



The

# Senior Informer

DECEMBER 2014

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

Website:  
ABINGTONSENIORCENTER.COM

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Volume 11

Issue 12

### Council on Aging Board of Directors

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**MERRY CHRISTMAS  
TO ALL**

**BREAKFAST WITH SANTA**  
Sat., Dec. 13, 8am to Noon  
Senior Center  
**ABINGTON TOWN CHOIR**  
**PERFORMANCE**  
Sunday, December 7, 2:30pm  
Dyer Memorial Library

### ACTIVITIES

Bingo  
Blood Pressure Screening  
Bocce (new)  
Chair Yoga w/Joanne  
Chess  
Computer Classes  
Cribbage  
Hatha-Yoga w/Joanne (new)  
Hearing Tests  
Knitting & Crocheting Group  
Legal Assistance  
Line Dancing  
Quilting Class  
Senior Lunches  
Tai Chi, Zumba

### COUNCIL ON AGING STAFF

Suzanne Djusberg - Director  
Karen Butler -  
Nutrition Coordinator  
Amy Barrett -  
Outreach Coordinator  
Jean Connell -  
Transportation Coordinator  
John Freese - Custodian  
Susan Young - General Services  
Jack Brown, David LaCouture,  
Linda Elliot, Jack Libby  
-Van Drivers



### CHRISTMAS BELLS

*I heard the bells on Christmas Day  
Their old, familiar carols play,  
And wild and sweet  
The words repeat  
Of peace on earth, good-will to men!*

*And thought how, as the day had come,  
The belfries of all Christendom  
Had rolled along  
The unbroken song  
Of peace on earth, good-will to men!*

*Till, ringing, singing on its way,  
The world revolved from night to day,  
A voice, a chime,  
A chant sublime  
Of peace on earth, good-will to men!*

*Then from the black, accursed mouth  
The cannon thundered in the South,  
And with the sound  
The carols drowned  
Of peace on earth, good-will to men!*

*It was as if an earthquake rent  
The hearth-stones of a continent,  
And made forlorn  
The households born  
Of peace on earth, good-will to men!*

*And in despair I bowed my head;  
"There is no peace on earth," I said,  
"For hate is strong,  
And mocks the song  
Of peace on earth, good-will to men!"*

*Then pealed the bells more loud and deep:  
"God is not dead; nor doth he sleep!  
The Wrong shall fail,  
The Right prevail,  
With peace on earth, good-will to men!"*

—Henry Wadsworth Longfellow

### DECEMBER NOTABLE EVENTS

12/5/1901: Walt Disney (d. 1966) was born in Chicago, IL. As a little boy he liked to draw animals and eventually got a job as an artist. He moved to Hollywood and in 1928 produced *Steamboat Willie* starring Mickey Mouse. In 1937, he released his full length animated film *Snow White and the Seven Dwarfs*. He opened Disneyland in Anaheim, California in 1955, and five years after his death, Disney World opened in Florida.

12/6/1865: The 13<sup>th</sup> Amendment to the U.S. Constitution was ratified to abolish slavery.

12/6/1917: Two ships collided in Halifax Harbor, Nova Scotia resulting in an explosion that killed more than 1500 persons and injured 8,000. The Norwegian ship collided with the French munitions ship loaded with supplies for the war in Europe, including 5,000 tons of TNT. A tidal wave caused by the explosion destroyed much of the city.

12/7/1941: Pearl Harbor was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left nearly 3,000 Americans dead.

12/9/1992: Buckingham Palace announced the separation of Prince Charles and Princess of Wales, Diana.

12/10/1830: Emily Dickinson (d. 1886) was born in Amherst, MA. Her poetry became known only after her death when her sister discovered nearly 2,000 poems locked in her bureau, written on the backs of envelopes and scraps of paper.

12/12/1805: Abolitionist William Lloyd Garrison (d. 1879) was born in Newburyport, MA. He founded the *Liberator* anti-slavery newspaper in 1831 and published it for the next 50 years. He also traveled throughout America, Abington being one stop, delivering scathing anti-slavery speeches.

12/13/1835: American clergyman and composer Phillips Brooks (d. 1893), born in Boston, MA, wrote the lyrics for the Christmas carol, "O Little Town of Bethlehem."

12/16/1773: The Boston Tea Party occurred as colonial activists boarded the British ships anchored in Boston Harbor and dumped 342 containers of expensive tea into the water.

12/25/1868: President Andrew Johnson granted general amnesty to all those involved in the Civil War.

12/30/1803: The Stars and Stripes flag was raised over New Orleans as the United States took formal possession of the territory of Louisiana, purchased from France for approximately \$15 million.

12/31: New Year's Eve, the final evening of the Gregorian calendar year, traditionally a night for merry making to welcome in the new year. **Happy New Year!**

December: Zodiac: Sagittarius/Capricorn

Birthstone: Zircon/Turquoise

Flower: Narcissus

**BOOK RECOMMENDATIONS**

Recommended by Jean Connell, *The Path Between the Seas—The Creation of the Panama Canal 1870-1914* by David McCullough. A National Award winning book; an epic chronicle of the creation of the Panama Canal. A first rate drama of the bold and brilliant engineering feat that was filled by both tragedy and triumph as told by a master historian.



Recommended by Maureen Walls, *New England Notebook, One Reporter, Six States, Uncommon Stories*, written by Ted Reinstein, who has reported for Boston's celebrated TV news magazine, *Chronicle*. In this book, New England native Ted shares his insights as a roving reporter throughout the region. This book is like having Norman Rockwell as your neighbor, with nuggets of history, people and culture, plus a selection of unusual eateries, goods, services and events.

**FIRST LADIES OF THE UNITED STATES**

With this issue, we are shifting our focus from articles on different Presidents of the U.S. to that of various First Ladies of the U.S. We hope you will enjoy this change. This first installment, however, is a brief summary of the origin of the title and the role of a First Lady.

The First Lady of the United States is the hostess of the White House, adviser to the President and often plays a role in social activism. The position is traditionally held by the wife of the President of the U.S., concurrent with his term of office. If the President is not married or if the President's wife is unable to act as First Lady, then the President asks a female relative or friend to fill the role. The First Lady is not an elected position and has no official duties, and thus receives no salary. First Ladies have held a highly visible position in U.S. government. Although the role has evolved over the centuries, the First Lady is nonetheless foremost a hostess of the White House, who organizes and attends official ceremonies and functions of state, either along with, or in place of the President. A First Lady has her own office and staff, which includes a Chief of Staff, a Press Secretary, White House Social Secretary, Chief Floral Designer, etc. The Office of the First Lady is an entity of the White House and a branch of the Executive Office of the President. When George Washington was elected, the public, still steeped in the British culture, referred to his wife Martha as "Lady Washington" as a sign of respect. Other terms, such as "Presidentress" and "Mrs. President" were used early on also. The American public has also been fascinated with the First Ladies as trendsetters in style, fashion, entertaining and home design. As the personification of American power, the President of the United States and his family face continual scrutiny and criticism. Each woman has had to make her own rules and define her own role, without both the guidance and limitations of the Constitution. As it has in the past, this role will continue to change and adapt.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of Dec. for the January 2015 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.

**FUEL ASSISTANCE SIGN-UPS** have begun. Call 781-982-2145.

**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).

**RETIRED HEALTH MESSAGE FROM MAXINE**

As I was lying in bed pondering the problems of the world, I rapidly realized that I don't really care. It's the tortoise life for me!

1. If walking is good for your health, the postman would be immortal.
2. A whale swims all day, only eats fish, drinks water, and is fat.
3. A rabbit runs and hops and only lives 15 years.
4. A tortoise doesn't run and does nothing, yet it lives for 450 years.

And you tell me to exercise?? I don't think so. I'm retired. Go around me.

**A VISIT FROM TED**

Recently, Ted Reinstein a reporter from WCVB-TV's "Chronicle" program visited the Abington library to discuss his new book, *New England Notebook: One Reporter, Six States, Uncommon Stories*.

On a rainy, rather nasty evening, the affable author drew an overflow crowd of book lovers waiting to hear him talk about some of the many subjects and places he had written about in his book—and some he hadn't. The visit, courtesy of the Friends of the Abington Library (Have you joined? \$10 per year.) was just one of the programs sponsored by the Friends throughout the year. Did you know there are several book groups held at the library, i.e., fiction, non-fiction, day groups, evening groups, and the Overbooked Discussion Group? Call 1-781-982-2139 for info. Your local library is a treasure and, by the way, it's not the only one. Abington also has the Dyer Memorial Library, a historical and genealogical fountain of knowledge.



**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:** Mary Kelly Betty A. Pike Marilyn Nickley Doris Griggs Marie Melchin Rev. Tom Buckley  
Mary T. Johnson Patricia Peters Kenneth Johanson D. Leo & Susan Donovan George & Helen Douglass

**Donations:** Mary Buchawski Louise MacKenzie

**B-Day Wishes:** Happy Birthday to Norma Clark Happy Birthday to Russell Sharpe

**In Memory of:** Bill Schutt by George Douglass Bill “Buckshot” Schutt by Stephen Anderson  
Joseph Nickley by Marilyn Nickley Janet Madigan by Marilyn Nickley  
Edward Kiernan by Muriel Kiernan Allen Griggs by Doris Griggs

**THE HISTORICAL SOCIETY OF OLD ABINGTON**

The Historical Society is underway with their 2014-2015 season of programs. All but one of the programs are held at the Dyer Library; all are free and open to the public, and begin at 2:30pm. The last remaining program for 2014 will be held on Sunday, December 7<sup>th</sup> — Abington Town Choir

**5th ANNUAL COMMUNITY CRAFT FAIR —Darlean Lewis**

The Abington Community Craft Fair is in the books for another year. It was, once again, a great success. Most of our loyal crafters returned and we added some exciting new ones. We thank them for their participation and we hope they had a lucrative day.

Thirty of our regular volunteers, and I really think they are the best, worked this year’s fair. Thank you. Without you there would be no Craft Fair. We also had six high school volunteers, courtesy of Mr. Segal. We are grateful for their help and we thank Mr. Segal for thinking of us. We had three other young people who worked all day. They are the grandchildren of Pat Beaulieu, Joe and Katherine, and Peggy Keating’s grandson Tim. All of these young people make us proud.

The Kitchen Divas were a hit as always. Anna’s corn chowder and Diane’s meatball subs were delicious and much in demand. The Bake, Cookie and Fudge Tables did great business and contributed a sugar high for a lot of people that day. We thank everyone for their generous donations of goodies. The Gifted Hands and The American Doll tables both did a bang-up job. The American Girl table has become a great addition to our crafts.

The raffles were a tremendous success. As always they are our biggest money maker. There were over 60 baskets and about 40 gift certificates. Thanks to everyone who donated baskets or procured gift certificates. They add to the whole craft fair experience.

An event like this demands a lot of work, dedication and determination for many people. We are happy to do it since our goal is to benefit Abington Seniors. See you next year!



**BREAKFAST WITH SANTA**

Our annual Breakfast with Santa will be held on Saturday, December 13, from 8am to 12 Noon. Admission is \$5, which includes a breakfast and a photo with Santa. Children age 4 and under are admitted free. The gift shop will be open, allowing children to purchase a maximum of 5 gifts at a cost of \$2 each. It’s a fun way to start the holiday season.

**ABINGTON READS 2015**

Our community reads event will run from February 12 through March 24, 2015. This year’s one book, one town title is *The Finest Hours: The True Story of the U.S. Coast Guard’s Most Daring Rescue* by Casey Sherman and Michael J. Tougas.

**OUTREACH—DECEMBER 2014**

I am stepping into Valerie O'Laughlin's position as Outreach Coordinator for the Abington COA. I met Valerie two years ago while I was taking care of a client in Abington. Valerie would come to her home and sit with her to make sure each and every one of her needs were being met. She would listen intently to every story my client had to share. Valerie made her feel as if she were the most important person in the world! I was so very impressed at this gift she seemed to have. This of course only being a tiny little piece of what her job description truly was. My only hope is that I am able to be as wonderfully proficient as Valerie always was. She is loved and missed by so many and I hope to be able to do this position justice.

Just a little background on myself- I was a stay at home Mom for 20 years. I loved being home with my kiddos which I consider to be my single greatest accomplishment. I decided when my youngest went off to school full time 3 years ago that I would get back into the work force. What to do when you've been out of the work force for so long? So I decided to become a PCA. I thought it was an obvious choice for me and went on to my CNA. I loved working in the home. I met some extraordinary people and I learned so many things about them and myself. I love that I was an important factor in keeping elderly people and disabled people in their homes instead of nursing homes or rehab facilities.

I have been very involved in this community that I live in and that I also grew up in. I have lived in Abington my entire life and I have raised my children here as well. I am the Co-Director of the Olde Towne Christmas House Tour which has raised monies for many landmark and building infrastructures in our community. I also directed the Abington Youth Cheerleading program where I was overseeing as many as 160 young girls ranging in age from 6 to 14. I have spent quite a bit of time at the Senior Center over the years. I have many friends here and people that I have known almost my entire life that I see here. I feel so welcomed and loved. The outpouring of support from everyone has been extraordinary. Every time someone stops by to say hello or walks by the office with a friendly smile I KNOW I am exactly where I belong. I am over the moon about this new adventure for me and I so look forward to helping our Abington seniors with their issues and concerns. All of the very best and be well! —Amy Barrett

**VETERANS HONORED — All gave Some. Some gave all.**

On Friday, November 7th, local veterans were honored at a pinning ceremony at the Senior Center. State Representative Geoff Diehl and Joseph Monahan, Director of Admissions at Colony House, presided over the ceremony and awarded a flag pin to the attending veterans. Each veteran was given the opportunity to tell his branch of service and the dates and area in which he served. Although the number attending was small compared to the actual number of veterans, it was representative of each service branch – Army, Navy, Marines, Air Force, and Coast Guard. The veterans honored at this ceremony were: Ronald DeCoste,

Ed Dempsey, Dave Evans, John Freese, Richard Fuller, John Hurley, Mike Hutchko, Joe Iacobucci, Walter Keating, Bill Kendall, John Litterio, Richard McCollem, Joe McCue, Tom McDonough, Tom McLaughlin, Peg Nicastro, Hal Norton, Claire Olson, Bob Pratt, John Reeves, Russell Sharpe, Stan Shura, Ronald Stundze, John Young. Following the ceremony a cake and coffee reception was held in the dining area.

**DECEMBER PUZZLE**

A wine merchant has 6 barrels of wine and beer containing: 30 gals; 32 gals; 36 gals; 38 gals; 40 gals; 62 gals. Five barrels are filled with wine and one with beer. The first customer purchases two barrels of wine, the second customer purchases twice as much wine as the first customer. Which barrel contains beer?

(See answer on page 8.)

**DIAL-A-BAT — MEDICAL BOSTON SHUTTLE RIDES**

The Brockton Area Transit van rides to Boston medical appointments cost \$15.00 round trip and provide transportation to the following medical facilities on Wednesdays and Fridays only.

Riders must be ready by 7AM on their appointment day, and for the return trip, must be in the lobby of their facility by 2:00 PM to be on the road by 2:30. A 24-hour notice is required. Jean Connell, our Transportation Coordinator, will fax your appointment information to their main office in Brockton.

Please call Jean to make an appointment between 9:30 and 11:30, Monday through Thursday, and on Friday between 9:30 and 12:30.

Dial-A-Bat's phone number is 508-584-5530 for any other questions or complaints. Their address is 1442 Main Street, Brockton, MA 02301. They have been a much needed and reliable service to our community.

**Boston Medical Facilities Serviced by Dial-A-Bat:**

Arbour Hospital, Beth Israel Hospital, Boston Medical Center, Brigham & Women's Hospital, Brighton Marine Hospital, Cancer Center of Boston, Children's Hospital, Dana Farber Center, Deaconess Hospital, Faulkner Hospital, Harvard Vanguard, Joslin Clinic (Dana Farber Center), Massachusetts Eye & Ear, Massachusetts General Hospital, New England Baptist Hospital, New England Medical Center, Parker Hill Medical Center, Shattuck Hospital, Spaulding Rehab Hospital, St. Elizabeth Hospital, Tufts Dental & Tufts Medical Center, University Hospital, VA Hospital at Jamaica Plain, VA Hospital in West Roxbury, Urban Medical Center.

**HAPPINESS TIP OF THE MONTH—EAT AN APPLE!**

Sink your teeth into a crisp, juicy apple and smile. You're getting much more than a tasty snack. Apples are an excellent source of energy. They contain antioxidants that may help protect against cancer, heart disease and strokes. One medium apple gives you 5 grams of fiber, which is a great cholesterol reducer.

# DECEMBER 2014 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>1</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p> <p><u>Fuel Assistance sign-ups have begun--call 781-982-2145</u></p>	<p><u>2</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Macaroni &amp; Cheese, Hot Dogs, Rolls, Vegetable, Pie &amp; Ice Cream, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>3</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-12:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>4</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>5</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u> 1:00-2:30 <u>Line Dancing</u> 12/6 <u>Full Cold Moon</u> 12/7 <u>Pearl Harbor Day</u></p>
<p><u>8</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>9</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Brunswick Stew, Crusty Bread, Pound Cake w/ Fruit, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>10</u> 9:00 <u>FOAS Meeting</u> 10:00 <u>Representative Geoff Diehl</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-12:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>11</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>12</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> <u>NO Tai Chi (\$5)</u> 1:00-2:30 <u>Line Dancing</u>  12/13 <u>Breakfast w/ Santa at Senior Ctr.</u></p>
<p><u>15</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>16</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Sloppy Joes, Vegetable, Chips, Dump Cake, Bev. Christine from Fallon 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>17</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-12:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne (\$5)</u></p> <p style="text-align: center;"><u>Hanukkah</u></p>	<p><u>18</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$4)</u> 11:30 <u>Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>19</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 10:00 <u>Senator Keating</u> <u>NO Tai Chi (\$5)</u></p> <p>12/21 <u>First day of Winter</u> 12/21 <u>Winter Solstice</u></p>
<p><u>22</u> <b>SR. CENTER CLOSED</b></p>	<p><u>23</u> <b>SR. CENTER CLOSED</b></p>	<p><u>24</u> <b>SR. CENTER CLOSED</b></p>	<p><u>25</u> <b>CHRISTMAS DAY</b>  <b>SR. CENTER CLOSED</b></p>	<p><u>26</u> <b>SENIOR CENTER CLOSED</b>  <i>Boxing Day, Canada</i> <i>1st day of Kwanzaa</i></p>
<p><u>29</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>30</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Spaghetti w/Meat Sauce, Tossed Salad, Italian Bread, B-Cake, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>31</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-12:00 <u>Chess</u></p> <p style="text-align: center;"><b>NEW YEAR'S EVE</b></p>	<p style="text-align: center;"><i>January 1, 2015</i></p> <p style="text-align: center;"><b>NEW YEAR'S DAY</b> <i>Happy New Year!</i></p> <p style="text-align: center;"><b>SR. CENTER CLOSED</b></p>	<p style="text-align: center;"><i>January 2, 2015</i></p> <p style="text-align: center;"><b>SR. CENTER CLOSED</b></p> <p><i>January 6, 2015, Chicken Chop Suey, Noodles, Chinese Gr. Beans, Brownies w/Ice Cream, Beverage</i></p>



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**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.

**DECEMBER'S RECIPE**

**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

*Method:*

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.

**One Pot Tomato Basil Pasta** —David Sharpe

*Ingredients:* 1 12 oz. pkg. pasta (whichever you prefer)  
1 can (15 oz.) diced tomatoes w/liquid  
1 large sweet onion (cut Julliene)  
4 cloves garlic thinly sliced  
1/2 tsp. red pepper flakes  
2 tsp. dried oregano leaves  
2 large sprigs basil, chopped

4-1/2 cups veggie broth  
2 tbsp. Extra virgin olive oil

*Method:* Put all ingredients in one pot including uncooked pasta. Cover pot and bring to a boil. Reduce heat and simmer for about 10 min. stirring every couple of minutes. Cook until almost all the liquid is evaporated, leaving about 1 inch. (Starch for pasta leaches out and it makes a great sauce.)

**NORWOOD, MASSACHUSETTS TO FRESNO, CALIFORNIA (Part II)**

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

My leave was up, and I had to return back to my base near Fresno, California. My friend took me back out to Norwood airport, and I climbed in and took off, heading west. I had enjoyed myself very much, but as any sailor knows, eventually you must go back to your ship. I didn't want to impose upon my sisters in Chicago, so I headed further south and made a straight line towards Omaha, Nebraska. Of course I must make at least one stop in between so that I would not run out of gas again, so I headed for southern Indiana, planning on landing at Kokomo. I approached a range of mountains and climbed a little to make sure I was going to clear them.

I noticed that a cloud bank was forming ahead of me but did not worry because I had expected to climb over the ridge and descend into the valley straight ahead. As I continued over the mountain range, the clouds got thicker and thicker and obscured the view to the ground. Not only was this practice illegal for me, but it was darn scary besides. Luckily, I had excelled at instrument flying and had no trouble keeping an aircraft in the right direction and at the right altitude. However, something strange was happening. The controls started to get mushy. I looked at my airspeed indicator which said I was either doing 400 miles an hour or minus 10 mph (neither was possible). I glanced out the window and saw a sheet of ice forming on my wings. Things were going bad very rapidly. My plane was icing up, and the controls were no longer acting normally. If I did not solve the problem quickly, I would descend to the Earth as a giant ice cube.

Here were my options. I could try to climb above the cloud bank, or I could descend and try to get out of the cloud bank. I did not know how high the cloud bank was above me and for that matter, I did not know how far it was below me. I checked my chart and found that the highest point in that area was 9,000 feet, so I decided to take a chance and descended to 9,000 feet in the hopes that I wasn't over the only highest area. I broke out of the clouds as I reached 9,000 feet. I hit warm air and in a short time the ice had melted off my wings and my flight controls. Oh, what a relief. I could see the ground and I checked my charts and went in and landed at the first airport I could find. It was getting late, so I decided to spend the night there. It turned out I had made my first good decision; there was a series of thunderstorms coming across the plains. Had I continued, I would have run into them in the dark, right through the center of the thunderstorms. The next morning, all fueled up and ready to roll, I took off headed for Omaha, Nebraska. It was a relatively uneventful trip. When I landed at Omaha, I noticed some oil leaking out of the aircraft's cowling. Since I was headed for the toughest part of the trip flying over the Rocky Mountains, I was a little worried. The mechanic I consulted said that it was just a little leak and no real big problem (of course, he was not taking the trip). After a few hundred miles over the roughest territory I had ever seen, I found my little airport, fueled my airplane, and took off headed for Fresno. Something was very wrong; as I attempted to fly towards the radio beacons, I found I could not maintain a proper course. It was as if I had lost all my skills. I was unable to complete the simplest task. The light dawned. I had been flying too high, and the thin air had robbed me of my blood oxygen, a condition known as hypoxia. I flew down the slopes from the mountain tops. I descended to about 2,000 feet, opened the windows, and flew circles until I had regained my abilities. Fresno airport was in sight. I called the tower, got permission to land, and landed like a pro. I learned a great many valuable lessons on this trip. For one, double check your planning and be aware that you can run into problems that are very dangerous. And never allow yourself to feel that you know it all. Or as they say in the Navy, you will not live long enough to make every mistake, so learn from watching others.

**DECEMBER'S CHUCKLE**

After a tiring day, a commuter settled down in her seat and closed her eyes as the train left the station. As the train rolled out of the station, the guy sitting next to her pulled out his cell phone and started talking in a loud voice: "Hi sweetheart. It's Eric. I'm on the train. Yes, I know it's the six thirty and not the four thirty, but I had a long meeting. No, honey, not with that blonde from the accounts office. With the boss. No sweetheart, you're the only one in my life. Yes, I'm sure, cross my heart!"

Fifteen minutes later, he was still talking loudly, when the young woman sitting next to him had had enough and leaned over and said into the phone, "Eric, turn that phone off and come back to bed." Eric doesn't use his cell phone in public any longer.





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### Miscellaneous

**Line Dance Schedule:** Dancing with Dotty Belanger at Abington Senior Center on 1st and 2nd Friday afternoons of November & December at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 508-746-0079 for more information.

**Support Groups– Open to the Public– No Charge:** Grief Counseling/Bereavement Group, Abington, meets once a month at the Library, 1st Thursday, 6:30 pm. For further info call 781-982-2139. 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.

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

*Answer to puzzle on page 4:* The 40 gallon barrel contains beer. The first customer purchased the 30 gallon and the 36 gallon, giving 66 gallons of wine. The second customer purchased 132 gallons of wine: the 32 gallon, the 38 gallon, and the 62 gallon. The 40 gallon barrel has not been purchased and contains the beer.

### THE NATIONAL CHRISTMAS TREE

The National Christmas Tree is a large evergreen tree located in the Northeast Quadrant of The Ellipse near the White House in Washington, D.C. Each year since 1923 the tree has been decorated as a Christmas tree. The Lighting Ceremony is an annual event which marks the start of month-long festivities known as the Pageant of Peace. This year the ceremony is scheduled for December 4th at 5:00 p.m. rain or shine. Each year sponsoring organizations from each state provide free decorations that are encased in a protective plastic globe to shield them from the weather. Nationally known entertainers and a military band perform and the President brings a message of peace to the nation and the world. The Capitol Christmas tree should not be confused with the National Christmas Tree.



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

*I feel terrific since I have gone into denial.*