



# The Senior Informer

**Volume 17**

**Issue 12**

**DECEMBER 2020**

**ABINGTON COUNCIL ON AGING**

441 Summer Street, Abington, MA 02351  
781-982-2145

Website:  
**ABINGTONSENIORCENTER.COM**  
Suzanne Djusberg, Director  
sdjusberg@abingtonma.gov  
Hours: 9AM to 2PM Mon. thru Thur.  
9AM to Noon Fri.

### **Council on Aging Board of Directors**

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### **ABINGTON HAS A NEW VETERANS AGENT**

Adam Gunn, retired from the U.S. Navy this past spring after a 20-year career, where he attained the rank of Chief Petty Officer. He has been named Veterans Agent for the town of Abington. Before his retirement on April 1st, Adam was a Regional Career Counselor responsible for delivering career guidance and benefit education to 16 Navy Career Counselors throughout the United States. Those Career Counselors provided counseling to 3,695 U.S. Navy sailors in an 11-state region. Chief Gunn is passionate about helping others, taking care of veterans who fought for this country and sacrificed their lives to protect the American people. We welcome Adam, his wife, Shelley, and their 5-year-old daughter, Violet, to our community.



—*Holiday Giving Tree* (see p.2)

—*Book Recommendation* (see p.2)

—*FOAS Memberships* (see p.3)

—*Griffins Farm* (see p.4)

—*The Night the Guns Fell Silent* (see p.4)

—*Pickleball News* (see p.5)

—*Lunch menu* (see p.5)

—*Outreach by Amy* (see p.6)

### **ANNUAL VETERANS PINNING CEREMONY**

On November 11, the Abington Senior Center hosted the annual Veterans Pinning Ceremony. Director Suzanne Djusberg welcomed the veterans and introduced each attendee who then told his branch of service, the different places he or she was stationed, and some of the experiences remembered. The veterans agent, Adam Gunn, congratulated each person and awarded each the pin of recognition. A turkey dinner followed the ceremony. Abington Police donated gift bags for the veterans.



### **ACTIVITIES**

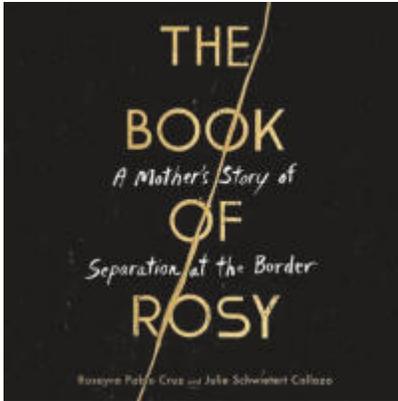
Blood Pressure Screening  
ChrisFit  
Chair Yoga Class  
Cribbage, Exercise Room  
Hearing Tests  
Knitting & Crocheting Group  
Pickleball, Quilting Class  
Senior Lunches, Tues. & Friday  
Tai Chi, Zumba

### **COUNCIL ON AGING STAFF**

Suzanne Djusberg - Director  
Michelle Robison - Nutrition Coordinator  
Amy Barrett - Outreach Coordinator  
Amanda Vento - Transportation Coordinator  
Richard Thetonia—Custodian  
Michelle Thetonia — Van Driver

**BOOK RECOMMENDATION**

*The Book of Rosy—A Mother's Story of Separation at the Border* by Rosayra Pablo Cruz & Julie Schwietert Collazo



When Rosayra “Rosy” Pablo Cruz Made the agonizing decision to seek asylum in the United States with two of her children, she knew the journey would be arduous, dangerous, and quite possibly deadly. But, she had no choice: violence—from gangs, from crime, from spiraling chaos—was making daily life hell. Rosy knew her family’s one chance at survival was to flee Guatemala and go north.

After a brutal journey that left them dehydrated, exhausted, and nearly starved, Rosy and her two little boys arrived at the Arizona border. Almost immediately they were seized and forcibly separated by government officials under the Dept. of Homeland Security’s new “zero tolerance” policy. To her horror Rosy discovered that her flight to safety had only just begun.

In *The Book of Rosy*, with an unprecedented level of sharp detail and soulful intimacy, Rosy tells her story, aided by Julie Schwietert Collazo, founder of Immigrant Families Together, the grassroots organization that reunites mothers and children. She reveals the cruelty of the detention facilities. The excruciating pain of feeling her children ripped from her arms, the abiding faith that staved off despair, and the enduring friendship with Julie, which helped her navigate the darkness and the bottomless Orwellian bureaucracy.

A gripping, shaming account of the human cost of inhumane policies. It is also a paean to the unbreakable will of people united by true love and a sense of justice.

**HOLIDAY GIVING TREE**

Until Friday, December 11<sup>th</sup>, we will still be accepting donations for the Holiday Giving Christmas Tree. Personal hygiene items, such as shampoo, hand cream, toothpaste, deodorant, shaving cream, are useful. Also, Christmas and greeting cards, stationery, and postage stamps are always appreciated. Donations may be left at the Abington Senior Center or at the tree in Abington Police Station lobby. Please call Suzanne Djusberg 781—982-2145 with any questions.

**INFORMER NEWS DEADLINE**

Place in Newsletter inbox by 7th of previous month (i.e., 7th of December for the January 2021 issue). E-mail- [foasnewsletterteam@yahoo.com](mailto:foasnewsletterteam@yahoo.com).

**HEALTH AND ASSISTANCE**

Walk-In Health Screening for Blood Pressure, Sugar Testing, Nutrition and Weight Counseling & Medication Instruction are held at Abington Sr. Ctr., on the 1st and 3rd Tuesdays of every month, 10:00 to 12:00 Noon. Please call for availability. *The Board of Health states the nurse will be available to ALL Abington residents, regardless of age.* 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 - suggested donation. Call the COA at 781-982-2145 text 1. Trips are on Monday, Wednesday and Thursday. Please 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. Limited seating due to Covid 19 restrictions.

**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. Although anyone can apply for this service, approval must be given by the recipient’s doctor. In winter months, when there is inclement weather and there is no school that day, there will be no prepared meals delivered.

**Senior Lunches:** Tuesdays and Fridays Homemade meals—Grab & Go—are picked up between 11:30-12:30 —cost \$3.00. Call the Center at 781-982-2145 to make your reservation by the previous week.

**MEDICAL EQUIPMENT**

Wheelchairs, walkers, and other medical equipment are available at the Senior Center. Call 781-982-2145 for availability.

**POETRY CORNER****CHRISTMAS EVE IN MY HOMETOWN**

*There's so much to remember  
No wonder I remember  
Christmas Eve in my home town*

*'Cause there were carols in the square  
Laughter everywhere,  
Couples kissing under the mistletoe*

*I can't help reminiscing  
Knowing I'll be missing  
Christmas Eve in my home town*

*Nothing can erase the mem'ries I embrace  
Those familiar footprints upon the snow*

*There's so much to remember  
No wonder I remember  
Christmas Eve in my home town*

*I'd like to be there  
Trimming the tree there  
And there's a chance that I might*

*I can hear singing  
Steeple bells ringing  
Noel and Silent Night*

*Wise men journeyed far, guided by a star  
But though I'm not a wise man, this I know*

*Through dreams and just pretending  
I'm there and I'll be spending  
Christmas Eve in my home town*



—Words and Music by Don Upton@Stan Zabka, Sung by Kate Smith - 1966

**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 2020 started a new membership year good until JUNE 2021. 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 2020-2021: \$7.00 per person or \$100 for lifetime membership.**

**Please send donations to this 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.**

<b>Memberships:</b>	Ruth J. Thorp	Carroll & Larry Keough	Elaine Mannering	Margaret Manley
	June Jackson	June Berlinguet	Jean Wild	Maureen & Dick Wall
	Laure A. Vassall	Geraldine Connolly	Eileen Rowan	Marjorie Duncan
<b>Donations:</b>	Margaret Manley	June Berlinguet	Marjoryann Duncan	

*Special thanks to everyone who contributed in any way to the Friends of Abington Seniors.*

**DECEMBER RECIPE**

**OVEN BAKED CHICKEN CASSEROLE**

4 boneless, skinless chicken breast halves (1 ¼ lbs.)

1 egg, slightly beaten, ¾ cup Italian seasoned bread crumbs, 1 jar (26-28 oz.) Ragu pasta sauce (any flavor), 1 C shredded Mozzarella cheese (about 4 oz.)

Preheat oven to 400. Dip chicken in egg, then bread crumbs, coating well. In 13 x 9 baking dish arrange chicken. Bake uncovered 20 minutes. Pour Ragu sauce over chicken, then top with cheese. Bake 10 minutes or until chicken is no longer pink. Serve, if desired, with hot cooked pasta. —Flo Severin from *Sharing Our Best* cook book, 2003



**SURPRISING BENEFITS OF KINDNESS**

Spontaneous acts of kindness, such as carrying a neighbor’s groceries, brought greater feelings of wellbeing than scheduled good deeds such as volunteering, a meta-analysis of 201 studies found. And older adults who performed acts of kindness reported better physical health than those who didn’t. It could be that healthier people do more for others, but research has also found potential health benefits, including lower heart-disease risk.

**DECEMBER JOKE**

I’m a nurse in a hospital’s pediatrics ward. One night I was at the nurse’s station when I heard a little boy in his room talking. He kept the patter up for some time. Finally, I got on the intercom and said softly but firmly, “All right, Johnny, it’s time to go to sleep now.” There was quiet in the room, and then he said, “Okay, God, I will.” I didn’t hear a peep from him until morning. —Reader’s Digest

**GRIFFIN DAIRY FARM - Carolyn Bates**

November, weather-wise, was quite interesting; beginning with a snow storm which brought down many branches around town, and record warmth toward the middle of the month. However, at Griffin’s the trail benches have been sanded, painted, and stored. The Little Free Library has been put away, and the well-used picnic tables have been protectively covered. The Community Gardens have their winter crop well established for good growing soil for next year.

It is being told that this will be a cold and perhaps snowy Winter. The land is ready—open space for snow shoes, cross country skis, building snow people, or just walking either along the trails or across the fields. The Griffin Dairy Committee wishes everyone a very Merry Christmas and a Healthy, Happy New Year 2021!!!

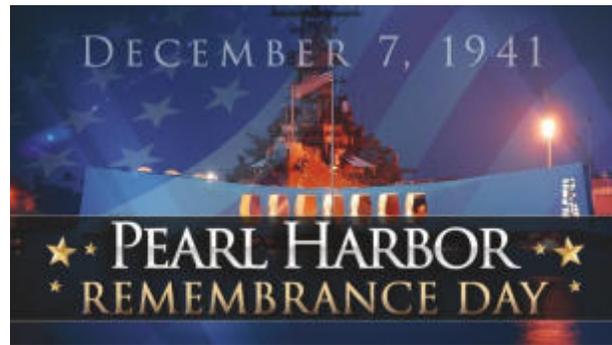


**DECEMBER PUZZLE**

Which President did the following Vice Presidents replace? 1) John Adams 2) Millard Fillmore 3) Andrew Johnson 4) Theodore Roosevelt 5) Harry Truman 6) Lyndon Johnson *See answers on page 8.*

**DECEMBER ALMANAC**

- 12/7 **National Pearl Remembrance Day**
- 12/9 1<sup>st</sup> Heisman Trophy awarded to Jay Berwanger, 1935
- 12/10 Hanakkuh begins at sundown
- 12/14 New Moon
- 12/15 Bill of Rights Day
- 12/21 Winter Solstice
- 12/25 Christmas Day
- 12/26 Boxing Day–Canada  
First Day of Kwanzaa
- 12/29 Full Cold Moon
- 12/31 New Year’s Eve



**THE NIGHT THE GUNS FELL SILENT**

On the cold night of Christmas Eve, 1914, fighting stopped and silence started. German soldiers began lighting candles and placed them on their bayonets at the end of their rifles. The lit candles made for easy targets but British officers gave the orders to “Hold Fire!” Then other German soldiers began to lift various size Christmas trees over their heads with additional lighted candles in the branches. At this point was quite a moment; no gun fire, no troops moving, no noise of combat—no War! Silence reigned over the battlefield. With the candles and trees clearly visible, slowly a Christmas carol began and spread through the trenches on the German side. The words were faint but clear; “Stille Nacht!, Heilige Nacht!” With the candles and trees clearly visible, slowly a Christmas carol began. The British troops recognized the melody as “Silent Night, Holy Night,” and the melody became one.



Slowly both German and British troops laid down their weapons, came out of the trenches, shook hands, and embraced. No Man’s Land became every man’s land that night. A very large campfire was lit, with soldiers from both sides sitting around warming themselves and exchanging gifts of chocolate, buttons, badges, even rations. Then they sang some more, and they shared photos of families and girlfriends. They returned to their trenches full of joy and chocolate, warmth and peace, and they slept. There was peace all around—it truly was a “Silent Night, a Holy Night.” At approximately 0830 Hrs, the next morning, and by mutual agreement of the commanders, Captain C.I. Stockwell of the Royal Welsh Fusiliers fired 3 shots in the air signaling the war had commenced once again.

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## DECEMBER MENU

### Tuesdays

#### December 1

BBQ Chicken, Mac & Cheese, Dessert

#### December 8

Fish & Chips, Coleslaw, Dessert

#### December 22

Pork-loin, Potatoes, Vegetable, Dessert

#### December 29

Italian Wedding Soup, Sandwich, Dessert

### Fridays

#### December 4

Spaghetti & Meatballs, Roll, Dessert

#### December 11

Swedish Meatballs over Egg Noodles, Vegetable, Dessert

#### December 18

Shepard Pie, Roll, Dessert

### **HOW TO BOOST IMMUNITY THIS WINTER**

Nothing can guarantee you won't catch a cold, the flu, or the coronavirus this winter. But certain foods can bolster your immune system to help you more effectively fend off germs. "The more colorful your produce, the better, because the compounds that create those bright green, red, yellow, and orange shades are antioxidants," says Chaya Lee Charles, RDN. Antioxidants—such as Vitamin A, (in the form of beta carotene), and C—protect immune cells from damaging oxidation.

"Vitamin A helps regulate the immune system and protects against infections by keeping skin and tissues in the mouth, stomach, intestines, and respiratory system healthy," says Laurie Wright, PhD. and it's easy to get in vegetables, such as sweet potatoes, carrots, broccoli, spinach, and red bell peppers, that are plentiful all winter. Citrus fruits are a great source of Vitamin C, which stimulates production of infection-fighting antibodies. —*CR On Health, December 2020*

### **PICKLEBALL NEWS**

Due to Covid-19, Abington Pickleball is leaving all the nets up for the time being, the weather will decide when the nets on the back 3 courts come down. The front three courts will remain up and open for the winter and hopefully the weather will be conducive to playing. Check to make sure there is no ice or snow on the courts. We want no one to fall. Also, our AED must be turned in to the Fire Department once it gets cold, as it does not function well in the cold. So make sure everyone has access their cell phone to call 911 should there be a need. (The Senior Center does have an AED but the Center closes at 2 p.m.) So if you want some exercise and don't mind the cold just get out the "long john's" and earmuffs and you'll do fine..

We wish all the seniors a very Merry Christmas and a very Happy New Year!! We are hoping 2021 brings us good will, good health, and peace!!

Good luck to the 2021 APA Board: Richard Shepherd, President; Mark Brezina, Vice President; Henry Ozog, Treasurer; Phil Delaney, Facebook Administrator; Robert Poulin, Clerk; Carol Crowley, and Jean Kelley

*Peace and all the best, Ann Reilly and Boards.*

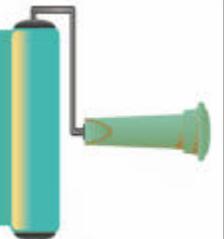


### **THANK YOU**

A big shout-out to the hardworking poll workers at both the Presidential Primary and Election 2020 polls. We especially wish to thank our sensational Town Clerk, Leanne Adams, and her sidekick, Barbara Comeletti, for ensuring that the early voting, absentee voting, and election ran smoothly.

*If there are no dogs in Heaven, then when I die I want to go where they went —Will Rogers*

**SUPPORT THE ADVERTISERS  
THAT SUPPORT OUR COMMUNITY**



**OUTREACH—DECEMBER 2020**

**Hello Everyone!** I hope this note finds you all staying healthy and optimistic during these difficult times.

I'm happy to report that WE SURVIVED OPEN ENROLLMENT!! Despite the glitches with the Medicare website and the steady stream of clients waiting patiently to be helped.... We did it! You are all amazing and I was so happy to see everyone!!

I want to remind everyone that November 1<sup>st</sup> we started taking fuel assistance applications for Self Help Inc. Please call 781-982-2145x2 to set up an appointment if you feel like you may qualify for assistance. I do have all of the current 2021 qualifications and guidelines regarding fuel assistance, so if you aren't sure but need help please call! We do require that you bring a few things with you when you come to fill

out an application—

MA Drivers License (or passport / MASS ID)

Social Security Cards for everyone living in the home

Proof of Income / Or proof of no income

\*If you own a home – Mortgage statement, property taxes, and proof of homeowner insurance

\*If you rent a home or condo/apartment —rental agreement

Oil bills (if oil heated home)

Electric and Gas Bills (utility/heat)

Having this information when you come in will be very helpful when filling out the application for Self Help Inc. as we need to make sure all pertinent information is submitted with the application.

Please feel free to call for an appointment and enjoy the upcoming Holiday season!!!

*All of my very best and take good care. —Amy Barrett*

**THANK YOU!!**

In the midst of the pandemic and as a number of Covid 19 cases are still raging throughout the state and country, we wish to acknowledge and extend gratitude to the **Abington Board of Health** under the direction of Health Agent, **Marty Golightly**, for hosting the annual Flu Clinics held for Abington residents. Special thanks to **Lindsay Wight, RN**, who spent hours administering the injections town-wide.

**THE LATEST LIBRARY HOURS**

The Abington Public Library will now be open to patrons:

Monday 1:00 – 7:45

Tuesday: 11:00-4:15

Wednesday 11:00-1:30

Thursday 11:00-7:45

Saturday 10:00-1:30

Senior Hours: 10:00-11:00 Tuesday, Wednesday, Thursday

Holds are available curbside if the library is open, and if you are inside browsing, just let us know at the circ desk.

Curbside Pickup: Call us at 781-982-2139 or email request to [abpickup@ocln.org](mailto:abpickup@ocln.org).

Hours: Monday 10:00-8:15;

Tuesday 10:00-4:45

Wednesday 10:00-4:45

Thursday 10:00-8:15

Friday 10:00-4:45

Saturday 10:00-4:45

Call from the parking lot to pick your books up.

**Many thanks to Deborah Grimmer and her wonderful staff for their efforts to keep the library open for the town's readers!**

**ADELE'S LETTER**

*We are sharing this letter from Adele Dombrowski. She wanted to pass along information from the time assistance for Abington's seniors began.*

The pioneers were: Alice Frame who was responsible for the first Elderly Services in Abington; Office was donated by Housing Authority at 100 Lincoln Boulevard, Leavitt Boulevard. Don't recall the first people who donated their time to run the office. Or when C.O.A. became available.

I remember Catherine Coughlin who was my Director and she was responsible for getting the first transportation for the elderly. There was Alice D who donated her own car. Paid salary? Elderly Services or C.O.A.? Then the Dial-A-Bat transportation. After many meetings with Ray Ladu, telephone calls, surveys, our very own van. Again, after many more meetings.

Beverly Hall was responsible for getting the first computer (which now is a collectible if in existence). We were the first to enter all seniors, their address, age, phone number, etc. Also the first to donate time for the first I.D.s by John Averell and Adele. We had monthly meetings at the VFW.

We seniors all worked hard to raise funds for a new center. Now called Friends of Abington Seniors—and still growing.

Before I leave this mortal earth, I'm taking this information of who's worthy of putting it in the "Scrap Book. There are very few of us left; Beverly Hall, myself (age 98), John Reeves, and some unknowns.

*Sincerely, Adele Dombrowski*



*Adele Dombrowski (standing center) and friends in the early days of FOAS.*

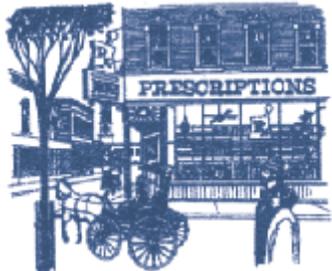
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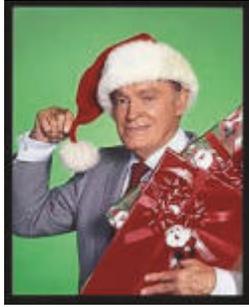
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\*\*\*\*\*



*Remember those Bob Hope  
Christmas Shows for the troops?*

**Non-Profit  
Organization  
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Permit #26**

**Miscellaneous**

**Food Pantry:** St. Vincent dePaul Food Pantry is open on Tuesday evenings from

**Miscellaneous**

**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; Mary Graham, Treasurer; Tricia Force; Evelyn Drew; Atty. Edward Reilly

**Friends of Abington Seniors, Inc.**

Sheila Lambert, President; Karen Tracey, Vice-President; Thomas Bates, Treasurer; Beverly Hartery, Asst. Treasurer; Peggy Keating, Clerk; Mary Cordeiro, Secretary

**Informer Newsletter Staff:** Marie Brown, Joanne Curtis, Pat Jackman, Carol Najarian, Betty Slinger, Maureen Wall

*Answers to puzzle on page 4. 1) George Washington, 2) Zachary Taylor, 3) Abraham Lincoln, 4) William McKinley, 5) Franklin Roosevelt, 6) John Fitzgerald Kennedy*

**MONDAYS—CRISFIT BALANCE AEROBIC CLASS 10-11AM IN SENIOR CENTER AUDITORIUM**

**SIGN UP AHEAD OF TIME. 10 PARTICIPANTS ONLY.**

**BOB HOPE'S USO CHRISTMAS SHOWS**

For 40 years, Bob Hope's USO Christmas Shows brightened the holidays for deployed troops. Bob Hope knew what it meant to be away from home during the holidays. From World War II to Desert Shield, the legendary star spent scores of December days on the front lines entertaining service members all around the world. Hope's decades-long tradition of entertaining service members began in May 1941, when he recorded an episode of his NBC radio show, the "Pepsodent Show," during a visit to a California naval base. In fact, during WWII, with only a few exceptions, all of Hope's shows were performed for a military crowd. Over the next 18 months, the comedian continued to host and tape additional radio and USO performances at bases across the U.S. (including during the holidays!) before heading on his first overseas USO Camp Show tour in 1943. During this and the many WWII USO Camp Show trips that followed, Hope hosted dozens of variety-style shows featuring some of the biggest names in Hollywood.

