

# *Council On Aging News*

*June 2011*



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

Dear Friends,

We have just concluded Older Americans Month and it was a very busy month for us. As I write this, it is the eve of our Awards Ceremony for the Senior Olympic Games. I never fail to be impressed each year when I see competitors from age 55 to 97 participate in the “human drama of athletic competition”. It is always a truly exciting week. This past week I also had the pleasure of appearing on ‘Senior Scene’, which is a syndicated cable access program hosted by the Massachusetts’s Secretary of Elder Affairs, Ann L. Hartstein. The program was about facing the challenges of accommodating the baby boomers as they enter the ranks of the senior population. According to AARP, nationally, 10,000 boomers per day will cross that threshold. They come with a different set of needs and desires. Quincy has already held a few focus groups with this demographic to analyze how we can be of assistance to them. In some ways, we are ahead of the game because of our many years of promoting inter-generational programs such as, the Senior Olympics. We look forward to what the future holds.

Sincerely,

Thomas F. Clasby Jr.

Director


  
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## The Quincy Council on Aging Presents....



## Stress Management Seminar

Dr. David Smith from Milton Chiropractic & Rehabilitation, Inc. Will present a stress management seminar.

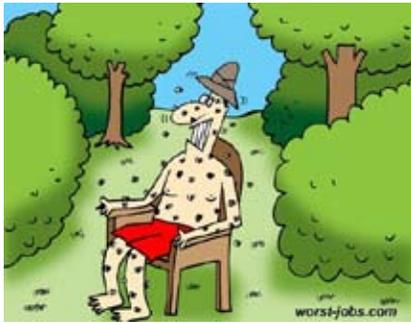
What is stress?  
 What are major symptoms caused by stress?  
 What is health?  
 What are ways to manage stress?  
 What are the benefits of managing stress?

June 23, 2011  
 11:00AM to 12:00PM  
 At the Kennedy Center  
 440 East Squantum Street

To register for this event please call the Quincy Council on Aging at 617-376-1506 and please make sure to have your member ID number ready.

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# SUMMER SAFETY



**Come join Ruth Jones BSN, RN, BC, CP-FS from the Quincy Health Department to discuss tips on enjoying the summer safely. Discussion will include topics such as: ticks, mosquitoes and skin and sunburn safety.**

**Wednesday, July 6, 2011  
10-11am  
At The Kennedy Center  
440 East Squantum Street**

**To register for this event please call The Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.**

# Seaside Gardeners of Squantum Presents....

**Chocolate: From Tree to Table  
Hosted by Betsy Grecoe**

The Seaside Gardeners invite members of the Kennedy Center to attend this presentation. Come and listen to the origin of "Chocolate, from Tree to Table" and taste its sweetness as well.

The cost is \$5.00 per person.

**Wednesday, July 13, 2011  
10:30AM  
At The Kennedy Center  
440 East Squantum Street**

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**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!*

*Refreshments will be served.*

**Wednesday, June 22, 2011  
10:00 AM at The Kennedy Center  
440 East Squantum Street**

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

*The Quincy Council on Aging and  
Old Colony Hospice are hosting a  
presentation and  
discussion -*

**Hospice Care:**

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**What is hospice care**

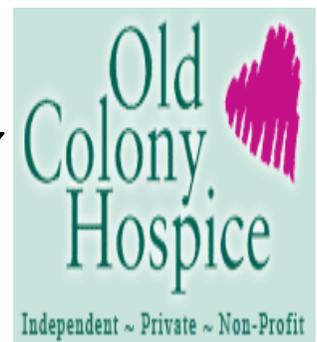
**Who pays for hospice care**

**Misconceptions about hospice care.**

**July 20, 2011 from 1PM-2PM  
At The Kennedy Center  
440 East Squantum Street**

**Refreshments will be served.**

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## Ongoing Programs at the Kennedy Center

Program	Time
Mondays - Foot Screenings - 1st Monday Hearing Screenings - 3rd Monday ZUMBA Line Dancing Scrabble	By Appointment By Appointment 1:00pm-2:00pm 10 am 11:00 - 3:00 pm
Tuesdays -Shine Program Piano Lessons Computer Classes Dance Yoga for Seniors Movie	By Appointment By Appointment 10:00 am -12:00pm 10:00 am 12:30 - 1:30 pm 12:00 pm
Wednesdays -Foxwoods Trip - 2nd Wednesday Shine Program Knitting Group Volleyball Blood Pressure Computer Classes	8:00 am By Appointment 10:00 am 10:00 - 12:00 pm 11:00 - 12:00 pm 1:30pm -2:30pm
Thursdays - Exercise Sing-A-Long Blood Pressure Yoga for Seniors Whist Group	9:00 am 10:00am-12:00pm 10:00am-11:00am 12:30 - 1:30 pm 1:00 pm
Fridays - Bridge Financial Planning Simple Wills - 3rd Friday	12 - 3 pm By Appointment By Appointment

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## 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.

July 14, 2011  
10:00 AM to 12:00 PM  
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 membership ID number ready.

## 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 My-Senior 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!



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# MBTA Pass Program

The MBTA will be at the Kennedy Center to distribute reduced fare Charlie Cards to seniors!

Thursday, June 16, 2011  
From 10:00 AM –12:30 PM  
The Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171

Seniors (65+) can ride local buses for \$0.40 cents inner express buses for \$1.40, and outer express buses for \$2.00. Seniors can also ride MBTA subway service for \$0.60 cents and commuter rail or boat services for 50% off the regular full fare and for a discounted fare to Logan.

To register for this event please call the Council on Aging at 617-376-1506.

# High Tea

*Come and experience the elegance of a traditional afternoon tea at the Kennedy Center.*

*The Atrium at Faxon Woods will be providing a warm, cozy, friendly and inviting atmosphere with cups of delicious tea and refreshments. Smiles and laughter will be sure to create a sense of peace and unity at this lovely afternoon get together.*

June 17, 2011

12:00PM -1:30PM

*At The Kennedy Center, 440 East Squantum Street*

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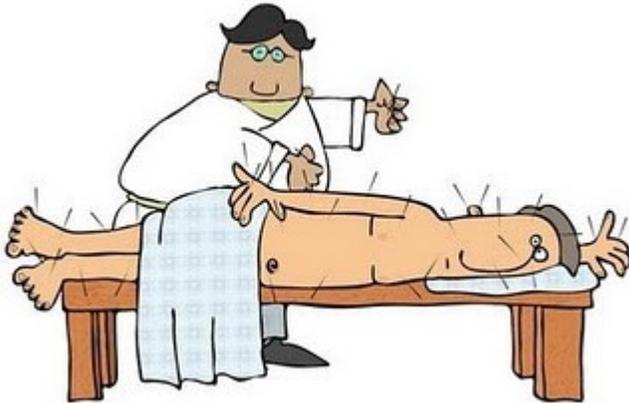
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# Acupuncture at the Kennedy Center



*Every Friday from  
10:00 AM to 12:00 PM  
At the Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171*

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.

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 ready.

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# Fun Facts About June

According to the Georgian calendar, which is used over most of the world today, June is the sixth month. On the Roman calendar, it was considered the fourth month and had only 29 days. Julius Caesar gave the month 30 days in 46 B.C., when he reformed the Roman calendar.

Spring ends and summer begins around June 20, 21, or 22 in the Northern Hemisphere. It's the time that the flowers are beautiful. It is especially the month for roses. In the Southern hemisphere, winter begins during June, and it brings cold, rainy weather to this part of the world.

The **June bug** also known as June beetle, is the name for several large beetles seen in the United States during May and June. They are usually seen at night, when the light attracts them.

June bugs eat the young leaves of trees and plants. They deposit their eggs in the ground. The young larvae bury themselves in the soil in the autumn and stay there two years. They then come out in May or June as adult beetles.

Gems for June are the pearl, alexandrite, and moonstone.

*The rose is the flower for the month of June*

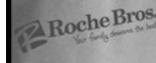


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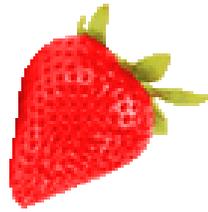
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## Recipe of the Month

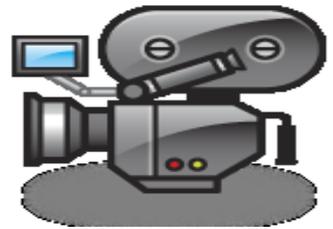
# Strawberry Delight



- 1 (6 ounce) package of strawberry gelatin
- 2 (10 ounce) packages of frozen strawberries,
- 1 (8 ounce) carton of whipped topping
- 1 (12 ounce) prepared angel food cake

1. Dissolve strawberry gelatin in 1 cup boiling water; mixing well. Add strawberries.
2. Chill in refrigerator until partially set.
3. Fold in whipped topping.
4. Break the angel food cake into large bite-sized pieces and layer the cake and gelatin mixture 1/2 at a time in a 9 x 13 - inch shallow dish. Refrigerate.

## FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



### June 7th:

**Miss Pettigrew Lives for a Day**  
Starring Frances McDormand and Amy Adams

### June 14th:

**Doctor Dolittle**  
Starring Rex Harrison and Anthony Newly

### June 21st:

**Cinderella Man**  
Starring Russel Crowe and Renee Zellweger

### June 28th:

**New World**  
Starring Nicolas Chatel and Sarah Grappin

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