



The Senior Informer

Volume 13

Issue 1

JANUARY 2016

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

Nancy Cavanagh, Chairwoman
Jack Libby, Vice-Chair
Maureen Wall, Secretary
Marie Brown
Karen DiLorenzo
Elizabeth Keefe
Bill Kendall
Larry Keough
Lurane Ryerson
Betty Slinger
Ann Welch
George Whiting,
Chairman Emeritus

SAVE THE DATE

Valentine's Day Brunch

Feb. 16, 11:30am, Sr. Ctr.

(See page 4)

Martin Luther King Day

(observed)

JANUARY 18

SENIOR CENTER CLOSED

ACTIVITIES

Bingo
Blood Pressure Screening
Bocce
Chair Yoga w/Joanne
Chess
Computer Classes
Cribbage
Hatha-Yoga w/Joanne
Hearing Tests
Knitting & Crocheting Group
Line Dancing, Pickle Ball
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

BEMIS DRUG—A BRIEF HISTORY

Bemis Drug originated in 1905 when Fred Bemis and J.W. Cooper formed a partnership under the name of Bemis & Cooper and purchased the F.M. Spiller drugstore in the Standish block in North Abington. In 1916 Bemis & Cooper bought the drugstore owned by F.A. Gibbs at 325 Union Street in Rockland. In 1918 Mr. Cooper died and Fred Bemis became the sole proprietor. In 1924 Mr. Bemis leased the store in the Maguire block in Rockland. It was at this time he changed the business name to Bemis Drug. In 1927 Mr. Bemis established another drugstore in Abington Center. Mr. Bemis now owned four drugstores, two in Abington and two in Rockland. Over the years the drugstores in Rockland changed hands, and one became Burke's Pharmacy and the other became Thayer's Pharmacy. The Abington Center pharmacy became Lynch's Pharmacy and the North Abington pharmacy remained Bemis Drug.

Mr. Fred Bemis passed away in the 1940's and ownership was taken over by his family, which included his brother, E.O. Bemis. To this day I am still not sure what this Mr. Bemis's first name was because he always went by E.O. Bemis, even on legal documents.

Hugh Cox entered Massachusetts College of Pharmacy in 1946 after returning from serving in the Army during World War II. It was here he met his sweetheart, Drusilla Wells, who became Drusilla Cox when they both graduated in 1950. Hugh went to work for E.O. Bemis as a pharmacy student and continued after graduating. Drusilla worked when she could but during the 1950s she had four children, Richard, William (myself), James, and Elizabeth.

Hugh and E.O. continued to run Bemis Drug in the 50s and into the 60s. Dad used to tell me how E.O. would take off for the summer and tell Dad he would see him in the fall. This left Dad as the only pharmacist to run a pharmacy open 7 days a week from morning until night. Needless to say, we wouldn't see a lot of Dad in those days, but we knew where to find him. E.O. passed away in the early 1960s, and Hugh became the sole owner of Bemis Drug.

In the 1940s and 1950s drugstores were as much a place to socialize and catch up on the news around town as they were a place to purchase prescriptions. Drugstores in those days had a soda fountain, usually a cigar humidor, and a variety of other products such as cosmetics, candy and over the counter remedies. Home-made ice cream, frappes and milkshakes were enjoyed by all. A local dentist, Dr. Roland Phillips, even had "prescriptions" printed up that were given to young patients "for bravery in the doctor's office beyond the call of duty." The prescription entitled the bearer to one free ice cream cone. It was always a treat to stop in to the drugstore on our walk home from the North School to see Dad and to make some sort of ice cream snack at the fountain.

The Standish block in North Abington was a busy place at that time as it housed the Abington Library, The Abington Cooperative Bank, and the U.S. Post Office as well as Bemis Drug. Directly behind the drugstore on Brighton Street were the Police station and the Fire station.

I have many fond memories of the old drugstore and of the people who worked for Dad. There was Lyman Mace and Lester Estes, both looking sharp in their starched white smocks. Florence Owen worked for many, many years for us. She held down the cosmetic section as well as the candy. She was family to us, and I think was the only person outside of Mom and Dad to work in both locations.

(continued on page 4)



BOOK RECOMMENDATION



This is a really good read. *The Boston Girl* follows one woman's life through a period of dramatic change. Watching Addie Baum escape the constrictions of her upbringing, find ways through literature and work to broaden her own appreciation of the world, and in retrospect draw the outlines of a life fully lived. It is an engrossing and captivating novel, as Addie relates the story of her life to one of her granddaughters.



JANUARY CHUCKLE

An earthquake rattled a town's inhabitants, so one couple sent their boy to stay with his uncle in another state. Two days later, they received a message: "Returning boy. Send earthquake."

FIRST LADIES OF THE UNITED STATES



Edith Wilson was First Lady of the United States from 1915 to 1921. Born Edith Bolling, she was a direct descendant of Pocahontas through her father. Edith was the seventh of 11 children, two of

whom died in infancy. The Bolling household was a large one. Her paternal grandmother played a large role in educating Edith. She was first married to Norman Galt, a prominent jeweler, but he died unexpectedly at the age of 43. She was later introduced to President Woodrow Wilson by the President's first cousin who was the official White House hostess since the death of Ellen Wilson, the President's first wife. He proposed to her, but rumors were complicating matters that Wilson had been cheating on his first wife or that he and Mrs. Galt had actually murdered the First Lady. Thus they postponed their marriage until the official year of mourning for Mrs. Wilson had passed. President Wilson suffered a severe stroke in 1919, and Edith Wilson began to screen all matters of state and decided which were important enough to bring to the bed-ridden President. In doing so, she functionally ran the Executive branch of the government for the remainder of the President's second term. Edith Wilson became the first person besides the President to receive permanent full time Secret Service protection. In her later years, Edith retired with her husband to their home in Washington, D.C., where she nursed him until his death. She died of congestive heart failure at age 89. Mrs. Wilson left her home to the National Trust for Historic Preservation to be made into a museum honoring her husband.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of January for the February 2016 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

For info regarding classes, dates, times, etc., call 508-521-4008 or by email go to www.seniorcomputerlearningcenter.org.

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.

POETRY CORNER

JANUARY—*John Updike*

The days are short,
The sun's a spark,
Hung thin between
The dark and dark.

Fat snowy footsteps
Track the floor
Milk bottles burst
Outside the door.

The river is a frozen place
Held still beneath
The trees of lace.

The sky is low,
The wind is gray,
The radiator
Purrs all day.

IN JANUARY—*Maurice Sendak*

In January it's so nice
While slipping on the frozen ice,
To sip hot chicken soup with rice,
Sipping once, sipping twice
Sipping chicken soup with rice.



shutterstock

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: Jaanus & Carol Roht Larry & Kay Fritz Paul Leavitt Janice & Brian Barry Imelda Gemmel

Lifetime Memberships: Valerie & Brian Barry Diane Smith

In Memory of: Marie E. Quinn by William Quinn Douglas B. Footit, Sr. & Rose Caplice by Marguerite Footit
 Mary Creighton by Robert Creighton Paul A. Gemmel, Sr. by Imelda Gemmel
 Edward Kiernan by Muriel Kiernan Marion Wilson by John & Barbara Reeves
 Fran by Jo Mary Jane Cleaves by John & Williamina Greene
 Russell Sharpe by Betty Sharpe-Slinger Russell Sharpe by Maureen and Dick Wall

Donations: Anne & Gerald Walters, Sr. Pearl Averell Roger R. Guay

The Senior Computer Learning Center Announces the 2016 Winter-Spring Program & Open House & On-Site Course Registration at The Abington Senior Center

Beginning the week of February 29, 2016, the SCLC plans to offer courses in the following general areas: Computers: Basics of the Computer, PC Tips, Windows 7/8, & the new Windows 10; Using Social Media with Facebook & Skype; Digital Camera & Photo Editing; Tablets & Smartphones; Family History, Genealogy & My Family Story; Using the Cloud; MS Office Excel; Using the Internet: Basics of Using the Internet & Email, Buying & Selling on the Internet, Blogging, & Fantastic Freebies.

On-Site Course Registration: Wednesday, February 17, 2016, 10:00am to 12:00 pm

Snow Date: Wednesday, February 24, 2016

On Wednesday, January 20, 2016, at 10 am, a free session on Microsoft Windows 10 will be offered.

Snow date: Wednesday, January 27, 2016 at 10 am. We will also answer questions about the courses in the Winter-Spring program.

By mid-January, it is anticipated that a full list of courses, course descriptions, the registration form, and directions will be available for downloading from the website: seniorcomputerlearningcenter.org.

The Senior Computer Learning Center is a non-profit organization that offers low cost hands-on computer and computer-related classes for older adults. Our classroom is equipped with desktop and laptop computers running both Microsoft Windows 7 & Windows 8. We plan to add Windows 10 for this session. Our instructors, coaches, and staff are dedicated volunteers with interests and backgrounds in technology, and they enjoy working with adults.

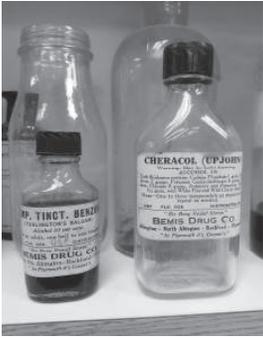
THANK YOU ALL FOR MAKING GIVING TUESDAY AMAZING —Lucille Dallaire, Development Director, OCES, 144 Main St, Brockton
 First and foremost, we'd like to extend our thanks to everyone who participated and donated on **#GivingTuesday** Dec 1st and throughout the month of December. The success of this campaign to raise money for OCES' Emergency Fund demonstrates the power we all have to change the world around us. It also shows there are many people out there who believe in doing good and helping others, which in and of itself is very inspiring.

We received \$2,495 from donors. Your gift will help provide such things as heat, food, and life-sustaining medications to older adults and people with disabilities. Your support for OCES' Emergency Fund will be felt by the people living in your community. Again, on behalf of the staff and board at OCES, thank you.



THANK YOU TO THE ABINGTON FOAS

On November 17, more than 100 seniors attended a free Thanksgiving luncheon catered by Barrett's Restaurant. Thanks once again to the FOAS for organizing and hosting this event.

BEMIS DRUG—A BRIEF HISTORY (continued from page 1)

I refer to both locations because in 1968 Dad purchased the building at 6 Brighton Street from Mr. John Franey. The building had housed a gas station, auto repair shop, and residence to the Franey family. After a year of renovations, Bemis Drug relocated across the street to where it still is to this day. This move could only have been accomplished with the help of family, employees, and many friends. Charlie Whitman and I still have a few laughs over some of the shenanigans that took place during the move.

In 1978 the Cox family opened Cox Pharmacy in the Farmer's Market Plaza on Route 18. We maintained this location for 10 years. My brother Richard, also a pharmacist, ran this pharmacy until I graduated from pharmacy school in 1980. I then managed Cox Pharmacy until 1988 when we decided it would be best to consolidate into Bemis Drug in North Abington. I purchased Bemis Drug from Dad in 1987. After the consolidation I expanded the store by another 1000 square feet and have remodeled a few times to meet the demands of a modern pharmacy.

Bemis Drug has constantly evolved over the years to maintain the high level of personal and professional service to the community. In the early days pharmacy involved a lot of pharmacognosey which was the study and manufacturing of drugs from plants. Prescriptions were handwritten by doctors and included a lot of Latin-based abbreviations which were always interesting to decipher. I have a collection of handwritten prescription log books dating back to the late 1800's. Some very interesting formulas are found in these. They range from heroin based cough syrups to even the use of placebos. I guess back then they valued the theory of mind over matter. As the years passed many more drugs became available commercially and no longer were prepared in the drugstore. Many more advances took place in the pharmacy such as the use of computers. Now we have faster and more sophisticated computers which assist the pharmacist in detecting correct doses and drug interactions. At Bemis Drug we have a prescription dispensing robot, called a Parata RDS. This has automated the filling of many prescriptions as it counts the tablets, prints the label, applies the label to the vial, and produces a prescription ready to be checked by the pharmacist. This has been a real time saver for us which gives us more time to spend talking to and counseling the customer.

A lot has changed over the years, but one of the things that has not changed is the commitment Bemis Drug has to our customers and our community. Bemis Drug is dedicated to providing the community with courteous and professional services. We still provide our customers with free prescription delivery when needed.

I am proud to have grown up in Abington and to be able to still work in a family owned pharmacy in my hometown. My children, Matt and Amy, and my niece, Tricia, are looking forward to continuing to provide the same professional pharmaceutical services to the community in the coming years,

JANUARY RECIPES**Apple Cobbler**

6 to 8 apples, 1 tsp cinnamon, 1 cup sugar plus 1 tsp (separate);
1 cup flour, ¾ cup chopped walnuts, ¾ cup melted butter, 1 egg.

Preheat oven to 350 degrees. Fill an 8 inch by 8 inch baking pan three quarters full with peeled, sliced apples. Sprinkle with 1 tsp each sugar and cinnamon. In a bowl, mix together 1 cup sugar, 1 cup flour, ¾ cup chopped walnuts, ¾ cup melted butter, and 1 egg. Cover apples with mix. Bake at 350 for 1 hour.

7 Layer Bars – from Carol Najarian

Preheat oven to 350 degrees. Use 13" x 9" pan

Ingredients: ¼ lb. butter, 1 cup crushed graham crackers, 1 cup coconut or coconut flakes, 1 pkg. chocolate bits, 1 pkg butterscotch bits, 1 cup chopped walnuts, 1 cup chopped pecans, 1 can sweetened condensed milk.

Directions: Melt butter in the pan you use; Put in graham crackers; put in coconut; spread nuts over these; then both flavor bits. Pour condensed milk over all.

Bake for ½ hour; cut when semi-cool.

VALENTINE'S DAY**BRUNCH**

The annual Valentine's Day Brunch will be held here at the Abington Senior Center on Tuesday, February 16, 2015 at 11:30AM. Cost is \$5.00 per person. You must sign up prior to the Brunch. Sign ups will take place on February 2 at the Tuesday lunch and February 4 at the Thursday lunch. There will be a limit of 85 people.

PICKLE BALL

Pickle Ball is ongoing from 4pm to 5pm every Tuesday and Thursday at the Woodsdale School gym. The charge is \$3.00 per session or \$5.00 per week. This covers the cost of balls and incidentals, and to build up the treasury in anticipation of someday building outside courts at the Senior Center. It's a fun game—give it a try.

BELATED DECEMBER ANNIVERSARY

We should not forget **Rosa Parks** who, in December of 1955, refused to move to the back of the bus in Montgomery, Alabama. Even realizing she would be arrested, she quietly defied an unfair law. Her arrest led to the boycott of bus riding in Montgomery and was an important step in the Civil Rights Movement. An amazing act of courage shown by this one lone woman!

A man got fired from his construction job. His friend asked him what happened. "You know what a foreman is?" the man asked. The friend replied, "The guy who stands around and watches the other men work? What's that got to do with it?" "Well, he was just jealous of me. Everyone thought I was the foreman."

JANUARY 2016 LUNCH & ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| <p>1/9 New Moon 1/17 Benjamin Franklin born 1706 1/23 Full Wolf Moon 1/27 Vietnam Peace Accord signed 1/28 Space Shuttle Challenger exploded, 1986</p> | <p>Zodiac: Capricorn/ Aquarius Flower: Carnation Birthstone: Garnet</p> <p>Menu is subject to change.</p> | |  | <p>1 New Year's Day SENIOR CENTER CLOSED</p> |
| <p>4 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p> | <p>5 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Chicken, Broccoli & Ziti Alfredo, Italian Bread, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$5)</u></p> <p>USMC birthday</p> | <p>6 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 5:45 <u>Hatha-Yoga w/ Joanne</u></p> | <p>7 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$5)</u> 11:30 <u>Lunch:TBA</u> 4:30-5:30pm <u>Zumba (\$5)</u> Free bread distribution at Sr. Ctr. 1st come, 1st serve</p> | <p>8 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u> 1:00-2:30 <u>Line Dancing</u></p> |
| <p>11 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p> | <p>12 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Corn Chowder, Crackers, Bread, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$5)</u></p> | <p>13 <u>FOAS Mtg. (Annual followed by regular mtg.)</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 5:45 <u>Hatha-Yoga w/ Joanne</u></p> | <p>14 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$5)</u> 11:30 <u>Lunch:TBA</u> 4:30-5:30pm <u>Zumba (\$5)</u> Free bread distribution at Sr. Ctr., 1st come, 1st serve</p> | <p>15 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p> <p>Martin Luther King Birthday</p> |
| <p>18 Martin Luther King Day SENIOR CENTER CLOSED</p> | <p>19 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Baked Beans, Hot Dogs, Cole Slaw, Dessert, Beverage 5:30-6:30pm <u>Zumba (\$5)</u> 6:00pm <u>COA Meeting</u></p> | <p>20 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 5:45 <u>Hatha-Yoga w/ Joanne</u></p> | <p>21 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$5)</u> 11:30 <u>Lunch:TBA</u> 4:30-5:30pm <u>Zumba (\$5)</u> Free bread distribution at Sr. Ctr., 1st come, 1st serve</p> | <p>22 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p> |
| <p>25 9:00-10:00 <u>Beginners Knitting/Crocheting Class (\$5)</u> 11:00 <u>Bingo</u> 6:00 <u>New Beginnings Meeting</u></p> | <p>26 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Meat Loaf, Baked Potato, Vegetable, Birthday Cake, Beverage 5:30-6:30pm <u>Zumba (\$5)</u></p> | <p>27 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilt Class</u> 5:45 <u>Hatha-Yoga w/ Joanne</u></p> | <p>28 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (\$5)</u> 11:30 <u>Lunch:TBA</u> 4:30-5:30pm <u>Zumba (\$5)</u> Free bread distribution at Sr. Ctr., 1st come, 1st serve</p> | <p>29 9:00 <u>Cribbage</u> 9:00 <u>Shopping Van</u> 11:00 <u>Tai Chi (\$5)</u></p> |

New management
National HealthCare



Featuring

The Passport Short-Term Rehab Program

Rehabilitation tailored to meet YOUR individual needs and put you on the fast track home!

- Post Hospital Recovery & Care Programs •
- Physical, Occupational & Speech Therapies •

Call Joe to schedule a tour today! (781) 871-0200



Center for Health & Rehabilitation

277 Washington St. | Abington, MA • www.ColonyCenterRehab.com



OUTREACH—JANUARY 2016 —Amy Barrett, Outreach Coordinator & S.H.I.N.E. Counselor

With the winter months upon us, even though we have had a gloriously warm start to the winter, the weather will be getting colder and ice and snow will be becoming problematic for all, here are a few reminders and tips for your safety and well being!

Always be mindful of how dangerous icy situations can be. Unfortunately falls and injuries from the ice are common occurrences among senior citizens causing multiple injuries such as head trauma and bone fractures and serious lacerations. While young people can recover quickly from these types of injuries that is not the case for elderly people. Be sure to wear shoes with good traction and non-skid soles and be sure to check the tip of your canes and replace them in the winter if they are worn. Lastly, make sure to remove wet shoes when you are in the house as tracking water throughout can make for yet another dangerous situation.

Cold temperatures can lead to frost bite and hypothermia...always dress in layers and dress for warmth. It is a good idea to wear a scarf lightly covering your mouth to protect your lungs from breathing in frigid air.

During the winter months because it may be more difficult for a senior citizen to get out socially and see other people...winter blues can be an issue. No one—no matter your age or demographic—likes feeling lonely and isolated, so it is critical that you check in on your elderly loved ones, a quick visit or a phone call could make all the difference.

Driving during the winter can be dangerous for anyone. However, for seniors that may not have the quick reflexes or may not get out driving as often, it can be particularly dangerous. Make sure to have emergency supplies in your car. Flashlights and jumper cables, a cell phone and water are a few helpful things. Also AAA membership is worth its weight in gold!!

In the home you should always be prepared for emergencies and power outages. It is important to have candles, flashlight and lots of batteries and, if at all possible, a battery operated radio. You want extra blankets accessible and be mindful of the food in the refrigerator as you may need to put perishable food in a cooler, this is for safety as much as it is not wasting food.

Lastly, please check your carbon monoxide detectors and make sure the batteries are new and take good care of yourself. Eat a healthy diet (lots and lots of vitamin D needed this time of the year!) and stay as active as possible. Make sure to ask for help if you need it and try not to isolate yourself. It takes a village and we here at the COA are here for you!

Here's to a blessed, peaceful and joyous New Year! All of my very Best, Amy Barrett 781-982-2145 x2

JANUARY PUZZLE

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

5.....38 12.....80 23.....146 9.....?

NOTABLE EVENTS—JANUARY

1/10/1984-The U.S. and Vatican established full diplomatic relations after a break of 116 years.

1/12/1991-Congress authorized President George Bush to use military force against Iraq following its invasion of Kuwait.

1/17/1966-An American B-52 jet carrying a hydrogen bomb collided with its refueling plane over Palomares, Spain. Eight crewmen were killed and the bomber then released its H-bomb into the Atlantic.

1/20/1981-Ronald Reagan became President of the United States as the oldest President to take office. During his inauguration celebrations, he announced that 52 American hostages that had been seized in the U.S. Embassy in Tehran, Iran were being released after 444 days in captivity.



1/24/1965-Winston Churchill died (1874-1965). He was Britain's wartime Prime Minister whose courageous leadership and defiant rhetoric had fortified the British during their long struggle against Hitler's Germany. "I have nothing to offer but blood, toil, tears, and sweat," he stated upon becoming Prime Minister at the beginning of the war. He called Hitler's Reich a "monstrous tyranny, never surpassed in the dark, lamentable catalogue of human crime." Following the war, he coined the term "Iron Curtain" to describe the barrier between areas in Eastern Europe under Soviet Russia's control and the free West.

1/27/1967-Three American astronauts were killed as a fire erupted inside Apollo 1 during a launch simulation test at Cape Kennedy, Florida.

1/29/1919-The 18th Amendment (Prohibition) was ratified. For 14 years, until December 5, 1933, the manufacture, transportation and sale of alcoholic beverages were illegal in the U.S. The Amendment had the unexpected result of causing enormous growth of organized crime, which provided bootleg liquor to thirsty Americans.

TAI CHI



Wondering what to do with yourself this winter? Start off the New Year with Tai Chi. It's fun, healthy, and good for you. You'll enjoy the sociability and shake off "cabin fever." Come experience for yourself the benefits of Tai Chi here at the Abington Senior Center at 11:00am on Fridays. It makes you feel good for only \$5 per session.

Bill Stone Realtor/KW Associate Leadership Committee is available for Senior looking for a Real Estate Specialist to help provide answers regarding selling a property or a strategy for them to stay safely in their current home. If you need assistance or information please call 781-*267-0693.



6 Harrison Ave.
P.O. Box 68
Abington, MA 02351
(781) 878-0045

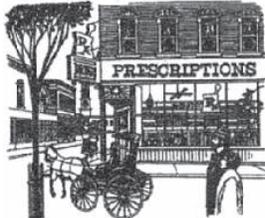


...listen to the sounds of life®
~ Hearing Evaluations ~ Video Ear Inspections
~ Hearing Aids ~ Repairs ~ Ear Wax Removal

534 Main Street, Suite 2, Route 18
Weymouth, MA 02190
781-337-1144

140 Bedford St., Route 18
Bridgewater, MA 02324
508-279-0700

John Klefeker, BC-HIS MA License #127



William G. Cox RPh

Bemis
DRUG CO., INC.

Cor. of North Ave. & Brighton St.
6 Brighton St., No. Abington, Mass.

781-878-0893

**PROFESSIONAL PHARMACISTS
PRESCRIPTION DELIVERY**

www.bemisdrug.com



WARMINGTON'S
Need A Lift?
Starting at \$699.

Save Hundreds
ON ALL RECLINERS,
POWER-WALLAWAY & LIFT CHAIRS

OPEN DAILY 9-5:30 • OPEN SUNDAYS 12-4
781-878-5759 • 1-800-696-5759



WARMINGTON
FURNITURE.COM
459 PLAIN ST. (RTE. 139) ROCKLAND
(Near North Abington Line)



South Shore
Rehabilitation & Skilled Care Center
24-hour Skilled Nursing, Short-Term
Rehabilitation and Respite Care
FIVE STAR CMS Rating

115 North Avenue
Rockland, MA 02370
781-878-3308
Fax: 781-878-3321

www.athenahealthcare.com/southshore
Email: admissions@southshorerehab.com

CAMELOT APARTMENTS
COLUMBIAN SQUARE • SOUTH WEYMOUTH

Predominantly Senior Occupied (WE LOVE SENIORS)
Family Owned and Managed

Convenient to So. Shore Hospital
Restaurants, Church & Shopping



DEL REALTY • 781-331-1100

Old Colony Elder Services
Providing services to the community since 1974

144 Main Street • Brockton, MA 02301 • 508-584-1561
Fax: 508-897-0031 • info@ocesma.org • www.ocesma.org



Friends of Abington Seniors, Inc.

Monthly Meetings at Senior Center

Bingo! Cribbage! Chess!

Knitting, Crochet and Quilting Groups!

Exercise and Computer Classes!

Delicious Luncheons!

Become a Member!

Check out the calendar inside!



Providing the care you need...
With the compassion you deserve.

56 Webster Street • Rockland

781-871-0555 • Websterparkhealthcare.com



Sean M. Murphy, Esq.

LAW OFFICES OF SEAN M. MURPHY, P.C.

Estate • Medicare & MassHealth

Special Needs • Housing

Probate Administration & Litigation

180 BELMONT STREET • BROCKTON, MA. 02301

(774) 257-5732 • FAX: (508) 857-5214

smmurphyslaw@outlook.com

VETERAN OWNED



HEALTH EXPRESS

Walk-in Urgent Medical Care

NOW OPEN

Urgent Care for All Ages

Staffed Exclusively by Board Certified Emergency Room Physicians
Health Express is now open

No Appointment • No Referral • Low Co-Pays

Treating everything from fevers to fractures

Board Certified ER Physicians will see you on **YOUR TIME**

170 Bedford St, Abington • 781-626-5700

Open: M-F 9am-8pm • Sat & Sun 10am-4pm

www.healthexpressma.com

Abington COA
441 Summer Street
Abington, MA 02351



Rosa Parks born Feb. 4, 1913 in Tuskegee, AL and died October 24, 2005 in Detroit, MI. On Martin Luther King Day think also of Rosa Parks, a woman of extraordinary courage. (See page 4.)

**Non-Profit
Organization
U.S Postage Paid
Abington, MA
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 McCollem, 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.

Answer to puzzle on page 6: 62 (x6) +8

AULD LANG SYNE....What on earth does it mean and what is the answer to this perennial question? The confusion over the song is almost as much of a tradition as the song itself. Most people only know the words "Auld Lang Syne" and sing those two words much louder than the rest because it's the only part they really know. Despite its association with New Year's Eve, it was never intended to be a holiday song. The song was written by Robert Burns in 1788. Guy Lombardo is credited with popularizing the song when his band used it during a live performance at the Roosevelt Hotel in New York in 1929. The band played it just after the clock hit midnight and thus a New York tradition was born and obviously has spread worldwide since then. So, here goes, folks: *Should auld acquaintance be forgot and never brought to mind; Should auld acquaintance be forgot and days of auld lang syne; And there's a hand, my trusty friend, and gie's a hand to thine; We'll take a cup of kindness yet for auld lang syne. For auld lang syne, my dear, for auld lang syne; we'll take a cup of kindness yet for auld lang syne.*

