



The Senior Informer

APRIL 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.

Volume 13

Issue 4

Council on Aging Board of Directors

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Town Election

April 30

Emerald Hall

8:00AM to 6:00PM

Library Book Sale

April 29 & 30

(see page 3)

ACTIVITIES

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

TRANSPORTATION AVAILABILITY TO ABINGTON SENIOR CITIZENS (60+)

How many of us find ourselves in a quandary in scheduling appointments without transportation available? This is Part 1 in a series to assist Abington Elders who are without any means of transportation to receive essential services.

TRANSPORTATION SERVICES AVAILABLE

COUNCIL ON AGING – Call 781-982-2145-X1

(24-hour Advance Notice Required)

COA-VAN: Time: 9:00AM-1:00PM unless noted below
Fridays: Shopping 9:15AM pickup start time

Service Area: Abington, West to Brockton Hospital, North to Stetson Building and East to Eye Health Services (Libby Industrial Parkway), Weymouth, South to Compass Medical, E. Bridgewater

Service: a \$3.00 fee is paid to the driver for door-to-door with courtesy service on/off van. You are responsible for toting your purchases.

Transportation is free to Senior Center functions.

DIAL-A-BAT: Time: 9:30 AM-4:30 PM

Service Area: Avon, E. Bridgewater, W. Bridgewater, Whitman, and to Boston on Wednesday and Friday

Service: fees vary; paid to the driver for door-to-door service. Service is available to some Boston Hospitals. Call COA before making your medical appointment. If you find you must cancel or re-schedule your trip, notify COA immediately, as Dial-A-Bat must be notified as soon as possible. If any change occurs when COA is closed, you are to call directly to Dial-A-Bat at 508-584-5530.

Note:

Pick-up: be ready and watching 15 minutes prior to scheduled pick-up time. If you are not outside waiting, their presence will be known by sounding the horn.

Home: reserve your trip home at time of scheduling with COA; otherwise, it is your responsibility, when you are ready to return home, to call Dial-A-Bat at 508-584-5530.

OLD COLONY PLANNING COUNCIL – AREA AGENCY ON AGING (AAA)

Volunteer drivers are provided by COA for transportation to medical appointments which the above services cannot accommodate.

Service Area: Call COA for contact name of a volunteer driver to make direct contact as to what arrangements can be made.

Service: No fee.



BOOK RECOMMENDATIONS

The Traitor's Wife by Allison Pataki: Everyone knows of Benedict Arnold, the infamous Revolutionary War General who betrayed America and fled to the British as history's most notorious turncoat. Many know Arnold's co-conspirator, Major John Andre, who was apprehended with Arnold's documents in his boots and hanged at the orders of Gen. George Washington. But few know of the integral third character in the plot—a charming and cunning young woman, who not only contributed to the betrayal, but orchestrated it.



Letter to My Daughter by Maya Angelou:

A book of essays dedicated to the daughter she never had but sees all around her. Maya had a tumultuous life that eventually led to her becoming a poet, writer, performer, teacher, and director. Raised by her grandmother in segregated Stamp, Arkansas, at age thirteen she was sent to San Francisco to live with her worldly, less religious, mother. This book of essays reveals Maya's path to living well and living a life with meaning.

**FIRST LADIES OF THE UNITED STATES**

First Lady Rosalynn Smith Carter:

Politically active Rosalynn Carter is the wife of the 39th President of the United States, Jimmy Carter. She served as First Lady from 1977 to 1981. Born in Plains, Georgia, she grew up in a small-town atmosphere that

nurtured strong ties to family and dedication to church and community. When she was 13, her father died and as the oldest of four children, Rosalynn did her part in contributing to the well-being of the family. She completed high school, graduated college and while in her freshman year of college met Jimmy Carter, who was home from the U.S. Naval Academy in Annapolis. They married, had four children, but the Navy kept them on the move. Jimmy entered politics in 1962, won a seat in the Georgia Senate, then a successful bid for the governorship of GA, and ultimately he campaigned for and won in the race for the presidency. A skillful speaker and hardworking First Lady, Mrs. Carter attended Cabinet meetings, major briefings, and frequently represented the President at ceremonial occasions. She also served as the President's personal emissary to Latin American countries. Rosalynn Carter focused national attention on the performing arts, took a strong interest in programs to aid mental health, the community and the elderly. Mrs. Carter stood out as a First Lady for the manner in which she ran the White House, serving inexpensive menus at dinners, refusing to serve hard alcohol, and choosing to wear simple, non-designer clothing. President and Mrs. Carter were the first presidential couple to walk from the U.S. Capitol to the White House in the parade following the swearing-in ceremony. President and Mrs. Carter reside in Georgia. She is 88; Jimmy Carter is 91-years old.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of April for the May 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 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 1:00PM. 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 is \$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.

POETRY CORNER

April Rain Song by Langston Hughes

Let the rain kiss you
Let the rain beat upon your head with silver liquid drops
Let the rain sing you a lullaby
The rain makes still pools on the sidewalk
The rain makes running pools in the gutter
The rain plays a little sleepy song on our roof at night
And I love the rain.

April by Sara Teasdale

The roofs are shining from the rain,
The sparrows fritter as they fly,
And with a windy April grace
The little clouds go by.
Yet the back-yards are bare and brown
With only one unchanging tree—
I could not be so sure of Spring
Save that it sings in me.



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 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: Michael J. McNamara Marti Mulholland Catherine Sachkab
David Wilmot

Donations: David Wilmot Kathleen & Jack Bailey

In Memory of: Edward J. Kiernan by Muriel Kiernan Edward L. Wright by Marion Cushing
NY, NH, & Hartford Railroad Company by Richard Griffin John Christie by Joyce Christie
Matthew Mulholland IV by Marti Mulholland & family

FRIENDS OF THE LIBRARY BOOK SALE AT ABINGTON PUBLIC LIBRARY

Book Sale dates are:

Friday, April 29 from 12:30 to 4:30PM

Saturday, April 30 from 10:00AM to 3:00PM

Stop by to pick up some bargains for your stack of reading materials.



Are you a member of the Friends of the Library? If so, you can enjoy a special perk for members only--a preview sale on Thursday, April 28, from 5:00 to 7:00PM. Not a member but would like to become one? There are forms available in the library. If you don't see them ask a librarian. Single membership is \$10.00 annually. Well worth it to benefit our public library.

Donations of books will be accepted starting on April 1. The last day to bring book donations will be April 23. Hard cover, paperbacks, cookbooks, fiction/nonfiction, historical, sports, children's and young adults, etc., will be gratefully accepted. Puzzles (complete) are also welcome. Not accepted are National Geographic magazines, Reader's Digest Books, dictionaries, encyclopedias, and 8-track tapes. FOL members will also have a table featuring Friends of the Library items (note paper, cups, afghans, etc.) for sale.

APRIL NOTABLE EVENTS

4/1/1778—Oliver Pollock invents the dollar sign (\$).

4/6/1930—Twinkies hit the market, the first being banana filled.

4/9/1963—U.S. Senate passes a law making Sir Winston Churchill the first honorary U.S. citizen.

4/19/1995—Timothy McVeigh bombs the Federal Building in Oklahoma City, Oklahoma, killing 168 and injuring 500.

4/20/1837—The State Board of Education, first in U.S., was established in Massachusetts.

4/23 (b. 1564, d. 1616)—William Shakespeare: born and died on the same date, 52 years later.

4/24/1990—Space shuttle *Discovery* blasted off from Cape Canaveral, Florida, carrying the \$1.5 billion Hubble Telescope.

4/27/1865—The worst steamship disaster in U.S. history occurred on the Mississippi River. An explosion aboard the *Sultana* killed nearly 2000 passengers, mostly Union soldiers who had been prisoners of war and were returning home.

I have wondered at times about what the Ten Commandments would have looked like if Moses had run them through the U.S. Congress. --Ronald Reagan

Most people are such fools that it is really no great compliment to say that a man is above the average. —Writer, W. Somerset Maugham



OUTREACH—APRIL 2016

Technology. Aaaahhhh....wonderful, useful, helpful, terrifying, nerve wracking technology! We live in a society of tablets and smart phones, and it seems as though when it comes to this subject, you are either all the way in or all the way out! Some people can't live without their devices and some people are scared to touch them. I have done some research and found that baby boomers and seniors alike- having an open mind to learning and exploring and utilizing computers and smart phones.

Did you know that 52% of seniors are online and average 19 hours a week on the internet, which is more than with TV, newspapers, and radio? Fifty-nine percent of seniors are using social networking with Facebook being the most popular. Eighty-two percent of seniors say YouTube is their preferred video streaming site, and 77% use their mobile devices with their computers or tablets. Those seem to be pretty high statistics which tells me that seniors are getting on board!

There are many ways that technology and using tablets can be useful for seniors. If you have a tablet you can change font size and print size so things are easier to see. You can adjust the brightness and screen settings very easily. You can download books as well as newspapers and magazines. You can also use your smart devices for alarms and reminders. You can set reminders on a calendar for appointments, events or meetings, and you can set alarms for medicine reminders—these audible alarms are great! Another benefit is having the ability to store and restore photos and documents. They are easy to access and safely store all the time.

As with anything, always be aware that with internet use comes some risks, and going into a technological situation you must always make sure you know the website is safe and secure and never ever give out any personal information in a chat room or public forum. These chat rooms can be such a great way to communicate with people about your like interests, and are helpful sometimes when using them for hobbies and research, but please never ever give out personal information online.

There are many seniors that are starting to use more technology because it is a fabulous way to stay connected to friends and family. There is social media which allows you to socialize with many people at the same time, which is really wonderful especially if you don't get out much. Staying connected is so important. There are also private family web sites that can be set up so only the family members have access to the website. This is great because you can privately share photos with each other as well as important dates and events. These sites are easy to set up and perfect for a family that has relatives all over the country or maybe even the world! Skype and Facetime are also wonderful—this is video chatting in real time and when you haven't seen a loved one or friend in a long time, it's so nice to talk almost in person!

There are many apps that are very helpful for a senior. Elder 411 is an app that helps you find elderly exercise programs, elderly care, and legal advice for elderly individuals. Elder 911 will help you get through a variety of emergencies with your elderly relatives such as crisis preparation and a checklist for what to ask the hospital in an emergency. Another great app is Edamam for food and recipes. This app provides large color pictures of the dish as well as the link so you can find the recipe. Edamam also provides all of the nutritional information such as calories, carbs, sugar, and protein and most define whether or not they are gluten free or low glycemic index. There are many recreational apps also and some of the more popular ones are Words with Friends, Draw Something, and Angry Birds. Keeping an open mind to many possibilities of technology, whatever you may be interested in, is the key. If you enjoy something Google it. Look it up, and the possibilities are limitless!

With all of this being said, we here at the Abington COA have a wonderful network of people that run a technology/computer training program right here at the center. If you have any interest (which I hope you do) please call 508-521-4008 or if you have access to a computer you can e-mail at seniorcomputerlearningcenter.org and their website is www.seniorcomputerlearningcenter.org. Take good care and all of my very best to you. —Amy Barrett

APRIL PUZZLES

If 29 frogs catch 29 flies in 29 minutes, how many frogs are required to catch 87 flies in 87 minutes?

Answers to this puzzle and the following Word Logic are on page 8.

Word Logic

Rearrange the letters given and make as many words as you can that use all of the letters. At least three words are possible from each group. A E G I L N R Y B D E N O R S U A C D E I L M S E E L R S T W

LOCAL EVENTS IN APRIL

Day

4/3—Historical Society of Old Abington meeting, “Abington in

Photos—Then and Now”—2:30PM

4/11—Red Sox—Opening Day at Fenway—Baltimore Orioles—2:05 P.M.

4/18—Red Sox—Patriot's Day at Fenway—Toronto Blue Jays—11:05 A.M.

4/18—Abington Garden Club meeting, UCC, 12Noon

4/18—Boston Marathon's 120th year run

4/18—Reenactment of the Battle of Lexington to honor those who paved the way for freedom from the British

4/29-30—Abington Library Book Sale (see page 3)

4/30—Town Election, Emerald Hall, 8:00AM to 6:00PM



SENIOR CENTER BOUTIQUE

If you are expecting a new grandchild, or are invited to a baby shower or a child's birthday, come and take a look at our Gifted Hands Boutique. A large assortment of handmade items and all proceeds are donated to Friends of Abington Seniors.

APRIL 2016 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>4/9 Army of Northern Virginia surrendered, Appomattox Court House, 1865</i></p> <p>4/19 TAX DAY</p> <p><i>4/30 Town Election</i></p>	<p>Walk-in Health Check with a Nurse (see pg. 2, Health and Assistance)</p> <p>4/5 10:00AM-Noon 4/19 10:00AM-Noon</p>	<p><u>April</u> <i>Birthstone: Diamond (Innocence)</i> <i>Flower: Daisy/Sweet Pea</i> <i>Zodiac Sign: Aries/Taurus</i></p> <p><i>Menu subject to change.</i></p>		<p><u>1</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p> <p><i>April Fool's Day</i></p>
<p><u>4</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting</p>	<p><u>5</u> 9:00 Cribbage 11:30 Lunch: Chicken ala King, Mashed Potatoes, Vegetables, Cranberry Sauce, Dessert, Bev. 5:30-6:30pm Zumba (\$4)</p>	<p><u>6</u> 10:00 Knitting Group 10:00-12:00 Quilt Class 5:45 Hatha-Yoga w/ Joanne (\$5)</p>	<p><u>7</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA <i>Free bread distribution at Sr. Ctr. 1st come, 1st serve</i></p> <p><i>New Moon</i></p>	<p><u>8</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5) 1:00-2:30 Line Dancing</p>
<p><u>11</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting</p>	<p><u>12</u> 9:00 Cribbage 11:30 Lunch: Swedish Meatballs, Noodles, Vegetables, Dessert, Beverage 5:30-6:30pm Zumba (\$4)</p>	<p><u>13</u> 9:00 FOAS Meeting 10:00 Knitting Group 10:00-12:00 Quilting Class 5:45 Hatha-Yoga w/ Joanne (\$5)</p> <p><i>Thomas Jefferson b.1741</i></p>	<p><u>14</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA</p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>15</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)</p> <p><i>Benjamin Franklin died, 1790</i> <i>Abraham Lincoln died, 1865</i></p>
<p><u>18</u></p> <p>PATRIOTS DAY <i>Sr. Center Closed</i></p> <p><i>120th Boston Marathon</i></p>	<p><u>19</u> 9:00 Cribbage 11:30 Lunch: Soup & Sandwich, Dessert, Beverage 5:30-6:30pm Zumba (\$4) 6:00pm COA meeting at Town Hall</p>	<p><u>20</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 5:45 Hatha-Yoga w/ Joanne (\$5)</p>	<p><u>21</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA</p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>22</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)</p> <p><i>Passover begins at sunset</i> <i>Full Pink Moon</i></p> <p><i>Earth Day</i></p>
<p><u>25</u> 9:00-10:00 Beginners Knitting/Crocheting Class (\$5) 11:00 Bingo 6:00pm New Beginnings Meeting</p> <p><i>Babe Ruth Day</i></p>	<p><u>26</u> 9:00 Cribbage 11:30 Lunch: Sausage Bake, Open-Face Sandwich, B-Cake, Beverage 5:30-6:30pm Zumba (\$4)</p>	<p><u>27</u> 10:00 Knitting Group 10:00-12:00 Quilting Class 5:45 Hatha-Yoga w/ Joanne (\$5)</p>	<p><u>28</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (\$5) 11:30 Lunch: TBA</p> <p><i>Free bread distribution at Sr. Ctr., 1st come, 1st serve</i></p>	<p><u>29</u> 9:00 Cribbage 9:00 Shopping Van 11:00 Tai Chi (\$5)</p> <p><i>4/30 Town Election</i></p> <p><i>Arbor Day</i></p>



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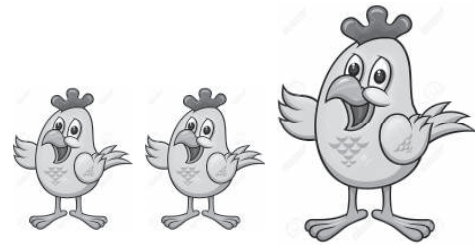
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APRIL RECIPE**Alfredo Chicken Spaghetti**--submitted by Anna Fopiano

1 (8 ounce) package thin spaghetti, broken in thirds
 2 teaspoons minced garlic
 1 (16 ounce) jar Alfredo sauce
 ¼ cup milk
 1 (10 ounce) package frozen broccoli florets, thawed, drained
 2 cups cooked chicken

Cook spaghetti according to package directions and drain. Place back in saucepan and stir in garlic, alfredo sauce and milk. Mix well. Add drained broccoli florets and cook on medium heat for about 5 minutes, or until broccoli is tender. Stir several times. Add more milk if mixture gets too dry. Stir in diced chicken. Serves 4 to 6.



KITCHEN WISH LIST: Bottled water, Cans of tonic

APRIL CHUCKLE

A guy stands over his tee shot for what seems an eternity: looking up, looking down, measuring the distance, figuring the wind direction and speed. Finally his exasperated partner says, "What's taking so long? Hit the damn ball!" The guy answers, "My wife is up there watching me from the clubhouse. I want to make this a perfect shot." "Forget it, man," says his partner. "You'll never hit her from here."

**BILL AND THE BOSTON MARATHON**

A lot of us know – or kind of know – Bill Kendall. He is a familiar figure around town – he's served on the Council on Aging, Friends of Abington Seniors, and several of the town boards. He has also brought many of us to medical appointments locally and into Boston. But perhaps you don't know about Bill's involvement with the Boston Marathon.

John Hancock Insurance Company is a major sponsor of the Marathon, and, in 1990, when Bill became their employee he joined the Hancock volunteer team to distribute cups of water to the runners. His station was in Wellesley at the 13 mile (1/2 way) marker. Bill arrived at 6AM, helped set up tables, filled cups with water, passed these out as the runners went by, and tried to keep the cups from blowing away or being jostled by runners. Some days were very cold, some uncomfortably hot, some wet, and often windy. Although it was a long and tiring day, it was also interesting and com-

panionable as part of that volunteer group.

When Bill retired from Hancock in 2002, he could no longer be on their team, thus he contacted and became a member of another volunteer group. His station was moved to the finish line, his arrival time was 9:30, and he passed out bottled, rather than cups, of water. He did this, happily and uneventfully, every year, every Patriot's Day, until April 15, 2013. It was a beautiful day – runners were coming to the finish line, and then the explosion occurred. Bill thought perhaps a gas line had erupted. Although told to remain at their station, Bill and his group headed toward the sound of the explosion, but were confronted with the fleeing, the injured, the terrified, and the first responders, and were forced to turn back. Unable to use his cell phone, and aware his relatives were probably concerned for his safety, he found his car, went to Boston Medical Center, donated blood, and headed home. All the way home, he was met with sirens screaming from vehicles transporting medical and law enforcement personnel to the scene.

When Bill arrived home, six of the residents at his apartment complex were waiting for him, seeing him safely home. Their thoughtfulness and concern, after the horror of the day, almost caused him to collapse.

Last April was Bill's final tour of duty at the Marathon. The memories are too painful, and the body is older and tires more easily. He has his own version of PTSD – the sound of sirens is still very disturbing, and many sleepless nights have resulted from that terrible day. But he also has memories of glorious times – of the runners struggling up the hills and across the finish line, all the cups of water he gave to them, the friendships he made, and the concern of his neighbors.

**A BIT OF HISTORY ABOUT THE BOSTON MARATHON**

The Boston Marathon was first run in April 19, 1897. It is the oldest continuously running marathon, and the second longest continuously running footrace in North America, having debuted five months after the Buffalo Turkey Trot. The race has been held every year since then, making it the world's oldest annual marathon. In 1924, the starting line was moved from Metcalf's Mill in Ashland to Hopkinton Green and the course was 24.5 miles, but lengthened to 26 miles. The Boston Marathon was originally a local event, but its fame and status have attracted runners from all over the world. The Boston Marathon is always held the 3rd Monday in April, a/k/a Patriot's Day, a holiday in Maine and Massachusetts that commemorates the famous battles of Lexington and Concord and the American Revolutionary War. Some interesting facts about the Boston Marathon you may not know: Women were not allowed to enter the Marathon officially until 1972; in 1975 Boston became the first major marathon to include a wheelchair division; the two top finishers (male/female) each get \$150,000; Heartbreak Hill is so named, as it represents the point in the race where athletes are likely contemplating WHY they ever ran the race in the first place. This year on April 18, 2016, one of Abington's own, Mary Wall, will be running the course (30,000 athletes will be participating). Mary is a 2004 graduate of AHS, a Boston College alum and now is in the doctoral program at Harvard. She is running to raise money for the Multiple Sclerosis Society in its efforts to find a cure for MS and in support of her mother, Maureen, who's had MS for the past twenty-seven years.



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Friends of Abington Seniors, Inc.

Monthly Meetings at Senior Center

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Check out the calendar inside!



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The greatest power that a person possesses is the power to choose. —(Unknown)

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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 McCollem, President; Beverly Hartery, Vice-President; Thomas Bates, Treasurer; Sheila Lambert, 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 4. Puzzle 1: 29 frogs

Puzzle 2: Relaying, Layering, Yearling; Bounders, Rebounds, Suborned; Decimals, Medicals, Declaims; Retraces, terraces, Carterers; Wrestle, Swelter, Welters

APRIL FACTS

The 4th month of the year is an outstanding one.

According to the early Roman calendar, April was the second month but became fourth when they started to use January as the first month. The name originally came from *Aprilis*, meaning 'to open'. In April, small animals that were hibernating usually come out and the birds fly back northward to settle, bees and butterflies begin to gather nectar. In some parts of the world, April is planting time but in other parts, it's the harvest season. Because of the nice warm weather of April, amateur athletes begin to go outside while the professional baseball begins. People usually do huge spring cleaning and mowing and of course, everyone is ready for the pranks and jokes associated with April fool's day. Here are some fun facts about the month of April: The birthstone for April is the diamond; The zodiac signs for April are Aries (March 21 to April 19) and Taurus (April 20 - May 20); The birth flower of April is typically the Sweet Pea or the Daisy; and April is "Humor Month"—never heard that one before! In any event, enjoy this wonderful month and all its beauty. Happy Spring!

ABINGTON ART ASSOCIATION WORKSHOP

On April 16 from 10AM—12:00PM the Abington Art Association will hold a workshop at the Abington Senior Center. You must bring your own supplies. Come and join your fellow artists for an instructive day.