

August 2007 Informer

Senior

Newsletter Date

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DIRECTOR'S NOTES:

If it's August, it's time for the 27th. Annual Charles F. Whitman Senior Citizen Cook-Out and this year it's returning to Island Grove Park. All Abington Seniors are welcome to come and enjoy the ambience and food Thursday, August 30th., from noon until

you're ready to leave. Back by popular demand, The John Shea Orchestra will be entertaining visitors from noon until 2 p.m. Parks and Recreation will be on hand to help with the cooking along with Abington Police Chief Dave Majenski and officers, fire department personnel, and of course, the

sponsor of the festivities, No. Abington Cooperative Bank. Be sure to bring chairs, blankets and extra folding tables if you have them (picnic tables might be in short supply) along with a smile and a open heart. See you there !!

Mary Beth
Lawton
Director, COA

_COUNCIL ON AGING

- George Whiting, Chairman
- Marie Brown
- Norma Clark
- Joanne Curtis
- Joe Iacobucci
- Kate Kelley
- Bill Kendall
- David Klein
- Lorraine Leventuk
- Jack Libby
- Betty Slinger

**Next
Meeting
Aug. 15th.
9:00 a.m**

There's still time to enjoy summer music at the Abington 2007 Summer Concert Series. All concerts take place at the Catherine & Joseph Nisby Bandstand Millenium Memorial Complex (next to the Abington Public Library). The last 3 concerts will be held on Sundays at 6 p.m. Aug.5th, The Resonators (Blue Grass), Aug. 12th, So. Shore Bay Band (Traditional/Pop) & Aug. 19th, "End of Summer"(Teen Rock Concert)

It's very easy to apply for an absentee ballot. The Town Clerk's Office just needs a short note with your signature and address requesting that a ballot be mailed to you. You must apply each year because the applications run for a calendar year, from January 1 to December 31. Residents with a questions regarding absentee voting should call 781-982-2112 for more information.

HAPPY BIRTHDAY AND THANK YOU TO OUR COA VOL- UNTEERS !

Aug. 1, John Najarian, Paul Hackett, Aug. 2, Marianne Crooks, Jaanus Roht, Aug. 4, Helen Milewski, Aug. 9, Barbara Reeves, Aug. 14, Phil Caplice, Aug. 18, Ed Miller, Aug. 21, Dot Damon, Aug. 30, Marian Cushing

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling are held most Tues/Thurs 9-11 at 100 Lincoln Blvd. in the VNA Room; the 3rd. Wed. of the month 10-11 at 585 Chestnut Street, Bldg. 1*2 alternate and the 2nd. Thursday of the month 10-11 at 71 Shaw Avenue.

All Seniors Are Welcome At ALL Sessions

Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Council on Aging at Town Hall with John Klefeker. Call for appt. 781-982-2146.

SENIOR TRANSPORTATION

CALL 781-982-2145

Council on Aging Van is door-to-door service to medical appointments, bank, hairdresser, pharmacy, library, etc. \$3 round trip. Also available for grocery shopping. Free rides to COA activities & luncheon. Call the COA at 781-982-2145 or 2146 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 Mon-Wed-Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver.

Friday Morning Shopping Bus This service has been put on hiatus for the month of July while we work to improve our schedule. Fuel costs have been rising, and we need to provide a way to shop at the local malls without breaking the bank ! Stay tuned !

SENIOR NUTRITION

CALL 781-982-2145

Meals on Wheels delivered to homebound Seniors, lunchtime Mon-Fri, \$2.50 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 Luncheon will start up again in September, usually the 2nd. Thursday after school starts. We'll get back to you with a specific date just as soon as we know.

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 ? John Fournier at the COA on the 3rd. Wednesday monthly to describe reverse mortgage. 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. **Banking** Hal Norton will answer questions concerning all aspects of banking. **Elder Real Estate** Roger Woods and Sue Johnson provide free consult and analysis.

ABINGTON SENIOR CENTER FUND

The Abington Senior Center Fund, also known as "Friends of the Abington Senior Center, would like to thank both past and present members for their support and contributions. JUNE 2007 starts a new membership year with dues of \$ 5.00 payable now and good until JUNE 2008. Please make checks payable to "**Senior Center Fund**" and mail to **P.O. Box 2035, Abington, MA 02351.**

Abington Senior Center Fund Donation **New Address!** **P.O. Box 2035, Abington, MA 02351**
Membership for 2007-2008 \$5.00 per person or \$100 for lifetime membership. Mail or bring to Town Hall

Name _____

Address _____

In Memory Of _____

Send Acknowledgement To _____

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

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 Senior Center Fund

In memory of Clair (Bunny) Johnson, by Anderson Insulation	In memory of Clair Johnson, by Barbara Johnson
In memory of Donald E. McDonough, Sr., by Anonymous	
In memory of Brice Awalt, by Ola Jean Awalt	In memory of Clair Johnson, by Mr. & Mrs.
In memory of Clair Johnson, by Michael & Marilyn Burassa	Louis Jordan
In memory of Clair Johnson, by Francis & Michael Curley	In memory of Edward Kiernan, by Muriel Kiernan
In memory of Arlene Howe, by Louise LaBree	In memory of Bud Wheaton & the Griffin family,
	By Mary Donovan

Memberships

Neil & Cindy Morgan, Ola Jean Awalt, Judith Berger, Marie & Jack Brown, Hank Cahill, William Cahill, Helen Crowell, Leo & Susan Donovan, George Dunphy, Raymond & Barbara Johnson, Karl & Jeanne Kemp, Richard & Victoria Kennedy, Kay & George Kenney, Louise LaBrea, Judith Leander, Mary McCarthy, Alberta McLaughlin, Elizabeth McNamara, Santino & Peggy Nicastro, Edward & Donna O'Connor, John & Dorothy Rosseel, Joan Sallinger, Frederick & Donna Stevens, Arthur & Joan Whalen, Eleanor Williamson

Both Friendship Day and Sister's Day are celebrated on August 5th. Instead of taking your best friend or sister out for lunch, why not consider a contribution in their honor to the Abington Senior Center Fund ?

If this is August, it must mean it's time to pick the tomatoes....and whether your garden is like mine (a lonely little tomato plant in a bucket on the deck) or, covers the lower forty, get ready to harvest your "apples of love". Whether you stuff 'em, can 'em, make spaghetti sauce or just slice them into your salad with a drizzle of oil and a sprinkle of basil, Americans enjoy 22 pounds of tomatoes every year. Here's some "tomato tips": * add a pinch of sugar to tomatoes when cooking them * to keep baked or stuffed tomatoes from collapsing, bake in greased muffins tins * tomato water, the clear-ish liquid that dribbles out of a sliced tomato, can be used as a low-acidity stand-in for lemon juice. Remember: NEVER refrigerate fresh tomatoes ! Cold temps make the skin pulpy and destroys the taste. Put green tomatoes in a closed brown bag for a few days to turn red but don't leave them in the sun to ripen—it makes them turn mushy. If you need to peel fresh tomatoes, bring a large pot of water to a boil. Cut an "X" on the bottom of each tomato. Drop tomatoes, a few at a time, into water for 10 to 15 seconds. Remove tomatoes with slotted spoon and transfer to bowl filled with ice water to cool them down and stop the cooking. The skin will slip off easily. Here's a few recipes to get creative with your harvest. Cook, eat, enjoy !!!!

Betsy's Salsa

6 to 7 medium tomatoes, diced
 1 large onion, diced
 1 bunch cilantro, finely chopped
 6 cloves garlic, minced
 1/2 tsp. red pepper
 Salt to taste
 1/8 tsp. hot pepper sauce
 Corn Chips, Pita Chips, Tortilla Chips, whatever

In a large bowl, combine tomatoes, onion, cilantro and garlic. Add pepper, salt & hot pepper sauce. Refrigerate at least two hours or overnight before serving. Serve with your choice of chips.

Tomato Bruschetta

5 ripe tomatoes, diced
 3 cloves garlic, minced
 3/4 cup fresh basil, chopped
 1 tsp. fresh lemon juice
 1/3 cup olive oil
 Salt and pepper to taste
 Crusty Italian or French bread

In medium bowl, mix all ingredients except bread. Slice the bread into 1" thick slices & brush one side with olive oil. Place the slices oil side down on baking sheet & bake in 475 degree oven until brown. Top bread with tomato mixture.

Broiled Tomatoes Stuffed with Tuna

This is a wonderful appetizer or as a light lunch served with a crusty bread, spring greens salad and maybe, a chilled white wine if you're not driving !

6 ounces of tuna, drained & chunked
 1 tsp. fresh garlic, minced
 5 ounces mushrooms, minced
 3 cups breadcrumbs
 Olive Oil
 1/2 tsp. butter
 1/2 medium onion
 6 large, ripe tomatoes
 1 cup mozzarella cheese, shredded
 Parmesan cheese

Cut each tomato in half; carefully scoop out pulp. Arrange in greased muffin tins. In skillet, melt butter; sauté garlic until soft. Finely chop onion and add to pan. Cook until golden. Mince mushrooms. Add to pan and sauté 3-4 minutes. In large bowl combine tuna, garlic, onions, mushrooms, breadcrumbs and mozzarella. Fill each tomato with generous half cup filling and drizzle with olive oil. Bake in 450 degree oven for 12-15 minutes until heated through. Turn oven on broil; sprinkle tomatoes with parmesan cheese and place under broiler until tops are browned and crisp.

My favorite way to eat tomatoes: Pick 'em, slice 'em, place on cookie sheet, cover w/ a slice of buffalo mozzarella, drizzle with balsamic vinegar, broil 1 minute. Enjoy

Seniors Warned of Contractor Scam

Reprinted from The Enterprise

Local Senior citizens should be wary of a local contractor who has been taking money from the elderly without delivering the goods, police said.

Detective Michael Jenkins of the East Bridgewater Police Department said a warrant was issued for the arrest of Daniel McDermott, 27, of McDermott Masonry for allegedly taking money from homeowners and then not completing the work.

At least 3 households in East Bridgewater have been targeted

in the scam, which Jenkins said may affect other towns as well. Jane Haines, director of the East Bridgewater Council on Aging, stressed that anyone who has been affected should report the crime to the COA or police. Haines said the Council on Aging can assist senior citizens in finding reliable contractors. Anyone affected by the scam or with information about McDermott's whereabouts should call East Bridgewater police at 508-378-7223.

The Abington COA is happy to make a referral for services needed when you call the office. We assume no responsibility when a referral is made but we do make every attempt to only pass on those names of reliable professionals. We cannot and do not endorse any one person and we do not insure their work. Please let us know how satisfied you were with their work.

RITA'S TRIPS—CALL 781-982-9102 FOR MORE INFORMATION

- Aug. 15-The Danchenko's**-World renown Russian Gypsy performers will entertain at the HuKeLau. Hawaiian Island show also included. Meal is choice of Prime Rib or Chicken. **\$62**
- Aug.20-Horizon's Edge Casino Boat**-6 hr. sailing plus Buffet Lunch. 225 Slot Machines plus table games including blackjack. **\$28**
- Aug.23-Foxwoods**-Departs 7:00 a.m. \$20 in Keno & \$10 Food **\$25**
- Sept.3-5-Tropicana, Atlantic City**-Bonus of \$20 cash, two \$16 brunches & show **\$189**
- Sept.21-Bourne Scallop Festival**-90 min. canal cruise & scallop festival w/entertainment. Choice of B.B.Q. or Fresh Fried Cape Cod Scallops **\$46**
- Sept. 26-Twin Rivers Casino**-Located in Lincoln, R.I.. Bonus \$10 meal coupon, \$5 cash and scratch ticket **\$19**
- Oct.2-Winnipeaukee Turkey Train**-Scenic Foliage drive, 2 hr. train ride along the Lake with turkey dinner & all the fixings served at your table. A stop will be made at apple orchard **\$56**
- Oct.10-A TasteFull's Fun!!**-Visit to Swan Belgian Chocolate Shop, Brewery Tour of Anheuser Busch, lunch at the Common Man Restaurant with choice of Chicken Kiev or their signature Homemade Pot Roast **\$64.95**
- Nov.6-Zoot Suit Riot**-Incredible show with 8 talented performers, music of the 30's, 40's, 50's & 60's. Relive the early days of the Zoot Suits, Sinatra, Vale, Clooney & others. Includes Holiday Roast Turkey w/fixings. Transportation on your own. **\$42**

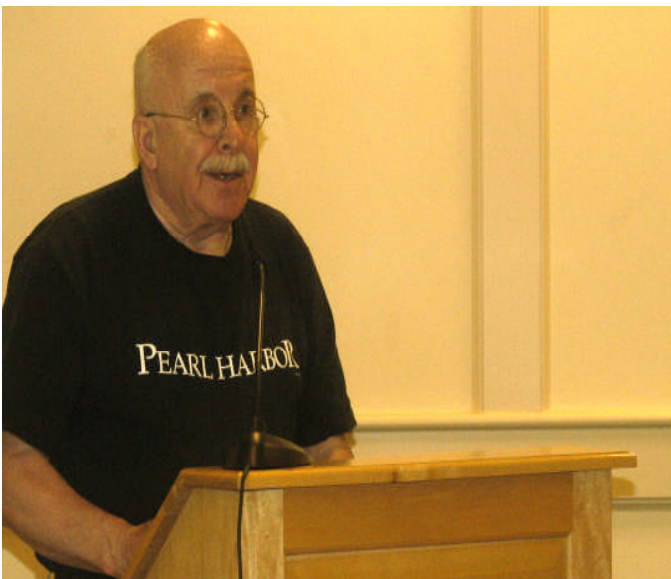
CAREFREE CAPERS BY RITA WEBSTER
GIVE HER A CALL AT 781-982-9102



Town Manager Phillip L. Warren, Jr. addresses the Board of Selectmen before a packed room of Abington Seniors



Thomas J. Corbett, Vice Chairman of the Abington Board of Selectmen, addresses Seniors in attendance in support of purchasing the Flame of Fire Church for a new Senior Center. From left to right: Richard Cunningham, Gerald F. Corcoran, Kathleen W. Lavin, members of the Abington Board of Selectmen.



Bill Kendall, Vice-Chairman of the Council on Aging, tells attendees “how worthwhile it would be to buy the Flame of Fire Church for the Seniors in Abington”.



Line Dance Teacher, Barbara Reeves, asks the Seniors and the Board of Selectmen to endorse purchase of the Summer Street church.

ALL PHOTOS COURTESY OF

FRED ROBERTSON

On Monday evening, July 16th., Abington Board of Selectmen members agreed to make a formal offer to buy the Flame of Fire Church at 441 Summer Street as the site of the towns first senior center. A packed house of Seniors was in attendance to speak in favor of the purchase and it’s conversion to a center. Town Manager Phillip L. Warren, Jr. addressed issues pertaining to entering into negotiations with the church and its real estate listing broker to purchase the building for \$ 1.8 million, the same amount Abington voters voted last fall to spend for construction of a new senior center on Pattison Street. The July 16th. vote effectively put any future work on the Pattison Street site off until town meeting voted to approve purchase of the Summer Street church in November.

**Abington Council on Aging
Town Hall
500 Gliniewicz Way
Abington, MA 02351**

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
ABINGTON, MA
PERMIT # 26

Line Dance Schedule-Call Barbara Reeves 781-878-7320-Donation \$ 3.00. First class September 14th.-Mark Your Calendars ! Classes are held every Friday at St. Bridget's Parish Hall, Rte. 58, Abington from 1:00 to 2:30 p.m. Here's the schedule for the rest of the year—9/14 (first class), 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, no dancing 11/23, 11/30, 12/7, 12/14, 12/21, 12/28 and 1/4/08.

ARE YOU O.K. ??? Is a free program sure to increase a Senior's sense of security. The sheriff's Department telephones by computer to the Senior's home every day. You choose the time of day. If you don't answer the phone after 2 calls, help is enlisted to make sure you are O.K. We wish every senior that lives alone would sign up for this.

Senior Citizen's Association is an active social club for Abington residents. Meets 2nd Monday each month at 12 noon, VFW Hall on Central St. \$7 to join, \$5 yearly dues. This group has new leadership that are planning some great and different programs. NO upper age limit, but you must be at least 59 1/2 years old. Plan to come to the next meeting on June 11th-come around 11:30 for coffee and...

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 or 2146) 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-Back By Popular Demand ! 10:15 a.m. at the Abington Public Library every 1st. and 3rd. Tuesday of the month. No reservations required and it's free ! Just show up ! Any questions, call 781-982-2145.

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, 781-878-0199; 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, 508586-1667 (children welcome)