



PEMBROKE PIONEER
A newsletter for Pembroke's Older Adults
Published by the Pembroke
Council on Aging
144 Center Street
Pembroke, Massachusetts 02359
Front office 781-294-8220/ MOW 781-294-4645
June 2021

SWING INTO SUMMER EVENT

Join us at the Council on Aging as we host a super fun outside event with food and live music on Wednesday, July 7th from 1:00 pm to 3:00 pm with a rain date of July 14th. Bring your lawn chair your sunscreen and your sense of fun as we bring in two food trucks, Flashback Franks and Dairy Twist. While you are eating your treats, tap your feet and enjoy the musical stylings of the Swing Fever Trio. The price of this event is only \$7.00 per Pembroke Seniors, sponsored in part by the COA Gift fund. This event is limited to 75 people. Tickets for this special event will go on sale Wednesday, June 9th at 9 am, and will continue until sold out. Please make sure that you submit payment 48 hours after reservation to hold your spot.



June Grab & Go Meals

June 14th - Fork in the Road: Pilgrim Sandwich with turkey, stuffing, cranberry sauce and a dab of mayo along with a side of potato salad.

June 28th - Gennaro's: Chicken, Ziti, Broccoli, Caesar Salad, Roll and a mini cannoli

The price for these meals is still \$6.00 for Pembroke Seniors. Please make sure that after you make your reservation you leave your money in the lock box at the end of the back ramp under the awning.

Just a brief word of thanks for all of you who do not want to be mentioned but made donations to the COA gift, or program fund. All your generous donations go and have gone for programming and other special events. It is very much appreciated and put to good use.

Thank you all for your continued support.

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03-1106

10 EARLY SIGNS AND SYMPTOMS OF ALZHEIMER'S

June is Alzheimer's and Brain awareness month so I thought I would share with you 10 early signs and symptoms of Alzheimer's.

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information. Others include forgetting important dates or events, asking the same questions over and over, and increasingly needing to rely on memory aids (reminder notes or electronic devices) or family members for things they used to handle on their own

2. Challenges in planning or solving programs

Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

3. Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks. Sometimes they may have trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game.

4. Confusion with time or place

People living with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.

6. New problems with words in speaking or writing

A person living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name.

7. Misplacing things and losing the ability to retrace steps

They may put things in unusual place. They may lose things and be unable to go back over their steps to find them again. They may accuse others of stealing, especially as the disease progresses.

8. Decreased or poor judgement

Individuals may experience changes in judgment or decision making. For example, they may use poor judgement when dealing with money or pay less attention to grooming or keeping themselves clean.

9. Withdrawal from work or social activities

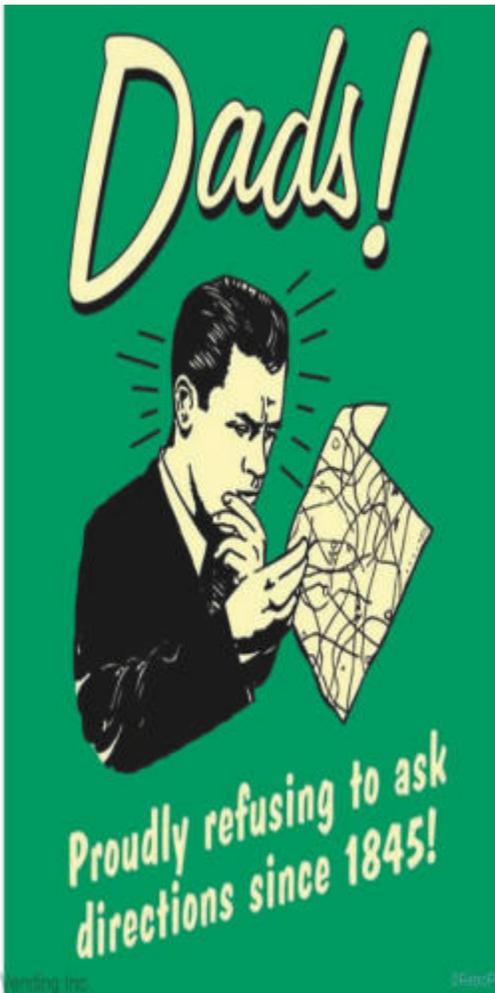
A person living with Alzheimer's disease may experience changes in the ability to hold or follow a conversation. As a result, he or she may withdraw from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

10. Changes in mood and personality

Individuals living with Alzheimer's may experience mood and personality changes. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

Get checked! Early detection matters, if you notice one or more signs in yourself or another person it can be difficult to know what to do. Get in touch with a Doctor and make an appointment. You can find all this information and a Doctor's appointment checklist on <https://www.alz.org/alzheimers-dementia> or call

800-232-8484



Happy Fathers Day!

2021 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 Veglas

News from Gail

Please when you make out your checks for Membership, Dues, In Memory of or Donations, make the checks to The Friends of the Pembroke COA. If you don't, it causes problems in depositing checks. Thank you for your memberships because it funds future social activities for the year. The Friends of the COA will hold its first Board Meeting of 2021 on Tuesday, June 1st, @ 10 AM.

It looks like things are looking up as more options are opening up as is the COA. Yay!!! Looking forward to seeing you all in a social gathering. Those of you who've had their vaccines have contributed to make this possible and I thank you

Gail

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 Veterans Office
Bonuses and Annuities

An Annuity is an annual payment made to Veterans or their survivors while a Bonus is a one-time payment to Veterans who most likely had served during a war time event. Both Annuities and Bonuses are paid by the State of Massachusetts. In both cases there is a requirement that the Veteran had been living in Massachusetts prior before their enlistment. An Annuity is granted to a Veteran who would be 100% Disabled, a Gold Star Parent or the unmarried spouse who gave their life in the service of their country. The payment for an Annuity is \$1,000.00 paid twice a year.

A Bonus for Veterans include designated campaigns that vary in amounts depending on the conflict. World War II Veterans who served stateside receive a \$200.00 payment while WWII overseas duty is a \$300.00 payment. Korean Veterans is \$200.00 stateside and \$300.00 overseas duty. Viet Nam Veterans are due a \$200.00 stateside or a \$300.00 overseas bonus. Persian Gulf War Veterans between 1990 to 1991 will get a bonus according to their tours of service. All Veterans who served in the Persian Gulf are eligible for \$500.00. All other Persian War Vets who served in support of the Gulf War are eligible for \$300.00. Finally, all Veterans who served in Enduring Freedom, Iraqi Freedom, or Noble Eagle can receive a \$1,000.00 bonus. All those Veterans who supported these operations for longer than six months could receive \$500.00. It is important to remember the State of Massachusetts has the final say in who would collect a Bonus or an Annuity.

For more information call the Pembroke Veterans Office at 781-709-1415 or call the State directly at 617-367-9333 x859.

Pactv Guide

Delicious and Nutritious can be seen on Channel 15 - Monday, Wednesday and Fridays at 8:00 am and 5:00 pm, Tuesday and Thursdays at 11:30 am

Monday:

5:00 am & Noon - Senior Friendly Exercise

8:00 am - Kay Talks

11:00 - Entertainment

Tuesday:

5:00 am and Noon - Tai Chi

1:00 pm & 7:00 pm - Education Programming

2:00 pm - Kay Talks

Wednesday:

5:00 am & Noon - Chair Exercise

10:00 am - Mindfulness

1:00 pm - Senior Safety or Plymouth County DA (alternating)

Thursday:

5:00 am & Noon - Yoga

Friday:

5:00 am & Noon - Senior Friendly Exercise

11:00 am - Kay Talks

Saturday:

5:00 am - Tai Chi

12:00 pm - Mindfulness



Monday	Tuesday	Wednesday
	<p>1 Walmart 8 am or 11 9:00 Blood Pressure 9:30 Happy Feet Walking 10:00 Friends Meeting</p>	<p>2 11:00 Body Shop Fitness 1:00 Tai Chi</p>
<p>7 Shaw's/Dollar Store 8 am or 11:30 10:00 Chair Aerobics w/Sally 1:00 Cribbage</p>	<p>8 Walmart 8 am or 11 9:30 Happy Feet Walking</p>	<p>9 11:00 Body Shop Fitness 1:00 Tai Chi Tickets for Swing into Go on Sale!! Tickets mu for upon reservat</p>
<p>14 Market Basket 8 am or 12:15 10:00 Chair Aerobics w/Sally 1:00 Cribbage 2:00 Grab & Go - Fork in the Road</p>	<p>15 Walmart 8 am or 11 9:30 Happy Feet Walking</p>	<p>16 11:00 Body Shop Fitness 1:00 Tai Chi 1:00 Memory Café (see no</p>
<p>21 Big Y/Ocean State 8am or 11:30 10:00 Chair Aerobics w/Sally 1:00 Cribbage</p>	<p>22 Walmart 8 am or 11 9:30 Happy Feet Walking</p>	<p>23 9:00 Blood Pressure 11:00 Body Shop Fitness 1:00 Tai Chi</p>
<p>28 Stop & Shop North River 8am or 11 10:00 Chair Aerobics w/Sally 1:00 Cribbage 2:00 Grab & Go - Gennaro's</p>	<p>29 Walmart 8 am or 11 9:30 Happy Feet Walking</p>	<p>30 11:00 Body Shop Fitness 1:00 Tai Chi</p>



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	Thursday	Friday	
	3 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games 1:00 Knitting	4 NO EVENTS	
Summer must be paid in.	10 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games	11 NO EVENTS	New class starting July 1st <i>Tap Dance 10 am every Thursday Morning</i>
Notice)	17 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games 1:00 Knitting	18 NO EVENTS	
	24 10:00 Quilting 11:00 Body Shop Fitness 1:00 Card Games	25 NO EVENTS	
	Please remember you must sign up for all programs and transportation to programs if needed		

	<p>781-878-0920 781-293-2020</p> <p>SULLIVAN FUNERAL HOMES</p> <p>ROCKLAND HANOVER HANSON</p> <p>www.SullivanFuneralHomes.com</p> <p><i>- Family Owned & Operated For 5 Generations Since 1897 -</i></p>	<p>ADT-Monitored Home Security</p> <p>Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> ● Burglary ● Flood Detection ● Fire Safety ● Carbon Monoxide 	 <p>ADT</p>
<p>ADT Authorized Provider</p>		<p>SafeStreets</p>	<p>1-855-225-4251</p>

Blood pressure clinics are back!

Join our Nurses Cindy and Carol on Tuesday, June 1 and Wednesday, June 23 for Blood Pressure Clinics and ask a nurse. Appointments will be required for this, with the appointments being between 9 am and 11 am. Please call the office to schedule your appointment! Masks must be worn at all times.
Thank you



Memory Café



The Memory Cafe would like to invite folks to join us for a forest bathing excursion on Wednesday, June 16th (rain date 6/17) to the Norris Reservation in Norwell. According to TIME magazine “Forest bathing is an activity which connects us to nature by engaging our senses of sight, sound, taste, smell and touch.”

We will leisurely walk the paths and raised boardwalk at Norris Reservation. To observe birds, streams and the beauty of nature. Afterwards we will tour Hornstra Farm in Norwell and be treated to an ice cream cone. Hope you can join us.

Belaine will be bringing binoculars and a pair of folding rocking chairs if one chooses to sit amongst the pines alongside the brook. Please plan to be at the COA by 12:15 for departure by 12:30 to the destination.
Limit 6, call 781-294-8220

Elder Abuse and Neglect:

If you have any concerns regarding elder abuse, neglect, self - neglect or financial exportation, 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 at 781-294-8220 if you need support through this process.



Need help with the confusing world of health care coverage?

Call 781-294-8220

And make a phone appointment with our SHINE counselor Ken Pike.

Remember if you are turning 65 you should sign up 3 months prior for

Social Security and Medicare benefits



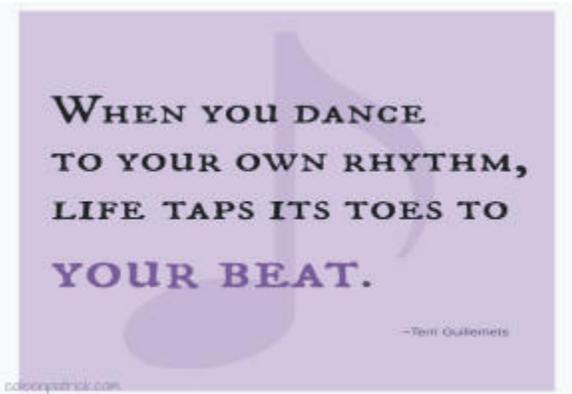
New Tap Class

Did you ever take tap class as a child or wish you had? Now you can!

Join our new class with tap instructor Jan Harold. Jan starting teaching in 1965 and opened her own studio in Weymouth 1972.

She retired in 2011 but missed teaching, choreographing the music but mostly missed the people. Jan started teaching with Senior Centers in 2016. Jan currently teaches, tap and jazz classes. We are so happy to have Jan with us starting on **Thursday, July 1st at 10:00 am.** Cost will be \$5.00 per class and you must pre-register for this class. This class is currently limited to 6 participants and will open up for more as the State allows. Masks must be worn until the Town lifts our mandate of masks in a municipal building.

This class is a lot of fun and really helps with exercise and balance!



Exercise Classes

Join us for the following classes
(pre register)

Monday at 10:00 am Chair Exercise \$5
Tuesday at 9:30 am Happy Feet Walking Club
with Sally Gwin, weekly spot TBD **free**

Wednesday at 11:00 Body Shop Fitness \$5
1:00 pm Tai Chi \$5

Thursday at 11:00 Body Shop Fitness \$5
*Zumba on Tuesdays is currently postponed
until further notice*

*All in center exercise classes are limited to 6
people and you must pre register. First prefer-
ence given to
Pembroke Residents
Please bring exact change*

Volunteers

Each April or May we have a volunteer lunch or last year a drive by. This past year has really become very sad for us as we were not able or you were not able to be with us. We are hoping that this fall we will be able to do more then we are currently doing now. Susan recently sent out a package requesting that you update your information with us so that we are ready to go! If you do not desire to volunteer any more please just return it with a note attached to it. As always we so appreciate your dedication, we would not be able to function without you! We look forward to so much more starting in the fall and hope you want to join us!



Transportation

Transportation has started to pick up and we are getting busier. In order to still be able to get you out for groceries and other items we are providing rides to certain places on Monday and Tuesday only. You do need to make a reservation for this as we are currently only able to take 3 clients per trip. We will make two trips to these set locations each week. Please see the locations and times inside the calendar section of this publication. Monday's will alternate to different grocery stores and shopping locations and Tuesday's there will be two trips daily to Walmart in Halifax. Please note these will be the only two days that we will be doing any shopping. I know a lot of you have been able to go where ever when ever during this past year but happily more people are getting out, going back to employment and programs so in order to still get you to where you want to be it does have to be certain days. Please call Nancy 781-294-8220 to make reservations for these shopping trips. Please remember we must have 48 business (M-F) hours to book these rides.

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.

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Transportation: Nancy O’Neill
Outreach worker: Ken Pike
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