

# *Council On Aging News*

*July 2011*



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

Dear Friends,

It's hard to believe that it is already July. What a great month it is as we celebrate the birth of our nation and I will celebrate my 5th wedding anniversary. The Kennedy Center will also be celebrating its 2nd anniversary. Since our dedication last July literally thousands of people have come through our doors to be entertained, informed and socialize with other seniors. We have exceeded our expectations and the best is yet to come.

The summer is a time for barbeques, family gatherings and lots of fun. But with each season, comes a certain set of difficulties. The summer can be brutally hot and very dangerous so it's important that we all take the proper precautions. Drinking plenty of water is the most important thing we can do to avoid dehydration. If your house or apartment does not have air conditioning you may want to think about joining us here at the Kennedy Center for one of our events or just come, cool off, watch one of our big screen TVs and enjoy a nice cold drink in our café.

Sincerely,

Thomas F. Clasby Jr.

Director


  
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# Depression Awareness

*Randy Veraguas, Community Education Manager of Elder Behavioral Health Services at Morton Hospital and Medical Center will be at the Quincy Council on Aging to do a friendly, educational, yet entertaining presentation on depression awareness.*

*Points that will be covered:*

- ◆ *Dispelling myths about depression*
- ◆ *Defining Depression*
- ◆ *Recognizing the symptoms*
- ◆ *Reporting the symptoms*
- ◆ *Open discussion*

**Thursday, July 21, 2011 at 10:30AM**  
**At The Kennedy Center**  
**440 East Squantum Street**  
**Quincy, MA 02171**

*If you would like to sign up for an event please call the Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.*

*live ♥ laugh ♥ love*

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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.

### 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

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

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*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.

If you would like to sign up for this event please call the Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.



*Revere Beach Memories  
Slide Show*



Bob Upton, a Revere Beach enthusiast with the tremendous support, encouragement, and help of many local historians, artists and organizations has put together a wonderful slide show of Revere Beach with many of its popular and famous attractions. He gives a detailed presentation of America's oldest public beach. Come with him for a fun journey down memory lane. It was an era we hope won't be forgotten and take great pride and pleasure in sharing it with all of you.

Thursday, August 25th at 11AM  
At The Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171

If you would like to sign up for this event please call the Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.

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## Ongoing Programs at the Kennedy Center

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

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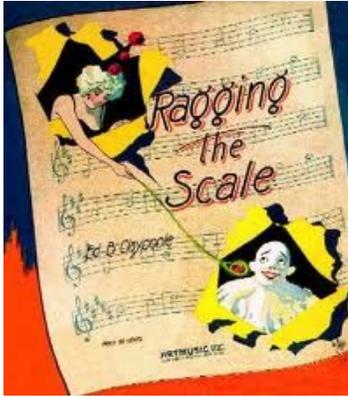
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wshutt@century-bank.com

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# "Ragging The Scale"

## The History And Music Of The Ragtime Era

*Come see Paul Carroll and his ragtime piano playing at the Quincy Council on Aging!*

This fast paced program is educational, nostalgic and a listening pleasure! Paul will play at least eight ragtime compositions which will be accompanied by slides and a narration by Barbara Carroll.

It is a treat to hear an enthusiastic audience participate in a sing-a-long to a number of ragtime related songs. Forget your troubles and come to the Kennedy Center to join Barbara and Paul in this uplifting program.

**August 12, 2011 from 1PM-2PM  
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.**

## **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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## Medication Education

By William F. Jeffery, Jr.,  
Esq



## Out patient surgery or Procedure assistance

**South Shore Elders Services, Inc. has awarded Overlook C.A.R.E a grant so that we may offer this free service to elders in your community.**

Mediation offers parties to a dispute or conflict the opportunity to sit down with a neutral third party who assists the parties in coming to an agreement—one that both parties are satisfied with. The mediation process is voluntary, confidential, and self-directed—the parties control the outcome. While mediation certainly looks at the facts and events of the past, its primary focus is on the present circumstances and on coming to an agreement between the parties for the future.

Mediation also focuses more on the interests of the parties and less on their respective positions. A simple example of the difference between a position and an interest is illustrated by two people who each want a single orange. A Solomon-like solution would be to cut the orange in half and give a half to each, but this is not what either party really wants and so both would be less than fully satisfied with that result. A neutral third party might ask the parties why they each want the orange. When one answers that he wants and needs all of the juice from one orange and the other responds that he wants and needs all of the rind from one orange, the resolution of the conflict is self-evident. Each can have 100% of what each wants and preserve their relationship going forward.

This win/win result was accomplished by looking for and at the interests of each party in addition to their positions. Naturally all matters cannot be resolved so easily or quickly, but this example does illustrate the difference that a neutral third party can make in a conflict situation where the parties are stuck in their respective positions and can't see a way out.

### Services offered

- ◆ Help from a licensed nurse.
- ◆ Help with following your Doctor's instructions.
- ◆ Organizing and preparing for day surgery or procedure.
- ◆ Help with preparing for after surgery needs.
- ◆ Transportation to and from Doctor's office.

When an individual has a "**day**" or out patient surgical procedure pending, they can often become over whelmed with the vast amount of details that require their attention.

Any surgical procedure is anxiety provoking. Some people also have the added concern of memory or organizing challenges that make the planning and preparing for surgery difficult. With support and assistance you do not have to delay or cancel surgery or a procedure that may impact your quality of life.

Please call Rita Finegan GCM with Overlook C.A.R.E. At 774-289-2592 for more information.

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September 21, 2011 at 1:30PM At The Kennedy Center  
440 East Squantum Street, Quincy, MA 02171

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The United States is truly a diverse nation made up of dynamic people. Each year on July 4, Americans celebrate that freedom and independence with barbecues, picnics, and family gatherings.

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# Recipe of the Month

## Sparkling

## Pink

## Punch



### INGREDIENTS

3 (6 ounce) cans of frozen pink lemonade concentrate, undiluted

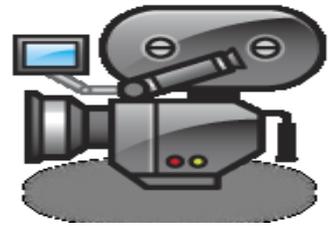
1 (750 milliliter) of bottled pink sparkling wine

3 (2 liter) bottles of lemon-lime carbonated beverage, divided

Lime slices to garnish (optional)

1. Stir together all ingredients, except 1 bottle carbonated beverage, in an air-tight container; cover and freeze for 8 hours or until firm.
2. Let stand at room temperate for 10 minutes and then place in a punch bowl.
3. Add remaining bottle of carbonated beverage. Stir until slushy.

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



### July 5th:

#### **Anna Karenina**

**Starring: Vivien Leigh, Kieron Moore & Ralph Richardson**

### July 12th:

#### **Of Human Bondage**

**Starring: Bette Davis & Leslie Howard**

### July 19th:

#### **Across the Pacific**

**Starring: Humphrey Bogart**

### July 26th:

#### **Doc Hollywood**

**Starring: Michael J. Fox, Julie Warner & Woody Harrelson**

**The Kennedy Center  
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Tuesdays at 12:00 pm**

Refreshments are available for purchase at the Kennedy Center Café!

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