



The

# Senior Informer

**APRIL, 2011**

**ABINGTON COUNCIL  
ON AGING**

441 Summer Street, Abington, MA 02351

781-982-2145

ABINGTONSENIORCENTER.COM

Office Hours:

Mon.—Thurs., 9 am - 2:00 pm

Friday, 9 am - 1 pm

Co-Directors:

Suzanne Djusberg & David Klein

COADirector@Abingtonmass.com

**Volume 7.12**

## Council on Aging

### Board of Directors

Marie Brown, Chairwoman

Bill Kendall Vice-Chair

Ellie Diersch

Karen DiLorenzo

Elizabeth Keefe

Larry Keough

Jack Libby

Betty Slinger

Maureen Wall

Ann Welch

Nancy Cavanagh

### COFFEE WITH JOHN

John D'Agostino, Town Manager

Abington Senior Center

Tuesday, April 26, 10:00 a.m.

*The most valuable antiques are  
old friends.*

### PLEASE PLAN TO ATTEND

#### Town Meeting—April 4

Abington High School, 7 PM

#### Town Election—April 30

Abington High School, 8AM to  
6PM

### ACTIVITIES

Bingo

Blood Pressure Screening

Computer Class

Cribbage

Hearing Tests

Knitting & Crocheting Group

Legal Assistance

Quilting Class

Senior Lunches

Tai Chi

### COUNCIL ON AGING STAFF

Suzanne Djusberg,

David Klein - Co-Directors

Norma Clark -

Outreach Coordinator

Cheryl Cohen -

Nutrition Coordinator

Jean Connell -

Activities Coordinator

John Freese - Custodian

Susan Young - General Services

Jack Brown, David LaCouture

Linda Elliot - Van Drivers



### APRIL SHOWERS BRING MAY FLOWERS

April – This is the month when we begin to feel that perhaps winter is really behind us. We celebrate Easter and Passover. According to the Farmer's Almanac, it is also the month when Brigham Young married his 27th and last wife and the month when the Civil War began. P.T. Barnum died in April; the first indoor baseball game was an April event, as was the launching of the Hubble space telescope.

In our neck of the woods, we are perhaps looking forward to preparing our gardens and reinvigorating our lawns. It's a good time to look around us and realize the contributions the Abington Garden Club makes to the town. The geraniums at the Town War Memorial and the flowers at the Charley Brown Memorial and the Heape of Stones\* are all planted by Club members. Horticultural magazines at the library are subscribed by this Club, and an annual scholarship is awarded to a high school graduate who will be continuing in this field. The Senior Center has also been a recipient of their generosity – members have helped with the planting and weeding, and have donated and helped plant day lilies and other perennials.

Perhaps the best known and most visible accomplishment is the Butterfly Park, dedicated to the Town of Abington in August of 2001. The park is located on Central Street, across from Island Grove Pond. On almost any day during the gardening season, you may see folks planting, weeding, watering, and doing general maintenance of the area. In the spring the members hold their annual plant sale at the Park, and they also participate in Abington's fall craft sale.

On the third Monday of each month, the Garden Club holds its regular meetings. A guest speaker is usually invited to discuss various subjects, varying from floral arrangements to pest control to different types of gardens.

The Abington Garden Club is one of Abington's organizations which help to make our town more pleasant and a source of civic pride.

\***An Heape of Stones** From *Annual Report for year 1982*—"This marker erected by the town through the efforts of the Historical Commission commemorates the crossing of the Satucket Indian path by the oldest jurisdictional line in New England. In 1640, representatives from Plymouth Colony and Massachusetts Bay Colony met and agreed upon their mutual boundary lines. In 1664, surveyors marked the line and erected "an heape of stones" where it crossed the path."

*(continued on page 6)*

RESERVE  
SPACE  
FOR  
SPONSORS

**TAX FORM ASSISTANCE for seniors**

**Call Sr. Center 781-982-2145 to schedule appointment.**

**\$50,000 income limit.**

**Appointments start at 9 a.m. Last appointment at 12:45 p.m.**

Advisors: **Bud Wheaton** (Wednesdays) **Greg Doyan** (Thursdays)

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of April for May 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, 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.

**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**

**(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 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 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, suggested donation of \$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. 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 will address questions & offer general guidance.

**FUEL ASSISTANCE**

We have two volunteers who have helped us with fuel assistance applications, Fred Robertson and Ellie Diersch. We have received the new guidelines and forms for 2010-2011 season. Fuel Assistance applications are taken on Tuesdays and Thursdays 9:30am –1:00pm. Please call to set up an appointment 781-982-2145

**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 2010 started a new membership year with dues of \$5.00 payable now and good until JUNE 2011. 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 2010-2011: \$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.***

**Donations**

John Miller  
The Gifted Hands  
Liza Bezanson  
In Honor of Norma Clark (“my Mom”) by Linda Elliott

**Memberships:**

Thomas Burke  
Albert Robbins  
Joan Robbins  
Edward Gillis  
Maureen Wall  
Amelian Pastuszak  
Lillian Flynn

Sheila Burke  
Robert Creighton  
Richard Wall  
Virginia Johnson  
Liz Cogliano  
Veronica Pastuszak  
Mary Montgomery

Carolyn Overby  
Lorraine A. Mavrogeorge  
Victor Kahwajy  
Steven J. Doherty  
Bertha H. Yuskauskas  
Louise MacKenzie

**Lifetime Membership: Margery (Midge) Chittim**

**In Memory of:**

Gloria Campbell by Carolyn Overby  
Geri Chinzi by Barbara Lukeman  
Donald Farrell by the Oriola Family

Gerald Brown by Brenda Brown  
Donald Farrell by Barbara & Al Reichert  
Evelyn M. Doherty by Steven Doherty

Robert Sallinger by Joan Sallinger  
Emma White by Joanne Curtis

***Regarding the article in the February issue of Senior Informer under “Remember When” taken from remembrances of the late Russell Snow***

*Amelian Pastuszak*

The article says that Rourke’s Sand Pit was located where the Blanchard Terrace is now located off Shaw Avenue. Rourke’s Sand Pit was off Randolph St. where Summit Rd. and Wyman Rd. are at present time. This is where Rourke had his stone crusher. I can remember the stone crusher being there because there was a large hornet nest attached to the stone crusher. I can remember throwing stones at the nest to see if I could knock it down.

The property that the Blanchard Terrace is located on was owned by Roy Damon who had bought it from Charlie Brown that was given to him by Mr. Russell who lived on the corner of Shaw Ave. and Bedford St., where the medical building is located, and Mr. Russell purchased it in the early nineteen hundreds from Mr. Wyman.

***FEELINGS***

On April 6, Carol Morrissey, a Rockland author, business woman, and entrepreneur, will be giving a presentation on her new book, “Feelings” which is available at Amazon.com. She will discuss the importance of sharing one’s feelings with those they love – life’s blessings and challenges, knowledge and wisdom. The presentation will be at 11 am, at the Senior Center. It lasts for about a half hour at which time she opens the presentation up for questions from the audience.

*When people see a cat’s litter box, they always say, “Oh, have you got a cat?” Just once I want to say, “No, it’s for company!”*

### **OUTREACH—S.H.I.N.E.—WITH NORMA**

Another reminder: If you would like to find out if you're eligible for Food Stamps, either call us (for Fuel Assistance too)...or for Food Stamps call 1-800-645-8333. They will not only tell you if you're eligible, but will enroll you over the phone. As you know, there are no more "Food Stamps", but a card much like your credit card can be used at the grocery store. Food Stamps can be a big help to keeping you healthy by assisting with your food bill.

If you know something we don't know, but we should know, please give us a call or send a note...such as, if you know if one of our seniors is sick or needs any kind of help, has had surgery or is in a nursing home (permanently or temporarily for rehabilitation from an illness), we really want to know. We do try to be available when someone needs our services, but we need to know who, why, what, where, etc. We only know what people tell us and what we read in the newspaper. Thanks in advance for your help.

As always, if we can help with information, applications, referrals, or anything else you don't know where else to go for answers, please let us know. If we don't know the answers, we'll find someone that does.

### ***HERE'S YOUR CHANCE! DON'T MISS IT!***

Have a question or a gripe? Wondering how certain state legislative actions impact the town of Abington? Drop in to the Abington Senior Center and chat with your state legislators. Question, listen, discuss, debate, become better informed. Remember, they were elected to represent all of us, their constituents. If you have softball or hardball concerns, voice them. If you don't agree with their answers or actions and can't agree to disagree, there is always the ballot box in the next election cycle. Don't miss the opportunity to informally meet with your legislators on this personal level.

**State Senator John Keenan** will be at the Abington Senior Center on the 1st Friday of every month from 9 to 10 a.m. beginning April 1.

**State Representative Geoff Diehl** will be at the Senior Center on the 4th Tuesday of every other month at 10:30 a.m. starting May 24.

### ***APRIL'S CHUCKLE — Good education story!***

A former Sergeant, having served his time with the Marine Corps, took a new job as a school teacher; but just before the school year started he injured his back. He was required to wear a plaster cast around the upper part of his body. Fortunately, the cast fit under his shirt and wasn't noticeable.

On the first day of class, he found himself assigned to the toughest students in the school. The smart-alecky punks, having already heard the new teacher was a former Marine, were leery of him and decided to see how tough he really was, before trying any pranks.

Walking confidently into the rowdy classroom, the new teacher opened the window wide and sat down at his desk. When a strong breeze made his tie flap, he picked up a stapler and promptly stapled the tie to his chest. ... Dead silence... He had no trouble with discipline that year.

### **MOVIE REVIEWS by David Klein — *The Social Network* and *The King's Speech***

*—using source material from online reference tool, Wikipedia*

In last month's *Senior Informer* we looked at two pretty good movies ("Black Swan" & "The Fighter") that seemingly couldn't have been more unlike one another. This month we'll do the same with two movies that split the awards season with "The Social Network" winning for best drama at the Golden Globes and "The King's Speech" taking the Oscar for best picture at the Academy Awards.

Could there possibly be a common thread between these films? Well, yes in fact there is. Both movies are adaptations of actual events and real characters, albeit almost 70 years apart. Directed by David Fincher, "The Social Network" was developed from the Ben Mezrich 2009 nonfiction book *The Accidental Billionaires*, which depicts the creation of the Internet sensation Facebook by several Harvard students less than one decade ago. The story is told in retrospect as lawsuits unfold between Facebook's founders Mark Zuckerberg and Eduardo Saverin not to mention several other interesting characters who in real life laid claim to the original idea behind what started out as a clever way for Harvard students to connect, but quickly become one of the greatest communications tools ever invented. As a side note Facebook is growing exponentially fast, with those in the over 74 age group actually providing the largest percentage increase. "The Social Network" has no current big name stars, but does sport a very good ensemble cast led by Jesse Eisenberg who plays the young Zuckerberg and a fast moving and creative script from Andrew Sorkin. Some may remember Sorkin's great dialogue from "The West Wing". Watching an entire movie penned by Sorkin is a treat and learning about the origins of Facebook is an added bonus. I admit that I was skeptical about this movie before I saw it, but "The Social Network" delivers!

What could be better? Well, that depends on what type of movie you like, of course. If it's World War II era British history drama then you've come to the right place with "The King's Speech", which shows King George VI rising above his personal tribulations as a lifelong stutterer to offer his country solace and encouragement at the outbreak of the war. A major part of the story's interest is that George was actually a reluctant King of England. He ascended to the throne when his brother, after only one year in power, stunned the world and abdicated the British crown to be with American Wallace Simpson. The British were not sure which was worse, the fact that the King was in love with an American woman or that she was a divorcee. Among the new King's responsibilities were radio addresses to his subjects at one of the darkest periods in their long history. In order to overcome his stuttering issue the King, played wonderfully by Colin Firth, who won this year's Best Actor Oscar for his role, went through a series of speech therapists before finally landing one whose unorthodox style for the times offered some hope. Besides Mr. Firth, the film boasts other fantastic acting performances, including Geoffrey Rush who plays the speech therapist and the sublime Helen Bonham Carter who's nuanced and funny performance as the King's wife and mother of the future and current Queen Elizabeth should have, in my opinion, earned her the Oscar for Best Supporting Actress. Yes, these movies are different from one another, but it is interesting to note that future King William is probably already a Facebook user. Either way, "The King's Speech" and "The Social Network" managed to rise above the rest and are both a must see.

## April 2011 Lunch & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<b>IMPORTANT:</b> <b>Make sure your house numbers are clearly visible from the street!</b>	<b>REMEMBER!</b> April 4 is Town Meeting April 30 is Town Election	Note: April 9th, Saturday, Abington Art Assoc. Program at Sr. Ctr. 12:30-4:00pm	<b><u>No TAI CHI on April 22.</u></b>	<u>1</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi 9:00-10:00 State Senator John Keenan
<u>4</u> <u>Bingo- 12:30 pm</u>	<u>5</u> 9:00 Cribbage 11:30 Lunch: Meatloaf, Baked Potato, Vegetable, Dessert, Beverage	<u>6</u> 10:00 Computer Class 10:00 Knitting Group 11:00 Quilting Class 11:00 Author Carol Morrissey book presentation	<u>7</u> 9:00 Cribbage 11:30 Lunch: tba	<u>8</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi
<u>11</u> <u>Bingo- 12:30 pm</u>	<u>12</u> 9:00 Cribbage 11:30 Lunch: Soup, Sandwich, Crackers, Pickles, Dessert, Beverage	<u>13</u> 9:00 COA Mtg 10:00 FOAS Mtg 10:00 Computer Class 10:00 Knitting Group 11:00 Quilting Class 1:00 Senior Citizens Association Meeting	<u>14</u> 9:00 Cribbage 11:30 Lunch: tba	<u>15</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi
<u>18</u> <u>Bingo—12:30 pm</u>	<u>19</u> 9:00 Cribbage 11:30 Lunch: Chicken & Sausage Dish, Ziti, Salad, Cranberry Sauce, Dessert, Beverage	<u>20</u> 10:00 Computer Class 10:00 Knitting Group 11:00 Quilting Class	<u>21</u> 9:00 Cribbage <b>NO LUNCH- School Vacation</b> <b>Armed Forces Day</b>	<u>22</u> <b>CLOSED</b> <b>Good Friday</b>
<u>25</u> <u>Bingo- 12:30 pm</u>	<u>26</u> 9:00 Cribbage 10:00 Coffee w/Town Manager 11:30 Lunch: Sloppy Joes, French Fries, Corn, Dessert, Beverage	<u>27</u> 10:00 Computer Class 10:00 Knitting Group 11:00 Quilting Class	<u>28</u> 9:00 Cribbage 11:30 Lunch: tba	<u>29</u> 9:00 Cribbage 9:00 Shopping van 11:00 Tai Chi

### **APRIL SHOWERS BRING MAY FLOWERS (continued from page 1)**

Abington historian Martha Campbell wrote that the Indians had villages in Weymouth and Hingham and did their salt water fishing there. They also had agricultural fields near Robbins Pond in East Bridgewater, and their frequent travel from one area to the other created this path.

In 1978 the Abington Historical Commission received approval from the Town Meeting for funds in the amount of \$500 to erect a monument at this crossing. In 1982, after the inscription had been cut on the stone, it was installed by the Abington Highway Department at its location on Adams Street at the Abington/Weymouth line.

Members of the Abington Garden Club have volunteered to keep the area surrounding the marker presentable and attractive.

#### ***The Senility Prayer***

*Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.*

### **EXCERPTS FROM ALBERT BEAL'S REMEMBRANCES in "West Abington History"**

*Courtesy Dyer Memorial Library*

Because of his interest in the North River as a location where many schooners were once built, Mr. Beal accepted a friend's invitation to join him on a trip down the river and thus learned some of the history from an old timer.

"We came along to places where there were piles of rocks that were three or four feet high and all the size of a football up to the size of a basketball. He said there is a lot of history that goes along with those rocks. These are not Massachusetts rocks, they're from Australia, NZ, and India. That was the ballast put in the ships on the light loads when they returned north. Everything that went out of the North River was lumber. Those little ships, three or four masts, were loaded with sawed lumber ready to use and it would go up to Australia, New Zealand or India where they would pick up tea. Tea in a sailboat wouldn't put much of a ballast in a ship, so they would load those rocks all in the bottom of the ship; the crews would pick up the rocks and walk on the ship forming their own type of chain gang to load the ballast. Then when they got up here, they would unload the rocks because the ship would be loaded with lumber and they didn't need the extra weight. They had to keep those ships upright when they got into the wind – that was the only way they could do it."

Abington's contribution to the shipbuilding industry did not die with Old Ironsides. When the sewerage line went through Mr. Beal's property and necessitated the felling of 35 trees, some red oak and some white ash, he had the trunks cut into planks and stored in his wagon shed. The carpenters and shipbuilders working in Plymouth purchased the red oak lumber for use as a pulpit at the Plymouth Plantation and the ash for refurbishing the Mayflower.

### **OOPS!!**

Our apologies to anyone whose address/name label was incorrect on the last newsletter. Sorry! We wanted to see if you were paying attention.

### **MARK YOUR CALENDAR—COMING EVENTS**

**Town meeting, Monday, April 4,  
Abington High School, 7 p.m.**

**Town Election, Saturday, April 30, Abington High  
School, 8 a.m. to 6 p.m.**

**Abington Art Association, Saturday, April 9,  
Abington Sr. Ctr., 12:30—4 p.m.**

**Author Carol Morrissey, *Feelings* book presentation  
April 6, 11:00 a.m. Senior Center**

### **SOUTH SHORE WRITERS CLUB**

Organized in 1992, the South Shore Writers Club is composed of writers seeking to prepare their own material for publication. We represent all genres and styles of writing, spanning from short stories and poetry, to journalism and memoir.

The success of our meetings depends upon participants bringing in projects for which they seek guidance, feedback, or recommendations from the group. The SSWC currently meets the second and fourth Saturday of each month, Sept-June from 10:15-12:30 at the Abington Public Library.

In April we will have a display and do some readings at the library. FYI: Several of our members are Abington seniors.

### **5 QUESTIONS**

There are only 5 questions. This is a quiz for people who know everything or think they do! These are not trick questions. They are straight questions with straight answers.

1. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
2. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
3. There are 14 punctuation marks in English grammar. Can you name at least half of them?
4. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
5. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'

*(Answers on page 8.)*

### **SENIOR CITIZENS ASSOCIATION**

Senior Citizens Association of Abington April meeting will be on Wednesday, April 13, 2011. A short meeting at 1 p.m., will be followed by the OPALS, entertaining at 1:30. Refreshments will be after the entertainment. Please note it is renewal time. Please see Marge Edson, Membership Treasurer.

*I busted a mirror and got 7 years bad luck, but my lawyer  
thinks he can get me 5! —Steven Wright*

### **THANK YOU ABINGTON LIONS**

**The Friends of Abington Seniors, Inc., and the Council of Aging would like to thank King Lion Kathy and the rest of the Abington Lions for cooking and serving such a wonderful St. Patrick's day lunch to our seniors. Special thanks also to Greg Delehunty, the sous-chef at 88 Wharf Riverfront Dining in Milton. Greg took time away from work to oversee cooking responsibilities for the great meal.**

### **SPECIAL THANKS to Colony**

**House** for their generous donation of free lunch for the diners at the Tuesday, March 22, luncheon.

**Please note:** The new television, TV stand, and DVD player in the Leavitt Terrace community room were purchased and gifted to the Abington Housing Authority by The Friends of Abington Seniors, Inc. (FOAS, Inc.) for the viewing enjoyment of the residents at the Leavitt Terrace apartments.

### **WISH LIST**

Waxed paper rolls  
Small paper/plastic plates  
Large foil baking pans

**THANKS TO: The Friends of Abington Seniors, Inc.** for providing an economical, tasty luncheon every Tuesday; for providing a free Valentine's brunch on February 15; for all the work the volunteers do the make all this possible.

**THANKS TO: Gifted Hands** ladies for their continued generous donations to FOAS.

**THANKS TO: Nils Djusberg and Jack Brown** for handyman help at the Senior Center.

**THANKS TO: All Those Who Have Contributed the Items on the Wish List.** Your thoughtfulness and generosity are appreciated.

### **"COPING WITH GRIEF" SUPPORT GROUP AT ABINGTON SENIOR CENTER**

**Beacon Hospice** is beginning a grief support group, "Coping with Grief," for anyone who is experiencing grief and loss due to the death of a spouse/partner, parent, close friend or another loved one.

Sessions will take place on Wednesday mornings from 10:00-11:30AM beginning May 4, 2011 at the Abington Senior Center, 441 Summer Street. This group is free of charge and open to anyone in the community. Pre-registration is required by calling Scott A. Ciosek, M.Div., Bereavement Coordinator, at 508-747-7222.

### **THE GIFTED HANDS BOUTIQUE**

Our group is dedicated to creating items that are both beautiful and useful. Our purpose is to sell these items in order to help support our Senior Center. Our collection includes articles for babies, children, adults and pets, as well as accessories and useful household items. We crochet, knit, and perform other crafts while having a really good time.

Do you have an occasion coming up? Come in and browse our display for baby/shower/birthday/holiday gifts, afghans, hats, mittens, scarves, necklaces and other beautifully hand crafted articles. We even have Bunny pins for Easter.

Everyone is welcome to join us and knit, crochet or just chat on Wednesdays at 10:00 a.m.

### **HELPFUL RESOURCES FOR THOSE WHO USE COMPUTERS—or not**

*Submitted by Peggy Keating, from Womans Day*

- ELDERCARE (WWW.ELDERCARE.GOV)** is a public service of the Administration on Aging, US Dept. of Health and Human Services that connects older Americans and their caregivers with information on senior services in their area.
- NATIONAL ACADEMY OF ELDER LAW ATTORNEYS (WWW.NAELA.ORG)** helps you find an elder or special-needs attorney in your area on this not-for-profit site.
- THE NATIONAL COUNCIL ON AGING (NCOA.ORG)** is a non-profit advocacy group that works with thousands of organizations across the country to help seniors find jobs and benefits and to improve their health and live independently. Also offers free booklet, "Use Your Home to Stay at Home," that gives overview of reverse mortgages in easy-to-read format.
- MEDICARE.GOV** is the single best place to learn about Medicare re: up-to-date changes, help with benefits eligibility, enrollment, etc. Or call 800-MEDICARE.
- WWW.LONGTERMCARE.GOV** presented by US Dept. of Health and Human Services is a clearing-house for long-term care information--how to assess your need, what to look for, etc.

### **RECIPE OF THE MONTH**

#### **DATE & NUT BREAD**

1-1/2 cups boiling water	1-1/2 cup raisins	1-1/2 cups chopped dates
1/4 cup (1/2 stick) butter	2-1/4 tsps. baking soda	2-2/3 cups flour
1-1/2 cups sugar	3/4 tsp. salt	3 eggs, lightly beaten
1-1/2 tsp. vanilla extract	3/4 cup chopped walnuts	

Pour the boiling water over the raisins, dates, butter, and baking soda in a bowl and mix well. Mix the flour, sugar, and salt in a bowl. Stir in the raisin mixture. Add the eggs, vanilla, and walnuts, and mix well. Spoon the batter into 2 oiled 5 x 9 inch loaf pans. Bake at 350 degrees for 50 to 60 minutes or until the loaves test done. Cool in pans for 10 minutes. Remove to wire racks to cool completely.

### **Once again, CALLING FOR VOLUNTEERS**

Would you like to be a Meals on Wheels Driver? It takes only an hour or two, one day a week, to deliver a healthy meal to a home-bound Abington resident. It's an opportunity to make some new friends, as well as being of service. Call Cheryl Cohen at the Council on Aging, 781-982-2145.

**RESERVE**

**SPACE**

**FOR**

**SPONSORS**

# RESERVE SPACE

# FOR

# MAILER

## Miscellaneous

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

**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 at each meeting. Cost is \$10 yearly.

**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; Alzheimer's 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; 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).

**Food Pantry**—St. Vincent DePaul Food Pantry is open on Tuesday evenings from 5:30 to 7:00 PM 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

*Answers: 1. It grew inside the bottle. (The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.) 2. Dwarf, dwell and dwindle. 3. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.*

*4. Lettuce. 5. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.*