



# The Senior Informer

JUNE 2015

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

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

Volume 12

Issue 6

## Council on Aging Board of Directors

Nancy Cavanagh, Chairwoman  
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Chairman Emeritus

—June 8, 7pm & 7:30pm  
TOWN MEETINGS

Special & Annual  
Abington High School

—June 9, 10am to 11am

NVNA: Life with Diabetes

—June 19, Sen. Keating, 10am

## ACTIVITIES

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

## COUNCIL ON AGING STAFF

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



## IT CAN EVEN BE OCTOBER —Pat Jackman

The month of June is notoriously the “wedding month.” There are so many girls longing to be a June bride that the wedding venues have to be chosen more than a year in advance and the caterers are as difficult to book as the photographers and florists. I know this first hand, as my youngest daughter was a June bride. She and her husband will be married 17 years on June 20. In June of 1998, it rained almost every day. It set a record for the amount of rainfall in one month. Fortunately, on the day of their wedding, the sun was shining, the bride was beautiful, the groom was handsome, the wedding was a great success and the bride’s mother very thankful and relieved...17years!!! It seems like a long time, but it can also be a relatively short time, depending on how you look at it.

Thinking of weddings, brought me back to October 14, 1961, the day I was married. How different the times were. The shower, rehearsal dinner, and the bachelor party were over and the much anticipated day had arrived. I didn’t get much rest the night before the wedding. How could I possibly lie down and mess up my new hair style? The hairspray was so thick that I thought my Jackie Kennedy “doo” would probably break if I put my head on the pillow. The wedding was at 10:00 a.m. and the bridesmaids should be at my house before the photographer arrives. My sisters helped me into my newly pressed wedding gown that was bought in Boston at Jordan Marsh for \$150.00. Well, actually, my sister, Sis, charged it on her account at Jordan’s, and I gave her \$10.00 a month until it was paid. The pillbox hat with the attached veil completed the ensemble (another Jackie Kennedy touch). A sign of the times.

My mother had borrowed a fur stole from her friend, Peg, to wear for the big day. Peg said it was mink, but we were all taking bets on that one. My dad looked great in the Morning Suit with the grey striped pants. A refreshing change from the carpenters’ jeans and plaid shirt. Uncle Jerry drove up in his precious black Cadillac to deliver dad and me to the church. Everyone followed in cars. In their haste, nobody noticed that my mother was left standing in the front yard alone. The neighbors had to drive her to the church in their Chevy truck. I think Mom was a little frazzled, because in the receiving line she introduced my Dad to the guests as her “Father.” He never forgave her for that.

The reception was great fun. A continental breakfast was provided for the wedding party, a chicken dinner for all, the band, toast and wedding cake and my cousin, Ann, danced the Hula to the delight of all the men and the only thing she took off was her shoes. All that for \$450.00. Instead of confetti or rice, my husband’s work friends saved bags of cardboard key punch chips to throw at us as we left on our honeymoon. They stuck to us like glue and even on our first anniversary, they were still blowing up through the car’s defroster fan. We opened our envelopes on the way to Florida. Most of them had \$5.00, some had \$10.00, and my Godparents (Mr. & Mrs. Uncle Jerry with the Cadillac) gave us \$15.00.

We had a great honeymoon in Miami Beach except that we broke a fan belt on the highway (no cell phones). Joe got sunstroke and was in bed for 2 days, and we got lost in New York. I had never seen him that upset and was going to tell him to take me home until I remembered that the party I had been at the day before was my wedding and not the Senior Prom. We came home to start our married life with \$15.00 in our pockets, great suntans, lots of memories, and 2 inches of sewerage from a broken pipe covering the floors of our new apartment. So much for carrying me over the threshold!!! Needless to say, that put a damper on our homecoming. (continued on page 4)

*I shall love you in December with the love I gave you in May.*

—John Alexander Joyce



**BOOK RECOMMENDATION**

*Dead Wake: The Last Crossing of the Lusitania* by Erik Larson, a master of narrative nonfiction. World War I was in its tenth month when on May 1, 1915 a luxury ocean liner, the *Lusitania*, sailed out of New York bound for Liverpool. The United States—at the height of the Progressive Era—had not yet entered the war. Although Germany declared the seas around Britain to be a war zone, and for months German U-boats had terrorized the North Atlantic, the liner's captain and owners (as well as passengers) placed great faith in the gentlemanly strictures of warfare that kept civilian ships safe from attack. Larson weaves together the story of Captain William Thomas Turner of the *Lusitania*, his crew and passengers; Captain Walter Schwieger, the crew of his *Unterseeboot-20* and the German U-boat service; and the ultrasecret British intelligence unit that tracked Schwieger's U-boat but told no one. The cast of characters, among others, includes Winston Churchill (involved with British intelligence and its closely guarded secret tracking of U-20), Charles Lauriat (Boston bookseller), Theodate Pope (pioneering female architect), and President Woodrow Wilson still grieving the loss of his wife and dreading America's possible involvement in the War. *Dead Wake* captures the drama and emotions surrounding a great disaster at sea whose details and true meaning have been obscured by history. *Dead Wake* is a gripping true story, a great read. You won't want to put it down until you've



**FIRST LADIES OF THE UNITED STATES**



First Lady Mamie Geneva Doud Eisenhower was born November 14, 1896. She was First Lady from 1953 to 1961. She married Dwight D. Eisenhower at age 19. The young couple had two children, the first of whom died of scarlet fever. The Eisenhowers moved frequently between military quarters in many postings. She estimated that in 37 years she had packed and unpacked her household at least 27 times.

As First Lady, she entertained a wide range of foreign dignitaries. As a high-ranking military spouse, Mamie Eisenhower knew well how to manage a large staff. She supported select causes such as the American Heart Assoc., and she also had an honorary membership in the National Council of Negro Women during the early stages of the Civil Rights movement. She was the *first* First Lady to appear in the *first* presidential campaign (1952) in which spouses of a presidential ticket were consciously marketed as part of a larger effort. In both the 1952 and 1956 presidential campaigns of her husband Dwight, Mamie also made brief appearances on television commercials and live broadcasts with him. She was the first President's wife known to be kissed openly in public by her husband following his inaugural ceremony. Mamie was First Lady at a time when home and family were considered the most important things in life. She often said... "Ike runs the country; I turn the lamb chops." She herself pointed out that she visited the Oval Office only 4 times during the eight years of her husband's presidency, and by invitation.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of June for the July 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. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

**MEDICAL EQUIPMENT**

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

**SENIOR COMPUTER LEARNING CENTER**

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to [www.seniorcomputerlearningcenter.org](http://www.seniorcomputerlearningcenter.org).

**THE HOUSE BY THE SIDE OF THE ROAD**

—Sam Walter Foss



There are hermit souls that live withdrawn in the peace of their self-content;

There are souls, like stars, that dwell apart,  
In a fellowless firmament;  
There are pioneer souls that blaze their paths  
Where highways never ran;  
But let me live by the side of the road  
And be a friend to man.

Let me live in a house by the side of the road  
Where the race of men go by—  
They are good, they are bad, they are weak, they are strong,  
Wise, foolish—so am I.  
Then why should I sit in the scorner's seat  
Or hurl the cynic's ban?  
Let me live in my house by the side of the road  
And be a friend to man.

**FIRST LADIES OF THE UNITED STATES** (continued from 1st column)

With her favorite color pink showing up in her public wardrobe and in the decor of the private quarters of the White House, Mamie helped to make it a popular color for textiles of the early 1950's. One paint company even offered "First Lady Pink" among its pallets. Also copied were her famous bangs, a short hair style she adopted in the 1920's. She was an avid television fan of the comedy series "I Love Lucy" as well as "The Milton Berle" show and watched them from a porthole television set cut into the walls of the upstairs hall of the private quarters. Mamie Eisenhower died in Washington, D.C. at age 82.

**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 2015 will start a new/ renewal membership year with dues of \$7.00 payable and good until JUNE 2016.**

**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 2015-2016: \$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:** Jack & Rosemary Burns   Barbara Lloyd   Robert & Constance Salerno   Marylou Allsopp  
 Barbara Gillespie   Annette Murray   John & Barbara Reeves   Frances & Christopher Cronin

**Lifetime Membership:** Nancy Sullivan Pugh   Harold L. Pugh

**In Memory of:** Edward J. Kiernan by Muriel Kiernan

**ABINGTON FIRE DEPARTMENT PROGRAMS**

On Thursday, June 4 at 10 AM the Abington Fire Department will be at the Senior Center to give a class on general fire and home safety. If enough interest is generated, the Department will also introduce a new program specifically designed for senior residents—a free home safety visit for residents age 65 or older. During the visit, the fire personnel will provide any or all of the following services:

Install smoke and CO detectors; Change batteries in existing detectors; Install resident supplied house numbers; Check home for general fire safety; Check home for trip and slip hazards; Assist residents in organizing their emergency medical information; Address any concerns residents may have and assist in rectifying those concerns. It is the goal of the fire department to keep our senior residents safe and healthy by providing education and promoting prevention.

Also, on Tuesday, June 9, the Fire Department will be offering a CPR certification class for any interested senior residents. Advance sign ups are required at the Senior Center.



**NOTICE OF TOWN MEETINGS**

A **Special Town Meeting** will be held on Monday, June 8, at 7:00 p. m. at the Abington High School gym. The **Annual Town Meeting** will follow at 7.30 p. m. in the gym. *Two birds with one stone!* The warrants for the meetings and related Finance Committee recommendations may be viewed at the Town Clerk’s office or on the Town’s website at **www.AbingtonMa.Gov** not later than 10 days prior to the date of the meetings.

**CARING FOR A LOVED ONE WITH LATE STAGE DEMENTIA**

Research shows that even in late-stage dementia, the essential part of the self remains. You can connect with loved ones by engaging their spirit and their senses.

- Play their favorite music. People with late-stage dementia can feel the joy a beloved song brings. Lyrics and music come from a different part of the brain than speech, so they may still be able to sing a familiar tune. Try music that goes back to their youth.
- Take them out for fresh air and sunshine. Being in nature is life affirming. It provides sensory stimulation and helps people feel a part of the larger world around them.
- Reassure them through touch. Rubbing lotion into their skin, brushing their hair, giving a gentle massage or a simple hug can provide the human connection that language may no longer convey.
- Have a friendly cat or dog visit. Often seniors who are non-communicative will light up in the presence of a pet (their own or someone else's). Petting or just being with a furry friend can ease anxiety and agitation in a person with dementia.
- Nourish your loved one's faith. People with Alzheimer's are in the moment, not worrying about their to-do list. That opens them up to more of a spiritual connection. Read a favorite prayer or Bible passage. Sing a hymn.
- Get support. You will need a break. Consider hiring a professional caregiver trained in dementia care. For a local Alzheimer's caregiver support group, search **alz.org**.

–David Troxel, MPH; Guideposts, April 2015

**PICKLE BALL**

Pickle ball will continue thru the summer. Day and Time TBA —Ann Reilly



**OUTREACH—JUNE 2015**

I am going to keep this short and sweet! I have started my SHINE training! I will soon be certified to help the Abington Seniors with all of their health insurance needs. I am in class two days a week on Mondays and Wednesdays and in the office two days a week—Tuesdays and Thursdays. I'm so thrilled to be getting this certification as I feel then I will finally have all of the pieces in place for my new job (that I love!!). I have been in class now for three weeks and I have learned so much. In addition to learning all of the Medicare information, I have learned that the process can be very stressful for you when it comes time to enroll. There are so many things to think about when enrolling, so many factors and so much confusing information! With that I wanted to put a bug in your ear about planning for open enrollment. Just keep it in the back of your mind and write down any questions you have as you think of them. Ask yourself "Am I paying too much for my health insurance?" "Are my prescription costs reasonable?" "Do I hit the Donut Hole?" "Do I need a supplemental insurance plan with my Medicare?" "Are there substantial gaps in my coverage?" and "Is Prescription Advantage an option for me?" All of these questions are things that need to be thought about and addressed during the open enrollment period. I am very much looking forward to being able to help you and please feel free to drop by the office if you have any questions or concerns. Take good care and all of my very best, *Amy Barrett*

**IT CAN EVEN BE OCTOBER** (continued from page 1)

This October 14, we will celebrate our 54<sup>th</sup> Anniversary. We have been blessed with a loving family and caring friends. They give us strength to weather the storms and to still see the sunshine through the clouds. When I look at the man I said "I do" to now, I still see the cute 24-year-old from Boston with curly hair and glasses who, on Nantasket Beach, asked the 21-year-old girl from Weymouth with the pony tail to marry him. In our eyes, we are the same boy and girl who said "I do" in spite of the white hair, the wrinkles, and the partial plates. Remembering our life together is comforting to me, especially now. There's no need to say "I love you" as much anymore because it's understood and just holding hands speaks volumes. We know that loving, caring, needing, and sharing are intertwined... We need them all.

So, you see, even though more couples "tie the knot" in the month of June, it really makes no difference. Love finds you anyway... It doesn't wait and it doesn't care which month of the year you are married in... It can even be October.

**"D" DAY, JUNE 6, 1944** —George Weir

In late May of 1944, I was a 20-year-old in Weymouth, England, waiting to load my vehicle onto an LCT (Landing Craft for Tanks, Trucks, and Half Tracks). Destination: The Normandy, France beachhead. The trip across the English Channel was during the night.

The sky was clear, the channel calm. I witnessed many German Buzz Bombs flying with their fire-red jet tails to bomb English locations (similar to today's Drones).

My LCT sailed amongst a large convoy of LCTs and LCIs (Landing Craft Infantry) to different beach locations. My beach was code named Omaha. The British were also landing troops on other beaches to the west. The beachhead "FRONT" was about 7 or 8 miles inland near St. Jean de Daye. It was stagnant since "D" Day when the 3<sup>RD</sup> landed. U.S. Infantry, Rangers, and Paratroopers had established the beachhead on June 6, 1944.

The Third A.D. "Spearhead" was the first Tank Division of many more armored divisions that landed later as the war progressed to and ended in Germany. The Division took "residency" in the French hedge rows "Nose to Nose" with the Germans and remained there many weeks until the July 26, 1944 fantastic St. Lo Breakout. As I was progressing through the damaged area, General Patton drove up in a jeep. He wore a shiny leather helmet liner and pearl handled side arms. He was escorted by motorcycles that had their sirens screaming and telling us to move aside. The utter destruction of the St. Lo area was caused by more than 300 U.S. and British bombers flying from England in waves. I witnessed some of our planes being shot down and smoking from German ack ack cannons. The bombing remains sharp in my memory today. It was like watching a movie!

When the war ended 11 months later at the Elbe River where the 3<sup>rd</sup> met the Russians, there were at least 11 new American Armored Divisions that were formed during the war. As I waited to load, I saw my first German soldiers, now prisoners, as they departed the LCT. During the next six months of combat, I would see, converse with, and transport prisoners for their first ride en- route from the front to POW camps in the USA. One POW camp was located in Norton, MA and is now an Industrial Park. (Part II to come)

**CAN I HAVE MY CAKE AND EAT IT TOO?**

This program is designed and presented by clinicians from Norwell VNA (NVNA) and Hospice to take a realistic look at life with Diabetes. The presentation outlines the different types of Diabetes, who is at risk, how to manage your Diabetes, and discusses nutrition. Questions and answers follow the presentation. This free program is offered by NVNA and Hospice and the Abington Board of Health at the Abington Senior Center on Tuesday, June 9, 2015 from 10:00 to 11:00 AM.

**A FINAL GOODBYE**

For many of you who remember her, we wanted you to know of the passing of our beloved COA van driver, Alice M. Dumas. She lived in Abington and worked for almost 30 years for the Abington Council on Aging. Alice had a warm friendly face, loved driving the seniors, and loved Abington. May she rest in peace

**OUR BEST TO YOU, LINDA**

We would like to say a happy farewell to Linda Elliot, our long-time Friday van driver and Senior advocate. We wish her the best of luck in the future and we will all miss her smile, her kindness, and her genuine warmth. All the best to you, Linda, from all of us at the Council on Aging.

*The purpose of recreation is not to kill time, But to make time live; Not to keep people occupied, But to keep them refreshed; Not to offer an escape, But to provide—A discovery of life.*

# JUNE 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>1</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>2</u> 9:00 Cribbage 11:30 Lunch: Pizza, Salad, Dessert, Beverage 5:30-6:30pm Zumba (\$5)</p> <p style="text-align: center;"><i>Full Strawberry Moon</i></p>	<p><u>3</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>4</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5) <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p>	<p><u>5</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p> <p style="text-align: center;"><i>World Environment Day</i></p>
<p><u>8</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>9</u> 9:00 Cribbage 10:00-11:00am NVNA Diabetes Program 11:30 Lunch: Hamburg Stroganoff w/ Noodles, Dessert, Beverage 5:30-6:30pm Zumba (\$5)</p>	<p><u>10</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>11</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5)  <i>Free bread distribution at Sr. Ctr. 1st come, 1st</i></p>	<p><u>12</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p>
<p><u>15</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>16</u> 9:00 Cribbage 11:30 Lunch: Chicken Bowl, Dessert, Beverage 5:30-6:30pm Zumba (\$5) 6:00pm COA meeting at Town Hall</p> <p style="text-align: center;"><i>New Moon</i></p>	<p><u>17</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:30-1:00 Chess 5:30 Hatha-Yoga w/ Joanne (\$5)</p> <p style="text-align: center;"><i>Bunker Hill Day</i></p>	<p><u>18</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5) <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>  <i>1st Day of Ramadan</i></p>	<p><u>19</u> 9:00 Cribbage 9:00 Shopping Van 10:00 Senator Keenan 11:00 Tai Chi (\$5)</p> <p style="text-align: center;"><i>6/21 Summer Solstice</i> <i>6/21 Father's Day</i></p>
<p><u>22</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>23</u> 9:00 Cribbage 11:30 Lunch: Surprise Soup, Sandwich, Birthday Cake, Beverage 5:30-6:30pm Zumba (\$5)</p>	<p><u>24</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 10:30-1:00 Chess 5:30 Hatha-Yoga w/ Joanne (\$5)</p>	<p><u>25</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 4:30-5:30pm Zumba (\$5)  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>26</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)</p>
<p><u>29</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00 New Beginnings Meeting</p>	<p><u>30</u> 9:00 Cribbage 11:30 Lunch: Hot Dogs, Beans, Cole Slaw, Dessert, Beverage 5:30-6:30pm Zumba (\$5)</p>	<p>6/4 Fire Dept Safety Program 6/6 D-Day (Fly the Flag) 6/9 Fire Dept. CPR certification Program 6/14 Flag Day (Fly the Flag) 6/21 Father's Day</p>	<p>6/20 Relay for Life Reilly Field Ipm ceremony</p> <p>Due to school vacation, Thursday lunches end after June 18. Will resume in the fall.</p>	<p>Lunch, 7/7 Chicken Chop Suey, with Rice, Dessert, Beverage</p> <p style="text-align: center;"><i>Menu is subject to change.</i></p>

New management National HealthCare



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**JUNE RECIPE****Strawberries Romanoff** (*Fanny Farmer recipe*)

Wash, Drain, & Hull: 2 qts. Strawberries  
 Beat with a fork to soften slightly 1 pint vanilla ice cream  
 Fold in ½ pint heavy cream, whipped  
 Stir in gently: juice of 1 lemon; ¼ cup rum or cointreau

Taste and add confectioners sugar if needed.  
 Fold in berries and serve immediately.  
 Serves 8

**JUNE PUZZLE**

Can you find a word that begins with the letter "A" which is opposite in meaning to the given words? 1) Vanish 2) Forfeit 3) Sweetness 4) Imaginary 5) Oppressive 6) Below 7) Convict 8) Present 9) Extend 10) Immature

**JUNE CHUCKLE**

The Village Blacksmith hired an enthusiastic new apprentice willing to work long, hard hours. He instructed the boy, "When I take the shoe out of the fire, I'll lay it on the anvil. When I nod my head, you hit it with the hammer." The apprentice did exactly as he was told, and now he's the new village blacksmith.

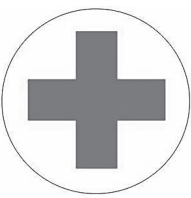
**KITCHEN WISH LIST:** Takeout food boxes (large), Small paper plates, Medium luncheon plates, 7" plates for Bingo, 12 packs soda/water.

**SPORTS TRIVIA**

June 2, 1935-Baseball great Babe Ruth's last game

June 12, 1839-The invention of baseball was first presented.

June 10, 1944-Joe Nuxhall became the youngest baseball player in history at the age of 15, due to a shortage of arms during WWI. He played 16 seasons in the big leagues.

**HEALTH EXPRESS**

Health Express is a walk-in urgent medical center staffed by board certified emergency room physicians. Founded by Dr. Michael Hughes and Dr. Chris Whelan in 2012, the first Health Express office was opened in Weymouth, MA. Since then Health Express has opened 5 more offices including our most recent in Abington. Located at 170 Bedford St. on Route 18, our Abington office provides walk-in urgent medical care to Abington and surrounding communities. At Health Express you will be treated by one of our providers with extensive experience in local emergency room departments. Our physicians have years of experience treating a wide range of injuries and medical conditions. They are equipped to treat small injuries such as cuts and bruises as well as more severe problems like fractures and lacerations.

If you are sick and are in need of immediate treatment, Health Express will help you. Health Express does not require an appointment or a referral, just walk right in! Health Express has an x-ray machine and full lab on site. We accept most insurances with Neighborhood Health Plan and Celticare Health recently being added. We are open Monday-Friday 9am-8pm and Saturday-Sunday 10am-4pm. Come visit us at any of our 6 locations.

**FLAG DAY WEEKEND AT ISLAND GROVE**

**Friday, June 12:** The Civil War encampment re-enactors will assemble at the Grove.

**Saturday, June 13:** Unveiling ceremony at 2 PM for the two restored monuments: The Memorial Arch and the Abolitionist Stone. Dr. Donald Yacovone will be the featured speaker, and the Abington Town Choir will sing. In the evening, there will be a campfire tour of the encampment, and the bridge will be illuminated.

**Sunday, June 14:** The Civil War re-enactors will break camp. There will be a town-wide family picnic poolside, and the Abington Lions will be selling hot dogs and strawberry shortcake. A great way to start the summer!

**JUNE 2015 NOTABLE EVENTS**

June 1, 1926-(d. 1962) Norma Jeane Mortensen, AKA Marilyn Monroe, following an unstable childhood spent in foster homes and orphanages, landed a job as a photographer's model which led to a movie career. Beneath her glamorous looks, she was fragile and insecure and eventually succumbed to the pressures of Hollywood life. She died from an overdose of sleeping pills.

June 6, 1944-D-Day-Invasion of Normandy by 1 million Allied troops to liberate Western Europe from German occupation.

June 6, 1933-First drive-in movie theater opened in New Jersey.

June 15, 1864-Secretary of War, Edward M. Stanton established a military burial ground, which became the Arlington Natl. Cemetery.

June 19, 1910-The first Father's Day was celebrated in Spokane, Washington.

June 24, 1968-The last day that Silver Certificate currency was redeemed for silver.

June 26, 1953-The Korean War ended.

June 28, 1917-Raggedy Ann doll invented.

June 28, 1778-Mary Ludwig, also known as Molly Pitcher, carried water to American soldiers at the Revolutionary War Battle of Monmouth. Women who followed this deed and carried water to men on the battlefield during the Revolutionary War were given the nickname of Molly Pitcher.

**— ATTENTION SENIORS!!! —**

Attention Seniors!!! Suzanne is hosting an amazing catered backyard BBQ here at the Center on **June 25th at 11:30!** You MUST sign up to attend, there will be limited seating, and you must sign up in person. The signups will be here Thursday morning June 18th. From 10AM-12PM NO PHONE CALLS PLEASE

There will be lots of surprises, lots of fun activities, and it is all free to you as a thank you for being so wonderful! Looking forward to this great day filled with great food and great friends!





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**Friends of Abington Seniors, Inc.**

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#### Miscellaneous

**Line Dance Schedule:** Dancing with Dotty Belanger at Abington Senior Center on 1st, 2nd and 3rd 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.

Lois Kelley, President; Ann Reilly, Vice President/Van Account Liaison; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

##### Friends of Abington Seniors, Inc.

Richard McCollum, President; Beverly Hartery, Vice-President; Thomas Bates, Treasurer; Lorraine Leventuk, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

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

*Answer to puzzle on page 6: 1. Appear, 2. Acquire, 3. Acerbity, 4. Actual, 5. Airy, 6. Above, 7. Acquit, 8. Absent, 9. Abbreviate, 10. Adult*

#### **TABLE TALK PIES**

We love pie here in New England, whether it's wild Maine blueberry, apple with cheddar, or creamy pumpkin during the holiday season. The irresistible combination of golden, buttery pastry filled with sweet fruit or smooth custard is, for many, the perfect dessert. Love pie but hate to bake? Not to worry! Since 1924, Table Talk Pies in Worcester, Massachusetts has been supplying New England (and beyond) with a popular assortment of tasty pies in favorite flavors like blueberry, apple, lemon, chocolate eclair, pineapple, cherry, pumpkin, peach, banana creme, chocolate cream, and more. Instantly recognizable with its cheerful red and white packaging, Table Talk got its start selling to restaurants and hotels, but expanded to retail by the 1930s. Before the days of convenience store chains and fast food, they were a welcome sight at coffee shops and other small stores. Table Talk makes a standard 8-inch pie, but they're most known for their 4-inch "snack pie." The company says they bake over 80 million of the snack-sized pie each year! As for ingredients, they also say they're proud to use "wild blueberries from Maine, Washington and New York apples, Georgia peaches, pumpkins from the Amish farmlands of Pennsylvania, sweet potatoes grown in the rich soils of North and South Carolina and pecans from Texas and Louisiana." The little pies are the perfect size for warming up and topping with a scoop of ice cream, and if your favorite part of the pie is the crust, having a whole "mini pie" guarantees you'll get some in every bite. Today, the pies come in disposable foil plates, but before that, they (and all mass-produced pies) were baked and sold in aluminum pans. Table Talk aluminum pans, boasting the phrase "New England Flaky Crust Pie – 10c Deposit," have since become an easy and affordable collector's item. All-right, pie-lovers...are you a fan of Table Talk pies? Which flavor is your favorite?

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