



The

Senior Informer

JUNE 2014

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

Website:
ABINGTONSENIORCENTER.COM

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Volume 11

Issue 6

Council on Aging Board of Directors

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TOWN MEETING June 9, 7 p.m. AHS

Remember Dad FATHERS DAY June 15

Fly the Flag FLAG DAY June 14

ACTIVITIES

Bingo
Blood Pressure Screening
Chair Yoga w/Joanne
Chess
Computer Classes
Cribbage
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Quilting Class
Senior Lunches
Tai Chi
Zumba

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Linda Elliot - Van Drivers



THE CLOTHESLINE by Pat Jackman

Does anyone know what ever happened to the “clothesline”?? In today’s world, the clothesline has given way to a drying machine with a door in the front, that comes in many styles and colors. It has a companion machine that washes clothes, and they usually have a whole room to themselves called the “Laundry Room”. At one time, the clothesline was the lifeline to maintaining a clean home and family. Each day, it was adorned with newly washed clothing or sparkling white sheets that were hung with a definite system and precision and were displayed on the line for all to see. There were many types of clotheslines. Rope would be strung between two trees (dripped sap on laundry), circular lines attached to a pole in the ground (had to shake clothes to get rid of bugs), wooden poles cemented in the ground with many lines strung on them (probably the most popular) and my very favorite....The Pulley Line..... My “Pulley Line” was strung from the back porch to a tall metal pipe that stood at the end of the yard. It was placed high enough so that no bugs could climb that high and no sap could fall that near. A bag, shaped like an apron and hung on the railing, kept clothespins that were used to adorn the line that held the perfectly hung laundry. After the pulley worked its magic, and the clothes were at the metal pole, what a thing of beauty it was. How proudly it waved!!!! Little did we know then how much we would come to depend on our clothesline. Over the years, the line held all of our laundry, bedding, scatter rugs, tablecloths, curtains in the Spring and Fall, and anything that could possibly be washed with soap and water and would fit in the washing machine. With four kids, the washer was kept busy and seldom rested on a Sunday. The pulley line was also functional for many other family things. Two old bedspreads pinned together, when thrown over the line and staked into the ground with clothespins from the “apron” on the back deck, became transformed into a tent for a Summer night sleep out. It also doubled as a fortune teller’s tent when the kids organized a carnival to benefit Muscular Dystrophy. I didn’t even mind when one of my bed sheets was hung on the pulley line to serve as the stage curtain for the weekly talent show in the backyard. The neighborhood kids sat on picnic benches and munched popcorn and drank lemonade and waited with much anticipation for the bed sheet curtain to open and the show to begin. Each week, it was the same show. The only thing different was the popcorn and the lemonade. The clothesline, once again, lived up to expectations and expertly pulled the makeshift curtain across the lawn in perfect time with the music coming from the record on the tree stump. Each Summer night, the clothesline could be seen to hold the day’s bathing suits, pool towels, and sometimes even a neighborhood kid’s wet sneakers. How could I ever forget the day I washed my 3 yr. old little girl’s favorite blanket and hung it out to dry on the clothesline. I can still see her hanging on to the edge of her blanket with one hand while she held it to her cheek and sucked her thumb. That sight warmed my heart and touched my soul. For over 40 years, the clothesline greeted the sunlight’s warm embrace and waited patiently for that day’s challenge to begin. Whether it was baby clothes, diapers, soccer, baseball or hockey uniforms, dancing costumes, or dirty laundry brought home on Spring Break from college, it never failed to perform its duties for our family. We sold our house and with it our treasured “Pulley Line” which was promptly removed from the backyard by the new owners.

(continued on page 6)

BOOK RECOMMENDTION

Mrs. Lincoln's Dressmaker by Jennifer Chilverini presents a stunning account of the friendship that blossomed between Mary Todd Lincoln and her seamstress, Elizabeth "Lizzie" Keckley, a former slave who gained her professional reputation in Washington, D.C. by outfitting the city's elite. Keckley made history by sewing for First Lady Mary Todd Lincoln within the White House, a trusted witness to many private moments between the President and his wife, two of the most compelling figures in American history.

The Shoemaker's Wife by Andriana Trigiani The majestic and haunting beauty of the Italian Alp is the setting of the first meeting of Enza, a practical beauty, and Ciro, a strapping mountain boy, who meet as teenagers, despite growing up in villages just a few miles apart. At the turn of the century, when Ciro catches the local priest in a scandal, he is banished from the village and sent to hide in America as an apprentice to a shoemaker in Little Italy. Without explanation, he leaves a bereft Enza behind. Soon Enza's family faces disaster and she, too, is forced to go to America with her father to secure their future. This is a riveting historical epic of love and family, war and loss, risk and destiny



**FACTS ABOUT PRESIDENT
HARRY S. TRUMAN**

Harry S. Truman was the 33rd President of the United States (4-12-1945 to 1-20-1953), having taken over that office as a result of the sudden death of Franklin Roosevelt. It is interesting to note that Truman had no middle name. His parents gave him the middle initial S to honor and please his grandfathers. He was married to Elizabeth Wallace, known to all as Bess. Truman was an excellent student, an avid reader and a fine musician, playing the piano. However, he was the only 20th century president who did not attend college. President Truman made some of the most crucial decisions in history; the use of the atomic bomb to be dropped on Hiroshima and Nagasaki, ending World War II; Nuremberg trials; Truman Doctrine; Taft-Hartley Act; created the Fair Deal; responsible for the creation of the North Atlantic Treaty Organization (NATO); Central Intelligence Agency (CIA) and the National Security Council. He faced equally challenging domestic issues, such as labor unrest, expansion of the GI bill for returning veterans, and a proposal for national healthcare.

Some noteworthy facts about Harry S. Truman are that he was the first President of the United States to travel underwater in a modern submarine; he was also the first president to have his inauguration televised as well as the first president to give a speech on television in 1951. Truman was the first American and first President of the United States to have a Medicare card; his card was No. 1 and Bess Truman's card was No. 2. Also noteworthy is that he was the first President to be paid a salary of \$100,000. AND we all must remember the famous quote of Truman, "The buck stops here."

According to a C-Span Poll ranking U.S. presidents, conducted by 58 presidential historians and scholars, Truman is thought to be one of the best presidents in U.S. history (ranked 5th).

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of June for the July 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 by the NVNA & Hospice nurse. *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.

**POET'S CORNER**

If I can stop one Heart from breaking
I shall not live in vain
If I can ease one Life the Aching
Or cool one in Pain
Or help one fainting Robin
Unto his Nest again
I shall not live in Vain.
—Emily Dickinson

While attending a Marriage Seminar dealing with communication, Jack and his wife, Barb, listened to the instructor. "It is essential that husbands and wives know the things that are important to each other." He addressed the man, "Can you describe your wife's favorite flower?" Jack leaned over, touched his wife's arm gently and whispered, "Its Pillsbury isn't it?"

DON'T FORGET FLAG DAY—Fly your Flag

**I pledge allegiance to the flag of the United States of America
and to the Republic for which it stands; one nation under God,
indivisible, with liberty and justice for all.**

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: Chris & Leo Runkal

Donations: Bob & Alice Gurnon Pat Delaney

In Memory of: Veronica Audette by Marion C. Wilson Edward Kiernan by Muriel Kiernan
 George (Lefty) Roberts by Marjorie Roberts Ruth Sheehy by Marion C. Wilson
 Fred Robertson by Russ & Helene DeCoste Eugene & Elizabeth Lloyd by Kenneth Lloyd
 Eileen Maraget, Germaine Hughes, Fred Robertson, and Veronica Audette by Maureen Wall

MEET BILL KENDALL – Volunteer Driver

If you need a ride to Boston for a medical appointment, chances are that Bill Kendall will be the person who takes you there. Although the COA van provides transportation for local destinations, Bill is the only personal driver available for round trip travel to Boston. He will take you there, wait for you, and bring you home. As an Abington resident for more than 30 years, Bill became involved with the COA and fund raising for our Senior Center. He solicited items to be raffled off – TVs, bicycles, GPS’s, etc. He sold tickets, held signs, baked pastries, worked at the suppers, and did everything asked of him. Several years ago, Bob and Mary Donlan told him of the need for Boston drivers, and Bill answered the call. He had worked in Boston for many years and is familiar with the streets and the parking, and he has a handicapped placard which helps a great deal. In a recent one week period, Bill made trips to Boston, Weymouth, and Brockton, for a total of 146 miles. In 2013, he drove 10,400 volunteer miles. Although the mileage is reimbursed by the Old Colony Planning Council, Bill is an unpaid volunteer. The trips can be booked through our Council on Aging and are primarily for medical appointments, adult day care programs, legal services, visiting a family member in a hospital or nursing home, and some shopping. Bill does only medical appointments. A person requesting this transportation must be a resident of Abington, over 60 years old, and have no alternative transportation. There is no provision for wheelchairs, and the driver does not accompany his passenger into the appointment. Bill would like to stress the need for volunteers to join him in providing this service. He has regular customers and has enjoyed meeting and making new friends.

If you are interested in becoming a volunteer driver, contact the COA at 781-982-2145. You must have a valid Massachusetts driver’s license, a safe, reliable vehicle that meets all Massachusetts safety requirements, and all necessary auto insurance. Family members and close friends or neighbors of elders transported by the program are not eligible for mileage reimbursement. Our thanks to Bill for providing this valuable service.

JUNE NOTABLE EVENTS

June 3, 1937 The Duke of Windsor married Wallis Wakefield Simpson, an American socialite, twice married. As King Edward VIII, he had abdicated the British throne in December of 1936 after much controversy to marry Simpson. Following the wedding, the couple lived in France and had minimal contact with the British royal family. Both are buried near Windsor Castle in England.

June 5, 1968 Robert F. Kennedy shot and mortally wounded.

June 6, 1872 Susan B. Anthony fined for voting in a Presidential election.

June 14, 1777 Flag Day. John Adams introduced a resolution before Congress mandating a United States flag, stating: “that the flag of the thirteen United States shall be thirteen stripes, alternate red and white, that the Union be thirteen stars, white on a blue field, representing a new constellation”. This anniversary is celebrated each year in the United States as Flag Day.

June 17, 1775 Battle of Bunker Hill – The British captured Bunker and Breed’s Hills on the third assault after the colonial forces ran out of ammunition. Meanwhile, relatively inexperienced Colonial forces were able to retreat to Cambridge, regroup in good order to stand up to regular army troops.

June 20, 1893 Lizzy Borden was found innocent by jury in New Bedford, of the ax murders of her father and stepmother.

June 25, 1950 The Korean War lasted until July 27, 1953, when an Armistice was signed formally dividing the country at the 38th parallel into North and South Korea.

OUTREACH WITH VALERIE — JUNE 2014

As the town of Abington Outreach Coordinator, I can help the seniors of Abington who qualify obtain help from the Supplemental Nutrition Assistance Program (SNAP). I just wanted to go over some of the deductions that are allowed.

Massachusetts seniors age 60+- and people at any age receiving disability benefits, who already receive or are applying for SNAP food assistance, may benefit from additional assistance through the SNAP Medical Expenses Deduction. Through this deduction, those eligible are able to deduct out-of-pocket medical expenses from their income, which can increase their SNAP allotment and enable them to purchase healthy, nutritious food. And since more than half of Massachusetts SNAP recipients are either seniors or people with disabilities, we need to get the word out about this important benefit.

For more information you can call and make an appointment with me here at the Abington Senior Center located at 441 Summer Street Abington, MA 02351. My phone number is 781-982-2145 and press option #3. You can also visit your local SNAP office which is located at the Brockton Department of Transitional Assistance at 75 Commercial Street Brockton, MA 02302, phone number 508-895-7000 or call 1-866-950-3663.

JUNE RECIPES

Lime Salad Mold Mash small pkg. cream cheese and whip until fluffy. Mix in 1½ cups of crushed pineapple, drained (save the juice). Dissolve 1 small package of lime gelatin in 1 cup boiling water and 1 cup pineapple juice. Let partially set, then add first mixture, fold in 1 cup of whipped cream, and pour into salad mold. Serve with Miracle Whip tinted with juice.

TAI CHI AT THE SENIOR CENTER

Stressed Out??? Try our Tai Chi/Chi Kung classes on Friday at 11 a.m. We are currently looking for new members. Tai Chi has been shown to improve balance, stamina, and lower blood pressure. Chi Kung techniques are designed to exercise internal organs and induce healing. If you suffer from pain, disease, fatigue, stress, or the effects of aging, this may be what you are searching for. The Chinese have been practicing Chi Kung as preventive medicine for centuries. Come join the fun!!! Visit our web site: www.wuliacademy.com for more information

Blueberry Pudding

2 cups fresh or frozen blueberries
1 tsp. ground cinnamon
1 cup all purpose flour
1 tsp. baking powder
3 tbs butter or margarine, melted

1 tsp lemon juice
¾ cup sugar
½ cup milk



Topping:

¾ cup sugar

1 tbs. Cornstarch 1 cup boiling water

Toss the blueberries with cinnamon and lemon juice, place in a greased 8 inch square baking dish. In a bowl, combine flour, sugar and baking powder. Stir in milk and butter. Spoon over berries.

Topping: Combine sugar and cornstarch, sprinkle over batter. Slowly pour boiling water over all. Bake at 350 for 45-50 minutes, or until pudding test done. (9 servings)

NEW: Piano lessons at the Sr. Ctr. By Richard Poole. For info or appointments call Mr. Poole at 508-584-6872 or RichardPoole.com.

GRIEF COUNSELING

On Tuesday, June 10, at 10 AM, Susan Chenard from the Compassionate Care Hospice will be at the Senior Center to give a short talk on grief counseling and the possibility of beginning bereavement group meetings here. Grief is a normal reaction to loss and can occur, not only from death of a loved one, but also from divorce, loss of friendship, a decline in health, and changes in life style, as well as other major life changes. Grief impacts your entire being and can result in physical, emotional, and social changes. Ms. Chenard will be available for any questions until after the lunch hour.

EMERGENCY PREPAREDNESS REVIEW

Emergency Dispensing Site: Abington High School, 201 Gliniewicz Way, is a designated place where residents can receive medication or prophylactics and other needs assessments. Examples include anthrax and meningitis treatments.

Sign Up for NIXLE: NIXLE is a service that allows government agencies to send messages to local residents via phone, email and web. You can sign up for this through the Abington Police Department's website: <http://www.abingtonpolice.org/> or <https://local.nixle.com/abingtonpolice.department/>

How To Prepare: Identify what you will need in order to be able to survive for 3-5 days if people cannot get to you. Make sure all family members have important telephone numbers. Prepare an emergency kit. Designate a meeting place if family members are separated.

Family Needs: Store at least a 3-5 day supply of non-perishable foods per person, noting dietary restrictions. Avoid foods that will make you thirsty. Choose canned foods with a high liquid content. Bottled water: Avoid caffeinated drinks and alcohol as they dehydrate the body. Medications, First aid kit, Utility shut-off and safety (know how to shut off gas, water, and electricity), flashlight and extra batteries, pet food, medication, identification tags, dry matches and candles, manual can opener.

Emergency Car Items: Flares/light sticks, bottled water/food, jumper cables, blanket or sleeping bag, first aid kit, extra gasoline, tire jack & spare tire, shovel snow supplies.

Dear Mom, School is really great. I am making lots of friends and studying very hard. With all my stuff, I simply can't think of anything I need. So if you would like, you can just send me a card, as I would love to hear from you. Love, Your Son
The Reply:

Dear Son, I know that astronomy, economics, and oceanography are enough to keep even an honor student busy. Do not forget that the pursuit of knowledge is a noble task, and you can never study enough. Love, Mom

JUNE 2014 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>3</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Meatloaf, Sweet Potatoes, Vegetable, Ice Cream, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>4</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-12:00 <u>Chess</u></p>	<p><u>5</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>6</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p> <p><i>D-Day, 1944</i></p>
<p><u>9</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p> <p><i>Town Meeting 7pm, AHS</i></p>	<p><u>10</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Soup, Sandwich, Crackers, Chips, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>11</u> 9:00 <u>FOAS Meeting</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-12:00 <u>Chess</u></p>	<p><u>12</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>13</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p> <p><i>Full Strawberry Moon Fathers Day, June 15</i></p>
<p><u>16</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>17</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Chicken Bowl, Cranberry Sauce, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p> <p><i>Bunker Hill Day, 1775 Watergate Break-in, 1972</i></p>	<p><u>18</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-12:00 <u>Chess</u> 6:00 <u>COA Meeting</u></p>	<p><u>19</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>20</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></p> <p><i>Summer Solstice, June 21</i></p>
<p><u>23</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>24</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Hot Dogs, Potato Salad, Macaroni Salad, Baked Beans, Birthday Cake, Beverage. 5:30-6:30pm <u>Zumba (\$4)</u> <i>Midsummer Day</i></p>	<p><u>25</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-12:00 <u>Chess</u></p> <p><i>Start of Korean War, 1950</i></p>	<p><u>26</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>27</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p>
<p><u>30</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>July 1</u> 11:30 <u>Lunch</u> Beef Stroganoff, Egg Noodles, Summer Squash, Dessert, Beverage</p>		<p><i>JUNE</i> <i>Birthstone: Pearl</i> <i>Flower: Rose</i> <i>Zodiac Sign: Gemini thru 20th; 21st Cancer</i></p>	



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THE CLOTHESLINE (continued from page 1)

There was no fanfare, no goodbyes and no eulogy for the demise of my treasured friend. It was old and tired and had finished its job. The kids that had summer sleep outs and neighborhood shows and hung their pool towels on the line, now have families of their own. They all have "Laundry Rooms" and have no need for a clothesline. They will take summer vacations up north, take the SUV out on the dunes at Duxbury Beach and send their kids to Soccer Camp. They will make their own memorable times together as a family....This is as it should be. So, it's time for me to thank Mr. Clothesline and to celebrate the existence of an old and treasured friend. I'm sorry that I never took time out in my busy days to truly appreciate you. Thank you for being a most welcome addition to our family, a constant companion to my children and, oh yes.... *Thanks for the memories.*

"THERE ISN'T A TRAIN I WOULDN'T TAKE NO MATTER WHERE IT'S GOING".

These words by the noted poet, Edna St. Vincent Millay, many years ago sound just fine to me. During my life, I've ridden many a mile by train, cross country, part way across Canada, plus many other trips. For now, let's focus on something local. I'm more than pleased the Boston Hyannis "Cape Flyer" is running again this year. I had the pleasure of riding it last year; it was a most enjoyable ride. Unfortunately, the train presently only runs on weekends. The Friday train seems planned more for the vacation or weekend traveler. The Saturday and Sunday trains are geared for the day tripper. The schedule is as follows, for Saturday and Sunday.



Departure Times—Read Down	Arrival Times—Read Up
8:18 am Braintree	8:27 pm
8:48 am Middleboro	8:00 pm
9:08 am Wareham Village	7:40 pm
9:18 am Buzzards Bay	7:30 pm
Arrive 10:18 am Hyannis	Leave 6:30 pm

According to a source at the Hyannis Transportation Center, the fare is \$20.00 round trip from Boston or Braintree (that's the senior fare), and \$4.00 round trip (senior fare) from Middleboro to Hyannis,,,What a deal!!! While the Braintree station is closer to Abington, it does have its drawbacks. It's a bit of a walk from the garage at Braintree to the train platform. You'll note also the arrival time on the return trip as being 8:27pm. Those not comfortable driving at night may find Middleboro more to their liking with an 8pm arrival time at this stop. The station for Middleboro is located off Route 105 with more than adequate parking and an easily accessible station. There is a charge for parking.

The ride to Hyannis is sheer pleasure; the views are spectacular, particularly along the marshes where you may view different waterfowl lounging about. The natives are friendly; they'll come out and wave at the train as it passes. Your arrival at the Hyannis Transportation Center is in downtown Hyannis, and the center serves as a jumping off point for destinations on the Cape or the Islands. Hyannis is a great place to just poke about in the town or enjoy a short walk to the waterfront. The shops are fun to look into, and there is no small number of places to eat, something to fit every pocketbook.

The service started on May 23. You can bet I'll be on the train at some time during the operating season ... maybe twice. Before I forget it, snacks and beverages are available on the train. —Richard Merrill

JUNE'S CHUCKLE

The navy psychiatrist was interviewing a potential sailor. To check on the young man's response to trouble, the psychiatrist asked, "What would you do if you looked out of that window right now and saw a battleship coming down the street?" The young sailor said, "I'd grab a torpedo and sink it." "Where would you get the torpedo?" "The same place you got your battleship!"

JUNE PUZZLE

Can you rearrange each of these sets of letter blocks into a word?

ARY DE SE NT HI AMP AN BI GOT NE TE IA LE LE SA WHO INF CE RE OR

Answers on Page 8.

TRAVEL OPPORTUNITIES

Newport Playhouse, Tuesday, July 8: Comedy Show & Cabaret. Incredible meal consisting of 1 ¼ lb. Boiled Lobster, Mussels in Wine, Roasted Chicken, Creole Shrimp, Vegetables, Chowder, Salads, Desserts, 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 100th anniversary of the Canal. \$68

Contact Rita Webster at 781-924-5531 for information.



WISH LIST for kitchen: 1-quart size plastic reclosable bags.

Last night, my friend and I were sitting in the living room and I said to her, 'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.' She got up, unplugged the Computer, and threw out my wine.



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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.

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Answers to puzzle on page 6:

SEDENTARY AMPHIBIAN NEGOTIATE WHOLESALE REINFORCE

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

OFFICE OF ATTORNEY GENERAL

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. Eric P. Holder, Jr. has served from 2009 to the present time. Eighty-one distinguished Americans have previously served as Attorney General.

Never go to a doctor whose office plants are dead. —Erma Bombeck

"It's hard to imagine a more stupid or dangerous way of making decisions than by putting those decisions in the hands of people who pay no price for being wrong!"

—Thomas Sowell