



The Senior Informer

MARCH 2015

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

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ABINGTONSENIORCENTER.COM
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Hours: 9AM to 2PM Mon. thru Thur.,
9AM to 1PM Fri.

Volume 12

Issue 3

Council on Aging Board of Directors

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SAVE THE DATE Corned Beef Luncheon

Tues., March 17

Valentine's Brunch

rescheduled to April 14

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
Line Dancing
Quilting Class
Senior Lunches
Tai Chi, Zumba

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Transportation Coordinator
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Linda Elliot, Jack Libby
-Van Drivers



"THE LIBERATOR" AND ANTISLAVERY IN ABINGTON —Joice Himawan

William Lloyd Garrison (1805-1879), publisher of *The Liberator* was born in Newburyport, MA. For seven years, starting when he was 13-14 years old, he was an apprentice at the *Newburyport Herald*, where he found his calling as a journalist and acquired the skills to publish his own newspaper. In the late 1820s, a meeting with Benjamin Lundy, editor of the *Genius of Universal Emancipation* newspaper, brought the cause to Garrison's attention. By the fall of 1830, Garrison had decided to start his own abolitionist newspaper.

The Liberator was published from 1831 to the end of the Civil War in 1865. Faced with limited resources, Garrison printed *The Liberator* on a hand-press after he composed the type on his "imposing stone" (actually a sheet of iron encased in a pine stand). During its 35 years of publication, Garrison did not miss publishing a single issue of this weekly newspaper. In addition to an increase in folio size (which happened sometime in 1837), Garrison also changed the masthead twice during the course of the newspaper's run. The first masthead emphasized the cruelty of the federal government toward both blacks and Indians. The illustration featured a slave auction and a series of Indian treaties that had been trampled into the ground.

When the remaining Indian nations were coerced into leaving their lands, Garrison's interest in Indian policy diminished, but he intensified his focus on slavery. He changed the newspaper's masthead in 1838 to a twin vignette of a slave auction on the left and the vision of emancipation on the right. Designed by David Claypoole Johnston (1799-1863), this masthead was used for about twelve years.

A larger illustration, designed by Hammatt Billings (1818-1874), was *The Liberator's* masthead beginning in 1850. Billings reworked Johnston's engraving by adding a central allegorical circle, with new slave auction and emancipation scenes. He also illustrated Harriet Beecher Stowe's anti-slavery novel, *Uncle Tom's Cabin*.

In the 1,803 published issues of *The Liberator*, the Town of (Old) Abington was mentioned some 890 times. The first anti-slavery rally at Island Grove was held on August 1, 1846. Anti-slavery advocates conceived of the First of August as a celebration of universal human freedom in an international struggle. Presumably Island Grove was chosen as the site because "it afforded a fitting theatre for the sacred festival of freedom." An account of "The Abington Celebration" was reported in *The Liberator* issue of August 7, 1846. These celebrations were held every year for 19 years, until the end of the Civil War.

A bronze tablet to commemorate the abolitionist rallies was presented to the Town of Abington by Moses N. Arnold (1844-1919), a Civil War veteran who made his fortune in the shoe industry. It is affixed to a boulder placed near the spot where the speaker's stand used to be. The memorial was dedicated on Memorial Day in 1909 and unveiled by Francis J. Garrison. The keynote speaker was William Lloyd Garrison, Jr., who proclaimed: "In this celebration is something more than a lip service, than a garnishing of the sepulchers of the righteous while stoning the prophets of the present, we shall carry away a purpose to be worthy of the reformers whose names you have preseeded on your memorial stone. We shall show our appreciation of their inestimable lives by equal fidelity to truth and justice in this hour of need. Again the old struggle is renewed and to him who has true veneration for past heroes the clarion of battle still has its insistent call. Our actions alone will show what real meaning attaches to this tribute to past greatness."

"*The Liberator*" papers are on exhibit at the Dyer Memorial Library until the end of March. They were donated to the Historical Society of Old Abington by *Marian Studley*.

—ABINGTON READS 2015

Abington Reads 2015 runs through March 24, 2015. This year's one book 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. On March 23, 7:00PM in the Library's Copeland Room you can meet and hear author Michael J. Tougias discuss his book *The Finest Hours*.



Book Recommendation—*Standing in the Rainbow* by Fannie Flagg (also the author of *Fried Green Tomatoes at the Whistle Stop Cafe*). This is an older book, copyright 2002, but an easy read about a small town, Elmwood, MO, right in the middle of the country, 1946 through the '90s. The author writes of richly human characters during the transition from war to peace, the saving graces of the maligned middle classes, small-town life, and the daily contest between laughter and tears.

FIRST LADIES OF THE UNITED STATES

Abigail Smith Adams was married to John Adams, the first Vice President, and second President of the U.S., and mother to John Quincy Adams, the sixth President. She is now designated the first Second Lady and second First Lady, though these terms weren't used then. She is remembered for the many letters she exchanged with her husband during the Continental Congresses. Abigail Smith was born in 1744 at Weymouth, Massachusetts.



Like other women of the time, Abigail lacked formal education. but she was an avid reader. She met and married John Adams, a Harvard graduate, who launched a career in law; they were married in 1764 and had three sons and two daughters, and were married for more than 50 years. They lived on John's small farm at Braintree or in Boston as his practice expanded. Long separations kept Abigail from her husband while he served the country they loved, as delegate to the Continental Congress, envoy abroad, and elected officer under the Constitution. Her letters detailed her life in times of the Revolution. They tell the story of the woman who stayed at home to struggle with wartime shortages and inflation; to run the farm with a minimum of help; to teach four children when formal education was interrupted. Most of all, they tell of her loneliness without her "dearest Friend." In 1784, she joined him at his diplomatic post in Paris, and filled the role of wife of the first United States Minister to Great Britain. As wife of the first Vice President, Abigail became a good friend to Mrs. Washington and helped in official entertaining. When John Adams was elected President, she continued a formal pattern of entertaining—even in the primitive conditions she found at the new capital in November 1800. The city was wilderness, the President's House far from completion, but for her three months in Washington she duly held her dinners and receptions. The Adams' retired to Quincy in 1801, and for 17 years enjoyed the companionship that public life had long denied them. Abigail died in 1818 at the age of 83 leaving a remarkable record as patriot and First Lady, wife of one President and mother of another. Mrs. Adams didn't live to see her son John Quincy Adams become President.

INFORMER NEWS DEADLINE

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

First a howling blizzard woke us,
Then the rain came down to soak us,
And now before our eyes can focus—
Crocus.
—Lilja Rogers



There was a young man from the city,
Who saw what he thought was a kitty,
Saying "nice little cat,"
He gave it a pat...
They buried his clothes out of pity.
—Anonymous



CHAIR YOGA

Chair Yoga—Thursday mornings 10:00-11:00A.M. New to Chair Yoga? Come and try a complimentary class. *Joanne* will gently guide you through safe movement with breath while seated in your chair. Restore and recharge while experiencing the many health benefits of a yoga practice. Open to all—no experience needed. Cost \$5, pay as-you-go. Questions? Call Joanne @ 508-208-9963.

*I have good news and bad news, the defense lawyer says to his client.
What's the bad news?"
The lawyer says, Your blood matches the DNA found at the murder scene."
Dammit!'cries the client. What's the good news?"
Well, the lawyer says, Your cholesterol is down to 140."*

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: Louise MacKenzie Pauline Quirk Natalie Walker Rosemary Doherty

Donations: William M. Morison

In Memory of: Edward J. Kiernan by Muriel Kiernan Jack Reilly by Ann M. Reilly Dorothy Perkins by Natalie Walker
 Jason Roberts by Pauline F. Quirk Valerie J. Breau by Maureen & Dick Wall
 Walter F. Keating by Maureen & Dick Wall Paula M. Neville by Maureen & Dick Wall

CHESS ANYONE?

If you would like to play chess, call Bob Creighton at 781-878-0788 and leave a message. Chess goes from 10:30AM to 1:00PM on Wednesdays at the Senior Center.

MARCH NOTABLE EVENTS

- 3/1/1961 President John F. Kennedy established the Peace Corp., sending American volunteers to developing countries to assist with health care, education, and other basic needs.
- 3/4/1888 American football legend Knute Rockne was born in Voss, Norway. He coached the Notre Dame football team for 13 seasons, amassing an overall record of 105 wins, 12 losses, and 5 ties. He became famous for his locker room talk and the saying, “Win one for the Gipper.” He was killed in an airplane crash on March 31, 1931, in Kansas.
- 3/8/1983 President Ronald Reagan calls the USSR an “Evil Empire.”
- 3/10/1862 The first issue of U.S. Government paper money occurred as \$5, \$10, and \$20 bills began circulation.
- 3/11/1918-1919 The influenza pandemic of 1918-1919 afflicted one quarter of the U.S. population, resulting in 500,000 deaths. The death total worldwide approached 22 million by the end of 1920. In 1918 children would skip rope to the rhyme (Crawford): “I had a little bird, its name was Enza; I opened the window and in-flu-enza.”
- 3/16/1963 The Mai Lai massacre takes place in Vietnam.
- 3/21/1963 Alcatraz prison closed by the order of Attorney General Robert Kennedy.
- 3/27/1884 First long distance telephone call made from Boston to New York.
- 3/29/1964 Jeopardy game show debuts on TV. Alex Trebek has been host since 1984.

Sports Corner

March 2, 1962 Wilt Chamberlain (NBA) scored 100 points for Philadelphia Warriors in a 169-147 win over the New York Knicks.
 March 12, 1942 Joe DiMaggio agrees to a new contract with NY Yankees and gets a \$6250 raise!
March Madness –NBA-Men’s Begins— 3/17-18 First Round; 3/19-21 2nd-3rd Round; 3/20-22 2nd-3rd Round;
Regionals: 3/26-28 Midwest/West Regionals; 3/27-29 East/South Regionals;
National Semi-Finals: April 4; **Championship:** April 6.

IMPORTANT DATES FROM ABINGTON S.A.G.E. COMMITTEE

E-Waste Day is Sat., April 4th from 9:00 a.m. to 3 p.m. at the Town Barn. Donations of paper products for the Food Pantry would be appreciated.

Abington Clean Up Day is Sat., April 11th.

VOLUNTERS NEEDED

Volunteers needed for Thursday morning bread run to Sudbury Farms in Randolph. May be only every 8 weeks. Call 781-857-2209 and ask for Tom or Pat for details. This is for the Thursday free bread distribution at the Senior Center.



OUTREACH—MARCH 2015

With the winter slowly fading away and the nice weather approaching, I thought that a great topic for the month would be exercise and staying active. Now that we are heading into more pleasant weather and longer, sunshiner days, let's start thinking about getting those glorious endorphins flowing! Endorphins are brain chemicals that are secreted when you are exercising that make you feel happy and content.

There are so many benefits to exercising regularly when you are elderly. Building strong muscles from all types of physical activity—walking, biking, fishing, boating, swimming, dancing, and yoga, just to name a few. All of the activities I just mentioned, if you do not have any physical limitations, are reasonable and manageable ways for a person to increase their heart rate and get some exercise into the daily routine. If you contact your local COA they will be able to help you find groups that walk in a mall every day or walk a track. They can also give you a schedule of events at the Senior Center so you could sign up for line dancing, zumba or yoga and aerobics.

There is a program through Medicare that 1 in 5 people are eligible for called “Silver Sneakers.” If you have Medicare Advantage or a supplemental Medicare health plan, you may already have the program. Silver Sneakers has joined with thousands of fitness centers nationally to offer the best in wellness to seniors and there are dozens of facilities in the South Shore area that are active members of the program. You can call your health care provider for information.

Another wonderful way to build a healthy, strong, lean body is with resistance training. This is a series of repetitious movements with a very small amount of weight, like a small dumbbell or kettle bell. The smaller the movement with the weight and adding more repetition to the movement, the better it is for building strong healthy muscles and bodies.

Activities that challenge the mind are also wonderful ways to get active, if you do have any physical limitation. Take a class at a local COA or college. Find something that interests you and find time to make it part of your routine. Hobbies like sewing, scrapbooking, photography, and cooking are all great ways to incorporate activity into your daily routine. They give you a reason to get out, a reason to be social and to keep moving. The main thing to remember is keep moving! A body in motion is a body that is staying active and healthy!

Activities that enrich the spirit are also fantastic ways to stay active. Getting involved with a church group or a civic organization or maybe even meditating can keep you active and involved, not only physically, but emotionally too, which is so very important! As we age, our bodies let us know quite often that we may not be as young as we used to be or we may not be as strong as we used to be, but it is completely reasonable to start at any point taking charge of our bodies and nourishing them with exercise and healthy activity so moving forward into our Golden Years we can enjoy everything that life has to offer by being strong and energized for whatever may be in store for us! All my Best —Amy Barrett

MARCH PUZZLE

Can you work out these number sums using three of these four symbols? + - ÷ x 21 __ 8 __ 6 __ 2 = 39 *See answer on page 8.*

CORNED BEEF LUNCHEON

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

Sign-Ups Friday March 13, 9:00AM-11:00AM. Donations to the Lions Eye Health program will be gratefully accepted.

The **Valentines Brunch** scheduled for February 10 was cancelled due to copious snowfall and closure of the Senior Center. It has been rescheduled for Tuesday, April 14.



YOU COULD BE PART OF THIS TOO! FOAS

The mission of the Friends of Abington Seniors (FOAS) is to raise and disburse funds for the benefit of senior citizens age 60 and above living in the Town of Abington. Disbursements are used to support projects, events, programs, special activities, and needs to enrich the lives of Abington's senior citizens. The “Friends” are a very dedicated bunch, volunteers extraordinaire, and they meet in the Center's cafeteria on the second Wednesday of every month at 9AM. You are most welcome to attend. If you are interested in becoming a “Friend,” then we encourage you to use the Membership Form in this newsletter. Also check out the Calendar in this issue to see all the wonderful opportunities available to you here at the Abington Senior Center. Please come join us to help!

At the recent annual meeting the following officers were nominated and elected: Richard McCollum, President; Beverly Hartery, Vice President; Tom Bates, Treasurer; Lorraine Leventuk, Asst. Treasurer. Sheila Lambert, Larry Keough, and Mary Cordeiro were appointed to the FOAS Board of Directors. Andy Burbine and Linda Elliot were appointed as Honorary Members of the Board. Ellie Peck and William Kendall were appointed as FOAS Directors Emeritus.

ONE POT COOKING

Join Jennifer Nosalek of Hahn Health Care, Inc. and Kathy Mariano from Weight Watchers on Wednesday, March 25th at 11AM for a one-pot cooking activity. Participants will learn about the importance of balanced nutrition in aging while preparing a simple recipe. The meal is heart healthy, nutrient rich, but most importantly easy to make and full of flavor!

*A wife comes home late one night and quietly opens the door to her bedroom. From under the blanket, she sees four legs instead of just her husband's two. She reaches for a baseball bat and starts hitting the blanket as hard as she can. Once she's done, she goes to the kitchen to have a drink. As she enters, she sees her husband there, reading a magazine. He says, **Hi** darling, your parents have come to visit us, so I let them*

MARCH 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>2</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo</p>	<p><u>3</u> 9:00 Cribbage 11:30 Lunch: Italian Meat Loaf, Baked Potato, Vegetables, Dessert, Beverage 5:30-6:30pm Zumba (\$4)</p>	<p><u>4</u> 10:00 Knitting Group 10:00-12:00 Quilt Class 10:30-1:00 Chess 5:30 Hatha-Yoga w/ Joanne (\$5)</p>	<p><u>5</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$4) 11:30 Lunch: TBA <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i> <i>Purim</i> <i>Full Worm Moon</i></p>	<p><u>6</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing 3/8 <i>Daylight Savings Time begins</i></p>
<p><u>9</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo</p>	<p><u>10</u> 9:00 Cribbage 11:30 Lunch: Soup & Sandwich, Crackers, Dessert, Beverage 5:30-6:30pm Zumba (\$4)</p>	<p><u>11</u> 9:00 FOAS Meeting 10:00 Knitting Group 10:00-12:00 Quilt Class 10:30-1:00 Chess 5:30 Hatha-Yoga w/ Joanne (\$5)</p>	<p><u>12</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$4) 11:30 Lunch: TBA <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i> <i>Girl Scouts Day</i></p>	<p><u>13</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing 3/15 <i>Ides of March</i></p>
<p><u>16</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo</p>	<p><u>17</u> 9:00 Cribbage 11:00 Christine/Fallon 11:30 Lunch: Corned Beef Luncheon 5:30-6:30pm Zumba (\$4) 6:00pm COA meeting at Town Hall <i>St. Patrick's Day</i> <i>Evacuation Day</i></p>	<p><u>18</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:30-1:00 Chess 5:30 Hatha-Yoga w/ Joanne (\$5) <i>Sloppy Joe Day</i></p>	<p><u>19</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$4) 11:30 Lunch: TBA <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>20</u> 9:00 Cribbage 9:00 Shopping Van 10:00 Senator Keenan 11:00 Tai Chi (\$5) <i>Spring Begins</i> <i>New Moon</i> 3/21 <i>World Poetry Day</i> 3/22 <i>36th St. Patrick's Day Parade</i></p>
<p><u>23</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo <i>Author Michael Tougias to speak at Ab. Library, 7pm</i></p>	<p><u>24</u> 9:00 Cribbage 11:30 Lunch: American Chop Suey, Salad, Italian Bread, Birthday Cake, Beverage 5:30-6:30pm Zumba (\$4)</p>	<p><u>25</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:30-1:00 Chess 11:00: One Pot Cooking 5:30 Hatha-Yoga w/ Joanne (\$5) <i>Chipmunks emerge from hibernation</i></p>	<p><u>26</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$4) 11:30 Lunch: TBA <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>27</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 3/28 <i>Lions Club Easter Egg Hunt</i> 3/29 <i>Palm Sunday</i></p>
<p><u>Fuel Assistance call 781-982-2145</u> <u>April 7, 2015</u> Shepherd's Pie, Rolls, Dessert, Beverage <i>Menu subject to change.</i></p>	<p><u>April 14, 2015</u> <u>Postponed Valentine's Day Brunch</u></p>			<p><u>March</u> <i>Birthstone: Aquamarine/ Bloodstone</i> <i>Flower: Jonquil/Daffodil</i> <i>Zodiac Sign: Pisces/Aries</i></p>

New management National HealthCare



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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.

**MARCH RECIPE**

Pistachio Cake—submitted by Maureen Walls Ingredients: 1 pkg. yellow cake mix; 1 pkg. pistachio pudding mix; 4 eggs; 1-1/4 cup water; 1/4 cup oil. Directions: Mix all ingredients together. Pour into a greased bundt pan. Bake at 350 for 45 to 50 min. Sprinkle with confectioners sugar or frost if desired.

**MARCH CHUCKLE**

God and Adam are walking through the garden of Eden when Adam asks God "God, why did you make Eve so soft?" God answers Adam and states "Adam, so you will love her." Adam then asks, "Why did you make her so beautiful?" God answers Adam and states "Well Adam like I said, it is so that you will love her." Adam then turns to God and states "Okay, but why did you make her so ditsy? God answers Adam stating, "Well Adam—that is so *she* will love you!"

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.

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

As part of a crew flying in the Navy patrol bomber, it was necessary to demonstrate our skill at flying at night. We had no visual aids outside of the aircraft instruments. Although most of the crews were very proficient at this art, it still caused a tightening of the jaws and a little extra sweat from the crew.

The night was truly made to test our mettle. We were ordered to fly at 2,000 feet under a heavy overcast sky, 500 miles west of Oahu, between two small islands, and, of course, return. We took off heading west, lumbering along at about 300 knots. Talk about black—flying over the ocean under a heavy overcast is the very definition of black.

We had a new navigator and, after about half an hour, he asked me for a position check. I gave him one and sat down at my Radar scope and watched the flight unfold. I started to feel uneasy; something was wrong, and I didn't know what. I checked everything I could think of, and everything seemed OK, but somehow I knew there was something wrong. There is a device connected to the Radar that keeps the monitor oriented to true north. It is called a GPI system or ground position indicator. Ours had quit working. Because we were flying due west, the radar picture looked proper, but had we been flying in any other direction, the problem would have been obvious.

I immediately spoke to the navigator and explained the problem. For some reason I could not seem to get this navigator to understand that he was given a faulty start position. If he used that position in his calculation, he was going to get the wrong answer, and we would not be where he thinks we are. Obviously, this was quite a dangerous situation, so I called the pilot and said this radar has been giving us faulty information and our present position is not correct. He in turn called the navigator and asked him how we were doing. The navigator told the pilot we were doing just fine. Now I was becoming even more worried. My analysis of the situation was that we were flying blind at 2,000 feet into a 3,000 foot mountain. The navigator was convinced that he was perfectly OK and going to fly between two islands, both of which had mountains on them, and the pilot was not paying any attention to my problem. Since no one would believe me, I decided I had better take care of myself. I put on my parachute and got back to the hatch that you jump out of and prepared that as soon as they crossed the beach, I was jumping. I heard the pilot say we are crossing the beach now, and that was my clue to jump out of this aircraft, but the pilot called the navigator and asked, "How about that, navigator?" The navigator now in a very squeaky and hesitant voice suggested that we climb, and we went right smack over the top of the mountain. As you may understand, there were some very fervent sighs of relief.

The aircraft mechanic came back and helped me out of my parachute, patted me on the shoulder, and said "good job" to the rest of the crew, and the pilots were very quiet all the way back. Nothing was discussed with the officers, the navigator, the pilot, and co-pilot, but I am sure that when they got inside, the pilot and the navigator had a very serious discussion.

Whether or not I would have jumped out of the aircraft is up for speculation. I have yet to jump out of any aircraft, and the idea of jumping in the dark onto a deserted beach does not appeal to me. In fact, as a licensed pilot and flight instructor, the idea of jumping out of a perfectly good aircraft does not appeal to me. But at that point in time, I was very seriously planning to jump as we crossed the beach. When we finally landed and departed the aircraft, I got quite a few pats on the back from the crew members, and the officers said nothing to me. So I guess the story is true: It's better to be convicted by 12 than carried by six.



KITCHEN WISH LIST: Coffee, Large Aluminum Pans, Paper Towels



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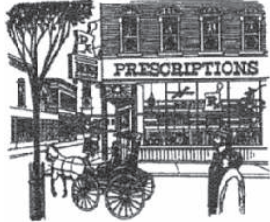
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Miscellaneous

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: $21 - 8 \times 6 \div 2 = 39$

HISTORY OF A FAVORITE NEW ENGLAND SANDWICH

Open lunchboxes in a New England elementary school cafeteria and I am sure that at least one of them will contain a Fluffernutter sandwich, that wonderful sweet combination of white bread, peanut butter, and marshmallow cream—Marshmallow Fluff being our preferred local brand of thick and gooey marshmallow creme. Back in 1917 entrepreneur Archibald Query began making and selling his version door to door in Somerville, MA, and subsequently he sold his formula to nearby candy makers H. Allen Durkee and Fred Mower. Production and popularity steadily increased until Marshmallow Fluff was arguably the region's top marshmallow creme supplier. By the 1960s, the word "**Fluffernutter**," in all of its gooey glory was synonymous with the sandwich we love today.

You might be surprised to learn that Marshmallow Fluff (which is still made by Durkee-Mower in Lynn, MA) has just 4 ingredients (corn syrup, sugar, dried egg whites, and vanillin) and no artificial preservatives. It's also gluten-free, kosher, and (at least in my house) a totally acceptable substitute for marshmallows in hot chocolate. Fluff is so popular that there's even a National Fluffernutter Day (October 8) for hardcore Fluff fans, and the town of Somerville, MA still celebrates its Fluff pride with an annual Fluff Fest. That's really an actual event...as we attended it this past summer! GREAT! —Maureen Walls



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