



The

Senior Informer

Volume 9

Issue 2

FEBRUARY 2012

**ABINGTON COUNCIL
ON AGING**
441 Summer Street, Abington, MA 02351
781-982-2145
ABINGTONSENIORCENTER.COM
Office Hours:
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Friday, 9 am - 1 pm
Co-Directors:
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COADirector@Abingtonma.gov

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MARK YOUR CALENDAR

Taste of Abington
Saturday, April 21
Abington Senior Center
More information to follow.

*Forgiveness is the fragrance that the
world sheds on the heel that has
crushed it.*

—Mark Twain, submitted by Cheryl

ACTIVITIES

Bingo
Blood Pressure Screening
Chair Yoga w/Joanne
Computer Classes
Cribbage
Hearing Tests
Knitting & Crocheting Group
Legal Assistance
Quilting Class
Senior Lunches
Tai Chi & Zumba

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Linda Elliot - Van Drivers



*Sweethearts Neil and
Carol Caldeira are
pictured participating
at the recent Breakfast
with Santa held at the
Abington Senior Center.*

—Photo by
David Klein

VALENTINE'S DAY

February 14th – Valentine's Day – the day to give candy and a card to your sweetheart, to buy small candy hearts for the children, and to remember when everyone in your first grade class gave a small paper valentine to everyone else in the class. But how and when and why it started has many different explanations.

Was it started as a pagan ritual or in conjunction with the beginning of the birds mating season? Perhaps the most popular legend is that Valentine, a priest, was imprisoned by Emperor Claudius II for defying a decree preventing marriages because of his belief that single men made better soldiers. While in prison, Valentine fell in love with a young girl who visited him. Before his death, in mid-February around 270 A.D., he wrote her a letter signed "From Your Valentine".

However it began, Valentine's Day is now celebrated in the United States, Canada, Mexico, France, Australia, and the United Kingdom. The first commercial Valentine's Day greeting cards produced in this country were created in the 1840s by Esther Howland of Worcester, Massachusetts. According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, 85 percent of which are purchased by women.

Valentine's Day this year will be celebrated at the Senior Center. On Tuesday, February 14th, the Friends of Abington Seniors, Inc. have made arrangements for the Old Kids on the Block, a 19 piece orchestra with a vocalist, to provide free entertainment in the Senior Center auditorium from 1pm to 3:30pm.

The weekly luncheon will be served at the usual time, 11:30 A.M., and will consist of a sandwich, chips, and a cold drink at a cost of \$3.00. During intermission of the concert, dessert and hot drinks will be provided for all.

There is no cost to attend the concert, nor does it matter whether or not you attend the luncheon. You can come to dance, or to sing along, or to listen and enjoy. You can bring your Valentine person, or just come to be with friends. It's a special occasion for a special day. Please come.

Small things done with great love, bring joy and peace. —Mother Teresa

(continued on page 6)

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of February for the March issue).

HEALTH AND ASSISTANCE

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held as follows: Leavitt Terrace, 1st Tues. 9:30 to 12:30; Abington Sr. Ctr., weekly on Mondays 9:30 to 12:30 pm; Blanchard Gardens, 2nd Tues. 9:30 to 12:30; Chestnut Glen, 3rd Tues. 9:30 to 12:30. **Board of Health states the nurse will be available to ALL Abington residents, regardless of age, and 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
(24 HOUR ADVANCE NOTICE REQUIRED)**

Council on Aging Van is door-to-door service to medical appointments, and other needs, \$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 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. A referral is needed from your doctor, visiting nurse, social worker or case worker.

Senior Lunches: Tuesdays & Thursdays at 11:30. Tuesday—cost \$4.00. Thursday suggested donation 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

FUEL ASSISTANCE

Fuel assistance application help hours are Monday and Wednesday from 9:30 to Noon, and Thursday from 9:30 to 1 P.M. Call the office (781-982-2145) for information and to make appointment.

TAX ASSISTANCE

Tax filing assistance will be held starting in February and running through April 15. Please call office (781-982-2145) for appointment. See article on page 3.

WORRYING does not take away tomorrow's TROUBLES, it takes away today's PEACE.



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All the seniors in town are reading this newsletter!

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APPLY NOW

- Brand New
- 62+ Senior Rental
- 1BR \$489-\$1,031*
- 2BR \$1,234*
- All utilities included except electric
- Income Limits Apply

The initial selection for these units will be done by Lottery which will take place on 12/16/11.

Barstow Village
60 Legion Drive - Hanover, MA 02339
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www.barstowvillage.com

*2011 Income Limits:

# HH	30% AMI	50% AMI	60% AMI
1	\$20,250	\$33,750	\$40,500
2	\$23,150	\$38,550	\$46,260
3	\$26,050	\$43,350	\$52,020
4	\$28,900	\$48,150	\$57,780

Rents & income limits based on HUD schedule & subject to change. Info contained herein subject to change w/o notice.

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 2011 started a new membership year with dues of \$5.00 payable now and good until JUNE 2012. 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 2011-2012: \$5.00 per person or \$100 for lifetime membership.

Please send donations to our New 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.

Lifetime member:

Pearl Averell

Memberships:

Meredith Dennison

Rosemary Burns

James & Camile Morris

Dorothy Trosky

William Barry

Jaanus & Carol Roht

Norma Allen

Patricia Wickersham

Anne McCarthy

Donald & Beverly Fontaine

Bonnie & Ronald Winston

Eleanor Pappone

Otis & Carmen McCorkle

Richard & Annette Griffin

Frances & Christopher Cronin

In Memory of:

Helen Dellamano by Sr. Citizen Assoc. of Abington

Jane Shepherd by Marguerite Footit

Richard Trosky by Dottie Trosky

Rob Williamson by Sue Norton

Tony Guerra by Karen DiLorenzo

Hank Cahill by Marge Roberts

Jean Amadeo by Sr. Citizen Assoc. of Abington

Irene DiLillo by Marguerite Footit

Bronia, Emma, & Helen by John Wieliczki

Al DiLorenzo by Karen DiLorenzo

Hank Cahill by Robert Allen

Winifred Weckbacher by George Snow

Douglas B. Footit by Marguerite Footit

MaryJane Forest by Marguerite Footit

John “Jack” Mahoney by Elaine Mahoney

Edward Kiernan by Muriel Kiernan

Jan Byrne by Karen DiLorenzo

Hank Cahill by Brian & Valerie Barry

Birthday Remembrance: Bob Donlan by Mary Donlan

NORMA KENT PASTORAL COUNSELING CENTER INFORMATION

(1) Services offered at NKPCC:

The Norma Kent Pastoral Counseling Center is a non-profit mental health clinic with offices located in Abington, Norwell, and Bridgewater. The clinic's interdisciplinary staff provides individual, couples and/or family, and group psychotherapy for a variety of mental health needs. The range of disciplines represented at the clinic include psychologists, mental health counselors, clinical social workers, pastoral counselors, marriage and family counselors, and student-interns. Clinical staff welcome exploration into and incorporation of a variety of faith perspectives and spiritual resources as a means of healing from and coping with mental suffering. Treatment may include, but is not limited to concerns related to aging, depression and anxiety, trauma, bereavement, anger management, eating disorders, developmental disabilities, recovery from substance abuse, marital and/or familial dynamics, LGBT support, etc. Most insurances are accepted and alternative payment options are available to those in need.

(2) Contact Information for Referrals

If interested, please contact Lois DiPasqua (Intake Coordinator) at 781-871-2051 extension 204 to schedule an intake screening.

—Joseph (Jace) C. Langone, M.Ed., M.A., Clinical Psychology Doctoral Candidate

TAX TIME

This tax season we are pleased to welcome back Bud Wheaton and Greg Doyon who have again volunteered their time to assist low and moderate income seniors with the preparation of income tax returns and the Circuit Breaker Tax Credit. Bud and Greg will be available at the Senior Center on Tuesdays and Thursdays by appointment only beginning in February. Contact the COA's main number, 781-982-2145 to schedule your appointment. Please also join us on Tuesday, February 7th from 10 - 11:00 AM for a special Circuit Breaker Tax update to be presented by Senator John Keenan and his staff in the auditorium.

OUTREACH WITH VALERIE

Hello everyone, I hope you are all having a happy and healthy new year! An easy and important way to stay healthy this year is to get disease prevention and early detection services, which can keep you from getting certain diseases or can help you find health problems early when treatment works best. If you have Original Medicare you will be able to get yearly "wellness" visits and many preventive services for free. Here is a list of screenings and tests that Medicare now covers: abdominal aortic aneurysm screening, bone mass measurement, cardiovascular screenings, colorectal cancer screenings, diabetes screenings, diabetes self management training, flu shots, glaucoma tests, preventive visits, pneumococcal shots, prostate cancer screenings, mammogram screenings, and tobacco use cessation counseling. For more details about Medicare's coverage of these preventive services visit www.MyMedicare.gov or call 1-800-MEDICARE.

Also, did you know that Medicare may cover medical nutrition therapy and certain related services if you have diabetes or kidney disease, and your doctor refers you for the service. This benefit includes: an initial assessment of nutrition and lifestyle, nutrition counseling, information regarding managing lifestyle factors that affect diet, and follow-up visits to monitor progress managing diet. Medicare covers 3 hours of one-on-one counseling services the first year, and 2 hours each year after that. If your condition, treatment, or diagnosis changes, you may be able to get more hours of treatment with a doctor's referral. You pay nothing for these services if the doctor accepts assignment. ([Medicare.gov](http://www.Medicare.gov) 2012).

FEBRUARY'S CHUCKLE

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

UCLA ON ALZHEIMER'S ... very informative ... FOOD FOR THOUGHT

"The idea that Alzheimer's is entirely genetic and unpreventable is perhaps the greatest misconception about the disease", says Gary Small, M.D., Director of the UCLA (University of California—Los Angeles) Center on Aging. The big news --- Mountains of research reveals that simple things you do every day might cut your odds of losing your mind to Alzheimer's. Listen up, folks: Here are 10 strategies that will surprise you but also will help:

1. Drink coffee: Studies showed that drinking three to five cups of coffee a day in midlife cut Alzheimer's risk 65% in late life.
2. Floss: Oddly, the health of your teeth and gums can help predict dementia. Take care of your teeth!
3. Google: Doing an online search can stimulate your aging brain even more than reading a book.
4. Drink apple juice: Apple juice can push production of the "memory chemical" acetylcholine. Dose: 16 ounces or eat two to three apples a day.
5. Protect your head: Alzheimer's is four times more common in elderly who suffer a head injury or accidental falls.
6. Meditate: Brain scans show that people who meditate regularly have less cognitive decline and brain shrinkage.
7. Take Vitamin D: A "severe deficiency" of Vitamin D boosts older Americans' risk of cognitive impairment. Expert recommend a daily dose of 800 IU to 2,000 IU of Vitamin D3.
8. Fill your brain: It's called "cognitive reserve". A rich accumulation of life experiences—education, marriage, socializing, a stimulating job, language skills, having a purpose in life, physical activity, and mentally demanding leisure activities—makes your brain better able to tolerate plaques and tangles.
9. Avoid infection: Astonishing new evidence ties Alzheimer's to cold sores, gastric ulcers, Lyme disease, pneumonia, and the flu. Infections trigger excessive "gunk" that kills brain cells.
10. What to drink for good memory: Drink the right stuff, i.e., Juice, a glass of any fruit or vegetable juice three times a week, especially blueberry, grape or apple juice; Tea—only a cup of black or green tea a week cut rates of cognitive decline in older people by 37%; Caffeine beverages fight memory loss; Red wine—a little red wine is most apt to benefit your aging brain (one a day for women, two for men). Avoid sugary soft drinks. It has been proven that sugary drinks make lab animals dumb!
11. Grow new brain cells: It is now believed that thousands of brain cells are born daily, but the trick is to keep the "newborns" alive. How? What works: aerobic exercise, such as a brisk 30 min. walk every day, strenuous mental activity, eating salmon and other fatty fish, and avoiding obesity, chronic stress, sleep deprivation, heavy drinking, and Vitamin B deficiency.

BET YOU DIDN'T KNOW THIS

Boston has been voted 2nd in the country in a new Best City For Seniors survey. Yes—believe it or not! This fact was recently published by *The Boston Globe*. Forget about Florida and the belief that old people crave the sun! This new survey finds that Minneapolis and Boston are the two best U.S. cities for senior living, with Minneapolis ranking number one. In compiling data for this survey (conducted by the Bankers Life and Casualty Company), the categories that were taken into consideration as most important are health care, economics, health and longevity, social, environment, spiritual life, housing, transportation, and crime. Boston ranks very high for access to health care and social outlets and is in the top 5 in the country for public transportation, including access to public and mass transportation. *BOTTOM LINE, FOLKS ...* guess that means we're in the right place as we "mature"!


—(Paraphrased from article by Chris Reidy, *The Boston Globe*)

LIFE IS NOT A RACE

Do you run through each day on the fly? When you ask 'How are you?' Do you hear the reply? When the day is done, do you lie in your bed with the next hundred chores running through your head? When you worry and hurry through your day, it's like an unopened gift thrown away. Life is not a race. Take it slower. *Hear the music before the song is over.*

FEBRUARY 2012 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FYI: Continued free Tai Chi & Chair Yoga w/Joanne are sponsored by Friends of Abington Seniors, Inc.</p>	<p><i>Books in the Hall Library— Pick out a book or two for your reading pleasure. No card or return necessary. Pass the books on to other readers.</i></p>	<p><u>1</u> 10:00 Knitting Group 10:00-12:00 Quilting Class</p>	<p><u>2</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Free) 11:30 Lunch: TBA</p> <p><i>Groundhog Day</i></p>	<p><u>3</u> 9:00 Cribbage 9:00 Shopping van 11:00 A.M. Tai Chi (Free)</p>
<p><u>6</u> 9:00-11:00 Beginners Knitting/ Crocheting Class, (\$5) 10:00 Zumba (\$5) 12:30 Bingo</p>	<p><u>7</u> 9:00 Cribbage 11:30 Lunch: Spaghetti w/meat sauce, Salad, Bread,Dessert & Bev.</p> <p>Senator John Keenan “Circuit Breaker Tax” presentation 10 - 11:00 In the auditorium</p>	<p><u>8</u> 9:00 FOAS Mtg. 10:00 Knitting Group 10:00-12:00 Quilting Class</p>	<p><u>9</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Free) 11:30 Lunch: TBA</p> <p>Dana Farber Ladies Night Out—5 to 9:00 P.M. Fundraiser here at center.</p>	<p><u>10</u> 9:00 Cribbage 9:00 Shopping van 11:00 A.M. Tai Chi (Free)</p>
<p><u>13</u> 9:00-11:00 Beginners Knitting/Crocheting Class, (\$5) 10:00 Zumba (\$5) 12:30 Bingo</p>	<p><u>14</u> 9:00 Cribbage 11:30 Lunch: Bag Lunch, Sandwich, Chips, Soda. Dessert served at Concert intermission</p> <p><i>Valentine’s Day</i></p>	<p><u>15</u> 9:00 COA Mtg. 10:00 Knitting Group 10:00-12:00 Quilting Class</p> <p>Senior Citizen Assn. meeting @ 1:00 p.m.</p>	<p><u>16</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Free) 11:30 Lunch: TBA</p>	<p><u>17</u> 9:00 Cribbage 9:00 Shopping van 11:00 A.M. Tai Chi (Free)</p>
<p><u>20</u> Center Closed</p> <p>Washington’s Birthday Observed</p>	<p><u>21</u> 9:00 Cribbage 11:30 Lunch: Pork Chop Suey, Green Beans w/ Mandarin Oranges, Pineapple & Fortune Cookies, Beverage</p>	<p><u>22</u> 10:00 Knitting Group 10:00-12:00 Quilting Class</p> <p><i>Ash Wednesday</i></p>	<p><u>23</u> 9:00 Cribbage 10:00 Chair Yoga w/ Joanne (Free)</p> <p><i>No Lunch—school vacation</i></p>	<p><u>24</u> 9:00 Cribbage 9:00 Shopping van 11:00 A.M. Tai Chi (Free)</p>
<p><u>27</u> 9:00-11:00 Beginners Knitting/Crocheting Class, (\$5) 10:00 Zumba (\$5) 12:30 Bingo</p>	<p><u>28</u> 9:00 Cribbage 11:30 Lunch: Chicken Fricassee, Mashed Potato Topping, Rolls, Dessert, Beverage</p>	<p><u>29</u> 10:00 Knitting Group 10:00-12:00 Quilting Class</p> <p><i>Leap Day</i></p>	<p><i>Abraham Lincoln born February 12, 1809</i></p>	<p><i>We can complain because rosebushes have thorns, or rejoice because thorn bushes have roses.</i> <i>—Abraham Lincoln</i></p>



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18-65 ACCOUNTS - STATE CHARTERED BANKS CAN SAVE YOU MONEY

For many senior citizens in Massachusetts, dealing with finances in retirement can be stressful. Social Security, pensions, and savings only go so far, and as the cost of living goes up and up, that money does not go as far as it used to.

One way to stretch those dollars a little further is to sign up for what we in Massachusetts call an "18-65" bank account, which does not charge monthly fees for people ages 65 years and older, or 18 years and younger. These accounts are available at local, state-chartered community banks across the state, and each person can open one checking account and one savings account.

Accounts covered by the "18-65" law are not subject to minimum balance requirements, have no charges for deposit or withdrawal, or fees for basic lines of checks offered by the bank. The Division of Banks has capped the fee for insufficient funds at \$5 on these accounts.

With no fees, these accounts are a great way for seniors to save money. If your current bank account costs you \$10 or more a month, you would save well over \$100 annually by switching, while also taking advantage of the great customer service that is the hallmark of our state-chartered banks here in Massachusetts.

A full list of all Massachusetts state-chartered banks is available by visiting the Division of Banks website at www.mass.gov/dob or by calling the Division of Banking at (617) 956-1501.

We encourage you to take advantage of these wonderful accounts, which will help you reduce your monthly bills and help you stretch those dollars a little bit further.

—from Emmett Schmarsow, Prog. Mgr. COAs & Senior Centers, Executive Office of Elder Affairs

TRAVEL OPPORTUNITIES

February 13: Valentine's celebration with the Elderly Brothers duo, featuring songs from the 50's. Cost of \$59 includes meal – choice of chicken or beef. Cost: \$59

February 14 – 19: New Orleans at Mardi Gras time – tours of the French Quarter, the WWII Museum, and the Super Dome included. Also, parades through New Orleans and the largest Mardi Gras parade of all in Houma. Visit to an alligator farm and a swamp boat tour. Cost: \$1299.00 pp.dbf

April 12-15: Washington D.C. Cherry Blossom Trip, guided tour, front row seats for Cherry Blossom Parade. Limited Space. Cost: \$469.00pp.dbf Deposit required on all trips. *Contact Rita Webster @ 781-982-9102 for information on all trips.*

COA BOARD HONORS FORMER MEMBERS

The COA Board of Directors at its December board meeting honored Ellie Diersch and Joe Iacobucci for their service on the board of the Council On Aging. Ellie and Joe's contributions, as well as their wisdom and willingness to help, will be greatly missed.

MUSEUM TRIP

Thirty (30) individual tickets, including a guided tour of the Fuller Art Museum in Brockton, will be available in February. Tickets are valid February thru August and were donated by the Abington Cultural Council. Possibility of a group trip is being considered.

OOPS!! Diane Keith notes the name of Francine Ethier, one of our hard-working Tuesday luncheon ladies, was inadvertently omitted from the "Breakfast with Santa" article in the January *Informer*.

OPENING DOORS...and...SPECIAL THANKS

Thanks are in order to Ann Reilly and the rest of the Abington Elderly Services, Inc., for donating funds to pay for a new automatic door opener for the front entrance to the Senior Center! Whether you're entering or leaving and need help with the door, just hit where it says "Push to Open" and the door will open for you.

WISH LIST

Please consider donating a ream or two of **copy paper to the COA**. We go through so much printing and copying. Donations of coffee and heavy duty plastic eating utensils are also appreciated. **THANK YOU!** If you need medical bills copied for tax or year-end purposes, the FOAS will do this at no cost to you. Please call for appointment.

DO YOU REMEMBER?

When the Cooz came to Abington? Sometime in the late 1950's, when the Boston Garden was temporarily unavailable, the Boston Celtics, including Bob Cousy, used the gym at the Abington High School (now the Frolio School) for practice. Do you remember? Lorraine Leventuk does.

When a hurricane in 1954 caused some of the docks in Island Grove Pond to float away and become stuck in the dam, resulting in a tremendous backup of water. When it was released, a wall of water erupted, taking out part of the Centre Avenue roadway, and rushed through the woods, eroding part of Summer Street, and continuing on to Whitman where it came to a stop waist high in the Research Grinding Company building. Do you remember? Wes Curtis does.

Let us know what you remember (even if the memory is a bit fuzzy).

WORD BUILDER PUZZLE

Using these 9 letters, **RILENTPUB**, can you find the word to answer these clues. Every word must include the letter "N". *Answers are on page 8.*

5 letter words

Ocean vessel Dried plum
To the time that Salt water
Charred

6 letter words

Root vegetable Immature
Wolflike Football kicker
Smaller in Size Array of persons or things

SENIOR CITIZEN'S ASSOCIATION

The Senior Citizen's Association of Abington meeting will be held on Wednesday, February 15 at 1 p.m. There will be coffee, dessert, 50/50, and a program TBA. Please come.

DID YOU KNOW?

No piece of paper can be folded in half more than seven (7) times. Oh go ahead ... we'll wait. — You burn more calories sleeping than you do watching television. — Apples, not caffeine, are more efficient at waking you up in the morning. — The King of Hearts is the only king without a moustache. — Most dust particles in your house are made from *dead skin*. — Pearls melt in vinegar! — *Walt Disney was afraid of mice!*

Fitness for Seniors

You're never too old to be healthy! It's tough getting older. Your body isn't performing the way it used to. It may be a good idea to start an exercise regimen. Regular exercise is more important than ever to benefit your daily life. It improves your immune system by causing endorphins to be released in the brain, leading to better moods and fewer "senior moments". Help keep the New Year's resolutions effective by taking advantage of the exercise room conveniently located at our Senior Center.

—Cheryl Cohen, MOW Coordinator, Council on Aging

The year is 1910. One hundred years ago. What a difference a century makes!

Here are some statistics for the Year 1910:

--The average life expectancy for men was 47 years. Fuel for the 1910 car was sold in drug stores only. Only 14% of homes had a bathtub. Only 8% of the homes had a telephone. There were only 8,000 cars and only 144 miles of paved roads. The maximum speed limit in most cities was 10 mph. The tallest structure in the world was the Eiffel Tower! The average US wage in 1910 was 22¢ per hour. The average US worker made between \$200 and \$400 per year. A competent accountant could expect to earn \$2000 per year. A dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year. More than 95% of all births took place at HOME. Ninety percent of all Doctors had NO COLLEGE EDUCATION! Instead, they attended so-called medical schools, many of which were condemned in the press and the government as 'substandard.' Sugar cost 4¢ a pound. Eggs were 14¢ a dozen. Coffee was 15¢ a pound. Most women only washed their hair once a month, and used Borax or egg yolks for shampoo. Canada passed a law that prohibited poor people from entering into their country for any reason.

—The five leading causes of death were: 1. Pneumonia and influenza, 2. Tuberculosis, 3. Diarrhea, 4. Heart disease, 5. Stroke.

—The American flag had 45 stars. The population of Las Vegas, Nevada, was only 30!!!! Crossword puzzles, canned beer, and iced tea hadn't been invented yet. There was no Mother's Day or Father's Day. Two out of every 10 adults couldn't read or write and only 6% of all Americans had graduated from high school. Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores. Back then pharmacists said, 'Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health.' (Shocking? DUH!) Eighteen percent of households had at least one full-time servant or domestic help. There were about 230 reported murders in the ENTIRE U.S.A.!

—Try to imagine what it may be like in another 100 years. *It boggles the mind.*

Volunteer Recognition—Do You Have a Candidate?

Can you think of an Abington resident—friend, relative, acquaintance—you admire for their volunteer efforts? In future issues, the *Informer* staff hopes to run the occasional short piece noting some of these awesome people who give of themselves with no thought of recognition or remuneration. Generally they do it just because--because it needs to be done or should be done, and payment is that good feeling one receives when he/she has done something in some way to help others. We invite you to submit your choice of a worthy volunteer you think deserves a little recognition. Write the name of the volunteer with just a few lines describing where or how they volunteer and why you feel they should be recognized. Don't forget to include your name and phone #. Place your submission in the Newsletter box (on the wall across from Jean's desk) in the Senior Center front office and we'll have the start of what should be an interesting feature.

RECIPE OF THE MONTH —Banana Nut Loaf

—Jack and Marie Brown

Mix in the order given:

- | | |
|---------------------------|----------------------------------|
| 1. 1 cup sugar | 6. 1 tsp baking soda |
| 2. 1/2 cup oil | 7. 1-1/2 cups flour |
| 3. 2 beaten eggs | 8. 1/2 cup chopped walnuts |
| 4. 3 ripe, mashed bananas | 9. Bake at 350 oven for one hour |
| 5. 1/2 tsp salt | |

NOTE: If you only have 2 bananas, add 1/2 cup applesauce and a little cinnamon. (When bananas start to over ripen, peel, slice and freeze on a cookie sheet in single layers. Once frozen, place bananas in a plastic freezer bag until needed.)

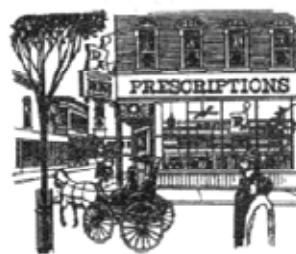
Interesting fact: The banana cannot reproduce itself. It can be propagated only by the hand of man.

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Miscellaneous

Line Dance Schedule: Dancing with Dot Dunham at St. Bridget's Parish Hall on Friday afternoons, at 1 p.m. to 2:30p.m. Donation: \$3.00. Call 781-293-7727 for more information.

Senior Citizen's Association: A Social Club, for Abington residents over 59 1/2 years old, singles and couples, that meets on the 2nd Tuesday of the month at 1:00 p.m. at the Senior Center. A different and varied program is offered at each meeting. Cost \$10 yearly.

Support Groups– Open to the Public– No Charge: Bereavement Group, Abington, meets once a month at the Library, 1st Tues., 6:30 pm; Caregivers Support Group, Rockland COA, 394 Union St, 4th Mon, 1 pm; 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; Eleanor Pappone, Secretary; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

Friends of Abington Seniors, Inc.

Larry Keough, President; Diane Keith, Vice President; William Kendall, Treasurer; Jack Libby, Asst. Treasurer; Peggy Keating, Secretary

Informer Newsletter Staff

Marie Brown, Joanne Curtis, Betty Slinger, Maureen Wall

Inclement Weather Policy

If the Abington School District cancels school, all Senior Center activities will be cancelled and there will be no Meals-On-Wheels deliveries or lunches served at the Senior Center.

Circuit Breaker Presentation - Please join us on Tuesday, February 7th from 10 - 11:00 AM for a special Circuit Breaker Tax update to be presented by Senator John Keenan and his staff in the auditorium.

Answers to puzzle on page 6: Liner, Until, Burnt, Prune, Brine, Turnip, Lupine, Punier, Nubile, Punter, Lineup.

Volunteers are the only beings...who reflect this nation's compassion, unselfish caring, patience and just plain loving one another. —*Erma Bombeck*
Having a big heart has nothing to do with how big your bank account is. Everyone has something to give. —*Barbara Bush*