



The Senior Informer

SEPTEMBER 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 9

Council on Aging Board of Directors

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

Special Guest

We had a very special guest on the Abington COA van and we would like to send a huge shout out to Senator Keenan!! One of our favorites .. Adele... sitting with Senator Keenan ... showing us all how fabulous it is being 99 years young! She was so excited to meet the Senator today because (and I quote) "He's so very handsome and I voted for him!" Thank you, Senator for making her day and ours.



The Abington public health nurse, Lindsay Wright, R.N. will be here Tuesdays, Sept 14 & 28 for a blood pressure clinic from 11AM to 12Noon.

ACTIVITIES— CENTER OPEN PER COVID LIMITATIONS

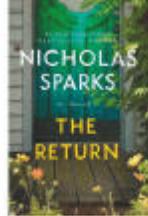
Blood Pressure Screening
Chair Yoga Class
Cribbage, Exercise Room
CrisFit line Dance
Hearing Tests
Knitting & Crocheting Group
Pickleball, Quilting Class
Senior Lunches, Tues. & Thurs.
Zumba
COUNCIL ON AGING STAFF
Suzanne Djusberg - Director
Nutrition Coordinator
Amy Barrett - Outreach Coordinator
Amanda Vento - Transportation Coordinator
Michellie Thetonia—Van Driver
Richard Thetonia—Custodian

A huge Thank You to Abington Elderly Association for hosting a cookout "eat in" luncheon on July 21st at the Center. There were hamburgers, hot dogs with all the fixings, and topped off by an ice cream cart from Cream of Abington. Plenty of volunteer assistance from Town Hall employees, Police and Fire were there as well as a DJ playing lots of oldies, line dancers, raffle prizes and most of all laughs.



BOOK RECOMMENDATION

In the romantic tradition of *Dear John* and *The Lucky One*, #1 New York Times bestselling author Nicholas Sparks returns with the story of an injured Navy doctor -- and two women whose secrets will change the course of his life.

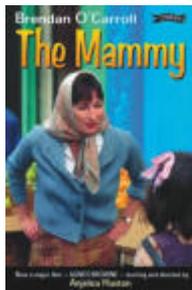


Trevor Benson never intended to move back to New Bern, NC. But when a mortar blast outside the hospital where he worked as an orthopedic surgeon sent him home from Afghanistan with devastating injuries, the dilapidated cabin he inherited from his grandfather seemed as good a place to regroup as any. Tending to his grandfather's beloved bee hives while gearing up for a second stint in medical school, Trevor isn't prepared to fall in love with a local . . . and yet, from their very first encounter, his connection with Natalie Masterson can't be ignored. But even as she seems to reciprocate his feelings, she remains frustratingly distant, making Trevor wonder what she's hiding.

Further complicating his stay in New Bern is the presence of a sullen teenage girl, Callie, who lives in the trailer park down the road from his grandfather's cabin. Claiming to be 19, she works at the local sundries store and keeps to herself. When he discovers she was once befriended by his grandfather, Trevor hopes Callie can shed light on the mysterious circumstances of his grandfather's death, but she offers few clues -- until a crisis triggers a race that will uncover the true nature of Callie's past, one more intertwined with the elderly man's passing than Trevor could ever have anticipated.

In his quest to unravel Natalie and Callie's secrets, Trevor will learn the true meaning of love and forgiveness . . . and that in life, to move forward, we must often return to the place where it all began

The Mammy, by Brendan O'Carroll
 "Mammy" is what Irish children call their mothers and The Mammy in this book is Agnes Browne. She is a widow struggling to raise seven children in a North Dublin neighborhood in the 1960's. Irish comedian Brendan O'Carroll chronicles the comic misadventures of this large and lively family. *The Mammy* features pitch-perfect dialogue, lightning wit and a host of colorful characters. The novel willingly captures the brash energy and cheerful irreverence of working-class Irish life.



INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of September for the October 2021 issue). E-mail- foasnewsletter-team@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.

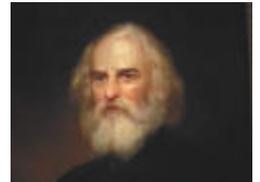
Senior Lunches: GRAB & GO, Call 24 hours in advance—Tuesdays and Thursdays, 11:30 pickup—cost \$4.00 each. *Pick up inside Center.*

MEDICAL EQUIPMENT

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

POETRY CORNER

The Sound of the Sea



The sea awoke at midnight from its sleep,
 And round the pebbly beaches far and wide
 I heard the first wave of the rising tide
 Rush onward with uninterrupted sweep;
 A voice out of the silence of the deep,
 A sound mysteriously multiplied
 As of a cataract from the mountain's side,
 Or roar of winds upon a wooded steep.
 So comes to us at times, from the unknown
 And inaccessible solitudes of being,
 The rushing of the sea-tides of the soul;
 And inspirations, that we deem our own,
 Are some divine foreshadowing and foreseeing
 Of things beyond our reason or control.

• Henry Wadsworth Longfellow 1807–1882

SCHOOL DAYS--Original Limerick

Books are open, so are laptops;
 All are busy on their desk tops.

School's in session,
 What a blessing!

Mother's resting in her flip flops.



--DGT

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.

Memberships:

- | | | |
|-----------------------|------------------|----------------|
| Darlene Lewis | Pat Jackman | Mary Umbrianna |
| Jim & Joyanne Franey | Lorraine O'Neill | Evelyn Bryan |
| John Osgood | Janice Keefe | Paul Donovan |
| Raymond Giachetti | Linda Tobin | Mary Hurley |
| Bill & Nancy Holloway | | |

Lifetime Member:

- Barbara McCarthy Martha L. Craft
Christine & Thomas Gagne

Donations:

- In Memory of Diane Keith by Jim & Joyanne Franey
In Memory of Daniel Hurley by Mary Hurley
United Way of Greater Plymouth on behalf of Joseph Grispi and Andrea Browiecki
Bill & Nancy Holloway

BERTUCCI'S SAUSAGE SOUP– From Pat Jackman

INGREDIENTS

- ½ onion (diced)
- 6 sweet Italian sausages
- 14 c. beef or chicken stock
- 1c. white rice (uncooked)
- 1 c. chunky Italian plum tomatoes
- ½ lb. spinach (cleaned and destemmed)
- 2/3 c. mozzarella cheese (shredded)

DIRECTIONS

1. Remove skins and cut sausages into ½” pieces
2. Put in large soup pan and add onion. Sauté w/o butter Or oil over low heat until golden.. Add stock and simmer. Add rice and tomatoes and simmer 15-20 min. Add chopped spinach. Simmer 5 min.. Salt and Pepper to taste. Garnish w/ mozzarella cheese and ENJOY!



SEPTEMBER LUNCH & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		<u>1</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u> <u>9:00 Shopping van</u> <u>11:30 Veterans Lunch</u>	<u>2</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Sausage peppers & onion, chips, Dessert</u>	<u>3</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u>
<u>6</u> <i>Senior Center Closed</i> 	<u>7</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Steak and Cheese Subs, Dessert</u>	<u>8</u> <u>9:00 FOAS Mtg.</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u> <u>9:00 Shopping van</u>	<u>9</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Chicken Broccoli and Ziti, Salad, Dessert</u>	<u>10</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u>
<u>13</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>14</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Open Face Turkey Sandwich with Stuffing, Mashed Potatoes, Dessert</u>	<u>15</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u> <u>9:00 Shopping van</u> <u>6:00 COA Board Meeting</u>	<u>16</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Hot Dog, Homemade Beans, Dessert</u>	<u>17</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u> <u>1:00 Line Dancing with Dottie</u>
<u>20</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>21</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Corn Chowder, and Sandwich, Dessert</u>	<u>22</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u> <u>9:00 Shopping van</u>	<u>23</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>American Chop Suey, Veg, Dessert</u>	<u>24</u> <u>9:00 Cribbage</u> <u>10:00 Line Dancing</u> <u>1:00 Line Dancing with Dottie</u>
<u>27</u> <u>Bingo 10am</u> <u>New Beginnings 7PM</u>	<u>28</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>County Fried Chicken Potato Veg Dessert</u>	<u>29</u> <u>10:00 Knitting Group</u> <u>10:00 Chair Yoga w/ Tara \$5</u> <u>9:00 Shopping van</u>	<u>30</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Shrimp Scampi, Veg, Dessert</u> <u>12:00 Singo Bingo</u>	<u>Menu subject to change</u> <i>Please call to reserve a spot 781-982-2145 EXT 3 24hrs before</i>

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SEPTEMBER ALMANAC

- 9/6 Labor Day, New Moon, Rosh Hashannah begins at sundown
- 9/11 Cranberry bog harvest begins on Cape Cod
- 9/15 Yom Kippur begins at sundown
- 9/18 Cornerstone for U.S. Capitol laid, 1793
- 9/20 Full Harvest Moon
- 9/22 Autumnal Equinox
- 9/25 Woodchucks hibernate now

SEPTEMBER PUZZLE

The words below were taken from Primary School reading books. See if you can rearrange the words so that their first letters spell out the name of something found in old school houses.



- | | |
|------|------|
| It | Like |
| Note | We |
| Eat | Sit |
| Let | Know |

Answers on pg. 8

New Dementia Caregiver Support Group in South Weymouth

Fairing Way & Active Day of Weymouth have partnered to offer the greater community a new support group starting this fall. Caregivers managing a loved one with dementia are urged to attend. The group is designed for caregivers to come, listen, learn, and share their experiences. This support group meeting will be led by Nadine Shweiri RN. How to manage difficulties related to the disease will be discussed and shared among attendees by Shweiri. Caregivers seeking real life solutions are urged to attend. Monthly meetings will be held on the 3rd Thursday each month. The first meeting takes place on Thursday, September 16, 2021, at Fairing Way. Fairing Way is located at 25 Stonehaven Drive in South Weymouth. Meetings will begin at 5:30pm and light refreshments will be served. This meeting is free to attend. For more information, please call 781-660-5000.

- September 16, 2021 **B first meeting**
- October 21, 2021
- November 18, 2021
- December 16, 2021



Veterans Lunch

Veterans Agent, Adam Gunn, will be hosting a free luncheon at the Senior Center on the first Wednesday of each month. September 1 at 11:30 to 12:30. Time for questions, a bite to eat, and companionship.



BLOOD PRESSURE CLINIC

Abington Public nurse will be here for blood pressure clinic on Sept 14 & 28.

BEACON OF SAFETY ... OR SIGNS OF TROUBLE?



Lighthouses have long been an iconic symbol of the ocean and its power. Shifting sands and rising seas have made it necessary to relocate exposed towers inland. Cape Hatteras Light in North Carolina was moved more than a half-mile southwest in July, 1999 with the aid of hydraulic jacks, beams and sensors that kept track of vibration and wind strength. New erosion means that it may need to be moved again. Pistons produced Martha's Vineyard's 400-ton Gay Head lighthouse 129 feet inland at the rate of 4 inches per minutes. In Canada, a storm surge in 2004 so badly damaged the Cascumpec lighthouse at Alberton Harbor, Prince Edward Island, that it was removed 6 months later.

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GRIFFIN DAIRY FARM – Carolyn Bates

The summer has slipped by much too quickly! Fall is just a few short weeks away and the harvest will be in full swing. It was unfortunate that Tom Peck’s entire Bean crop was drowned by the June and July rains. The Blight got most of Lurane Ryerson’s Tomatoes and her Squash also suffered greatly. These are mentioned solely because they were earmarked for both the Seniors and for the Food Pantry. Some vegetables were replanted for a later harvest. At this point we are happily looking forward to the drilling of a well for the gardens and the Plymouth St. plantings. It’s amazing how many ‘critters’ enjoy the vegetables! Fortunately two different hawks arrived to feast on the Squirrels and Chipmunks who were helping themselves to the Tomatoes. We continue to hope that the fields will be dry enough to be cut. The

Library will be installing a new Story Walk, so do come, take a stroll, bring a lunch or just sit and enjoy the area.

NOTE FROM THE DIRECTOR & STAFF

This road race has been so significant to so many people in the community for so many different reasons. It’s significant to me because of Christie, Jeff and their kids. It will forever symbolize an event that pulled all of the goodness, all of the love, all of the strength out of everyone at a time of unimaginable darkness. I remember 9/11 like it was yesterday. I remember tears and conversations that almost seemed unreal, literally not real, but they were. So much uncertainty in a world gone completely mad. The evil was incomprehensible. But I also remember sitting at a table with some of the best people I have ever known, trying to think of a way to lift **Christie Schmitt Coombs** all while trying to pull an entire town out of the darkness, like a Phoenix rising... and that was the inception of the Jeff Coombs Memorial Road Race. **Donna Cherry**’s big beautiful heart, along with her vision and a goal. It helped lift our friend and her family and then provided a platform for EVERYONE (and I mean everyone) to wrap their arms around Christie and the kids. Show them love, support and empathy when it seemed like there was none, not at that time, and not in our world. So twenty years later, remembering Jeff and supporting Christie, Meg, Jules and Matt and the entire Coombs family the best way we know how...coming together this last time will be a pleasure, an honor and by far one of the most bittersweet moments for us all.



OUTREACH WITH AMY

I hope you all enjoyed your summer! We are fast approaching the fall and crispy cool weather, pumpkins, cornstalks and school busses. I adore this time of year! I love all things autumn and watching the leaves all turn beautiful hues of red, orange and yellow, I feel as though this is the "most wonderful time of the year!"

Now that we are into the fall, I would like to remind you all that Open Enrollment begins on October 15th and you can call my office to make an appointment anytime. I am taking appointments Monday-Thursday 9:30am-1:00pm beginning on Monday October 15th, and I will also be available for phone counseling during those hours as well. It is very important that when you come to the office for your appointment you have your Medicare card and any prescription cards or secondary/supplemental insurance cards. You also should bring an updated prescription list or your medication bottles so we have the most accurate information when looking at health insurance. Please advise, I will only be seeing clients by appointment just to make sure I'm giving everyone the time and attention they need during this enrollment period.

Just another quick note, with the cool weather approaching, November 1st is the date you are able to start applying for Fuel Assistance. We can help with the application process here in my office. All you need to do is call and make an appointment and we can help facilitate the process for you. Of course not everyone qualifies for fuel assistance but if you need it, and you think you may be eligible, please make an appointment to see me!

Take good care and all of my very best! *Amy Barrett*

781-982-2145 x2

20th and FINAL

Jeff Coombs Memorial Road Race, Walk & Family Day



September 19, 2021, 9 a.m.
Woodsdale School, Abington, MA
DJ, free food, raffles, awards, beer tent
Joe’s Crazy Critters,
fun activities!

Register on line: www.racewire.com

781/982-1608 for more info

Jeff Coombs Memorial Foundation

www.jeffcoombsfund.org

In memory of Jeff who died on 9/11
Adults/\$35 Students 13-18 \$25 U-12 \$15
Virtual option available, too!

Join us in making 9/11 a day of service and bring non-perishable food for the food pantry and/or your old cellphones, ipods, ebooks, tablets, chargers, etc.
For Cellphones for Soldiers (nothing larger than an ipad)

Giving back moves our community forward.



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Predominantly Senior Occupied

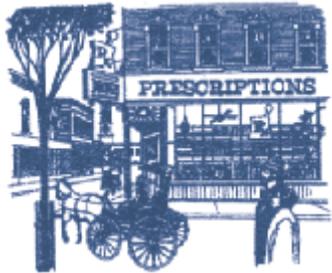
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MA License #127



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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Answers to puzzle from pg. 3: It, Note, Know, We, Eat, Let, Like, Sit. (Inkwells)

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

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

9-1-1 SILENT CALL PROCEDURE If a resident of Massachusetts calls 9-1-1 and is unable to speak for ANY reason (physical, domestic violence, home invasion, language barrier or medical condition), the need for help can still be communicated to the 9-1-1 dispatcher by using the SILENT CALL PROCEDURE. With the Silent Call Procedure, the caller can indicate their need for help by pressing digits on their telephone keypad. The Silent Call Procedure can work from ANY touch tone telephone (both wireline and wireless phones). When you call 9-1-1 and are unable to speak for ANY reason, below is the procedure the 9-1-1 dispatcher will follow:

(1) You will hear the dispatcher answer the call with "9-1-1 this line is recorded, what is your emergency?" They will repeat this phrase a second time to ensure the caller heard them.

(2) After the dispatcher does not get a verbal answer from the caller, they will check for TTY (teletypewriter device). They will state "Stay on the line while I check for TTY. Do Not Hang Up." They will send two greeting messages through TTY to ensure the caller is not utilizing FFY.

(3) If the dispatcher does not receive a TTY message, they will check for a silent caller. The dispatcher will state: "If you need **POLICE, press 1**" "If you need **FIRE, press 2**" "If you need **AMBULANCE, press 3**"

(4) The dispatcher will listen for a response and monitor the TTY window for digits being pressed by the caller.

(5) If the caller responds by pressing a number, the dispatcher will ask questions in a YES or NO format.

(6) The dispatcher will read the caller's address from the ALI 9-1-1 screen and have the caller confirm that is where help is needed by pressing YES or NO.

(7) The dispatcher will keep the caller on the line for as long as possible, as long as it is safe to do so, and ask YES or NO formatted questions.

(8) If the dispatcher does not get a response from the caller at all, the dispatcher will initiate response of emergency services and remain on the line.