



# The Senior Informer

Volume 12

Issue 10

OCTOBER 2015

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

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

## Council on Aging Board of Directors

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George Whiting,  
Chairman Emeritus

### SAVE THE DATES

**October 14**—See page 6  
*Spirit of Boston* harbor cruise  
Sponsored by FOAS  
**October 31** (See page 4)  
Abington Community Craft Fair  
10am-3pm, Abington Sr. Ctr.

## 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

## COMMENTS FROM THE DIRECTOR—SUZANNE DJUSBERG

Now that summer is behind us I am looking forward to the fall season. We ended our summer with the Annual Senior Cookout. I cannot believe it has been going strong for 35 years. Our volunteers who helped out this year are amazing, and I cannot express my gratitude to them for taking time out of their busy lives to help cook and serve my seniors. In 35 years we have only been inside 3 times due to weather, not bad for living in New England. I would like to take a moment to thank all the volunteers and departments for making another successful senior cookout: Abington Bank; Trucchi's Market; Sewer, Highway, Building, Park & Recreation Departments; as well as the Fire, Police, and Town Clerk Departments; Cake Connections; my staff and volunteers Jean, Jack B., Marie, John, Amy, Karen, Stan, Jack L., Marsha, and Dave. Big thanks to Christy Coombs for the American flag imprinted with the names of all those lost on 9/11. Your kindness is immeasurable, and I am truly grateful to know all of you.



## P.S.

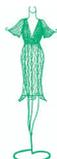
**Home Repair Contractors:** If you need work done we have a list of contractors at the center. All are insured and come with high recommendations.

**Flu Clinic,** Oct 20th, 10:00-12:00 here at the Senior Center.

**Police Chief David Majenski** will visit the Senior Center on Tuesday, October 13 from 11-12am to discuss *Winter Safety Tips for Seniors*.

## SPIRIT OF BOSTON — AHOY!

On Wednesday, October 14th, the Friends of Abington Seniors will be sponsoring a trip to Boston for our senior citizens with lunch and a Harbor Cruise aboard the *Spirit of Boston*. Reservations and ticket purchases must be made at the Senior Center **on or before October 7**. The cost is \$10 per person and includes the bus trip and lunch aboard the ship. Buses will begin to board at 9:30 a.m. and leave at 10:00 a.m.



## UNDER NEW MANAGEMENT

"Passion for Fashion," a women's consignment shop located at 170 Bedford St. (Rte. 18), Abington, has reopened. Stop in and visit Trish and Margee to see their inventory—clothes, shoes, jewelry, pocketbooks, coats, etc. Quality merchandise at lower prices. It's worth the trip.

**BOOK RECOMMENDATION**

Jean Connell recommends Ian Rankin’s *Saints of the Shadow Bible*. One of a series set in Scotland, it is nevertheless, a stand-alone mystery/detective novel. The author weaves his dual plots into a tangled maze and then irons them out again. A crime novel that involves a suspicious car crash, high profile politicians, murder, a 30-year-old case reopened by Internal Affairs, police colleagues who swore an oath of mutual loyalty on “The Shadow Bible,” and the stark difference of policing from 30-years past to the present day. Another of Rankin’s Inspector Rebus series, *Mortal Causes*, is also recommended.



**FIRST LADIES OF THE UNITED STATES**

First Lady Bess Truman, born Elizabeth Virginia “Bess” Wallace, was the wife of Harry S. Truman, the 33rd President of the United States. After graduating from high school, she studied at a finishing school for girls. Very tragically, her father got up early one morning, climbed into the family bathtub and committed suicide. Bess was just 18 at the time. She had known her future husband since they were children, attending the same school in Independence, Missouri. As First Lady she did not enjoy the social and political scene in Washington. She did only what she thought necessary and was not regularly present but only when her presence was expected. Her most significant contribution as First Lady was overseeing the extensive structural renovation of the White House, which saved the aging Executive Mansion from demolition. When President Lyndon Johnson signed Medicare into law in 1965, the Trumans were the first to be given its benefits. Bess Truman died at the age of 97, and remains the longest-lived First Lady in United States history.



**DID YOU KNOW?**

Did you know the Town of Weymouth’s Memorial Wall is being refurbished to include a new recognition for their 5 Medal of Honor awardees? Weymouth is the only community in America that can claim having 5 members of this elite group—Frederick C. Murphy; Thomas W. Hamilton; William Seach; Ralph Talbot; and Elden H. Johnson.



Second Lt. Ralph Talbot (MH) USMC was the first Marine Corp. aviator to earn the Medal of Honor. —*DAV, Lt. Ralph Talbot Chapter 65 newsletter*

**MARION WILSON (1926-2015)**

Marion Wilson was well known in Abington. She was a communicant of St. Bridget’s church, a past president of the Abington seniors organization, and a member of the Opals choral group. Marion was a Red Sox fan; she played both the piano and the organ, and she donated a piano to the senior center for the enjoyment of others. We will remember her fondly and with gratitude. *Rest in Peace.*



**FLU CLINIC**

The Board of Health has announced the date for the annual Flu Clinic here at the Senior Center will be Tuesday, October 20, 10:00am to Noon.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of October for the November 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 Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for round trip is \$3.00. Each week we will alternate between malls.

**SENIOR NUTRITION—CALL 781-982-2145**

**Meals on Wheels** delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. Although anyone can apply for this service, approval must be given by the recipient’s doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

**Senior Lunches:** Tuesdays 11:30—cost \$4.00; Thursday 11:30—suggested donation \$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).

**SNAP!**

She was opening up her umbrella,  
She thought it was going to rain,  
When we all heard a snap  
Like the clap of a trap  
And we never have seen her again. —*Shel Silverstein*

**POETRY CORNER**

**UNSCRATCHABLE ITCH**

There is a spot that you can’t scratch  
Right between your shoulder blades,  
Like an egg that just won’t hatch  
Here you set and there it stays.  
Turn and squirm and try to reach it,  
Twist your neck and bend your back,  
Hear your elbows creak and crack,  
Stretch your fingers, now you bet it’s  
Going to reach—no that won’t get it—  
Hold your breath and stretch and pray,  
Only just an inch away,  
Worse than a sunbeam you can’t catch  
Is that one spot that  
You can’t scratch. —*Shel Silverstein*



**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:** Doris Griggs Joanne Levine Marilyn Nickley Edward C. Levine Steve Georgeakakis  
Corinne T. Guay Bill & Nancy Holloway Sharon & Charles Collins David & Judith Stevens Marie Melchin

**In Memory of:** LeForrest Tisdale by Lorraine Leventuk LeForrest Tisdale by Joanne Curtis Marion Wilson by Marilyn Nickley  
Edward J. Kiernan by Muriel Kiernan Donald Mull by Carol Mull Robert LeVine by Edward LeVine  
Ed & Mary Piper by Gloria Jean & Frank Winiewicz Joe Nickley & Janet Madigan by Marilyn Nickley  
Charles & Jeannette Winiewicz by Gloria Jean & Frank Winiewicz LeForrest Tisdale by Betty Slinger  
LeForrest Tisdale by Maureen & Dick Wall

**OPEN HOUSE FOR COMPUTER CLASSES**

A Senior Computer Open House was held on Wednesday, September 16. There was good response with some classes being filled at that time. For information regarding any openings, please call 508-521-4008.



**OCTOBER NOTABLE EVENTS**

- October 2, 1968-California's Redwood National Park was established. Redwoods are the tallest of all trees, growing up to 400 feet during a lifetime that can span 2000 years.
- October 8, 1918-During World War I in the Argonne Forest in France, U.S. Sergeant Alvin C. York single-handedly took out a German machine gun battalion, killing over a dozen and capturing 132. He was later awarded the Medal of Honor and the French Croix de Guerre.
- October 10, 1813-Giuseppe Verdi, opera composer, was born in Italy (d. 1901). Among his 26 operas is *Aida*, which may take our memories back marching to the song at graduation.
- October 18, 1945-The Nuremberg War Crime Trial began with indictments against 24 former Nazi leaders including Hermann Goring and Albert Speer. The trial lasted 10 months. Twelve Nazis were sentenced to death by hanging, three to life imprisonment, four to lesser prison terms, and three were acquitted.
- October 20, 1944-During World War II, General Douglas MacArthur set foot on Philippine soil for the first time, fulfilling his promise of 1942, "I shall return."
- October 26, 1825-The Erie Canal opened as the first major man-made waterway in America, linking Lake Erie with the Hudson River, bypassing the British-controlled lower St. Lawrence. The canal cost \$7 million and took 8 years to complete.
- October 31, 1941-Mount Rushmore National Memorial was completed after 14 years of work. The memorial contains 60-foot tall sculptures of the heads of Presidents George Washington, Thomas Jefferson, Abraham Lincoln, and Theodore Roosevelt, representing America's founding, the political philosophy, preservation, and expansion and conservation.

**NANTASKET FOLLIES**

It was a beautiful, sunny August day coupled with lovely ocean breezes, good friends, dancers "tripping the light fantastic" to the lively—really, it was—music of the aptly named "Centennials," and laughs—lots of laughs! Good time had by all.



**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.

**WINTER BIRD FEEDING** (*Tips from the Cornell Lab of Ornithology brochure*)

During fall and winter, non-migratory songbirds shift their diets from insects and spiders to fruits and seeds. Black oil sunflower seeds attract the greatest number of species. These seeds have a high meat to shell ratio, are nutritious, high in fat, and are the favorite of most birds that eat at a feeder. Or you can create a low cost mixture by mixing a 25-lb. bag of black oil sunflower seeds, a 10-lb. bag white proso millet, and a 10-lb. bag of cracked corn. Mix it well and store in a water tight container. If you have saved seeds from squash and or pumpkins, air dry them on trays before placing them in feeders or on the ground.

Throwing out bread, cake, donuts, etc., can attract rats, squirrels, and raccoons, and this can become a real problem for you and for your neighbors.

You can attract chickadees, woodpeckers, and nuthatches by offering peanut butter or suet. Robins, thrushes, bluebirds, and waxwings may be tempted by fruit. Soften dried raisins and currants by soaking them in water first. Mocking birds, catbirds, tanagers, and orioles may enjoy sliced apples, oranges, or other fruit or frozen berries. You can offer fruit from a plate or shallow bowl set on a platform feeder or on the ground. A dependable supply of fresh water will attract many birds. Clean your bird bath often and keep it filled with clean water.

Poorly maintained feeders may contribute to the spread of diseases among birds. Avoid overcrowding at feeders by placing numerous feeders several feet apart. Keep your feeding areas and feeders clean. Keep food and food storage containers dry and free of mold and insects. Check your feeders for safety. Sharp edges can scratch birds and lead to infection.

If you plan to go on vacation, ask a neighbor to restock your feeder, or taper off your feeding gradually. Don't worry if this is not possible. Birds will adapt and quickly revert to an all natural diet.

Remember that bird populations fluctuate naturally from year to year. If you notice a scarcity one year, there may be an abundance in a following year.

Estimated number of birds detected by radar passing over Cape Cod on a single autumn night: 12 million.

Source: *Smithsonian Migratory Center*, *Living on the Wind* by Scott Weidensaul.

**OCTOBER RECIPE**

**Toad in the Hole**—*Karoline Boehm Goodnick*

1 ½ cups whole milk

3 eggs

2 tablespoons butter, melted

1 tablespoon grainy mustard

Salt and pepper to taste

1 ½ cups flour

1 tsp canola oil

4 pork sausages, cut into 2 inch pieces

¼ pound strip steak, chopped into ½ inch pieces

5 sprigs fresh thyme, leaves from 1 sprig chopped



Have on hand an 8-inch square baking dish

In a blender, combine the milk, eggs, butter, mustard, salt, pepper, and flour. Blend until smooth. Set aside for 20 minutes

Set the oven at 450 degrees.

Place the oil in the baking dish. Heat the dish in the oven for 5 minutes. Add the sausages and cook for 15 minutes. Stir in the steak and cook stirring occasionally, for 15 minutes more or until browned. Total baking time at this point is 30 minutes.

Gently pour the batter on the sausages and steak pieces. Sprinkle with chopped thyme and lay the remaining 4 thyme sprigs on top.

Bake for 30 minutes or until golden. Serve with broiled tomatoes and a salad.

**STIFF PERSON SYNDROME**

You have probably never heard of this disease. Those of us at the Senior Center had not either, until our own Valerie O'Loughlin, our former Outreach Coordinator, resigned because of this problem. Stiff Person Syndrome caused muscle spasms in her neck, rock hard muscles all down her spine, and almost constant pain. For several years she sought medical advice and help, consulted with a rheumatologist, an endocrinologist, a hematologist, an MS specialist, and a physiatrist, none of whom had any answers. Finally, a doctor at Massachusetts General Hospital identified the disease. Unfortunately, there is no cure. Valerie takes medications which help only moderately with the pain and spasms, and some days she is unable to get out of bed. The disease is progressive, and treatment options are very limited, although there is some hope for stem cell transplants in the future. Because the disease is so rare, very little research is being done, and there is almost no public awareness that such a disease even exists. Only 350 people in the United States have been diagnosed

with SPS. Valerie has become an advocate for a state Rare Disease Advisory Council and recently received her 2015 Unsung Heroine Award for her work in trying to gain recognition and help for this illness. Val is a young woman, a young wife, a young mother—we hope she can be helped. For information regarding this disease, Google Stiff Person Syndrome, or go to Valerie O'Loughlin's Facebook page.

# OCTOBER 2015 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Zodiac: Libra/Scorpio</i> <i>Flower: Marigold</i> <i>Birthstone: Opal</i></p> <p><i>Menu is subject to change.</i></p>	<p>10/24 <i>Little Brown Bats Hibernates</i> 10/25 <i>US Invades Grenada 1983</i> 10/31 <b>HALLOWEEN</b></p>	<p>10/15 <b>NO CHAIR YOGA</b></p> <p>10/21 <i>Chess here at the center will be discontinued starting this date until a date in the Spring is provided.</i></p>	<p><u>1</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>2</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p>
<p><u>5</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 Bingo 6:00 <u>New Beginnings Meeting</u></p> <p><i>Child Health Day</i></p>	<p><u>6</u> 9:00 Cribbage 11:30 Lunch: Ham, potato Salad, Sliced Tomatoes, Rolls, Dessert, Beverage 5:30-6:30pm Zumba (\$5)</p>	<p><u>7</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</p>	<p><u>8</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>9</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p> <p><i>Leif Erikson Day</i></p>
<p><u>12</u> <b>COLUMBUS DAY</b> <i>Senior Center Closed</i></p> <p><i>Thanksgiving Day in Canada</i></p>	<p><u>13</u> 9:00 Cribbage 11:00 Chief Majenski to talk about safety 11:30 Lunch: Amer.Chop Suey, Salad, Ital.Bread, Dessert, Bev. 5:30-6:30pm Zumba (\$5) <i>U.S. Navy's Birthday (1775)</i></p>	<p><u>14</u> 10:00 Knitting Group 10:00-12:00 Quilt Class 10:30-1:00 Chess 5:30 Hatha-Yoga w/ Joanne</p> <p><i>Spirit of Boston cruise</i></p>	<p><u>15</u> 9:00 Cribbage 10:00 NO Chair Yoga 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5) <i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p> <p><i>Islamic New Year</i></p>	<p><u>16</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)</p> <p><i>Cuban Missile Crisis begins 1962</i></p>
<p><u>19</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 Bingo 6:00 <u>New Beginnings Meeting</u></p>	<p><u>20</u> 9:00 Cribbage 10:00 Flu Clinic 11:30 Lunch: Soup and Sandwich, Crackers, Chips, Dessert, Beverage 5:30-6:30pm Zumba (\$5)</p>	<p><u>21</u> 10:00 Knitting Group 10:00-12:00 Quilt Class 5:30 Hatha-Yoga w/ Joanne</p> <p><i>No Chess from this date til a future date in the Spring.</i></p>	<p><u>22</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>23</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)</p>
<p><u>26</u> 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 Bingo 6:00 <u>New Beginnings Meeting</u></p>	<p><u>27</u> 9:00 Cribbage 11:30 Lunch: Beef Stew, Crusty Rolls, Birthday Cake, Beverage 5:30-6:30pm Zumba (\$5)</p> <p><i>Full Hunter's Moon</i></p>	<p><u>28</u> 9:00-2:00 FOAS Open House 10:00 Knitting Group 5:30 Hatha-Yoga w/ Joanne</p>	<p><u>29</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne: (\$5) 11:30 Lunch: TBA 4:30-5:30pm Zumba (\$5)</p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p>30 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) <b>10/31 HALLOWEEN</b></p>

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**OUTREACH—OCTOBER 2015**—*Amy Barrett, Outreach Coordinator & S.H.I.N.E. Counselor*

I hope you all enjoyed your summer! We are fast approaching the fall and crisp cool weather, pumpkins, cornstalk, and school busses. I adore this time of year! I love all things autumn and watching the leaves all turn beautiful hues of red, orange and yellow, like fire in the sky!

Now that we are into the fall, I would like to remind you all that Open Enrollment begins on October 15th and you can call my office to make an appointment anytime. I am taking appointments Monday thru Thursday 9:30-12:30 and I will also be available for phone counseling during those hours as well. It is very important that when you come to the office for an appointment you have your Medicare card and any prescription cards or secondary/supplemental insurance cards. You also should bring an updated prescription list or your medication bottles so we have the most accurate information when looking at health insurance.

I am thrilled to announce that a friend and colleague of mine, Mr. Frank Quinn, who is a long-time Abington resident, will also be volunteering with SHINE counseling here at the Abington COA. We took our SHINE certification class together in Middleboro, and he is going to be a wonderful addition to our counseling services here. Welcome aboard Frank!!

Just another quick note, with the cool weather approaching, November 1st is the date you are able to start applying for Fuel Assistance. We can help with the application process here in my office and all you need to do is call to make an appointment and we can help facilitate the process for you. Of course not everyone qualifies for fuel assistance but if you need it, and you think you may be eligible, please make an appointment to see me! Take good care and all of my very best!—*Amy Barrett 781-982-2145 x2*

**OCTOBER PUZZLE**—*Antonyms*

Can you find a word beginning with the letter “H” which is opposite in meaning to the following: 1. Exceptional 2. Dignify 3. Docile 4. Despairing 5. Villain 6. Serious 7. Friendly 8. Free 9. Prosperity 10. Satisfied  
See answers on page 8.

**OCTOBER CHUCKLE**

Harry walked over to the Priest after services. “You know Father, I am really stuck in a quandary. I would like to attend church next week but I just can’t miss the big game next Sunday. It’s just out of the question.”

“Oh Harry, Harry,” said the Priest putting his arm around Harry. “Don’t you know that’s what recorders are for?” Harry’s face lit up. “You mean I could record your sermon?”

**LETTER TO THE EDITORS**

Abington COA

August 17, 2015

I must say that I so enjoyed your story about the Gurnet Lighthouse. I remember well going to the Gurnet in the early fifties with my mother, father, and older sister Nancy. During the summer my family would set up camp on Duxbury beach for the weekend. It was a grand time sleeping in an old army tent, cooking our food over a campfire, playing in the ocean, searching for horseshoe crabs, and of course rolling down the huge sand dunes. Sadly those dunes have been swept out to sea, but not my memories. We would often travel further up the beach to visit a family friend who had a large summer cottage at the Gurnet. We would visit the lighthouse and the concrete lookout tower that my father’s company, Piper Bros, Inc., built for the Army Corps of Engineers during the war. He, my mother, and sister lived at the Gurnet during the construction of the tower and I heard many tales of their hardship existence and of the sighting of a German submarine. They would have to travel on the sand road and over the Duxbury Bridge to get to the small grocery store in the village for supplies and if they wanted to go to a movie at night they would have to wait until a full moon because they could not have running lights on during the darkness on the beach. My father also built the lookout tower in York Harbor, Maine and they lived there before coming to the Gurnet. My mom told a story of a local fisherman from York Harbor that had a German submarine surface next to his boat and asked to trade butter for cigarettes. Of course the poor fisherman obliged and was probably scared out of his wits. After I was born at the end of WWII my dad built our home on Island Grove Pond in Abington where I was raised. My mother and father had many friends in Abington and he eventually ran and was elected Selectman. I have many memories of boating and skating on the pond and it was a very happy time for us all. My mom, dad, and sister have all passed many years ago but the memories of our happy times at the Gurnet and living on Island Grove Pond will never fade.



Thank you for sharing this story about the lighthouse that brought me back in time. A number of years ago I was saddened to read an article in the *Sunday Enterprise* about the demolition of the concrete lookout tower but realized that there is nothing constant but change, however, memories live on forever. Sincerely,*Gloria Jean Piper Winiewicz*

**FALLON SENIOR PLAN – MEDICARE ADVANTAGE**

With Fallon Senior Plan’s Medicare Advantage plan options, you get more than Original Medicare alone – you receive extra benefits to help keep you healthy.

To be eligible for Fallon Senior Plan, you must be enrolled in Medicare Part A and Part B, must continue to pay your Medicare Part B premium if it’s not paid for by Medicaid or another third party, and you must live in the Fallon Senior Plan area (all cities & towns in Plymouth County are in the service area).

There will be informational meetings for anyone considering joining Fallon Senior Plan at the Abington Senior Center located at 441 Summer Street Abington, MA on Thursday, October 22 at 9:30 am and Tuesday November 3 at 9:30 am. At these meetings, you’ll get the most up-to-date information about eligibility, benefits, co-payments, co-insurance and premiums. A representative will be there to answer your questions and guide you through the enrollment process. If you can’t attend the presentation above but would like more information on the Fallon Senior Plan, call them toll-free at 1-888-377-1980, Monday through Friday, 8 a.m. to 8 p.m.



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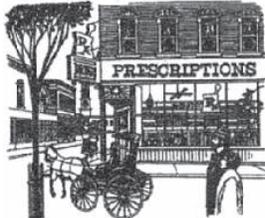


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*The falling leaves drift by the window, The Autumn leaves of red and gold....*

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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; 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. Humdrum 2. Humiliate 3. Headstrong 4. Hopeful 5. Hero 6. Humorous 7. Hostile 8. Hold 9. Hardship 10. Hungry*

As the cool crisp days of autumn approach, we are reminded not only of the changing leaves. There are many other changes as we enter the fall, or autumn season: shorter hours of daylight but still many beautiful sunny, warm days, cool nights, and for many who suffer from allergies, relief can be found at this time of year. Of course we all know that the first day of autumn is the Autumnal Equinox (on this day the number of hours of daylight and darkness are equal) and that autumn brings its own special moon, i.e., the Harvest moon; this season is a peak migration time for many species of birds. People who live closest to the equator never experience the season of autumn. But did you know that autumn babies (those born between September and November) are more likely to live to 100 than those born at other times of the year. Or that in the autumn people develop a tendency for fatter foods. And that according to superstition, catching leaves in autumn brings good luck—every leaf means a lucky month of the next year. Of course, don't forget...the Abington Community Craft Fair, Halloween, and be sure to watch "It's The Great Pumpkin, Charlie Brown"! Enjoy this wonderful season. —Maureen Wall

