



# The Senior Informer

**OCTOBER 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@Abingtonma.gov

**Volume 8.5**

**Council on Aging Board of Directors**

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- George Whiting, Chairman Emeritus

**COFFEE WITH JOHN**

John D'Agostino, Town Manager  
Abington Senior Center  
Tuesday, October 25, 10:00 a.m.

**ABINGTON COMMUNITY CRAFT**

**FAIR**

Sat., Oct. 29, 10:00 a.m.—3:00 p.m.  
Abington Senior Center

**NOTE: Tues. Lunch Price Increase**

\$4.00 beginning Oct. 4  
*Still a bargain!*

**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



**JOHN D'AGOSTINO, TOWN MANAGER**

I began employment with the Town of Abington on April 28, 2010, as your new Town Manager. I cannot believe so much time has passed since that date. Nor had I any idea of the enormity of issues facing the town. The Town was in dire fiscal constraints. Prior to my arrival, the town laid-off teachers, firefighters, highway personnel, police officers, nearly closed the Council on Aging and almost eliminated the Park and Recreation Commission. The School Department and the Superintendent of Schools spoke of a downward spiral for the school system. The budgetary decisions prior to my arrival, required decision makers to agonize over what to cut. I believe those decisions were made to financially secure the town's future. We simply were spending more than we had in revenue. The economic downturn reduced revenues so significantly; today we are operating on revenues we received in 2007. To exacerbate the problem, we made a decision to deplete our stabilization fund, leaving the town with the need to close two schools, a fire station and the elimination of positions in public safety, schools, highway, COA and Park and Recreation.

Since that time, we significantly improved our budget process, providing residents with a more detailed budget plan, outlining salaries and expenditures in a detailed format for the first time in recent memory. We have reached out to our residents by implementing a new and improved website with information about town government. The new website at [www.abingtonma.gov](http://www.abingtonma.gov) provides useful information about each department, a calendar of events, Official Town Documents, and for the first time, the Town By-Laws and Charter are accessible with the click of a mouse. We have printed the salaries of all employees both School and Town, in the Town Report, which is available at your request through the Board of Selectmen/Town Manager's Office. We plan to have the Town Report on the website for greater accessibility. I am working to open government to the people, providing information to residents as a way of establishing transparency and trust in government. A transparent government provides you with information you need to make informed decisions about your town government. I will continue to provide useful information to our residents through a number of channels.

*(continued on page 6)*



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*Light travels faster than sound. This is why some people appear bright until you hear them speak. —anonymous*

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 10th of previous month (i.e., 10th of October for the November 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 10 to 1 pm & 4th Tues. 10:00 to 12:30 pm; Blanchard Gardens, 2nd Tues. 9:30 to 12:30; Chestnut Glen, 3rd Tues. 9:30 to 12:30. **Board of Health states the nurse will be available to ALL Abington residents, regardless of age, and Seniors are welcome at ALL sessions**

Free Hearing Screenings and Hearing Aid Checks are held the first Tuesday of each month at the Senior Center with John Klefeker. Call for appt. 781-982-2145.

**SENIOR TRANSPORTATION—CALL 781-982-2145**  
 (24 HOUR ADVANCE NOTICE REQUIRED)

**Council on Aging Van** is door-to-door service to medical appointments, and other needs, \$3 round trip. Call the COA at 781-982-2145 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewater between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Friday Morning Shopping Van.** We will be using our trusty van to get you to either the Hanover Mall or another mall. We will pick you up starting at 9:15 or shortly after. We will pick you up at the mall at 12:30 getting you home around 1 or 1:15. Cost for round trip is \$3.00. Each week we will alternate between malls.

**SENIOR NUTRITION—CALL 781-982-2145**

**Meals on Wheels** delivered to homebound Seniors, lunchtime Mon-Fri, \$3.00 per meal. Our wonderful volunteers deliver nutritious meals right to your kitchen table. A referral is needed from your doctor, visiting nurse, social worker or case worker.

**Senior Lunches:** Tuesdays & Thursdays at 11:30. 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.

**VOLUNTEERS NEEDED FOR FUEL ASSISTANCE**

The co-directors are looking for two volunteers willing to take the necessary training so they can act as facilitators for those Abington residents who apply for fuel assistance. If interested, please contact Suzanne or David at 781-982-2145.

*Happiness keeps you sweet, trials keep you strong, sorrows keep you human ... but only God keeps you going. —submitted by Cheryl*

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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:**

Russell & Helene DeCoste

**Memberships:**

Patricia Dailey

Paula Neville

Ellen Crevison

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Dorothy H. Taylor

James & Janet Oriola

Ellen A. O'Toole

Karen & Warren Elliot

Patricia E. Peters

Francine Marley-Ethier

Edward & Veronica Shaffer

Russell & Helene DeCoste

**In Memory of:**

Charles Melchin by Marie Melchin

Russell Libby by Friends at Abington Town Hall

Edward J. Kiernan by Muriel Kiernan

Janis Byrne “A Special Friend” by Arlene & Roger Moore

Tom Neville by Paula Neville

Blanche Blum by George Snow

**SENIOR CITIZENS ASSOCIATION OF ABINGTON**

The Senior Citizens Association of Abington meeting on Tuesday, October 11 will be a bake sale. YUM! We will start taking sign-ups for our Christmas party. It will be on Wednesday, December 14, 2011, at 12 o'clock. The choice is baked stuffed chicken or roast pork tenderloin. Cost is \$15 for members and \$20 for non-members. Don't forget, we are looking for people to take over for the officers of the Association. Please let us know if you are interested by January, 2012. Please consider bringing an item in for the Food Pantry when you come to the Center.

**ABINGTON & BROCKTON AREA TRANSIT STUDY**

The enclosed insert in this issue of the *Informer* is a transportation study for Abington residents. The study will determine the current services provided and the demand for increased services and destinations. This could lead to more transportation availability, so please complete and return the survey form.

***Seniors, Listen Up!***

*Life is Short! Break the rules! Forgive Quickly! Love Truly! Laugh uncontrollably. And never regret anything that made you smile. The best things in life are free until the government finds out and taxes it.*

**OUTREACH—S.H.I.N.E.**

The Carroll Center for the Blind in Newton, MA has received a grant from the Tufts Health Plan Foundation's healthy aging programs to fund a program assisting elders, who, as a result of reduced vision, are more prone to falls within the home. Project Safe Homes' certified mobility instructors will make a home visit in order to assess and fix safety concerns in the home. During a one-to-two hour visit, Project Safe Homes instructors will analyze each room in the home, identify safety concerns and provide low-cost/low-tech remedies that can make the home safe, such as: repositioning furniture, resolving clutter and other tripping hazards, marking stairways, securing handrails, offering suggestions to improve lighting, securing loose carpets and rugs, labeling stove and appliance controls with raised tactual marking, and checking or installing smoke and carbon monoxide detectors. "Falls are the leading cause of death among people 65 years and older, and people with low vision are at even greater risk of falls or fractures," according to Joseph Kolb, director of community services at the Carroll Center for the Blind. "Sixty percent of elder falls occur in the home and every 18 minutes, an elder falls in the home. In 2003, falls among older adults accounted for nearly 13,000 deaths, 1.8 million emergency room visits and 421,000 hospitalizations. Our experience confirms that many falls can be prevented and we can show you how." In addition, the grant will provide funding for low vision technology assessments and training by a Carroll Center certified vision therapist. Individuals who are 60 years old or older, have low vision and live in Massachusetts or Rhode Island, are eligible for this free service. For more information call Dina Rosenbaum at 617-969-6200, ext. 238 or email [Dina.Rosenbaum@carroll.org](mailto:Dina.Rosenbaum@carroll.org).

**OCTOBER'S CHUCKLE**

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was *THAT?*"

**RIDDLES**

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?
2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?
3. What is black when you buy it, red when you use it, and gray when you throw it away?
4. Can you name three consecutive days without using the words Wednesday, Friday, or Sunday?

*Answers on page 8.*

**THE CRAFT SHOW IS COMING —Carol Doherty**

Are you looking for a special, well-made, one-of-a-kind Christmas or birthday gift for a family member, close friend or even just a "me-treat"? Where else but a craft fair!

The Friends of Abington seniors is hosting our second annual Craft Fair on October 29th from 10 a.m. to 3 p.m. and we are introducing an exceptional variety of professional, highly talented artisans, some returning from last year and some new that we are very excited to present.

In addition to our beloved Gifted Hands group with their wonderful knit and crocheted items, we have Bobbe returning with her exceptional Christmas decorations and Liz with couture quality hand-sewn pieces such as pocketbooks and pillows among many other items.

This year we are really excited to have professional crafter Donna with her very popular head bands, hair bows and other accessories, Eija bringing her gorgeous stained glass art and Debbie with equally gorgeous hand painted items. In addition, we have many returning and new artisans and vendors.

Another feature we are proud of is the return of the South Shore Wood Turners under the watchful eye of Hank Cahill, not only selling their fabulous pieces but also demonstrating wood turning techniques on a lathe.

Our own Pat is spearheading the bake sale with every treat and sweet you can imagine. It's shaping up to be even better than last year. Of course who can forget Anna's super yummy soups and chowders of last year! I'm getting hungry just thinking about it! And I can't wait to see (and taste) what she has planned for this year.

The Friends of Abington Seniors also will be selling meatball subs and hot dogs with chips for lunch and from the early part of the morning, Joe, our back-up bingo caller and avid cribbage player, will be on duty selling coffee and pastries.

We can promise you a shopping trip with treasures fit for everyone's tastes and needs, and wallets. Remember! October 29th from 10 a.m. to 3 p.m. We are looking forward to seeing you.

**ALTERNATIVE MEDICINE THAT WORKS —Yoga for Heart Health**

Research shows yoga can reduce high blood pressure and high cholesterol. Now scientists say it may significantly cut the number of episodes of arterial fibrillation according to a study presented at the American College of Cardiology's annual meeting. —*submitted by Cheryl*

**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.


**OCTOBER 2011 LUNCH & ACTIVITIES**

October 2011

Senior Informer

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>3</u> 9:00 –11:00 <u>Beginners Knitting/Crocheting Class</u> (8 weeks)  12:30 <u>Bingo</u></p>	<p><u>4</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Chicken, Broccoli, and Ziti; Crusty Bread, Dessert, Beverage <u>Price increase: \$4.00</u></p>	<p><u>5</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u></p>	<p><u>6</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (Free)</u> 10:00-12:00 <u>OPEN HOUSE-Computer Learning Center</u></p>	<p><u>7</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping van</u> 11:00 <u>Tai Chi (Free)</u></p>
<p><u>10</u> <u>CLOSED</u> <u>Columbus Day</u>  Canadian Thanksgiving Day</p>	<p><u>11</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Beef Stew with Biscuits, Dessert, Beverage 1:00 <u>Senior Citizen Assn Meeting</u>  Full Hunter's Moon</p>	<p><u>12</u> 9:00 <u>FOAS Mtg.</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u></p>	<p><u>13</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (Free)</u> 11:30 <u>Lunch: TBA</u></p>	<p><u>14</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping van</u> 11:00  <u>NO Tai Chi</u></p>
<p><u>17</u> 9:00-11:00 <u>Beginners Knitting/ Crocheting Class, (8weeks)</u>  12:30 <u>Bingo</u></p>	<p><u>18</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Pizza, Salad, Dessert, Beverage</p>	<p><u>19</u> 9:00 <u>COA Mtg.</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u></p>	<p><u>20</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (Free)</u> 11:30 <u>Lunch: TBA</u> 12:00 <u>SHINE information speaker</u></p>	<p><u>21</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping van</u> 11:00 <u>Tai Chi (Free)</u></p>
<p><u>24</u> 9:00-11:00 <u>Beginners Knitting/Crocheting Class</u> (8weeks)  12:30 <u>Bingo</u>  <u>Town Meeting!</u></p>	<p><u>25</u> 9:00 <u>Cribbage</u> 11:30 <u>Lunch:</u> Pork Casserole, Normandy Vegetables, Applesauce, Birthday Cake, Beverage 10:30 <u>Meet w/State Rep. Geoff Diehl</u></p>	<p><u>26</u> 10:00 <u>Knitting Group</u> 10:00-12:00 <u>Quilting Class</u></p>	<p><u>27</u> 9:00 <u>Cribbage</u> 10:00 <u>Chair Yoga w/ Joanne (Free)</u> 11:30 <u>Lunch TBA</u></p>	<p><u>28</u> 9:00 <u>Cribbage</u> 9:00 <u>Shopping van</u> 11:00 <u>Tai Chi (Free)</u></p>
<p><u>31</u> 9:00-11:00 <u>Beginners Knitting/Crocheting Class</u> (8 weeks)  12:30 <u>Bingo</u></p>	<p><i><b>Important!</b></i> <i><b>Make sure your house numbers are clearly visible from the street!</b></i></p>	<p><u>Oct. 8, Yom Kipur</u>  <u>Oct. 16, Rita Webster's Travel Show at Sr. Ctr., 1:00-3:30 p.m.</u>  <u>Oct. 22 &amp; 23, Quilting Show here at the Sr. Ctr.</u></p>	<p><i><b>Starting Oct. 4!!</b></i> <i><b>Tuesday lunch prices increase to \$4.00!</b></i> <i><b>Still a bargain!</b></i>  <u>October 4, Fall Prevention Awareness Program, 12:00 noon</u></p>	<p><u>Oct. 29, 10:00-3:00, 2nd Annual Community Craft Fair</u>  <i>FYI: Timber rattlesnakes move to winter dens and little brown bats hibernate during October.</i></p>



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### **A GOOD TIME WAS HAD BY ALL! THANK YOU!**

The COA and Abington seniors wish to extend special “kudos” to Kevin Donovan for coordinating the annual Senior Cookout. A big thank you also to Abington Bank and the KFC for their continued support of this annual event. They’ve already volunteered to contribute for next year and Kevin has already booked musician Rick Walsh for the entertainment. Our thanks to Colony House who paid for Rick’s services this year and, last but not least, our thanks for all the help from Abington’s Police, Fire, Highway, Park & Rec and Housing Authority, as well as all the town officials and employees who were there to serve and support the event in other ways. Mark your calendars: next year’s annual Senior Cookout is tentatively scheduled for Friday, August 24, 2012. *Adjoining photo captures Co-Directors Suzanne and David hard at work serving seniors at the senior cookout.*



### **WISH LIST—from Luncheon Ladies** 9” Chinette Dinner Plates

### **A BIG THANK YOU TO THE GIFTED HANDS LADIES**

Thank you, thank you for your most recent generous donation to the FOAS. These talented ladies donate proceeds from sales at their boutique to benefit our seniors.

### **TRAVEL OPPORTUNITIES**

October 12: Winnepesaukee Turkey Train. A fall foliage bus tour to N.H; then a 2 hour train ride along Lake Winnepesaukee, with a turkey dinner served. A stop enroute home at an apple orchard. Price: \$65.00

October 19: Bus trip to Spring River Casino in Rhode Island. Price: \$20.00 includes \$10 machine play and \$7 food.

November 13-14: Patriot/Jets at the Meadowlands. Bus trip to New York, with stops in midtown. Overnight accommodations at the Best Western Executive Inn, a dinner prior to game time, and arrival at the stadium at 7:30 p.m. Price: \$349.99 includes game ticket.

November 13-15: Turning Stone Casino in upstate New York, bingo and casino action. Hotel accommodations, transportation, and some coin play/bingo dollars included. Price: \$219 pp/dbl.

Reservations and deposit required for all trips. [Contact Rita Webster @ 781-982-9102.](mailto:RitaWebster@781-982-9102)

### **JOHN D'AGOSTINO, TOWN MANAGER (continued from page 1)**

Working cooperatively with Superintendent Peter Schafer, we were able to keep the Middle School Open and began the process of restoring faith in our government. Today, both the School Department and the Town enjoy a very close working relationship as together we strive to make decisions which are in the best interest of the entire community. We meet regularly with the School Department on financial matters, which impact both the town and the School Department. To culminate our strong working relationship, both the School Department and the Town went to the 2010 fall town meeting in agreement investing in programs and services for both entities. We made a conscientious effort to invest in our school system by providing funding to ensure the High School will not lose their accreditation. We hired back staff and will slowly add staff with the prerequisite that those employees will not be let go due in part to funding shortages.

I will have more to say in future articles. We are improving our financial health and will continue to plan for the future as we move Abington forward in what we consider is a positive direction. There are many wonderful people in Abington, all with a profound interest in making sure we remain the best community to live and work in. Next month, I will discuss future budgets and explain how we intend to grow and add critical personnel in key departments.

Thank you for taking the time to read this article. I hope you enjoy the Abington Senior Informer. If you really want to know what’s going on in Abington, just ask a senior informer.....

### **SENIOR COMPUTER LEARNING CENTER — COMING THIS MONTH!**

The newest offering from your Senior Center. It's the age of technology and, fortunately for us, the Senior Computer Learning Center of Massachusetts decided to relocate from Massasoit Community College to our Senior Center. Could it get any better? Computer instruction almost at home. No longer will you have to search out classes to gain the expertise needed to use those "dadgum @\*^+#!" computer programs. They are here!

Stop by the Open House, Thursday, October 6, 10:00 a.m. to Noon. Meet some of the instructors and check out the brand new computer room. Learn about how to purchase a laptop computer from one of the instructors. Classes will begin on October 19. For information call 508-521-4008.

**October class schedule:** 10/19, 9:00-11:30, PC Windows 7 Basics; 10/20, 9-11:30, PC Windows Basics; 9/24, 9-11:30, Facebook, and 12:30-3:00, PC Windows Basic; 10/25, 9-11:30, Intermediate PC Skills; 10/26, 9-11:30, Intermediate PC Skills; 10/27, 9-11:30, All About Windows 7, and 1-3:00, WORD; 10/28, 9-11:30, Intro to Internet; 10/31, 9-11:00, Facebook.

*Future Offerings to Include a Genealogy Program*—Have you ever wondered about your ancestors – who they were, where they came from, and how far back is that information available? One of the courses under the new computer program will feature tracing your family background. It can be very interesting and, sometimes, quite surprising. If you can trace back far enough, you may find that you have a much more varied background than you ever suspected. Many of our grandparents or great grandparents have come to this country from Ireland, or Poland, or Italy - but their grandparents or great grandparents may well have originated in Spain, France, Belgium, Wales, England – maybe you’re distantly related to a King of England or a Queen of Castile. It might be interesting to follow the two family lines to see how they intersected in years past. And while you’re looking, think of two hundred years from now, when your descendants may be looking for you and trying to imagine your life and how you established your family.

**ATTENTION.....MEDICARE BENEFICIARIES**

OPEN ENROLLMENT PERIOD.....October 15th thru December 7th. This is the time to change your Medical Insurance and Prescription Plan!! MANY CHANGES will take place. You may have to take action to ensure that you have the CORRECT COVERAGE for 2012. To find out what you should do...or to get more information about your MEDICARE options, please plan to attend a SHINE informational meeting here at the Senior Center in Abington at 441 Summer Street on THURSDAY, OCTOBER 20TH AT 12:00 P.M. Please call 781-982-2145 to reserve your seat. Please let us know whether you'll be coming for lunch as well. Lunch will be served at 11:30 a.m. (\$3.00 suggested donation); the informational presentation will begin about Noon.

Sponsored by: SHINE Serving Health Information Needs of Seniors

**RECIPE OF THE MONTH — APRICOT SQUARES —Barbara White**

- |                       |                                 |
|-----------------------|---------------------------------|
| 3/4 cup butter        | 2 cups flour                    |
| 1 cup sugar           | 1 1/3 cup coconut flakes        |
| 1 egg                 | 1/2 cup walnuts                 |
| 1 tsp vanilla         | 12 oz. jar of apricot preserves |
| 1/2 tsp baking powder |                                 |

Cream butter and sugar. Add egg and vanilla. Mix flour and baking powder and add to butter mixture. Stir in nuts and coconut. Batter is very stiff. Press 2/3 of batter into ungreased 9 x 13 pan. Spread apricot preserves over batter. Add rest of mixture to top of preserves by sprinkling with your fingers. Bake at 350 degrees for 35 to 45 minutes. These freeze very well.

**BOOK REVIEW — “Cutting for Stone” —reviewed by David Klein**

It’s difficult to know where to begin with all of the themes that have been woven into Abraham Verghese’s excellent novel, “Cutting for Stone”. Is it a medical drama with religious overtones? Is it a multi-cultural period piece about co-joined twins separated at birth that grow-up not knowing their parents? Is it a family mystery spanning decades of time as well as several continents? In fact, it is all of these things, which is one of the reasons that the story sticks with you for so long after reading it. That it is also elegantly written, and full of wit, wisdom, and charm combine to make “Cutting for Stone” a winner. The particulars of the storyline are deliberately being left out of this review so as not to spoil the fun of discovering for yourself a tale that most people would probably not imagine in a million years. Abraham Verghese, who himself is a physician, has crafted a book that because of its explicit nature may not be for everyone, but for many readers it is a gem that will not soon be forgotten.

**FOAS PLYMOUTH BUS TRIP – Diane Keith**

On Thursday, August 18, 2011, the Friends of Abington Seniors, Inc. sponsored a free bus trip to Plymouth. Although 26 people originally signed up, only 14 went on the trip. We departed from the Senior Center at 9:30 a.m. in a yellow school bus. Even though there was no air conditioning, there was a nice breeze from the open windows. Our driver, Judy Durant, was cheery and pleasant. She dropped us off at the parking lot across the street from the Radisson Hotel and the shopping plaza. Everyone went their own way. I, along with two friends, walked through the shopping plaza, but nothing was open yet. We strolled up the street and sat near the sea wall and then walked over to Plymouth Rock. We sat where there was a nice breeze, in spite of the 80+ degree temperature, and watched the activity on the water. There were many people to chat with and a lot of tourists from other countries. Around noontime we headed for the “Lobster Hut” for lunch and lingered there awhile. Of course, we then had to go to Peaceful Meadows for an ice cream cone.

Around 1:30 we headed back to the bus and departed for home. Everyone seemed to have a good time, and one lady was all ready to sign up for next year.

**CRAFT FAIR COMMITTEE REQUESTS DONATIONS OF BAKED GOODS**

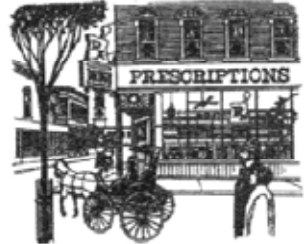
The Craft Fair committee is asking for donations of baked goods. Last year many, many people supplied us with a great assortment of "goodies"; this year we are hoping for even more donated sweets (pies, cakes, cookies, candy...) or, if you would like to donate cookie dough, we can use the batter and make the cookies here at the Senior Center ourselves. All baked goods can be delivered to the Senior Center on Friday, October 28th.

**XMAS WRAPPING PAPER REQUEST**


Do you have any unused Xmas wrapping paper you might like to contribute to those industrious ladies who tirelessly wrap the gifts purchased at Breakfast with Santa? If you do, Pat Beaulieu (one of the wrappers) requests that you think of donating it to that effort. You may drop it off at the Senior Center office and they’ll see that it gets to Pat. THANK YOU.

*Yesterday is a cancelled check. Tomorrow is a promissory note.*

*All I have is today, so I try to spend it wisely! —submitted by Cheryl*



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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

**Informers Newsletter Staff**

Marie Brown, Joanne Curtis, Betty Slinger, Maureen Wall

*Riddle answers:* 1. The third room. Lions that haven't eaten in three years are dead. That one was easy, right? 2. The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry (shot; held under water; and hung). 3. Charcoal, as it is used in barbecuing. 4. Sure you can name three consecutive days, yesterday, today, and tomorrow!

*Life must be lived with love and humor, love to understand and humor to endure.*

*On a Plumber's truck: "We repair what your husband fixed." On another Plumber's truck: "Don't sleep with a drip. Call your plumber."  
In the front yard of a Funeral Home: "Drive carefully. We'll wait."*