



The

Senior Informer

OCTOBER 2014

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

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ABINGTONSENIORCENTER.COM

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Volume 11

Issue 10

Council on Aging

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Annual Craft Fair

October 25, 10:00am-3:00pm
Abington Senior Center

New School Election

October 18, 7:00AM, AHS

State Election

November 4, 7:00AM, AHS

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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SATURDAY'S CLOTHES —Pat Jackman

The summer's over and the Autumn leaves are beginning to cover the ground. The crisp air is filled with the scent of burning wood and the squirrels are scurrying back and forth to gather supplies for their Winter homes. The pumpkins are laying in wait in their gardens to be harvested and transformed into Jack-O-Lanterns or pies. I know that it will soon be time for the dried leaves to be raked before the snow arrives. As I stop and take time to enjoy the sounds and smells of Autumn, my thoughts are brought back many years to a white Victorian house with green and white awnings, a young family and a yard full of brightly colored dried leaves that had to be raked.

The kids and I would always start to rake, but letting them jump into the pile of raked leaves was a lot more fun than picking them up. Their Dad usually had to finish the job. My husband wore a white shirt, suit and tie to his office in Boston from Monday to Friday. When Saturday came around his wardrobe was extremely casual. He never worried about wearing his faded pants, his well worn flannel shirt or his favorite old and paint stained sneakers. On Saturday morning, he would appear in the kitchen with his outfit of the day. He was something to behold. I would say "You aren't wearing the outfit outside, I hope." And he would reply, "For heaven's sake, I'm only going to the hardware store." Out he would go to do his Saturday errands.

I would enlist the aid of my children to seek revenge as soon as we had enough leaves to bring our Halloween Scarecrow to life. Finally, the time had come. Scarecrow Stuffing Day!! The house was alive with excitement at the prospect of carefully choosing the Scarecrow's perfect outfit from Dad's Saturday's clothes. Out we would go to rake the leaves into a mound and stuff them into the carefully chosen pants and shirt. After the clothes were stuffed and the plastic pumpkin head was tied on and the rope was tied around the waist, we would go to the basement and get the big straw hat and the old sneakers that hung on a hook at the bottom of the stairs. The scarecrow was placed on the front steps and positioned so that when Dad got off the bus from work and walked down our little street, the first thing he would see would be the Scarecrow. You can imagine the excitement when he rounded the corner of our narrow street. They would be shouting, "Look Dad, look at our scarecrow." When he got close enough, he would say, "Oh no!!!! Not my favorite clothes. What am I going to wear on Saturday?? That's my best shirt!" The more he complained the more we all laughed. We knew exactly what he was going to say because he said the same thing every year. They loved to hear it anyway... The scarecrow would soon have pumpkins from the garden placed beside him on the stairs and on Halloween night they would be carved and lit with a candle and he would sit, in all his glory, as a sentinel to light the way to our front door for the Trick or Treaters. Dad's Saturday's clothes would be on display for all to see. We knew his faded pants and worn flannel shirt would be replaced by the next weekend, but he would never replace his paint stained sneakers. They were "keepers."

The years have gone by far too quickly. The suits and ties are worn now only for weddings, wakes and special occasions. Dad's paint stained favorite sneakers have been replaced by beige slippers and instead of a rake, he holds the "CLICKER" to the TV... My husband still wears his "Saturday's Clothes" and, sometimes, even on a Thursday and I don't mind at all. I savor my many old memories that are now triggered by a sound, a song, a smell or even falling leaves. They bring a smile to my face and a hug to my heart. Our memories remind us of who we are and what we've accomplished.

(continued on page 4)

BOOK RECOMMENDATIONS

Recommended by Deborah Grimmer,  *Cop Town* by Karin Slaughter. Delacorte Press, 2014. Slaughter writes best-selling suspense novels. *Cop Town* is set in Atlanta in 1974 and follows two young police officers as they deal with the hunt for a serial killer. In an interesting twist, police officers are the killer's victims of choice, and the two young officers are both women, trying to make their way in the male-dominated world that is the Atlanta police force in the early 1970's. The two women have vastly different backgrounds; Kate Murphy is a privileged society daughter, while Maggie Lawson has followed her older brothers and uncle into the police force. Author Karin Slaughter has penned an edge-of-your seat, gritty thriller, placed in a fascinating time and place.

FACTS ABOUT PRESIDENT RONALD REGAN

Ronald Reagan was the 40th President of the United States (he served from 1981 to 1989); his Vice President was George H.W. Bush. Mr. Reagan was an American actor and politician; he had served as the governor of CA prior to his presidency. Originally Reagan was a member of the Democratic party, but in 1962 switched to the Republican party. As a young man he worked as a lifeguard where he saved 77 people. After college graduation, he found work as a radio sports announcer. In 1937 he signed a 7-yr contract with Warner Brothers studio, and over the next 3 decades he appeared in more than 50 films. His film career was interrupted by World War II, when he spent 4 years in the Army. Later, he hosted a weekly television drama "The General Electric Theater" (remember that one?) and also hosted the television series "Death Valley Days." He was first married to actress Jane Wyman; they divorced and he later met and married actress Nancy Davis. Some interesting facts about President Reagan: We all remember that he *LOVED* Jelly Beans. In fact, 3.5 tons of Jelly Bean were dispatched to the White House for his 1981 presidential celebrations. A new blue one (blueberry flavor) was developed especially for the occasion, so that the colors red, white and blue of our flag would be represented. The Jelly Beans were always available, not only in the Oval Office, but in the Cabinet Room and even on Air Force One. President Reagan liked to feed squirrels outside the Oval Office. Reagan was the oldest president in U.S. history. Some accomplishments during his presidency were the end of the Cold War; he developed his economic policy known as "Reaganomics," and President Reagan appointed the first female Supreme Court Justice, Sandra Day O'Connor. We all remember the assassination attempt on President Reagan as he was leaving a speaking engagement at the Washington Hilton Hotel in Washington D.C. on March 30, 1981. Although he suffered gunshot wounds, he recovered quickly due to immediate attention to his injuries. However, Press Secretary James Brady, who was also shot, was left paralyzed and permanently disabled from his gunshot wounds to the head. The perpetrator, John Hinckley, Jr. was found not guilty by reason of insanity.

OCTOBER PUZZLE

#2DECODER *What does this say? ZPVWFNBEFJU!*

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of Oct. for the November 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 11:30—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.

Mea Culpa

The article in the September Informer regarding the Abington Cultural Council was written by Beth Anderson Godfrey—longtime member of the council. Credit was inadvertently deleted. Apologies to Beth.

OCTOBER NOTABLE EVENTS

10/3/1906 – S.O.S. was established as an international distress signal.
10/5/1812-Shawnee Indian Chief Tecumseh was defeated and killed during the War of 1812. He was regarded as one of the greatest American Indians; a powerful orator who defended his people against white settlement. When the War of 1812 broke out, he joined the British as a Brigadier General and was killed at the Battle of the Thames in Ontario.
10/9 – National Fire Prevention Week, created after the Great Chicago 3-day fire, October 8-10, 1871.
October 1929 – Black Tuesday or the Stock Market Crash of 1929, began in late October. It was the most devastating stock market crash in the history of the United States and was the beginning of the 10-year Great Depression.

ANNUAL SENIOR COOKOUT

We hosted the annual senior cookout on August 15. Thank you to the Abington Bank for their generous donation for the food, Trucchi Supermarket for supplying the refreshments, and all the departments that helped with cooking and serving. The Abington senior citizens truly enjoyed the day.

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.

Memberships:	Bill Kendall	Harold & Blanche Sims	Karl & Jean Anderson	Joseph & Patricia Greene
	Claire Payne	Matt & Marti Mulholland	Paul C. Quinn	Larry & Carroll Keough
	Henry G. Welsh	Phyllis & Russell	Elena Swain	Thomas & Constance Deveney
	Lawrence & Carolyn Cartier	Gilpatrick	Joe & Pat Jackman	
Donations:	Louise MacKenzie	Joseph & Patricia Greene	William A. Morison	
In Memory of:	Edward Kiernan by Muriel Kiernan		Barbara Watts by Vinson Blanchard Garden Association	
	Betty Walls by Rosie Walls		Edna Hemay by Rosie Walls	
	Josie Macaluso by Richard & Annette Griffin			

NIGHT DIVE —John Young, Master Chief Petty Officer (MCPC), USN (retired)

While stationed at NAS Cubi Point adjacent to Naval Station Subic Bay in the Philippines, I took up the sport of scuba diving. I had scrounged up old gear and managed to get it working well enough to have it pass inspection. One aspect, which would return and bite me on the butt, was that the old tanks did not have a "j" valve, or was it "k" valve, I never could remember but I knew I didn't have one. Unfortunately for me and my rather casual attitude and approach to scuba diving, this valve was an emergency reserve air supply. After almost a month of practicing with this rig that I had made up, I was invited on a night dive. Now, there are many, many dangerous things in the waters in the deep bays of the Philippines. Sharks of course are the first to come to mind, especially since on the day before I went out, I saw a gang of Filipino fishermen drag this huge shark ashore and cut it up to eat. However, it didn't bother me a whole heck of a lot, like I was sure I wouldn't taste very good. So I assumed all would be well with a crowd of scuba divers. We went out on a 50-ft. long boat, with a flat bottom so it was easy to get into and come out of. At dusk we set out on our little trip. I made a spear that is called a Hawaiian sling, which is pretty much like a slingshot with a long pole. The reason I enjoyed the idea of the long pole was that besides sharks, there are things called stone fish and lion fish, both of which have a deadly poison. In the daytime if you're real lucky you can spot them, but at night they are really difficult to spot. They do not attack you directly, but what they do is lay there on the ocean bottom. Should you brush up against them or step on one, their spines puncture right through the fins you're wearing, or your wetsuit, and inject you with a very deadly poison. If you're real lucky, you can get to the surface before one kills you. So I would bounce around the bottom on the end of my pole, as if I were on a pogo stick. We finally arrived at this spot where we were to do our scuba diving and having checked all our gear once more, we went over the side of the boat, checked our equipment, and started down. It was very much like the idea of swimming in black Jell-O. The powerful light we carried carved holes in this black Jell-O, and as you moved your light, the hole went with you. It was very disorientating, and most certainly in my opinion very scary. I finally got to the bottom about 80 feet and everywhere you looked you saw huge boulders. What was hiding behind those boulders? My partner, who was to stay with me at all times since I was a newbie, speared a fish and was off about 10 yards to my right and busy taking a fish off his spear. Suddenly I ran out of air. I don't want to say that I was scared, but I had sucked down an hour's worth of air in 20 minutes; of course I had no reserve now and I was in deep serious trouble. Remember the "k" valve? I quickly swam over to him to try to get his attention; and he was busy with the fish and waving sent me away. I could not get his attention and say I had no air! Off I went alone and headed for the surface and that was one scary trip. In scuba training there is a fierce emphasis on not holding your breath when you run out of air in deep water because it can cause an air embolism, which is sort of like a blowout on your car tire...except it is your lungs. You can't have a patching kit and you don't usually survive. I controlled my instinct to breathe, let out a little stream of bubbles and followed my bubbles up, maintaining all the air I could in my lungs. Now I was on the surface, blew up my buoyancy compensator and started looking for our boat. Now I was safe...not so fast, though. I had no glasses, the harbor was ablaze with light and I had no idea where the boat was. I finally located the tiny Coleman lamp about a quarter mile away. Another question leaps to mind...what shall I do with my lantern? Shall I leave it on and perhaps scare away sharks, or turn it off to hide from the sharks? I left it on, but it was a very long swim back to the boat.

SATURDAY'S CLOTHES —Pat Jackman (continued from page 1)

As parents, we create the first memories that our children have. Some may be good and some, not so much. My hope is that they will sift through them all and throw out the “not so much” and treasure the ones that bring a “smile to THEIR face and a hug to THEIR heart.

We no longer have a yard to rake, and the only leaves we pick up are the ones that fall on our deck. I know that somewhere there's a white house with a young family and at the bottom of the stairs in their basement, hanging on a hook, is a straw hat and a pair of old sneakers that are waiting to be brought to life by the Halloween Scarecrow dressed in their Dad's “Saturday's Clothes”....

OUTREACH WITH VALERIE—OCTOBER 2014

Hello, everyone. I am writing to you to let you all know that I have left my position as Outreach Worker at the Abington COA due to chronic illness from a very rare Neuromuscular Disease that I was recently diagnosed with, back in March. I hung in there at the COA for as long as I possibly could because I felt a calling to serve the seniors of Abington and did not want to let any of you down. Due to increase in my symptoms I unfortunately had to leave this past August. I just wanted to let you all know that it was truly a pleasure working with you for the last 3 years and that I am going to miss you all terribly. I wanted to give a special thanks to the staff at the COA, the Friends of the Abington Seniors, and Abington Elderly Association, I have truly enjoyed working with you all. I am sure the next Outreach Worker will serve you just as well and with just as much passion! I am humbled by all of the mail I have received and all of the prayers you have said for my healing. Please keep me in your thoughts, as you will all surely be in mine, and it was an honor to work with you. Thank you from the bottom of my heart. *Sincerely, Valerie O'Loughlin*

OPEN ENROLLMENT TIME AGAIN

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan by the end of September. That notice outlined changes to be made to your plan for 2015. It is important to **review, understand and save this information**. During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. For SHINE appointments or questions, call Mary Bessey at (508) 946-2490 any time, to arrange an appointment here at the Senior Center. —*Emmett Schmarsow*

TENTH SEASON OF FREE SUMMER CONCERTS —Nancy Reid & Jan Prall

It was in 1997, after seeing the Abington Community Band summer concert on the lawn of Abington High School that a few Abington music lovers decided it was time the band had an appropriate place to perform. It seemed fitting, now that Abington had a new public library and town hall; a bandstand in the area would complete the “center.”

After several years of fund-raising and perseverance, the dedication of the new Millennium Memorial Complex took place on May 15, 2005 at the Catherine and Joseph Nisby Bandstand. The construction of the bandstand had become a segment of the complex that also included an all-weather track, and what is now Reilly Field located next to the Abington Public Library.

The fact that it was donations that made the Complex possible is a testimony to the volunteerism that is so prevalent in Abington. In addition to generous monetary donations, many in-kind donations were made and many professionals donated their time and labor to complete the ambitious project.

The 2014 Abington Summer Concerts season saw the average number in the audiences reach 350 climbing to 600 at the season's final concert performed by local favorites, “Dale and the Duds.” To quote a line from the movie *Field of Dreams*, “If you build it they will come.” The Abington Summer Concerts Committee would like to take this opportunity to thank all of the many residents, businesses, organizations and audience attendees for their donations and continued support over the years. It was this support that made the tenth season the best yet. The Committee would especially like to thank the Friends of Abington Seniors, Inc. for sponsoring “Seniors Night at the Bandstand.” This was also the final concert of the season and included free ice cream sandwiches to audience members. We would also like to thank the Abington Council on Aging for donating the use of the auditorium in the Senior Center for the concerts when weather is a problem. This year the auditorium was used for the Dixieland concert performed by “The Riverboat Stompers.” Every chair was needed to accommodate the enthusiastic audience. Having this wonderful venue for a back-up when it rains has been a true blessing.

You can view our 2014 Photo Gallery by going to the concert website at www.abingtonsummerconcerts.webs.com. The Committee looks forward to many more years of memorable “free” summer evening concerts at the bandstand in Abington. We hope you do too.

The Abington Summer Concerts Committee members are volunteers who are appointed by the Board of Selectmen. They include Ken Coyle, Dr. Peter McDonald, DMD, Jan Prall and Chairperson, Nancy Reid.

ISLAND GROVE CANOE RACE — OCTOBER 5

Do you remember the days when canoes were a common sight on Island Grove Pond? If you do and still have the canoe, dust it off for the grandchildren to enter the Great Abington Canoe Relay Race scheduled for Sunday, October 5, Noon, at Island Grove Pond. The starting point is at the boat ramp by the Police Station, passing under the bridge and returning to the boat ramp.

All proceeds raised will assist the Abington Fire Department to purchase an automatic CPR device for the department's ambulance.

Reserve your canoe spot: Abingtoncanoerelayrace@Gmail.co

Introducing HATHA YOGA with Joanne — Wednesdays at 5:30pm beginning October 15th. \$5

The slow pace with simple breathing makes for a great place to learn basic yoga poses. Wear something comfortable that will keep your muscles warm during the slower-paced moments in class. Bring a mat, towel, and a water bottle. Questions: Please call 508-208-9963

OCTOBER 2014 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>10/4 Yom Kippur</i> <i>10/26 Little Brown Bats Hibernate Now</i> <i>10/8 Full Lunar Eclipse & 10/23 Partial Eclipse: partial starts at 5:14AM, totality starts at 6:25AM (West Coast favored). Be sure to use eye protection when viewing.</i></p>	<p><i>November 4, Election Day</i></p> <p><i>November 4, Menu:</i> Tomato Soup, Sandwiches, Crackers, Dessert, Beverage</p> <p><i>Zodiac: Libra/Scorpio</i> <i>Flower: Marigold</i> <i>Stone: Opal</i></p>	<p><u>1</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:00-11:30 Grief Support Group</u> <u>10:30-12:00 Chess</u></p>	<p><u>2</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>3</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>No Tai Chi</u></p>
<p><u>6</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><u>7</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Meatball Subs, Salad, Chips, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>8</u> <u>9:00 FOAS Meeting</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:00-11:30 Grief Support Group</u> <u>10:30-12:00 Chess</u> <i>Full Hunter's Moon</i></p>	<p><u>9</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>10</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>No Tai Chi</u></p>
<p><u>13</u> COLUMBUS DAY SR. CTR. CLOSED <i>Canada Thanksgiving Day</i></p>	<p><u>14</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken Casserole, Mashed Potato, Vegetable, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u> <u>6:00 pm COA Meeting, Town Hall</u></p>	<p><u>15</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00-11:30 Grief Support Group</u> <u>10:30-12:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>16</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch TBA</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>17</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u></p>
<p><u>20</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><u>21</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> American Chop Suey, Caesar Salad, Italian Bread, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>22</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00-11:30 Grief Support Group</u> <u>10:30-12:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>23</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i> <i>—Partial Lunar Eclipse just before sunset (use eye protection)</i></p>	<p><u>24</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u></p>
<p><u>27</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p><u>28</u> <u>9:00 Cribbage</u> <u>11:30 Lunch</u> Meatloaf, Baked Potato, Vegetable, Birthday Cake, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p><u>29</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:00-11:30 Grief Support Group</u> <u>10:30-12:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>30</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$4)</u> <u>11:30 Lunch TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>31</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> <i>All Hallow's Eve; Reformation Day</i></p>



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A NEW SCHOOL FOR ABINGTON?

These excerpts are included in the hope that some of your more significant questions may be answered.

They do not necessarily reflect the opinions of the Senior Informer staff.



Today's MSBA undertakes the funding of schools very differently from the way it was done in the past, where cost overruns and over building was the norm. Today they have very strict guidelines that prevent a community from using state funds to build a school that does not meet the needs of the community and just as strict guidelines on over-building. The state does not want to put its money into something that is not needed anymore than the people of Abington do. The state will not pay for anything that goes into the building that does not have a direct curriculum connection. The first step of a school study is to outline exactly what a town intends to include in its curriculum, or what it intends to teach. Then anything that goes into the design must have a connection to the curriculum. It also encourages the construction of highly efficient green buildings.

When the MSBA reviewed Abington's list of 14 possible building configuration proposals, the only one they would support with funding was the co-located middle/high school with a pre-K component. It was the least expensive proposal, that would take the shortest amount of time to construct, and was the only proposal that would solve all of the problems of the towns schools. Co-located means there are actually two separate schools joined by the expensive components of a school, that is, the kitchen, auditorium and gymnasium thereby saving large sums of money.

The high school, library, town hall area is already a busy area. There is concern of some town's people that the construction of a middle/high school in that area will cause more problems. Part of the study for the new school included a traffic study. The traffic patterns developed for the parking lots around the school have been designed to alleviate some of the issues we have with student drivers today. In addition the plan calls for the start and end times for the Middle School, High School, and pre-K to be different. The only additional drivers going to the school will be the teachers and parents as there are no middle school drivers.

The current plan calls for the Frolio School to be used to house the administrative offices, the special education office, the business office, and the school's maintenance dept. as well as for the continued use of the gym and locker rooms, not to mention the use of Memorial Field for football games. Additional space in the building would be rented out to help with the cost of keeping the building open. The school department will then be able to declare the North and Center schools surplus.

If this project were to go forward there would be need for a debt exclusion vote. That is not an override. With an override the amount is permanently added to the tax rate. With a debt exclusion the amount is added until the debt is paid off and the amount paid is reduced each year.

Copies of this entire article written by Kathy Bailey are available at the Senior Center

OCTOBER'S CHUCKLE

Did you hear about the couple found frozen to death in their car at the drive-in? They'd gone to see "Closed for the Winter">

WISH LIST for kitchen: regular coffee, box of Nestle Coffee-Mate, single server, non-refrigerated kind.

TRAVEL OPPORTUNITIES

Atlantic City Taj Mahal February 18-20: Great package. \$90 slot bonus, 1 show, 3 meals including 1 Breakfast Buffet and 2 Buffet Dinners. \$185

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



OCTOBER'S RECIPE

Olive Oil Smashed Potatoes—Submitted by Diane Keith

Cut 2-1/2 lbs. unpeeled potatoes into 1-inch pieces. Cook in lightly salted water for 15 minutes, until tender. Drain. Smash with a potato masher and gradually beat in 3 tbsps. olive oil. Season with 1/2 tsp. salt and 1/4 tsp. each of pepper and nutmeg. Stir in 2 tbsps. chopped parsley.

COMMUNITY CRAFT FAIR

The 5th Annual Abington Community Craft Fair sponsored by The Friends of Abington Seniors will be held on October 25 from 10:00 am to 3:00 pm. Profits are used to support Abington Senior programs and activities.

Most of our loyal crafters/vendors are with us again and we have added some new ones. You will be dazzled by Debi Hendrickson's "All Things Painted," Bobbi Autry's beautiful Christmas Array, and The South Shore Wood Turners, just to name a few. Don't forget our many and varied raffles prizes.

There will be a baked goods table and a delicious, hot luncheon served by The Kitchen Divas featuring Anna's popular corn chowder. We really hope that you will want to be a part of this exciting event. You could become a volunteer willing to work on Friday or Saturday or both. Call Darlean 781-878-2295. We hope to see you on October 25th and bring all of your friends. We are looking for people to bake for our bake table—cookies, pies, breads, fudge. If you use nuts, please label nuts. Sign up sheets at Senior Center under the clock in the dining room.

OPEN WORKSHOP

On Saturday, November 8, the Abington Art Association will be holding an open workshop from 10 AM to 1 PM at the Abington Council on Aging Building, 441 Summer Street. Past workshops have been very well received and enjoyed by all who attended. This is a social workshop – there will be no instructor. Bring your own supplies. This workshop is open to all, so, bring a friend – and don't forget your lunch.

SENIOR BRUNCH

On September 9, the Friends of Abington Seniors, Inc. sponsored a free brunch for Abington's senior citizens. The brunch, provided by Hart Brothers Catering, included eggs, bacon, ham, Irish bread, rolls, waffles, and fruit, as well as various beverages. More than 100 seniors attended this very pleasant event. Your membership dollars at work!

When did my wild oats become Shredded Wheat?



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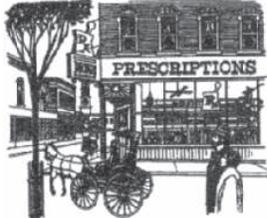
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**Abington COA
441 Summer Street**



See page 6 for new school information.

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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; Grief Support Group, Wed., Sept. 17 for 6 wks, 10:00-11:30am, Abington Sr. Ctr.

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.

Answer to puzzle on page 2: Each letter is replaced with the one after it in the alphabet. (You've made it)

THE WHITE HOUSE — Facts about its history

Choosing a City: In the late 1700s, it was decided that our country needed a capital city. Our first President, George Washington, picked a site on the Potomac River, midway between the northern and southern states. This spot would come to be called Washington, District of Columbia. **Building the White House:** While the city of Washington, D.C. was being developed, the President's house was also getting under way. A contest was held to select a designer for the house. While it is said that our third President, Thomas Jefferson, submitted designs for the house, architect James Hoban won the contest. President George Washington oversaw construction of the White House, but he never lived there! It was our second President, John Adams, elected in 1796, who first lived in the White House. His term was almost over by the time he moved in, and only six rooms had been finished. While James Madison was President, from 1809 to 1817, the United States went to war with England. On August 24, 1814, British soldiers sailed up the Potomac River and set fire to the White House. A summer thunderstorm put out the fire, but only the charred outside walls and the interior brick walls remained. It took three years to rebuild the White House.

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