



The Senior Informer

AUGUST, 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 8.5

Council on Aging

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COFFEE WITH JOHN

John D'Agostino, Town Manager
Abington Senior Center
Tuesday, August 23, 10:00 a.m.

You give but little when you give of your possessions. It is when you give of yourself that you truly give.
—Kahlil Gibran

Save the Date

31st annual Sr.Citizen Cook-Out

Fri., Aug. 26, 11am-1pm
Abington VFW Grove Area

ACTIVITIES

Bingo
Blood Pressure Screening
Chair Yoga w/Joanne
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



Florence Thomas celebrates her 97th birthday with her bingo pals during a recent Bingo game at the Abington senior center. What a gal!

BINGO! We've Come a Long Way Baby!

It was only two years ago, hard to believe, that the Abington Senior Center Bingo started with a handful of players and \$4.00 prizes. We had a dedicated core group, many new to bingo, who came every week to support us. More joined them and as our number grew so did our prizes. Our caller was also new to bingo but it didn't take Peggy long to master the complexities of the bingo board. She learned the games and responsibilities of a caller and soon settled in to an easy-going and pleasing routine. Sharon, one of our players and caller of her own game in Whitman, helped immensely by programming our games into the board so that everything moved along smoothly. Thank you so much, Sharon. We also have two backup callers, Joe and Beverly, who have been there for us when needed and for that we are truly grateful.

Due to the hard work of the bingo committee consisting of yours truly, Pat, and Ruth, and of course, Peggy, our caller, and also with input from Sharon, the line up of games is fun and interesting. We begin with a 50/50 Coverall. The prize which started off with a measly \$3-5.00 has grown to \$30-50.00, sometimes more with an equal amount that is used to purchase cards and daubers for the players. Our series games started very small. Some may remember splitting a win with someone and winning a whole \$2.00! The prizes have grown since then to \$20-25.00. And of course, everyone anticipates the final game, a Winner-Take-All Coverall. We started out with a prize of \$35.-40.00. In two years the prize has grown to \$100.00 each week. Now we regularly take in enough to include an outside picture frame to \$75.00 before finishing with the coverall for \$100.00.

From the beginning we offered free coffee and tea, and several players started bringing in yummy home baked goods to enjoy during our intermission. Jean and Marty, we are deeply grateful for all the times you have come in laden with delicious goodies, helping us embark on a tradition that has blossomed into a feast, not only for the intermission but before the games begin. Added to this, every week the FOAS sells hot dogs with all the "fixin's" for a mere \$1.00. For many that means a buck for lunch with your choice of snacks and desserts with coffee or tea. How good is that!

Each week we welcome our regulars and all newcomers. We invite everyone to come. Eat, drink (coffee or tea) and play bingo knowing there's always the possibility of winning.

Oh yeah. We've come a long way, baby!

—Carol Doherty



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I remember when the candle shop burned down. Everyone stood around singing "Happy Birthday." —Steven Wright

INFORMER NEWS DEADLINE
 Place in Newsletter inbox by 10th of previous month (i.e., 10th of August for the September issue).

HEALTH AND ASSISTANCE—NEW HOURS
 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 & 4th Tues. 9:30 to 12:30; 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 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, \$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.

FIVE THINGS YOU SHOULD WATCH
 Watch your thoughts; they become words.
 Watch your words; they become actions.
 Watch your actions; they become habits.
 Watch your habits; they become character.
 Watch your character; it becomes your destiny.

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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.

Donations:

Patrick & Mary O’Shaughnessy
Arlene & Roger Moore

Memberships:

Jan Byrne
Karen DiLorenzo
Darlean Lewis
Jack Libby
Betty Slinger
Robert Kristian
Alfred & Diane Ricci
Lillian Flynn
Matt & Martha Mulholland
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Marge & Harry Conover, Jr.
Richard & Annette Griffin
Beverly Schmidt
Marjorie Roberts
Marge & Arthur Galvin
Carol & Donald Mull
Patrick & Mary O’Shaughnessy

In Memory of:

Gordon F. Slinger by Betty Slinger
Mary & Jim Cook by Lydia & Russell DeCoste
Barbara Reichert by Anna Fopiano
Barbara Reichert by Cynthia & Robert Andrea
Barbara Reichert by Paul & Carol Duchaney
John Nally by Lois Nally
Lorraine Mooney by Natalie Walker
Gerald P. Brown by Brenda J. Brown

Wilma & David by J. Bentley
Josie Macaloso by Richard & Annette Griffin
Barbara Reichert by Paul J. Malm, Sr.
Barbara Reichert by Henry & Mary Mull
Barbara Reichert by Walsh Sheet Metal, Inc.
Tom by Carol & Don Mull
Lorraine Mooney by Senior Citizen Association of Abington, Inc.
Helen Cheverie by Senior Citizen Association of Abington, Inc.

SENIOR CITIZENS ASSOCIATION OF ABINGTON

Monthly meeting, Wednesday, August 10, 1:00 p.m., at Sr. Center—Bingo and 50/50 Raffle
(Don’t forget to bring donation for food pantry.)

*You wouldn’t worry so much about what other people thought about you if you knew how infrequently they did.
—Jane Nisenson Packman 1931-2001 (David Klein’s friend Aaron’s mother)*

OUTREACH—S.H.I.N.E.—WITH NORMA
S.H.I.N.E. by APPOINTMENT

TELEPHONES FOR PEOPLE WITH DISABILITIES — MASS-EDP PROGRAM

If you are hard of hearing, have difficulty with speech, or have vision or memory problems, you may be eligible to receive specialized telephone equipment that will enable you to use a phone comfortably.

For the hard of hearing, there are Voice Carry Over phones that allow people to speak using their own voice and then read the reply. Amplified phones make calls louder and clearer. With text phones callers can type and read conversations. A ring signaler can be installed to flash when the phone rings. For those with speech problems, an electronic larynx or a text phone would be helpful. For those folks who are blind or have low vision, large backlit numbers or a number announcer who speaks the phone number being dialed will ensure accuracy. And memory phones allow people to simply press the photo of a person they want to call.

The eligibility requirements do not seem overly restrictive. You must be a Massachusetts resident, have verification of a permanent disability from a physician, and have residential service in your home. (Cell phones do not qualify.) The cost is based upon income. On Tuesday, August 16 a Mass EDP representative will be at the luncheon to answer questions and provide information regarding this program.

******* COA SURVEY QUESTIONS—Thank you for your participation! *******

For those residents that are not currently coming to the Senior Center would an increase in the current level of transportation services make it more likely that you would come to the Senior Center in the future? Please call or email: yes or no!

—Would you be likely to come to the Senior Center if it were open for a few hours in the evening a couple of times per week?

Please call or email: yes or no!

—What other activities or programs would you like to see at the Senior Center?

(Please call the COA at 781-982-2145 with answers to the questions shown above, or email us at (coadirector@abingtonma.gov), or contact us via mail at 441 Summer Street, Abington, MA 02351.

AUGUST'S CHUCKLE

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition, because this prescription is marked *NO REFILLS!*"

MUSIC WEBSITE

A website called the National Jukebox (loc.gov/jukebox/) is the place to go to hear not the newest songs, but the oldest—for free! Introduced by the Library of Congress, over 10,000 rare historic sound recordings produced in the U.S. between 1901 and 1925 are available to the public for the first time digitally.



John Young is shown being interviewed by Joanne Curtis after a recent Tuesday luncheon here at the Abington Senior Center.

COMPUTER CLASSES


Following the summer recess, the Council on Aging plans to resume the computer classes in September. For anyone who knows nothing about computers but would like to learn, this is the class for you. The first three sessions will concentrate on the basic functions and then may move into various specialty applications. You can use E-mail to keep in touch with your out-of-town relatives and friends; you can type and print out letters, you may become comfortable enough to want a computer of your own, or maybe you just want some understanding of what your grandchildren are using daily for entertainment and information. Once you learn the basics, the possibilities are almost endless, and a computer is very forgiving of mistakes. You can use programs to enhance your memory, or to check your driving ability, or to find your ancestors or old friends.

Many seniors already know the instructor, John Young. An Abington resident for more than 30 years, John also has many years of computer experience starting with his training in the U.S. Navy as an Aviation Electronics Technician. After 25 years of service, he retired with the rank of Aviation Master Chief, is well qualified as a computer instructor, and has been teaching at our Senior Center and at Massasoit Community College as part of the Senior Net program. Luckily, he also has a good sense of humor.

Why not give it a try? At the very least, you'll have some fun, and the classes are free. Call the Senior Center at 781-982-2145 to verify the starting date.

AUGUST 2011 LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>1</u> <u>12:30 Bingo</u>	<u>2</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken a la King, Mashed Potato, Peas, Cranberry Sauce, Dessert, Beverage	<u>3</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u> <u>1:00 Manicures</u>	<u>4</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/</u> <u>Joanne (Free)</u>	<u>5</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>9:00-10:00 Meet w/</u> <u>State Sen. John</u> <u>Keenan</u> <u>11:00 Tai Chi (Free)</u>
<u>8</u> <u>12:30 Bingo</u>	<u>9</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Hearty Soup, Sandwich, Chips, Dessert, Beverage	<u>10</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u> <u>1:00 Senior Citizens</u> <u>Assn. Meeting -- bring</u> <u>food for Food Pantry</u> (Bingo & 50/50 Raffle at meeting)	<u>11</u> <u>9:00 Cribbage</u> <u>NO Chair Yoga today</u>	<u>12</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u> <u>(Free)</u>
<u>15</u> <u>12:30 Bingo</u>	<u>16</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Meatball Subs, French Fries, Cole Slaw, Dessert, Beverage <u>Noon-1:30 Mass EDP--</u> <u>Phone Presentation at</u> <u>lunch</u>	<u>17</u> <u>9:00 FOAS Mtg</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u>	<u>18</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/</u> <u>Joanne (Free)</u> <u>9:15</u> <u>FOAS sponsored</u> <u>bus trip to</u> <u>Plymouth (see page 6)</u>	<u>19</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u> <u>(Free)</u>
<u>22</u> <u>12:30 Bingo</u>	<u>23</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> American Chop Suey, Green Salad, Crusty Bread, Birthday Cake, Beverage	<u>24</u> <u>9:00 COA Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u>	<u>25</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/</u> <u>Joanne (Free)</u>	<u>26</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u> <u>(Free)</u> Senior Cookout at VFW grove
<u>29</u> <u>12:30 Bingo</u> <u>9:00 Breakfast Club at</u> <u>Morrell's, 20% discount</u> <u>on breakfast</u>	<u>30</u> <u>9:00 Cribbage</u> <u>11:30 Brunch:</u> Pancakes, Sausages, Scrambled Eggs, Pastries, Orange Juice, Beverage	<u>31</u> <u>10:00 Knitting Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u>	<i>IMPORTANT:</i> <i>Make sure your</i> <i>house numbers are</i> <i>clearly visible from</i> <i>the street!</i>	<i>Heat & humidity got</i> <i>you down?</i> <i>Your Senior Center</i> <i>is air conditioned.</i> <i>Drop in and cool</i> <i>off.</i>



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I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!!!

Thanks to the generosity of the Abington Rotary Club, Abington seniors were treated to a FREE luncheon of pizza, salad, and best of all...BANANA SPLITS (the whole works). What better way to start off the summer! The Rotary Club continues to support all our seniors and for that we are very grateful.

DID YOU KNOW???

The Abington Garden Club is celebrating it's 80th Anniversary this year - 1931 to 2011...and is looking for your help in locating pictures, newspaper clippings, or any other information about the club since it's formation. So look in your attic, your mother's attic, grandmother's attic (anybody's attic, for that matter) to see if you come across anything that would be of interest in tracing the club's history. Call Carol Mull at 781-857-2477 if you discover something that will help out, and Carol will pick up anything you find. And if you have any interest in flowers, plants, gardening, please feel free to attend a meeting, or better yet, join the club. New members bringing fresh ideas are needed and welcomed in order to expand this wonderful Garden Club and make it even better than ever.

FREE FUN FRIDAYS! FREE ADMISSION! TAKE THE GRANDKIDS—or not—FOR A FUN DAY

During the month of August, the Highland Street Foundation of Newton will provide free Friday admission to the following attractions. No tickets or advance reservations required. This provides a huge savings on admissions.

August 5: Institute of Contemporary Art, Cape Cod Children's Museum, Springfield Museums, Concord Museum

August 12: JFK Library & Museum, Arnold Arboretum, Tanglewood (BSO), Stone Zoo

August 19: Boston Harbor Islands*, Children's Museum in Easton, USS Constitution Museum, Ecotarium.

**Boston Harbor Islands*—Free ferry ride to either Georges or Spectacle Island; tickets distributed on first come/first serve basis.

Line forms at Long Wharf in Boston at 6:30 a.m.; first ferry leaves at 8:30 a.m.

GENTLE SEATED CHAIR YOGA — from Joanne Laubacher

Join us for Gentle Seated Chair Yoga with Joanne on Thursday's from 10-11 at the Abington Senior Center. Release, restore and recharge your mind and body with gentle movements, mindful breathing and a brief encounter with "therapeutic touch" (Reike). No previous experience is required.

REMINDER—REMINDER—REMINDER Even though it is now summer, Christmas will be here before you know it and so will our Santa Breakfast with the children's gift store. We are looking for donations of new items appropriate as gifts for parents but especially for fathers. Donations of items can be left at the Senior Center, Attn: Pat Beaulieu or Children's Gift Store.

I WONDER IF? —Donna Pace

There is a house in Abington I've always wanted to buy. My mother lived there growing up. I was told many stories by my mother about what is buried in the cellar of this home. Her father was a storer of many things; his storage project was burying things in the cellar—money, coins, and other valuables. Also, after the parents passed on and the children moved on to their own lives, anything nobody wanted to claim was put down the dry well beside the home. Silver candlesticks, money, and old, valuable articles were included. This is why I always wondered if the dirt cellar was cemented over and or well plowed under. Oh, well, too late now. If you see anyone digging up their property, they may have read this article.

NEW HOURS FOR ABINGTON'S PUBLIC HEALTH NURSE

Location	Days	Time
Abington Senior Center	Weekly on Mondays	9:30 AM to 12:30 PM
	4th Tuesday of the Month	9:30 AM to 12:30 PM
Leavitt Terrace	1st Tuesday of the Month	9:30 AM to 12:30 PM
Shaw Ave/Blanchard Gardens	2nd Tuesday of the Month	9:30 AM to 12:30 PM
Chestnut Glen	3rd Tuesday of the Month	9:30 AM to 12:30 PM

WISH LIST—from Luncheon Ladies

Coffee	Powdered Cream (Creamora)
Extra large foil pans	Plastic Tablecloths (throwaway)
Dawn Dish Detergent (large)	

MANICURES AT SENIOR CENTER

Studio 23 in Abington will be offering manicures at the Senior Center on Tuesday, August 2nd at 1 PM. There will be a sign up sheet for those that are interested. They are scheduled for one hour with three manicurists, so we anticipate that they will be able to do 12 manicures that day.

THANK YOU PETER MORRELL

Thank you, thank you for your generous donation of gift certificates that were used as raffle prizes. *Bon Appetit* to the lucky winners!

SAVE THE DATE—Saturday, October 29, 2011, our annual Abington Community Fair & Marketplace, bigger and better than last year. Volunteers are needed. See sign-up sheet in lobby of the Senior Center.

BOOKS IN THE HALL—Don't forget to stop by the Sr. Ctr. Library. Good reads available, no card needed, no return necessary; pass books on if you want. Enjoy!

FOAS SPONSORED SENIOR BUS TRIP

On Thursday, August 18, the Friends of Abington Seniors will be sponsoring a free bus trip to Plymouth for Abington's senior citizens. The bus will leave the Senior Center at 9:15 A.M., drop passengers off at the Plymouth waterfront, and leave Plymouth at 2:00 P.M. for the return trip to the Senior Center. From the arrival in Plymouth to departure time, you will be on your own. This will give you the opportunity to shop, watch the boats, eat lunch, or whatever you want to do to enjoy the day. You must plan to be back at the pickup spot at 1:30, as it is a long walk home. This will be a school bus; there will be no special features (air conditioning, lavatories, movies, etc.) The seating is limited, reservations are mandatory, and can be made **beginning on August 8**. Please call the COA office at 781-982-2145 if you are interested.

**KITCHEN GARDENS
AT THE SENIOR
CENTER**



Diane Keith standing beside the FOAS Kitchen Gardens. She was instrumental in having them relocated for easier access. The FOAS luncheon ladies plan to make good use of the future fresh vegetable crop in their delicious, nutritious Tuesday lunches.

With the help of his Bobcat machine, on June 18 John Burnett of Arrowwood Landscape moved the two sections of the Friends Kitchen Garden from the *way far* side of the Senior Center to a more convenient location outside the kitchen door. The following Friday, June 24, the newly located kitchen garden was planted by: Diane Keith (pictured above), Donna, Casey, and Melody Strobel, and Patricia Beaulieu. Organically grown plants were donated by Lurane Ryerson. Jack Brown erected the fencing. Michael Keith provided the stakes for the tomato plants. Many thanks to all of the participants.

FOLLOW-UP TO FIRE CHIEF'S VISIT

We'd like to thank Abington Fire Chief John Nuttal for being a guest speaker at the Abington Senior Citizen's lunch in June. One of the questions that came up during the Chief's visit concerned "Keylock" Boxes for residential homes, which could be used like a Safe to store a key outside of one's home that the Fire Department would have access to in the event of an emergency. Using this key might prevent them from having to knock down someone's door. The main question was how much these devices cost. According to the form from Easton Life Safety Systems Electronics, which the Chief subsequently dropped off, the "Keylock" itself is \$59, before taxes and shipping and handling. The shipping and handling is \$9 per box or safe. The 6.25% tax would be another \$3.69, and there is an optional fee of \$1.75 for a Fire Department Alert Decal. Should anyone be interested in ordering a Keylock, please see one of the COA staff for the vendor's order form and coordination with the Abington Fire Department.

GIVE THE FROG A LOAN

A frog goes into a bank and approaches the teller. He can see from her nameplate that her name is Patricia Whack. "Miss Whack, I'd like to get a \$30,000 loan to take a holiday." Patty looks at the frog in disbelief and asks his name. The frog says his name is Kermit Jagger, his dad is Mick Jagger, and that it's okay, he knows the bank manager. Patty explains that he will need to secure the loan with some collateral. The frog says, "Sure. I have this," and produces a tiny porcelain elephant, about an inch tall, bright pink and perfectly formed. Very confused, Patty explains that she'll have to consult with the bank manager and disappears into a back office. She finds the manager and says, "There's a frog called Kermit Jagger out there who claims to know you and wants to borrow \$30,000, and he wants to use this as collateral." She holds up the tiny pink elephant. "I mean, what in the world is this?" (*you're gonna luv this*)

The bank manager looks back at her and says... "It's a knickknack, Patty Whack. Give the frog a loan; his old man's a Rolling Stone!"

RECIPE OF THE MONTH — No Frying Chicken Parmesan

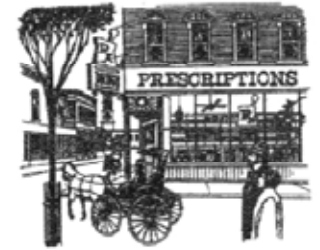
Ingredients:

- | | |
|---|---|
| 3/4 cup plain, dry bread crumbs | 1/2 tsp. Italian seasoning |
| 6 boneless, skinless chicken breast halves (about 2 pounds) | 1/4 tsp. garlic powder |
| 1 jar pasta sauce | 1 egg beaten |
| 12 oz. pasta, cooked and drained | 1 cup shredded, part-skim mozzarella cheese |

Directions: Preheat oven to 400 degrees. Combine bread crumbs, Italian seasoning and garlic powder in shallow dish. Dip chicken in egg, then crumb mixture; turn to coat. Arrange chicken in 13 x 9-inch baking dish. Bake 20 minutes. Pour pasta sauce over chicken; top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve with hot pasta.

SUPER FOOD: STRAWBERRIES

Sweet, juicy strawberries are ripe with flavor and rich in nutrients. Anthocyanins, the antioxidants that give strawberries their beautiful red color, protect cell structures in the body. Phenols, another antioxidant group in strawberries, help stave off heart disease and cancer. Strawberries' high level of Vitamin C helps prevent macular degeneration. Enjoy strawberries in salads, smoothies, yogurt, parfaits and, of course, in strawberry shortcake. —Cheryl Cohen



William G. Cox RPh

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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

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Informer Newsletter Staff

Marie Brown, Joanne Curtis, Betty Slinger, Maureen Wall

Reporters interviewed a 104-year-old woman:

“And what do you think is the best thing about being 104?” the reporter asked. She replied, “No peer pressure.”

What sunshine is to flowers, smiles are to humanity. Submitted by Cheryl