



# The Senior Informer

Volume 12

Issue 7

JULY 2015

ABINGTON COUNCIL  
ON AGING

441 Summer Street, Abington, MA 02351  
781-982-2145

Website:  
[ABINGTONSENIORCENTER.COM](http://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

Nancy Cavanagh, Chairwoman  
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Chairman Emeritus

### NOTE:

Thursday lunches will continue throughout the summer.  
Cost \$3.00—11:30 AM  
Menu: Pizza, Salad, Dessert

### SUMMER CONCERTS

See page 3

### 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



### VANTAGE, THE GUIDE DOG — UPDATE

Vantage, the guide puppy raised by Abington resident Doug Ulwick, graduated from Guiding Eyes For The Blind in May and now has a new owner, Sarah Clark. Doug sent us the following two articles: the first that appeared in the graduation literature and then a short article written by Miss Clark.

### SARAH AND VANTAGE

Indiana resident Sarah has been matched with her second guide dog, a yellow Labrador named Vantage. Sarah has a bachelor's degree in dance from Florida International University and a master's degree in counseling from Barry University. She is also dual certified as a mental health counselor and marriage and family specialist. Sarah lived and worked in Florida for 13 years but returned to Indiana to open her own counseling practice and to be near her two sisters and extended family. Retiring her first guide a few months ago, Sarah is fortunate to own her home and keep her retired guide as a pet. Sarah stays active, varying her workouts between yoga, kickboxing, lifting weights, and dancing and swimming. Sarah shares, "Using a cane or depending on

others while between guide dogs was stressful and overwhelming and I started to limit the things I did. I am excited to start new things again."

Congratulations to Vantage's puppy raiser: Doug Ulwick.

### LETTING HOPE WIN — Sarah's Article

My name is Sarah Clark and my new Guiding Eyes dog is Vantage. I was diagnosed at 17 with Retinitis Pigmentosa and was already legally blind at that point. This is my second Guiding Eyes dog, and I have to admit that when I retired my first, I honestly didn't think that I would ever be as comfortable with a new one.

However, the instructors do really know what they are doing. From the moment they matched me with Vantage, it just clicked. He was a perfect fit – it was exactly right. Vantage also has this endless sense of fun. Everything we do is his new favorite game. Even when the instructors were forcing him to pull me backwards to avoid getting run over by a shopping cart, his tail never stopped wagging. His love of the work was contagious and I have enjoyed every moment.

I am sure that each graduate has spoken of the independence that they have gained from their new guide, the confidence that they feel in their ability to travel safely and the incomparable companionship that these dogs provide. Those things cannot be overstated – that's what this is all about.

But the one thing that all these graduates have going is hope. Every single person that comes to this program has fear or anxiety about something: how am I going to handle being in this new place on my own for 3 weeks, am I going to get a dog that I like, will I be good enough, can I do this—the list goes on and on. But each one of us decided to let hope win out over all of our fears. Tomorrow we all will be going back to our homes, with a much brighter future and a world of possibilities ahead of us. My time has been better than I had ever hoped. It has opened doors for me that I hadn't even realized were closed.

I will be forever grateful to each and every person that made this possible.



**BOOK RECOMMENDATION**

*The Rose Hotel: A Memoir...from Iran to America* by Rahimeh Andalibian. A memoir of secrets, loss, and love. Rahimeh grew up with her parents and four brothers under wealthy circumstances in Mashhad, Iran at the luxurious Rose Hotel owned by her father. After the 1979 Iranian revolution to depose the Shah, the family had to flee, first to the safety of a mansion in Tehran, next to a one-room flat in London, and finally to California. Caught between their parents' traditional values and their desire to follow an American way of life, Rahimeh and her surviving three brothers struggle to find peace within the family, and acceptance by their parents of the choices they've made in their lives. It's a story of healing and rebirth. This book has a 2015 copyright.

**FIRST LADIES OF THE UNITED STATES**

Mary Todd Lincoln was the wife of President Abraham Lincoln, the 16th President of the United States. She was First Lady from 1861 to 1865, when he was assassinated on April 15, 1865 at Ford's Theatre. She married Abraham Lincoln in 1842, after a stormy courtship and broken engagement. Mary was ambitious, scholarly, and an excellent conversationalist. Mrs. Lincoln took an active role in promoting her husband's career. Although Mrs. Lincoln could be an asset to her husband, she was also a liability.

Her tenure in the White House was overshadowed by the trauma of the Civil War. She was criticized for her frivolous expenditures, i.e., the high cost of her clothes, her frequent New York shopping trips, her lavish lifestyle, and her expenditures to redecorate the White House at a time when American families were suffering from the financial deprivation of a nation at war. Nevertheless, she focused on emancipation and her strong hate of slavery. She backed the establishment of a female nursing corps and helped women acquire employment to the Treasury and War Departments. She became the first hostess to welcome African Americans as guests to the White House. Mary Todd Lincoln was the first presidential wife to be called "First Lady" by the press. Her life in the White House was marked by controversy and a series of tragic circumstances: the trauma of the Civil War, including the allegiance of much of her family to the Confederacy and their death or injury in battle; an accident which threw her from a carriage and knocked her unconscious; the accusations by northerners that she was sympathetic to the Confederacy; the ostracizing of her as a "traitor" by southerners; the sudden death of her son Willie in 1862; and, of course, the worst incident of all, the assassination of her husband as she sat beside him in Ford's Theater. Mrs. Lincoln became increasingly dependent on medications for a variety of physical and mental ailments and she fell into a deep depression at which time her surviving son Robert committed her to an insane asylum, where she remained for 3 months. Later she spent time traveling throughout Europe. Illness eventually forced her return to the U.S. where she spent much of her last year in seclusion at her sister's house, where she died at age 63.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of July for the August 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—cost \$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.

**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).

**RED GERANIUMS**

—Martha Haskell Clarke

Life did not bring me silken gowns,  
Nor jewels for my hair,  
Nor signs of gabled foreign towns  
In distant countries fair,  
But I can glimpse, beyond my pane, a green and friendly hill,  
And red geraniums aflame upon my window sill.



The brambled cares of everyday,  
The tiny humdrum things,  
May bind my feet when they would stray,  
But still my heart has wings  
While red geraniums are bloomed against my window glass,  
And low above my green-sweet hill the gypsy wind-clouds pass.

And if my dreamings ne'er come true,  
The brightest and the best,  
But leave me lone my journey through,  
I'll set my heart at rest,  
And thank God for home-sweet things, a green and friendly hill,  
And red geraniums aflame upon my window sill.

*I shall grow old, but never lose life's zest,  
Because the road's last turn will be the best.*

—Henry Van Dyke

**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 started 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:** Thomas McDonough Muriel Kiernan Russell & Helene DeCoste John Clawson Barbara Whitenack Kenneth & Mary Laidlaw Stanley Mackiewicz Eileen & Gerard (Jerry) Walls Meredith Dennison John & June Berliunguet Bob & Debi Hendrickson Donna & Ray Last Tom & Patricia Bates Charles Perkins Diane Keith Claire V. & George Anderson Eva Baptiste Eleanor Diersch Esther Leary John & Dorothy Rosseel Susan Osofsky Betty McNamara Louise Mackenzie Daniel & Patricia Foley

**Lifetime Membership:** Carl S. Franzen

<b>In Memory of:</b> Edward J. Kiernan by Muriel Kiernan	Theresa McDonough by Thomas McDonough
Sonny (Santino) Nicastro by Margaret Nicastro	Mary Creighton by Eileen & Jerry Walls
Mary Wightman by Margaret Nicastro	

**MUSIC, MUSIC, MUSIC**

If you are a musician looking for an audience, please consider joining us at our Thursday Senior Luncheons. We won't pay you, but we will be appreciative and will sing along to the tunes we know. If you are interested, please call Karen Butler at 781-982-2145.

**ABINGTON COUNCIL ON AGING**—The Board of Directors of the Council on Aging will not meet during the months of July and August. Meetings will resume in September on the third Tuesday of each month, 6PM at the Town Hall.

**SUMMER CONCERTS**

Held at the Catherine & Joseph Nisby Bandstand, Sundays at 6:00PM. In event of rain, concerts will be held in the Abington Senior Center, 441 Summer Street (no food or drink allowed).

July 5: East Coast Acappella

July 12: Kids Night at the Bandstand

July 19: Abington Night at the Bandstand—Abington Community Band, Abington Town Choir, Island Grove Chorus

July 26: The Corvairs

**TICK ALERT!**

Tick borne illness may be prevented by avoiding tick habitat (dense woods and brushy areas), using repellents containing DEET or permethrin, wearing long pants and socks, and performing tick checks and promptly removing ticks after outdoor activity. People should monitor their health closely after any tick bite and should consult their physician if they experience a rash, fever, headache, joint or muscle pain, or swollen lymph nodes within 30 days of a tick bite. These can be signs of a number of tick-borne diseases. And don't forget the monthly tick protection for your pets.

**NEW BEGINNINGS**

New Beginnings was formed in 1986 in response to the rising number of singles who were in need of support. It is **not** a singles or dating club, but rather an organization whose goal is to provide a safe environment where spiritual, physical, emotional, and intellectual support is offered to all in need. Meetings at Abington's Senior Center are at 6:30 PM, 52 weeks a year, on Monday evenings. When you need to talk, there will always be someone there for you. Speakers and other interesting programs are scheduled as often as possible. Newcomers should arrive at 6:00PM for orientation. Please join us. For more information call (781) 499-2659

**MEMORY GARDEN**

The beautiful garden you see evolving around our C.O.A. entrance sign was "an offer we couldn't refuse" by Abington resident Jody Crowell. She has cleaned, planted, and will maintain the garden all summer long! Her passion for nature's before and after will be lovely. Thank you so much Jody for volunteering your time and talent for our center. The project is *in memory* of her parents, Muriel and Bill Crowell of Whitman. —Jean Connell



**"D" DAY PART 2 —George Weir**

From the day in June when I landed in Normandy and through France and Belgium and into Germany and 6 months of combat, my weight went from 205 to 170 pounds. Rations I had were small, and we seldom had a hot meal. We were on the go day and night until we reached Stolberg, Germany. Then the front was static and we were subjected to daily shelling as we were in Normandy. We took over and used the residents' houses, but still used our bed rolls for sleeping. The mess truck brought hot lunches but we had to cross a field to get to the truck, and some days we might be halfway across and had to hit the ground with our mess kits in hand. When we drew guard duty at night, I could hear the German 88s when they fired from Acchen – it was like somebody hitting a big bass drum in the distance.

After about 6 months of combat, I awoke one morning feeling sick and went to the aid station thinking they would give me a couple of aspirin. Instead they took my temperature (104) and immediately sent me to a military hospital in England. From there I was sent to a recovery hospital near Oxford, England where I stayed from Christmas 1944 until March. On a weekend pass to Oxford, I met my future wife of 50 years at a dance.

Then when I got out of the army hospital in England they sent me to France to again drive a tank where we did demonstrations of how armor and infantry worked together in combat for guys who had Battle Field promotions to second looey's. Then after VE Day and after I got married, I was sent to Weisbaden, Germany to drive a jeep for the Captain of our 15-man contingent. We drove all over Germany investigating war crimes by German people who shot, killed and buried our bomber flyers who had been shot down, also the POW death march casualties from POW camps. That job ended in late November when I headed home after almost 2 ½ years overseas and almost four years total army service. I saw a lot of Germany, both in combat and then driving all over the countryside.

*George Weir was one of 10 Massachusetts WWII Vets who received the Highest French Military Honor for June D Day period service in France*

**TRAVELING IN THE BOONDOCKS**

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

While enroute to our second Viet Nam combat tour, I learned that my ship was going to be visiting Malaysia and would stop for a week's tour. I had been in correspondence with my sister-in-law in the Philippines and was invited to come to their village and visit for a few days. This really appealed to me because I always like to travel in out of the way places. And this was far away from anywhere. In fact, when I went to the travel agent, no one could find the place, so I went to the base map center and got hold of some maps of the Philippines and tried to trace where this town really was. When I finally located the place, I decided to go down to Barrio Bugho, Hinandayan, Leyte, (her address) my wife's hometown and meet the folks. In other words, I was required to travel to Viet Nam, catch a flight to Manila, travel south down the Philippine Archipelago to southern Leyte to meet my wife's family.

My leave started half way to Viet Nam where I boarded a plane for a flight off the carrier to Danang, Viet Nam, where we landed without incident. After locating a scheduled flight back to Manila, I walked over to the Chief's club to have a drink. I was almost finished with my first drink when suddenly a series of explosions occurred. I followed the crowd out the door. I then followed them over to the Marine latrine, which was protected by piles of sandbags. Along with a discussion of the foresightedness of the Marines in building such a useful construction, I learned that this was a common occurrence. It was explained to me that the Viet Cong liked to smuggle rockets into a nearby swamp and then shoot them at the airplanes. Nothing personal, just business. All this while lying on the floor of the latrine making love to a sandbag, praying the explosions did not get any closer.

The next morning I was up *very early* and boarded my ride to the Philippines hoping the hospitality would be a bit calmer where I was heading. I had to stop off at several airports along the way and ended up in Surigao Mindanao, the largest and most southern island of the thousands which dot the Philippine Archipelago. A great naval battle (the Battle of Leyte Gulf) was fought in the waters between Mindanao and Leyte. I was on the south side of the island and wanted to be on the north side, some forty miles away.

My brother-in-law's wife had written me that there was a ferry which crossed over every Sunday. The man at the airport informed me that it had come and gone and would not return for a week. He suggested I take a bumboat (a motorized dugout canoe). So, with no other option available, off I went across forty miles of open ocean. Soon water was splashing into the canoe. I called back to the captain and he brought up a sheet of plastic, and I got to hold it for the rest of the journey. Eventually the southern tip of Leyte came into view, and when we were close enough I waded ashore, luggage in one hand, shoes in the other. I walked up to the dock, the only structure in sight. There were about half a dozen men hanging out on the dock but no one greeted me. There I was barefooted, with no knowledge of the local dialect. It was growing lonely very fast, and the sun was going down. WHAT NOW COACH??!!

*(To be continued.)*

**SAVE THE DATE**

**October 31, 2015** Abington Community Craft Fair at Abington Senior Center

These are the ways that you can help to make it a success:

1. Make a basket to be raffled
2. Contribute items for baskets
3. Volunteer to help out in different ways
4. Make cookies or fudge
5. Contribute breads and pastries to our Bake Table.

Call Darlean at 781-878-2295 for info or to volunteer. Thank you.



*No act of kindness, no matter how small, is ever wasted. —Aesop*

## JULY 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>August 4 Menu</b> <u>Hot Dogs, Beans, Cole Slaw, Dessert, Beverage</u>  <i>Menu is subject to change.</i>	<u>7/16 District of Columbia established, 1790</u> <u>7/25 Adult Gypsy Moths emerge</u> <u>7/26 Americans w/ Disabilities Act signed 1990</u>  <u>Zodiac: Cancer/Leo Birthstone: Ruby Flower: Larkspur</u>	<u>1</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u>  <u>Canada Day Full Buck Moon</u>	<u>2</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch:</u> <u>Pizza, Salad, Dessert</u> <u>4:30-5:30pm Zumba (\$5)</u> <u>Free bread distribution at Sr. Ctr. 1st come, 1st serve</u>	<u>3</u> <b>SENIOR CENTER CLOSED FOR 4TH OF JULY HOLIDAY/INDEPENDENCE DAY</b>
<u>6</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>  <i>Armadillos mate now</i>	<u>7</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Chicken Chop Suey w/ Rice, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u>	<u>8</u> <u>9:00 FOAS Meeting</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u>	<u>9</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch:</u> <u>Pizza, Salad, Dessert</u> <u>4:30-5:30pm Zumba (\$5)</u> <u>Free bread distribution at Sr.Ctr. 1st come,1st serve</u>	<u>10</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>NO Tai Chi</u> <u>1:00-2:30 Line Dancing</u>
<u>13</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	<u>14</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Spaghetti w/Meat Balls, Rolls, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u>  <i>Bastille Day</i>	<u>15</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u>  <i>New Moon</i>	<u>16</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch:</u> <u>Pizza, Salad, Dessert</u> <u>4:30-5:30pm Zumba (\$5)</u> <u>Free bread distribution at Sr. Ctr., 1st come, 1st serve</u>	<u>17</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>NO Tai Chi</u> <u>1:00-2:30 Line Dancing</u>
<u>20</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	<u>21</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Ham, Macaroni Salad, Rolls, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u>	<u>22</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilt Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u>	<u>23</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch:</u> <u>Pizza, Salad, Dessert</u> <u>4:30-5:30pm Zumba (\$5)</u>  <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	<u>24</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <u>1:00-2:30 Line Dancing</u>
<u>27</u> <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>  <i>End of Korean War 1953</i>	<u>28</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Soup &amp; Sandwich (Tuna, Egg), Birthday Cake, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u>	<u>29</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting Class</u> <u>10:30-1:00 Chess</u> <u>5:30 Hatha-Yoga w/ Joanne (\$5)</u>	<u>30</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch:</u> <u>Pizza, Salad, Dessert</u> <u>4:30-5:30pm Zumba (\$5)</u> <u>Free bread distribution at Sr. Ctr., 1st come, 1st serve</u>	<u>31</u> <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u>  <i>Full Thunder Moon (Blue Moon)</i>

Featuring

### ***The Passport Short-Term Rehab Program***

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### OUTREACH—JULY 2015

With the warmer months approaching I thought a great topic would be sun and summer safety. I am sure we all need to be extra cautious in the summer when we are exposed to the sun and heat. We all need to remember to stay extra hydrated as it is very easy to dehydrate when the temperatures rise.

Always be mindful of wearing an SPF everyday of at least 15 when managing daily activities and higher SPF if you plan on being in the sun for prolonged periods of time. Wear hats and try to cover as much of your skin as possible when gardening or doing yard work, as the sun index can be dangerously high even if the sun doesn't appear to be shining.

Make sure you have window fans and air conditioners that are in good working condition before you may need them as you don't want to be in a situation of extreme heat and not have functioning fans and air conditioners.

Always be mindful of your elderly neighbors during the summer months as really high temperatures can be dangerous for the very frail or elderly with health issues. Check in on them and make sure they are managing well in the heat.

If you are in a situation that is detrimental to your health or well being because of extreme heat you can always call 911. The Senior Center is a nice air conditioned building where there are lunches and activities being held during the day. You can always arrange for transportation here, and this is a great place to spend your mornings and afternoons.

As always listen to your bodies and take the time to take care of yourself and take care of your friends and neighbors. Enjoy the beautiful weather and all of the beauty the summer months have to hold! Take good care and all of my very best, *Amy Barrett*

### JULY RECIPE

#### Strawberries in Sherry Cream (*a Fanny Farmer Recipe*)

Put 5 egg yolks into top of double boiler. Beat with electric or hand mixer until thick and lemon colored.

Beat in 1 cup sugar and 1 cup sherry.

Cook and stir over hot water until thick. Cool.

Shortly before serving, fold in 1/2 pint heavy cream, whipped; and 3 pints strawberries, washed & hulled.

Serves 6-8



### JULY PUZZLE

The numbers on the right are formed from the numbers on the left using the same formula in each question. Find the rule and replace the question mark with a number.

8.....23

3.....13

11.....29

2.....?

*Answer on page 8.*

### JULY CHUCKLE

An employee asked his boss for a raise. "Well," the boss replied, "due to the fluctuational predisposition of your position's productive capacity as juxtaposed with industry standards, it would be monetarily injudicious to implement an increment."

"I don't get it," the employee said.

"Exactly."

**KITCHEN WISH LIST:** Quart size storage plastic bags, paper towels, 12 packs soda/water. We have a year's supply of paper napkins. We thank you for your donations.

### JULY SPORTS TRIVIA

July 4, 1939—"Today I consider myself the luckiest man on the face of the earth." —Lou Gehrig

July 6, 1933-The first All-Star baseball game was played in Chicago.

July 18, 1927—Baseball great Ty Cobb hit safely for the 4000<sup>th</sup> time.

July 19, 1996—Summer Olympic games opened in Atlanta, GA.

### JULY 2015 NOTABLE EVENTS

July 1, 1963—U.S. Post Office started five-digit zip code.

July 3, 1930—Congress created the U.S. Veterans Administration.

July 4, 1826—Thomas Jefferson and John Adams died on the same day. They had been rivals for some time; Jefferson had defeated Adams in the Presidential election of 1800. On that final day, the 50<sup>th</sup> anniversary of the signing of the Declaration of Independence, Adams died at his home in Quincy, MA and Jefferson died at his home in Monticello, VA.

July 5, 1865—The Salvation Army was founded in London.

July 5, 1946—The bikini bathing suit made its debut in Paris, France.

July 8, 1907—First staged Ziegfeld "Follies" was on the roof of the N.Y. Theatre.

July 12, 1862—Congress authorized the Medal of Honor.

July 16, 1935—The first parking meters were installed in Oklahoma City, OK.

July 22, 1893—Katharine Bates wrote her most famous poem "America the Beautiful" and the music was composed by church organist Samuel A. Ward. With Bates' poem and Ward's music combined, it was first published in 1910 and titled "America the Beautiful."

July 23, 1904—The ice cream cone was invented during the Louisiana Purchase Exposition in St. Louis.

### 36TH ANNUAL FALL AND CHRISTMAS CRAFT FAIR—Mark Your Calendars

Sunday, September 20th, 10AM to 3PM, Abington High School Gym (off Route 18)

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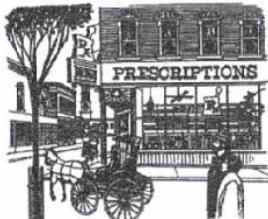
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**4TH OF JULY  
INDEPENDENCE DAY**

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Permit #26**

#### 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.

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: 11 (x 2) plus 7

Known both as the Fourth of July and Independence Day, July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution (1775-83). In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle weighed a resolution that would declare their independence from Great Britain. On July 2nd, the Continental Congress voted in favor of independence, and two days later its delegates adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4th has been celebrated as the birth of American independence, with typical festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. **WHAT YOU DIDN'T KNOW ABOUT JULY 4TH**—Three U.S. presidents died on the Fourth of July; John Adams and Thomas Jefferson died mere hours apart on the same day in 1826. James Monroe died in 1831



*A joyous occasion is never quite as wonderful as when it becomes a memory. —Jimmy Carter*

*Do you remember—Abington's NIGHT BEFORE THE 4TH? A fun family event for many years and now just a memory, it drew a large crowd of people who came to enjoy the music, food, games, etc., topped off by the fireworks show—the best around.*