bill of Rights – Amendment VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Words may lie, but actions always tell the truth. —unknown

As you grow older, you will discover that you have two hands, one for helping yourself, and the other for helping others. —Audrey Hepburn

"Any man who thinks he can be happy and prosperous by letting the Government take care of him, better take a closer look at the American Indian!" --Henry Ford