



The

# Senior Informer

**AUGUST 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 8**

## **Council on Aging Board of Directors**

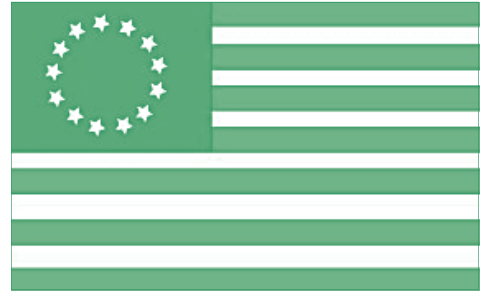
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**FREE SENIOR COOKOUT**  
*Friday, August 23, 11A.M.*  
*Abington Senior Center*  
**SAVE THE DATE!**

*If the first week of August be warm,  
the winter will be white and long.*

## **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**  
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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



## **WASHINGTON CREATED THE PURPLE HEART, AUGUST 7, 1782**

*by Lorraine Leventuk*

General George Washington created the "Badge for Military Merit," a decoration consisting of a purple, heart shaped piece of silk, edged with a narrow binding of silver with the word "merit" stitched across the face in silver. The badge was to be presented to soldiers for "any singularly meritorious action." The honoree's name and regiment were also to be inscribed in a "Book of Merit."

Washington's "Purple Heart" was awarded in 1783 to only three known soldiers from Connecticut regiments during the Revolutionary War, Sgt. Elijah Churchill, Sgt. William Brown, and Sgt. Daniel Bissell. It is suspected there were other recipients which can only be validated by the "Book of Merit." The book was lost and the decoration largely forgotten until 1927. An unsuccessful draft bill was sent to Congress to revive the Badge of Military Merit. In 1931 General Douglas MacArthur took up the cause hoping to reinstate the medal in time for the February 22, 1932 bicentennial of General Washington's birth.

On February 22, 1932, the U.S. War Department announced the creation of the "Order of the Purple Heart." The "Order of the Purple Heart" is awarded to members of the U.S armed forces who have been killed or wounded in action against an enemy. It is also awarded to military who have suffered maltreatment as prisoners of war.

The first "Purple Heart" was awarded to General Douglas MacArthur, Army Chief of Staff, and the Order also retroactively awarded the Purple Heart to World War I veterans.

In Executive Order of December 3, 1942, President Franklin D. Roosevelt decreed the "Purple Heart" would be issued to all branches of the military and differ from all other decorations in that an individual is not "recommended" for the decoration, rather the individual is "entitled" to it upon meeting the special criteria of "wounds received while engaged in combat against an enemy of the United States of America."

The philosophy behind military decorations has always been: since honor is something which no soldier, sailor, marine, or airman likes to talk about, those who sought to honor these warriors should give them a token of that honor, which they could wear without words. The heritage it represents is sacred to those who wear it and understand the price paid. America's present military decorations system has evolved from this single act by General Washington.

America's real heroes don't flaunt what they did; they quietly go about their day-to-day lives, doing what they do best. They earned our respect and the freedoms we all enjoy. Look around and see if you can find one of those heroes in your midst. Often, they are the ones you'd least suspect, but would most like to have on your side if anything ever happened. Take the time to thank anyone who has fought for our freedom.

*A society that will trade a little liberty for a little order will lose both, and deserve neither.*  
—Thomas Jefferson

**BOOK RECOMMENDATIONS****Novels**

Suggested by Maureen Wall:

**Alex Cross, Run** by James Patterson. Anyone who reads Patterson books on a regular basis knows his style, short chapters full of mystery and suspense. This author brings Dr. Alex Cross to life for everyone to associate with...the nature of his work, his role as detective, psychiatrist, husband and father, and always makes you feel like you know him and his family personally. While working on 3 serial killer cases, Alex Cross finds someone else is hunting *him* down. A great read, especially on a warm summer day or night.



Suggested by Joanne Curtis:

**In Reverse, In Those Days**, by Roland Merullo. The story of a young boy whose parents are killed and how the love and warmth of his grandparents and other relatives and neighbors supported him into manhood. It is sometimes sad, sometimes funny, and always interesting.

**FACTS ABOUT PRESIDENT FRANKLIN PIERCE**

Franklin Pierce was the 14th President of the United States from 1853 to 1857. His place in American history is so obscure that when people talk about Presidents, Pierce is often not mentioned. Pierce had no middle name; middle names were *not* very common in people born before the 1800's, though he was born in 1804. Franklin Pierce's son Bennie, age 14, died in a train accident while the family was on their way to Washington to the inauguration in February, 1853. Pierce's wife, Jane, was emotionally devastated by Bennie's death and would spend time writing tearful letters to her dead son while she lived in the White House. Pierce was the first president to put a Christmas tree in the White House; he did so in an attempt to cheer up his wife after the loss of their son. Pierce is an ancestor of former President George W. Bush. Bush's mother, Barbara Pierce Bush, is the fourth cousin, four times removed to Franklin Pierce. Because of his religious beliefs, Franklin Pierce affirmed the oath of office. He is still the only president to do so.

*Wrinkles: Something other people have similar to my character lines.*

**HURRICANE PREPAREDNESS**

August and September are the months we become aware of the possibility of a hurricane striking our area. Here are some reminders of the things we should do to prepare for such an occurrence:

**Before the Storm:**

Develop a family hurricane plan. Let members of your family not living with you know that you will take appropriate precautions and will contact them when it is possible to do so. Keep emergency equipment in good working order: radios, cell phones, flashlights, batteries, emergency tools. Know location of official shelter: Abington High School. Stock up on non-perishable food and a 3 day supply of water. Make sure you have an ample supply of prescription medicines. Have blankets and sleeping bags available. Keep trees and shrubbery trimmed. Prepare to cover windows and doors with shutters or plywood. Fuel and service vehicles.

*(continued in next column)*

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of August for the September 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. No Thursday lunches during school vacation.

**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). Classes will resume in the fall.

**HURRICANE PREPAREDNESS (continued)**

Secure or bring in all lightweight objects (trash cans, tools, toys, lawn furniture) Keep extra cash on hand.

**During the Storm:**

Listen to the radio for official bulletins.  
Turn refrigerator to its coldest setting and keep it closed.  
Never use candles or open flames indoors.  
Fill bathtub and large containers with water for sanitary purposes.  
Turn off propane tanks and unplug small appliances.  
Stay in a small interior room or closet.

**After the Storm:**

Listen to the radio for road conditions and instructions.  
Do not attempt to drive through or across flowing water.  
Stay away from standing water (it may be electrically charged).  
Take pictures of any damage to your property and notify your insurance company.  
Have utilities inspected by professionals.  
Use tap water for cooking and drinking only when local officials say it is safe to do so.

**BE YOURSELF... no matter what other people think. God made you the way you are for a reason. Besides, an original is always worth more than a copy.**

**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 2013 started a new membership year with dues of \$5.00 payable now and good until JUNE 2014. 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 2013-2014: \$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:**

Harry & Marjorie Conover	Jacqueline Whitten	Susan H. Osofsky	Joseph & Marianne Andrews
Karl & Jean Anderson	Al & Diane Ricci	Marjorie L. Lescynski	Ellen Wilbur
Edward & Donna Le-Vine	Donald & Mary Wehr	Linda R. Coulsey	Mary Witcher
Karen Burns	Janice Cox	Rosemary Doherty	Annette & Richard Griffin
Stanley Mackiewicz, Jr.	Roy & Judith Leander	Denise Rioux	Arthur & Marjorie Galvin, Jr.
Janet M. Sundberg	Pat & Joe Jackman	Mary Montgomery	Cheryl & Joseph D'Antonio
Barbara Whitenack	Doug & Beth Godfrey	Shirley Hill	George & Claire Anderson
Marjorie Roberts	Valerie & Brian Barry	Patricia E. Peters	Lydia & Russell DeCoste

**Lifetime Member:** Ellen Crevison

**Donations:** Jacqueline Whitten Barbara Whitenack Brian & Valerie Barry Kathleen Corcoran

**In Memory of:** Edward J. Kiernan by Muriel Kiernan Red Greenleaf by Don & Lillian Rockett  
 Glenie Griffin by Annette & Richard Griffin Stanley & Richard Johnson by Virginia Johnson  
 Gerald Brown by Brenda Brown Joe Colantoni by David C. Lee  
 Paul William Brown, Sr. by Jack & Marie Brown

**TRAVEL OPPORTUNITIES**

N.E. Summer Special, August 14. Outstanding lunch & show at the Salem Cross Inn with a narrated Horse Drawn Wagon Ride & Brookfield Orchards visit. \$68 ppd.

Newport Playhouse Show & Cabaret & Lobsterfest, October 21. Consisting of 2 shows, Lobster, Mussels, Roasted Chicken, BBQ Chicken, Creole Shrimp & Rice, Peel & Eat Shrimp, and more. \$85 ppd.

Resorts Atlantic City, November 3-5. Trip includes \$25 cash bonus, 2 Buffet Dinners, Casino Review Show and located on Atlantic City's famous Boardwalk. \$169 ppd.

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

**YOU'RE INVITED—FREE Summer Cookout!**

Free Summer Cookout at Coyne Healthcare Center, 96 Webster St., Rockland, every Friday through Labor Day at 12 Noon. Any questions, call Ms. Judy Gill at 781-871-0555.



**WHAT ABOUT ME?**



Many people, so many people, ask about my loved one. They want to know how he is doing, how much he's remembering, how much he's forgetting. Is he still enjoying life? Can he still do things without help? On his own? Is he angered, saddened by the things he's lost? Sometimes I wonder what's wrong with them? Why doesn't anyone at least once in a while ask about me? I am standing right in front of them. Why can't they see that my life has changed, that my pain and frustration are real; I am real. Why can't they acknowledge my loss, acknowledge me? —*Deb Kosmer; handout from Bedford VA Hospital, Dementia Unit, Caregivers' Group*

*A young man from Mississippi came running into the store and said to his buddy, “Bubba, somebody just stole your pickup truck from the parking lot!” Bubba replied, “Did y'all see who it was?” The young man answered, “I couldn't tell, but I got the license number.”*

### OUTREACH WITH VALERIE — AUGUST 2013

If you are a widow of a Veteran who served honorably on active duty and have not remarried, plus have a monthly income of less than \$1,800, you may be eligible for supplemental Veteran's benefits including financial and medical coverage. Your assets (401K, IRA, money market, savings, etc), not including home or vehicle, must be less than \$3,200.

This program is managed by the Department of Veteran's Services, a state agency, and managed locally by our town Veteran's Service Officer. Massachusetts is unique in that this type of Veteran's support goes back to the time of the Civil War.

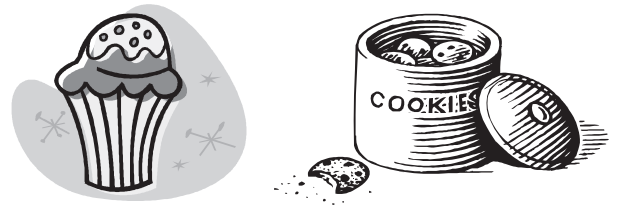
Income and asset documentation as well as the Veteran's service record need to be provided. If you have questions or need more information, please contact Abington's Veteran's Service Officer Bob Pratt at 781-982-0056. His office is located at the Abington Town Hall and his office hours are Monday through Friday 8:30-4:00.

### RECIPE OF THE MONTH

JORDAN MARSH BLUEBERRY MUFFINS – Submitted by Pat Jackman

½ cup butter  
1 cup flour  
1 ¼ cup sugar  
2 tsp. baking powder  
2 eggs  
½ tsp. salt  
½ cup milk  
2 ½ cups berries

Cream together butter and sugar; add eggs and milk, mix together. Sift dry ingredients and add alternately with milk. Mash ½ cup of berries and add to mix. Add rest of berries and mix by hand. Bake at 375 degrees for approximately 30 mins. Test for doneness.



### AUGUST'S PUZZLE

Can you work out these number sums using three of these four symbols? + - ÷ x

4 ? 3 ? 3 ? 3 = 3

Or

**Code Words:** If PAST is 1234 and IDES is 5673, how quickly can you work out these related words? You should identify two more letters as you go along:

6247

4567

782

8537

6528573

1873794

See the answers on page 8.



Before Mt. Everest was discovered, what was the highest mountain in the world?

If you were running a race, and you passed the person in 2nd place, what place would you be in now?

### AUGUST'S CHUCKLE — The Kids Will Be Here

An elderly man in Denver calls his son in Los Angeles and says, "I hate to ruin your day, but I have to tell you that your mother and I are divorcing; forty-five years of misery is enough." "Dad, what are you talking about?" the son screams. "We can't stand the sight of each other, and I'm sick of talking about this, so you call your sister in Atlanta and tell her." And he hangs up. Frantic, the son calls his sister, who explodes on the phone. "Like heck they're getting divorced," she shouts, "I'll take care of this." She calls home and screams at her Dad, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing. DO YOU HEAR ME?" and hangs up. The old man hangs up his phone and turns to his wife. "Okay," he says, "They're coming for Thanksgiving and paying their own fares...NOW what do we tell them for Christmas?"

**KITCHEN WISH LIST:** Paper napkins and teabags. Our thanks to all those who so generously donate.

**BINGO WISH LIST:** Small paper plates and napkins. Someone to help with cleanup between 1-1:30 p.m. on Mondays.

**THANK YOU:** Bingo players extend a sincere thank you to Coyne Healthcare Center for providing donuts to Bingo on the first Monday of every month.

### WHAT'S NEW FROM THE GIFTED HANDS?

The group is now displaying beautifully made clothes for American Girl, 18-inch dolls. The pieces are knitted, crocheted, and machine sewn. There are long and short dresses, trousers, ponchos, suits, purses, and many other fabulous items. You will be amazed at the quality and the variety as well as our wonderfully reasonable prices. If you know a young girl who loves dressing her dolls, and would like to add to their wardrobes, please come by and take a look. All proceeds donated to The Friends of Abington Seniors, Inc.

Also, due to the overwhelming response to the Gifted Hands recent request, we *will not* need any more buttons. Thank you!

*While my parents were making their funeral arrangements, the cemetery salesman pointed out a plot that he thought they would like. "You'll have a beautiful view of the swan pond," he assured them. Dad wasn't sold: "Unless you're including a periscope with my casket, I don't know how I'm going to enjoy it."*

# AUGUST 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Menu is subject to change.</i>  <i>8/1 1st Olympic Games opened in Berlin, 1936</i>	<i>8/6/1945 Atomic Bomb dropped on Hiroshima</i>  <i>8/9/1945 Atomic Bomb dropped on Nagasaki</i>  <i>8/14/1945 Japan agreed to surrender</i>		<u>1</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u>  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>2</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u>
<u>5</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u>  <i>Civic Holiday (Canada)</i>	<u>6</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Swedish Meatballs, Egg-Noodles, Vegetable, Dessert, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u> <i>New Moon</i>	<u>7</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>U.S. entered Vietnam War, 1964</i>	<u>8</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u>  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>9</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (Free)</u>  <i>President Nixon resigned, 1974</i>
<u>12</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u>  <i>U.S. ground forces in Vietnam withdrawn, 1972</i>	<u>13</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Chicken ala King on Biscuits, Cranberry Sauce, Dessert, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	<u>14</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>  <i>Social Security Act passed, 1935</i>	<u>15</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u>  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>  <i>Panama Canal opened, 1914</i>	<u>16</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi (Free)</u>  <i>Babe Ruth died, 1948</i>  <i>Elvis Presley died, 1977</i>
<u>19</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u>	<u>20</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Meatball Subs, Chips, Pickles, Dessert, Bev.</u> <u>5:30-6:30pm: Zumba (\$4)</u>  <i>Full Sturgeon Moon</i>	<u>21</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>22</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u>  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>23</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u>  <i>Free Senior Cook-out at Sr. Ctr.</i>
<u>26</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u>  <i>Woman Suffrage, 1920</i>  <i>Hummingbirds migrate south</i>	<u>27</u> <u>9:00 Cribbage</u> <u>11:30 Lunch: Chinese Chop Suey, Noodles, Rice, Rolls, Birthday Cake, Beverage</u> <u>5:30-6:30pm: Zumba (\$4)</u>	<u>28</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>29</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u>  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>30</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u>  <i>8/31 Rocky Marciano died, 1969</i>



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**SENIOR CENTER VEGETABLE GARDENS**

Thanks to a number of volunteer workers and donors, the Senior Center has two raised vegetable beds, much of the produce to be used for the Tuesday luncheons. Billy Davis built the gardens with lumber donated by Lowe’s, and then filled them with soil donated by Seone’s and Glenn LaPointe. Three kinds of squash plants were given by Bill Chapin, along with tomato plants from Billy Davis. Lurane Ryerson and the Boy Scouts from Troop #41 did the first planting. The care and weeding of the gardens will be a project of the Scout Troop under the direction of Leader Marc Wenner. Master Gardener Shelley Vaugine gave a gardening lesson, and the project was videotaped for the “Around Town” program.



**COUNCIL ON AGING MEALS ON WHEELS SUMMER 2013 HYDRATION PROGRAM**

ATTENTION: Please post this on your refrigerator.

In order to help you with maintaining your bodily hydration and prevent dehydration this summer, we are delivering you a bottle of water to drink with your daily meal. It is recommended that you drink at least eight glasses of water per day. Do not wait until you are thirsty, keep a bottle of cool water near, and sip often. It is vitally important to drink water. Your body is mostly composed of water; therefore you must replenish fluids that you lose through sweat, breath, tears, and bodily eliminations. Please do not drink caffeine beverages as they dehydrate the body quickly. Sports drinks replenish essential sodium and potassium in the body, they help maintain electrolytes.

Another tip to maintain fluids in your body is to eat fresh fruits and vegetables. They are composed of mostly water and provide an added benefit of vitamins needed to be healthy.

As we age it becomes more difficult to adjust to changing temperatures which can be a critical health risk for seniors. Please keep cool. Wear loose fitting, comfortable clothing and if at all possible put on your air conditioning or circulate room air with a fan.

**DO NOT TOSS BOTTLES IN THE TRASH; WE WILL RECYCLE THEM FOR YOU.**

I will collect them at the end of the week or on Mondays. Help us, help you to stay healthy.

**Watch for signs of heat exhaustion, heat stroke, and dehydration such as sudden paleness, vomiting, cramps, dizziness, or muscle weakness. Get immediate medical attention—Call 911. DRINK WATER BEFORE YOU ARE THIRSTY! EAT FRUITS & VEGETABLES! AND KEEP COOL!**

—Abington Council on Aging, Nutrition Coordinator for Meals on Wheels, Karen Butler, 1-781-982-2145 extension 4073

**ANSWER TO “WHO CAN FINISH THIS ONE?” —from June Informer**

For every ailment under the sun  
There is a remedy, or there is none;  
If there be one, try to find it,  
**If there be none, never mind it.**

**Do you remember the last 2 lines of this poem  
by Robert Louis Stevenson?**

A child should say what’s true,  
And speak when he is spoken to, . . .

**PAINTING PRESENTED TO COA**

At the June 19th Council on Aging meeting, members of the Abington Cultural Council (LCC) presented the COA board with a painting of Island Grove. Sally Dean, a well known regional artist/teacher, created the painting to be used as a reference for the mosaic crafted by members of the LCC and presented to the town for the tricentennial celebration. That mosaic is installed at the Town Office. The painting was subsequently framed and presented by the LCC to the COA for display at the Abington Senior Center. *Abington Cultural Council is a local agency supported by the Massachusetts Cultural Council, a state agency.*



**THE BOYS OF SUMMER—**

*Rotary Club Little Leaguers, 1952*

Richard Fruzetti, Michael Maney, Michael Bird, Richard Putnam, Marshall Lucas, Paul Schofield, Richard Anderson, James Ashton, Frank Butler, George Stephenson, Paul Kenerson, David McIver, Jeremiah Kelliher, Peter Cronfield, Edward Ellis. Manager: Richard Desmond. Coach: John Lee. —Photo submitted by Jerry Kelliher



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### FAMILY HEARING CARE CENTER

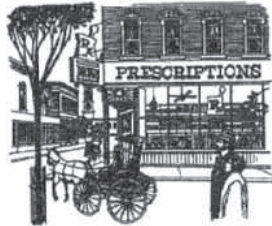
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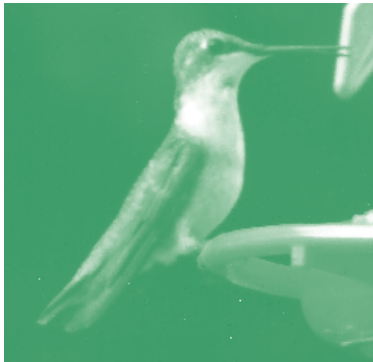


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*Hummingbird photographed by  
Amy Norton.*

### 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.**

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**Former Newsletter Staff:** Marie Brown, Joanne Curtis, Lorraine Leventuk, Betty Slinger, Maureen Wall.

*Answers to puzzles on page 4: Puzzle #1;  $4 \times 3 - 3 \div 3 = 3$ . Puzzle #2; 1. Date 2. Tide 3. Era 4. Rise 5. Diaries 6. Present*

*Answer: Mt. Everest; it just wasn't discovered yet. Answer: You would be in 2nd. You passed the person in second place, not first.*

### SPEAKER OF THE HOUSE

The Speaker of the United States House of Representatives is the presiding officer of the chamber. The office was established in 1789. The current speaker is John Boehner, a republican who represents Ohio's 8th congressional district. The Constitution does not require that the Speaker be a Member of Congress, but no non-member has ever been elected to the office. The speaker is second in the United States presidential line of succession, after the Vice President and head of the President *pro tempore* of the U.S. Senate. Aside from duties relating to heading the House and the majority political party, the Speaker also performs administrative and procedural functions, and represents his or her Congressional district. The House of Representatives elects the Speaker of the House on the first day of every new Congress and in the event of the death or resignation of an incumbent Speaker.