



The

Senior Informer

OCTOBER 2013

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

Website:
ABINGTONSENIORCENTER.COM

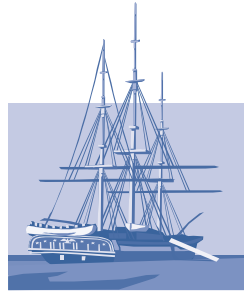
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Volume 10

Issue 10

Council on Aging Board of Directors

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USS CONSTITUTION

The *USS Constitution* is a wooden-hulled, three masted heavy frigate of the United States Navy. Named by President George Washington, she was launched on October 21, 1797. The *Constitution* was one of six original frigates authorized for construction by the Naval Act of 1794. Joshua Humphreys designed the frigates to be the Navy's capital ships, and so *Constitution* and her sisters were larger and more heavily armed and built than standard frigates of that period.

Her keel was laid in November, 1794, at Hartt's shipyard in Boston, where Constitution Wharf now stands. The best white oak, pitch pine and locust were used, all well seasoned wood, which came from Georgia, South Carolina, and Massachusetts. The bolts and spikes that fastened her timbers were made at the foundry of Paul Revere. The anchors were made at the Cushing Anchor Forge in North Hanson. The sails were manufactured at the old Granary Building, where Park Street church now stands, and the duck for the sails was woven by a Boston company at the corner of Tremont and Boylston Streets.

The white oak used in her construction was furnished by Captain Obadiah Hersey of South Abington, a leading lumber dealer. He lived on Washington Street, in what is now Whitman, and his farm stretched eastward to Bear Meadow. Many of the huge white oaks were cut there, others on various farms in the vicinity. The logs were loaded onto a logging rig and pulled by oxen, one at a time, to the sawmill. Captain Hersey "furnished a lot of white oak planks, called wale plank, seven inches thick at a given width, over forty feet long," for the *Constitution*. Three of these great planks made a load to Boston.

Constitution is most famous for her actions during the War of 1812 against Great Britain, when she captured numerous merchant ships and defeated five British warships. The battle with the *Guerriere* earned her the name of "Old Ironsides," when witnesses claimed that the British shots merely bounced off the *Constitution* sides. Public adoration has repeatedly saved her from scrapping.

In 1829, when it was proposed that the ship be broken up, Oliver Wendell Holmes in his poem "Old Ironsides" led the protest against her destruction. Since then the *Constitution* has been rebuilt many times, one time through the efforts of school children who raised \$271,000 for that purpose.

Retired from active service in 1881, *Constitution* served as a receiving ship until designated a museum ship in 1907. In 1934, she completed a three year, 90 port tour of the nation.

On July 10, 1976, *Constitution* led the parade of tall ships up Boston Harbor for Operation Sail, firing her guns at one minute intervals for the first time in approximately 100 years. On the 11th she rendered a 21-gun salute to Her Majesty's Yacht *Britannia* as Her Majesty Elizabeth II and His Royal Highness Prince Philip arrived for a state visit. Her Majesty and His Royal Highness were piped aboard and privately toured the ship with Commander Martin and Secretary of the Navy J. William Middendorf. Upon their departure the crew of *Constitution* rendered three cheers for the Queen. Over 900,000 visitors toured "Old Ironsides" that year.

(continued on page 6)

4th Annual Craft Fair

Sat. October 26

Abington Senior Center

10 to 3 PM

Parents who wonder where the
younger generation is going
should remember where it
came from.

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

BOOK RECOMMENDATIONS

Recommended by Marilyn Nickley: *Winter of The World* by Ken Follett - the story of 5 interrelated families (American, German, Russian, English & Welsh) during a time of enormous social, political and economic turmoil, beginning with the rise of the Third Reich through the Spanish Civil War and the great dramas of World War II.



FACTS ABOUT PRESIDENT JAMES MONROE

James Monroe was the 5th President of the United States (1817-1825); his Vice President was Daniel D. Tompkins. President Monroe was the first president to have his inauguration held outside. The new president and his family could not take up immediate residence in the White House because it had been destroyed by the British in 1814. Instead they lived in a home on I Street until the rebuilt White House was ready for occupancy in 1818. During his second term, Monroe addressed Congress with what became known as The Monroe Doctrine (Does that ring a bell, folks?). In that address President Monroe declared an end to European colonization in the Western Hemisphere and in turn the U.S. would not interfere with European territories or in any wars among them. Things certainly have changed in that regard! President and Mrs. Monroe's daughter became the first presidential child to get married in a White House ceremony. Finally, and interestingly so, President Monroe died on July 4, 1831, the third president in a row to die on Independence Day.

COME OUT EVERYONE AND JOIN US!

It's that time again, the fourth annual Abington Community Craft Fair, on October 26, 2013 from 10 am to 3 pm. We guarantee a wonderful and interesting time from opening through the completion of raffle drawings. There will be a variety of useful and beautiful items for sale. Your taste buds will be tempted by a delicious and creative menu. The Bake table and Cookie table will both be crammed with many good sweets. The Gifted Hands group will be displaying their many beautiful wares in addition to the American Girl (18") doll clothes. And, continuing a tradition inspired by the late Hank Cahill, the South Shore Wood Turners will be with us again. There will be many beautiful gift baskets and valuable gift certificates to be raffled. **COME AND JOIN US!**

MINI-GRANT

The Abington Board of Health has received a mini-grant from the Massachusetts Department of Public Health in collaboration with the Massachusetts Association of Health Boards to provide health education programs to residents of Abington.

Abington will host the two-part education series entitled *Eat Right for Healthy Living*, which will be presented by clinicians from NVNA and Hospice. Claire Kennedy, NVNA and Hospice Nutritionist, will present the nutritional program "Healthy Eating as We Age" on October 7. On October 21, Kennedy will offer "Healthy Self-Management for Diabetes and Pre-Diabetes." Lori Mahoney, RN, CDE a certified Diabetic Educator will be on hand on October 21 to provide blood glucose screenings, assisted by Jeannine Donato, RN, Abington Public Health Nurse. Each program
(continued in column at right)

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of October for the November 2013 issue).

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., weekly on Mondays 9:30 to 12:30 and the last Tuesday of the month, 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.

FUEL ASSISTANCE

Appointments can be scheduled beginning November 1st for November 8th continuing on through the 2014 season. Friday appointments only!

SENIOR COMPUTER LEARNING CENTER

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

ANNUAL SENIOR CITIZENS' COOKOUT – THANK YOU!

We wish to thank all of the businesses and organizations who donated food, time, and money to the Senior Citizens' Cookout held at the Abington Senior Center on Friday, August 23. Many town and community workers cooked, served food, and did whatever they could to make this day a huge success. We were entertained by the D.J. and singer Rick Walsh. Many seniors won raffle prizes donated by local businesses. The large crowd spilled out of the tent and into the tables and chairs provided just outside the tent. A special thanks to Kevin Donovan who was the original organizer of this event decades ago, and to the Abington Bank for their continued support and participation. Also, thank you to Tri-Town Development and to our own Council on Aging Director, Suzanne Djugberg. —Diane Keith, FOAS, Inc.

MINI-GRANT (continued from left column)

will run for one hour from 10 to 11 am at the Abington Senior Center, 441 Summer Street in Abington. For more information, please contact Valerie O'Loughlin, Outreach Coordinator at 781-982-2145.

NVNA and Hospice, a non-profit home health and hospice agency serves over 27 communities on the South Shore and provides public health services to several towns, including Abington.

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:

William & Cynthia Tinnery	Grace McGinn	Beverly Hartery	Jaanus & Carol Roht
Annette Murray	June Jackson	Frances & Joseph Zaleski	Thomas & Connie Deveney
Patrick & Barbara Hayes	Janet Macmurdo	Ken & Mary Laidlaw	Gordon & Carolyn Bates
John & Cheryl Taylor	Jacalynn Mercer	B. Esther Griffin	

Donations: Frances & Joseph Zaleski

In Memory of:

Barbara Cushing by Richard & Maureen Wall	Janet Madigan by Richard & Maureen Wall
Gilda D'Antonia by Karen Butler	Kate Kelley by Carolyn & Gordon Bates
Douglas B. Footit, Sr. by Marguerite Footit	Martha (Mitzi) Zoobhoff by Marguerite Footit
Paul Brown by Marie & Jack Brown	Edward Kiernan by Muriel Kiernan
Alberta McLaughlin by Marion Wilson	Mary Franey by Donald & Elizabeth Rockett
Wilma & David by Joseph Bentley	Ted Butler by Joanne Curtis
Bob Pilato by Dorothy Pilato	Mary Griffin by B. Esther Griffin
Peter Chuilli by Gloria Chuilli	

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

TRAVEL OPPORTUNITIES

Italian Festival, October 16, Direct from Italy, Italy's funniest comedian, Rocco Ponzini; also enjoy the duo of Frank Zarba and Ray Caviccio singing the music of Italy. Meal choices are Chicken Parmesan or Baked Haddock served at the well known Luciano's at Lake Pearl. This is a drive on your own since it is so near. \$55

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

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

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



RECIPE OF THE MONTH —Chocolate Chip Pudding Cookies —
amazing and super easy

- | | |
|--------------------------------|----------------------------------|
| 1 cup butter, softened | 3/4 cup brown sugar |
| 1/4 cup white sugar | 1 small pkg. vanilla pudding mix |
| 2 eggs | 1 tsp. vanilla extract |
| 2 1/4 cups all purpose flour | 1 tsp. baking soda |
| 1 package milk chocolate chips | |

Preheat oven to 375. Beat butter, both sugars, pudding mix, eggs and vanilla in large bowl till creamy and fluffy. Then slowly mix in flour mixed with baking soda. Stir in chips. Drop by teaspoonfuls onto ungreased cookie sheet. Bake for only 8 to 10 min.

OCTOBER'S PUZZLE

What number should replace the question mark in these sequences:

1. 2, 6, 9, 27, 30, ?, 93, 279, 282
2. 1, 4, 9, 16, 25, ?, 49, 64
3. 80, 160, 40, ?, 20, 40, 10, 20
4. 2, 15, ?, 41, 54, 67, 80, 93
5. 3, 7, 14, ?, 25, 29, 36, 40, 47

Answers to puzzle are on page 8.



OUTREACH WITH VALERIE — OCTOBER 2013

Recently, I have been receiving many questions about Medicare's coverage of hospital stays. The good people at the Visiting Angels gave me a great article explaining the "observation status," and I really thought it would be a great piece to share with all of you and I hope it will clarify some of the confusion surrounding this issue.

Important Information if you or a loved one is on Medicare

Avoiding unexpected medical bills: Have you ever heard of the term "Observation Status" during a hospital stay? It is not a term you will find in your Medicare handbook nor will you be informed about it in an Emergency Room. However it is extremely important that you understand what it means.

Here's the common scenario we are seeing: A client goes to an ER for some acute medical event. They are taken to a regular hospital floor where they are treated like any other patient. For example they stay overnight in a hospital bed, have a wristband attached, eat hospital food, get tests and treatment. It appears by all of this that they have been "admitted." When they are well enough to be transferred to a rehabilitation facility they discover that Medicare A will not cover the rehab stay because they did not have a "qualifying" three day admission. You see they weren't formally "admitted." Rather, they were in an "Observation Bed." They then have to choose to either privately pay the rehab - which can be up to \$20,000 a month - or leave and try to recover at home, which is much less expensive but perhaps not optimal.

Medicare policy states that observation care should be less than 48 hours. Medicare is not required to inform you of this status. Hospitals won't give you that information easily without being asked. So it is essential that anytime you or a loved one covered by Medicare is brought to a hospital you need to clearly ask if you are on "Observation Status." Here are some other things you can do to avoid this trap:

Be aware that the hospital may ask you to sign paperwork about observation status while you are sick, in pain or confused. Be sure to have someone read it for you if you can't — Ask about your status each day you are in the hospital because it can change at any time — Ask your own doctor if observation status is justified and if not ask that the doctor contact the hospital to explain the medical reasons for admission — If, after discharge you need rehab services, but Medicare A will not cover it ask your doctor if there is a similar option for you to be treated at home that Medicare will cover through the home health benefit — If you do have to go to a rehab and pay for it yourself you can appeal that decision through Medicare.

DON'T FORGET! Open enrollment for Medicare begins October 15th and runs through December 7th, 2013. Call our SHINE Counsellor to make an appointment for information.

THE LORE OF HALLOWEEN

Halloween is a holiday celebrated on the eve of the Christian feast of All Saints' Day, October 31. The word "Halloween" is a shortening of All Hallows' Evening.

Traditional activities include trick-or-treating, bonfires, costume parties, visiting "haunted houses," carving pumpkins into jack-o'-lanterns, apple bobbing, playing pranks, telling scary stories, and watching scary films.

Some scholars have its origins in the ancient Celtic festival known as Samhain (pronounced "Sah-win," old Irish for summer's end.) The festival is a celebration of the end of the harvest season and the preparation for winter. Other scholars maintain that Halloween originated independently of Samhain and has solely Christian roots.

The Samhain festival was seen as a time when the souls of the dead were beckoned to revisit their homes and a place was set at the table for them. However, harmful spirits were also thought to be active. Costumes were worn in parts of Ireland, Scottish Highlands and Wales before the 20th century, believed to disguise oneself from these harmful spirits. Boys would go from house to house asking for fuel for the bonfire. Children were led door to door, collecting food; by giving them food, the household could expect good fortune. Trick-or-treating may have come from these practices. In the U.S., trick-or-treating was stalled by sugar rationing that began in April, 1942, during World War II, and did not end until June, 1947.

Lanterns were made of turnips, sometimes with faces carved into them to ward off the harmful spirits, guiding the children from house to house. There are many legends as to how Jack-o'-lanterns became associated with the holiday Halloween. Folklore tells of how Jack, a lazy farmer, tricked the Devil into climbing an apple tree, and, once he was there, Jack quickly placed crosses around the trunk so the Devil couldn't get down. Another variation of the legend is the Devil was tricked by Jack and became stripped of his powers. Jack only lets the Devil go when he agrees never to take his soul. After Jack died, his life was too sinful for him to go to Heaven, and, as the Devil had promised not to take his soul, he was barred from Hell as well. Jack now had nowhere to go. He asked how he would see where to go, as he had no light, and the Devil mockingly tossed him an ember that would never burn out from the flame of Hell. Jack carved out one of his turnips, put the ember inside it, and began endlessly wandering the Earth for a resting place and became known as "Jack-of-the-Lantern," or Jack-o'-Lantern.

The turnip was traditionally used for carving in Scotland and Ireland, but immigrants found the native pumpkin softer and larger, making it easier to carve than a turnip. The pumpkin became specifically associated with Halloween in the mid to late 19th century. National attention to trick-or-treating was given in the October, 1947 issues of the children's magazine *Jack and Jill Children's Activities*, and by the network radio programs, "The Baby Snooks Show" in 1946, "The Jack Benny Show," and "The Adventures of Ozzie and Harriet" in 1948. The custom had become well established in popular culture by 1952.



OCTOBER 2013 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menu is subject to change.</i></p> <p><i>10/1 Homemade Cookie Day</i> <i>10/9 Fire Prevention Day</i></p>	<p><u>1</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Meat Loaf, Baked Potato, Vegetable, Dessert, Beverage <u>5:30-6:30 PM Zumba (\$4)</u></p>	<p><u>2</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u></p>	<p><u>2</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i> <i>SOS established 1906</i></p>	<p><u>4</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p>
<p><u>7</u> <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><u>8</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Tomato Soup, Ham & Cheese Sandwich, Crackers, Chips, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>9</u> <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></p> <p><i>Leif Erikson Day</i></p>	<p><u>10</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>11</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p>
<p><u>14</u> COLUMBUS DAY SR. CTR. CLOSED</p> <p><i>Columbus Day observed</i> <i>Thanksgiving Day, Canada</i></p>	<p><u>15</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Sheperd's Pie, Rolls, Dessert, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>16</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>6:00 PM COA Meeting</u></p>	<p><u>17</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>18</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p> <p><i>Full Hunter's Moon</i></p>
<p><u>21</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><u>22</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken, Broccoli & Ziti, Crusty Bread, Birthday Cake, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>23</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u></p>	<p><u>24</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p> <p><i>United Nations Day</i></p>	<p><u>25</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (Free)</u></p> <p><i>10/26 CRAFT FAIR at Sr. Ctr. 10-3pm</i></p>
<p><u>28</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><u>29</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Ham & Scalloped Potato Casserole, Vegetable, Beverage <u>5:30-6:30pm: Zumba (\$4)</u></p>	<p><u>30</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00 Bridge</u> <u>10:30 Chess</u></p>	<p><u>31</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u> <u>11:30 Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p> <p style="text-align: center;">HALLOWEEN</p>	<p><i>10/19 Revolutionary War ended, 1781</i> <i>10/22 National Nut Day</i> <i>10/27 Navy Day</i> <i>10/31 International Red Cross organized in Switzerland, 1863</i></p>



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USS CONSTITUTION (continued from page 1)

Constitution entered drydock in 1992 for an inspection and repair period that became the most comprehensive structural restoration and repair since she was launched in 1797. Using radiography, 300 scans of her timbers were completed to find any hidden problems otherwise undetectable from the outside. The repair crew used sound wave testing to determine the condition of the remaining timbers that may have been rotting from the inside. The most difficult task was the procurement of timber in the quantity and sizes needed. The city of Charleston, South Carolina donated live oak trees that had been felled by Hurricane Hugo in 1989, and the International Paper Company donated live oak from its property. The project was completed in 1995.

In 1991, Commander David Cashman suggested that *Constitution* should sail, rather than be towed, to celebrate her 200th anniversary in 1997. The proposal was approved, although it was thought to be a large undertaking. When she emerged from drydock in 1995, a serious effort began to prepare her for sail. Education programs aimed at school children helped collect pennies to purchase the sails to make the voyage possible. Using an 1819 Navy sailing manual and with several months of practice, the crew began training for the historic sail. On July 20, 1997, *Constitution* was towed from her berth in Boston to an overnight mooring in Marblehead. En route she made her first sail in 116 years at a recorded 6 knots, and was absent overnight from her berth in Charlestown for the first time since 1934. The next day, July 21, she was towed 5 nautical miles offshore, where the tow line was dropped, and Commander Beck ordered six sails set. She then sailed for 40 minutes, attaining a top recorded speed of 4 kn. While under sail, her US naval escorts, the guided missile destroyer *Ramage* and frigate *Halyburton* rendered passing honors, and she was overflown by the Blue Angels Demonstration Squadron. Inbound to her permanent berth at Charlestown, she rendered a 21 gun salute to the nation off Fort Independence in Boston Harbor.

The mission of *Constitution* is to promote understanding of the Navy's role in war and peace through active participation in public events and education. The crewmen are all active duty members of the U.S. Navy, and the assignment is considered to be special duty. *Constitution* is the oldest commissioned warship afloat in the world. She is berthed at Pier One at the Charlestown Navy Yard, and is open to the public year round. The privately run USS Constitution Museum is nearby. *Constitution* typically makes one turnaround cruise each year, during which she is towed out into Boston Harbor to perform underway demonstrations, including a gun drill, and then returned to her dock where she is berthed in the opposite direction to ensure that she weathers evenly. The crew of the ship and her commanding officer, Commander Matt Bonner, during the bicentennial observances of the War of 1812, sailed the *Constitution* under her own power on August 19, 2012, the anniversary of her defeat of the *Guerriere*.

—Many thanks to the Dyer Memorial Library for information obtained there and also @ Wikipedia.

OLD IRONSIDES

Ay! Tear her tattered ensign down!
Long has it waved on high,
And many an eye has danced to see
That banner in the sky.
Beneath it rung the battle shout,
And burst the cannon roar;
The meteor of the ocean air
Shall sweep the clouds no more.

Her deck, once red with heroes' blood,
Where knelt the vanquished foe,
When wings were hurrying o'er the flow
And waves were white below,
No more shall feel the victor's tread,
Or know the conquered knee;
The harpies of the shore shall pluck
The eagle of the sea.

O better that her shattered hulk
Should sink beneath the wave;
Her thunders shook the mighty deep,
And there should be her grave;
Nail to the mast her holy flag,
Set every threadbare sail,
And give her to the God of storms,
The lightning and the gale!

—Oliver Wendell Holmes

If you think you're too small to make a difference, you've obviously never been in bed with a mosquito. —Michelle Walker

OCTOBER'S CHUCKLE

A man was at a grave yard kneeling down in front of a tombstone. He began to moan "Why did you die oh why did you have to die?" A passer-by knelt down next to the man and said "Was this person very close to you?" "No, actually I never met him!" replied the man. "Why are you moaning then?" asked the passer-by curiously. "He was my wife's first husband!"

MEALS ON WHEELS PROGRAM

When we began our hydration program on July 1st, little did we realize that this summer would be very hot and dry. Dehydration is a challenge for anyone during a heat wave, but the senior community is especially vulnerable.

Meals on Wheels volunteer drivers delivered a bottle of spring water with every afternoon meal. We collected the empty bottles at the end of the week and recycled them for our clients. They were very much appreciated and, because the smaller bottles were easily handled, this program was a hit! Through donations from various activities held at the Abington Senior Center, we purchased our supplies.

This week I had the pleasure to meet Mr. Mohamed Ahmed, owner/proprietor of Stop'N Gas in Abington. He generously donated to our hydration program, and I wanted to personally thank him for his generosity. Mr. Ahmed is a Lion's Club member and offered to supply water so that we may continue offering our clients spring water throughout the fall and winter months.

—Karen Butler, Nutrition Coordinator

HOUSE NUMBERS UPDATE

A huge "Thank You" to Max Stone, Boy Scout Troop 41, and our anonymous donor who provided the funds for the program.

Fire Chief John Nuttall and Police Chief David Majenski provided helpful information regarding state laws and the placement of the numbers for easy identification.

We received almost 60 requests from senior homeowners, and I am pleased to report that all have been successfully installed.

Thanks again to everyone involved in the program.

—Marie Brown, Chairwoman, Council on Aging Board of Directors

The cemeteries of the world are full of indispensable men. —Charles de Gaulle



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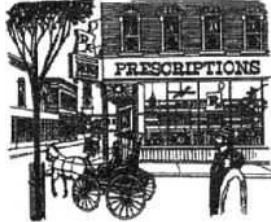
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Miscellaneous

Line Dance Schedule: Dancing with Dot Dunham at St. Bridget's Parish Hall on Friday afternoons, at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 781-293-7727 for more information.

Support Groups— Open to the Public— No Charge: Bereavement Group, Abington, meets once a month at the Library, 1st Tues., 6:30 pm; Prostate Cancer Support Group, monthly, 3rd Wed., 7 p.m., Brockton Hospital, Assembly Room 2nd floor by café.

Food Pantry: St. Vincent de Paul 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 puzzle on page 4: 1) 90, 2) 36, 3) 80, 4) 28, 5) 18

THE ATTORNEY GENERAL OF THE UNITED STATES

The Judiciary Act of 1789 created the Office of the Attorney General which evolved over the years into the head of the Department of Justice and chief law enforcement officer of the Federal Government. The Attorney General represents the United States in legal matters generally and gives advice and opinions to the President and to the heads of the executive departments of the Government when so requested. In matters of exceptional gravity or importance, the Attorney General appears in person before the Supreme Court. Since the 1870 Act that established the Department of Justice as an executive department of the government of the United States, the Attorney General has guided the world's largest law office and the central agency for enforcement of federal laws. The present Attorney General is Eric Holder (since January 20, 2009).

*When I withdrew my life savings from the bank, the teller asked, "How would you like that—heads or tails?"
Little league baseball is a very good thing because it keeps the parents off the streets. —Yogi Berra*