



The

# Senior Informer

**MAY, 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, May 24, 10:00 a.m.

*Words may show a man's wit, but  
actions his meaning.—Ben Franklin*

## **NEW! Chair Yoga w/Sharon**

**Thursdays—10:00 a.m.**  
**Abington Senior Center**

## ACTIVITIES

Bingo  
Blood Pressure Screening  
Chair Yoga w/Sharon  
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

## IN FLANDERS FIELDS

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies  
grow  
In Flanders fields.

*Lt. Col. John McCrae (Canadian army  
officer and physician) wrote this poem in  
May 1915 during World War I.*

*Taps being  
played by  
Kevin Monahan  
AHS grad  
Class of 2001  
at Memorial  
Day services,  
Mt. Vernon  
Cemetery, in  
2001.*



## LEST WE FORGET

Memorial Day, originally called Decoration Day, was officially proclaimed in May of 1868 by General John Logan, national commander of the Grand Army of the Republic. At that time, it was to be a day of remembrance for those Union and Confederate soldiers who died in the Civil War. General Logan designated "the 30th day of May for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion". Since then, more than 35 million men and women have answered our nation's call to arms to fight in foreign lands; many of them never came home.

In 1971 Congress passed the National Holiday Act, changing the date to the last Monday in May, thus creating a three day weekend. We still decorate the graves, not only for our servicemen and women, but also for departed friends and relatives. And we display our flags in respect.

In Abington, the Boy Scouts and members of the American Legion Post place American flags on the graves of all veterans in our two cemeteries. At 8am on May 30th the Honor Guard will meet at Laidler Field on Chestnut Street for a ceremonial flag raising in honor of Ernie Laidler, killed in action in Vietnam. From there, they proceed to the corner of Hancock Street for services at the Richard Fitts Memorial, and then to the West Abington cemetery. At 8:45, a service will be held at the Memorial Arch at Island Grove Park. The parade group is to assemble at 9:30 at the Early Childhood Center, with starting time scheduled for 10AM. Marchers will include members of the VFW, the American Legion, the Richard Fitts Chapter of U.S. Veterans Vietnam Era, the Abington High School Band, Boy Scouts, and Girl Scouts. The parade route follows Washington Street to Adams Street to Pearl Street, and into Mt. Vernon cemetery for the final services to include words from the chaplain and various service organization members, the reading of "In Flanders Fields," and the playing of Taps.

Although a parade can be a festive event, it is also a solemn occasion enabling us to show our patriotism and our gratitude to those who served our country. *Lest we forget.*



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**INFORMER NEWS DEADLINE**  
 Place in Newsletter inbox by 10th of previous month (i.e., 10th of May for June 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

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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 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**

Edward & Eileen Walsh  
David & Carole Harris

**Memberships:**

Marguerite Naymie  
Steve Georgeakakis

Richard & Annette Griffin  
Carol Mannion

Anna Miron

**Lifetime Membership: Daniel Frieburger; Adele Dombrowski; Walter H. Pulsifer, III**

**In Memory of:**

Glenie Griffin by Richard & Annette Griffin  
Aldbella Rogers & Gladys Sharpe by Russell Sharpe  
Barbara & Charles Whitman by Natalie Walker

Arthur Walker by Natalie Walker  
George Crowell by Helen Crowell  
Stefania Giniewicz by Mary Giniewicz

In Memory of Bronia Wieliczki on her Birthday, with love from John, Jean, Peter, Paul, and family.

Happy Mother's Day to Norma Clark from her children, grandchildren, and great grandchild.

***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 a reminder for those who have not. The cost is \$5 per year. The Friends group is comprised entirely of volunteers. They serve luncheon to 50-60 seniors every Tuesday at a cost of \$3 per person. Several times a year, the luncheon is free. They have put on Italian Suppers, Polish Suppers, a Craft Fair, Christmas with Santa, an Easter program, a Valentine brunch, and they contribute to and help assemble the senior newsletter. If you have not, 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 on the donors' plaque. All contributions are appreciated.

*If nothing ever changed, there'd be no butterflies!*

**FYI: The Friends of Abington Seniors need your help...** . If during your spring cleaning you're weeding out drawers, closets, etc., and you come across unused, small, new and gift-type items, keep us in mind. We're looking for same, collecting them to use for our annual Breakfast with Santa event. The children enjoy picking out this kind of item as gifts to present to parents, grandparents, etc. Who knows, you might even receive your donated item back again—with much love!

**OUTREACH—S.H.I.N.E.—WITH NORMA**

ARE YOU OKAY?? is a free program that promotes your wellness and safety. Offered by the Plymouth County Sheriff's Department, it's a computerized telephone reassurance service. You determine what time, between 6 am and noon, you wish to be called. Then a "computer" calls you inquiring ARE YOU OKAY? You may answer "yes" and hang up. If you're not OK, you answer "no" and the caller will do whatever needs to be done to assist you. If there is no response, or the line is busy, the computer will call you back. If they still get no response Are You OK? will call a designated (by you) friend or contact or, if necessary, will call the Abington Police to check on you. If you anticipate being away or just "not home" you notify Are You OK? ahead of time. If you live alone or you have health problems, this is an excellent free service. You decide when you wish to be called, then just answer yes or no when they ask "Are You OK?" Many of our seniors who live alone like hearing a friendly voice, and their families feel better knowing someone is looking out for them. We have the information—just call the office.

Along with a 65th birthday and/or retirement comes many decisions about Social Security, Medicare, health insurance, prescription drug coverage, etc. We can help you with those matters, then, if you have time on your hands, after you cope with all those government things, come visit the Senior Center and see what we have to offer. Bring your friends or come meet new friends.

I hate to say this, but, if you're counting on a raise in Social Security in 2012, don't spend it yet. You will get a raise, but the grapevine has it that the raise will be eaten up by an increase in Medicare. Just try to remember Medicare is always there when you need it most. See you at the Senior Center--where the action is!!

***Study Shows TAI CHI Helps to Beat Back Depression in Elderly***

If you really need it, here's another good reason to participate in the Tai Chi class led by master Mike Showstack and held on Fridays from 11 a.m. to noon at *your* Senior Center .

More than 2 million people age 65 and older suffer from depression. In the next 35 years, the number of Americans over 65 will double and the number of those over 85 will triple.

So, how to help elderly depressed individuals? Researchers at UCLA turned to a gentle, Westernized version of tai chi, a 2,000-year-old Chinese low-impact martial art. When they combined a weekly tai chi exercise class with a standard depression medication treatment for a group of depressed elderly adults, they found greater improvement in the level of depression -- along with improved quality of life, better memory and cognition, and more overall energy -- than among a different group in which the standard treatment was paired with a weekly health education class.

The study authors noted this was the first study to demonstrate the benefits of tai chi in the management of late-life depression, and they were encouraged by the results as it's known that nearly two-thirds of elderly patients who seek treatment for their depression fail to achieve relief with a prescribed medication alone. The results of the study appear in the current online edition of the *American Journal of Geriatric Psychiatry*.

***MAY'S CHUCKLE — BEST EVER SENIOR CITIZEN JOKE***

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then," he said with a deep sigh .....

"Let's put all the Corn Flakes back in the box."

***MOVIE RENTAL REVIEW — NETFLIX, What is it?*****—David Klein**

Do you ever get tired of watching today's television fare, most of which seems to be "Reality TV"? Do you find yourself wondering if there are any truly great television shows anymore (it turns out that there are, it's just that they are being produced mainly on the premium pay cable channels like HBO & Showtime)? Do you get tired of running back and forth to the video store for movies to rent or hurrying so as not to incur a late charge? Is pay per view too expensive? If your answer to any of these questions is yes, NETFLIX is worth checking out. Blockbuster offers a similar service, but I am reviewing Netflix out of personal familiarity.


Netflix is a subscription service that you sign up for on the Internet and have movies or television shows on DVD mailed to your home. Netflix pays for the postage in both directions as their DVDs come with Pre-Paid Return envelopes. They offer subscription rates that range in price from \$9.99 per month depending on the number of DVDs you want to be able to have at home at the same time (let's say you watch 8 DVDs in a given month on the \$9.99 plan, that's a per DVD cost of \$1.25, if you kept your DVDs longer and only watch 4 in a month, the per DVD cost would be \$2.50) There are thousands of choices and you decide how long you want to keep each DVD. When you're done with a DVD just put it in the return envelope and drop it back in the mail. Netflix has incredible turnaround time, often mailing you new DVDs within 24 hours of receiving the DVD that you returned to them. I've mailed one out on Monday and gotten a new one by Wednesday

How does Netflix know what movies to send you? Glad you asked! After you've registered your account (at HYPERLINK "http://www.netflix.com" **www.netflix.com**) and chosen a subscription plan that fits your needs, you set up a list of movies or television shows that you're interested in seeing. Netflix calls this list your "Queue". Once your Queue is established, whenever a DVD is returned they will automatically go to the next movie on your list. You can add or delete items whenever you wish. There is even the flexibility to change the order of the movies or shows on your Queue.

But wait it gets even better (yes, I feel like I'm selling ginsu knives on an infomercial)! Netflix not only has thousands of movies to choose from, but all of those great television shows on the premium cable channels are on there too (Deadwood, Big Love, Mad Men). Using DVDs to watch these television series is a startlingly good experience. It's not a secret, but it almost feels like it is. What's really great is that you get to see the shows right from the beginning, you usually get two to four episodes on each DVD and because there are no commercials, they go quicker so you can easily watch several episodes in a row and make a great night of it. Before you know it you've watched all of season one and can't wait to start on the following season to see what happens to your favorite characters. I'm looking forward to sharing reviews of some of the best of these shows and would be happy to discuss Netflix with anyone who may be interested.

May 2011 Lunch & Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<u>2</u> <u>Bingo- 12:30 pm</u>	<u>3</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Ravioli, Meatballs, Green Beans, Rolls, Dessert, Beverage	<u>4</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support</u> <u>Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u>	<u>5</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/</u> <u>Sharon</u> <u>11:30 Lunch: tba</u>	<u>6</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</u>
<u>9</u> <u>Bingo- 12:30 pm</u>	<u>10</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Chicken and Rice Soup, Sandwich, Chips, Pickles, Dessert, Beverage <u>1:00 Senior Citizens</u> <u>Association Meeting</u>	<u>11</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support</u> <u>Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u>	<u>12</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/</u> <u>Sharon</u> <u>11:30 Lunch: tba</u>	<u>13</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u>
<u>16</u> <u>Bingo- 12:30 pm</u>	<u>17</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Steak & Cheese Subs, French Fries, Salad, Dessert, Beverage	<u>18</u> <u>9:00 COA Mtg</u> <u>10:00 FOAS Mtg</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support</u> <u>Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u>	<u>19</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/</u> <u>Sharon</u> <u>11:30 Lunch: tba</u>	<u>20</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Author Carol</u> <u>Morrissey, book</u> <u>discussion</u> <u>11:00 Tai Chi</u>
<u>23</u> <u>Bingo—12:30 pm</u>	<u>24</u> <u>9:00 Cribbage</u> <u>10:00 Coffee w/Town</u> <u>Manager</u> <u>10:30 Meet w/State</u> <u>Rep. Geoff Diehl</u> <u>11:30 Lunch:</u> Shepherd's Pie, Rolls, Dessert, Beverage	<u>25</u> <u>10:00 Computer Class</u> <u>10:00 Knitting Group</u> <u>10:00 Grief Support</u> <u>Group</u> <u>10:00-12:00 Quilting</u> <u>Class</u>	<u>26</u> <u>9:00 Cribbage</u> <u>10:00 Chair Yoga w/</u> <u>Sharon</u> <u>11:30 Lunch: tba</u>	<u>27</u> <u>9:00 Cribbage</u> <u>9:00 Shopping van</u> <u>11:00 Tai Chi</u>
<u>30</u> <u>CLOSED</u> <u>MEMORIAL DAY</u>	<u>31</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> Franks in Rolls, Baked Beans, Cole Slaw, Birthday Cake, Ice Cream, Beverage	<b><i>IMPORTANT:</i></b> <b><i>Make sure your</i></b> <b><i>house numbers</i></b> <b><i>are clearly visible</i></b> <b><i>from the street!</i></b>	<b><i>Rescheduled</i></b> <b><i>book/author event</i></b> <b><i>Carol Morrissey</i></b> <b><i>re: "Feelings" May</i></b> <b><i>20 at 11 a.m.</i></b>	<b><i>Memorial Day</i></b> <b><i>Parade—Don't</i></b> <b><i>forget! Start</i></b> <b><i>time 10:00 a.m.</i></b>



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## **Good Time Had By All at Polish Supper**

—Lorraine Leventuk

Putting on an event takes much planning and running around by a lot of dedicated volunteers. Not only do the volunteers (not paid) shop for groceries and paper goods, but also may go to a hardware store or to pick up ice to fill the needs of the event. They are on the road to all directions, traveling to Middleboro, Avon, Brockton, South Boston, Quincy, etc.

There were 10 volunteers in the kitchen over a three day period, chopping, mixing, and preparing food, moving heavy trays, and cleaning up.

The day before the event the dining area was transformed from tables and chairs to a dining room with tablecloths and centerpieces, with fresh flowers and the Polish and American flags. Serving stations were set up for coffee and tea, a buffet table, a dessert table, a cash bar, a raffle table and display, and signs to direct you.

On the day of the event – it was full steam ahead over the stove, and bustling in the dining room, making sure coffee or tea cups are filled, and at serving time, the volunteers manned their food stations.

After the doors closed, the weary volunteers transformed the dining room back to tables and chairs, decided how to disperse the leftovers (some went to the Police and Fire Departments), and washed the heavy pots and pans, serving pans, etc. The kitchen was left spic and span. The weary seniors go home and collapse, and Sunday truly becomes a day of rest.

As it is a fundraiser, the volunteers not only volunteer their time, but purchase a ticket for their meal to help provide for future functions. A truly unselfish group. If you see one of the following volunteers, thank them for a wonderful and successful night!

Thank you volunteers, and thank you to all who came to enjoy the night and meal, and thank you, guests. Volunteers: Jack Brown, Marie Brown, Anna Fopiano, Pat Jackman, Joanne Curtis, Betty Slinger, Noreen Jackson, Ellie Hutcheon, Carol Doherty, Mary Jo Franey, Rick Franey, Diane Keith, Larry Keough, Peggy Keating, John D'Agostino, Bill Jones, Charlene Jones, Donna Pelczar, Darlean Lewis, Pat Beaulieu, Camille Favreau, Andy Burbine, Betty Printy, Rita Webster, Francine Ethier, Adam Thorburn, and, yours truly, Lorraine Leventuk, Chairman, Polish Supper.

### **A RIDDLE—to Keep Your Mind Sharp**

This is an unusual paragraph. Just how quickly can you find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

(Answer will be found on page 8.)

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

**Town meeting, Monday, June 6,  
Abington High School, 7 p.m.**

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

**Senior Citizens Association, Tuesday, May 10, 1:00 p.m.  
White Elephant Sale! Please bring an item. Membership  
not paid yet? Renewals of \$10.00 to Marge Edson.**

**Author Carol Morrissey, *Feelings* book presentation  
Rescheduled to May 20, 11:00 a.m. Senior Center**

**Announcing a new Yoga/Exercise class** at the Senior Center. Please join instructor Joanne Laubacher on Thursdays at 10:00 AM for a Chair Yoga class. Joanne has been teaching Chair Yoga at other Senior Centers with great success. Her charge is \$3 per class. Yoga really does make you feel good. Have some relaxing exercise and stay and enjoy our Thursday lunch!

### **Senior Center Tags**

If haven't already stopped by the Center office to get your Sr. Ctr. Tag, please do so the next time you come in. Attendance figures are important regarding filing for grants, etc.

### **A BIT OF ABINGTON HISTORY: Take a Drive and Check Them Out** —Dyer Memorial Library

The following is a partial listing of historic homes that are still existing in Abington and is an example of the depth of our history as well as the architectural styles of the times.

<i>Year</i>	<i>Original Identity</i>	<i>Address</i>
1723	Matthew Pratt House	287 High Street
1735	Ford - Howe - Shedd	770 Washington Street
1751	Daniel Reed House	821 Plymouth Street
1760s	Daniel Noyes House	248 Linwood Street
1765	John Ford House	500 Randolph Street
1770s	Luke Bicknell House	174 Washington Street
1780s	Thomas Blanchard House	499 Adams Street
1780s	Samuel Norton House	237 Washington Street
1790	Thomas Remington House	28 Thicket Street

**NEW BUSINESS**—THE PERFECT PLOT offers professional cemetery site caretaking. Services are individualized, from full 3-season planting and maintenance to plantings for special dates and occasions. Contact information, pricing, and a photo gallery are available on the website [www.theperfectplot.org](http://www.theperfectplot.org). The goal of Perfect Plot is to create a lovely space for clients and to treat their loved ones with dignity and respect. Proprietor: Karen Shanahan-Silva.

**FYI:** The St. Patrick's Day afghan raffled off at our Lions catered luncheon was won by Red Greenleaf. Lucky man!

### **MORE GOOD NEWS.....**

The Abington Council on Aging wishes to congratulate our own Outreach Coordinator, **NORMA CLARK** on her 19th anniversary as a S.H.I.N.E. Counselor. Norma recently received a pin from SHINE in recognition of her 19 years serving the health information needs of elders in the community. **Congratulations, Norma, and thanks for all your hard work on behalf of our seniors thru the years. Way to go, girl!!!**

*Character may be manifested in the great moments, but it is made in the small ones. —Phillips Brooks*

**WISH LIST**

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

**Breakfast Club**

Connie Rhodes would like to invite people to Morrell's Country Kitchen on the 1st 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.

**FLASH!! BREAKING NEWS!!**

Proposed Construction—Plans are currently in process to build a gas station and Dunkin Donuts stand at the corner of Rt. 18 and Giniewicz Way (the entry way to senior housing, the high school, the library, and the town offices). Also proposed at this same location, is the construction of 12 condominiums, with possible expansion to a total of 26 units. Guess that means the end for the stone building presently on site.

**The Good News: The Medicare Part D "donut hole" is closing.  
The Bad News: Not until the year 2020.**

The federal Patient Protection and Affordable Care Act (Health Care Reform) provides for gradual closure of the Medicare Part D "donut hole," not fully until 2020. This year when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary's cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300, you will still have to pay \$150! This is where Prescription Advantage can help.

**Prescription Advantage**, the Massachusetts prescription drug assistance program, can help reduce your out-of-pocket costs even further when you reach the donut hole. To find out how to lower your drug costs, call Prescription Advantage at **1-800-243-4636** or TTY for the deaf and hard of hearing at **1-977-610-0241**. The money you save can be your own! —*From Norma*

**HELPFUL RESOURCES** —Submitted by Peggy Keating, from Womans Day

**•Books:**

- The Complete Eldercare Planner* by Joy Loverde is a complete resource that tells where to start, which questions to ask, and how to find help.
- Long-Term Care: How to Plan & Pay For It* by Atty. Joseph L. Matthews is a reader-friendly book that offers straight-talking info on choosing and paying for care, as well as info on Medicare, Medicaid, and long-term care insurance.
- They're Your Parents, Too!: How Siblings Can Survive Their Parents' Aging Without Driving Each Other Crazy* by Francine Russo is indispensable for anyone who has siblings and aging parents.

**Other:**

- Medicaid—Search online with the name of your state plus the word "Medicaid" or for general info go to **cms.gov**.
- The **Senior Health Insurance Program (SHIP)** has volunteer counselors available free of charge to assist Medicare beneficiaries and their caregivers with Medicare, prescription drugs, long-term care, and related issues. There's no dedicated website so search online with the name of your state plus "senior health insurance program." Or look in phone directory under "State Government."

**RECIPE OF THE MONTH — Whole Wheat Bran Muffins**

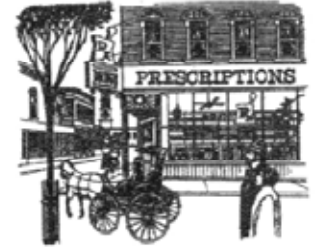
- |                                      |                                |
|--------------------------------------|--------------------------------|
| 2 cups whole wheat flour             | 1-1/2 cups bran or bran cereal |
| 2 tablespoons brown sugar (optional) | 1/4 teaspoon salt              |
| 1-1/4 teaspoons baking soda          | 2 cups milk                    |
| 1/2 cup dark molasses                | 2 tablespoons butter or oil    |

Combine first five ingredients and mix well. Combine milk, egg, molasses, butter or oil all at once to dry ingredients. Stir just enough to moisten flour mixture. Spoon into well greased muffin cups, filling 2/3 full. Bake in 350 oven for 20-25 minutes. Add raisins if desired.

**Health note from Cheryl**—Whole grain vs. white pasta: A 2 ounce serving of whole-grain pasta contains 5 to 6 grams of dietary fiber, compared with only 2 grams in the refined, white variety.

**Abington Town Meeting, June 6<sup>th</sup>**

Please come to the next town meeting on the evening of Monday, June 6<sup>th</sup> at the high school to support two COA sponsored articles. One article is a request to increase the limit that the town allocates towards the Senior Tax Rebate program. This would allow more Abington seniors to participate in the program and receive an abatement of their property taxes. The second article 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 fund further Outreach and other social programs for Abington seniors and other moderate income residents.



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

#### **Friends of Abington Seniors, Inc.**

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

*Answer to riddle on pg. 6: The letter e, which is the most common letter used in the English language, does not appear even once in the paragraph.*