



The Senior Informer

SEPTEMBER 2015

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

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

Volume 12

Issue 9

Council on Aging Board of Directors

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SAVE THE DATES

- 9/16 Open House re: Computer
Classes, Sr. Ctr., 10:00AM
(see pp. 3 & 6)
9/20 36th Annual Fall & Xmas
Craft Fair, AHS, 10:00-3:00PM
9/30 FOAS Open House,
Sr. Ctr., 9:00-2:00PM

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

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RALPH THOMPSON — Russell Wheatley

In the mid-1950s, after graduating from Abington High School I attended Tufts University. Pete Peterson, who also graduated from Abington, also went to Tufts. In fact, we had an apartment together for several years near the Tufts campus. Another Abington graduate, and one whose name may be more familiar, was Ralph Thompson. Ralph was a star football player in Abington. He played quarterback. When he went to Tufts he went out for the Tufts University football team, and before long he was once again starting at quarterback. His name was commonly mentioned on the campus, and he was an outstanding college player. On occasion, when it wasn't the football season, Ralph would journey home with "Pete" and me to Abington for the weekend. I remember one particular Friday when for whatever reason, Pete,

Ralph, and I were thumbing home from Medford to our old hometown. Ralph was quite the hero, and I remember people asking about him when they realized that I attended Tufts and knew Ralph. In any case, I remember this one particular journey home. It sticks in my mind and has for a long time. When one thumbs a ride from Medford to Abington, it is unlikely to get one chauffeur. Instead, several rides pieced together usually would get us home safe and sound. In this particular case we were picked up about halfway home by a man, probably in his 50s, driving a nice luxurious car. We hopped in the back seat and proceeded towards the South Shore. We chatted with the man about the weather and other things and, finally, as was inevitable about sports and then about football. The man was partially bald and his hair had started to gray. But he was pleasant and we enjoyed the ride. "That quarterback up at Tufts is quite a player," the man said. "Ralph Thompson. Do you fellows know him?" he asked. "No," we said, "but we see his name almost everywhere." "Oh, yes" the man said. "He's quite a player, a fine quarterback. Actually, we're good friends," he said. "Ralph comes over to my house quite often during the week. In fact, he sometimes will stay for dinner on Sundays. I've given him some counsel on offensive football strategy," he said, "and we often have detailed discussions of the best particular strategy for a specific game. He's a nice young fellow. We really enjoy having him. My wife thinks the world of him." None of us, Ralph, Peter, or myself ever let on that Ralph was among us on that ride from Tufts to Abington. "I think I've been able to help him quite a bit," the man said, "with my offensive strategies. I noticed that quite often after I mention it, when I see the game on Sunday I'll see my own strategies put into play. And believe me they work sometimes, pretty darn well." Eventually we arrived in South Weymouth and to Route 18. The man was going to turn off there, so we told him we'd get out and thanked him for the ride. Pete, Ralph and I all got out of the back seat and stood beside the car. The man rolled the window down. "Thanks for the ride," we said. "We really enjoyed it." Before the man put the window up, Ralph walked over to the car and said, "I really enjoyed the ride. Hearing the football stories was great. Oh, by the way, I am Ralph Thompson." The man's jaw literally dropped and he looked at Ralph, and then looked at the floor, and then back at Ralph. Then he drove off slowly. It was an incident I'll never forget. And Ralph did it beautifully. I've never seen anybody as surprised in my life, as that fellow, whoever he was, when he learned that Ralph was sitting in his back seat all the way to South Weymouth.



Excerpt from: *NOBODY ELSE CARES...*

BUT I DO – Treasured Memories

BOOK RECOMMENDATION

James Patterson's *Life Guard* is highly recommended by Noreen Jackson, former FOAS and "Kitchen Krew" member, as well as a good, always helpful friend who now resides in Indiana. She is missed. Noreen loved this book. It's a story that takes place in Florida and Massachusetts and involves a young Irish boy, Ned Kelly from Brockton. Ned moves to Florida working as a life-guard and becomes involved with a young woman of wealth. He's persuaded to join in a \$5million heist which goes terribly wrong. Noreen couldn't put the book down.



FIRST LADIES OF THE UNITED STATES

Claudia Taylor (Lady Bird) Johnson served as First Lady of the United States (1963-1969) as the wife of President Lyndon B. Johnson, the 36th President of the United States. Lady Bird was a shrewd investor and manager. She was born in a country mansion in Texas; she received the nickname "Lady Bird" as a small child, by a family nurse who thought she was "pretty as a ladybird."



She learned much about the business world from her father, was an excellent student who earned a bachelor's degree in arts and in journalism. In 1934, Lady Bird met Lyndon Baines Johnson, then a Congressional secretary visiting Texas on official business. He promptly asked her for a date and he courted her from Washington with letters, telegrams and telephone calls. Seven weeks later he proposed and they were married at the end of that same year. They had two girls, Lynda Bird and Luci Baines. Lynda Bird was married in the East Room of the White House, the first such ceremony since President Teddy Roosevelt's daughter's wedding was held there in 1906. Mrs. Johnson was devoted to Lyndon's political career. When Lyndon Johnson became President following the assassination of John F. Kennedy, she did her best to ease a painful transition. She took an active part in her husband's war-on-poverty program, especially the Head Start project for pre-school children. She lobbied for the passage of the Highway Beautification Act of 1965. When the Presidential term ended, the Johnsons returned to Texas. She wrote the 800-page *White House Diary*. She also remained active in beautification projects and women's rights issues. Lady Bird Johnson died in 2007 at age 94.

IT'S SEPTEMBER – Poem by Edgar Albert Guest

It's September, and the orchards are afire with red and gold,
 And the nights with dew are heavy, and the morning's sharp with cold,
 Now the garden's at its gayest with the salvia blazing red
 And the good old-fashioned asters laughing at us from their bed,
 Once again in shoes and stockings are the children's little feet,
 And the dog now does his snoozing on the bright side of the street.
 It's September, and the cornstalks are as high as they will go,
 And the red cheeks of the apples everywhere begin to show;
 Now the supper's scarcely over ere the darkness settles down
 And the moon looms big and yellow at the edges of the town;
 Oh, it's good to see the children, when their little prayers are said,
 Duck beneath the covers when they tumble into bed.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of September for the October 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 Tuesdays of every month**, 10:00 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 Bridgewater 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 \$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

SAVE THE DATE: Wednesday, September 16, Open House at 10:00 A.M. For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

TODAY'S TO-DO LIST



Count my blessings, Practice kindness, Let go of what I can't control, Listen to my heart, Be productive yet calm, Just breathe.



It's September, and a calmness and a sweetness seem to fall
 Over everything that's living, just as though it hears the call
 Of Old Winter, trudging slowly, with his pack of ice and snow,

In the distance over yonder, and it somehow seems as though
 Every tiny little blossom wants to look its very best
 When the frost shall bite its petals and it droops away to rest.
 It's September! It's the fullness and the ripeness of the year;
 All the work of earth is finished, or the final tasks are near;
 But there is no doleful wailing, every living thing that grows,
 For the end that is approaching wears the finest garb it knows,
 And I pray that I may proudly hold my head up high and smile
 When I come to my September in the golden afterwhile.

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:	Patty & Dick McKenna	Lydia & Russ DeCoste	Roger & Arlene Moore	Pat & Joe Jackman
	Eileen & Edward Walsh	Maureen & Dick Wall	Joseph & Patricia Greene	June Jackson
	John M. Osgood	Al & Diane Ricci	Rev. Thomas W. Buckley	David Evans
	Ruth Byran	Marion Tisdale		Lois Cody
				Paul Quinn
In Memory of:	Edward J. Kiernan by Muriel Kiernan	LeForrest Tisdale by Pat & Joe Jackman		
	LeForrest Tisdale by Anna Fopiano	LeForrest Tisdale by Marion Tisdale		
	Lillian Rooney by Betty McNamara	John McNamara by Betty McNamara		
	Red Greenleaf by David Evans	Claire & John McPhee by Mary L. McPhee		
Donations:	Tithing Gift from St. Bridgets Parish	Joseph & Patricia Greene		

OPEN HOUSE FOR COMPUTER CLASSES

Open House, Wednesday, September 16, 10 A.M. Partial list of probable courses to be offered: All About Windows 7, Beginning iPad, Beginning Kindle, Fantastic Freebies, Genealogy 1, Social Media, Tablets & Smartphones, Using Facebook.

OLD IS NOT SO BAD

Now that the number of my years has multiplied, I find that days seem to have only 18 hours—months have only three weeks—years just nine short months. Have you noticed?

I have grown slower while time flies by so very fast. I know the supply of tomorrows is now limited, yet the supply of sweet yesterday's memories are beyond counting. Life's certainly different but I believe it is still good. —William Kendall

SEPTEMBER NOTABLE EVENTS

September 2, 1945—President Harry S. Truman declared V-J Day (Victory over Japan Day) commemorating the formal Japanese surrender to the allies aboard the U.S.S. Missouri in Tokyo Bay.

September 2, 1962—Soviet Russia agreed to send arms to Cuba, leading to the October Missile Crisis after the shipments were discovered by the U.S.

September 3, 1783—The Treaty of Paris was signed by John Adams, Ben Franklin, and John Jay formally ending the American Revolutionary War between Britain and the United States.

September 3, 1838—Anti-slavery leader Frederick Douglass began his escape from slavery by boarding a train in Baltimore dressed as a sailor. He rode to Wilmington, Del., where he caught a steamboat to the free city of Philadelphia, then took a train to New York City, where he came under the protection of the Underground Railway Network.

September 7, 1994—The U.S. Army closed its headquarters in Berlin, ending the American military presence in the once divided city after nearly half a century.

September 14, 1927—Famed ballet dancer Isadora Duncan was killed in a freak accident as the long scarf she was wearing caught in the wheel of the car she was riding in, strangling her.

September 16, 1620—The *Mayflower* ship departed from Plymouth, England bound for America with 102 passengers and a small crew.

September 17, 1908—The first fatality involving powered flight occurred as a biplane piloted by Orville Wright fell from a height of 75 feet killing Lt. Thomas E. Selfridge, 26 year old passenger. A crowd of spectators at Ft. Myer, VA observed the crash of the plane that was being tested for possible military use. Wright himself was seriously injured.

September 25, 1690—The first American newspaper was published. A single edition of *Publick Occurrences, Both Foreign and Domestick* appeared in Boston. However, British authorities considered the newspaper offensive and ordered its immediate suppression.

SAVE THE DATE

October 31, 2015 Abington Community Craft Fair, 10:00 AM to 3:00 PM, Abington Senior Center

This is our largest fund raiser of the year and as always *we need your help*.

Don't forget: Basket Day, October 21, 9:00AM. Bring in your basket items and join us in creating beautiful baskets to be raffled at the craft fair.

Don't forget: Cookie Day, October 28. You can come in and be part of the magic of hundreds of cookies baking and the beautiful aromas that creates. Any questions, call Darlean at 781-878-2295 for info or to volunteer. Thank you.

GIFTED HANDS PAYMENTS

The Senior Center office no longer accepts payment for items bought from the Gifted Hands boutique. There is a payment box on the small bookcase. You may place your payment (cash or check payable to Gifted Hands) in that box. The members of Gifted Hands appreciate your continued patronage.

TRAVELING IN THE BOONDOCKS—My Journey to visit my new relatives in the Philippines.

(Part 2, cont. from page 4 of July Informer) —John Young (USN, retired MCPO)

I was undecided as to whether I should hike down to the town or stay until my reception committee showed up to greet me. I walked along the dock and scanned the men sitting on the dock and decided one of them had a family resemblance to my wife. I walked over and asked, "Are you Lily's brother?" He said, "Yes, sir." I asked why he didn't greet me, and he said he was ashamed. In the Philippines that meant he would have been embarrassed if he were wrong, a cultural thing.

They fired up the jitney and we boarded and started our journey to their village. We started north along a gravel road with rice paddies on each side and coconut trees in the hills. Every time we came to a river, instead of a bridge we had a ford, sort of an underwater bridge. I guessed that the American forces built them to keep them from being bombed by the Japanese during the invasion of Leyte. As the sky grew darker, I noticed tiny lights like fireflies on the other side of the rice paddies. Finally the jeep stopped and someone said, "Here we are," and I asked myself, "Where the Hell is here?"

They led me across the dikes separating the paddies. As I stepped across, my foot slipped into the slimy mud, and I lost one of my shoes in the foul smelling paddy. A little boy jumped into the mud, found my shoe, wiped it off, and handed it to me. As I reached the end of the paddy, I saw more of the lights and a group of people standing around waiting for me. It seems the whole village came out to greet me. I had brought several bottles of whiskey, so someone took the bottles and poured them into a larger jug along with a large amount of fruit juice. The party was on!

That night I slept in a grass hut known as a Nipa hut because it was made of Nipa grass and bamboo. The next day they led me over to Manong's house where they had a young carabow calf (a water buffalo). They told me it was bought with money I had sent. I noted it had blue eyes, so I declared it an American carabow. I got some weird looks after that. We all took a walk—the houses were small and at every house, people would come out to the front gate and ask who I was visiting and what I was doing there. Everyone was very friendly.

In a few days, I was ready to leave. A group of my family took me on a bus back to the dock where I had come in. Unfortunately, there were no boats back to Mindinao. I had struck up a conversation with a man on the bus. He offered to guide me to Cebu and get me on a plane to Manila. My family said he was okay because he was from the next town. So off I went. I took a bumboat to the town where Emelda Marcos (wife of the president) was born. We bought tickets on a steamer and chose our bunks out on the deck and that night took a ship over to Cebu, from there to Manila. I headed back to where my ship should have been moored, and the ship wasn't there. It was as if my home had been destroyed. A few days later the ship returned, and I was safely ensconced in my cot aboard ship.

**THANK YOU FOR YOUR SUPPORT!**

Thank you to our sponsors. Your generosity makes it possible to provide our Senior Citizens with the *Senior Informer* in order to continue an active life.

Colony Center for Health & Rehabilitation; Abington Bank; Warmington Furniture; Camelot Apartments; South Shore Rehabilitation & Skilled Care; Old Colony Elder Services; Webster Park Rehabilitation & Healthcare Center; Sean M. Murphy, Esq.; Health Express Walk-In Urgent Medical Care; Family Hearing Care Center; FOAS, Friends of Abington Seniors.

FIRE AND ICE

Some say the world will end in fire,
Some say in ice,
From what I've tasted of desire
I hold with those who favor fire,
But if it had to perish twice,
I think I know enough of hate
To say that for destruction ice
Is also great
And would suffice. —Robert Frost

**THANK YOU**

Diane Keith, now recovering from heart surgery, wants to express her thanks for all the cards, get well wishes, and favors she received.

SEPTEMBER 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
 <i>School is back in session. Drive carefully.</i>	1 <u>9:00 Cribbage</u> <u>11:30 Lunch: TBA</u> <u>5:30-6:30pm Zumba (\$5)</u>	2 <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</u> <i>VJ Day 1945</i>	3 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30-5:30pm Zumba (\$5)</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i>	4 <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>
7 LABOR DAY SENIOR CENTER CLOSED <i>Cranberry Harvest begins on Cape Cod</i>	8 <u>9:00 Cribbage</u> <u>11:30 Lunch: Subs, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u> <i>St. Augustine, FL founded 1565</i>	9 <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</u>	10 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30-5:30pm Zumba (\$5)</u> <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i>	11 <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> <i>Remembrance Day</i>
14 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u> <i>Rosh Hashanah</i>	15 <u>9:00 Cribbage</u> <u>11:30 Lunch: Meat Loaf, Mashed Potato, Gravy, Vegetables, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u>	16 <u>10:00 Open House re: Computer Classes (see pp. 3 & 6)</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</u>	17 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30-5:30pm Zumba (\$5)</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	18 <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u> <i>POW/MIA Recognition Day</i>
21 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	22 <u>9:00 Cribbage</u> <u>11:30 Lunch: Chicken, Broccoli, Ziti, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u> <i>Yom Kippur</i>	23 <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</u> <i>Autumnal Equinox</i>	24 <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne: (\$5)</u> <u>11:30 Lunch: TBA</u> <u>4:30-5:30pm Zumba (\$5)</u> <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i>	25 <u>9:00 Cribbage</u> <u>9:00 Shopping Van</u> <u>11:00 Tai Chi (\$5)</u>
28 <u>9:00-10:00 Beginners Knitting/Crocheting Class (\$5)</u> <u>11:00 Bingo</u> <u>6:00 New Beginnings Meeting</u>	29 <u>9:00 Cribbage</u> <u>11:30 Lunch: Soup & Sandwich, Dessert, Beverage</u> <u>5:30-6:30pm Zumba (\$5)</u>	30 <u>9:00-2:00 FOAS Open House</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</u>	9/13 Rosh Hashanah 9/26 Woodchucks hibernate now 9/27 Gold Star Mother's Day 9/27 Full Harvest Moon—Lunar Eclipse begins 9:07PM, ends 11:24PM	Zodiac: Virgo/Libra Birthstone: Sapphire Flower: Aster 9/20 10:00-3:00, 36th Fall & Xmas Craft Fair, AHS <i>Menu is subject to change.</i>

New management National HealthCare



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Center for Health & Rehabilitation

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OUTREACH—SEPTEMBER 2015



I hope you are all enjoying your summer and the beautiful weather. This month I thought I would talk a little about a topic that is sometimes not so easy to talk about. Elder abuse. It is almost unfathomable to think that anyone could subject one of our loved ones to any kind of abuse, but like with any situation it can happen.

There are some things that would 'red flag' an abusive situation. There may be very obvious signs such as bruising and or marks on the body, but truthfully sometimes there are not so obvious signs that you may want to be mindful of such as a change in behavior or a change in routine. Sometimes withdrawing from social situations that have been a part of everyday life for this senior can be an indication that something may be wrong. Please be aware that these signs do not always mean there is a problem or an abusive situation, but you want to be aware.

Although it is difficult to talk about, please try to be mindful that your loved one may not share that he or she is in a bad situation, so being attentive and always talking and encouraging open honest dialogue is best. You need to make sure that the person feels safe and comfortable with you and trusts that you are looking out for their best interests. Some seniors are more afraid of a disruption of a schedule or routine or possibly someone being angry at them if they share information with you. That is why trust is so important.

If you ever do feel that someone you love is being physically or emotionally abused there are resources for you and please, whatever you do, say something. It is always best to be safe. Even if it turns out that everything is fine and there are no problems, being on the side of caution is safest. You can always call someone at your local Senior Center as there are people that are mandated reporters and they have the proper people to contact. You could also call Old Colony Elder Services and talk to someone in the Elder abuse department. The number there is 508-584-1561

I hope this is information that you never have to use but again you can't be too safe when it comes to someone you love. Please always feel free to call me or come in and visit anytime. I am always here for you and can always lend an ear or a helping hand.

Take good care and all of my very best. —Amy Barrett

SEPTEMBER RECIPE

Rhubarb Bread—submitted by Cordane Bradley

1 cup milk, 1 Tbsp lemon juice, 1 tsp vanilla, 1 ½ cups brown sugar, 2/3 cup vegetable oil, 1 egg, 2 ½ cups flour, 1 tsp baking soda, 1 tsp salt, 1 ½ cups chopped rhubarb, ½ cup chopped nuts (optional)
Topping: ¼ cup brown sugar, 1/2 tsp cinnamon, 1 Tbsp butter, melted.

In small bowl, stir together the milk, lemon juice & vanilla, and let stand for 10 minutes.

In large bowl, mix together the brown sugar, oil, and egg. Combine flour, salt, and baking soda; stir into sugar mixture alternately with the milk mixture. When well combined, fold in rhubarb and nuts. Pour batter into two greased 9 x 5 loaf pans.

Combine the topping ingredients and sprinkle over the unbaked loaves.

Bake at 325 for 40 minutes or until a toothpick inserted in the center of a loaf comes out clean.



SEPTEMBER PUZZLE

Letters in LION x different consonants in DOMINOES

Lines in a sonnet ÷ turtledoves in the Christmas song

Consonants in the alphabet – vowels in ALPHABET

Red cards in a pack of cards + royal cards in a pack of cards

Colors in the American flag x colors in the Japanese flag —See answers on page 8.

SEPTEMBER CHUCKLE

The father of five children had won a toy at a raffle. He called his kids together to ask which one should have the present. “Who is the most obedient?” he asked. “Who never talks back to mother? Who does everything she says?”

Five small voices answered in unison. “Okay, dad, you get the toy.”

SENIOR COMPUTER LEARNING CENTER

OPEN HOUSE ON SEPTEMBER 16, 2015, from 10:00 to 12:00 Noon

The Senior Computer Learning Center announces the fall open house. Low cost, high quality, hands on practical computer and technology classes are being offered to students age 50 and over. Instructors, coaches and staff are dedicated volunteers with professional skills. Volunteers will be available to answer questions and provide assistance with course selections. Courses and workshops for the following subjects will be offered:

Windows 7 & Windows 8; Computer Tips & Tricks; The Internet and Email; Genealogy; Intro to Social Media; Facebook; Digital Cameras; iPad; PhotoShop Elements; Tablets and Smartphones; Writing Your Family Story; Free Stuff from the Internet.

For more information, visit our website seniorcomputerlearningcenter.org, or call and leave a message (between 1:00 and 3:00) at 508-521-4008. **To register in person:** Preprinted registration forms are available outside the SCLC’s lab at the Abington Senior Center. **To register by mail:** visit our website; click “Register” at the top menu and print a registration form. Fill out the form and enclose it with a check made out to SCLS; mail to: Senior Computer Learning Center, c/o Abington Senior Center, 441 Summer Street, Abington, MA 02351 (or you may drop off the application at the Senior Center).

SCLS is seeking volunteers. We are seeking motivated computer knowledgeable instructors, coaches and staff. This is an opportunity to give back to the community, work with other professionals, expand your computer knowledge and even retrain for a new career using the free courses available to volunteers on a space available basis. Please call between 1:00 and 4:00 (508-521-4008).





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(781) 878-0045

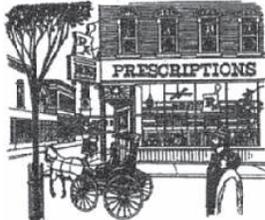


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Friends of Abington Seniors, Inc.

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Miscellaneous

Line Dance Schedule: Dancing with Dotty Belanger at Abington Senior Center on 1st 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.

Answers to puzzles on page 6: 1. 16 (4 x 4) 2. 7 (14÷2) 3. 18 (21-3) 4. 38 (26 + 12) 5. 6 (3 x 2)

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

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

80 Craft Displays, Sponsored by the Abington Music Parents, Admission-\$2.00 —**Seniors-\$1.00**



September is the month most people associate with back-to-school for children in the U.S. Take a look back at what American schools were like in the 1800's: In the 19th and early 20th centuries, one-room schoolhouses were the norm in rural areas. A single teacher taught grades 1 thru 8; there was no transportation to any school; most schoolhouses were built to serve students living within 4 to 5 miles, considered close enough for children to walk; the school year was much shorter back then—about 132 days; attendance was just 59%; there were no fancy school supplies, students made do with slate and chalk; discipline was very strict; no lunch was provided by the school, students carried their lunch in metal pails; for many, education ended just after 8th grade.

Don't Forget....Trucchi's has a drop-box for donations of school supplies for our children. Help if you can!

FOAS OPEN HOUSE—Mark your calendar

Open House, September 30, 9AM-2PM—hosted by Friends of Abington Seniors. Come and see what programs and activities the Center has to offer. Refreshments & coffee available.