



The Senior Informer

Volume 18

Issue 7

AUGUST 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.

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—Griffins Farm (see p.6)
—Puzzle (see p.5)
—Lunch Menu (see p.4)
—Outreach by Amy (see p.6)

The Abington public health nurse, Lindsay Wright, R.N. will be here Tuesdays, August 3, 17 & 31 for a blood pressure clinic from 11AM to 12Noon.

ACTIVITIES— CENTER OPEN PER COVID LIMITATIONS

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

COUNCIL ON AGING STAFF

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Amy Barrett -
Outreach Coordinator
Amanda Vento -
Transportation Coordinator
Michelle Thetonia—Van
Driver
Richard Thetonia—
Custodian

WE ARE BACK !!

Finally the Senior Center is open. It's been a long and winding road and now we are back to business. We are adding new classes and events so please check our newsletters and give us a call.

I scream, you scream, we all scream for CREAM

Huge Thanks to CREAM for donating ice cream to our welcome back event. The ice cream was the cherry on top of our event (pun intended). We also had a few tasters come to sample. They gave CREAM 5 stars. Thanks Thea & Violet!



CONGRATULATIONS LINDSAY

Congratulations are in order for our Abington Public Health nurse, Lindsay Wright. Lindsay was recently honored as one of the 2021 Commonwealth Heroines on the Status of Women for her incredible work for the residents of the town of Abington during the Covid 19 pandemic. Lindsay was charged with the responsibility of contact tracing COVID 19 cases among the Abington residents as well as the faculty and volunteers residing outside Abington. Her leadership, dedication and drive have been nothing short of heroic.



CHAIR YOGA WITH TARA

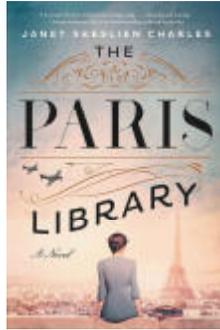


Wednesdays at 10:00 am. Having a good range of motion and the ability to fully use every area of your body helps reduce the risk of a serious fall. More than that though, a good range of motion can help keep your brain active too. A great way to improve your mobility as a senior is with chair yoga.

The Paris Library

by
Janet Skeslien Charles

Based on the true World War II story of the heroic librarians at the American Library in Paris, this is an unforgettable story of romance, friendship, family, and the power of literature to bring us together, perfect for fans of *The Lilac Girls* and *The Paris Wife*.



Paris, 1939: Young and ambitious Odile Souchet has it all: her handsome police officer beau and a dream job at the American Library in Paris. When the Nazis march into Paris, Odile stands to lose everything she holds dear, including her beloved library. Together with her fellow librarians, Odile joins the Resistance with the best weapons she has: books. But when the war finally ends, instead of freedom, Odile tastes the bitter sting of unspeakable betrayal.

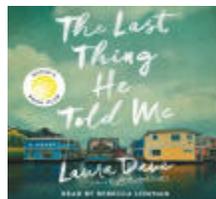
Montana, 1983: Lily is a lonely teenager looking for adventure in small-town Montana. Her interest is piqued by her solitary, elderly neighbor. As Lily uncovers more about her neighbor's mysterious past, she finds that they share a love of language, the same longings, and the same intense jealousy, never suspecting that a dark secret from the past connects them.

A powerful novel that explores the consequences of our choices and the relationships that make us who we are—family, friends, and favorite authors—*The Paris Library* shows that extraordinary heroism can sometimes be found in the quietest of places.

The Last Thing He Told Me, by Laura Dave

A gripping mystery about a woman who thinks she's found the love of her life...until he disappears.

Before Owen Michaels disappears, he smuggles a note to his beloved wife of one year...protect her. Despite her confusion and fear, Hannah Hall knows exactly to whom the note refers, Owen's sixteen year old daughter, Bailey, who lost her mother tragically as a child. Bailey, who wants nothing to do with her new stepmother. As Hannah's increasingly desperate calls to Owen go unanswered and as the FBI arrests Owen's boss and a US marshal and federal agents arrive at her home unannounced, Hannah quickly realizes her husband isn't who he said he was and that Bailey just may hold the key to figuring out Owen's true identity and why he really disappeared.



INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of August for the September 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 \$3.00.

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 inside Center.*

MEDICAL EQUIPMENT

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

POETRY CORNER

SO WE'LL GO NO MORE A ROVING

So, we'll go no more a roving
So late into the night,
Though the heart be still as loving,
And the moon be still as bright.

For the sword outwears its sheath,
And the soul wears out the breast,
And the heart must pause to breathe,
And love itself have rest.

Thought the night was made for loving,
And the day returns too soon,
Yet we'll go no more a roving
By the light of the moon.

By Lord George Gordon Byron 1788-1824



How many, how much ...
How many slams in an old
screen door?
Depends how loud you shut it.
How many slices in a bread?
Depends how thin you cut it.
How much good inside a day?
Depends how good you live
'em.
How much love inside a friend?
Depends how much you give them.

Shel Silverstein



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 2021 started a new membership year good until JUNE 2022. 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.

Members

Berenice Conway

Claire Payne

Irene Roche

Linda & Robert Bates

Tom Bates

Natalie Walker

Carol Joubert

Linda Coulsey

David & Darlene Campbell

Veronica & Amelian Pastuszek

Lifetime Member:

Barbara McCarthy

Martha L. Craft

Christine & Thomas Gagne

Donations

In Memory of: Edward Coughlin by Natalie Walker

Arthur Walker by Natalie Walker

Diane Keith by Cape Cod Lumber

Diane Keith by Marion Tisdale

Norma Clark by Sue Johnson

Norma Clark by Marion Tisdale

United Way of Greater Plymouth County on behalf of Joseph Grispi and Andrea Borowiecki

CHOCOLATE PUDDING CAKE

By Pat Jackman

1 pkg. chocolate cake mix

1 5oz. pkg. Jell-o chocolate pudding mix

1 pkg. semi-sweet chocolate chips

Cook pudding according to directions.

Pour cake mix into the pan of cooked pudding.

Mix together well. Spread cake and pudding mixture into sprayed 9x9” square cake pan...spread chocolate chips

(as many as desired) over batter and lightly press down. Bake as directed until inserted tester is clear. Best if refrigerated and then cut into squares.



Hi AIII!

We are excited to announce that the vouchers for the local farmer’s market have arrived! Please contact Amy at the COA and she will make you an appointment to come in and fill out the paperwork for the vouchers! We have a list of county specific participating markets, so there are lots of options based on your demographic!

When you sign up, you will receive a \$25 coupon booklet that you can use at the participating farm stands (you can’t use the coupons in the grocery store). You can use the coupons for fruits and veggies, fresh cut herbs and honey! You will also receive a pamphlet to assist you in using the coupon booklets!! You can reach Amy at 781-982-2145 X2 ☺



AUGUST LUNCH 7 ACTIVITES

Monday	Tuesday	Wednesday	Thursday	Friday
<u>2</u> <u>Bingo 10am</u> <u>11:30 Senator Keenan</u> <u>New Beginnings 7PM</u>	<u>3</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Stir Fry Chicken, Rice,</u> <u>Dessert</u>	<u>4</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/</u> <u>Tara \$5</u> <u>9:00 Shopping van</u> <u>11:00 Veterans Lunch</u>	<u>5</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Shepard's Pie, Roll, Des-</u> <u>sert</u>	<u>6</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u> <u>1:00 Line Dancing with</u> <u>Dottie</u>
<u>9</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>10</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Chicken Cacciatore w/</u> <u>Spaghetti, Roll, Dessert</u>	<u>11</u> <u>9:00 FOAS Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/</u> <u>Tara \$5</u> <u>9:00 Shopping van</u>	<u>12</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Homemade Pizza, Sal-</u> <u>ad, Dessert</u>	<u>13</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u>
<u>16</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>17</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Roast Beef Wrap, Pota-</u> <u>to Salad, Chips,</u> <u>Dessert</u>	<u>18</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/</u> <u>Tara \$5</u> <u>9:00 Shopping van</u>	<u>19</u> <u>9:00 Cribbage</u> <u>11:30 Lunch</u> <u>Hot Dog, Baked Beans,</u> <u>Chips, Dessert</u>	<u>20</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u> <u>1:00 Line Dancing with</u> <u>Dottie</u>
<u>23</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>24</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Fried Chicken Sand-</u> <u>wich, lettuce, tomato,</u> <u>Dessert</u>	<u>25</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/</u> <u>Tara \$5</u> <u>9:00 Shopping van</u>	<u>26</u> <u>9:00 Cribbage</u> <u>11:30 Lunch</u> <u>Meatloaf, Mashed Pota-</u> <u>toes, Veg, Dessert</u>	<u>27</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u> <u>1:00 Line Dancing with</u> <u>Dottie</u>
<u>30</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>31</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Fish & Chips, Cole</u> <u>Slaw, Dessert</u>		Books in the Hall Li- brary — Stop and take a look at all the titles avail- able for your reading pleasure, no card neces- sary and no need to re- turn the books; pass them on to your reader friends.	<u>Menu subject to</u> <u>change</u>



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AUGUST ALMANAC

8/5 1st U.S. Federal Income Tax imposed, 1861
 8/8 New Moon
 8/9 Ragweed in Bloom
 8/12 Gray squirrels have 2nd litter now
 8/16 Gold discovered in Rabbit Creek, starting Klondike Gold Rush, 1896
 8/22 Full Sturgeon Moon
 8/24 Hummingbirds migrate south

A 1,224 POUND CUPCAKE

Saturday, August 15, 2009: A 1,224-pound cupcake, baked by Ryan Abood, from Manchester, New Hampshire, was entered in the Guinness Book of World Records as the world's largest cupcake/fairy cake. Guinness representative Carl Saville inspected the cupcake, making sure that it met several criteria: it must be edible, cooked throughout, and resemble a cupcake. The cupcake was 4 feet tall and 10 feet wide. About 200 pounds of flour, 200 pounds of sugar, 200 pounds of butter and oil, and 1,000 eggs were used. It was baked in a specially designed 8 ft. x 8 ft. x 10 ft. oven for about 8 ½ hours. The cupcake judging took place at an event in Royal Oak, Michigan. The attempt had been for a 7,000-pound cupcake, but due to a malfunction in baking equipment, a smaller version was hurriedly put together overnight for the Guinness event

**AUGUST CHUCKLE**

I heard an older woman complaining about her aches, but her friend one-upped her. "I woke up this morning and thought I was dead because nothing hurt."

**PICKLEBALL NEWS—Rick J. Shepherd**

Interest and participation in the game of Pickleball remains high, not only in Abington but in surrounding towns and across the country. Some of our Abington Pickleball Association members are returning from their winter residences in the south and report that the game remains very popular in those areas. The APA has welcomed many new members of all abilities for our summer season. As the days grow warmer and longer it's not uncommon to see all six of our courts in use during the morning or evening playing times. Our recent Opening Day festivities were well attended with many of our old and new members enjoying the music, food, and the play. If you're 50 years of age or older (many of our members are in their 70's and some in their 80's!) and would like to join us to make new friends and get some exercise, please let us know via our Facebook page or at abingtonpickleball@gmail.com. Hope to see you on the courts!

ABINGTON SUMMER CONCERTS ARE BACK!!

Sundays 6:00 p.m. at the Catherine & Joseph Nisby Bandstand

August 1...Studio Two—The Beatles Tribute (The Beatles Before America)

August 29.. Gina Mark

Concerts will also be held on August 8, & 15.

(In case of rain, concerts will be held in the AHS auditorium, 201 Gliniewicz Way.)

**AUGUST PUZZLE**

Find eight birds in the sentence below. Example: I love small arks and big balloons.

When the intern walked over with awkward movement it wrenched my heart and made a throb in my chest until his beagle howled at me and made me smile.

Answers on pg. 8



SUPPORT OUR ADVERTISERS!



GRIFFIN DAIRY FARM – Carolyn Bates

Rain! Rain! Rain! July began with over 4.5 inches of water! It certainly helped our water supply. However, we want those of you who have a garden to be aware that your plants need food. The water washes some of the nutrients out of the soil, which is detrimental to the plants, be they ornamental or vegetables. We strongly recommend an organic fertilizer. In the Community Gardens the gardens for the Senior Center lunches are already producing well. You are welcome to come to see what may be on the menu for the following week...Lurane's invitation! We want to thank our newest volunteer, **Larry Cleary**, who mows each week. He, along with **Jack Bailey** (Head volunteer!), and **Brian Sullivan** (Committee member), keep our grass areas looking beautiful. This includes the Plymouth St. parking area, behind the split rail fence and around the gardens, all of the walking trails, and around the Pattison St. parking area. It is a huge commitment which enables the DPW to concentrate on other town properties. So, come see what our volunteers do. Bring a picnic. Walk. Relax!

OUTREACH BY AMY



Hello!! Happy Summer!

I want to remind everyone that I am the SHINE certified counselor here at the Abington COA and I will be able to help and assist most of you with your insurance needs moving forward. With that, please be mindful of open enrollment. It is coming up in October and it is a wonderful time to reevaluate your supplemental health insurance and make sure you are getting the absolute most out of your plan. Please advise, Open enrollment is a very busy time of the year here in my office and I will only be able to help counsel if you call and make an appointment, so please mark your calendars as a reminder to call me and book your appointment in September or very early October as I book very quickly! When coming in for a SHINE appointment please remember to bring your Medicare card and your other insurance cards if you have them and, a detailed list from your pharmacy of your prescriptions that you are currently taking. That will be very helpful in the process of readjusting and reevaluating during the open enrollment period. I will have socially distant appointments and counsel over the phone as well.

Please feel free to contact me with any questions or concerns regarding your health insurance at any time- my number here is 781-982-2145 ext.2

All my very best and enjoy the rest of your summer. *Amy Barrett*

MAMA MIA at NorthShore Music Theatre

Wednesday, October 6th, 2021. Departs from Abington Senior Center at 10:00 am on a luxury Silver Fox motor coach bus. The trip begins with a delicious full course luncheon (included) at Bertuccis Restaurant. An encore performance of the *classic Mamma Mia* musical. Returns to Abington at 6:30 pm. Total cost \$50.00 person. This trip is usually \$129 but with a generous donations we were able to decrease the price to \$50. Contact Abington COA 781- 982-2145 ext. 1 for reservations by August 23rd at 10AM. Your choice of baked Scrod or Chicken Parmigiana, choose entrée at sign-up. **Limited seating. No refunds.**



HEALTH TIPS

Health Tips: ---Fish for your heart sake: Fish is healthy if you're at risk for a heart attack or stroke. Studies found that people with vascular disease who ate at least two weekly servings of fish were 15% less likely to have a heart attack, stroke or heart failure. ---Sitting too much: Pandemic lockdowns led to an average of 25 fewer daily minutes of light activity (like chores and errands) and 55 more inactive minutes a day. Researchers recommend at least 5 minutes of activity every hour. This is especially good for older adults or those with chronic health concerns.



Giving back moves our community forward.



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Predominantly Senior Occupied

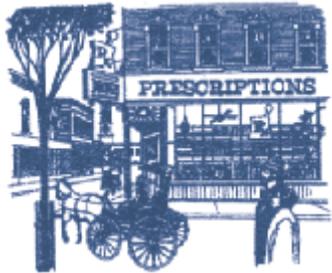
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Friends of Abington Seniors, Inc.

Monthly Meetings at Senior Center
Bingo! Cribbage! Chess!
Knitting, Crochet
and Quilting Groups!
Exercise and Computer Classes!
Delicious Luncheons!
Become a Member!
Check out the calendar inside!



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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, Chairman; Mary Graham, Treasurer; Tricia Force; Kathleen Sulmonte; Ann 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

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

National Son and Daughter Day is celebrated annually on August 11. This love-centric family holiday (which we're sure has gained the approval of both Gloria Steinem and Smokey Robinson, as you'll see) reminds us to take a step back from the whirlwind of paying the bills, surviving the maelstrom of current events, and meeting what seem to be thousands of daily obligations, and spend time with our children.

National Son and Daughter Day is a time to go ahead and spoil the kids a little. Be a grandparent ahead of time for a day and remind the kids that through all the ascents and descents of mayhem and joy, and however they've turned out so far, they're the greatest loves of your life.

Answers to puzzle from pg. 5:

hen, tern, dove, hawk, wren, robin, eagle, owl

