



The

# Senior Informer

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MAY 2014

ABINGTON COUNCIL  
ON AGING  
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**TOWN MEETING**  
June 9, 7 p.m. AHS

**HONOR OUR VETS  
MEMORIAL DAY PARADE**  
May 26, 2014  
Start Time: 10 a.m. from  
Beaver Brook School

## ACTIVITIES

Bingo  
Blood Pressure Screening  
Chair Yoga w/Joanne  
Computer Classes  
Cribbage  
Hearing Tests  
Knitting & Crocheting Group  
Legal Assistance  
Quilting Class  
Senior Lunches  
Tai Chi  
Zumba  
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## HONOR TO THE GOLD STAR MOTHERS



The name "Gold Star" came from the custom of families of U.S. servicemen and women hanging a "Service Flag" banner in the window of their homes.

The American Gold Star Mothers, Inc. was formed shortly after World War I to provide support for mothers who lost a son or daughter in the war.

Eleven years after World War I, Congress took an unprecedented step in the history of warfare, giving unusual recognition to the mothers of those killed in that war. In 1929 a law was passed authorizing the Federal Government to disburse funds for these Gold Star Mothers and Widows (whether members of the organization or not) to travel to the battlefields of Europe to visit the burial sites of their loved ones.

On February 7, 1930, First Lady Lou Henry Hoover pulled 54 envelopes out of a large silver bowl in the Red Room of the White House, each containing a card with a name of a state or U.S. Territory and handed it to the Quartermaster General for disposition. On May 7, 1930, the first 231 Gold Star Mothers and Widows boarded the *S.S. America* in New York to visit the sites where their sons or husbands had made the supreme sacrifice for freedom. Over the following three years, a total of 6,692 such pilgrimages were made.

On June 23, 1936, Congress further recognized the sacrifice of these Gold Star Mothers when it set aside the last Sunday in September of each year as Gold Star Mother's Day and authorized the President to issue a proclamation in observance of that day. There were 60,000 Gold Star Mothers from World War I alone.

The World War II Memorial in Washington, D.C. includes on the west side, a section called "The Freedom Wall." The wall of stars is covered with a field of 4048 gold stars, each star representing 100 service personnel who died or remained missing. Etched in the granite is "HERE WE MARK THE PRICE OF FREEDOM." The 405,399 American dead and missing from World War II are second only to the loss of more than 600,000 Americans during our Civil War.

Perhaps the single most famous mother to have joined the Gold Star Mothers was Aletta Sullivan, the mother of the five Sullivan brothers from Waterloo, Iowa, who were killed in action when their ship, the *USS Juneau* (CL-52) was sunk on November 13, 1942, during the battle of Guadalcanal. The Navy later named two destroyers *The Sullivans* to honor the brothers: *The Sullivans* (DD-537) and *The Sullivans* (DDG-68). DD-537 was the first American Navy ship ever to be named after more than one person. The motto for both ships was "We stick together."

In the words of President Franklin D. Roosevelt in 1944, "There is nothing adequate which anyone in any place can say to those who are entitled to display the Gold Star in their windows. America lives in freedom because of the sacrifices of American's finest citizens and of the mothers who raised them." Their sons and daughters may have fought in different wars, but they share the same grief. They are Gold Star Mothers.

(continued on page 6)

**BOOK RECOMMENDTION**

In *Mount Vernon Love Story* -- famed suspense writer Mary Higgins Clark's long-out-of-print first novel -- the bestselling author reveals the flesh-and-blood man who became the "father of our country" in a story that is charming, insightful, and immensely entertaining.

Always a lover of history, Mary Higgins Clark wrote this extensively researched biographical novel and titled it *Aspire to the Heavens*, after the motto of George Washington's mother. Published in 1969, the book was more recently discovered by a Washington family descendant and reissued as *Mount Vernon Love Story*. Mary Higgins Clark describes the Washington marriage as one full of tenderness and passion, as a bond between two people who shared their lives -- even the bitter hardship of a winter in Valley Forge -- in every way. In this author's skilled hands, the history, the love, and the man come fully and dramatically alive.

**FACTS ABOUT PRESIDENT  
GEORGE WASHINGTON**

George Washington, our first President of the United States, was Commander in Chief of American forces in the Revolutionary War. He served from 4/30/1789 to 3/4/1797; his Vice President was John Adams. Washington was born on February 22 (a date we all remember) in the year 1732. He was married to Martha Dandridge Custis, a widow who had 2 children. George Washington was the first of the founding fathers to sign the Constitution.

He was unanimously elected President of the United States twice; the only President in the history of the United States to have been unanimously elected. The United States Navy was founded during his presidency. He also established the nation's official currency; the State Department as well as the Supreme Court were also established during his term.

He was the only President of the United States who did not live in Washington, D.C. New York City and later Philadelphia were the nation's capitals while he was in office as President of the United States. In fact, he never occupied the White House, as it was not completed until after his death. President Washington did help plan the design of the U.S. Capitol in Washington, D.C. that was named for him. Interestingly, a central vault was built at the Capitol as the final resting place of George Washington; however, in his will, Washington specified that he wished to be buried at his beloved Mount Vernon. This vault at the Capitol still remains empty.

A few more interesting facts about President George Washington: He did not attend college; he did not throw a silver dollar across the Potomac (a myth), as the Potomac River is over a mile wide at Mt. Vernon where he lived; also there were no silver dollars when Washington was a young man; he suffered from dental problems all his adult life; he did not wear a wig; he made provisions in his will for all his slaves, the only slave-owning president to do so.

President George Washington was not only considered a military and revolutionary hero, but a man of great personal integrity, with a deep sense of duty, honor and patriotism.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of May for the June 2014 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 9:00 to 12:00. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age.*

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. Although anyone can apply for this service, approval must be given by the recipient's doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

**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).

**POET'S CORNER****A FATHER'S THOUGHTS**

Because I am his father, they  
Expect me to put grief away;  
Because I am a man, and rough  
And sometimes short of speech and  
gruff,

The women folks at home believe  
His absence doesn't make me grieve;  
But how I felt, they little know,  
The day I smiled and let him go.

They little know the dreams I had  
Long cherished for my sturdy lad;  
They little guess the wrench it meant  
The day when off to war he went;  
They little know the tears I checked  
While standing, smiling and erect;  
They never heard my smothered sigh  
When it was time to say good-bye.

"What does his father think and say?"  
The neighbors ask from day to day.  
"Oh, he's a man," they answer then,  
"And you know how it is with men;  
But little do they ever say

...

They do not feel the self-same way;  
He seems indifferent and grim  
And yet he's very proud of him."

Oh, tongue, be silent through the  
years,  
And, eyes, keep back always the tears,  
And let them never see or know  
My hidden weight of grief and woe,  
Though every golden dream I had  
Was centered in my little lad,  
Alone my sorrow I must bear,  
They must not know how much I care.

Though women folks may talk and  
weep,  
A man, unseen, his grief must keep,  
And hide behind his smile and pride  
The loneliness that dwells inside.  
And so, from day to day, I go  
Playing the part of man, although  
Beneath the rough outside and grim,  
I think and dream and pray for him.

—Edgar A. Guest

*Babe Ruth wore a cabbage leaf under  
his baseball cap to keep cool; he  
changed it every two innings*

**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 2014 will start a new membership year with dues of \$7.00 payable and good until JUNE 2015. 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 2014-2015: \$7.00 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:**

Louise MacKenzie

Amelian & Veronica Pastuszak

Eleanor Diersch

Paul & Elaine Norcott

Janice Olson

June & John Berlinguet

**Donations:**

Edward & Kathleen Corcoran

**In Memory of:**

Barbara & Charles Whitman, Lorraine Mooney, Edward Coughlin, Arthur Walker by Natalie Walker

Edward J. Kiernan by Muriel Kiernan

Bill Schutt by Janice King

Gerald T. Pike by Betty A. Pike

Suzanne Keith & Shirley McIver by June & John Berlinguet

Robert Molloy by Mary Molloy

Veronica Audette by Anna Fopiano

Eileen Maraget by Brenda Jacques

Eileen Maraget by Beverly Carew

**THE KENTUCKY DERBY or RUN FOR THE ROSES**



On the first Saturday in May the “Run For The Roses” will once again take place at Churchill Downs in Louisville, Kentucky. This race, which was inaugurated in 1875, is the first leg of the Triple Crown, followed by the Preakness and then Belmont Stakes. The participants are limited to three-year-old thoroughbred horses. The colts/geldings carry 126 pounds and the fillies 121 pounds. The track is a dirt, left handed track, 1 ¼ miles long. The purse is \$2 million.

In the late 1800’s, Col. Meriwether Lewis Clark, Jr., inspired by his visit to the Derby race in England, organized the Louisville Jockey Club for the purpose of raising funds to build racing facilities. John and Henry Churchill provided the land for the racetrack, which was officially incorporated as Churchill Downs in 1937.

On May 17, 1875, a field of 15 three-year-old horses ran the first Derby. A colt named Aristides, ridden by jockey Oliver Lewis, won the inaugural race. Although the race was a success, the track struggled financially until 1902 when Col. Winn of Louisville assembled a syndicate of businessmen to acquire the facility, which then prospered and became the preeminent stakes race for three-year-old thoroughbred horses in North America.

Thoroughbred horse owners began sending their successful Derby horses to compete later in the Preakness Stakes in Baltimore, Maryland, followed by the Belmont Stakes in Elmont, New York. In 1919 Sir Barton became the first horse to win all three races. However, the term “Triple Crown” did not come into use until coined by sportswriter Charles Hatton in 1930. Since 1931, the order of the races has been the Kentucky Derby first, followed by the Preakness Stakes, and then the Belmont Stakes.

The fastest time ever run in the Derby was set by Secretariat in 1973 at 1 minute 59 2/5 seconds. In 1968 Dancer’s Image, owned by Massachusetts businessman Peter Fuller, became the first, and thus far only, horse to win the race and then be disqualified after an anti-inflammatory drug (now permitted) was found in the tests.

A number of traditions play a role in the Derby atmosphere. The mint julep is the traditional beverage of the race. Women appear in lovely outfits and large, elaborate hats. As the horses are paraded before the grandstands, the University of Louisville Marching Band plays Stephen Foster’s “My Old Kentucky Home,” and the spectators join in the singing. Then the horses are loaded into the gates, and the race begins – the “Most Exciting Two Minutes in Sports.”

The most wins by jockeys were: 5 by Eddie Arcaro, and 5 by Bill Hartack. Most wins by an owner: 8 by Calumet Farms. Longest shot to win: 91 to 1 by Donerail in 1913.

So—on the first Saturday in May, fill up your glass, put on your best hat, turn on your TV, and watch some of the world’s finest horses “Run For The Roses.”

***RIP***

Fred Robertson, a long time COA staff member and volunteer, died on March 29, 2014 after a long illness.

A good friend, a good person. Rest in Peace.

### OUTREACH WITH VALERIE — MAY 2014

Hello everyone and happy spring! If you're just entering retirement, chances are you have many years of good health ahead. But the normal aging process still brings limitations that we all need to prepare for, such as slower reaction times and declining vision, which can lead to accidents and injuries. Many accidents are preventable though, and you can take simple steps to enhance your safety as you age. **In Your Home** Falls are one of the greatest age-related risks inside the home. One in three adults older than 65 fall each year, and the risk of injury rises with age, according to the National Safety Council. Many falls are caused by hazards that are easy to avoid if you know what to look for.

To prevent tripping, eliminate clutter on floors, remove throw rugs or tack them down, and make sure electrical and phone cords are kept out of the way. You might need to rearrange some of your furniture as well, to ensure that there are unobstructed pathways into and out of every room.

In the bathroom, use a nonslip rubber mat or stick nonslip adhesive strips to the bottom of the bathtub or shower. You may also want to consider installing grab bars. Keep a night light on in the bathroom at night, and remove any obstacles in the path from the bedroom to the bathroom.

If your house has stairs, make sure they have good lighting and sturdy handrails. Attaching nonslip rubber treads is a good idea if the steps are potentially slippery.

The kitchen presents a slightly different set of potential hazards. To reduce the risk that you'll cut or burn yourself, make sure there is bright, no glare lighting over all food preparation areas. Also, it's better to store sharp knives in a knife block or rack rather than loose in a drawer. And make sure any hazardous substances are well marked and stored in a place where they're unlikely to be misidentified or come into contact with food.

**Outdoors** To make your yard safer, replace or repair any broken or loose paving stones and clear walkways of overgrown branches or any other potential tripping hazards. Make sure all handrails are firm and secure. Mark the edges of steps with reflective tape and check that there is enough light to see obstacles at night. You might want to consider a timer or motion detector light near the front door so you don't have to fumble with your keys in the dark. And, just in case, make sure your house number is visible and lighted so emergency personnel can find it quickly.

**In the Car** To increase your safety on the road, have your vision and hearing checked every year, and, if you need them, wear your glasses or hearing aid when driving. Know your limitations and avoid situations that make you uncomfortable. Have your car checked regularly by a trusted mechanic to make sure it stays in good working order, and keep a cell phone with you so you're prepared in case of an emergency, which can't be emphasized enough. It's good to have a cell phone on hand for any type of emergency—not just in the car.

Most accidents don't just happen. If you follow these simple safety tips, you'll decrease your risk of injury, and increase your chance of enjoying a long, happy retirement in the comfort of your own home. I hope you all have a safe and happy spring!

### APRIL RECIPES

#### **YUMMIES** —submitted by *Kristen Shambers Corliss*

12 oz. bag butterscotch chips  
1 cup milk chocolate chips  
1-1/2 cup dry roasted nuts  
1 cup crushed wavy potato chips  
Melt the butterscotch chips and milk chocolate chips separately  
Mix together then add nuts and chips. Spoon onto wax paper or parchment paper. Cool and enjoy.

#### **THANKS TO THE FOAS AND THE LIONS**

On Tuesday, March 18, 120 Abington seniors were treated to a full corned beef luncheon at the Senior Center in observance of St. Patrick's Day.

The Friends of Abington Seniors, Inc. provided the food, and members of the Lions Club did the cooking, serving, and cleanup. Ted Cummins was the Master of Ceremonies, music was played and sung – a good day, a good meal, a good time with good friends. Faith and begorra!

#### **DOLLAR STORE SOUP** --from *River Notes, Winding River, NC*

2 cans Charro beans--(pinto beans in a seasoned sauce that include onions, tomatoes, and jalapenos)  
32 oz. chicken broth  
16 oz. jar salsa (pick the style and "heat" you like)  
2 cups cooked chicken (from a rotisserie chicken or other leftover chicken or turkey)  
Cumin to taste

Preparation:

Put it all in the slow cooker and heat it through (can also be made on top of the stove). This recipe is easy to personalize. If you want it a little thicker add more beans, a little thinner add more broth. If you like more spice use a hotter salsa. You can use chunky or smooth salsa. The recipe is very easy to embellish and also forgiving. You don't need to buy the ingredients at the dollar store, but that's half the fun!



#### **AFGHANS FOR VETS**

The Gifted Hands ladies group at the Senior Center pieced together donated, knitted squares to make lap-size afghans. The completed afghans were donated to Brockton Veterans Hospital. If you are spring cleaning and find yarn, please donate your yarn to the Gifted Hands.

#### **VOLUNTEER APPRECIATION DAY**

On June 18 the Abington Council on Aging is sponsoring a Boston Harbor Cruise on board the Spirit of Boston for our volunteers and supporters. There will be a \$5 charge, and sign up day will be only on May 16 from 9am to 12 noon.

**WHAT'S NEW???** Check out [The Designer Diva](#), a newly opened consignment shop on Washington St. in Abington (formerly Abington Dry Cleaners). You'll be amazed at what Kristin (the proprietor) carries there. Although there are gowns in the front windows, there's much MORE inside. You'll be pleasantly surprised to find clothes for ladies, men, teens, children as well as jewelry, shoes and all sorts of accessories. So, it's worth a trip to just browse through the inventory, which I'm told changes all the time. PLUS, Kristin has generously offered a 10% discount for seniors. Take a look for yourself!

# MAY 2014 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>May—Older Americans Month:</i>                      5/6 No Diet Day                      5/11 Eat What You Want Day                      5/14 Dance Like a Chicken Day</p>	<p>5/11 <i>Mother's Day</i>                      5/17 <i>Garden Club Plant Sale</i>                      5/17 <i>Armed Forces Day</i></p>	<p><i>MAY</i>                      Birthstone: <i>Emerald</i>                      Flower: <i>Lily of the Valley</i>                      Zodiac Sign: <i>Taurus thru 20th; 21st Gemini</i></p>	<p><u>1</u>                      9:00 <u>Cribbage</u>                      10:00 <u>Chair Yoga w/ Joanne (\$4)</u>                      11:30 <u>Lunch TBA</u>  <i>Free bread distribution at Sr. Ctr. 1st Come, 1st serve</i>                      May Day</p>	<p><u>2</u>                      9:00 <u>Cribbage</u>                      9:00 <u>Shopping Van</u>                      11:00 <u>Tai Chi (\$5)</u>                      Brothers/Sisters Day</p>
<p><u>5</u>                      9:00-10:00 <u>Beginners Knitting/ Crocheting Class (\$5)</u>                      11:00 <u>Bingo</u>                      Cinco de Mayo</p>	<p><u>6</u>                      9:00 <u>Cribbage</u>                      11:30 <u>Lunch:</u>                      American Chop Suey Salad, Bread, Dessert, Beverage                      5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>7</u>                      10:00 <u>Knitting Group</u>                      10:00-12:00 <u>Quilting Class</u></p>	<p><u>8</u>                      9:00 <u>Cribbage</u>                      10:00 <u>Chair Yoga w/ Joanne (\$4)</u>                      11:30 <u>Lunch: TBA</u>  <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i>                      V-E Day</p>	<p><u>9</u>                      9:00 <u>Cribbage</u>                      9:00 <u>Shopping Van</u>                      11:00 <u>Tai Chi (\$5)</u></p>
<p><u>12</u>                      9:00-10:00 <u>Beginners Knitting/ Crocheting Class (\$5)</u>                      11:00 <u>Bingo</u>                      Victoria Day (Canada)</p>	<p><u>13</u>                      9:00 <u>Cribbage</u>                      11:30 <u>Lunch:</u>                      Soup, Chicken Salad Sandwich, Crackers, Olives, Dessert, Beverage                      5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>14</u>                      9:00 <u>FOAS Meeting</u>                      10:00 <u>Knitting Group</u>                      10:00-12:00 <u>Quilting Class</u>                      Full Flower Moon</p>	<p><u>15</u>                      9:00 <u>Cribbage</u>                      10:00 <u>Chair Yoga w/ Joanne: (\$4)</u>                      11:30 <u>Lunch: TBA</u>  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>16</u>                      9:00 <u>Cribbage</u>                      9:00 <u>Shopping Van</u>                      10:00-11:00 <u>Sen. Keenan, office hours</u>                      11:00 <u>Tai Chi (\$5)</u>                      Wear Purple for Peace Day</p>
<p><u>19</u>                      9:00-10:00 <u>Begining Knitting/ Crocheting Class (\$5)</u>                      11:00 <u>Bingo</u></p>	<p><u>20</u>                      9:00 <u>Cribbage</u>                      11:30 <u>Lunch:</u>                      Steak &amp; Cheese Subs, Cole Slaw, Chips, Dessert, Beverage.                      5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>21</u>                      10:00 <u>Knitting Group</u>                      10:00-12:00 <u>Quilting Class</u>                      6:00 <u>COA Meeting at Town Hall</u></p>	<p><u>22</u>                      9:00 <u>Cribbage</u>                      10:00 <u>Chair Yoga w Joanne (\$4)</u>                      11:30 <u>Lunch: TBA</u>  <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>23</u>                      9:00 <u>Cribbage</u>                      9:00 <u>Shopping Van</u>                      11:00 <u>Tai Chi (\$5)</u></p>
<p><u>26</u>                      SENIOR CTR. CLOSED                      Memorial Day                      PARADE</p>	<p><u>27</u>                      9:00 <u>Cribbage</u>                      11:30 <u>Lunch:</u>                      Scalloped Chicken Casserole, Vegetable, Birthday Cake, Beverage.                      5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>28</u>                      10:00 <u>Knitting Group</u>                      10:00-12:00 <u>Quilting Class</u></p>	<p><u>29</u>                      9:00 <u>Cribbage</u>                      10:00 <u>Chair Yoga w Joanne (\$4)</u>                      11:30 <u>Lunch: TBA</u>  <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>30</u>                      9:00 <u>Cribbage</u>                      9:00 <u>Shopping Van</u>                      11:00 <u>Tai Chi (\$5)</u></p>



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### **GOLD STAR MOTHERS** (continued from page 1)

The Massachusetts Registry of Motor Vehicles has specialty license plates to honor the "Gold Star Family." One (1) 'Gold Star Family' license plate may be issued free of charge to the parents, children, spouse, siblings, or grandchildren of a member of the U.S. Armed Forces killed in action. Each person qualified under the Gold Star Family law is eligible for a plate.

An application must be completed (able to pull off online from <http://www.massrmv.com/rmv/veteran/goldstar.htm>). A casualty report, a telegram for military members who served in World War II and/or the Korean War, or an overseas death certificate issued by the military indicating the date of death.

Gold Star family plates are issued at any full service Registry of Motor Vehicles office by presenting above requirements. There is no fee for the issuance or the renewal of the Gold Star Family license plates – they must be renewed every two (2) years. If you have any questions about your eligibility, contact the Special Plates Department at 857-368-8031.

### **GUN SAFETY** —John Young

All military aircraft require routine maintenance and some are by the calendar and some are by usage, so aircraft are pulled in and out of the hangar to be taken care of by the various maintenance groups. There are engine mechanics, structural mechanics, electronic technicians, ordinance men, etc. As soon as the aircraft is in the hangar, these groups swarm all over the aircraft to do their assigned tasks to make it ready for its next flight. Because generators supply all the power for the plane, the aircraft is fully functional when everything works. Now, our aircraft is a P2V, a World War II hold-over; it was supplied with a number of guns, twin 20mm in the front, twin 50 calibers overhead, and twin 20 mm in the tail. Guns have an endless fascination for young men, and ones that have a ride-like quality are top of the line. Therefore, it was not unusual to see someone "testing the guns." Since the guns were rarely used, they rarely had ammo in them. Suddenly "**BANG**", the rear guns fired, and all hands froze for a split second and everyone raced for the workshops. In less than a second the generators were running, but no one was in sight. All that could be seen was a wisp of smoke curling out from the barrels of the gun and a huge hole in the captain's office window. The captain was found, huddled under his desk covered with plaster, shaking violently. A thorough investigation failed to find a single person who would admit to being anywhere near the aircraft. From that day on, no aircraft was allowed in the hangar without green and red painted dowels inserted in the barrels of all the guns.



### **MAY'S CHUCKLE**

On his first day, the new CEO takes a tour of the main factory where the company's products are made, commenting periodically to his assistants on possible changes. The most common thing he notices is that most of the employees could be working harder than they are. Finally, he spots one guy who's literally just leaning against the wall, twiddling his thumbs. The CEO is ticked off and decides to send a message. He walks up to the guy, who doesn't seem bothered in the slightest. "Hey, you," the CEO says. "What are you doing?" "Just sitting around waiting to get paid," the man said. Now the CEO is really furious. "Okay, well tell you what. How much do you make in a week?" The man shrugs, "I don't know, \$200." The CEO pulls out his personal checkbook, writes a check for \$400, and hands it to the man. "Two weeks notice. Now get out." The man pauses, thinks for a moment, and then leaves. Feeling satisfied, the CEO turns around to everyone, hoping the message has been received. "Well? Can anyone tell me what just happened?" "Well," said one of his employees, "You just tipped the pizza guy a whole lot of money."

### **TRAVEL OPPORTUNITIES**

**A Devine Comedy, June 11:** Enjoy Fr. Patrick Aloysius Misgivings sharing stories about growing up Catholic. Nothing escapes the good father's razor sharp wit. Lunch will be prepared and served by the instructors at the Johnson & Wales Cooking School. \$79

**Newport Playhouse, Tuesday, July 8:** Comedy Show & Cabaret. Incredible meal consisting of 1 ¼ lb. Boiled Lobster, Mussels in Wine, Roasted Chicken, Creole Shrimp, Corn on the Cob, Vegetable Medley, N.E. Clam Chowder, 3 Bean Salad, Beet Salad, Cole Slaw, Watermelon, Pudding, Strawberry Shortcake, etc. Two great shows! \$85

**Bourne Scallop Festival, September 20:** Something for everyone, from crafts to exciting entertainment. First we enjoy a narrated cruise on Cape Cod Canal. At the festival you will enjoy Traditional Scallop Dinner or Roasted Chicken Dinner. This is the 100<sup>th</sup> anniversary of the Canal. \$68 —Contact Rita Webster at 781-982-9102 for information on trips.



**KITCHEN WISH LIST:** Coffee and Paper Napkins

### **TOWN MEETING June 9**

**Don't forget to attend** the Town Meeting—Monday, June 9 at 7pm at Abington High School

### **PUZZLE**

What number should replace the question mark to make these sums work. Solve from left to right.

1.  $18 \div ? - 3 = 6$ ; 2.  $? + 14 - 15 = 12$ ; 3.  $4 \times 12 \div ? = 6$ ; 4.  $18 - 9 + ? = 7 \times 3$ ; 5.  $? \times 5 \div 4 = 4 \times 9 - 16$ . See answers on page 8.

### **PLANT SALE**

On Saturday, May 17, the Abington Garden Club will be holding its annual plant sale at the Butterfly Park on Central Street. The sale, which begins at 9AM, is a wonderful opportunity to browse and select plants for your summer garden. Baked goods are also available for purchase.

**In 1972 the FBI hired its first two female agents: a former nun and a former U.S. Marine.**



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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 Thursday, 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

#### Friends of Abington Seniors, Inc.

Darlean Lewis, President; Larry Keough, Vice-President; Thomas Bates, Treasurer; Lorraine Leventuk, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

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

### **FEDERAL EMERGENCY MANAGEMENT AGENCY**

FEMA is an Agency of the United States Department of Homeland Security, formed in 1978. The agency's purpose is to coordinate the response to a disaster that has occurred in the United States and that overwhelms the resources of local and state authorities. The governor of a state in which the disaster occurs must declare a State of Emergency and formally request from the president that FEMA and the federal government respond to its disaster. The only exception occurs when an emergency and/or disaster takes place on federal property or to a federal asset.

Abington's own Richard Serino was the 2nd in command at FEMA until December, 2013 when he stepped down as Deputy Assistant under President Obama, where he served for 4 years. We should all recall that Mr. Serino (who you probably have run into somewhere around Abington) was a founding father of Boston Emergency Medical Services where he spent 35 yrs. as Chief of the Boston EMS.

*Answers to puzzle on page 6: 1. 2; 2. 13; 3. 8; 4. 12; 5. 16.*

*—Some information for various articles was taken from internet sources.*

*An elderly man was stopped by the police around 2 a.m. and was asked where he was going at that time of night. The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late." The officer then asked, "Really? Who's giving that lecture at this time of night?" The man replied, "That would be my wife."*