



PEMBROKE PIONEER

A newsletter for Pembroke's Older Adults
 Published by the Pembroke
 Council on Aging
 144 Center Street
 Pembroke, Massachusetts 02359
 781-294-8220 or 781-294-1428
JANUARY 2021

Year One FOR the Books

When I started here last year never would I have believed what was to come! I was looking forward to meeting new people, trying new programs, rolling my sleeves up and delving in.

Well as they say the best laid plans.... As much as these past 9 months have been so oddly different they have also been enlightening. I along with my staff have had to rethink, really roll those sleeves up and change how we have had to do things. This has given us extra energy and made us think creatively which is always good for the brain! As we move forward we hope that you all will join us for some of our new programs, and when we **reopen on January, 11th** for programing (as long as the COVID numbers are low) will be able to join us here. We do ask as always that you register for programs, know that you will be asked health questions, temperatures will be taken and that you come in one door, leave through the other, always wear a mask and social distance. I want to thank everyone for all their support, ideas and help over the past year and hope that you all have Happy Holidays, a Bright and Healthy New Year and I so look forward to some sense of normality in the near future.

Grab & Go Meals for January

(Pembroke seniors only)

We are excited to say that this months offering will be from Cranberry Vine Catering. The two dates will be Monday, January 11th and Monday, January 25th. Also we are excited to say there will be two offerings each time, get one, get two, get both! The cost will remain the same for this month of \$5.00 due to an amazing price from Cranberry Vine, with the balance being subsidized by the COA.

11th: Choice 1 = Lemon Chicken over seasoned rice, sauteed fresh green beans with fresh tomato and shallots, chick pea salad with cukes, grape tomatoes, lemon tahini dress gf/v, cup cake.

Choice 2 = Fresh turkey pot pie, brimming with turkey and vegetables and a puffy crust, fresh broccoli slaw, mini apple cranberry crisp.

25th: Choice 1 = Roasted vegetable lasagna, roasted vegetables layered with our roasted tomato sauce, a blend of cheese and fresh pasta sheets, chick pea salad with cukes, grape tomatoes, lemon tahini dressing gf/v, cup cake.

Choice 2 = Pembroke Pie, seasoned ground beef, triple smashed potatoes and fresh roasted corn, mini salad, chocolate chip cookie. Orders must be placed by January 1st for the 11th and January 14th for the 25th.

When you call in remember to tell staff which option you would like! 781-294-8220



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Patience is a Virtue

We have all heard this saying most of our lives, but at the same time, we understand that patience is a difficult virtue to practice. As children, our parents told us to wait our turn for the swing, wait for dinner, wait to hear a story, and wait to open gifts until Christmas morning. Not only is patience a beneficial skill for people to develop, it forms the very foundation of our society. Imagine the playground chaos if kids didn't learn to wait, instead dumping others off equipment and snatching toys right out of other tiny hands. Imagine the deadly calamity that would result if nobody had the patience to wait at traffic lights. We all remember riding in the car with our parents and siblings, chanting "are we there yet?" If only we had practiced patience and focused our energy on looking for things out the window, we would have decreased our parents' stress exponentially and probably also made it easier for them to drive safely, but of course hindsight is 20/20. As we aged, we learned we had to wait even for the best things: babies take nine months, results of medical tests often take weeks or months, and from application to acceptance to college is about a four month wait. So much of our lives is spent waiting patiently for the phone to ring, the paycheck to clear and the job offer to be extended that you would think we would be used to it by now.

But 2020 seems to be testing our collective patience as a nation. For a while there, it seemed like the presidential election might not even be decided in my lifetime. Even though a vaccine finally seems to be on the horizon, we all want to visit family and friends, hug everyone, and engage in all our normal daily activities that have been severely restricted due to Covid 19.

And yet, we must continue to wait patiently until it is safe to do so. Studies have showed that practicing patience is essential to happy daily life; it is linked to better self-control and improved mental health. If we learn to manage frustration, annoyance and anxiety we will be rewarded with a more tranquil and blissful life. We have waited so long and dealt with so much uncertainty that we must we must stay the course.

"Heroism is endurance for one moment more," said George Kennan, an American diplomat during the Cold War. What we are enduring right now is difficult for people across the country in different ways, but a vaccine is in sight and a return to normalcy is within our grasp. We just have to endure a little longer. Continuing to do all of things that are so important to keep the Covid numbers down, we are all undertaking small acts of heroism to keep our country and its citizens safe. Public health officials are asking us to practice patience to ensure the health and welfare of our whole community. We are exhausted by all the rules, regulations and trials this year has brought. I have friends that are healthcare workers so exhausted from caring for the sick they can barely stand up but also so haunted by the memories of those patients they've lost that they have difficulty sleeping. I have lost two dear elderly friends, one just two days before her 100th birthday. My son has lost a healthy 35 year old friend. I will continue to wear my mask, avoid gatherings, wash my hands (for 20 seconds), avoid touching my face, and quarantine when necessary. Not only for myself but to protect those I love and those in my community. As much as I want to rip my mask off and go hug my grandkids, I will continue to practice my one virtue, patience until public health officials announce that it is safe to make changes. Please join me!

2020 Friends of the COA

Officers for 2021

President: Gail Shaw
 Vice President: Carol Gravel
 Secretary: Mary Salters
 Treasurer: Mary Driver

Board of Directors

Connie Marano, Patricia Henderson, Sharon Tyler, Connie Delano, George Vegas

News from Gail

Happy 2021! It has to be a much better year than 2020.

Thank you for your generosity last year. 2021 Memberships are now due. Below find a run down of what your dues and donations paid helped pay for
 Thank you all



To the COA:

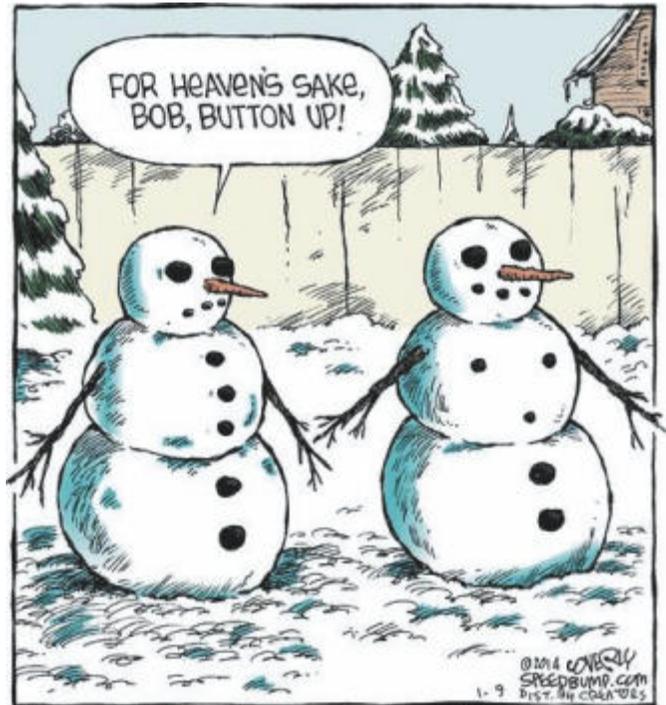
1/2020 Singo Bingo	\$150
2/2020 Historical Women Subsidy	\$150
5/2020 Chairs for Lobby	\$200
7/2020 Historical Women Subsidy PACTV	\$150
7/2020 Art Class Subsidy	\$90
9/2020 Swing Fever Trio Subsidy	\$150
12/2020 Grab and go Meal Subsidy	\$360
12/2020 Program Funding through 5/2021	\$1000
Total COA donations 2020/2021	\$2250

To outside Town groups:

Pembroke Hope Fund	\$1000
Pembroke Rec Christmas Fund	\$1000
Total Town Groups 2020	\$2000

We look forward to doing more in 2021 and starting a scholarship for a Pembroke graduating senior who will go into studies in gerontology. More to follow.

**Giving is not just about giving a donation
 but making a difference**



Renew your Membership for the Friends of the COA for 2021

Your \$5 membership donation will help the Friends underwrite the cost of activities and resources for the COA. Please mail your check (made payable to: **Friends of the COA** (with this coupon) to:

**Friends of the COA,
 P.O. Box 221, Pembroke, MA 02359**

Name: _____ Phone: _____

Address: _____

Date: _____

Membership Dues for 2021 : _____ \$ 5.00 _____

Additional contribution: _____ \$ _____

Gift in Honor of: _____ \$ _____

CHECK ONE: New Existing member TOTAL: \$ _____



From the Veteran's Office

Often Veterans go searching for medals, awards and ribbons that they were given during their service. Even if the Veteran can't find where their medals might have gone all is not lost. Replacement medals may be acquired for free by simply filing a VA form 180 requesting new medals and ribbons. The next of kin of a deceased Veteran can also make this request. The government will reissue all awards that are listed on the Veteran's DD-214. It is important to know that not all awards were not issued by the United States and these awards will not be issued in the free replacement package. However, these foreign medals may be purchased on line by such companies such as Medals of America. A good example are medals issued by the Republic of Vietnam which doesn't even exist as a country anymore. Many of these on-line companies have experts who can help non military relatives figure out exactly their Veteran is entitled to. Some other options such as a nicely displayed shadow box arranged by experts always makes an impressive tribute. As always if there are any questions the Pembroke Veteran's Office is able to assist.

January is National Glaucoma Awareness Month

Currently, more than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase.

Glaucoma is called "the sneak thief of sight" since there are no symptoms and once vision is lost, it's permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

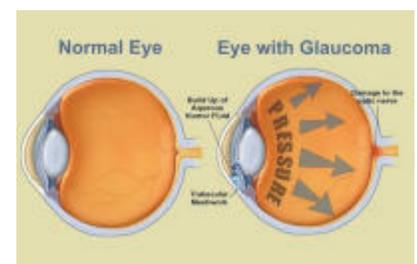
Over 3 million Americans, and over 60 million people worldwide, have glaucoma. Experts estimate that half of them don't know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don't raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma.

What is Glaucoma?

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages.

Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain.

There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease. Regular eye exams are important make sure you make one. Remember that the COA is available for ride to these and other medical appointments.



Monday	Tuesday	Wednesday
<p>Due to the high numbers of COVID and the Holidays coming up the center although staffed will not re open until January 11th. Please call us if you need anything</p>		
<p>4 Closed for programs</p>	<p>5 Closed for programs</p>	<p>6 Closed for programs</p>
<p>11 9:00 Podiatrist (appointment) 10:00 Chair Aerobics w/Sally 1:00 Cribbage 2:00 Grab & Go 5:30 Droning 101 6:00 Mindfulness</p>	<p>12 9:30 Happy Feet Walking 1:00 Zumba with Deb</p>	<p>13 10:00 Body Shop Fitness 1:00 Tai Chi</p>
<p>18 MARTIN LUTHER KING, JR. DAY</p> 	<p>19 9:30 Happy Feet Walking 1:00 Zumba with Deb</p>	<p>20 10:00 Body Shop Fitness 1:00 Tai Chi 1:00 Chatty Cathy</p>
<p>25 10:00 Chair Aerobics w/Sally 1:00 Cribbage 2:00 Grab & Go 5:30 Droning 101 6:00 Mindfulness</p>	<p>26 9:30 Happy Feet Walking 1:00 Zumba with Deb</p>	<p>27 10:00 Body Shop Fitness 1:00 Tai Chi</p>

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	Thursday	Friday	
		1 	<p>Please Pre register for programs</p>
	7 Closed for programs	8 <p>NO EVENTS</p>	
SS	14 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games 1:00 Knitting	15 <p>NO EVENTS</p>	
SS	21 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games	25 <p>NO EVENTS</p>	
SS	28 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games 1:00 Knitting	29 <p>NO EVENTS</p>	



781-878-0920 781-293-2020

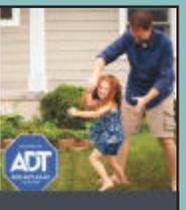
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Pen Pal Project

Calling all Seniors! We are excited to announce that we have partnered with Marybeth Sheehan our Mindfulness Coach and some elementary students to create the Pen Pal project. Covid 19 really stinks and human connections are really lacking, we hoped by brining the children and seniors together to write letters to each other would be a positive way to lift everyone's spirits and also help the children with their writing skills which are becoming a thing of the past. To sign up please call the office and let them know you want to sign up for this program. The children when back from Christmas break will be the first to write and we will respond to them. We hope that you all are willing to do this, I remember my pen pal from Oklahoma in the 70's it was a really fun thing to do. Call 781-294-8220 to sign up to be their pen pal and role model!



We have partnered with Highway 61 to offer you real time, conversation groups including Travel, Bingo, Trivia, French Culture, entrepreneurs Circle, Opera, Classic Movies and more! If you'd like to participate, her are the instructions:

1. go to www.highway61.com and click on calendar to check out when the next discussion is taking place.
2. go to www.highway61.com at the time of the discussion and click enter
3. Enter your name, email and code, the code is 125645

This is an amazing tool and we hope you enjoy it!



The Pembroke Council on Aging will be training to be a SNAP

partner, this means that we will be able to do all applications here in the office with immediate determinations for you. Keep an eye out for more exciting news on this



Call

781-294-8220 to make a phone appointment with Ken for all your health Insurance questions and needs.

Social Security Benefits Increase in 2021 Nearly 70 million Americans will see a 1.3 percent increase in their Social Security benefits and SSI payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W). The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the cost-of-living-adjustment (COLA) helps to offset these costs. January 2021 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be higher. The retirement earnings test exempt amount will also change in 2021. You can read our press release for more information at www.ssa.gov/news/press/factsheets/colafacts2021.pdf.



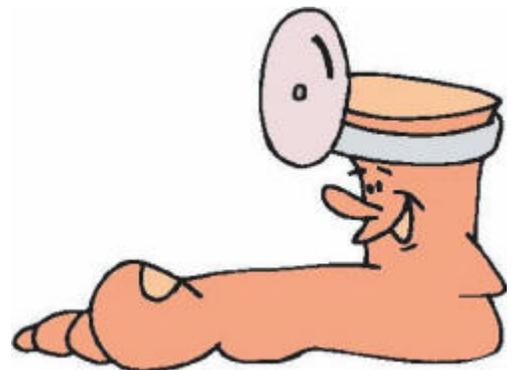
Box Lunch Project

OCES and the Pembroke Council on Aging are starting a pilot box lunch project on Tuesday's and Thursday's . These meals are being provided because currently we are not able to do congregate lunches. All meals will include a sandwich, chips or potato/pasta salad, fruit and a drink. Suggest donation is \$2.50 per meal. If you are interested in these meals you must order your lunches the Wednesday before. Because this is a new program we do not currently have the menu but it will be available on January 1st. These meals are to be picked up by you the consumer and are not part of the Meals on Wheels program. We will call you the day before to give you a time that you can pick it up!

Call 781-294-8220 if interested

Elder Abuse and Neglect:

If you have any concerns regarding elder abuse, neglect, self—neglect or financial exploration, you may call the State wide Elder Abuse Hotline at **800-922-2275**. This Hotline operates 24/7. You may also reach out to Gretchen or Linda at 781-294-8220 if you need support through this process.



Exercise Classes

Join us for the following classes
(pre register)

- Monday at 10:00 am Chair Exercise with Sally Gwin \$5
 - Tuesday at 9:30 am Happy Feet Walking Club with Sally Gwin, free
 - Tuesday at 1:00 pm Zumba with Deb Rafferty \$5
 - Wednesday at 10:00 Body Shop Fitness \$5, 1:00 pm Tai Chi \$5
 - Thursday at 11:00 Body Shop Fitness with Judi Macdonald \$5
- All in center exercise classes are limited to 6 people and you must pre register. First preference given to Pembroke Residents*



Dr McLaughlin our resident podiatrist will be back
Mid January
from 9-11
Please call to make an appointment.
781-294-8220. Masks must be worn the entire time!
Please note the new location is at the COA
144 Center Street

Lombardo's Thanksgiving Meal

We want to sent a huge shout and great thanks to Lombardo's for providing 80 meals for our residents. We heard they were delicious . This year they put out 3800 free meals.



This was a huge undertaking and I am so happy they included us. Lombardo's has some great meals to go for the Holiday's if you have not thought of them , look them up!

Transportation

Please remember, you must make your transportation appointments at least business **48 hours** in advance. During this COVID time we must follow these guidelines for planning purposes as we can only have so many passengers on the vans at once. Please also note that times quoted to you can change due to medical rides being most important. **Please call the afternoon before** to find out your transport time. We as always will try our best to get you where you want to go.



To schedule your ride please call **781-294-8220**

iPad Lending Program

Apple was a little slow getting the iPads to the tech company but I am pleased to say that we will have these in hand by the beginning of this month. The tech company has researched many different apps and some of the things we will have available on each are; Video chat rooms, with one click you can drop by and say hi to each other. There are zoo's, museums and landmark travel, you can see a live panda, view high resolution artworks from the Louvre, or see a 3d model of the Tower of London. You will have oldies radio stations, NPR, and live news. Direct links to local resources as the towns social media feeds and covid-19 updates. Public library resources and Pembroke Library recommend apps. Word games of all shapes and sizes, activity games such as catching fish and pool. Military equipment exploration WW2 to modern day. Those are just some of the amazing things to explore! If you have not please call to reserve your iPad. Please remember you must have access to WIFI in your home to be able to use these.

Call 781-294-8220 to get on the list.



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Outreach worker: Ken Pike
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Jim McPherson, Joe Ryan,
Ed Steele, Tim White
Custodian: Matt Newman

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Sue Ellen Hewitt – 2021
Karee Bohman-2022
Marilyn Christmann-2022
Shelley Campbell –2022

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Janet O’Melia