



The Senior Informer

JUNE, 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 Board of Directors

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COFFEE WITH JOHN

John D'Agostino, Town Manager
Abington Senior Center
Tuesday, June 28, 10:00 a.m.

The quickest way to double your money is to fold it and put it back into your pocket. —Will Rogers

ATTEND TOWN MEETING

Monday, June 6—7:00 p.m.

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



The Abington Savings Bank block shown after the devastating fire of 1960.

Photo permission courtesy of the Historical Society of Abington and the Dyer Memorial Library.

KUDOS TO ABINGTON FIRE DEPARTMENT, PAST & PRESENT

We are all aware of our fire department. We know where the fire stations are located, we know most of the staff by name, we know we can depend upon them to help out at accidents, to take us to the hospital, to give us tips on fire and carbon monoxide safety, and to save our homes and our lives when necessary. Abington has had many fires, probably not more than any other town our size, but each one has been important. Some fires have cost a devastating loss of life or have left people without homes or belongings. Some have been small and relatively insignificant, but each has required a response from our firefighters. Some fires are truly memorable, as were three from years past.

In December of 1934, during Christmas vacation, the Abington High School burned. The fire started in the school's third floor chemistry lab and was noticed at 3:30 a.m. by a neighbor who immediately called the fire department. The Abington and Rockland Departments battled the fire, while the Whitman firefighters provided coverage for the Abington stations. Chief Casey and three firemen, Ralph Brett, Frank Merrill, and Carl Cederholm, trying to contain the fire, entered the third floor via the outside fire escape and were temporarily trapped by the spreading flames. Their fellow firefighters erected a ladder, and all four escaped without harm. The wooden interior of the building, a lack of water pressure, and a breezy morning combined to doom the building with nothing but the brick shell remaining. The school had been built in 1902 at a cost of \$50,000. During the construction of the new high school (now the Frolio Junior High School) the town accepted the generous offer of the Crossley Shoe Company to house the students in their administration building.

Once again in the winter, this time in January of 1952, the Abington firemen were called to control a spectacular blaze in North Abington's Crossley block. This fire began shortly after 9:00 a.m. when an oil heater on the second floor of the Atlantic Card Company exploded. John Rusycki, an employee of Atlantic Card, attempted to extinguish the blaze, but was unable to do so and suffered burns on his hands. In addition to the card company, the block was occupied by Sally's Beauty Salon and by Dobson Distributors, whose supply of paints added fuel to the fire. There were also a number of apartments occupied by the Leventuk family, Blanche Grynewicz, Sophie Spagowski, Paul and Edna Wayne, Frank Polaskowicz, Mrs. Peg Gotreau, and Bronia Wieliczki and her children. All occupants were safely evacuated by Abington firemen and policemen.

(continued on page 6)

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INFORMER NEWS DEADLINE

Place in Newsletter inbox by 10th of previous month (i.e., 10th of June for July 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, \$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.

Note: Tax and Fuel Assistance have been concluded until the next fuel and tax season.

I CAN HEAR JUST FINE!

Three retirees, each with a hearing loss, were playing golf one fine March day.

One remarked to the other, "Windy, isn't it?"

"No," the second man replied, "it's Thursday."

And the third man chimed in, "So am I. Let's have a beer."

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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 starts 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:

Louise Robbins

Memberships:

Steven Mazzarella

Barbara Gillespie

Hank Cahill

Robert & Maureen Gadbois

Mary N. Johnson

Diane Keith

Nancy MacDonald

Sylvia Phillips

Pat & Dan Foley

Louise Robbins

Lifetime Membership: Richard O. Schofield

In Memory of:

Francis "Red" Allen by Norma Allen

Nancy Smolinski by Vinson Blanchard

Garden Association

Ed & Dot Harris by Carole & David Harris

Eileen Cannon by Sylvia Phillips

Andrew Phillips by Sylvia Phillips

Friends of Abington Seniors, Inc.

June is membership renewal month for the FOAS. Although many of you remember to keep up with your membership dues, this is another reminder for those who have not. The cost is \$5 per year. If you have not already done so, please consider renewing your membership – or become a new member. A \$100 contribution gives you a lifetime membership; a gift of \$1,000 or more puts your name of the donors' plaque. All contributions are welcome

FYI: The lovely hand-knit afghan raffled off at the Polish supper was won by Richard "Cracker" Donovan. Lucky man, Cracker!

Are You Available? Willing? Able?—The Tricentennial Committee Wants You!

Jan Prall and Nancy Cavanagh attended the Tuesday, May 3, Sr. Center luncheon to inform those present of the many upcoming events planned for the June 2012 Tricentennial celebration. The list includes many fun and fundraising affairs throughout 2011 to help raise the necessary funds for a memorable celebration in 2012. In addition, Prall and Cavanagh asked the seniors to consider being volunteers—many are needed. Volunteer opportunities abound with the choice of helping as much or as little as you prefer and wherever you are comfortable serving, i.e., serving on committees, manning tables at events, taking/selling tickets, etc. Contact Nancy Cavanagh (nancycav39@verizon), Jan Prall, or email www.abington300th.webs.com or abington_ma_300th@verizon.net for info or to sign up.

Some of the planned upcoming events for 2011 are: Info Table at Town Meeting, June 6, 7 p.m.; Table at Golf Tournament, Strawberry Valley Golf Course, Friday, June 10, Noon to end; Table at Annual Fishing Derby, date and time tba; Abington Olde Town Christmas House Tour, December 10/11; Antique Faire, November 2011; Fundraising Dinner, Winter 2011/2012.

"Yesterday is history, tomorrow is a mystery, and today is a gift; that's why they call it the present." —Eleanor Roosevelt

OUTREACH—S.H.I.N.E.—WITH NORMA

The COA has been given, by some very thoughtful people, a collection of “make life a little easier” equipment that we would be happy to pass along to anyone that could use them. A brand new, never been used commode; many walkers—some with wheels, all adjustable, some with extra “legs” for taller folks; aluminum crutches; 2 shower chairs, one big, one not-so-big one, and 2 baskets that hook on to walkers. We thank those people who have donated them to us so we can “pass them forward.”

A little “pop” quiz: (Answers can be found at the lower part of this page.)

1. How many people live in Massachusetts?
2. How many of them are on Medicare?
3. Do I pay for Part A (hospital insurance)?
4. Do I have to be 65 to have Medicare?
5. Where do I go if I have problems with Medicare?
6. What if I’m bored and need something to do — or to be with people?

A WIDOW’S STORY—A Memoir by Joyce Carol Oates

Joyce Carol Oates is the well-known, prolific author of much best selling fiction (*We Were the Mulvaney’s*, *Blonde*, *The Falls*, etc.) as well as many essays and reviews. The recipient of many literary awards, she’s also been nominated for a Pulitzer Prize, and is a Professor of the Humanities at Princeton University.

Unlike any of her other books, this is a memoir recounting the unexpected death of her husband of 46 years (Raymond Smith, editor of the *Ontario Review*) and how she dealt with her first year of widowhood, surviving with the support of her/their friends, prescription drugs, and adjusting to being alone—the “*aloneness* beyond even *loneliness*” as she described it. It’s an open, revealing look into her personal day-to-day struggle within herself. In the Epilogue she writes, “Of the widow’s countless death-duties there is really just one that matters: on the first anniversary of her husband’s death the widow should think *I kept myself alive*.”

I found the book interesting though somewhat depressing. Surprising to me was to learn how the outward appearance of a highly educated wife, successful author, and distinguished college professor, masked a woman who depended so heavily on her husband and marriage to supply her with feelings of worth. She struggled with that, even to thoughts of suicide, throughout her first year as a widow. Anyone who has been widowed will doubtless identify with and remember at least some of the overwhelming, raw feelings Oates expresses, as well as passing through the so-called stages of grief ending with the final(?) acceptance. A recent acquisition through the Christine Curtis Fund, this book is available at the Abington Public Library.

—Review by Betty Slinger

SENIOR CITIZENS ASSOCIATION OF ABINGTON—

Meeting: Tuesday, June 14 at 1 p.m. Speaker: new Abington Fire Department Chief John Nuttall at 1:30 p.m.

JUNE’S CHUCKLE — THE ITALIAN SECRET TO A LONG MARRIAGE

At St. Peter’s Catholic Church in Toronto, they have weekly husband’s marriage seminars. At the session last week, the priest asked Giuseppe, who said he was approaching his 50th wedding anniversary, to take a few minutes and share some insight into how he had managed to stay married to the same woman all these years.

Giuseppe replied to the assembled husbands, “Wella, I’va tried to treat her nicea, spenda da money on her, but besta of all is, I tooka her to Italy for the 25th anniversary!”

The priest responded, “Giuseppe, you are an amazing inspiration to all the husbands here! Please tell us what you are planning for your wife for your 50th anniversary?”

Giuseppe proudly replied, “I gonna go pick her up.”

THANK YOU ABINGTON SUNOCO

A very special thank you from Abington Elderly Services to **Jim Stone** of **Abington Sunoco** for donating a gift card to the COA for use with our van, as well as vouchers for free oil changes. It’s friends like Abington Sunoco that keep our van on the road and running and available to so many seniors, especially in these times of soaring gas prices.

DID YOU KNOW?

The Gifted Hands Boutique at the Senior Center has been donating to the Friends of Abington Seniors all of the proceeds from the sale of its merchandise, and this has been their practice since they formed last year. For any of you not familiar with this group, they are a gathering of 15 to 20 “crafty” ladies with busy hands who meet at the Senior Center to create beautiful handmade knitted items in a very relaxed atmosphere where they knit, swap and share patterns, ideas, and most of all laughs.

Drop in to see their display of beautiful items available for sale, or perhaps come in some Wednesday between 9:30 to noon and join in with your ideas. The more the merrier!


Answers to SHINE quiz: 1. 6.6 million people; 2. 1 million, 49 thousand, 511; 3. No—a gift from the Federal government; 4. Usually, but if you become disabled before age 65 you are eligible for Medicare after 2 years of disability; 5. Your friendly SHINE counselor at the COA; 6. Come to the Senior Center—check out our activities, we’re here for you.

A DAY IN THE LIFE OF A MEALS ON WHEELS DRIVER

Never underestimate the role of our Meals on Wheels drivers! Just recently, one of our very responsible (unpaid) volunteer drivers took action by reporting that one of the seniors he was bringing a daily meal to didn’t answer the door. This driver was concerned and kept telephoning with no answer. He then notified the COA office. They, in turn, contacted the police requesting a wellness check for that person. Police found that the senior had fallen, and thankfully our driver alerted the necessary people to help out, and thus saved the day! Hooray!

JUNE 2011 Lunch & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>IMPORTANT:</i> <i>Make sure your house numbers are clearly visible from the street!</i></p>	<p><i>Father's Day</i> <i>June 19</i></p> <p><i>Town Meeting</i> <i>June 6</i></p>	<p><u>1</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>2</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne</u> <u>11:30 Lunch: tba</u></p>	<p><u>3</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>9:00-10:00 Meet w/ State Sen. John Keenan</u> <u>11:00 Tai Chi</u></p>
<p><u>6</u> <u>Bingo— 12:30 pm</u></p> <p><u>D-Day: Honor veterans & fly the flag</u></p>	<p><u>7</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Pork Chop Suey, Rice, Vegetable, Dessert, Beverage</p>	<p><u>8</u> <u>9:00 FOAS Mtg</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>9</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne</u> <u>11:30 Lunch: tba</u></p>	<p><u>10</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u></p>
<p><u>13</u> <u>Bingo— 12:30 pm</u></p>	<p><u>14</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Italian Wedding Soup, Sandwich, Chips, Dessert, Beverage <u>1:00 Senior Citizens Association Meeting</u></p>	<p><u>15</u> <u>9:00 COA Mtg</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>16</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne</u> <u>11:30 Lunch: tba</u></p>	<p><u>17</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u></p>
<p><u>20</u> <u>Bingo—12:30 pm</u></p>	<p><u>21</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken Broccoli & Ziti, Bread, Dessert, Beverage <u>1st day of Summer!</u></p>	<p><u>22</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>23</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne</u> <u>NO LUNCH—school vacation, lunch resumes in Fall</u></p>	<p><u>24</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u></p>
<p><u>27</u> <u>Bingo—12:30 pm</u></p> <p><u>9:00—Connie Rhodes' Breakfast Club at Morrell's, 20% discount on breakfast.</u></p>	<p><u>28</u> <u>9:00 Cribbage</u> <u>10:00 Coffee w/Town Manager</u> <u>11:30 Lunch:</u> Porcupines, Vegetable, Rolls, Birthday Cake, Beverage</p>	<p><u>29</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support Group</u> <u>10:00-12:00 Quilting Class</u></p>	<p><u>30</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/ Joanne</u> <u>NO LUNCH—school vacation, lunch resumes in Fall</u></p>	<p><i>Don't forget —</i> <i>Books in the Hall</i> <i>Sr. Ctr. Library</i> <i>Some good reads available, no card needed, no return necessary. Enjoy.</i></p>



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KUDOS TO ABINGTON FIRE DEPARTMENT, PAST & PRESENT (continued from page 1)

The fire threatened the adjacent buildings, and assistance was called for and given by Brockton, Whitman, Rockland, Bridgewater, and Weymouth. Once again, low water pressure was a problem, but the fire departments successfully kept the flames from spreading to the surrounding wooden buildings. Damage was estimated at \$250,000, twelve apartment residents were left homeless, but there were no fatalities, nor any permanent injuries.

On the evening of November 26, 1960, a fire of suspicious origin destroyed the old Savings Bank block in Abington center. The third floor of the building was completely destroyed, and heavy water damage was sustained by offices on the second and first floors. The town offices, including the town records, were located on the second floor. The firemen protected these documents by covering them with canvas. Although the Savings Bank no longer occupied the building, the Abington National Bank had its offices on the first floor. Their main vault was protected from intrusion by a timelock, and a smaller vault was carried to safety by firefighters. Other occupants of the building included Abington Wayside Furniture and Rip's, both of whom had storage space on the second floor. A Wayside Furniture employee, Mrs. Mable Johnson, was working there on a special order for draperies when the fire broke out. She was unaware of the fire until being rescued by Fire Chief Casey and Captain Merrill. Ray Pike, owner of Wayside Furniture, Meredith Ripley, owner of Rip's, and Lucille Lindholm, owner of the Golden Slipper, incurred substantial financial losses because of smoke and water damage. Slattery Insurance Company also had water damage, but all records remained intact. Help arrived from Brockton, Bridgewater, Hanover, Rockland, Whitman, Hingham, Weymouth and Pembroke. Water was pumped from Island Grove Pond, emergency lighting was erected, and the Salvation Army provided coffee and donuts to fire and police personnel. The only reported injuries were to Richard Donovan, hospitalized for smoke inhalation, and to John Jacob, who was struck in the eye by falling plaster. The burned out brick building remained an eyesore for quite some time, but was eventually demolished.

Many of the firefighters during those years were volunteers. The alarm rang the location number, and all those available responded. Since then, our town's population has increased, with a resulting responsibility for more homes, businesses, and people. Our firefighters now are all trained professionals. Thanks to all of them then, and thanks to all of them now.

—Information from Brockton Enterprise articles on file at Dyer Library with help of library staff.

COA STAFF QUIZ

Please play the "How well do you know your COA staff members quiz?"

Just match the name & title of COA staff members to the questions below. The first three participants with the highest number of correct responses will win a prize [Answers to be shown in next month's (July) Sr. Informer – Note: COA & Newsletter staff may play, but are exempt from winning a prize].

Staff List

- Cheryl/Nutrition _____ What staff member is a Canadian citizen?
- Dave/Driver _____ What staff member was once a bank employee and witnessed a robbery on his or her birthday?
- David/Director _____ What staff member was once an elementary school teacher?
- Fred/General _____ What staff member was once in a coma for three months?
- Jack/Driver _____ What staff member was once an accountant?
- Jean/Activities _____ What staff member was once part of a professional musical trio performing on clarinet, sax, & drums?
- John/Custodian _____ What staff member's first language was French, learned as a child living on the Seychelle Islands?
- Linda/Driver _____ What staff member once played French horn in a drum & bugle corps and performed at Yankee Stadium?
- Norma/Outreach _____ What staff member visited Lenin's tomb in Moscow, when it was still the Soviet Union?
- Susan/Custodian _____ What staff member once babysat for actor Mark Wahlberg?
- Suzanne/Director _____ What staff member was once at the epicenter of an earthquake while on a ship in the Pacific ocean?

MARK YOUR CALENDAR—COMING EVENTS

**TOWN MEETING, Monday, June 6,
Abington High School, 7 p.m.**

Relay for Life of Greater Abington

June 3 & 4, 2011, Reilly Field, Gliniewicz Way

Fri., June 3 — 6:00 p.m., Survivor's Lap, immediately followed by Survivor's Hope Reception.

9:00 p.m., Luminaria Ceremony (luminaria available for a contribution to American Cancer Society). For info call: Stephanie Burke (781-878-2798) or Linda Burke (781-878-1386). Register online at

www.relayforlife.org/abingtonma.

SAVE THE DATE FOR

ABINGTON COMMUNITY FAIR AND MARKETPLACE

October 29, 2011, 10 a.m. to 3 p.m. Abington Senior Center
Handmade Crafts, Chowder, Meatball Subs, Coffee, Donuts

VOLUNTEER HELP NEEDED—BINGO!

If you would like to help take in money, call back numbers, give out prizes, and set up goodies for the intermission feast at the Abington Senior Center Monday Bingo, we would love to have you. Bingo starts at 12:30 and card sales start at 11 a.m. If you think this would be fun, call Pat Be-leau at 781-871-9873, Carol Doherty at 781-878-0769 or just come. We look forward to seeing you.

Senior Center Identification Cards

A big thank you for everyone who's been using your Senior Center ID cards to check in when you come into the Senior Center. This system is designed to make it easy for you to let us know that you're here while also helping immensely in tracking the utilization of Council on Aging programs and activities. This is important both for future planning and to help with reporting and any future grant opportunities. For those that do not have an ID, please see Jean or one of the Directors, Suzanne or David, to sign up for one. For those that have an ID, but are not using it, please, please put it on your key ring and take the very short amount of time (less than one minute) to scan your card and choose your intended activities for the day on the touch screen computer monitor as you enter the building. Also, if you forgot your card or you are not from the area, you can sign-in as a guest, by just touching "guest" on the monitor and choosing your activity. If you need assistance, any of the COA staff or volunteers would be more than happy to lend a hand. Stay tuned for new announcements as we plan on raffling off occasional special prizes to those that have used their IDs on the day of the raffle and hope to be adding photos to the system as well.

WISH LIST

Box of sugar substitute packets
Small dessert paper plates

Breakfast Club—Correction:

Connie Rhodes would like to invite people to Morrell's Country Kitchen on the last Monday of every month at 9:00 a.m. for her Breakfast Club, which comes with great food at a 20% discount. Contact Connie for more info.

Gifted Hands Wish List—The ladies who knit to stock the Sr. Ctr. boutique would appreciate any yarn that friends may care to donate for their efforts—colors and yarn weight should be appropriate for the type of items they stock.

MOW APPRECIATION

Joanne Curtis, who recently retired as a Meals on Wheels driver after 15 years of service, was acknowledged and thanked with a card and standing ovation at the May 3rd Tuesday luncheon.

POLYPHARMACY

Polypharmacy--what is it? Polypharmacy (*multiple medications*) often affects the elderly. Seniors 65 years or over comprise approximately 12% of the US population and receive 1/3 of all prescriptions for 50% of all drugs used in the US. Why? Because they have more medical conditions calling for more meds, more providers (physicians, NPs, etc.), and more pharmacies. More medications increase the risk of inappropriate prescribing, medication mismanagement, and unclear communication. The more meds you take, the more likely at least one will be inappropriate. There is some info that 50-65% of elderly patients are prescribed at least one inappropriate med. Due to bodily changes in the elderly, pharmacokinetic changes, i.e., how the body handles a drug (how much is absorbed, broken down, etc.), and pharmacodynamic changes, i.e., how the body responds to a drug (sensitivity to effects), their risk for adverse drug reactions (ADR) can be increased. The common symptoms of aging such as unsteadiness, dizziness, depression, etc., are also common ADRs for the elderly, they often look alike. So be aware of changes when meds are added or stopped and ask questions of your provider re: effectiveness, duplication, duration, risks, etc. Make sure all your meds are listed correctly in your patient file, including OTC ones, and that your provider reviews the complete list. It's your health at risk so manage those meds. You might want to carry an updated med list, keep an updated list on the refrigerator for emergencies, or even consider a medication alert bracelet in some circumstances. —*One Prescription, Two Prescription, Three Prescription, More! Polypharmacy & the Elderly*, Kristin Zimmerman

Anger makes you smaller, while forgiveness forces you to grow beyond what you are.—*Cherie Carter Scott*

STARFISH

There was a young man walking down a deserted beach just before dawn. In the distance he saw a frail old man. As he approached the old man, he saw him picking up stranded starfish and throwing them back into the sea. The young man gazed in wonder as the old man, again and again, threw the small starfish from the sand to the water.

He asked, "Old man, why do you spend so much energy doing what seems to be a waste of time?" The old man explained that the stranded starfish would die if left in the morning sun. "But there must be thousands of beaches and millions of starfish!" exclaimed the young man. "How can you make any difference?"

The old man looked down at the small starfish in his hand, and as he threw it to the safety of the sea, he said, "I make a difference to this one."

RECIPE OF THE MONTH — Pineapple Crisp

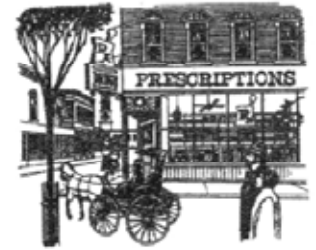
2 large apples, diced	1 cup drained crushed pineapple
1/2 cup brown sugar	6 tablespoons flour
3 tablespoons butter	

Put apples and pineapple into casserole. Combine sugar and flour; add butter and crumble up. Sprinkle mixture over fruit. Bake at 375 degrees for 40 minutes. Add flaked coconut or chopped nuts if desired.

Health note from Cheryl—To save more than 200 calories on your sandwich, ditch the slice of cheese and trade the mayonnaise for naturally low-calorie mustard.

Abington Town Meeting, June 6th

Be sure to attend town meeting on the evening of Monday, June 6th at the high school to support two COA sponsored articles. One is a request to increase the limit that the town allocates towards the Senior Tax Rebate program, which would allow more Abington seniors to participate in the program and receive a property tax abatement. The other would fund an application for a Community Development Block Grant, which if awarded would provide between \$800,000 and one million dollars to the town to be used for a special Housing Rehabilitation program and to fund further Outreach and other social programs for Abington seniors as well as other moderate income residents.



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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

Grandparents Are Funny

—A little girl was diligently pounding away on her grandfather's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied. "I can't read."

—When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised. "Mine says I'm 4 to 6."

—My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him 62. My grandson was quiet for a moment, and then he asked, "Did you start at 1?"