



The Senior Informer

Volume 7.9

SEPTEMBER 2009

**ABINGTON COUNCIL
ON AGING**

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

Office Hours:

Monday - Thurs. 9 a.m. - 3 p.m.

Friday 9 a.m. - 2 p.m.

Director: Mary Beth Lawton

Chairman: Atty. George Whiting, Jr.

THE UPSIDE OF DOWNSIZING "Seniors on the Move"

We can't stop the aging process, but we can do many things to ease the inevitable pain and emotions that occur during the process.

On Monday, September 14th., the Abington Council on Aging will host the seminar "The Upside of Downsizing" featuring a panel of 10 different specialists in industries that cater to and provide professional services for the elderly and their families who face a myriad of decisions when it comes to retirement. The event is free and all are welcome, regardless of whether they reside in Abington or not.

Each of the presenters will discuss how to age in place, how they can help make the aging process more understandable and methods that can be applied that save time, money and sanity when it's most needed. The experts will tell you how to downsize to make your home more habitable or explore the actions needed to move into assisted living residences, nursing homes or a family members home.

In addition to the panels there will be an antique dealer on hand to appraise small items at the end of the meeting. Additionally, Allerton House of South Weymouth has been kind enough to sponsor a free lunch which will be at 11:30. Because we need to get a head count for food, please be good enough to call the Senior Center at 781-982-2145 to make a reservation for yourself, a friend or family members.

HOW TO BATHE THE CAT

1. Thoroughly clean toilet
2. Lift both lids and add shampoo
3. Find and soothe cat as you carry him to bathroom
4. In one swift move, place cat in toilet, close both lids and stand on top, so cat cannot escape
5. The cat will self agitate and produce ample suds (Ignore ruckus from inside toilet, cat is enjoying this)
6. Flush toilet 3 or 4 times. This provides power rinse, which is quite effective
7. Have someone open outside door, get on top of the tank and quickly lift both lids
8. Clean cat will rocket out of the toilet, run outdoors, where he will air dry

VOILA-Clean Cat

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COUNCIL ON AGING

- George Whiting, Chairman
- Marie Brown
- Karen DiLorenzo
- Joe Iacobucci
- Elizabeth Keefe
- David Klein
- Jack Libby
- Betty Slinger
- Maureen Wall
- Ann Welch

September

16th

2009

8:30 a.m.

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HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held as follows: Leavitt Terrace, first Tues. 9 to 12, Abington Sr. Ctr., last Thurs. 11 to 12:30, Blanchard Gardens, second Thurs. 10 to 11, Chestnut Glen, second Thurs. 10:30 to 12, Stop & Shop, last Thurs. 2 to 4.

All Seniors Are Welcome At ALL Sessions

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

Council on Aging Van is door-to-door service to medical appointments, bank, hairdresser, pharmacy, library, grocery shopping, \$3 round trip. 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 Mon & Wed-BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver.

Friday Morning Shopping Bus has been changed to **Tuesday 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 at either Chestnut Glen or Shaw Ave around 9:15. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for trip is \$3.00. Each week we will alternate between malls. I hope this works for everyone so give us feedback if you use the van.

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. A referral is needed from your doctor, visiting nurse, social worker or case worker.

Senior Lunches: Tuesdays at 11:30. Thurs. at 11:30 when school starts back up. Price is \$3.00. Call the Center at 781-982-2145 to make your reservation by Friday of the previous week.

VOLUNTEER PROFESSIONAL SERVICES-FREE

FOR APPOINTMENT OR CONNECTION CALL 781-982-2145

Elder Law Clinic founded by Atty. George Whiting held at the COA on the 3rd Monday morning monthly. Meet confidentially-Atty. Whiting will address questions & offer general guidance. **Reverse Mortgage** House rich, cash poor? Jim Costello from Eastern Bank will meet with you at the Senior Center on the second Tuesday of the month at 11:30 to discuss how a reverse mortgage works. Must be 62 years of age. No credit or income requirements. **Auto Repair** expert Mark Jamieson will talk to your mechanic as a "second opinion". **Moving?** George Weir will give helpful tips about moving. **Elder Real Estate** Roger Woods and Sue Johnson provide free consultation analysis.

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FRIENDS OF ABINGTON SENIORS FUND

The Abington Senior Center Fund has now officially become Friends of Abington Seniors and would like to thank both past and present members for their support and contributions. JUNE 2009 starts a new membership year with dues of \$5.00 payable now and good until JUNE 2010. Please make checks payable to "Friends of Abington Seniors" and mail to P.O. Box 2035, Abington, MA 02351.

With many thanks to families selecting "Senior Center Fund" for memorial gifts

Friends of Abington Seniors Fund Donation *New Address!* P.O. Box 2035, Abington, MA 02351

Membership for 2009-2010 \$5.00 per person or \$100 for lifetime membership.

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 Fund

In memory of Dorothy Barry, by William Barry, Jr.

In memory of Wilma & David Bentley, by Joseph Bentley

In memory of Bob Donlan, by Marie Brown

In memory of Bob Donlan, by Curt & Nancy Reid

In memory of Robert Kozloski, by Carol Kozloski

In memory of Margaret Walters, John Fitzgerald, Ben & Anne Walters, Everett Lundgren, Anne Taylor by Gerald & Anne Walters

Memberships and Donations - George & Claire Anderson, Joseph & Marianne Andrews, William Barry Jr., Dorothy Benjaminsen, Joseph Bentley, Joe & Cheryl D'Antonio, Fran Greenough, Gunther & Jean Jahnke, Roy & Judith Leander, Helen Mackiewicz, William Morison, Jeanne Mullin, Daniel O'Neill, Paul Quinn, Curt & Nancy Reid, Marjorie Roberts, John & Dorothy Rosseel, Gerald & Anne Walters & Shirley Wilson.

GIFT SHOP NEWS

Regarding the planned September 14th. Opening of a gift shop at the Senior Center, the Board of the Friends of Abington Seniors, after several planning sessions and much discussion, have decided to discontinue the venture at this time. Perhaps in the future the project will be more viable.

As an alternate project, the Board is looking into sponsoring a spring craft fair to be held at the Senior Center. We will keep you posted via the Informer.

Wii Game System

We have the Wii Game System here at the Senior Center. For those of you who don't know anything about Wii, it is an interactive video system where you can bowl, play tennis, golf, box or play baseball. Many Senior Centers are using the system to form virtual bowling leagues. We would love to do this here so if anyone is interested call Mary Beth at 781-982-2145. We will be bringing in someone to show the Seniors how the system works. It may sound easy but believe me, it's fun, like actually playing the real thing and like any sport, takes practice. If you are interested, please let us know. There is no cost and you will love it.

OUTREACH WITH NORMA

Now that summer is almost over, it's time to get back in the groove-before the snow flies. My winter hours are usually 9:30 to 1:30, Monday through Friday. I do make house calls when necessary. S.H.I.N.E. clients are welcome during those hours, but again, appointments are always helpful.

FYI-The Massachusetts Assistive Technology Loan Program is an alternative financing program funded through State and Federal resources to give people with disabilities and their families access to low or no interest cash loans to buy the assistive technology devices they need (ramps, lifts, widened doorways, bathroom and kitchen modifications, etc.) Also, MassMatch, which is an initiative of Mass. Rehabilitation Commission in Boston, is developing resources for people with disabilities. Their goal is "to improve access to assistive technology so that people with disabilities can live, work, study, play and participate independently in all aspects of their communities." If you or your family could use their services, please see us for information on how to contact them. There is also an Assistive Technology Exchange where one could look for, or list, assistive devices for sale or for free.

Those free cell phones and free minutes are still available. Free, yes Free, for anyone on any of the State or Federal programs-Food Stamps, Fuel Assistance, MassHealth, etc. Many of our seniors have received them, and what can be better than free.

Something Old-I still have applications for all the State programs, like MassHealth, Mass. Senior Buy In (which pays for Medicare, premiums, deductibles and copays), MassHealth Buy In (which pays for Medicare only) and an Extra Help Program (which helps pay for Prescription Drugs for clients with limited incomes), Prescription Advantage, SCAN (Food Stamps)...I can tell you over the phone if you're eligible if you can give me a ballpark figure of household income. If you need more information about, or need to pick up a Health Insurance, or change your current plan, give us a call. As I always say, if we can't help you, we'll find someone who can.



Something New-AARP has come up with a program called "Don't Dump Dollars Into the Doughnut Hole": Learn How To Save on Prescription Drug Costs. It's an On Line Doughnut Hole Calculator which does the math and offers suggestions for reducing your costs of Prescription Drugs. See the pamphlets at the Senior Center for further information. If you are computer savvy, you can do it yourself, or we'll do it for you if you provide the necessary information.

A reminder-Watch out for Scams ! Don't give anyone your Social Security or Credit Card numbers unless you are absolutely sure who they are. The crooks think Senior Citizens are easy to trick-let's show them that we're not !!! When in doubt, throw them out....in the mail, send to jail, on the phone, let them moan, at your door, say no more.....!!!

INTER-GENERATIONAL STORY HOUR AT THE SENIOR CENTER

Grandparents are invited to bring their grandchildren to an intergenerational story hour at the Abington Council on Aging Senior Center, 441 Summer Street, on Monday, September 21st. At 10:30 AM. Abington Public Library Children's Librarian Emily Miranda will present stories, songs, and fingerplays for grandparents and grandchildren to share. This program offers a great opportunity to enjoy some special time with a favorite grandchild. The story hour will be most enjoyed by pre-schoolers from three to five years old. Registration is not necessary for this activity. Grandparents with questions or concerns may contact Emily Miranda at the library at 781-982-2139 or via e-mail at ablib@ocln.org.

September 2009

MON	TUE	WED	THU	FRI
	1 LUNCH: 11:30- Venus de Milo soup, crusty bread, dessert Cribbage: 9:00 a.m. Shopping van 9:00 am Workout w/Wendy- 12:30	2 Computer Class- 10 am Movie-11:00- "Hidalgo" Quilted Wall Hanging Class-11:00	3 Workout w/Wendy- 12:30	4 Cribbage: 9:00 am Yoga-10:30 am
7 LABOR DAY-SR. CTR. CLOSED	8 LUNCH: 11:30-Pot Roast & veg., rolls, des- sert Cribbage: 9:00 a.m. Shopping van 9:00 am Workout w/Wendy- 12:30	9 Computer Class- 10 am Movie-11:00- "Calendar Girls" Quilted Wall Hanging Class-11:00	10 LUNCH: 11:30- First congregate lunch ! Roast Pork, mashed pot., peas, rolls, apple sauce, dessert Workout w/Wendy- 12:30	11 Cribbage: 9:00 am Yoga-10:30 am
14 10:00-"Upside of Downsizing" Seminar in Auditorium-Free Lunch-Please Call to Register Bingo-1:00 pm	15 LUNCH: 11:30- Soup & sandwich, crackers, dessert 11-Bone Density Tests Cribbage: 9:00 a.m. Shopping van 9:00am Workout w/Wendy 12:30	16 Comp Class-10 Movie-11:00- "Something's Gotta Give" COA Meeting-8:30 am Friends Meeting-10 Quilted Wall Hanging Class-11:00	17 LUNCH: 11:30 Hot Turkey Sandwich, Gravy, Baked fries, carrots, brownie, peaches Workout w/Wendy- 12:30	18 Cribbage: 9:00 am Yoga-10:30 am
21 10:30 Intergenerational Story Hour at Senior Center Bingo-1:00 pm	22 LUNCH: 11:30- Hamburgers, French fries, salad, dessert Cribbage: 9:00 am Shopping van: 9:00 am Workout w/ Wendy: 12:30	23 Computer Class: 10 am Movie-11:00- "World's Fastest In- Indian" Quilted Wall Hanging Class-11:00	24 LUNCH: 11:30 Spaghetti w/meat balls, green beans, salad, French bread, Choc. cake Workout w/Wendy- 12:30	25 Cribbage: 9:00 am Yoga-10:30
28 Bingo-1:00 pm	29 LUNCH: 11:30- Chicken Fricassee, cran- berry sauce, rolls, Birth- day Cake and Ice Cream Cribbage: 9:00 am Shopping van: 9:00 am Workout w/Wendy: 12:30	30 Computer Class 10 am Movie: "Marilyn Hotchkiss Ballroom 2006" Quilted Wall Hanging Class-11:00		



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The Senior Center is once again pleased to host Bone Density Tests sponsored by the Norwell Visiting Nurse Association on Tuesday, September 15th. Starting at 11:00 and running every 10 minutes until 12:30 in the auditorium. Please call 781-982-2145 to make an appointment for this very important test.

Saying good bye to Kate

The Council on Aging, Friends of Abington Seniors and the Town of Abington lost a good friend and advocate in August with the passing of Kate Kelley, a "Townie" who used her influence and knowledge to support Seniors and their issues. Not much went on in Abington that Kate didn't know or write about in her 30 years covering her hometown for the Patriot Ledger. Kate served on the COA from 1998 until 2009 when ill health forced her to step down. Our deepest condolences go out to Kate's extended family and friends. Her wit and wisdom will be deeply missed.



MOVIE & A SANDWICH ANYONE ?

As you are probably aware the Senior Center hosts movies every Wednesday at 11:00 in the comfort of our auditorium. Big screen, big sound, great movies. We would love to make this experience even better.....how about movie and lunch ? The Friends of Abington Seniors have offered to buy first rate box lunches from a local Abington restaurant each Wednesday for those who would like to watch movies at the Senior Center. There is never a cost for the movie, the lunch would only be \$3.00 and include a sandwich, chips and dessert. If you are interested please call Mary Beth at 781-982-2145. Invite your friends from surrounding towns to keep you company. You don't have to live in Abington to use the Senior Center....you just have to be 59 1/2, and these days, who isn't ?

Carefree Capers presents.....

The Abington Senior Center and Carefree Capers are partnering to make your Day Trips with Rita Webster more enjoyable. Starting in September if you going on a trip, the bus will have a scheduled pick up time here at the Senior Center. You can leave from the Senior Center and return to the Senior Center. Call either Rita Webster at 781-982-9102 or the Senior Center at 781-982-2145 to make your reservation. Here are some of the trips coming up:

John Davidson at the Venus de Milo: Tuesday, September 22nd.-Entertainer John Davidson has received acclaim for his work since his Broadway debut in 1964. Join us at the Venus de Milo, price \$69.00, choice of meals Baked Stuffed Breast of Chicken or Baked Had-dock.

Bourne Scallop Festival: Saturday, September 26th.-Join your friends as we travel to Cape Cod for the annual Bourne Scallop Festival and Canal Cruise. Price is \$ 53.00

Winnepesaukee Turkey Train: Wednesday, October 21st.-Your day begins with a fall foliage tour as you head north. Board an original Boston & Maine Railway car for a 2 hour train ride along Lake Winnepesaukee. A hand carved turkey dinner with all the fixings is served to you as you travel then stop at an apple orchard to purchase pies, apples,etc. Price is \$ 62.00

Halloween Hoot and Howl: Thursday, October 29th.-Enjoy a fun-filled afternoon of music by Ray Cavicchio and the voice of Sharon Dee. A "ghoulishly" great meal will be served at the Venus de Milo with a costume contest for those who dare along with treats and prizes. Price \$ 66.00

HONOR A VETERAN

The Abington Council on Aging is preparing an insert for the November issue of the *Senior Informer* just in time for Veteran's Day to honor any member of your family, loved one or friend who served in the Armed Forces with a photo and a few words.

Just fill out the form below and return it to Mary Beth at the Senior Center. The cost is \$5.00 per submission.

Bring in an original photo or e-mail a photo to: mlawton@abingtonmass.com along with the dedication you would like to see appear in the newsletter. You don't need a photo to honor your veteran, just fill out the form below with what you would like to say. Deadline for submission is

September 30th.

Your Name: _____

Tel. # _____

Name of Veteran Being Honored:

What would you like to say about your Veteran ? (25 words or less)



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Line Dance Schedule- Dancing resumes in September. Say good bye to Barbara Reeves on 6/12...this will be her last day teaching dance class. Starting in Sept. Dot Dunham will be the new instructor. Donation is \$3.00. Dancing starts after Labor Day at St. Bridget's on Friday afternoons starting at 1 PM.

ARE YOU O.K. ??? Is a free program sure to increase a Senior's sense of security. The program is sponsored by the Sheriff's Department along with the Council on Aging. For further information, please contact the Outreach Coordinator at the COA.

The Senior Center Branch of the Abington Public Library is open on Tuesdays and Thursdays between 11:30 and 12:30. Come and check out a new book or video or return and reserve your old books. Please note a reduction in library hours. The Board of Library Trustees announced that hours of service at the Abington Public Library will be reduced during June, July and August. The library will be closed on the following days: 6/3, 6/11, 6/19, 6/20, 7/17, 7/31, 8/14, 8/28.

Senior Citizen's Association is a Social Club, for Abington residents over 59 1/2 years old, singles and couples, which meets on the 2nd. Tuesday of the month at 1:00 p.m. at the Senior Center. A different and varied program is offered each meeting. Cost is \$7 to join and the \$5 each year.

Walking Club WOW (Walking on Wednesday-seasonally) meets every Wednesday at 9:00 am at Reilly Field Track next to the Library. Join us when you can, no matter your speed. Call the office (781-982-2145) for info or to sign up. By the way, the Walking Club needs a new coordinator. Anyone ???

Senior Center at Massasoit- Call 508-588-9100 Arthritis Aquatics (M-W-F), Senior Chorus (W), Yoga for Seniors (F), History Reading Group and Senior Net Computer Classes for age 50+

Movie Showings-MOVIES ARE BACK! Come and watch a movie with us in the comfort of the auditorium on a HUGE screen accompanied by theatre surround sound. You won't need to turn up your hearing aids! Each week, every Wednesday, at 11:00.

Support Groups- Open to the Public- No Charge Bereavement Group, Abington, meets once a month at the Library, 1st Th., 6:30 pm; Norma Kent Counseling Center, covered by Medicare, sliding fee, 781-871-2051; Alzheimers Support, Colony House, 277 Washington St., monthly, 4th Mon, 5-6 pm and in Brockton at the Emmanuel House Assisted Living, 25 E. Nilsson St; Better Breathers, Brockton Hospital assembly room, last Tues, 2-3:15 pm; Caregivers Support, Rockland COA, 394 Union St, 4th. Mon, 1 pm; Grandparents Caring for Grandchildren, Brockton, 1st Fri, 10-2, 508-586-1667 (children welcome)