



The Senior Informer

JANUARY 2015

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

Website:
ABINGTONSENIORCENTER.COM
Suzanne Djusberg, Director
COADirector@Abingtonma.gov
Hours: 9AM to 2PM Mon. thru Thur.,
9AM to 1PM Fri.

Volume 12

Issue 1

Council on Aging Board of Directors

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SAVE THE DATE
Valentine's Day Brunch
Tues., February 10
Reservations needed
Abington Sr. Center

ACTIVITIES

Bingo
Blood Pressure Screening
Boce (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
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FREE COMPUTER TRAINING PRESENTATIONS

by the
Senior Computer Learning Center (SCLC)
February 4, 2015 - 10:00 to 11:30
Abington COA Senior Center

As our way of creating awareness of our classes and for giving back to the community, the SCLC is offering a series of three free presentations: Tablets and Smartphones, Taking Photos with your Smartphone, and Rainy Day Fun with Your Computer.

Tablets and Smartphones

There is a growing population acquiring tablets and smart phones: iPad, Kindle, Nooks, iPhones, etc. We will talk about the types of tablets that seniors have and the benefits of using them in their daily lives.

Taking Photos with your Smartphone

If you have recently acquired a Smartphone and are confused about taking and displaying pictures, this presentation will help. It will put you on the path to understanding how to take, process, and display your Smartphone pictures.

Rainy Day Fun

The SCLC website (www.seniorcomputinglearningcenter.org) "Rainy Day Fun" displays dozens of helpful links. Categories include "ESCAPE" (music, puzzles, and more), "HOBBIES," "COMPUTERS," and "KNOWLEDGE."

If you would like to learn more about these kinds of technologies, check out our classes at the Senior Computer Learning Center (SCLC) at the Abington COA Senior Center or at www.seniorcomputerlearningcenter.org. SCLC is a non-profit 501(c)(3) program that is incorporated in Massachusetts. All of our instructors, coaches and staff are unpaid volunteers with many years of service working in Information Technology fields. We enjoy giving back to the community by helping older adults learn about technology by teaching courses in the areas of personal computers, tablets, and programs that could be beneficial to their daily lives. Courses in areas such as Windows 7 and 8, Kindle, iPad, Digital Photo Editing, Genealogy, Web Browsing, Social Media, and Tablets are offered twice a year in the fall and winter. Our Winter/Spring session will begin in February 2015. The open house and on-site registration will take place at the Abington Senior Center at 10:00AM on Wednesday, February 11, 2015. Classes will begin the following week. Information will be available on our website sometime in January 2015.

Again, the above three short presentations will be given at 10AM on Wednesday, February 4, 2015 at the Abington Senior Center. Please join us! Coffee will be served.

FYI note: AARP offers free 2-hour TEK sessions open to members and non-members. AARP TEK also offers online videos on touch-screen basics, video chatting, sharing photos, staying safe online, and other topics. Go to aarp.org/aarptek. Or call 855-380-2139 toll free to find a session near you.

BOOK RECOMMENDATION

Book recommendation from Betty Slinger: *Hornet Flight* by Ken Follett. This is not a new book (copyright is 2002) but Follett is the best-selling author who also wrote *Pillars of the Earth* and *World Without End* among many others. In June 1941 during the early days of WWII, the war is not going well for England. Somehow the Germans are anticipating the RAF's flight paths and shooting down British bombers with impunity. Meanwhile across the North Sea, eighteen-year-old Harald Olufsen takes a shortcut on the German-occupied Danish island of Sande and discovers an astonishing sight. He doesn't know what it is, but he knows he must tell someone. And when he learns the truth, it will fall upon him to deliver word to England—except that he has no way to get there. He has only an old derelict Hornet Moth bi-plane rusting away in a ruined church—a plane so decrepit that it is unlikely ever to get off the ground, even if Harald knew how to fly it. Espionage, suspense, intrigue, tension, action--it's all there.



**FIRST LADIES OF THE UNITED STATES
First Lady Martha Washington**



Martha Dandridge Custis Washington was first married at 18-years-old to Daniel Parker Custis, 20 years her senior and was widowed at an early age with four small children. Her second marriage was to Colonel George Washington. They had no children of their own, but reared two of the surviving children from her marriage to Daniel Custis. George

and Martha Washington lived in Mt. Vernon, Virginia. Martha brought great wealth to her second marriage through the large inheritance from her first husband. This enabled Washington to buy much land and many slaves to add to his personal estate. Mrs. Washington was responsible for the management of the plantation at Mt. Vernon and also provided for those who lived there, i.e., relatives, slaves, and servants as well as long staying visitors. During the American Revolution, she assumed a prominent role as caretaker for her husband George and his troops, providing food, sewing sox and other outer garments, blankets, etc. She organized groups of local women of wealth to do the same thereby assisting her in her efforts. She also nursed those who were ill and dying. Martha Washington was beloved by Revolutionary War veterans, American as well as European. Her years as First Lady were extremely unpleasant to her personally but she viewed it as a duty to her husband and her country. As First Lady, even at that time, her activities, like shopping or taking the grandchildren to the circus, were recorded by the press. She was also the first historical woman figure to be depicted by the federal government on a postage stamp and currency. She died at home in Mt. Vernon, VA at 70-years-old. In an attempt to maintain privacy after her death, she had burned all of the letters she and George had written to each other over the years.

BOOK RECOMMENDATION

Recommended by Jean Connell—*A Passion for Nature, The Life of John Muir* by Daniel Worster. John Muir was America's most famous and influential naturalist and conservationist. This book details his life from his youth in Scotland and Wisconsin, throughout his adult life and then making California his home.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of Jan. for the February 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 12:00Noon. *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.

LEISURE

What is this life, if full of care,
We have no time to stand and stare.
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.
No time to see, in broad daylight
Streams full of stars, like skies at night.
No time to turn at Beauty's glance,
And watch her feet, how they can dance.
No time to wait till her mouth can
Enrich that smile her eyes began.
A poor life this, if, full of care,
We have no time to stand and stare.

—W.H. Davies

(Book recommendation continued)

He was an accomplished writer, publishing articles on his travels and his naturalist philosophy. In 1901 he published *The National Parks*, which brought him to the attention of President Theodore Roosevelt. Roosevelt visited Muir in Yosemite, and together they laid the foundation of Roosevelt's conservation program. John Muir died in 1914. He taught people of his time and ours the importance of experiencing and protecting our natural heritage



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: Steve Georgeakakis Ann Donchess Lenore Daley Ann & Gerald Walters
 Brian & Valerie Barry Patti & Dick McKenna John & Barbara Reeves

Donations: Steve Georgeakakis Betty Slinger

In Memory of: Peg Walters by Gerald & Anne Walters John M. Fitzgerald by Gerald & Anne Walters
 Edward Kiernan by Muriel Kiernan Fran by Jo

THE HISTORICAL SOCIETY OF OLD ABINGTON

The Historical Society is underway with their 2015 season of programs. All are free and open to the public and begin at 2:30pm. The next program, Anniversaries and Updates, hosted by Rockland members will take place on Sunday, February 1, 2015 at Rockland’s First Congregational Church.

BREAKFAST WITH SANTA



The annual Breakfast with Santa was held on Saturday, December 13 and was a huge success. We had the biggest turnout yet! The Santa Gift Store headed by Teri Sullivan and volunteers was a crowd favorite. Beanie Babies sold out and the children busied themselves coloring while waiting to shop. Santa played by Frank Burke was very popular. A delicious breakfast was cooked by Anna Fopiano, Andy Burbine, Jack Glynn, Pat Jackman, Jack Brown, and Joanne Curtis. Joe Jackman and Rick Breivogel washed pots, pans, and dishes. My sincere thanks to the girls’ Abington Impact Soccer Team and their coaches for all of their help. Also, thank you to all the volunteers; my sister, Leslie O’Keefe from Leominster; Francine Ethier, the servers; Suzanne Djusberg, photos and decorating; Marsha Libby, photos and Santa Store; Gail Ioven, decorating, shopping, serving. You “all” made this event a success. I would be remiss if I didn’t thank Harvey Hurvitz and Cape Cod Lumber for their generosity in funding the Santa gift store. A special thanks to Peggy Keating for her work on the raffles. Thanks also to the businesses who donated raffles. Hope to see you next year on Saturday, December 12, 2015. —*Diane Keith, Chairman; FOAS*

MANAGE ENERGY THIS WINTER

On Tuesday, January 20 Gerard MacLellan—S.A.G.E. Committee, Saving Abington with Green Energy and Gregory Krantz—National Grid, Mass. Save Program will present an informational program at the Senior Center regarding the savings that we could all benefit from called “Manage Energy This Winter.” You will learn how it will help you, your home and your finances. Don’t be misinformed through gossip, stop by and learn right from the originators of these programs. There will be time put aside for questions to both gentlemen.

ABINGTON FIRE DEPARTMENT TO VISIT ABINGTON SENIOR CENTER

The Abington Fire Department is excited to be visiting the Abington Senior Center on Tuesday, January 27. We will have a brief presentation regarding fire safety and prevention in your home as well as some useful tips for general safety hazards to be aware of throughout your home. We will be available to answer any questions and assist in addressing any safety concerns or issues you may have in your home. —*Katherine Kline*

ANYONE? CHESS ON WEDNESDAYS

Bob Creighton, our chess teacher, will be losing his partner to Florida this winter. If anyone would like to play, call him at 781-878-0788, and leave a message. Chess goes from 10:30AM to 1:00PM on Wednesdays at the Senior Center.

OUTREACH—JANUARY 2015

With the winter months upon us and the weather getting colder and ice and snow becoming problematic for all, here are a few reminders and tips for your safety and well being!

Always be mindful of how dangerous icy situations can be. Unfortunately falls and injuries from the ice are common occurrences among senior citizens causing multiple injuries such as head trauma and bone fractures and serious lacerations.

While young people can recover quickly from these types of injuries that is not the case for elderly people. Be sure to wear shoes with good traction and non-skid soles and be sure to check the tip of your canes and replace them in the winter if they are worn. Lastly, make sure to remove wet shoes when you are in the house as tracking water throughout can make for yet another dangerous situation.

Cold temperatures can lead to frost bite and hypothermia...always dress in layers and dress for warmth. It is a good idea to wear a scarf lightly covering your mouth to protect your lungs from breathing in frigid air.

During the winter months because it may be more difficult for a senior citizen to get out socially and see other people...winter blues can be an issue. No one- no matter your age or demographic- likes feeling lonely and isolated, so it is critical that you check in on your elderly loved ones, a quick visit or a phone call could make all the difference.

Driving during the winter can be dangerous for anyone. However, for seniors that may not have the quick reflexes or they may not get out driving as often, it can be particularly dangerous. Make sure to have emergency supplies in your car. Flashlights and jumper cables, a cell phone and water are a few helpful things. Also AAA membership is worth its weight in gold!!

In the home you should always be prepared for emergencies and power outages. It is important to have candles, flashlight and lots of batteries and if at all possible a battery operated radio. You want extra blankets accessible and be mindful of the food in the refrigerator as you may need to put perishable food in a cooler, this is for safety as much as it is so you're not wasting food.

Lastly, please check your carbon monoxide detectors and make sure the batteries are new and take good care of yourself. Eat a healthy diet (lots and lots of vitamin D needed this time of the year!!) and stay as active as possible. Make sure to ask for help if you need it and try not to isolate yourself. It takes a village and we here at the COA are here for you!!

Here's to a blessed, peaceful and joyous New Year!!

All my best — *Amy Barrett*

JANUARY PUZZLE

What number should replace the question mark to make these sums work? Solve from left to right. **1.)** $?x2+11=27$; **2.)** $12+?-4=25$; **3.)** $13-9x?=16$; **4.)** $24\div6+7 = ?-8$; **5.)** $13x6-23 = ?x8-9$ (See answers on page 8.)

JANUARY NOTABLE EVENTS

1/1/1892 Ellis Island in New York opened. Over 20 million new arrivals to America were processed until its closing in 1954.

1/1 New Year's Day – The ball first dropped at Times Square in New York in 1908.

1/8/1982 A.T. & T.Co. was broken up as a result of an anti-trust suit and gave up 22 local "Baby Bell" companies, one being New England Telephone Co. to open up the U.S. telephone system to competition.

1/11/1964 U.S. Government declares cigarettes may be hazardous to health.

1/13/1834 Author Horatio Alger (d.1899) was born in Revere, MA. He wrote over 100 books for boys, mainly featuring "Rags to Riches" theme of poor boys triumphing over life's obstacles.

1/17/1950 Brink's, Inc. reported robbery of \$2.8 million.

1/22/1973 Vietnam Peace agreement signed by U.S., North and South Vietnam, and the Vietcong.

1/22/1973 U.S. Supreme Court's "Roe vs. Wade" decision striking down local state laws restricting abortions.

1/27/1973 End of the military draft due to expire in 1971, was extended two years by Congress. The Selective Service assigned draft priority numbers for all men born in 1954, 1955, and 1956, in case the draft was extended, but it never was.

Sports Trivia

1973 Major League Baseball (American League) adopted the designated hitter rule.

1/15/1967 First Super Bowl held.

1/14/1973 Miami Dolphins defeat Washington Redskins in Super Bowl VII and become the first undefeated team in NFL.

VALENTINE'S BRUNCH

On Tuesday, February 10, the Friends of Abington Seniors, Inc. will sponsor a Valentine's brunch, to be catered by Hart's Catering. The meal will be free to Abington seniors; a \$5 charge will apply to non-residents. Reservations will begin during the last week in January.

CORNED BEEF LUNCHEON

The annual St. Patrick's Corned Beef Luncheon, also provided by the Friends of Abington Seniors, will be held on March 17, with members of the Abington Lions Club once again serving as cooks and waiters. This meal also will be free to Abington seniors, with a \$5 charge to non-residents. The date for reservations to be announced later.

GENTLE YOGA AT THE SENIOR CENTER

Wednesdays 5:30PM—6:30PM

Introduction to basic yoga poses. Relax, restore, and recharge. No experience necessary. Wear comfortable clothes. Bring a mat, towel, and a water bottle. \$5.00 per session.

On average, in any given hour there 61,000 people airborne over the United States.

JANUARY 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Fuel Assistance sign-ups have begun--call 781-982-2145</u></p> <p><i>February 3, 2015,</i> Ham, Scalloped Potatoes, Green Bean Casserole, Dessert, Beverage</p>	<p><i>January:</i> Birthstone: Garnet Flower: Carnation Zodiac Sign: Capricorn/Aquarius</p> <p><i>National Eye Care Month</i> <i>National Soup Month</i></p>	<p><i>1/27 Vietnam Peace Accord Signed</i> <i>1/28 US—Vietnam Cease Fire</i></p>	<p>1</p> <p>NEW YEARS DAY</p> <p>HAPPY NEW YEAR</p> <p>SR. CENTER CLOSED</p>	<p>2</p> <p>SR. CENTER CLOSED</p>
<p>5 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p>6 <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken Chop Suey, Noodles, Chinese Green Beans, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p>7 <u>10:00 Representative Geoff Diehl</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p>8 <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>9 <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u></p>
<p>12 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p>13 <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Corn Chowder, Egg Salad Sandwiches, Chips, Crackers, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p>14 <u>9:00 FOAS Meeting</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p>15 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p>16 <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>10:00 Senator Keenan</u> <u>11:00 Tai Chi (\$5)</u></p> <p><i>Persian Gulf War Begins</i></p>
<p>19</p> <p>SR. CENTER CLOSED</p> <p><i>Martin Luther King's Birthday (observed)</i></p>	<p>20 <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Roast Pork, Mashed Potatoes, Applesauce, Squash, Rolls, Dessert, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p>21 <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p>22 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p>23 <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u></p>
<p>26 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u></p>	<p>27 <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken, Broccoli, Ziti Alfredo, Crusty Bread, Birthday-Cake, Beverage <u>5:30-6:30pm Zumba (\$4)</u></p>	<p>28 <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u></p>	<p>29 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$4)</u> <u>11:30 Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p>30 <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u></p>



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JANUARY'S RECIPE



Turkey Pie submitted by Lorraine Leventuk— 2 to 3 cups stuffing, 1 cup chopped turkey, 1 cup shredded Swiss cheese, 4 eggs--beaten, 1 can (5 oz.) evaporated milk. Press stuffing into a 9 inch pie plate, forming a crust. Bake at 400 for 10 minutes. Meanwhile, combine meat and cheese. In another bowl, beat eggs and evaporated milk and add 1/8 tsp. pepper. Sprinkle cheese and meat mixture into hot crust. Pour egg mixture on top. Bake at 350 for 30-35 minutes or until center is set. Let stand 10 minutes.

JANUARY'S CHUCKLES

The nurse told the parents of a newly born child, "You have a cute baby." The smiling husband said, "I bet you say that to all new parents." "No," she replied, "just to those whose babies really are good-looking." The husband again asked "So what do you say to the others?" The nurse replied, "The baby looks just like you."



Just before Christmas, an honest politician, a generous lawyer and Santa Claus were riding in the elevator of a very posh hotel. Just before the doors opened they all noticed a \$20 bill lying on the floor. Which one picked it up? Santa of course, because the other two don't exist!

EAT HEALTHY

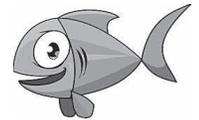
Prevent dementia, clear your arteries, and live longer with this trio of great-for-you edibles: apples, pecans, and fish!



That's right. You can get triple the anti-aging benefits when you make these 3 superfoods staples in your diet:

1. Apples for a longer life. Another reason to eat one each day: Well-washed apples are full of cell-protecting plant substances called polyphenols that increase life spans by 10 percent in the lab. Apples could help you live longer, too. Why? Polyphenols neutralize free radicals that would otherwise damage your DNA in ways that accelerate aging. Stress less to protect your DNA from age-related damage.

2. Eat fish to fight dementia. Omega-3 fatty acids from salmon, trout, and canned light tuna help reverse brain changes triggered by a gene that increases dementia risk. Because 15 percent of humans carry the gene, it's a great reason to eat these good fats every day. Do this 3 times a week to enhance memory and brain function.



3. Pecans for clean-as-a-whistle arteries. Turns out this tasty nut is rich in gamma-tocopherols, a type of vitamin E that works to keep lousy LDL cholesterol from clogging your arteries with plaque. Bad LDL levels fell 33 percent after people ate 3 ounces of pecans. At 600 calories, that's a lot of nuts. But you can still get benefits with less.

To eat healthy, pick foods that are the colors of the rainbow, and watch your portion sizes. Eating foods that are colorful—red apples, orange carrots, yellow squash, green salad, tomatoes, blueberries, and purple eggplant—helps you add fruits and vegetables to your diet. —Dr. Oz

WHAT'S HAPPENING AT THE ABINGTON LIBRARY—ABINGTON READS 2015

Join us for a visit from Michael Blanding author of *The Map Thief*, Thursday, January 15 at 7:00PM in the Copeland Room. Michael Blanding is an award winning investigative journalist and best-selling author of *The Map Thief*, an engaging true story of an esteemed rare-map dealer who did the unthinkable...he made millions by stealing priceless maps with nothing but an X-acto blade and a bit of trust. *The Map Thief* was the Non-Fiction Book Club's November selection. Mentalist and Mindbender Rory Raven will visit Wednesday, January 28 at 7:00PM in the Copeland Room. "Neither a psychic nor a magician, I offer a new and compelling experience unlike anything you have seen. I will read your mind, bend your spoon, and leave you talking about it for the rest of your life." **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. Tougias. This is a gripping account of the valiant attempt to rescue the souls huddling inside the broken halves of two oil tankers during the brutal nor'easter in the winter of 1952. This heroic mission is considered to be the greatest small boat rescue in Coast Guard history. A large number of paperback books of this title will be available at the library. Library Director Debbie Grimmet, will host a discussion meeting at the conclusion of the program. The movie *The Finest Hours*, based on the book, which is currently being filmed in the South Shore, will be released in 2015. **Save this date:** March 23, 7:00PM in the Copeland Room you can meet and hear author Michael J. Tougias discuss his book *The Finest Hours*. —Rosie Walls



IMPORTANT REMINDERS FROM THE EXECUTIVE OFFICE OF ELDER AFFAIRS

Protect yourself from exploitation: *Never* sign anything you don't understand. *Never* give away property in exchange for care. *Know* your banker, attorney, or financial advisor. *Document* financial arrangements in writing. *Check* the references and credentials of anyone who wants to work in your home, including utility workers and town employees. *Beware* of door to door sales people and telephone sales pitches. *Don't* give out your bank account number, credit card number, or other personal information over the phone or internet. *Use* direct deposit. *Stay* socially active. *If it doesn't* make sense, ask for help. If you think you or someone you know may be a victim of financial exploitation, call the Elder Abuse Hotline at 1-800-922-2275.

The tombstone of Mel Blanc, the famed voice of cartoon characters Bugs Bunny, Sylvester the Cat, Tweety Bird, and Porky Pig reads: "That's all folks."



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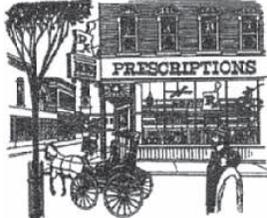
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Miscellaneous

Line Dance Schedule: Dancing with Dotty Belanger at Abington Senior Center on 1st and 2nd Friday afternoons 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.

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Answer to puzzle on page 4: 1) 8, 2) 17, 3) 4, 4) 19, 5) 8

ONE MILLION PENNIES

The Abington Lions Club celebrated reaching its goal of collecting one million pennies and very proudly unveiled the Million Pennies at the Abington Library in a ceremony attended by many onlookers on Sunday, November 16, 2014. The bags of pennies were displayed in large heavy-duty plastic bags in the shape of a sofa in the Copeland Meeting Room of the Library, where onlookers were able to take pictures sitting on the piles of pennies. This fundraiser by the Lions was supported by more than 30 local businesses and the efforts of thousands of individuals for more than 10 months. These simple pennies represent a donation of more than \$10,000 for the Abington Public Library, which plans to purchase tablets and a permanent overhead projector for the Library meeting room as well as large print books for the library. Although this fundraiser wrapped up in November, the Lions Club will continue to collect pennies for a Lions Club program called "Pennies For Sight," which donates its proceeds to the Mass. Lions Eye Research. This project has indeed been a priceless achievement and proves what a community can accomplish for the good of the town. AND.....in case you didn't know.....one million pennies weigh nearly 3 tons, or 5,880 lbs.; that one million pennies stacked on top of each other would be 5085 ft. tall, i.e., more than three times the height of the Empire State Building; and that one million pennies placed side-by-side would extend for 11.8 miles, the distance from the Abington Library to Nantasket Beach.

