

Council On Aging News

May 2011



617-376-1245
617-376-1506
440 East Squantum Street

Dear Friends,

First of all let me wish a very Happy Mothers Day to all of our wonderful mothers. The month of May always means it's Senior Olympics time! The 29th Annual Senior Olympic Games will begin on May 9th and culminate with the awards ceremony on May 19th. If you've never participated in the games before I encourage you to do so, it is truly one of the most enjoyable events that we have the privilege to play a part in. The games are a collaborative effort between the Recreation Department, the Council on Aging and the Mayor's Office. The competition is judged by age categories in 5 year increments beginning at age 55. There are a whole series of events that include: walking, bowling, swimming, darts, track and field events, boche, and much much more. We are very grateful to the River Bay Club who host our sportsmanship lunch and to the Torre Dei Passeri Club who host boche as well as a luncheon. Kudos also to Bay State Community Services who are a major sponsor in the event. I should also express my gratitude to Fallon Ambulance who will be on hand. If you don't feel like participating in the games please join as us a spectator. It really is a great deal of fun! Late registration may be available by checking with the Recreation Department at 617-376-1395. Hope to see you there!

Sincerely,

Thomas F. Clasby Jr.



FAM HEAR CARE CENTER
...listen to the sou

- ~ Hearing Evaluations
- ~ Ear Wax Removal
- ~ Hearing Aids & Repairs

Provider for the Town of Quincy Employees
 Most HMO's, State GIC Plans

534 Main Street, Suite 2 80 North Ave.
 Route 18 Route 139
 Weymouth, MA 02190 Abington, MA 02351

781-337-1144 **781-878-9723**
 John Klefeker, BC-HIS MA License #127



Lydon Chapel for Funerals
 Complete Cremation Package \$1,599
617-472-7423
 644 HANCOCK STREET • QUINCY, MA

SENIOR PLUMBING

Plumbing & Heating Services
Master License # 8440

Master Plumber for 36 Years and now also a "Senior"

JOHN J. BYRNE
 E-mail: john@seniorplumbing.com
 www.seniorplumbing.com
617-773-2009

ROYAL REHABILITATION & NURSING CENTER OF BRAINTREE
 95 Commercial Street, Braintree, MA 02184
781-848-3678

Offering:
 Short Term Rehabilitation – on our Terrace floor
 Long Term Care • Alzheimer's /Dementia Care
 Specialty Russian Program (LTC,STR,Alz)
 TeleMedicine

Please stop by for a visit.....
 Deb Ring, LPN, Director of Admissions
 www.RoyalHealthGroup.com



Caregiver Support Group is Back!



Join Ellie O'Neil from South Shore Elder Services at 1 pm on the first Thursday of each month at the Kennedy Center.

Caring for a loved one can often be difficult and frustrating. Come and discuss with others in the similar situations.

Acupuncture

Susan Batson, Milton resident and licensed acupuncturist and herbalist, will be at the Kennedy Center to do acupuncture treatments.

Ms. Batson holds a Masters Degree in Acupuncture in Newton Massachusetts and a Ph.D. in Molecular Biology from Harvard University. She has a private practice in Milton.

Friday, May 6th from 11:30AM to 2:00 PM
 At the Kennedy Center
 440 East Squantum Street
 Quincy, MA 02171

There is a fee of \$30 for the acupuncture treatment. If you would like to register for either of these events please call us at 617-376-1506.

Please have your member ID number handy.

ALL THE SENIORS IN TOWN ARE READING THIS NEWSLETTER!

DO THEY KNOW WHO YOU ARE?

PLACE AN AD TODAY! CALL 800-732-8070

Care Alternatives Hospice & The Kennedy Center presents:

“Aromatherapy and Hand Massages!!!”

Come learn about aromatherapy and receive a free hand massage from the staff at Care Alternatives.

Friday, May 20, 2011

12:00 PM – 1:00 PM

At The Kennedy Center,
440 East Squantum Street

To register for this event please call the Kennedy Center at 617-376 1506 and have Member ID number handy. Space is limited.



Join the Quincy Council on Aging for ...

Protecting Your Assets

Why you shouldn't transfer your assets. Has someone told you that you need to give your assets away to protect them?

Quincy Attorney Robert E. Romano will conduct his estate planning essentials workshop which discusses important issues that effect all seniors. Come and learn why it is important to have a health care proxy, living will, durable power of attorney, HIPAA Authorization form, and a Will or a Trust. We will also discuss common family issues that affect your estate planning as well as dispel the myths on how to protect your assets for your loved ones.

May 24, 2011
10:00 AM
At the Kennedy Center
440 East Squantum Street

Refreshments will be served

To register for this workshop please call the QCOA office at 617-376-1506 and please have your member ID number handy.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

Chances are with just ONE AD, you'll get MORE THAN ONE new customer! Advertise Here • 800-732-8070

NOW IN CANTON

Barry WARMINGTON Mattress & furniture LLC

Rte. 138 in Connors Wayside
OPEN THURS., FRI., SAT. 10-5
781-526-0275

SENIOR DISCOUNT WITH AD

Considering Senior Living?

It just got easier.
Contact us for a tour of our beautiful community

ATRIA MARINA PLACE
Four Seaport Drive | North Quincy, Massachusetts
617-770-3264 | www.atriaseniorliving.com

QUINCY REHABILITATION & NURSING CENTER
A Kinled Community
SERVING OUR COMMUNITY FOR OVER 30 YEARS

Long Term / Short Term Skilled Nursing Services
Full Rehabilitation Services
Specialized Asian Program

11 McGrath Highway, Quincy, MA 02169
617-479-2820
JCAHO Accredited

COLONIAL FEDERAL SAVINGS BANK
“Your neighborhood bank!”

QUINCY 15 Beach St., next to Wollaston Post Office
617-471-0750

1000 Southern Artery
617-479-1430
(Residents Only)

www.colonialfed.com

SPONSORS WANTED!
...space for sale...



It's that time of year again!

29th Annual Senior Olympics
May 9, 2011 to May 19, 2011

Mayor Thomas P. Koch, The Quincy Council on Aging, and The Quincy Recreation Department are proud to announce that the 29th Annual Senior Olympics will be starting on May 9, 2011.

Good luck to all those participating!!!!

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

Grove Manor Estates
 AN INDEPENDENT AND ASSISTED LIVING COMMUNITY

- Transportation, Socialization
- One or Three meals Daily
- Studio: 1 bdrm / 2 bdrms Apartments

160 Grove St., Braintree, MA
www.grove-manor-estates.com
781-843-3700

BAXTER PHARMACY  & Medical Supplies 

Your full service neighborhood pharmacy

Thomas R. Libby, R.Ph • Kelly Nippins, Pharm. D
 Gerry MacDonald, DME

*Prescriptions • Diabetics • Ostomy
 Medical Equipment • Home Health Products
 Surgical Supports & Braces • Free Local Delivery*

464 Washington Street, Quincy, MA 02169
 Tel: 617-773-7733 • Fax 617-773-8372
www.baxterpharmacy.com

 **DON'T KEEP
 YOUR BUSINESS
 A SECRET!**

ADVERTISE HERE!
800-732-8070

NORWELL VISTING
NURSES ASSOCIATION
NVNA
AND HOSPICE



The Quincy
Council
on
Aging

PRESENT...

My Life, My Health

This six week workshop for individuals and/or their caregivers who are living with the challenges of one or more persistent health conditions, including:

- Diabetes
- Chronic Pain
- Hypertension
- Arthritis
- Crohn's Disease
- Caregivers of people with Alzheimer's

Learn strategies developed and tested by researchers that will help you:

- Set and meet personal goals
- Identify and try out simple techniques that can improve your quality of life
- Improve communication with your doctor
- Handle stress and learn to relax
- Increase your energy level
- Make good choices about your health
- Have fun!

**When: This is a 6 week program starting Tuesday, May 10th at 10AM.
The class will continue every Tuesday for 6 weeks. The last class will be on June 14th.
Where: The Kennedy Center, 440 East Squantum Street**

If you would like to sign up for this program please call us at 617-376-1506 and please have your member ID number handy

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE



STANDISH VILLAGE
INDEPENDENT & ASSISTED LIVING
MEMORY SUPPORT NEIGHBORHOOD
1190 Adams Street
Boston, Massachusetts
617-298-5656
www.SeniorLivingResidences.com




SPONSORS WANTED!!!

John Adams 
HealthCare
www.johnadamscarecenter.com
Specializing in Short Term Rehabilitation
211 FRANKLIN STREET
QUINCY, MA 02169
For a tour of our facility, contact Jane Lynn at
617-479-0837

INDEPENDENT & ASSISTED LIVING
FENNO HOUSE
540 Hancock St. QUINCY
617-773-1590



ACUPUNCTURE ASSOCIATES of the SOUTH SHORE
• Arthritis
• Tendonitis
• Quit Smoking
• and more
12 Dimmock St., Quincy Center
617-471-5577
Dan Karp Lic. Ac.
www.acudan.com
d.karp@verizon.net

Thank You to our SPONSORS for their support

Century Bank
617-376-8100
William F. Shutt, Jr. - Assistant Vice President
wshutt@century-bank.com
651 Hancock Street, Quincy



Prescription Education for Seniors

Arlene Goldstein, Program Coordinator for Impact Quincy, a program of Bay State Community Services will present an educational program on prescription and over-the-counter drugs.

The topics include the possible dangers of medications, tips for safe use, and proper disposal of medications (including the new Quincy MedReturn kiosk).

Come and increase your knowledge about medication safety while you enjoy some light refreshments. We look forward to seeing you there!

**When: May 25th and June 22nd
10:00 AM at The Kennedy Center
440 East Squantum Street**

To register for this event please call 617-376-1506 and please have your member ID number ready.

Fun Facts About May

According to the early Roman calendar, May was the third month. Later, the ancient Romans used January 1 for the beginning of their year, and May became the fifth month. May has always had 31 days.

Several stories are passed around to show how the month of May was named. The most widely accepted explanation is that it was named for Maia, the Roman goddess of spring and growth. Her name related to a Latin word that means *increase or growth*.

May is one of the most beautiful months of the year in the North Temperate Zone. Usually the snow and ice are gone and the hot temperatures haven't arrived. The first garden begins to sprout in May. The wild flowers are blooming, and the trees and grasses have turned green. Wild flowers that bloom in different parts of America are the forsythia, dogwood, violets, and jack-in-the-box.

Many birds have built their nests, and mother birds are sitting on the eggs, which will soon hatch.

Emerald is the birthstone for May.

Hawthorn and Lily of the Valley are the flowers for the month of May.



 <p>Allerton House</p>	<p>164 Parkingway Quincy, MA (617) 471-2600 www.welchrg.com</p>
<p>at Hancock Park Assisted Living Community</p>	

	<p>CAREPRO HOME HEALTH SERVICES</p>	<p>2 to 24 Hours Certified Home Health Aides/RN's/LPN's Personal Care • Transportation Homemaking • Meal Preparation Call for a FREE in home assessment by a Registered Nurse.</p>
	<p>"WHEN HOME IS WHERE YOUR HEART IS" Private Duty & Home Health Care</p>	
<p>www.CareProHealth.com</p>		<p>781-340-7811</p>

29th Annual Senior Olympics Schedule

MONDAY, MAY 9, 2011

One Mile Walk – 6:00 p.m. Men & Women
Kennedy Center, 440 E. Squantum St
Opening Ceremony – 6:45 p.m.
Kennedy Center, 440 E. Squantum St
Celebrity Exhibition Volleyball Game
7:15 p.m. Men & Women
Kennedy Center, 440 E. Squantum St

TUESDAY, MAY 10, 2011

Bowling – 1:00 P.M.
MEN & WOMEN OLINDY'S LANES,
170 QUINCY AVENUE
Swimming – 6:00 p.m.
Men & Women
Lincoln Hancock Community School Pool,
Enter on the Water Street side of the school
Sprint, Free-Style, Breast Stroke, Backstroke,
Butterfly, Distance Free Style – 500 yards
Ages 55-69 Swim 100 yard events
Ages 70+ Swim 50 yard events

WEDNESDAY, MAY 11, 2011

Darts – 9:30 a.m. Men & Women
Kennedy Center, 440 E. Squantum St
Billiards - 8 BALL – 1:00 p.m. Men & Women
Olindy's Lanes, 170 Quincy Avenue

THURSDAY, MAY 12, 2011

Bocce – 9:30 a.m. Men
12:00 Noon Women
Torre Dei Passeri Club, 252 Washington Street

FRIDAY, MAY 13, 2011

Three Mile Walk – 9:30 a.m. Men & Women
Richard J. Koch Recreation Complex,
One Merrymount Parkway
Rotation Events – 11:00 a.m. Men & Women
Fenno Street Basketball Courts
Horseshoe Pitching
Basketball Free Throw
Sportsmanship Luncheon -
Hosted by River Bay – 1:00 p.m.
Kennedy Center, 440 E. Squantum St

SATURDAY, MAY 14, 2011

Track & Field Events, Men & Women
Cavanaugh Stadium, Birch Street
One Mile Run – 9:00 a.m.
Half Mile Walk – 9:15 a.m.
Rotation Events – 9:30 a.m.
Softball Throw, Standing Long Jump
Javelin Throw, Shot Put
Golf Putting Competition,
(on our portable putting green)

MONDAY, MAY 16, 2011

Golf Tournament – Men & Women
T-times begin at 8:00 a.m.
President's Golf Course,
West Squantum Street

THURSDAY, MAY 19, 2011

Awards Night – 6:00 p.m.
Kennedy Center, 440 E. Squantum St
Refreshments – 6:00 p.m.
Awards Ceremony – 6:30 p.m.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

STEPHEN TOBIAS HEARING CENTER

382 Quincy Ave, Quincy 617 770-3395
 We carry most brand hearing aids
 as well as our own "Tobias" built on site!
 FDA reg #9098584, MA lic #59



**DON'T KEEP
YOUR
BUSINESS
A SECRET!**

**Advertise here
TODAY!
800-732-8070**

Discover Our Center for Healthy Aging.

We're focused on helping seniors stay healthy and active longer.
QUINCY MEDICAL
 www.quincymc.org
 An Affiliate of Tufts Medical Center

Call 617-773-6100 today.



**KEEP YOUR BUSINESS
ON TARGET!
Call Today to Advertise!
800-732-8070**

SENIOR HOMECARE By ANGELS

Visiting Angels
 781-834-6355

- Up to 24-hour Care
- Shopping/ Errands
- Light Housekeeping
- Meal Preparation
- Hygiene Assistance
- Experienced Caregivers!

EVENT
REGISTRATION
IMPORTANT INFORMATION

When registering for an event at the Kennedy Center, whether it be by phone or in person, your member ID number is required. Your member ID number is located on the back of your MySenior Center swipe card. You should have received your card after you filled out an application for membership. Membership is free for all Quincy residents. If you need a swipe card please call us at the Quincy Council on Aging at 617-376-1506 and we will send you an application form. Below is a picture of where your membership ID number is located. If you have any questions please do not hesitate to call us at 617-376-1506. Thank you!

Announcement:
Yoga classes will be
postponed until May 26, 2011

Free Legal Advice!!!



Attorney Marnold Tagrin will now be available at the Kennedy Center every Tuesday at 1:00pm to give free legal advice to seniors.

If you are interested in meeting with Marnold please call the Kennedy Center at 617-376-1506 to schedule an appointment!

The Kennedy Center
440 East Squantum Street

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

SWEENEY BROTHERS
Home for Funerals, Inc.
One Independence Avenue • Quincy, MA 02169
617-472-6344
Richard T. Sweeney, Jr. • Francis M. Sweeney

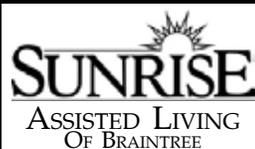
ALL THE SENIORS
IN TOWN
ARE READING THIS
NEWSLETTER!

DO THEY KNOW
WHO YOU ARE?

PLACE AN AD TODAY!
CALL US AT
800-732-8070



**KEEP YOUR BUSINESS
ON TARGET!**
Call Today to Advertise!
800-732-8070



• Assisted Living • Memory Impaired
• Respite Care

781-356-0190

Information Center: 618 Granite St., Braintree, MA 02184



Have you had a hip fracture?
Help improve future hip fracture care.

If you (or someone you know) have broken a hip and are aged 60 years or older, you may be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.



**For more information, please contact us
at 617-638-1981**



Quincy Re-tiree Association

Cape Cod Irish Village Trip
July 11th - 13th

Welcome! The Best of Ireland on Cape Cod!

*“cead mile failte”
A Hundred Thousand Welcomes*

*Cape Cod Irish Village
822 Route 28, South Yarmouth, MA 02664*

The Spirit of Ireland

Experience the spirit and sprightly charm of Ireland at one of Cape Cod’s favorite destinations -The Irish Village.

Established in 1976 by Noel Henry and family, the Village offers comfortable guest rooms, a restaurant, along with the Irish Pub, featuring traditional Irish entertainment. Picture yourself in the Pub enjoying a pint of Guinness, listening to your favorite Irish songs and having a twirl with your favorite dance partner!

The Quincy Retiree Association has reserved 40 rooms for a 2 night 3 day trip July 11, 12, & 13th.

Single Rate is \$235
Double Rate is \$159 per person
Triple Rate is \$139 per person
Includes 1 dinner and 3 breakfasts!!!

The hotel cannot hold the rooms after May 31st so if you would like to attend you have to RSVP by May 31st. For further information please call Steve at the Quincy Retiree Association at 617-472-0975.

Brookdale

RIVER BAY CLUB

99 Brackett Street . Quincy, MA 02169

- Independent Living
- Assisted Living
- Supportive Services

617-472-4457

www.brookdaleliving.com

Providing equal opportunities to all individuals 62+

The Atrium
at Faxon Woods

A Benchmark Senior Living Community
for the Memory Impaired

**Dedicated Care
for people with
Memory Loss**

The Atrium at Faxon Woods is an assisted living community designed exclusively for people with memory loss.

Call 617-471-5595 today
to schedule a personal tour!

2003 Falls Boulevard • Quincy, MA
www.benchmarkquality.com

Ayers COLLISION

We take care of the details!

- State of the Art Auto Body Facility
- Insurance Company Coordination
- Experienced Insurance Estimators
- Free Estimating
- Car Rentals
- Free Detailing with Every Repair
- 24-Hour Towing

AyersCollision.com

440 B. East Squantum Street • Quincy

617-328-0056

(behind Quincy COA-Kennedy Center)

NIELSEN EYE CENTER

CENTER FOR SIGHT

STEVEN A. NIELSEN, M.D.

Cataract, Retractive & LASIK Specialist

Cataract

Multifocal Intraocular Lenses

Glaucoma • Diabetic

Comprehensive Eye Exam

Medical & Surgical Retina

Hearing Services

Cosmetic Procedures

CALL TODAY
AND MAKE YOUR APPOINTMENT

617-471-5665

300 Congress Street, Quincy, MA

877-373-2020

99 Derby Street, Hingham, MA

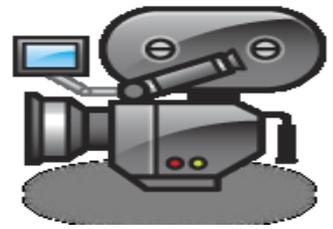
Recipe of the Month Pineapple-Ginger Salad

Ingredients

1 (20 ounce)
can of pineapple tidbits, reserve juice.
1 (6 ounce)
package of lime gelatin.
1 cup of ginger ale
1/4 teaspoon of ground ginger

1. Heat 1/2 cup of pineapple juice (if not enough juice, add water to make 1/2 cup). Pour boiling juice over gelatin, mixing well.
2. Add ginger ale and ginger. Chill until slightly thickened.
3. Fold in pineapple tidbits and spoon into a 7 x 11 inch shallow dish.
4. Refrigerate
5. ENJOY!

FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



May 3rd: Hanging Up

Meg Ryan, Diane Keaton & Lisa Kudrow

May 10th: Emma

Gwyneth Paltrow

May 17th: The Horse Whisperer

Robert Redford & Kristen Scott Thomas

May 24th: For Richer or Poorer

Tim Allen & Kirstie Alley

May 31st: Wag the Dog

Dustin Hoffman & Robert DeNiro

Tuesdays at 12:00 Noon at the Kennedy Center.



Happy Birthday!!!

Joseph Shea

&

Thomas F. Clasby Jr.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

SPONSOR THIS NEWSLETTER!!!

It makes sense to concentrate your advertising where it does most good - right in your neighborhood!

You pay only the advertising cost. Public relations and good will values are free.

This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms!!!!

800-732-8070