



The

Senior Informer

Volume 23

Issue 3

March 2022

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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Ann Welch

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

The Abington Public Health Nurse, Lindsay Wright, R.N. will be on March 10 & March 31 10:30 - 12:00

ACTIVITIES—

CENTER OPEN PER COVID LIMITATIONS

Blood Pressure Screening
Chair Yoga Class
Cribbage, Exercise Room
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
Michelle Thetonia —Van Driver
Richard Thetonia—
Custodian

VETERAN BREAKFAST

By Adam Gunn

Happy month of March! I hope everyone is having a good start to the year so far, given the crazy state of the world we live in right now. On a positive note, we're ready to get back to the monthly veterans' lunch again! Instead of a luncheon, we're going to move the start time a little earlier and meet at 10:00am at the Council on Aging. Come enjoy some comradery with other veterans, share stories, and enjoy a free breakfast (courtesy of Colony Health) on the first Wednesday of each month. This month, we'll have the honor of listening to a guest speaker, Thomas McDonough, who's a 92-year-old Navy veteran that served in WWII. As always, I'll be there to answer questions you may have regarding benefits and/or resources. If you would like to participate in supporting these Veteran events or have fun ideas that you'd like to be involved with or would like to donate something to the Veterans that attend, please reach out to my office. We're always looking for new ideas or projects while we meet each month. If you'd like to attend, you must contact Amanda at the Senior Center at (781)982-2145 to register. We will not turn anyone away, but you must register ahead of time if you'd like to enjoy the food.



Are you a 100% disabled veteran? The Commonwealth of Massachusetts provides an annuity payment of \$2,000 which is paid in two installments in February and August of each year.

This annuity is for 100% service-connected disabled veterans, or to the parents and unremarried spouses (Gold Star) of men and women who gave their lives in the service of their country during wartime. Please schedule an appointment with me if you'd like to learn more and apply.

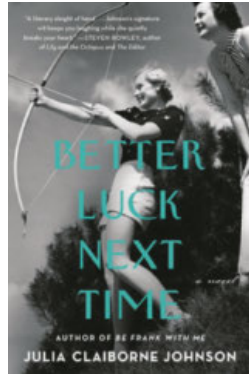
Are you a veteran or widow who receives less than \$2,147.00 per month and has less than \$8,400 in assets? If you're married, the limitations are \$2,904.00 per month and \$16,600.00 in assets to qualify. If you meet these requirements and are having financial difficulties, you *may* be eligible for financial assistance from my office. Chapter 115 benefits provide eligible veterans and widows with monthly financial assistance, medical reimbursement of out-of-pocket expenses, and necessary dental work. The Massachusetts Veteran Benefit Calculator can easily determine if you may be eligible for financial assistance through a state program known as Chapter 115 benefits. Please visit <https://massvetben.org> for more information and to see if you qualify.

If you're still reliving past events you went through, or avoid things that remind you of your past, you're not alone! If you have more negative thoughts than you usually do, or are often feeling on edge, don't keep this to yourself. Please call Veterans' Services and schedule an appointment to come to my office, or I'm happy to come to you. VA disability compensation (pay) offers a monthly tax-free payment to Veterans who got sick or injured while serving in the military and to Veterans whose service made an existing condition worse. You may qualify for VA disability benefits for physical conditions (like a chronic illness or injury) and mental health conditions (like PTSD) that developed before, during, or after service.

BOOK RECOMMEDATION

Better Luck Next Time

by
Julia Claiborne Johnson



The eagerly anticipated second novel from the bestselling author of *Be Frank with Me*, a charming story of endings, new beginnings, and the complexities and complications of friendship and love, set in late 1930s Reno.

It's 1938 and women seeking a quick, no-questions split from their husbands head to the "divorce capital of the world," Reno, Nevada. There's one catch: they have to wait six weeks to become "residents." Many of these wealthy, soon-to-be divorcees flock to the Flying Leap, a dude ranch that caters to their every need.

Twenty-four-year-old Ward spent one year at Yale before his family lost everything in the Great Depression; now he's earning an honest living as a ranch hand at the Flying Leap. Admired for his dashing good looks—"Cary Grant in cowboy boots"—Ward thinks he's got the Flying Leap's clients all figured out. But two new guests are about to upend everything he thinks he knows: Nina, a St. Louis heiress and amateur pilot back for her third divorce, and Emily, whose bravest moment in life was leaving her cheating husband back in San Francisco and driving herself to Reno.

A novel about divorce, marriage, and everything that comes in between (money, class, ambition, and opportunity), *Better Luck Next Time* is a hilarious yet poignant examination of the ways friendship can save us, love can destroy us, and the family we create can be stronger than the family we come from

LIMMERICK

I'd rather have Fingers than
Toes, I'd rather have Ears
than a Nose. And as for my
Hair, I'm glad it's all there,
I'll be awfully sad when it
goes.



INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of March for the April 2022 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. Riders **MUST** have an account with Dial-A-BAT. 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:—Tuesdays and Thursdays, 11:30 pickup—cost \$4.00 each. We will no longer have TO-Go meals.

MEDICAL EQUIPMENT

Wheelchairs, walkers, and other medical equipment are available at the

POETRY CORNER

Don't Quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.

Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When he might have won had he stuck it out;
Don't give up though the pace seems slow-
You may succeed with another blow.

Often the goal is nearer than,
It seems to a faint and faltering man,
Often the struggler has given up,
When he might have captured the victor's cup,
And he learned too late when the night slipped down,
How close he was to the golden crown.

Success is failure turned inside out-
The silver tint of the clouds of doubt,
And you never can tell how close you are,
It may be near when it seems so far,
So stick to the fight when you're hardest hit-
It's when things seem worst that you must not quit.

By Edgar A. 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 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 2021-2022: \$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

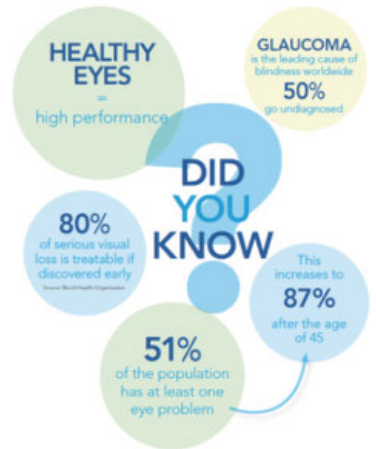
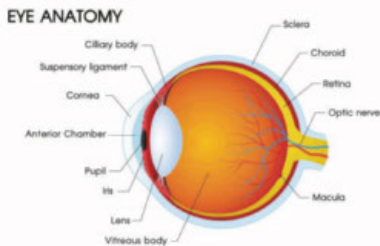
Do you have a birthday coming? Can't think of anything you want or need?

Suggest a donation in your name to the Friends of Abington Seniors, Inc.

- Donations:**
- In Memory of Marilyn Nickley by David J. Sharpe**
 - In Memory of Marilyn Nickley by Maureen and Dick Wall**
 - In Memory of Dolly Marzocca by Maureen and Dick Wall**
 - In Memory of Howie Cullinan by Suzanne Djusberg**

ANNUAL EYE EXAM

A comprehensive eye exam can detect vision problems, eye diseases, and general health problems before you are aware a problem exists. Add your comprehensive eye exam to your 2022 “To-Do” list TODAY! Sun damage to eyes can occur anytime during the year. Always wear sunglasses that block all “blue” light as well as UVA and UVB rays. *-RD Partners for Sight Foundation*




SPRING FORWARD

Daylight saving time in the United States is the practice of setting the clock forward by one hour when there is longer daylight during the day, so that evenings have more daylight and mornings have less. Most areas of the United States observe daylight saving time, the exceptions being Arizona, Hawaii, and the overseas territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the United States Virgin Islands. The Uniform Time Act of 1966 established the system of uniform daylight saving time throughout the US.



MARCH LUNCHEES & ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<u>1</u> 9:00 Cribbage 10:00 Zumba 11:30 Lunch: Meatloaf, Mashed Potato & Dessert	<u>2</u> 10:00 Knitting Group 10:00 Chair Yoga w/ Tara \$5 9:00 Shopping van 9:00 FOAS Meeting ASH WEDNESDAY	<u>3</u> 9:00 Cribbage 11:30 Lunch: Baked Stuffed Haddock, Veg & Dessert	<u>4</u> 9:00 Cribbage
<u>7</u> Bingo 10am New Beginnings 7PM	<u>8</u> 9:00 Cribbage 10:00 Zumba 11:30 Lunch: Shepperd's Pie, Roll & Dessert	<u>9</u> 10:00 Knitting Group 10:00 Chair Yoga w/ Tara \$5 9:00 Shopping van	<u>10</u> 9:00 Cribbage 10:00 Zumba Gold \$5 11:30 Lunch: Shrimp Scampi & Des- sert	<u>11</u> 9:00 Cribbage
<u>14</u> Bingo 10am New Beginnings 7PM	<u>15</u> 9:00 Cribbage 10:00 Zumba 11:30 Lunch: Steak and Cheese Sub, Chips & Dessert 6:00 COA Board Meet- ing	<u>16</u> 9:00 FOAS Mtg. 10:00 Knitting Group 10:00 Chair Yoga w/ Tara \$5 9:00 Shopping van	<u>17</u> 9:00 Cribbage 10:00 Zumba Gold \$5 11:30 Lunch: Corned Beef Dinner 	<u>18</u> 9:00 Cribbage
<u>21</u> Bingo 10am New Beginnings 7PM	<u>22</u> 9:00 Cribbage 10:00 Zumba 11:30 Lunch: Stir fried Chicken, Rice, Roll & Dessert	<u>23</u> 10:00 Knitting Group 10:00 Chair Yoga w/ Tara \$5 9:00 Shopping van	<u>24</u> 9:00 Cribbage 10:00 Zumba Gold \$5 11:30 Lunch: Scallop Casserole, Veg & Dessert	<u>25</u> 9:00 Cribbage
<u>28</u> Bingo 10am New Beginnings 7PM	<u>29</u> 9:00 Cribbage 10:00 Zumba 11:30 Lunch: Ham Dinner, Potato, Veg & Dessert	<u>30</u> 10:00 Knitting Group 10:00 Chair Yoga w/ Tara \$5 9:00 Shopping van	<u>31</u> 9:00 Cribbage 10:00 Zumba 11:30 Lunch: Chicken Parm Sandwich, Chips & Dessert	<i>Menu subject to change Please call 24hrs before to reserve a spot 781-982-2145 EXT 3</i>

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MARCH ALMANAC

March 1 is **Mardi Gras** (aka “Fat Tuesday” or Shrove Tuesday), which is the final feasting day before the Christian tradition of Lent begins on the following day, Ash Wednesday (March 2, 2022).

March 8 is **International Women’s Day**, which is a day that not only celebrates the achievements of women and the progress made toward women’s rights, but also brings attention to ongoing struggles for equality around the world.

March 13 is the start of **Daylight Saving Time**, which begins at 2:00 A.M. that day. If your area observes it, don’t forget to “spring forward” and set the clocks one hour ahead, or you may find yourself an hour late to everything!

March 15 is the **Ides of March!** Legend surrounds this ill-fated day. Beware the Ides of March!

March 15 is also **Clean Monday**. Also called Pure Monday, this day marks the beginning of Great Lent for followers of the Eastern Orthodox Christian Church. This day is similar to Ash Wednesday of the Western Church.

March 17 is **St. Patrick’s Day**. According to folklore, folks wear a shamrock on St. Patrick’s Day because the saint used its three leaves to explain the Trinity.

March 20 brings about the **March Equinox**—also called the **vernal** or **spring equinox** in the Northern Hemisphere—marking the beginning of spring. In the Southern Hemisphere, this date marks the **autumnal equinox** and the beginning of fall. On this day, the Sun stands directly over Earth’s equator.

March 29-31 are known as the **Borrowing Days**. According to lore, the last three days of March have a reputation for being stormy.



BINGO NEWS

We are in dire need of Bingo callers to help out on Mondays (9:30 a.m. to 1:00 p.m.). Once a month or more if you can help out. Please contact Tom Bates at 339-788-8624.



ABINGTON ELDERLY SERVICES SPRING LUNCHEON

Abington Elderly Services will be hosting a Spring Luncheon on Wednesday, April 20, from 11 a.m. to 1 p.m. Catered by the **Abington Ale House** the menu is Chicken Pot Pie with all the fixings. Music will be provided by Tom Bruhl (a one man band). Raffles! Reservations are required. Limited Seating. Call or Sign-up at the Senior Center.

CHUCKLE

A customer at our bookstore asked me, “Do you have the original book *Romeo and Juliet*? My daughter needs it for school, and all I can find is the play.”

Waiting my turn to enter a rotary intersection, I noticed a guy driving around twice, before he leaves by the same road he’d entered. His vanity license plate read “GENIUS.”



MARCH 2022 PUZZLE--DGT

See if you can figure out the four-letter word described below.

- My first is in gift _____ but not in present.
- My second is in own _____ but not in rent.
- My third is in store _____ but not in shopping.
- My fourth is in packing _____ but not in wrapping

My whole is an item you might find on either a road or a table.

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GRIFFIN DAIRY FARM – Carolyn Bates
 326 Plymouth Street

Ah! Spring WILL come – most hopefully like a lamb. We always welcome the first harbingers of spring – the Robins, the various animals emerging from their winter dens, some warmer days, and the sun! The heavy snowfall at the end of January prepared the trails and fields for snow-shoeing, and cross country skiing once the parking area melted enough for cars to enter. Be sure to wear boots or appropriate foot gear to protect yourselves from the accumulated pockets of water. **Rich Hanna** checks the area often for any winter damage. We will begin to move some of the brush to the large pile at the Plymouth St. parking area, and pick up downed limbs everywhere. Certainly we will welcome and appreciate any and all help preparing our ‘jewel’ for everyone’s enjoyment. Thank you!



OUTREACH WITH AMY

With the winter slowly fading away and the nice weather approaching, I thought that a great topic for the month would be exercise and staying active. Now that we are heading in to more pleasant weather and longer and sun-shinier days...let's start thinking about getting those glorious endorphins flowing!!! Endorphins are a brain chemical that are secreted when you are exercising, that make you feel happy and content.

There are so many benefits to exercising regularly when you are elderly. Building strong muscles from all types of physical activity—walking, biking, fishing, boating, swimming, dancing and yoga, just to name few. All of the activities I just mentioned, if you do not have any physical limitations, are reasonable and manageable ways for a person to increase their heart rate and get some exercise into the daily routine. If you contact your local COA they will be able to help you find groups that walk in a mall everyday or walk a track. They can also give you a schedule of events at the Senior Center so you could sign up for line dancing, Zumba or yoga and aerobics.

There is a program through Medicare that 1 in 5 people are eligible for called Silver Sneakers. If you have Medicare Advantage or supplemental Medicare health plan, you may already have the program. Silver Sneakers has joined with thousands of fitness centers nationally to offer the best in wellness to seniors and there are dozens of facilities in the South Shore area that are active members of the program. You can call your health care provider for information.

Another wonderful way to build a healthy strong lean body is with resistance training. This is a series of repetitious movements with a very small amount of weight, like a small dumb bell or kettle bell. The smaller the movement with the weight and adding more repetition to the movement, the better it is for building strong healthy muscles and bodies.

Activities that challenge the mind are also wonderful ways to get activity. If you do have any physical limitations, take a class at a local COA or college. Find something that interests you and find time to make it part of your routine. Hobbies like sewing, scrapbooking, photography, and cooking are all great ways to incorporate activity into your daily routine. They give you a reason to get out, a reason to be social and to keep moving! The main thing to remember is keep moving!! A body in motion is a body that is staying active and healthy!

Activities that enrich the spirit are also fantastic ways to stay active. Getting involved with a church group or a civic organization or maybe even meditating can keep you active and involved, not only physically, but emotionally too, which is so very important!

As we age our bodies let us know quite often that we may not be as young as we used to be or we may not be as strong as we used to be... but it is completely reasonable to start at any point...taking charge of our bodies and nourishing them with exercise and healthy activity so moving forward into our Golden Years we can enjoy everything that life has to offer by being strong and energized for whatever may be in store for us!

As always, *All of my very best! Amy Barrett*

VALENTINES DAY BRUNCH

Huge thanks to Hart’s Caterers for the fantastic Valentines Day Brunch they served to help our seniors celebrate. Everyone had a great time!



Giving back moves our community forward.



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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!
Delicious Luncheons!
Become a Member!
Check out the calendar inside!

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Answers to the puzzle from page 5. Fork

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.

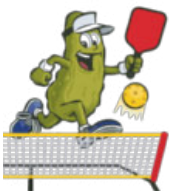
Tricia Force; Chairman; Mary Graham, Treasurer; Kathleen Sulmonte; Ann Reilly

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

ABINGTON PICKLEBALL



Abington Pickleball members are remaining active by playing outside at our beautiful courts or inside for the limited number eligible to play. Remember all members should sign on to TeamReach Abington and TeamReach Frolio to find out when others are playing or to leave a comment yourself.

People, 50 or over, interested in becoming a member of the Abington Pickleball Association for the 2022 season should send an email to: abingtonpickleball@gmail.com stating your name, town of residence, email address, and phone number. You will then be added to the waiting list. New membership applications will be processed in March. The membership fee the outside courts for Abington residents is \$50 to join; the fee for non-residents is \$100.

Pickleball is a great sport especially for those of us over 50 years of age: it is social, (you make new friends), it is active (you gain exercise), and most important, you have fun!

Happy Pickling,

APA Board of Directors

Janet McDonald, President
Henry Ozog, Treasurer
Robert Poulin, Clerk
Jean Kelley, Vice President
Rick Shepherd
Carole Crowley
Phil Delany

LEARN FROM YESTERDAY,
LIVE FOR TODAY, LOOK TO
TOMORROW,
REST THIS
AFTERNOON

- Charles M. Schulz

