

February 2008

Senior Informer

Newsletter Date

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HAPPY VALENTINES DAY !!!

Perhaps by the time you are reading this newsletter we will be in our Senior Center. The papers have been signed and all we are waiting for at this point is to have phone and cable installed and we'll be up and running at our new location by the beginning of February.

For those of you who are thinking of what you would like to see occur for programs at the Center fill out the survey inside and mail or drop off at the COA. Your wish list will help us to create a living, breathing Senior Center which will be a drop-in center, a wellness center, a place to meet friends for lunch and watch a movie with a bowl of popcorn on your lap or whatever YOU need it to be.

It's not too early to start thinking about tax preparation and we are taking appointments for assistance with your returns. This year, because of mandatory health care coverage, you will need to complete page one of the Schedule HC using the information from Form MA 1099-HC. Call 781-982-2145 and ask Eileen or one of our wonderful staff to make an appointment for Tuesdays or Thursdays starting the beginning of February.

One other piece of wonderful news came our way just before the New Year. Anderson Insulation of Abington has generously agreed to buy a new van for the Council on Aging for those seniors who need some help getting around. The new van will be here sometime around the end of March and will be green (of course) with white lettering. If you see Beverly Alexandre from Anderson Insulation let her know how much we appreciate her donation for the van and all her past support of the Council on Aging.

COUNCIL ON AGING

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

Next
Meeting
Feb. 13th.
9:00 a.m

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

Feb. 2-Natalie Walker, Feb. 3-Flo Severin, Feb. 4-Valerie Barry,
Feb. 7-Jeanne Morris, Feb. 12-Bob Donlan, Feb. 22-Kate Kelley

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 has been changed to **Tuesday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or Westgate 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 Hanover and Westgate. 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, \$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 Lunches: Congregate lunches will be held every Thursday serving lunch at 11:30 at the Baptist Church on Brighton Street while school is in session. Cost is \$2.50. Call ahead to reserve your seat.

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 consultation analysis.

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 2007 starts a new membership year with dues of \$ 5.00 payable now and good until JUNE 2008. 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 2007-2008 \$5.00 per person or \$100 for lifetime membership. Mail or bring to the COA

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 Don Atwood, Mary White & Conrad Powers, from Anna Fopiano

In memory of Edward Kiernan, from Muriel Kiernan

In memory of Genevieve Fancher, from James Lavin

In memory of Deceased Members, McLeod & Flanagan, from Paul McLeod

In memory of George Davey, from Mizaras Family

In memory of George Davey, from Robert & Geneva Prince

In memory of Conrad Powers, from Senior Citizens Association of Abington

In memory of Leo Federici, from Vinson Blanchard Gardens Association

In memory of daughter, Carole Marsh, from Rita Webster

In memory of George Davey, from C. Eric & Edith Wilson

In honor of their children, from John & Elyse Keegan

In honor of all Alzheimer's Caregivers, from Jane Venekauskas

Memberships and Donations

Muriel Fath, Nancy Leary, Ruth Murray, John Shephard, Kenneth & Dorothy Taylor, Rita Webster, Jacqueline Whitten. Lifetime Membership: Philip Delany III

HERE'S WHAT WE'RE SERVING FOR OUR CONGREGATE LUNCHES

FOR THE MONTH OF FEBRUARY:

Feb. 7th.-Spaghetti w/Meat Balls, Mixed Vegetables, French Bread, Choc. Cake w/Choc. Frosting, Milk

Feb. 14th.-Pork Patty w/Gravy, Mashed Potato, Carrots, Dinner Roll, Apple Crisp w/Topping, Milk

Feb. 21st.-No congregat meal served due to school vacation week

Feb. 28th.-Hamburger or Cheeseburger w/Bun, French Fries, Ketchup, Corn, Toll House Bar, Milk

Outreach with Norma

Prescription Coverage, Prescription Advantage, the State's Pharmacy Program, is still in Open Enrollment although Part D Prescription plan open enrollment closed on December 31, 2007. However, a Part D plan is required to enroll in Prescription Advantage so if you wish to enroll in Prescription Advantage, you can enroll in a Part D plan now also. And, if you do not belong to Prescription Advantage now, you should seriously consider doing so. It is free for anyone with an annual income \$30,630 individual or \$41,070 couple and will cover a surprising amount of your prescription costs. We have applications in the office.

Did you know ??? That there are 2,592 residents of Abington 60 years of age and older ? And, 164 more will turn 60 in 2008 ? That's a lot of people for our Council on Aging to serve on a daily basis. Our people depend on us every day for transportation, Meals on Wheels, etc. (and we depend on our volunteers TO HELP US PROVIDE THESE SERVICES). We WANT to serve you, that's our job, but we depend on you to let us know when our services are needed. As our population ages, and people live longer (Abington has over 500 seniors over 80 years of age), and as the baby boomers (born between 1946 and 1964) start turning 60, needs change and we, too, will change to meet the need.

We are now packing up to move into our first-ever Senior Center. We will have lots of room to spread out, room for activities, room to "hang-out", to meet new people and meet with old friends. We can finally provide privacy to sign up for fuel assistance, tax assistance, etc. so come on down and sign up or call to see if you are eligible. We're pretty good at health insurance and prescription coverage, too.

Did you know that the Commonwealth of Massachusetts will help you pay for your Medicare (\$96.50 a month) if your income is less than \$1,169 a month and your assets (excluding your home and car) are less than \$4,000 individual or \$1,561 and \$6,000 in assets for a couple. The application is short and quick and the benefits are worth \$96.50 a month.

February 2008

Monday	Tuesday	Wednesday	Thursday	Friday
Hearing Screening & Hearing Aid Check by John Klefeker 1st. Tuesday of each month at Town Hall at 1:00 pm Sign up 781-982-2145				<u>1</u> Line Dancing St. Bridget's Hall 1-2:30
<u>4</u>	<u>5</u> Van goes to Hanover Tax Assistance 10:15 movie at library	<u>6</u> Walking on Wednesday (WOW) 9:00 am Reilly Track Field Fuel Assistance	<u>7</u> Senior Luncheon Baptist Church at 11:15 Tax Assistance	<u>8</u> Line Dancing St. Bridget's Hall 1-2:30
<u>11</u> Abington Senior Citizens Assoc. meeting at 12 noon at VFW Hall on Central St.	<u>12</u> Van goes to Westgate Mall Tax Assistance	<u>13</u> WOW 9:00 am Reilly Track Field Fuel Assistance	<u>14</u> Senior Luncheon Baptist Church at 11:15 Tax Assistance HAPPY VALENTINE'S DAY !	<u>15</u> Line Dancing St. Bridget's Hall 1-2:30
<u>18</u> COA Closed President's Day	<u>19</u> Van goes to Hanover Tax Assistance 10:15 movie at lbry	<u>20</u> WOW 9:00 am Reilly Track Field COA Meeting 9 & Friends 10 Fuel Assistance	<u>21</u> No congregat meal today Tax Assistance	<u>22</u> Line Dancing St. Bridget's Hall 1-2:30
<u>25</u>	<u>26</u> Van goes to Westgate Tax Assistance	<u>27</u> WOW 9:00 am Reilly Track Field Fuel Assistance	<u>28</u> Senior Luncheon Baptist Church at 11:15 Tax Assistance	<u>29</u> <u>Happy B'Day all you leap year babies !</u>

THE VALENTINE'S BLIZZARD as recalled by Kate Kelley

On February 14, 1940, the snow began early and continued all day and into the night.

At the North School we were agog with excitement because not only was it Valentine's Day, but our Principal, Charlie Fraher, was being honored that night at the Frolio School for his service to the town.

The dinner and program were held as planned (no television back then to tell everyone that the event had been cancelled) but when the crowd went to leave, most of them walking, the snow drifts had piled up very high so they decided to stay at the school.

They put on a show with singing and laughter and at dawn they went to the cafeteria and cooked breakfast.

The crowd had such a great time they held reunions on that date for many years afterward and talked of the Valentine's Day blizzard they had "weathered" so long ago.

SAVE THE DATE !!! SUNDAY, April 27th. Starting in Abington at 1 p.m. it's a CROP (Communities Responding to Overcoming Poverty) WALK to alleviate hunger both locally and globally. In the last 20 years CROP WALKS have raised over \$264 million to bring hope to people in need in your neighborhood and around the world. Abington's starting and ending locations are still in the works and other details to be announced. **All ages can be involved !** Contact Reverends Stan or Bev Duncan at 781-878-4657.

RITA'S TRIPS

CAREFREE CAPERS

CALL 781-982-9102 FOR

MORE INFORMATION

Feb. 14-Foxwoods-Includes \$10 Food Coupon, \$15 Keno Play **\$25**

Feb.20-22-Tropicana, Atlantic City-It is the home of the Quarter, where you will find great restaurants and shops along with a casino. Trip includes a \$20 cash bonus, 2 buffet brunches and a top notch casino show. **\$159**

March 11-Dublin's Traditional Irish Cabaret-This show celebrates Irish music, laughter, song and dance. Entertainment by Noel Ginney, Ireland's greatest comedian, as well as singer Paul Hennessy, one of the three original "Irish Tenors". We will also have Dublins Traditional Irish Dancers. It will be held at Venus DeMilo Restaurant. Choice of meal is Corned Beef and Cabbage or Baked Haddock. **\$65**

April 22-Surprise Bag Bingo-Enjoy Wright's Farm all you can eat, R.I. Style Chicken Dinner along with "Grab Bag Bingo". Price of Bingo is included. **\$39**

April 4-6-Red Sox/Blue Jays-- World Champion Red Sox will be playing the Blue Jays in Toronto, which is a covered dome. We have reserved Field Level Box Seats. Trip includes a visit to Niagara Falls, Floral Clock, the Whirlpool and Table Rock. Our accommodations are in Niagara Falls for two nights. **\$249**

May 18-22-Wildwood Crest, NJ-Our most popular trip for almost 20 years. Our deluxe hotel is located at the beach. A visit to Cape May with tour of Victorian Homes. Also a visit to Atlantic City with lunch at the Renault Winery. Much more is

SENIOR CENTER SURVEY

WHAT ACTIVITIES WOULD YOU LIKE TO SEE IN YOUR SENIOR CENTER ?

GAMES-PLEASE CIRCLE CHOICES

Bingo Bridge Checkers Chess Pinochle Cribbage Dominoes Ping Pong
Pool Poker Scrabble Whist Mah Jong Canasta Darts Gin Rummy
Scrabble Bocce Horseshoes Puzzles Nintendo
Anything Else ? _____

HEALTH AND WELL-BEING-PLEASE CIRCLE CHOICES

Yoga Tai Chi Senior Aerobics Chair Volleyball Reiki Weights
Massage Therapy Cardio Fitness Room w/Treadmill & Bike
Anything Else ? _____

ACTIVITIES-PLEASE CIRCLE CHOICES

Sewing Circle Computers Crocheting Knitting Needlepoint Quilting Painting
Cooking Floral Arrangement Chair Caning Gardening Photography
Ceramics Arts & Crafts Cartooning Square Dancing Ballroom
Choral Group Band Instruments Language Classes Book Club Genealogy
Writing Club "Red Hat" Group Bowling Team Golf Team
Anything Else ? _____

SUPPORT GROUPS-PLEASE CIRCLE CHOICES

Parkinson's Caregivers Support Bereavment Alzheimer's Weight Loss
Anything Else ? _____

MEDICAL SERVICES-PLEASE CIRCLE CHOICES

Podiatrist Diabetes & Glucose Screening Cholesterol Check
Blood Pressure Anything Else ? _____

PERSONAL SERVICES-PLEASE CIRCLE CHOICES

Mini Manicures Hairdresser Chair Massage
Anything Else ? _____

Some Other Ideas We Would Like to Consider and Want Your Opinion:

Adult Day Care ?
Coffee and Conversation Corner ?
Anything Else ? _____

Please fill out and return to:

COUNCIL ON AGING

500 GLINIEWICZ WAY

ABINGTON, MA 02351

ATTN: DIRECTOR, COA

**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. -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 until we move into the new Senior Center: 1/4, 1/11, 1/18, 1/25, 2/1 & 2/8.

Abington has a new Senior Center located on Summer St & we hope to be able to start our line dancing classes there sometime in February. STAY DANCING !

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 Nov. 12th.-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, 781-871-2051; 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, 508586-1667 (children welcome)