



The

Senior Informer

MAY 2021

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.

Volume 18

Issue 5

Council on Aging Board of Directors

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—Griffins Farm (see p.4)

—Puzzle (see p.3)

—Lunch Menu see p.5)

—Outreach by Amy (see p.6)

—APL schedule (see p. 6)

—GRAB AND GO LUNCH

DAY CHANGE—beginning

May 1, they will be held on

TUES. & THURS. (see p.5)

—FEMA Covid Funeral
Reimbursement (see p.4)

ACTIVITIES—

CENTER CLOSED UNTIL FURTHER NOTICE

Blood Pressure Screening
Chair Yoga Class
Cribbage, Exercise Room
CrisFit Balance/Aerobics
Hearing Tests
Knitting & Crocheting Group
Pickleball, Quilting Class
Senior Lunches, Tues. &
Friday

Tai Chi, Zumba

COUNCIL ON AGING STAFF

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



ARMED FORCES DAY Armed Forces Day is celebrated on the third Saturday in May. Thanks to President Harry S. Truman, it's a day to pay special tribute to the men and women of the Armed Forces. President Truman led the effort to establish a holiday in order for citizens to unite and to honor our military heroes for their patriotic service in support of the United States of America. *WHO IS HONORED ON THIS DAY?* Armed Forces Day is a joint celebration of all six branches of the U.S. military: Air Force, Army, Coast Guard, Marine Corps, Navy, and the newly created Space Force. The day honors all people currently serving in the U.S. armed forces. This includes the men and women who have served or are serving in the Army, Navy, Marine Corps, Air Force, Space Force and Coast Guard, including the National Guard and Reserve components. The Army, Marine Corps, Navy, Air Force, Space Force and Coast Guard are the armed forces of the United States. The Army National Guard and the Air National Guard are reserve components of their services and operate in part under state authority.

WE WILL SEE YOU AGAIN! COVID-19 CLINICS —Amanda Vento

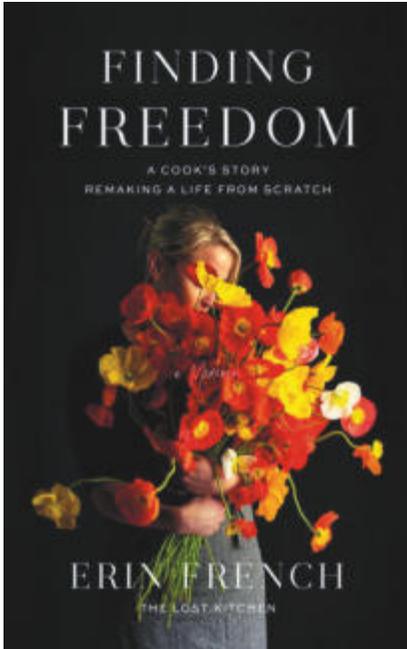
For the last year, the Abington Senior Center has been almost completely empty. Covid restrictions have forced our facility to close all doors and suspend activities that gave so many seniors something to look forward to every day. The silence that has replaced the chatter and laughter throughout the building has been eerie. But, thanks to the hard work of the Board of Health, COA employees, and the dozens of first responders and generous volunteers, some hope was brought back to our community as we began the rollout of the Covid-19 vaccine.

The clinics were meticulously timed and spaced to that way ensure safety but also effectiveness. To say that they have been run smoothly is a complete understatement. In the last month here at the Center, we have successfully carried out four clinics. Four clinics means that over 500 seniors here in town have completed their vaccine series and left here with a little less fear and a little more peace. For some of the seniors I spoke with, their safety and wellbeing were first on their lists of reasons to get the vaccine. But for a lot of them, being vaccinated meant finally hugging their loved ones for the first time in over a year. For others, it was a relief from the isolation and loneliness that felt like it would never end.

So, even though it appears we are just about finished with the clinics here for the time being, it goes without saying that we could not be prouder of or more grateful for every single person who contributed to making them such a success. In a time where we remained apart, the town of Abington truly came together for our seniors. It has been wonderful to get to see so many hopeful faces that will hopefully be able to walk through those front doors again in the near future. Until then, stay safe and stay healthy. We will see you again soon!



BOOK RECOMMENDATION



From Erin French, owner of the critically acclaimed **The Lost Kitchen**, a *TIME* world dining destination, a life-affirming memoir about survival, renewal, and finding a community to lift her up

Long before **The Lost Kitchen** became a world dining destination with every seating filled the day the reservation book opens each spring,

Erin French was a girl roaming barefoot on a 25-acre farm, a teenager falling in love with food while working the line at her dad's diner and a young woman finding her calling as a professional chef at her tiny restaurant tucked into a 19th century mill. This singular memoir—a classic American story—invites readers to Erin's corner of her beloved Maine to share the real person behind the “girl from Freedom” fairytale, and the not-so-picture-perfect struggles that have taken every ounce of her strength to overcome, and that make Erin's life triumphant.

ITS NEVER TOO LATE TO DO THE RIGHT THING!

A library in Queens, NY, got a big surprise in the mail in the form of a book – a collection of Paul Bunyan stories that was checked out more than 60 years ago. But there was one book, “*O! Paul,*” that for whatever reason she just didn't return on time. Days overdue became months overdue, then 63 years. “My memory is that it was overdue and I was too embarrassed to return it,” Ms. Diamond said. “So as little kids do, well then, let's just pretend it didn't happen.” Diamond, 74, now lives in Madison, Wisconsin. She decided it was finally time to call the Auburndale branch of the Queens Public Library and fess up. “I was just having a conversation with some friends about making amends and it was just like, you know, it's time. I'm going to return this book,” she said. “It is wonderful to see a book returned after 63 years, especially pretty much in the condition that it was checked out in 1957,” said Nick Buron, chief librarian of the **Queens Public Library**, which celebrates 125 years on Friday. When Ms. Diamond mailed back the book, she included a letter and a \$500 check as a donation to the library. It's a tale that teaches it's never too late to do the right thing.

INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of May for the June 2021 issue). E-mail- foasnewsletterteam@yahoo.com.

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 to book rides in advance. **Dial-A-BAT** vehicles travel a bit further out, to Brockton and the Bridgewaters between 9:30 and 4:30 and to Boston Wed. & Fri. BAT rides must be booked thru the COA. Fees vary. Door-to-door-pay driver. **Wednesday Morning Shopping Van. Seating limited!** We will pick you up starting at 9:15 or shortly after. Cost for round trip is \$4.00.

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: GRAB & GO, Call 24 hours in advance—Tuesdays and Thursdays, 11:30 pickup—cost \$4.00 each. Pick up at kitchen/back door.

MEDICAL EQUIPMENT

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

POETRY CORNER

The Stick-Together Families

The stick-together families are happier by far
Than the brothers and the sisters who take separate highways are.

The gladdest people living are the wholesome folks who make
A circle at the fireside that no power but death can break.
And the finest of conventions ever held beneath the sun
Are the little family gatherings when the busy day is done.



There are rich folk, there are poor folk, who imagine they are wise,
And they're very quick to shatter all the little family ties.
Each goes searching after pleasure in his own selected way,
Each with strangers likes to wander, and with strangers likes to play.
But it's bitterness they harvest, and it's empty joy they find,
For the children that are wisest are the stick-together kind.

There are some who seem to fancy that for gladness they must roam,
That for smiles that are the brightest they must wander far from home.
That the strange friend is the true friend, and they travel far astray
They waste their lives in striving for a joy that's far away,
But the gladdest sort of people, when the busy day is done,
Are the brothers and the sisters who together share their fun.

It's the stick-together family that wins the joys of earth,
That hears the sweetest music and that finds the finest mirth;
It's the old home roof that shelters all the charm that life can give;
There you find the gladdest play-ground, there the happiest spot to live.

And, O weary, wandering brother, if contentment you would win,
Come you back unto the fireside and be comrade with your kin.

—By Edgar Guest (1881-1959)

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.

Memberships: Jacqueline A Whitten William A. Barry
In Memory of: Norma Clark by Peggy Keating

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

MAY RECIPE

Quiche Lorraine A La Suisse

This isn't the classic quiche, because it contains Swiss cheese.
 Line a pie pan with pastry. Fill it about half full with layers of chopped boiled ham (or crisp bacon bits) and diced Swiss cheese. Start your layers with the cheese. You'll need about half a pound of each.
 Then beat together: 5 eggs, 1 cup of light cream, 1/2 teaspoon salt
 Pour it over the cheese and ham, then bake it at 350 for 45 minutes. Serve it in wedges.

MAY PUZZLE

A cryptogram is a message in substitute code.
 example: A GOOD DAY could be coded as C NILT TCQ. Here the A is replaced by the C, the G is replaced by the N, the O is replaced by the I, the D is replaced by the T, and the Y is replaced by the Q.

TXOXOWXTCY SBT OSCDXTZ CY OPF

Hint: The O replaces the letter M in this cryptogram.
 See answer to puzzle on page 8.



LT. GOVERNOR KARYN POLITO VISITS ABINGTON

On April 9th, the Abington Board of Health held a Covid-19 Vaccination Clinic here at the Abington Council on Aging and we were fortunate to have Lt. Governor Polito on site to see the vaccine magic happening here at the Center! It was an awesome day and we were so proud to have her witness Marty Golightly, Lindsay Wright, and their entire Board of Health team along with all of the first responders, seamlessly vaccinating over 275 people! We are so proud to be a part of such an extraordinary community effort! Thank you to State Representative Alyson Sullivan for facilitating the visit from the Lt. Governor! #AbingtonStrong



(left to right) Lt. Governor Karyn Polito; Amy Barrett, SHINE/Outreach Coordinator; Suzanne Djusberg, Council on Aging Director

PICKLEBALL NEWS

The days are getting warmer and the outdoor Pickleball courts are busy. The Abington Pickleball Association has been accepting new members and interest in the game remains high. Both beginners and experienced players have joined the APA this year to get some exercise and have some fun.
 The Abington Pickleball Association provides a great opportunity for those aged 50 or more to play and socialize on our beautiful, lighted outdoor courts behind the Senior Center. Enrollment remains open at this time with a fee of \$50 for Abington residents and \$100 for non-residents. If you'd like more information, please send an email inquiry to abingtonpickleball@gmail.com, visit us on our Facebook page or stop by the courts any morning to speak with one of our players about membership. —R.J. Shepherd



GRIFFIN DAIRY FARM - Carolyn Bates

May! Time for flowers, food, birds, and the opening of the Community Gardens. There are four new bird houses, specifically for Blue Birds, on trees back from the Kiosk on Plymouth St. We wish to thank **Tom Peck** for building 3, **Rose Bartlett** for donating 2 (one last year!), and **Ben Halaby** for hanging them. **Peter Cahill** also built one of a different type. Also new this year are FOOD TRUCKS! Six trucks will be at the Plymouth St. parking area each Wednesday from 4 to 6 PM. There will be a variety of foods from which to choose. We thank **Bill Davis** for felling and removing two dangerous dead trees, brushing leaves away, and dethatching the grass areas. We also thank **John Stone**, DPW Superintendant, and two of his heavy equipment operators, **Dan and Matt**, for relocating the huge loam pile away from the parking lot and digging up both dead tree trunks. New grass has been planted, holes have been filled, brush has been cleaned up and burned, the Community Gardens will be open at the end of the month. And finally, we welcome **Brian Sullivan** as the newest member of our committee. Yea Brian!

MAY CHUCKLE

Cooking for Yourself or Eating With Your Shoes Off

The truth is, anyone who has trouble getting the lead out of her lingerie to cook for other people will find it all but impossible to do so for herself. The minimal cooking done in these situations is truly breathtaking.

"I know an elderly lady whose breakfast is whole-wheat toast, bacon, and coffee; whose lunch is a vitamin pill with a Metrecal chaser, and whose dinner is an Old Fashioned and something frozen, whatever she bumps into first in her fair-sized frozen food compartment. She's the healthiest elderly lady you ever saw, too, as I happen to know, because she's my mother!"

FEMA COVID-19 FUNERAL COST ASSISTANCE

Info is available from Evan Makrinikolas, Director of Benefits, 617-210-5482 or <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during, and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.

We are working with stakeholder groups to get their input on ways we can best provide this assistance, and to enlist their help with outreach to families and communities. FEMA will begin to implement COVID-19 funeral assistance in April.

Additional guidance is being finalized and will be released to potential applicants and community partners as soon as possible. In the meantime, people who have COVID-19 funeral expenses are encouraged to keep and gather documentation. Formal policy here: https://www.fema.gov/sites/default/files/documents/fema_policy_covid-19_funeral_assistance_updated.pdf For further info, contact Adam Gunn, USN Retired CPO, Abington's Director of Veterans Services.

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MAY ALMANAC

5/8 Coca Cola first went on sale,
1886, Atlanta, GA
5/9 Mother's Day
5/11 New Moon
5/15 Armed Forces Day
5/24 Victoria Day, Canada
5/26 Full Flower Moon
5/31 Memorial Day

**Have a Happy Memorial
Day Weekend!
Please take a few minutes
to remember those who
gave their all.**

FREEDOM IS NOT FREE!

MAY MENU

TUESDAYS:

*May 4: American Chop Suey,
Veg. & Roll*

*May 11: Country Fried Chicken,
Mashed Potato, Corn,
Cranberry Sauce, Dessert*

*May 18 Shepard's Pie, Roll &
Dessert*

*May 25: Cheeseburger, Chips,
Dessert*

The Senior Center will continue to offer home cooked meals for our seniors on Tuesdays and Thursdays (note change from Friday to Thursday). These meals will be full meals for the cost of \$4.00 per person. Meals will continue to be on a Grab & Go basis due to Covid-19 guidelines and will be ready at 11:30 a.m. To sign up, or for questions, please call to order at 781-982-2145, extension 3.

THURSDAYS:

*May 6: Tuna Sandwich,
Chips & Dessert*

*May 13: Chicken Caesar
Wrap, Chips, Dessert*

*May 20: Pork Chops, Cheesy
Potato Dish & Carrots*

*May 27: Beef & Gravy,
Mashed Potato & Veg., Des-
sert*

BIRDSONG'S HEALING POWERS

The sounds of birds, whether real or recorded, may be good for your mood, according to a survey of 665 hikers in Colorado. Researchers played the sounds of goldfinches, wrens, nuthatches, robins, and other birds over hidden speakers along hiking trails during the late summer, when mating season is over and real birds are typically less vocal. The scientists, from California Polytechnic State University, found hikers who heard 7 to 10 minutes of recorded and real birdsong reported experiencing a little lift in their sense of well-being compared with those who didn't hear the recorded tweets and twitters. —*CR On Health, April 2021.*



SLEEP MORE AND EAT HEALTHIER

Adults need at least 7 hours of sleep at night for optimal health, according to the American Academy of Sleep Medicine and the Sleep Research Society. But most fall short, and that can influence eating habits and meditation.

In one study, 16 people slept for 9 hours a night for five days, simulating the work week, then switched to 5 hours a night for 5 days.

Sleeping just 5 hours disrupted the circadian rhythm, which led them to take in excess calories, gain weight, and experience an almost 20 percent drop in insulin sensitivity.

Insufficient sleep seems to prompt evening eating, says Andrew McHale, PhD, of the Oregon Institute of Health Sciences, "And it's those calories that seem to account for resulting weight gain and metabolic issues."

What you eat can also disrupt sleep. Consuming spicy foods close to bedtime may upset your digestive system, and caffeine may delay the onset of melatonin. McHale says to put down your coffee cup at least 5 hours before going to bed. Research also suggests that eating lots of sugar and processed grains may trigger insomnia, while eating vegetables and fruit may prevent it. —*CR On Health, April 2021*

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OUTREACH—APRIL 2021

All of my very best and take good care! Amy Barrett

It's been a long winter and an even longer year. But now spring is here and people are itching to get outside and socialize in a fun, safe manner. Vegetable gardening is a great way to get some fresh air and moderate exercise, all while growing food that is healthier and more nutritious than anything you could buy in a grocery store.



We are pleased to announce the purchase of three elevated garden beds from Real Fresh Gardens, a local company that caters to seniors who love to garden. The elevated beds are 30" high so there's NO BENDING needed. The beds are also wheelchair accessible. So what do you say, Abington Seniors? Let's get growing! If you have questions or suggestions, you can contact me at 781-982-2145 ext.2 and I'll try to enlighten you regarding the answers.

ABINGTON PUBLIC LIBRARY UPDATE

The Library is OPEN for limited browsing and borrowing

Tuesday 10:00 AM - *4:45 PM
(10:00 AM - 11:00 AM is reserved for Seniors)

Wednesday 10:00 AM - *2:00 PM

Thursday 10:00 AM - *8:15 PM
(10:00 AM - 11:00 AM is reserved for Seniors)

*Last library entry is 30 minutes before we close.

Curbside pickup hours continue and are offered

Mon., Thurs. 10:00 AM - 8:15 PM

Tues., Wed., Fri. 10:00 AM - 4:45 PM



All days and hours are subject to change. Please remember that all items are to be returned to the outside book drop and will be held in quarantine for up to one week. Email abpickup@ocln.org for any requests regarding copying and printing services.

MINI Book Sale: Save the Date!

May 15, 2021 from 11 AM to 2PM under the Library Portico

(Rain Date: May 22, 2021)

The Friends of the Library are proud to announce that they will be holding another outdoor book sale in May. Due to COVID restrictions the Friends cannot accept donations from the public for this sale.

For questions or information, please contact: Deborah Grimmett, Library Director 781-982-2139.

A DIVERSE COMMUNITY

The term "Asian American" is a surprisingly recent invention. Though people from Asia and the Pacific Islands have been coming to the U.S. mainland since before the country was founded; it wasn't until the 1960s that the term was coined by two activists with roots from across the Pacific.

The Asian American and Pacific Islander (AAPI) is some 6 percent of the U.S. population. According to 2018 census data, that includes 22.6 million Americans with ancestors from China, Japan, Southeast -Asia, or the Indian subcontinent, plus 1.6 million with roots in the Pacific Islands, such as native Hawaiians, Samoans, and Marshallese.

—AARP Magazine, April/May 2021

In May, the U.S. observes **Asian American and Pacific Islands Heritage Month** to celebrate the communities contributions to the country. The month of May marks two milestones: the arrival of the first Japanese American immigrants in May 1843 and the completion of the transcontinental railroad, which was laid by Chinese workers in May of 1869.

—AARP, April/May 2021

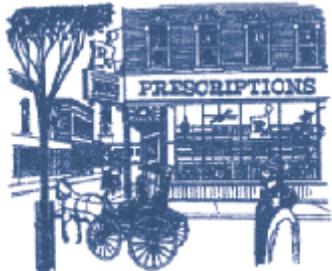
My dog keeps bringing me the same toy. I wonder if that is his favorite toy, or if he thinks it is my favorite toy.

Giving back moves our community forward.



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—Photo by Suzanne Djusberg

***Mirror, Mirror on the Wall,
Who is the Prettiest Swan
of Them All?***

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

Answer to puzzle on page 3: Remember our Mothers in May

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2021 will occur on Sunday, May 9. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 (later to be carried on by her daughter Ann) and it became an official U.S. holiday in 1914 when President Woodrow Wilson issued a proclamation declaring the First National Mother's Day. In 1934 President Franklin D. Roosevelt approved a stamp commemorating the holiday. And, in May 2008, the U.S. House of Representatives voted twice on a resolution commemorating Mother's Day. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.



**HAPPY
MOTHER'S
DAY**

