



The

# Senior Informer

AUGUST 2014

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

Website:  
ABINGTONSENIORCENTER.COM

Suzanne Djusberg, Director  
COADirector@Abingtonma.gov

Volume 11

Issue 8

## Council on Aging Board of Directors

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**Senior Cookout**  
**Friday, Aug.15**  
**Senior Center**  
**11:00AM — 1:00PM**

**Car Show**  
**Sat., Aug. 2, AHS**  
**9:00 —2:00PM**  
**Sponsored by Abington**  
**Cultural Council**

## 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

## 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

## KING OF THE HILL —Russell Wheatley

*I want to tell you about my old friend Johnny Kelley.*

When I was in the third grade at the Abington Center School, our teacher, Miss Gervais, approached me one day during the morning recess. It was a bright sunny day in October and I was standing at the edge of the playing field watching the older boys play softball.

I could see Miss Gervais approaching out of the corner of my eye. Someone was walking behind her.

“Russell, I want you to meet John Kelley” she said, “he’s a new boy from Hanson and he’s going to be in your class. I want you to take him around today and be sure he meets the other students.” The boy standing uncomfortably behind her was small and as skinny as I was.

“John, this is Russell...he’s going to be your friend today.” John extended his hand and I did, too. “Hi,” he said.

“Hi,” I said. My assignment was something I did not want to do...introducing a new student to my classmates, but I had no choice.

John and I spent the rest of the day together and while I probably didn’t formally introduce him many times that day, he did meet most of my school friends. I was uncomfortable with my assignment.

I distinctly remember after school that afternoon playing “King of the Hill” on a small mound behind the gymnasium. The object of the game was to gain control of the mound and repel anyone trying to climb to the top. Towards the end of that day, John and I were the only ones still on the mound and for some time, we were able to turn back the would-be invaders. John was extremely strong for his size and while he didn’t say much during our game that fall afternoon, he went about the business of turning back the enemy with an intensity that surprised me, and I’m sure it impressed others, as well.

Our ability to defend our “hill” against the other students created a bond between us that very first day. I later introduced “my friend” John to anyone I could find.

John and I became close friends in the days that followed and we’re still pals today.

## CLAIRE CROWLEY —Russell Wheatley

When we were in grade school at the Center School in Abington, the various groups of young boys banded together and would harass the other groups. It was kind of a gang mentality. It seems strange for grade school in Abington, but it was true. One of the so called gangs was Cheverie’s gang. One day, I remember at the side of the Center School up in the woods for whatever reason, Jimmy Cheverie and I were having some kind of confrontation. I don’t know who picked up a rock first, but one of us did and the other one ran. As things progressed, I picked up a rock and Jim was running towards the side of the brick school building. I was so upset and agitated, I threw the rock at Jimmy from some distance. It sailed over his head by a generous margin, and much to my dismay smashed into the window of the Center School. I looked up to see the glass flying into the school and all over, yes, all over Claire Crowley, the principal. There was no question that she had seen me throw the rock. I stood frozen. It is a moment that I remember to this day as clearly as if it happened this morning. She screamed at me to get into the school and to come to her room which I did. She then made me put my hands out in front of me and she struck the back of my hands where the small bones are with a hard wooden ruler as hard as she could. The pain was excruciating for me, and I learned never to do that again...Claire Crowley, of all people.

*Excerpts from Nobody Else Cares...But I Do —“Treasured Memories” —Russell Wheatley*



**BOOK RECOMMENDATIONS*****The Associate***—by John Grisham

Kyle McAvoy grew up in his father's small-town law office in York, Pennsylvania. He excelled in college, was elected editor-in-chief of "The Yale Law Journal," and his future has limitless potential. But Kyle has a secret, a dark one, an episode from college that he has tried to forget. The secret, though, falls into the hands of the wrong people, and Kyle is forced to take a job he doesn't want—even though it's a job most law students can only dream about.

Three months after leaving Yale, Kyle becomes an associate at the largest law firm in the world, where, in addition to practicing law, he is expected to lie, steal, and take part in a scheme that could send him to prison, if not get him killed. If you like mysteries, you'll love this one.

**FACTS ABOUT PRESIDENT LYDON B. JOHNSON**

Lyndon Baines Johnson was the 36th President of the United States (1963-1969), a position he assumed after the assassination of President John F. Kennedy on Nov. 22, 1963. Johnson who had served as Vice President under John F. Kennedy, completed Kennedy's term and was elected president in his own right, winning by a large margin over

Barry Goldwater in the 1964 presidential election. LBJ, as he was most commonly referred to, was born in Stonewall, Texas and married Claudia Alta Taylor, who was known to all as Lady Bird Johnson, his First Lady. They had two daughters, Lynda Baines Johnson and Luci Baines Johnson.

President Lyndon Johnson was responsible for designing the "Great Society" legislation that included laws that upheld civil rights, public broadcasting, Medicare, Medicaid, environmental protection, aid to education, aid to the arts, urban and rural development, and the "War on Poverty." He escalated American involvement in the Vietnam War. Growing unease with the war stimulated a large angry antiwar movement, especially on university campuses in the U.S. and abroad. The Vietnam War turned out to be Johnson's downfall, and after he did poorly in the 1964 New Hampshire primary, LBJ ended his bid for reelection.

A few interesting facts about President Lyndon B. Johnson: he was the only president to take the oath of office on an airplane and from a woman (Federal District Court Judge Sarah Hughes); he and Mrs. Johnson were married with a \$2.50 ring bought at Sears; LBJ loved the soda Fresca so much that he had a fountain installed in the Oval Office that would dispense it; LBJ was one of two presidents born in the state of Texas, the other being Dwight D. Eisenhower; President Johnson appointed the first African-American Supreme Court Justice, Thurgood Marshall. At 6 ft. 3 1/2 in. President Johnson was the 2nd tallest president, after Abe Lincoln. And we all remember his slogan during his presidency..."All the Way with LBJ."

President Lyndon B. Johnson died of a heart attack at his TX ranch at age 64. It is interesting to note that one day after his death a ceasefire in the Vietnam War was reached.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of Aug. for the September 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., on the 1st and 3rd Mondays of every month, 9:00 to 12:00 Noon. *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 11:30—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**

**Ah, Sunflower** —from *Songs of Experience*  
—William Blake

Ah, sunflower, weary of time,  
Who countest the steps of the sun;  
Seeking after that sweet golden clime  
Where the traveller's journey is done;  
Where the Youth pined away with desire,  
And the pale virgin shrouded in snow,  
Arise from their graves, and aspire  
Where my Sunflower wishes to go!

**UPCOMING EVENTS**

**Catered Brunch**, Sr. Ctr., Sept. 9, 11:30AM. Free to Abington residents, \$5 non-residents. Sign up at Sr. Ctr. August 29, 9AM-12Noon. NO CALLS.

**Abington Summer Concerts**, Sundays (Aug. 3, 10, 17, 24) 6pm, at the Nisby Bandstand. In event of rain, concerts will be held at the COA Senior Center.

**Car Show**, Sat., Aug. 2, 9:00 to 2:00, fundraiser sponsored by Abington Cultural Council at Abington Town Hall. See the *muscle* cars of your youth plus others.

**Thanks to St. Vincent de Paul members for sponsoring the Annual Senior Cookout on July 16. Good time had by all.**

*You never know how strong you are, until being strong is your only choice.*

**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 started 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.**

<b>Memberships:</b>	Claire Anderson	Richard & Annette Griffin	Carol MacPherson	Adalene McGrath
	Marylou Allsopp	Susan Osofsky	Stanley Mackiewicz, Jr.	Louis & Marjorie Rumpf
	Joan Anderson	Meredith Dennison	Roger & Arlene Moore	Debi Hendrickson
	Bob Hendrickson	Linda Coulsey	Edward & Eileen Walsh	Barbara Gillespie
	Barbara & James Aikens	Denise Rioux	Arthur & Marjorie Galvin	
	Judith Leander	Janet M. Sundberg	Mary Whitcher	Frances & Joseph Zaleski
	Mary McCarthy	Michael & Maureen Murphy		
<b>Donations:</b>	Frances & Joseph Zaleski			
<b>In Memory of:</b>	Marge Edson by Marion & LeForrest Tisdale	Jack Mahoney by Elaine Mahoney		
	Edward Kiernan by Muriel Kiernan	Wilma & David Bentley by Joseph Bentley		

**AUGUST NOTABLE EVENTS**

- 8/2/1943 PT109, commanded by Lt. John F. Kennedy, sank off the Solomon Islands
- 8/2/1939 Albert Einstein wrote a letter to President Franklin D. Roosevelt concerning the possibility of atomic weapons.
- 8/3/1900 Correspondent Ernie Pyle was born. His syndicated column offered sympathetic insights into the experiences of common soldiers during World War II. He received a Pulitzer Prize for his reports. He was killed by machine gun fire near Okinawa on April 18, 1945.
- 8/4/1901 Jazz trumpeter Louis “Satchmo” Armstrong was born in New Orleans, and best known for his renditions of “It’s A Wonderful World” and “Hello Dolly.”
- 8/6/1945 The first atomic bomb was dropped over Hiroshima at 8:15AM by the American B-29 bomber, Enola Gay.
- 8/7/1876 International spy Mata Hari, born in Leewarden, Netherlands as Margaret Gertrude Zelle. She was arrested by the French in 1917 as a German spy, was tried, convicted, and sentenced to death. At her execution, she refused a blind fold and instead threw a kiss to the French firing squad.
- 8/9/1945 The second bombing of Japan occurred. An American bomber, due to poor visibility, chose its secondary target, Nagasaki.
- 8/9/1974 Richard M. Nixon resigned the Presidency as a result of the Watergate scandal.
- 8/10/1931 When William Driver of Salem, Mass., Captain of the ship Charles Daggett, was presented with an American flag, he raised it to the masthead and said, “I name thee Old Glory.”
- 8/14/1945 Japan agreed to an unconditional surrender.
- 8/15/1945 V-J Day (Victory over Japan) was proclaimed.
- 8/21/1983 President Dwight D. Eisenhower signed a proclamation admitting Hawaii to the Union as the 50<sup>th</sup> state.
- 8/23/1907 Italian immigrants Nicola Sacco and Bartolomeo Vanzetti had been convicted of a shoe factory payroll robbery during which the paymaster and a guard had been killed; both were electrocuted at the Charlestown, Massachusetts prison
- 8/23/1926 Actor Rudolph Valentino died at age 31.
- 8/28/1963 The March on Washington, a civil rights rally at which Rev. Martin Luther King, Jr. made his now famous “I have a dream” speech.
- 8/31/1997 Britain’s Princess Diana died at age 36, from massive internal injuries suffered in a high speed car crash.

**WELLNESS CLINIC CHANGE — EFFECTIVE 7/1/2014**

Date: The 1st and 3rd Monday of every month\*  
 Time: 9:00 a.m. to 12:00 p.m.  
 Location: Abington Senior Center

\*If a holiday lands on either the 1st or 3rd Monday, there will be a Wellness Clinic the following Monday.

### OUTREACH WITH VALERIE — AUGUST 2014

Hello everyone, I hope you are all having a wonderful summer, but summer's heat puts everyone at potential risk for heat-related illness, and seniors or people with chronic health problems are especially vulnerable.

Heat illnesses—collectively known as hyperthermia—include heat cramps, heat exhaustion, heat fatigue, and a life-threatening condition called heat stroke. A person's risk for heat illness depends on a number of factors, including outside temperatures, general health, and individual lifestyle, according to the U.S. National Institute on Aging (NIA). The NIA says individual and health factors that increase the risk of heat illness include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands.
  - Alcohol use, dehydration, and being significantly overweight or underweight.
  - Heart, lung and kidney diseases, and any illness that causes general weakness or fever.
  - High blood pressure or other health issues that require diet changes. For example, people on salt-restricted diets may be at increased risk. However, people should not take salt pills without first consulting a doctor.
  - Reduced perspiration caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs.
- Taking multiple medications. But, you should continue to take all prescribed medication and discuss possible problems with your doctor.

Lifestyle factors that increase the risk of heat illness include: living in housing without air conditioning; not drinking enough water; not understanding how to respond to weather conditions; overdressing; going to overcrowded places; having difficulty getting around; and lack of access to transportation, according to the NIA.

Older people, especially those with chronic health conditions, should stay indoors on hot and humid days, especially when there's an air pollution alert. They should have air conditioning or at least a fan and air circulation. People without air conditioning should go to public places that have air conditioning such as senior centers, libraries, and shopping malls. If someone appears to be suffering from heat illness, get them out of the heat and into a shady, cool or air conditioned place, and have them lie down. If you suspect heat stroke, call 911.

**NEW Grief Support Group** —Beacon Hospice of Plymouth will offer a grief support group for adults called "Coping with Grief" at the Abington Senior Center on Wednesday mornings from 10:00-11:30AM beginning September 17, 2014. This group is free of charge and is open to anyone in the community who is experiencing grief due to the death of spouse, partner, parent, adult child, family member, close friend, or another loved one.



### PRISON CAMP (from Part 2 of ESCAPE AND EVASION)

—John Young, Master Chief Petty Officer (MCPO), USN (retired)

At the end of the survival training we were gathered together to get information on the rest of the day's activities. I had planned to hide in a little cave I had discovered, but I did not want to miss any transportation back to the base. Suddenly whistles were blowing, and men were yelling and pushing us into line. We were officially "captured." We were searched, then we were marched along a small dirt road, destination unknown. Their search procedures were not very thorough because I was carrying a container of water in my flight suit.

Each time they would pat me down and feel the water bag, they would say, "fat American pig" and pass me along. For some reason they took a dislike to me and dragged me out of line and forced me to duck walk in front of the other prisoners, with the threat of marching the other prisoners over me should I fall.

We finally reached a prison camp back in the jungle. This had been a real prison camp back in WWII, built to hold Japanese POWs. All around the camp there were huge holes caused by molten lava flowing down the mountain and burning up the trees. Over the years, the carbonized tree trunks had washed away leaving huge holes. The U.S. Army had filled the holes with barbed wire. The holes were now filled with rusty wire. It was a very dangerous place for any escapees. The unit which had captured us was a special trained group to teach airmen how to resist should they be captured by the enemy.

They even spoke a special language (Esperanto) which was dreamed up in the 20's to create a universal world language which would prevent misunderstandings and, hopefully, wars. All that was left of the camp was a barbed wire compound with a raised platform in the middle with two tents, for registration and interrogation. After the welcome speech (basically a behave or be shot speech), we were made to sit on the ground and wait our turn for registration and interrogation while being covered by a machine gun nest.

As the other prisoners filed through and were processed, they were ordered to sit on the ground in a corner of the compound, and soon a large number of men were grouped around the fence. I noticed there were men slipping under the fence and crawling off into the jungle. Evidently they had managed to cut the lower strand of barbed wire and were slipping away. I made a strong effort not to call attention to their activity by studying the machine guns on the other side of the camp.

My turn came, so I was questioned, and gave my name, rank, and serial number to a so-called "Red Cross worker." When we were through, he had me sign the registration form. The Red Cross worker stripped off a form hidden under the document I had signed: I had been tricked. The hidden document was a war crimes confession, and I had fallen for the trap. I was then taken to interrogation. They sat me down on a chair, and they put a noose over my head. When I refused to answer their questions, they pulled it tighter, and I soon was growing faint. At that moment the escapees were spotted, and I was released.

There was a great hullabaloo while they searched for the escapees. Eventually all were recaptured, and we were finished with the training. We were given K-rations and water and were given an evaluation as to our performance. They must have been pleased as to how well we had performed for they gave us high marks.

*To be eighty years young is more cheerful and hopeful than forty years old.*

# AUGUST 2014 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Birthstone: Peridot (Agate/Onyx)</i>  <i>Flower: Poppy (Gladiolus)</i>  <i>Zodiac: Leo/Virgo</i></p>				<p><u>1</u>  <u>9:00 Cribbage</u>  <u>9:00 Shopping Van</u>  <u>11:00 Tai Chi (\$5)</u></p>
<p><u>4</u>  <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u>  <u>11:00 Bingo</u></p>	<p><u>5</u>  <u>9:00 Cribbage</u>  <u>11:30 Lunch:</u>                      Knockwurst, Sauerkraut, Boiled Potatoes, Dessert, Beverage  <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>6</u>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:30-12:00 Chess</u></p>	<p><u>7</u>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne (\$4)</u></p> <p><i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>8</u>  <u>9:00 Cribbage</u>  <u>9:00 Shopping Van</u>  <u>11:00 Tai Chi (\$5)</u></p> <p><i>8/10 Full Sturgeon Moon</i></p>
<p><u>11</u>  <u>9:00-10:00 Beginners Knitting/ Crocheting Class (\$5)</u>  <u>11:00 Bingo</u></p> <p><i>Dog Days End</i></p>	<p><u>12</u>  <u>9:00 Cribbage</u>  <u>11:30 Lunch:</u>                      Chicken, Broccoli, Ziti Alfredo, Dessert, Beverage  <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>13</u>  <u>9:00 FOAS Meeting</u>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:30-12:00 Chess</u></p>	<p><u>14</u>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne: (\$4)</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>15</u>  <u>9:00 Cribbage</u>  <u>9:00 Shopping Van</u>  <u>10:00-11:00 Sen. Keenan, office hours</u>  <u>11:00 Tai Chi (\$5)</u></p> <p><i>V-J Day</i></p> <p><i>1st ship passed through Panama Canal, 1914</i></p>
<p><u>18</u>  <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u>  <u>11:00 Bingo</u></p>	<p><u>19</u>  <u>9:00 Cribbage</u>  <u>11:30 Lunch:</u>                      Soup, Ham Salad Sandwich, Crackers, Chips, Dessert, Beverage  <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>20</u>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:30-12:00 Chess</u></p>	<p><u>21</u>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne (\$4)</u></p> <p><i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>22</u>  <u>9:00 Cribbage</u>  <u>9:00 Shopping Van</u>  <u>11:00 Tai Chi (\$5)</u></p>
<p><u>25</u>  <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u>  <u>11:00 Bingo</u></p>	<p><u>26</u>  <u>11:30 Lunch</u>                      Cold Cuts, Cheese, Lettuce, Tomatoes, Rolls, Chips, Birthday Cake Beverage  <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>27</u>  <u>10:00 Knitting Group</u>  <u>10:00-12:00 Quilting Class</u>  <u>10:30-12:00 Chess</u></p>	<p><u>28</u>  <u>9:00 Cribbage</u>  <u>10:00 Chair Yoga w/ Joanne (\$4)</u></p> <p><i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p> <p><i>Hummingbirds migrate South</i></p>	<p><u>29</u>  <u>9:00 Cribbage</u>  <u>9:00 Shopping Van</u>  <u>11:00 Tai Chi (\$5)</u>  <u>Sign up date for Sept. 9 free brunch</u></p> <p><i>Sept. 2 Menu: Hobo Sandwich, Ice Cream, Beverage</i></p>



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### AUGUST'S CHUCKLE

A new bank employee was counting money very fast. The president was impressed and asked, "Where did you learn your math?" The employee replied, "Yale." The president replied: "That's terrific...by the way, what's your name?" The new employee replied, "Yohnson."

### AUGUST'S PUZZLE

Rearrange each set of letter blocks into a word:

FE ED IT FOR  
GAP ME NE HO  
IN SC LA TIL  
TI TA ON GES  
ING AF DE EN

(See answers on page 8.)



**Senior Cookout  
at Sr. Center, Fri,  
Aug. 15, 11-1PM**

**WISH LIST** for kitchen: Large aluminum foil pans, paper towels, and plastic knives.

### TRAVEL OPPORTUNITIES

**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

**Lake Winnepesaukee Turkey Train, October 8:** 2 hour train ride along scenic lake. Hand carved turkey dinner with all the fixings served to you at your table. Also a trip to an apple orchard. \$69

**Cash is King November 9:** Johnny Cash Tribute Show, at the HuKeLau in Chicopee; sounds just like Cash. They perform all the classics. Great meal is included of Prime Rib of Beef or Baked Scrod. \$79 —Contact Rita Webster at 781-924-5531 for information.



**Cranberry Salad/Dessert (6-8 servings)** —submitted by Anna Fopiano



1 can (16 oz.) whole berry cranberry sauce    2 cups miniature marshmallows  
1 can (8 oz.) crushed pineapple, drained    1 teaspoon lemon juice  
2 cups whipped topping

In a large bowl, combine the cranberry sauce, marshmallows, pineapple, and lemon juice. Fold in whipped topping. Transfer to a serving dish. Cover and refrigerate until serving.

### LIVING WITH CHRONIC DISEASE

Finding out you have a chronic disease can be an unnerving experience. But, through proper disease management, you can take charge of your health and disease rather than letting the disease control you. According to Lana Tsao, Director of Advanced Heart Failure and Cardiac Care Unit at St. Elizabeth's Medical Center, the key to managing and lessening complications of a chronic disease is to know your numbers; know your blood pressure, cholesterol, hemoglobin A1C levels if you have diabetes, and BMI to determine if weight loss is needed.

In addition, Tsao states that changes in a person's lifestyle aids in managing a chronic disease. She suggests the following 5 tips:  
Exercise — Walk 30 mins. a day or two 15-min. walks to help keep heart healthy, lower blood pressure, control diabetes, and improve mood.

Manage weight and eat right — Get your BMI under control and eat a healthy, low-salt diet that includes fruits, vegetables, and omega-3 fatty acids.

Quit smoking — Nuff said.

Get a good night's sleep to help manage stress — You can't handle stress well if you're tired which can worsen your condition. In addition, if you snore or wake feeling groggy, these are possible signs of sleep apnea.

Follow up with your physician — Listen to and follow what your doctor suggests. Also, have routine visits with your doctor so you're not meeting with him/her only at times of crisis.

—Continue Lifelong Health and Wellness, Steward, Summer 2013

### THINGS THAT WILL DISAPPEAR IN OUR LIFETIME

1. The Post Office—Get ready to imagine a world without the Post Office. They are so deeply in financial trouble that there is probably no way to maintain it long term. Email, Fed Ex, and UPS have just about wiped out the minimum revenue needed to keep the post office alive. Most of your mail is just junk mails and bills.
2. The Check—Britain is already laying the groundwork to do away with checks by 2018. It costs the financial system billions of dollars a year to process checks. Plastic cards and online transactions will lead to the eventual demise of the check. This plays right into the death of the post office. If you never paid your bills by mail and never received them by mail, the post office would go absolutely go out of business.

**REMINDER!!** The **Abington Community Craft Fair** will be held on October 25th at the Senior Center from 10am to 3 pm. Baskets for the raffles will be gratefully accepted. Contact Darlean Lewis at the Senior Center.

*If music is the language of the world, then just imagine how beautiful a seven-billion-part harmony would be.* —Scott Hoying on Twitter



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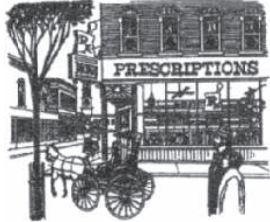
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**Miscellaneous**

**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 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

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

*Answers to puzzle on page 6: Forfeited; Megaphone; Scintilla; Gestation; Deafening*

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

**THE CABINET OF THE UNITED STATES**

The Cabinet of the United States is composed of the most senior appointed officers of the executive branch of the federal government of the United States who are generally the heads of the federal executive departments. The existence of the Cabinet dates back to the first President of the United States, George Washington, who appointed a Cabinet of four persons: Secretary of State Thomas Jefferson; Secretary of the Treasury Alexander Hamilton; Secretary of War Henry Knox; and Attorney General Edmund Randolph to advise him and to assist him in carrying out his duties. All Cabinet members are nominated by the President and then presented to the Senate for confirmation or rejection by a simple majority. If they are approved, they are sworn in and then begin their duties. Aside from the Attorney General, and the Postmaster General when it was a Cabinet office, they all receive the title of Secretary. Members of the Cabinet serve at the pleasure of the President, which means the President may dismiss them or reappoint them (to other posts) at will.

***Always find a reason to laugh—it may not add years to your life, but it will surely add life to your years.***