



The

# Senior Informer

Volume 10

Issue 8

SEPTEMBER 2013

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

Website:  
ABINGTONSENIORCENTER.COM

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### 4th Annual Craft Fair

Sat. October 26

Abington Senior Center — 9 to 2  
PM

### Senior Computer Learning Center

Open House—September 11

Abington Sr. Center — 10 to 12  
noon

## 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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Linda Elliot - Van Drivers



## THE HISTORY OF LABOR DAY

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well being of our country. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882 in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged organizations in other cities to follow the example of New York and celebrate a “workingmen’s holiday” on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

### Labor Day Legislation

Through the years, the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During that year, four more states – Colorado, Massachusetts, New York, and New Jersey – created the Labor Day holiday by legislative enactment. By the end of the decade, Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

### A Nationwide Holiday

The form that the observance and celebration of Labor Day should take was outlined in the first proposal of the holiday – a street parade to demonstrate “the strength and esprit de corps of the trade and labor unions” of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebration of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention in 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift on emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics, and government officials are given wide coverage in newspapers, television, and radio.

The vital force of labor added materially to the highest standard of living and the greatest production the world had ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation’s strength, freedom, and leadership.

– The American Worker

**BOOK RECOMMENDATIONS**

***The Bluest Eye*** by Toni Morrison

An eloquent reminder of how fierce the struggle to love whom you see in the mirror can be.

***Daddy's Little Girl*** by Mary Higgins Clark.

A dark and chilling story of murder, and its effects years later on the man convicted of the crime and the woman who helped convict him.

***One Fish, Two Fish, Red Fish, Blue Fish*** by Dr. Seuss  
For reading to your grandchildren. Emphasis on last few lines, "Every day, from here to there, funny things are everywhere."

**TIPS FOR TALKING TO PEOPLE WHO HAVE IMPAIRED HEARING**

- Face the person directly on the same level whenever possible.
- See that the light is shining on your face, not in the eyes of the person with the impaired hearing.
- Do not talk from another room.
- Speak in a normal fashion without shouting or elaborately mouthing the words.
- Speak a bit more slowly. Have patience.
- Keep your hands away from your face when talking.
- If you are eating or chewing while talking, your speech will be more difficult to understand.
- If you are giving specific information, such as time, place, be sure it is repeated back to you by the person with impaired hearing.
- Avoid sudden changes of topics.
- Don't drop your voice at the end of sentences.

**FACTS ABOUT WOODROW WILSON**

Woodrow Wilson (born Thomas Woodrow Wilson) was the 28th President of the U.S. and served two terms (1913-1921). President Wilson, who had an esteemed career as an academic and university president, did not learn to read until he was 10 yrs. old with what was thought to be dyslexia. He was the only president at that time to earn a Ph.D. (in Political Science). He also was awarded the Nobel Peace Prize for his work on the League of Nations. President Wilson saw America through WWI, negotiating the Versailles Treaty and crafting the League of Nations.

His first wife, Ellen Louise Axson, died while First Lady. He did remarry after a year and a half. His second wife, Edith Bolling Galt was the first U.S. First Lady to travel with a sitting president on a European goodwill tour. And, believe it or not, after the U.S. entered World War I, the Wilsons brought a flock of sheep to the White House lawn. The sheep trimmed the grounds, which saved on gas and labor. Wool from the sheep was sold to earn money for the Red Cross.

*I don't mind running into debt. It's running into my creditors that's embarrassing.*

**INFORMER NEWS DEADLINE**

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

**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).

**4TH ANNUAL CRAFT FAIR**

The fourth annual Abington Community Craft Fair will be held October 26, 2013 at the Senior Center, 441 Summer Street. Last year's craft fair was amazing, and we hope to do even better this year. We are happy to have our many brilliant and accomplished crafters and vendors with us again displaying all their wares. Our many raffles will include beautiful and creative baskets of varied themes as well as gift certificates, donated by our generous supporters. New to the craft fair this year we will feature American Girl (18 inch) doll clothes. They are beautifully knitted, crocheted, and made of fabric. Our bake shop and cookie table will be groaning with delectable cakes, pies, cookies, and other goodies. Please come and join us. We will be happy to have you.

We are looking for people to bake for our bake table—cookies, pies, breads, fudge. If you use nuts, please label nuts. Sign up sheet at Senior Center under the clock in the dining room.

**WHO CAN FINISH THIS ONE?** The last two lines of poem by Robert Louis Stevenson that appeared in August *Informer*: A child should say what's true, And speak when he is spoken to, And behave mannerly at the table, At least as far as he is able.

**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:**

Arlene & Roger Moore	Marlene L. Foley	Magda Payne	Muriel Kiernan
John J. Force	Iona Samson	Margaret P. Parker Force	Jim & Barbara Aikens
Marylou Allsopp	Norma & Chuck Collins	Rev. Thomas J. Buckley	Patricia Moon
Patricia VanDyke	Allan & Kathleen Ross	Carol MacPherson	Peggy Nicasro
Charles Keveny	William A, Kendall	Eileen M. Maraget	Geraldine A. Derusha
Lorraine O'Neill	Helen Douglass	William Schutt	George Douglass
Esther G. O'Leary	Anne & Gerald Walters	Ann M. Kelleher	Carol A. Mull
Patricia Mahoney	Henry Welsh	Otis & Carmen McCorkle	Hal & Sue Norton
Marie Melchin	Dick & Marge Horgan	Joe & Pat Greene	Rosemary Burns

**Lifetime Membership:** Mary Cordeiro

**Donations:** Arlene & Roger Moore                      Hal & Sue Norton                      Joe & Pat Greene

**In Memory of:** Edward J. Kiernan by Muriel Kiernan                      Jean Force by Margaret & John Parker  
 Bill Parker by Margaret & John Parker                      Lillian Rooney by Betty McNamara  
 John McNamara by Betty McNamara                      Charles Melchin by Marie V. Melchin  
 Sonny Nicasro by Peggy Nicasro                      Mark Kohr by Joanne Curtis  
 Mary Franey by Marion Wilson                      Mark Kohr by Eileen Maraget  
 Mark Kohr by Mr. & Mrs. Edward Jeffs                      Dwyer Family by Geraldine Derusha  
 Gil O'Neill by Lorraine O'Neill                      Randall M. & Helen M. Douglass by Leone, Bill & George  
 Peggy Walters by Gerry & Anne Walters                      John Fitzgerald by Gerry & Anne Walters  
 Tom Connolly by Carol Mull                      Kathryn Welsh by Henry Welsh

**TRAVEL OPPORTUNITIES**

**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.

**Boar's Head Festival, Williamstown, December 4.** Trip includes lighting of the traditional Yule log with cooks procession featuring several items from buffet table including seafood, roast turkey, roast beef, ham, pork, veal. Includes a show with favorite holiday tunes followed by traditional wassail toast for good luck, good health, and good cheer for all! \$79 ppd.

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



**REMINDERS:** Containers are still available in the Senior Center for donations to the Abington Food Pantry. Trucchi's is once again providing a depository for donations of school related items: notebooks, pens, pencils, notebooks, backpacks, etc.

**VOLUNTEER WANTED:** For Thursday morning bread distribution at the Senior Center beginning in September approximately 8:15 am to 9:00 am. Contact Diane Keith.

**CANNING CLASSES:** On September 10 canning classes and discussions will be held at the Senior Center. Master Gardener Shelley Vaugine will give the classes from 6pm to 8pm. There is no charge, and all are welcome. These, as well as the Community Gardens, are sponsored by S.A.G.E..

**OUTREACH WITH VALERIE — SEPTEMBER 2013**

Hello everyone, I hope you all had a wonderful summer! This month I want to go over the new Competitive Bidding Program that is being rolled out by Medicare right now. I know there has been some confusion over where some of you will be getting your medical supplies and equipment, so here is a summary of the new program as the Medicare website outlines.

Medicare is phasing in a new Competitive Bidding Program. This program changes the amount Medicare pays suppliers for certain durable medical equipment, prosthetic, orthotics, and supplies, and changes who can supply these items. Medicare also has a new National Mail-Order Program for diabetic testing supplies. The program doesn't affect which doctors you can use. The Competitive Bidding Program applies to Original Medicare only. If you're enrolled in a Medicare Advantage Plan (like an HMO or PPO), your plan will let you know if your supplier is changing. If you're not sure, contact your plan.

The Competitive Bidding Program replaces the outdated prices Medicare has been paying with lower, more accurate prices. Under this program, suppliers submit bids to provide certain medical equipment and supplies at a lower price than what Medicare now pays for these items. Medicare uses these bids to set the amount it will pay for those equipment and supplies under the Competitive Bidding Program. Qualified, accredited suppliers with winning bids are chosen as Medicare-contract suppliers.

The program: Helps you and Medicare save money; Ensures that you have access to quality medical equipment, supplies, and services from suppliers you can trust; Helps limit fraud and abuse in the Medicare Program. (Medicare.gov 2013)

**FYI:** It is our pleasure to announce to our Senior Community the addition of Kristen Lyons to the Coyne Healthcare Center Team. Kristen joined us as Admissions Director August 12, 2013 from South Shore Nursing and Rehabilitation in Rockland. Given her experience in post-acute care she has hit the ground running and she looks forward to continuing to be a valued resource to the Abington Senior Community at Coyne Healthcare.

**RECIPE OF THE MONTH**

**FROSTING** —Lorraine McDermott

This frosting recipe is what Lorraine's of Cambridge used so that she could make flowers and other decorations on her cakes that would hold their shape without wilting.

1/2 cup shortening (solid white Crisco)

1 tsp. vanilla (clear)

1/2 tsp. butter flavor

1 lb. confectioners sugar (3-1/2 to 4 cups = 1 lb)

Approx. 1/4 cup of water

Mix shortening, vanilla, butter flavor with an electric mixer. Add sugar and water alternately until icing holds a peak.

**HASH BROWNS CASSEROLE** —Anna Fopiano

2 lbs. Hash Browns

1 tsp. salt

1 tsp. pepper

1 can cream of chicken soup

2 cups shredded cheddar cheese

1/2 cup chopped onion

2 cups sour cream

Mix all together.

Sprinkle with crushed potato chips

or 2 cups crushed corn flakes mixed with 1/2 cup melted butter

Bake in 9 x 12 baking dish at 350 deg. for 45-60 minutes.



**SEPTEMBER'S PUZZLE**

**Word Builder**

Using the nine letters provided, can you answer these clues? Every answer must include the letter C.

Which breakfast item uses all nine letters?

Letters: S R I A C O N S T

5 Letters: Hair care product, Intersect, Very little, Oak nut, Stone mound, Descendant

6 Letters: Thespians, Sneers, Shorelines, Share the Limelight, Type of Oil, Of a main artery

7 Letters: Deeds, Gaming Houses, Be made up (of), Cardboard milk containers

8 Letters: Drowsy state induced by drugs.



**SEPTEMBER'S CHUCKLES**

An agriculture student said to a farmer: "Your methods are too old fashioned. I won't be surprised if this tree will give you less than twenty pounds of apples." "I won't be surprised either," said the farmer, "this is an orange tree."

Employer to applicant: "In this job we need someone who is responsible."

Applicant: "I'm the one you want. On my last job, every time anything went wrong, they said I was responsible."

**KITCHEN WISH LIST:** Plastic tableware and tea bags.

**ABINGTON COMMUNITY GARDENS** will be open every Saturday from 9am to Noon, through and including closing day on September 21. A community yard sale will be held on the final day. This will also be the final Saturday for the Abington Library's reading hours at Griffin Dairy and will feature pumpkin decorating with the kids keeping their creations.

# SEPTEMBER 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>Labor Day—Center Closed</b></p> <p style="text-align: center;"><i>V-J Day</i></p>	<p><b>3</b></p> <p><u>9:00 Cribbage</u> <u>11:30 Lunch:</u> American Chop Suey, Salad, Crusty Bread, Dessert, Beverage <u>5:30-6:30 PM Zumba (\$4)</u></p>	<p><b>4</b></p> <p><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>Apache Chief Geronimo surrendered, 1886</i></p>	<p><b>5</b></p> <p><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></p> <p style="text-align: center;"><i>Rosh Hashanah</i></p>	<p><b>6</b></p> <p><u>9:00 Cribbage</u> <u>9:00 Shopping Van</u></p> <p style="text-align: center;"><i>No Tai Chi this week</i></p>
<p><b>9</b></p> <p><u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><b>10</b></p> <p><u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Soup, Sandwich, Chips, Crackers, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><b>11</b></p> <p><u>9:00 FOAS Meeting</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>Attacks on World Trade Center and Pentagon,</i></p>	<p><b>12</b></p> <p><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></p>	<p><b>13</b></p> <p><u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p>
<p><b>16</b></p> <p><u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><b>17</b></p> <p><u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken, Mashed Potato, Vegetable, Cranberry Sauce, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><b>18</b></p> <p><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>6:00 PM COA Meeting</u></p>	<p><b>19</b></p> <p><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></p> <p style="text-align: center;"><i>Full Harvest Moon</i></p>	<p><b>20</b></p> <p><u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p> <p style="text-align: center;"><i>Respect for the Aged Day (Japan)</i></p>
<p><b>23</b></p> <p><u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p> <p><i>Bill of Rights passed in Senate, 1791</i></p>	<p><b>24</b></p> <p><u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Oven Pot Roast, with Potatoes, Carrots, Onions, Gravy, Rolls, Birthday Cake, Beverage <u>5:30-6:30pm: Zumba</u></p>	<p><b>25</b></p> <p><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><b>26</b></p> <p><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></p>	<p><b>27</b></p> <p><u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p>
<p><b>30</b></p> <p><u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><i>9/8 Grandparents Day</i> <i>9/10 Shelley Vaugine, Canning Classes, 6-8pm At Senior Center</i> <i>9/11 Senior Computer Learning Center Open House</i></p>	<p><i>9/7 Cranberry Harvest Begins on Cape Cod</i>  <i>9/14 Yom Kippur</i>  <i>9/22 Autumnal Equinox</i></p>	<p style="text-align: center;"><i>Menu is subject to change.</i></p>	<p><i>9/29 Fund Raiser for Amy Whitman, 12n-5pm</i></p>



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**SENIOR COMPUTER LEARNING CENTER FALL OPEN HOUSE**

The Senior Computer Learning Center of Mass is proud to announce our fall Open House on Wednesday, September 11, 2013, from 10:00-12:00 at the Abington Senior Center. The Learning Center is dedicated to training and coaching older adults on how to enrich their lives and social connections by taking advantage of current computer technology. We provide, at minimal cost, computer instruction for adults 50 and older. The Learning Center is an organization operated entirely by unpaid volunteers from our local communities. Most of the volunteers have experience from technical, business, or education careers. Classes are organized by skill levels and are geared to the student's interests. Learning is fun and paced to the needs of the students. Coaches are ready to assist instructors and students. Low priced courses will be offered. Each student participates in a small class and will be assigned a late model Windows 7/8 computer, software, a printer, internet access, etc. On September 11, volunteer personnel will be present to describe courses and display our state of the art classroom. For more details, please access [seniorcomputerlearningcenter.org](http://seniorcomputerlearningcenter.org) or call between 1:00 and 4:00, 508-521-4008. Late in August, registration forms will be available outside the computer classroom.

**THE BIRTH OF THE SWING ERA, August 21, 1935**

At the age of ten, Benny Goodman was sent by his father to the local synagogue for clarinet lessons, in hopes a music career might provide him a way out of poverty. He proved his father correct. Benny Goodman was a featured soloist in many prominent bands and leader of his own big band for several years. He was successful enough at age 24 to land his band a weekly radio program, broadcast from New York City, called "Let's Dance". He began performing arrangements by African-American bandleader Fletcher Henderson, departing from the more romantic style of the day and employing loose, upbeat, syncopated rhythm that had been common in African-American jazz ensembles for years. Although the weekly radio program limited their exposure to the East Coast, Benny Goodman would soon discover a huge new fan base when he took his band to California. Already familiar with Goodman's exciting new style from his Friday night radio appearances, a huge crowd of young people turned out for his Palomar Ballroom debut on August 21, 1935. Goodman stuck to relatively staid, stock arrangements for the first part of the show and began to lose the young crowd. Before their return from intermission, the band's drummer, Gene Krupa, is said to have urged Benny, "If we're gonna die, Benny, let's die playing our own thing." It was at that point Benny Goodman pulled out Henderson's arrangements along with all the stops on his talented orchestra, to the crowd's immense delight. When the band played one full set of Henderson's arrangements at the Palomar Ballroom in Los Angeles, the audience went wild with excitement. They couldn't get enough of that new music called "swing". And so it was on August 21, 1935, that the Swing Era was born. Were you a young follower of the Swing Era dancing the Shag or the Lindy Hop?



**Doctor Dementia's Brain Study:** If you can read the following *OUT LOUD* you have a strong mind. And better than that, Alzheimer's is a long, long, way down the road before it ever gets anywhere near you.

7H15 M3554G3 53RV35 7O PR0V3  
 H0W 0UR M1ND5 C4N D0 4M4Z1NG 7H1NG5! 1MPR3551V3 7H1NG5!  
 1N 7H3 B3G1NNING 17 WA5 H4RD BU7 N0W, 0N 7H15 LIN3 Y0UR M1ND 1S R34D1NG 17 4U70M471C4LLY W17H 0U7  
 3V3N 7H1NK1NG 4B0U7 17,  
 B3 PROUD! ONLY C3R741N P30PL3 C4N R3AD 7H15.

**V-J DAY**

On September 2, 1945, the Japanese formally surrendered to the world, officially marking the end of World War II. On August 6<sup>th</sup> the American military dropped an atomic bomb over the city of Hiroshima in an effort to force Japan into an immediate, unconditional surrender. This was followed, three days later, on August 9, by a second bomb dropped onto the city of Nagasaki. Although the Emperor Hirohito cabled the U.S. his surrender and agreed to the terms of the Potsdam Declaration, President Truman would not declare final victory until the unconditional surrender had been signed. That event took place in Tokyo Bay aboard the USS Missouri on September 2, 1945. The Emperor signed the documents, and General MacArthur became the Supreme Commander of Allied Powers and the Military Governor of Japan. Many Japanese soldiers committed suicide upon learning of the surrender, and many American, Australian, and British soldiers were executed by the Japanese Imperial Army. During the almost four years of World War II, more than 1,000,000 American service personnel were killed or wounded. *Lest we forget.*



USS Missouri

**Thank You:** The Gifted Hands wish to thank all those who have donated yarn and buttons to us. Because of your donations and the people who purchased our goods at the Senior Center, we have been able to donate monetarily to the Friends of Abington Seniors, Inc. for their activities. You have made us very successful. We meet every Wednesday from 10 to 12. We love new members; come and join us. All money from sales is donated to the Friends of Abington Seniors, Inc.

**HELPFUL HINTS TO USE BOUNCE DRYER SHEETS** —submitted Susan Young

It will chase ants away when you lay a sheet near them. They take the odor out of books and photo albums that don't get opened too often. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs.

*My husband and I divorced over religious differences. He thought he was God and I didn't.*



### South Shore

Rehabilitation & Skilled Care Center  
24-hour Skilled Nursing, Short-Term  
Rehabilitation and Respite Care  
FIVE STAR CMS Rating

115 North Avenue  
Rockland, MA 02370  
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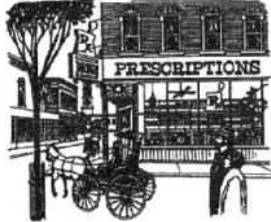
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*Hawk in flight. —Google*

### **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; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

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

*Answers:* (9) Croissant; (5) Tonic, Cross, Scant, Acorn, Cairn, Scion; (6) Actors, Scorns, Coasts, Costar, Castor, Aortic; (7) Actions, Casinos, Consist, Cartons; (8) Narcosis,

### **THE HOUSE MINORITY/MAJORITY LEADERS**

The minority leader serves as floor leader of the "loyal opposition," and is the minority counterpart to the Speaker. Although many of the basic leadership responsibilities of the minority and majority leaders are similar, the minority leader speaks for the minority party and its policies and works to protect the minority's rights. The current Minority Leader of the U.S. House of Representatives is Dem. Nancy Pelosi (since 1/3/2011). The current Majority Leader of the U.S. House of Representatives is Rep. Eric Cantor (since 1/3/2011).

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***Money can't buy happiness, but it sure makes misery easier to live with.***