



The Senior Informer

Volume 12

Issue 2

FEBRUARY 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.

Council on Aging Board of Directors

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SAVE THE DATES

Valentine's Day Brunch

Tues., February 10

Corned Beef Luncheon

Tues., March 17

See page 4 for info.

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
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-Van Drivers

THE LITTLE BLUE JAR

—Pat Jackman

This story is written about days of old,
When Mothers played Doctor to cure their kid's colds.
There were no Compass Medicals or Pediatric Teams,
And antibiotics were faraway dreams.
Coughing and sneezing were always the test,
To see which of Mom's remedies would loosen my chest.
There was Karo Syrup with lemon and crushed aspirin to take,
A spoonful of that kept me wide awake.
Water was boiled for the steam that I got,
When breathed through a newspaper cone on a pot.
Hot lard on my chest to loosen the cough,
Went on pretty easy, but so hard to wash off.
I didn't know then that someday I would see
Those methods of torture as a fond memory.
The sniffles and coughing had just about started,
When out of the kitchen my Mother had darted,
"Did I hear you coughing?" she said very slow,
My eyes widened up and I shook my head "NO."
She fled to the kitchen and soon she appeared,
With a little blue jar, too small to be feared;
Was this something new in her old bag of tricks?
On the front of the jar, the label said "VICKS."
I peeked inside the jar and wanted to scream
It appeared to be filled with old "Vaseline."
The smell was so strong, it sure wasn't the best,
She couldn't ... She wouldn't rub that on my chest?
But rub it she did 'til I cried, "Please, Mom stop."
She finally finished and pulled down my top.
It stuck to my nightgown and the smell burned my nose,
The fumes hurt my eyes so I kept them both closed.
The Karo, the lemon, were now tossed away,
In their place, the blue jar of "VICKS" would now stay.
She rubbed it on chests, on noses and clothes,
And how she got Dad with it, God only knows.
"Here comes Vickie," he'd shout as she came down the hall,
"Hide under the beds or she'll get you all." ...
Many years have now past since I lay asleep,
And she snuck in my room without making a peep.
I'd wake to my Mom rubbing "VICKS" on myself,
From the little blue jar that sat on the shelf.
If I lay my head back and close my eyes tight,
I can still recall how she came in the night.
She made us all better with her old bag of tricks,
And believe it or not, I can still smell the "VICKS." ...



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

Abington Reads 2015, Our Community Reads 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. **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*.



**FIRST LADIES OF THE UNITED STATES
First Lady Dolley Madison**

Dolley Madison was the wife of James Madison, President of the U.S. from 1809 to 1817. She was noted for her social gifts, which boosted her husband's popularity as President. Dolley was first married to John Todd, a Quaker lawyer, and had two children. When a Yellow Fever epidemic broke out in 1793, both her husband John and one of her sons died, both on the same day. She was a widow at the age of 25, with young son Payton



to support. She later met and married James Madison, 17 years her elder, but she was expelled from the Quaker faith as James Madison was not a Quaker. Dolley made her persona felt in Washington, D.C. She contributed to the development and decoration of the White House, the first official presidential residence in the new United States. She also instituted the very first Inaugural Ball, when Madison was installed as President. It's interesting to note that during the 1808 election, there was an attempt by Federalist newspapers to imply that Mrs. Madison had been intimate with former President Jefferson as a way of attacking her character and her husband's campaign; however, her popularity prevailed during the 1812 election. Dolley Madison is probably best remembered for her actions in 1814 when she ordered that the White House staff save the portrait of President George Washington from being destroyed in flames when the British Army neared Washington and burned the White House. When James Madison retired from public life, he and Dolley retired to the Montpelier plantation in Virginia. After her husband James' death, Dolley organized and copied her husband's papers that were used in drafting the United States Constitution over the course of a year. Dolley Madison died in Washington, D.C. at 81 years of age.

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TAKE A DEEP BREATH—LIVING WITH COPD

This program, designed and presented by clinicians from Norwell VNA (NVNA) and Hospice takes a realistic look at life with Chronic Obstructive Pulmonary Disease (COPD). The presentation outlines COPD's effects and risk factors and offers a review of medications and suggestions for disease self-management. Questions and answers follow the presentation. This free program is offered by NVNA and Hospice at the Abington Senior Center on Monday, February 23 from 10 to 11 A.M.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of Feb. for the March 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.

**POETRY
CORNER**

From ENDYMION

*A thing of beauty is a joy forever:
Its loveliness increases; it will never
Pass into nothingness; but still will keep
A bower quiet for us, and a sleep
Full of sweet dreams, and health, and quiet breathing.*
—John Keats

LITTLE THINGS

*Little drops of water,
Little grains of sand,
Make the mighty ocean
And the pleasant land.
Thus the little minutes,
Humble though they be,
Make the mighty ages
Of eternity.*

—Julia A. Fletcher



Interview with 101-year-old Hattie Mae MacDonald of Feague, Kentucky. Reporter: Can you give us some health tips for reaching age 101? **Hattie:** For better digestion I drink beer. In the case of appetite loss I drink white wine. For low blood pressure I drink red wine. In the case of high blood pressure I drink scotch. And when I have a cold I drink Schnapps. **Reporter:** When do you drink water? **Hattie:** I've never been that sick.

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: Liz & Arthur Holbrook

Donations: Joanne Curtis

In Memory of: Edward J. Kiernan by Muriel Kiernan	Douglas Footit by Marguerite Footit
Irene F. DeLillo by Marguerite Footit	Donald Mull by Carol Mull
Gail Bedard by Janice King	Wilma & David Bentley by Joe Bentley

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 held at the Dyer Library, on Sunday, March 1, will be the “Bridgewater Triangle.”

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.

IN APPRECIATION

Thanks to The Colony House for once again donating all the ingredients for the scrambled eggs at our Breakfast With Santa. And a special Thank You to the three young students, Clancey Barrett, Ian Barrett, and Elizabeth Campbell, who spent part of their Christmas vacation helping prepare our Newsletters for mailing.

SENIOR COMPUTER LEARNING CENTER --- Open-House on February 11 from 10:00 - 12:00

Abington Senior Center, 441 Summer Street, Abington, MA 02351

We offer low cost, hands-on practical computer classes for students age 50 and over.

Tour our well equipped computer classroom, learn details, and register for courses.

Instructors, coaches and staff are dedicated volunteers with professional skills who enjoy giving back to the community. Volunteers will be available to answer questions and provide assistance with course selections.

For more information visit our website seniorcomputerlearningcenter.org or call us and leave a message (between 1:00 and 3:00) at 508-521-4008.

To register in person: Pre-printed registration forms are available outside the SCLC’s lab at the Abington Senior Center’s Council on Aging.

To register by mail: Visit our website seniorcomputerlearningcenter.org. Click “Register” at the top menu and Print a registration form. Fill out the registration form, and enclose it with a check made out to SCLC.

Mail to: Senior Computer Learning Center
C/O Abington Senior Center
441 Summer Street,
Abington, MA 02351 (or, you may drop off the application at the Abington COA)

We anticipate that the following courses and workshops will be offered:

Amazing Kindle Fire, Learn Computers w/Windows 7, Computer Cleanup w/Cleaner, iPad and iTunes, All About Windows 7, Bring Your Laptop, iPad Tips and Tricks, Transitioning to Windows 8, Organizing Information w/Excel, Using Tablets and Smartphones, Using Email in Windows 8, Scanning Documents and Photos, Getting started w/Facebook, Surf the Internet with Windows 8, Buying/Selling on e/Bay, Using Facebook, Digital Camera w/Copying Pictures, Intro to Photo Editing (PSE 12), The Power of the Right Click, Simple Ways to Copy Files, Advanced Photo Editing (PSE 12), Genealogy, Safe Downloading, Magic of Photo Shop Elements.



OUTREACH—FEBRUARY 2015

Nutrition is an important concern all throughout your life. There are many chronic diseases that develop late in life such as osteoporosis and diabetes...they both can be influenced by earlier poor eating habits. The great news is that good nutrition in the later years can help lessen the effects of diseases prevalent among older Americans, or may actually improve the quality of life in people who have such diseases. They include osteoporosis, obesity, high blood pressure, diabetes, heart disease, and chronic under nutrition.

There are many studies that show a good diet later in life helps both in reducing the risk of these diseases and in managing the negative signs and symptoms. This in turn contributes to a higher quality of life and enables Seniors to remain independent by continuing to perform basic daily activities.

There are many reasons a Senior loved one may have poor nutrition. Living alone and not having close family or a spouse is a common one. Sometimes elderly people find it difficult to be alone especially at mealtime, and they may lose interest in preparing or eating regular meals. It can be particularly difficult for a widow or widower as the routine and continuity of mealtime is disrupted.

Special diets can be problematic as they usually require extra effort when purchasing and preparing. If you aren't used to the requirements of a special diet it can be intimidating, and opting out rather than adjusting is not uncommon. Remember that new routines are always an adjustment and a special diet can be put together very easily by a physician. The meal plan can be easy to follow and healthy for your new special circumstances.

Physical problems can make nutrition a challenge also. Poorly fitting dentures or missing teeth, even gastrointestinal issues that could make someone shy away from a nice healthy food choice. Medications can also cause adverse effects with certain foods. It can sometimes alter the taste, which can affect the appetite negatively. There are some diseases that affect nutrition also, for example, Alzheimer's or dementia may cause a person to forget to eat altogether.

Lack of money can be a serious problem when dealing with nutrition, although it does not have to be. When people are on a fixed income they may avoid purchasing something perishable like fruit, veggies, and meat which have a higher cost and don't last as long, which is critical for health and well being. There are lots of resources for Seniors to help them maintain healthy eating habits. Meals on Wheels is a fabulous program that delivers hot, nutritionally balanced meals right to a person's front door every day so they get at least one hot healthy meal a day. The other program is the food pantry. They provide fruits and vegetables, frozen food, and non perishable items. If you are experiencing financial hardship and are concerned about nutrition, this is a good option. You can contact Karen Butler at the COA at 781-982-1945 for information on Meals on Wheels, and the Abington Food Pantry number is 781-878-1194 for another option.

On a side note, Karen Butler and I would like to express our sincerest gratitude to all of the amazing friends who dropped off donations and helped to defray the cost for the gifts that were delivered for Christmas to some wonderfully deserving people. The gift bags were incredible, and we were overwhelmed by the outpouring of love and support! Happy New Year and be well! *Amy Barrett*

HEALTH BENEFITS OF GREEN TEA

In case you've forgotten, or didn't know, green tea is one of the healthiest things you can drink. Green tea's biggest benefit? It contains catechin (which are antioxidants) that fight and may even prevent cell damage. Green tea is not processed much before it's poured into your cup, so it's rich in catechin. Other benefits: Green tea has been shown to improve blood flow and lower cholesterol. Tests have proven that people who drank green tea had greater activity in the working-memory of their brains. It has also been shown to help block the formation of plaques that are linked to Alzheimer's Disease. Also it seems to help keep blood sugar stable in people with diabetes. And finally, green tea is a great swap for sugary drinks. If you substitute 1 to 2 cups of green tea for one can of soda, over the next year you'd save over 50,000 calories, which is more than 15 pounds.



FEBRUARY PUZZLE

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

- | | |
|-----------------|--------------------------|
| 1. Se re per ve | 4. Si gne um ma |
| 2. Al qui ac tt | 5. Ito co in gn |
| 3. Pi cu ne por | (See answers on page 8.) |

FRIENDS OF ABINGTON SENIORS, Inc.

There will be a continuation of the **Annual Meeting** for the election of officers on Wednesday, February 11 at 9:00AM at the Senior Center. All are welcome to attend. Nominations from the floor are accepted. Please join us.

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. Prior reservations are necessary. Reservations begin the last week in January; you must come in to sign up.

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.

FEBRUARY 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p> <p><i>Groundhog Day</i></p>	<p><u>3</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Ham, Scalloped Potatoes, Green Bean Casserole, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>4</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>5</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$4)</u> 11:30 <u>Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>6</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u> 1:00-2:30 <u>Line Dancing</u></p>
<p><u>9</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>10</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Catered Valentine's Brunch 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>11</u> 9:00 <u>FOAS Meeting</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>12</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$4)</u> 11:30 <u>Lunch: TBA</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p> <p><i>Lincoln's Birthday</i></p>	<p><u>13</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></p>
<p><u>16</u> SENIOR CENTER CLOSED</p>  <p><i>Presidents' Day</i></p>	<p><u>17</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Vegetable Soup, Sandwich, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$4)</u> 6:00pm <u>COA meeting at Town Hall</u></p>	<p><u>18</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne (\$5)</u> <i>Ash Wednesday</i> <i>New Moon</i></p>	<p><u>19</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$4)</u> 11:30 <u>Lunch: International Soup Day</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>20</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 10:00 <u>Senator Keenan</u> 11:00 <u>Tai Chi (\$5)</u></p>
<p><u>23</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u></p>	<p><u>24</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> American Chop Suey, Salad, Italian Bread, Birthday Cake, Beverage 5:30-6:30pm <u>Zumba (\$4)</u></p>	<p><u>25</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u> 10:30-1:00 <u>Chess</u> 5:30 <u>Hatha-Yoga w/ Joanne (\$5)</u></p>	<p><u>26</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$4)</u> 11:30 <u>Lunch: TBA</u></p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>27</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p>
<p><u>Fuel Assistance sign-ups have begun--call 781-982-2145</u></p> <p><i>March 3, 2015.</i> Italian Meatloaf, Baked Potato, Vegetable, Dessert, Beverage <i>Menu subject to change.</i></p>	<p>2/1 <u>SUPER BOWL DAY</u> 2/8 <u>Boy Scouts Day</u> 2/14 <u>Valentine's Day</u> 2/15 <u>Susan B. Anthony Day</u> 2/17 <u>Mardi Gras</u> 2/22 <u>Washington's Birthday</u> 2/22 <u>First Sunday of Lent</u> 2/24 <u>Skunks mate</u></p>			<p><i>February Birthstone: Amethyst</i> <i>Flower: Violet</i> <i>Zodiac Sign: Aquarius/Pices</i></p>

New management National HealthCare



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DRIVING ON WATER

On one sleepy Sunday afternoon in July, 1958, the peace of the little town of Abington was suddenly shattered by the racket of blaring sirens of police and fire vehicles. It seems that two fire department members (Joe Monahan, an on-call fireman, and Herky Sampson, a full-time fireman) had decided to take a joy ride in Island Grove Pond in the latest invention of "The Amphi-Car." The vehicle was provided by a local car dealer, Al Marcotte on Centre Avenue in Abington.

Apparently, several concerned citizens of the town had reported this sighting to both the police and fire departments. It was widely thought that an automobile was submerged in the pond. One can only imagine the panic these poor townspeople felt. They lined along Centre Avenue, Central Street, and Lake Street to see if those in the vehicle would be rescued.

Well, Joe and Herky "drove" from the water to the shore, and the mystery was solved...they were actually in a car that had the capability to maneuver through water and on land.

After the excitement died down, Joe and Herky proceeded to the fire department garage. They reported their time to the captain, and were paid appropriately, since they were "on the scene." —*Nancy Monahan*

TRAVEL OPPORTUNITIES

Penn Dutch, May 21-23, great seats for "Joseph," guided Amish Country Tour, Chalk Talk with Artist Elva Hurst in her Studio, admission to the lovely Longwood Gardens, \$398 per person, double occupancy.

Captain Jack's & Mohegan Sun, July 1, \$15 Bonus, Choice of lobster or prime rib at Captain's Jack's, \$72.00.

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



FEBRUARY'S RECIPE

Jane Kern's Chocolate Peanut Butter Balls

1 cup vanilla wafers, crushed
1 lb. confectioners sugar
1 cup peanut butter
1 cup walnuts, crushed
½ lb. melted butter

Mix all together; make into walnut size balls. Chill 2 hours. Melt 12 oz. chocolate bits and a ½ bar of paraffin in double boiler (or watch over in microwave). Dip balls into chocolate mixture (using skewer), and place on wax or parchment paper



FEBRUARY'S CHUCKLE

Doug Smith is on his deathbed and knows the end is near. His nurse, his wife, his daughter, and two sons are with him. He asks for two witnesses to be present and a camcorder be in place to record his last wishes and, when all is read, he begins to speak:

"My son, Bernie, I want you to take the Mayfair houses."

"My daughter, Sybil, you take the apartments over in the east end."

"My son, Jamie, I want you to take the offices over in the City Centre."

"Sarah, my dear wife, please take all the residential buildings on the banks of the river."

The nurse and witnesses are blown away as they did not realize his extensive holdings, and as Doug slips away, the nurse says, "Mrs. Smith, your husband must have been such a hard-working man to have accumulated all this property."

Sarah replies, "Property?... He had a paper route!"

FEBRUARY NOTABLE EVENTS

2/1/2003 Sixteen minutes before scheduled landing, space shuttle *Columbia* broke apart over West Texas, killing all seven crew members.

2/10/1942 The first Medal of Honor during World War II was awarded to 2nd Lt. Alexander Nininger (posthumously—KIA 1/12/1942) for heroism during the Battle of Bataan.

2/11/1847 American inventor, Thomas A. Edison, (d. 1931), was born in Milan, Ohio. In his lifetime he acquired more than 1,200 patents, including the incandescent bulb, which is presently being phased out. He is also known for his quote, "Genius in one percent inspiration and ninety-nine percent perspiration."

2/13/1892 American artist Grant Wood (d. 1942) was born near Anamosa, Iowa. Best known for his painting American Gothic featuring a farm couple.

2/19/1945 For the U.S. Marines, landing on Iwo Jima was the most difficult of World War II's many tough fights. The heroism of the attackers was recognized by the awarding of no fewer than 27 Medals of Honor, more than half given posthumously. It soon became an important base for the air campaign.

2/22/1879 Frank Winfield Woolworth opened a 5-cent store in Utica, N.Y.

2/22/1942 President Franklin D. Roosevelt orders General MacArthur out of the Philippines.

2/23/1945 The first flag raising on Mount Suribachi. U.S. Marines hoist the U.S. flag on a piece of pipe, about 17 minutes before the famous flag raising immortalized by AP photographer Joe Rosenthal.

CAREGIVERS GROUP

Many folks, both men and women, have become caregivers – of parents, a spouse, a disabled relative or friend, or a senior who is having problems. The caregiver title itself indicates both responsibility and compassion, but at times the job can become overwhelming. With this in mind, we are considering forming a caregivers group—a chance to share your burden and concerns, an opportunity to relax and have a cup of coffee with people who can become friends. A time to just sit back and smile and realize you are not alone.

If you are interested in becoming part of this support group, please call Amy Barrett at 781-982-2145. The group would meet at the Senior Center, probably beginning in March.

KITCHEN WISH LIST: *extra large aluminum foil pans.*



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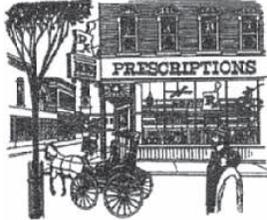
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“American Gothic” painted by Grant Wood (b. 2/13/1892)

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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.

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: 1. Persevere 2. Acquittal 3. Porcupine 4. Magnesium 5. Incognito

SWEETHEARTS—THE CANDY

We all recognize these small heart-shaped candies, which are all around prior to and on Valentine's Day. Each heart is printed with a message, such as “Be Mine”; Kiss Me”; “Call Me”; Let's Get Busy”; “Miss You.” Sweethearts are made by the New England Confectionary Company, or Necco. Necco manufactures nearly 8 billion Sweethearts each year and they are available in a variety of flavors, including chocolate, tart, and smoothie flavors. By way of history, Oliver R. Chase invented a machine in 1847 to cut lozenges from wafer candy, similar to Necco wafers. He started a candy factory. His brother Daniel Chase began printing the sayings on the candy in 1866. “Sweethearts” candy got its start in 1901. Necco produces the hearts from late February thru mid-January of the following year. Approximately 100,000 lbs. of hearts are made each day. Now...isn't that SWEET!



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

I've learned people will forget what you said, people will forget what you did, but people will never forget how you made them feel. —Maya Angelou