



The

Senior Informer

Volume 24

Issue 10

October 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.

Council on Aging Board of Directors

Jack Libby, Chairman
Marie Brown, Vice-Chair
Maureen Wall, Secretary
Karen DiLorenzo
MaryLou Graham
Larry Keough
Lurane Ryerson
Betty Slinger
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)

Blood Pressure Clinic at Senior Center

October 11th & 25th
10:30am – Noon

ACTIVITIES— CENTER OPEN PER COVID LIMITATIONS

Bingo
Blood Pressure Screening
Balance Class
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 —Meals
on Wheels Coordinator and
Van Driver
Richard Thetonia—Chef and
Custodian

MARTHA WAININA VETEERAN SERVICES ASSISTANT

My name is Martha Wainaina. I am a new addition to the Veterans' Services family. As the Veterans' Services Assistant, I'm greatly honored and appreciative of the opportunity to be involved in this mission to help our veterans.

And so that I am not just a name on a paper to you, I do want to say that I love helping others. Just to put a smile or make an impact on another person's face means so much for me. Being native to Kenya my parents raised me to care for others as if they were your own. Ubuntu is an African proverb which means, I am because we are. I hope to be able to make a positive difference in the lives of veterans and their families, and the Town of Abington. Although I am not a veteran myself, I have a great level of respect for those who have served, dedicating their lives so that we can freely live ours. You gave up everything for us. To display and show my gratitude towards all of you, I will carry out my role faithfully so that I can help as many of you as I can.



It's not always easy to ask for help, but programs like Massachusetts General Law - Chapter 115, was created for that purpose. The Chapter 115 Benefits Program is a Massachusetts state initiative that provides financial aid for food, shelter/housing, clothing, and medical care to veterans and their dependents who have limited incomes and reside in Massachusetts. This need-based program is mainly for those who are considered to have low income. If you have a monthly income of \$2,265.00 or less and assets lower than \$8,400.00 or a couple earning \$3,052.00 and assets lower than \$16,600 collectively, you may qualify for benefits. Owning your own home does not count against your assets. However, even if income and assets are slightly above that range, don't count yourself out as you may still qualify to receive aid. Financial aid covers not only shelter/housing, but medical care, food, and clothing as well. The best way to find out if you qualify is to apply. The application is free, and we'll always do our best to get you what we can. My hope is to meet you where you are and get you to better.

We're always looking for Veterans who would like to "tell their story." If you're interested in doing so, please reach out. If you don't tell your story, someday, it will be like it never happened. This isn't bragging about your time in service. By sharing your story with this community, you help honor yourself and others about the sacrifices so many Veterans have given. It's about bringing awareness, passing along history, and educating others. Plus, it's good for you to talk about it and it could encourage others, who need it, to do the same. Please consider sharing and reach out if you're interested.

The monthly Veterans Breakfast is back again after being paused for the month of July as Martin's closed for the week of July 4th. The next breakfast will be on Wednesday, October 5th at 10:00 am. The breakfasts will continue at Martin's the 1st Wednesday of every month at 10:00 am. Please spread the word about what they're doing for our community.

FOAS CRAFT FAIR

The Friends of Abington Seniors Craft Fair will be on October 29th from 10am to 3pm. FOAS will be offering a bake sale, many crafters and much more!



BOOK RECOMMEDATION

.THE QUEEN

by *Mark Dennison*

A Biography - For millions of people, both in Britain and across the world, Elizabeth II is the embodiment of monarchy. Her long life spans nearly a century of national and global history, from before the Great Depression to the era of Covid-19. Her reign embraces all but seven years of Britain's postwar history; she has been served by 15 UK prime ministers from Churchill to Johnson and witnessed the administrations of 13 US presidents from Truman to Trump. The vast majority of Britons cannot remember a world without Elizabeth II as head of state and the Commonwealth. In this new biography of the longest-reigning sovereign in British history, author Matthew Dennison traces her life and reign across an era of unprecedented and often seismic social change. The Queen charts the joys and triumphs as well as the disappointments and vicissitudes of a remarkable royal life. Champion a handful of 'British' values: service, duty, steadfastness, charity, and stoicism.

RIP



INFORMER NEWS DEADLINE

Place in Newsletter inbox by 7th of previous month (i.e., 7th of October for the November 2022 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 Bridgewater 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 9:30 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, served at 11:30 cost \$4.00 each. We will no longer have To-Go meals.

MEDICAL EQUIPMENT

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

POETRY CORNER

SONNET #73

That time of year thou mayst in me behold
When yellow leaves, or none, or few, do hang
Upon those boughs which shake against the cold,
Bare ruined choirs, where late the sweet birds sang.

In me thou see'st the twilight of such day
As after sunset fadeth in the west;
Which by and by black night doth take away,
Death's second self, that seals up all in rest.

In me thou see'st the glowing of such fire,
That on the ashes of his youth doth lie,
As the death-bed, whereon it must expire,
Consumed with that which it was nourish'd by.

This thou perceiv'st, which makes thy love more strong,
To love that well, which thou must leave ere long.

By ***William Shakespeare*** {April 26, 1564-April 23, 1616}



SHOPPING VAN—WEDNESDAYS

Reminder 5 bag limit. Reserve your seat by calling 781-982-2145 ext. 1
Pick up starts at 9:30am

- 10/5 Stop & Shop
- 10/12 Walmart
- 10/19 Market Basket
- 10/26 Stop & Shop



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 2022 started a new membership year good until JUNE 2023. 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 2022-2023: \$10.00 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 _____

Membership:

- | | | |
|--------------------------|-----------------|------------------------|
| Eileen Walls | Ed Levine | |
| Mary Whitcher | Charlene Sawyer | |
| Deborah Szalno | Carolyn Bates | |
| Maureen & Richard Wall | Arlene Reyenger | Marian & Ray Giachetti |
| Elaine & Joseph O'Rourke | | |

Lifetime Member: Angelo (Andy) Triantaffelow

Memoriam: In Memory of Helen Triantaffelow
by Angelo Triantaffelow

FAMILY HEARING CARE CENTER

Dr. Klefeker and staff administer hearing tests for free on the first Tuesday of every month at the Abington Senior Center. Appointments are required by calling 781-982-2145 ext. 1. Appointments start at 1:00pm.






THE ABINGTON ROTARY CLUB PRESENTS DINNER/THEATER EVENT

Performance will be held at the Abington Senior Center. Pasta Dinner from 5:30pm-7:00pm (Cash Bar) Performance 7:00pm - 8:15PM. \$40.00 pp for Dinner and Performance. \$25 pp for Performance only. Tickets are available at the Abington Town Clerk’s Office, Abington Senior Center or AbingtonRotaryClub@gmail.com



Judith Kalaora of History of Play, Deborah Sampson, the first woman to fight in and be honorably discharged from the American Military, captivates audiences in an Immersive Living history Experience chronicling her life. An indentured servant by age five, Deborah grew up in a man’s world where women were naught but second-class citizens. As a self-educated, masterless woman, she felt a higher calling, and in the final years of an American Revolution, Deborah bound her chest, tied back her hair and enlisted in the 4th Massachusetts Regiment of the Continental Army, as Robert Shurtlieff.

OCTOBER LUNCHEES & ACTIVITIES

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p><u>3</u> <u>9:30am Zumba</u> <u>Bingo 10am</u> <u>New Beginnings</u> <u>6PM</u></p> | <p><u>4</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Meatloaf, Potato &</u> <u>Dessert</u></p> | <p><u>5</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>1:00 Balance Class</u></p> | <p><u>6</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Fried Chicken Sand-</u> <u>wich, Fries & Dessert</u> <u>4:30 Zumba Gold</u></p> | <p><u>7</u> <u>9:00 Cribbage</u></p> |
| <p><u>10</u> COLUMBUS DAY</p>  <p>CENTER IS CLOSED</p> <p><u>New Beginnings</u></p> | <p><u>11</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Tomato Soup, Grilled</u> <u>Cheese Sandwiches &</u> <u>Dessert</u> <u>1:00 Free Hearing Test</u> <u>by Appointment Only</u></p> | <p><u>12</u> <u>9:00 Shopping van</u> <u>9:00 FOAS Meeting</u> <u>10:00 Knitting Group</u> <u>1:00 Balance Class</u></p> | <p><u>13</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Lasagna, Salad & Des-</u> <u>sert</u> <u>4:30 Zumba Gold \$5</u></p> | <p><u>14</u> <u>9:00 Cribbage</u></p> |
| <p><u>17</u> <u>9:30am Zumba</u> <u>Bingo 10am</u> <u>New Beginnings</u> <u>6PM</u></p> | <p><u>18</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Country Fried Chick-</u> <u>en, Potato, Veg & Des-</u> <u>sert</u></p> | <p><u>19</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>1:00 Balance Class</u></p> | <p><u>20</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch: Seafood</u> <u>Casserole & Dessert</u> <u>12:00 Singo</u> <u>4:30 Zumba Gold \$5</u></p> | <p><u>21</u> <u>9:00 Cribbage</u></p> |
| <p><u>24</u> <u>9:30am Zumba</u> <u>Bingo 10am</u> <u>New Beginnings</u> <u>6PM</u></p> | <p><u>25</u> <u>9:00 Cribbage</u> <u>11:30 Lunch:</u> <u>Hot Dog, Beans, Brown</u> <u>Bread & Dessert</u> <u>6:00 COA Meeting</u></p> | <p><u>26</u> <u>9:00 Shopping van</u> <u>10:00 Knitting Group</u> <u>1:00 Balance Class</u></p> | <p><u>27</u> <u>9:00 Cribbage</u> <u>10:00 Zumba Gold \$5</u> <u>11:30 Lunch:</u> <u>Chicken Pharm Sand-</u> <u>wich, Chips & Dessert</u> <u>4:30 Zumba Gold \$5</u></p> | <p><u>28</u> <u>9:00 Cribbage</u></p> |
| <p><u>31</u> <u>9:30am Zumba</u> <u>Bingo 10am</u> <u>New Beginnings</u> <u>6PM</u></p>  | | | <p><u>Full moon October 3rd</u></p>  | <p><i>Menu subject to</i> <i>change</i> <i>Please call 24hrs</i> <i>before to reserve a</i> <i>spot 781-982-2145</i> <i>EXT 3</i></p> |



SELL AT 1%
REAL ESTATE SERVICES
RON MCGANN, INC.
Ron McGann, President
781-789-1717
 877 AUBURNVILLE WAY E1, WHITMAN, MA 02382



John E. McCluskey, Esq.
ELDER LAW ATTORNEY
 ESTATE PLANNING • WILLS
 TRUSTS • ASSET PROTECTION
 508-583-2221 John@rmlawma.com

OCTOBER ALMANAC

October 4 marks the start of Yom Kippur, at sundown.

October 9 is **Leif Eriksson Day**.

October 10 is a busy day, with three holidays packed into it:

Canadian Thanksgiving. This holiday shares many similarities with its American equivalent. However, there are a number of things that set the Canadian Thanksgiving apart!

Columbus Day (U.S.), a federal holiday, is observed on the second Monday in October. It was on October 12, 1492, that Christopher Columbus landed on a small island in the Bahamas, convinced that he had reached Asia.

Indigenous Peoples' Day (U.S.)—a holiday that celebrates the history and cultures of indigenous peoples native to what is today the United States. Indigenous Peoples' Day is celebrated in cities and states across the country, often alongside or in lieu of Columbus Day.

October 18 is **St. Luke's Little Summer.** This is a date steeped in folklore. Traditionally, around Saint Luke's feast day, there is a period brief period of calm, dry weather.

October 24 is **United Nations Day**, which aims to bring awareness to the work of the United Nations across the world.

October 31 is **Halloween (All Hallows' Eve)!** Do you know the true history of Halloween? It's not as frightful as you might think



FOAS CRAFT FAIR

The Friends of Abington Seniors Craft Fair is back on October 29th.

FOAS will be offering the cookie bake sale and are requesting donations of:

Sugar, Butter, Butterscotch, Chocolate Chips, Vanilla, and Toffee Chips.

Donations can be dropped off at the senior center during regular business hours.



OCTOBER LIMERICK

Ghosts and goblins roam our streets
Asking us for tricks or treats.

Treats we know
but tricks not so...

Hence, we surrender in defeat.

DGT



OCTOBER PUZZLE--DGT

This is the time of year we are shopping for warmer clothes. See if you can find eight articles of clothing in the paragraph below. Example: Peg loves candy.

I met Rose, a landscaper, at Costco at noon. We found carts with wheels and bought our necessities before going to lunch. As we ate Rose asked about my investments. I gave her the address of the firm that I use.



Answers on pg.8

**OFFICE HOURS WITH STATE REP
ALYSON SULLIVAN**

State Rep. Alyson Sullivan will be at the



2nd Annual Veterans' Appreciation Luncheon happening again!

Please mark your calendars for Wednesday, November 9th at 11:00 am (two days prior to Veterans' Day) to attend this year's event. Please RSVP for this event by calling Martha at **(781) 982-0056** or swing by the senior center and fill out the



1074 West Washington St.
Hanson, Ma

**Community * Independence
Security * Care * Peace of Mind Pricing**

2 Bedroom companion suites • Daily housekeeping
3 chef prepared meals a day, served restaurant style
24 hour access to personal care • Transportation
Fitness & wellness programs • on-site PT, OT & SLP

Call 781-447-4100 for a tour

Visit our website at www.allamericanathanson.com





**GRIFFIN DAIRY FARM – Carolyn Bates
326 Plymouth Street**

It seems as though just yesterday it was early spring, and the gardens were being prepared for this year’s crops! This month the Pumpkins will have ripened, the corn stalks decorating various areas, and the gardens will very soon be turned over and a winter crop planted in order to fertilize the soil for next year. The deer were exceptionally busy nibbling on the farmer’s crops, so we still see Scarecrows in the fields. The library story walk will be taken in for the winter, the Little Free Library will remain open until the weather dictates that it be put under cover. The days are lovely, warm, sometimes chilly, but they do invite us to the outdoors for a walk, run, or just to sit and read under the trees. Come!

COMMUNITY YARD SALE

The Griffin Dairy Farm Committee Community Yard Sale
Saturday, October 8, 2022, 9AM – 1PM
Please text **Terry Maze** at 781-910-0076
if you are interested.



OUTREACH WITH AMY



Hello and I hope this newsletter finds you all doing well! I'm keeping this short and sweet. I wanted to remind you all about open enrollment, which as you may or may not know, is the only time you can change your supplemental health insurance and or your prescription plan (PDP) during the year without a special election period. It is very important that, even if you are happy with your Medicare situation, to come in and have me look over your Medicare situation!!! I highly recommend that you come in and see what changes may be taking place with your plan for 2023. We have forms at the Senior Center that you can take to fill out at home to make the process a little faster, and it will help you organize your information for the open enrollment process.

I started taking appointments in September and I'll be actively booking appointments for Open Enrollment which is October 15th through December 7th and I will be seeing clients Monday thru Thursday 9:30-1:00. I will only be counseling over the phone on Fridays from 9a-12p. The number here at the center is 781-982-2145 x2 and that is my direct line. I look forward to hearing from you.

Take good care and all my very best!
Amy Barrett
781-982-2145 x2

CRAFT WITH SUE MOLLIKA WEDNESDAY OCTOBER 5TH AT 10:00AM

Come in for some fun. All are welcome. Crafts are displayed at the senior center. There is a \$5.00 fee.



Giving back moves our community forward.



AbingtonBank.com | 877.380.2265

Member FDIC | Member DIF

Your premier 4-Star Skilled Nursing Center in Abington!



Providing short term rehabilitation, long term and respite care. Have questions or want to schedule a tour? Call our Admissions Director today at (781) 871-0200!

277 WASHINGTON STREET | ABINGTON, MA 02351 | COLONYCENTERREHAB.COM



Blanchard Funeral Chapel

Steven J. Leonard, Funeral Director

Plymouth St. (Rt. 58 at Rotary) WHITMAN

781-447-0170 www.blanchardfc.com



...listen to the sounds of life®

John Klefeker, BC-HIS MA License #127

- Hearing Evaluations
- Video Ear Inspections
- Hearing Aids
- Repairs
- Ear Wax Removal

534 Main Street, Suite 2, S. Weymouth, MA • (781) 337-1144
140 Bedford Street, Bridgewater, MA • (508) 279-0700



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!



Providing services to the community since 1974

508-584-1561 info@ocesma.org www.ocesma.org
Serving all people – Serving all incomes



"Start packing when you list with Trufant."

211 Brockton Avenue
Abington, MA 02351

781-878-2478

www.trufantre.com

Your home office since 1954.



Newly Expanded and Renovated
Rehabilitation Care
Enhancing your comfort
Infusing your spirit
Rehabilitating you to your Optimum Health

Introducing our PACU (Post Acute Care Unit) to ease your transition from hospital to home

POST ACUTE CARE UNIT FEATURES:

- Physical, Occupational & Speech Therapies seven days per week
- 1800 sq. ft. State-of-the-Art Rehabilitation Gym
- Latest Rehab Equipment including Smart Car for Transfer Training
- Full Time Respiratory Therapist
- On Staff Pulmonologist
- On Staff Cardiologist
- Coordination of Post-Discharge Care
- Urgent SNFTM Stabilization Program

Call today for more information:
508-631-6902

WebsterParkHC.com
Centrally located in the heart of Rockland
56 Webster Street, Rockland, MA
Accepting Medicare, Medicaid and most insurances



To-Shankel HEALTHCARE SERVICES

Compassionate Care in Your Home

We offer affordable Hourly and Live-In Rates
We provide a full range of home health services some examples are:

- Homemaking and Companion Services • Respite Care
- Assistance with Activities of Daily Living (ADLs)
- Medication Reminder and Monitoring • Hospice Care
- Alzheimer's and Dementia Care • Mobility and Transfer

24/7 home health services

Call Emelda at 508-521-6307 to set up your FREE Comprehensive Assessment
www.to-shankelhealthcare.com to-shankelhealthcare@outlook.com

**Abington COA
441 Summer Street
Abington, MA 02351**

**Non-Profit
Organization
U.S Postage Paid
Abington, MA
Permit #26**



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

Answers to the puzzle from page 5: cape, coat, heels, ties, sweater, vest, dress, hat

BALANCE & CONDITIONING EXERCISE CLASS

The classes will consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength, and flexibility. The stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the ROM (range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls. Please join us on **Wednesdays at 1:00pm** for Neil Sullivan's Balance & Conditioning Exercise Class.

