

# *Council On Aging News*

*September 2011*



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

Here at the Council on Aging we have lost a dear friend who served as a member of our board for many years. Dr. Joseph McDermott passed away. Joe had a long history of service to our community in many different capacities. As an eye doctor, he was a member of our business community. He also served an elective office as a member of Quincy's School Committee and served on many volunteer boards such as The Human Right's Commission, The Council on Aging board, etc. He had an upbeat and kind personality and was always ready to lend a helping hand to anyone who needed it. Joe will surely be missed.

As I reflect on Dr. McDermott's service it makes me think of so many volunteers and members of this staff who give so generously of their time, intelligence and talents. We simply could not offer the kind of services that we do or put out the kind of information that we are able to without the help of so many volunteers who serve as Board Members, receptionists, tour guides, wait staff and many more capacities than I can articulate. This newsletter is an excellent example of our volunteer staff helping with assembly and distribution. We have folks that serve on a daily basis here at The Kennedy Center. I am also very grateful for all our paid staff who work so diligently to keep the day to day operation and our many special events throughout the year running smoothly.

Sincerely,

Thomas F. Clasby  
Director


  
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The Friends of  
 Wollaston  
 Beach,



The Clam Box & The Quincy Council  
 on Aging present...

# BACK TO THE BEACH!!!

On **Wednesday, September 28, 2011** The Friends of Wollaston Beach, The Clam Box and The Quincy Council on Aging are coming together to create an afternoon of fun for the seniors of Quincy! From **1pm to 3pm** any member of the Kennedy Center will receive a 10% discount on any meal from the Clam Box along with a free fountain soda. Denis O'Gorman, singer and songwriter, will be on site to provide entertainment.

In order to receive the  
**10% discount you must  
 present your Kennedy  
 Center member ID card.**



If you still need to register as a member at the Kennedy Center please call to have an application sent to you or stop by the Kennedy Center to pick one up. Membership to the Kennedy Center is free to all Quincy seniors.

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

Hope to see you all there!

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Join the Quincy Council on Aging and Quincy Health Department for

**CPR Training for Seniors**

Join instructor Ruth Jones, BSN to learn the techniques and earn certification in adult, child and infant CPR and AED.

**Tuesday, September 6, 2011  
9:00AM ~ 1:00 PM  
At The Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171  
Space is Limited**

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

**ROAD SCHOLAR**  
*Adventures in Lifelong Learning*

**Come join Rochelle Kruger, Road Scholar Ambassador from Elderhostel, Inc to learn about the Road Scholar program!!**

Road Scholar offers programs of educational travel for adults in over 90 countries. They offer a variety of interests that have appealed to over 4,000,000 people since Elderhostel, Inc. began in 1975. Road Scholar is America's first and the world's largest education and travel organization dedicated to serving adults, 55 and over. From their modest beginnings in 1975, they have grown to offer nearly 8,000 programs throughout the United States and in more than 90 countries around the globe.

*The world is a classroom and Road Scholars would like to educate you on their educational adventures.*

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

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## EMERGENCY RESPONSE

Come join Lauren Bradt from New England Emergency Response Systems and learn about home safety tips, fall prevention and the emergency response button, keeping you independent in your home.

Refreshments will be served.

**Friday, September 23, 2011**

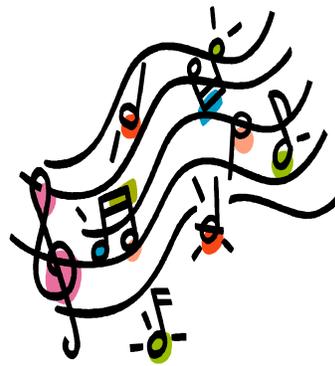
**at 11:00AM**

**At The Kennedy Center**

**440 East Squantum Street**

**Quincy, MA 02171**

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



## "A Musical Journey Through the Years"

Tommy Rull, Singer/Entertainer will take you on a musical journey through the years with songs originally made famous by many different artists . . . McCartney, Sinatra, Lou Rawls, Marvin Gaye, Ray Charles, Paul Anka, James Taylor, Billy Joel, John Lennon, Barry White, Lionel Richie, Barry Manilow, Van Morrison, Englebert, Stevie Wonder, Jimmy Buffet, and on and on . . .

**Friday, September 30, 2011**

**1:00 PM—2:00 PM**

**At The Kennedy Center**

**440 East Squantum Street**

**Quincy, MA 02171**

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

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## Ongoing Programs at the Kennedy Center

<u>Program</u>	<u>Time</u>
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

### **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. 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. If you have any questions please do not hesitate to call us at 617-376-1506. Thank you!

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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.

September 19, 2011  
10:00 am—12:00 p.m  
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.

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# Arthritis Pain Management

Suzanne Gauthier, Associate Vice President for Public Health and Advocacy at the Arthritis Foundation Massachusetts Office, will present "Non-Medical Approaches to Pain Management for People with Arthritis at The Kennedy Center. People with arthritis often experience a frustrating and debilitating cycle of pain, fatigue, limited mobility and depression. However, there are strategies that individuals can learn to manage pain and take control of the disease and of their lives. This talk will explore the causes of arthritis related pain. It will also present strategies to prevent, lessen and control pain. Techniques discussed will include physical activity, stress management, relaxation and complementary therapies.

October 5, 2011  
 10:30 AM to 11:30 PM  
 At The Kennedy Center  
 440 East Squantum Street  
 Quincy, MA 02171

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

# Caregiving 101

## SOUP TO NUTS PROGRAM FOR CAREGIVERS

Caregiver 101 is a program for caregivers that goes over short-term, long-term and emergency planning. You will receive a caregiver 101 manual and an array of caregiver resources. Facilitator, Ellie O'Neil from South Shore Elder Services will speak one on one with each participant about their specific needs.

Wednesday, October 19, 2011  
 from 10AM—11:30AM  
 At The Kennedy Center  
 440 East Squantum Street, Quincy, MA 02171

If you would like to sign up for this presentation please call the Quincy Council on Aging at 617-376-1506.

## Quincy Commission on Disabilities

Anyone interested in joining the Quincy Commission on Disabilities which meets the first Tuesday of every month from 6:15PM -8:00PM can contact Perry Braunstein at 617-481-96233.

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# ALZHEIMER'S & RELATED DISORDERS

This program is made possible through a collaborative community-education partnership between The Consortium for Advancements in Health & Human Services, Inc. and Alamo Pathways Hospice.

The primary goal of this effort is to increase public awareness and access to hospice care, through the provision of community-based education.

Participants completing this educational program will be able to do the following:

- ◆ Understand and recognize the four types of Alzheimer's Disease: Dementia: Alzheimer Type, Vascular Dementia: multi-infarct, Diffuse Lewy Body Dementia, and Pick's Disease.
- ◆ Understand ways to communicate with a patient with Alzheimer's Disease.

Wednesday, September 21, 2011  
At 7:00PM

At The Kennedy Center  
440 East Squantum Street, Quincy, MA 02171

If you are interested in attending this event please call the Kennedy Center at 617-376-1506.



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# Recipe of the Month

## Chicken Oriental



### INGREDIENTS

- ◆ 1 (6 ounce) jar sweet and sour sauce
- ◆ 1 envelope dry onion soup mix
- ◆ 1 (16 ounce) can of whole cranberry sauce
- ◆ 6-8 boneless, skinless chicken breasts

1. In a bowl combine the sweet and sour sauce, onion soup mix and cranberry sauce.
2. Place the chicken breasts in a Pam sprayed 9x13-inch shallow baking dish.
3. Pour cranberry mixture over chicken breasts.
4. Bake uncovered at 325 degrees for 30 minutes. Uncover and bake 25 minutes longer.

## FREE MOVIE OF THE WEEK

### MARK YOUR CALENDAR!!!



**September 6th: The Squeeze**  
Starring: Michael Keaton

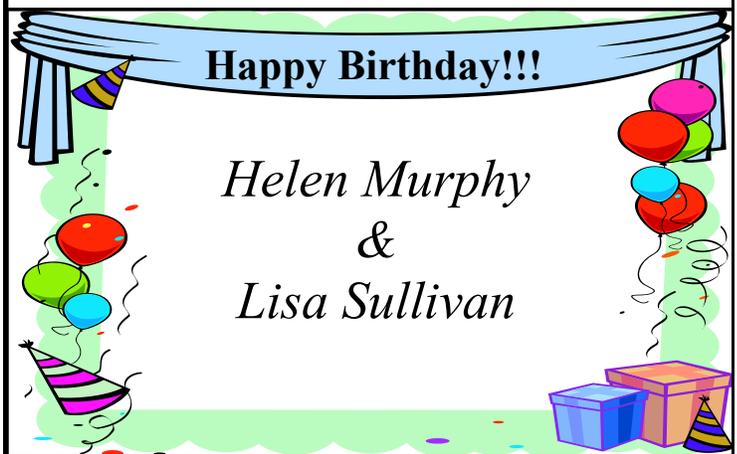
**September 13th: Lawless Range**  
Starring: John Wayne

**September 20th: The Man with the Golden Gun**  
Starring: Roger Moore

**September 27th: I Confess**  
Starring: Montgomery Clift and Anne Baxter

**The Kennedy Center**  
440 East Squantum Street  
Tuesdays at 12:00 pm

Refreshments are available for purchase Center's Café!



*Helen Murphy*  
&  
*Lisa Sullivan*

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