

Council On Aging News

October 2011



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

Dear Friends,

As I write this we are preparing for the 16th Annual John D. Noonan Senior Conference which will take place on the 1st of this month. I am so excited that Dr. Wayne Westcott will be our keynote speaker. Wayne has shared his wisdom with us as a workshop presenter many times and this is the first time he will be our keynote speaker. It really is incredible that someone of his stature is right here in our backyard. Wayne has been a national leader of fitness for many years and has spoken all over the country on the subject. Among other things, Wayne will specifically speak on the value of strength training past the age of 50. He is a true expert on how valuable strength training can be for the aging human body. Research clearly shows that it is especially effective for older adults. We offer many fitness programs here at The Kennedy Center such as: Yoga, Line Dancing, Ballroom Dancing, Zumba, Exercise Class, Volleyball and numerous pieces of exercise equipment. So remember.....It's never too late to begin! Hope to see you here sweating a bit!

Sincerely,

Thomas F. Clasby Jr.
Director





**FAM
HEAR
CARE CENTER**

...listen to the soul

- ~ 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 2 140 Bedford Street
Route 18 Route 18
Weymouth, MA 02190 Bridgewater, MA 02324

781-337-1144 **508-279-0700**

www.familyhearing.net 3rd Monday of each month

John Klefeker, BC-HIS MA License #127

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

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

ELDYS' YOGA PRACTICE

with Margie Bello

Certified Yoga Instructor

A gentle and fun yoga for elders
(anyone over 50!)

Check out my DVD at

www.eldysyogapractice.com

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.

ALL THE SENIORS IN TOWN ARE READING THIS NEWSLETTER!

DO THEY KNOW WHO YOU ARE?

PLACE AN AD TODAY! CALL 800-732-8070

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.

Halloween Sing-A-Long and Luncheon



Tuesday, October 25, 2011
12:00 PM—2:00 PM

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

Come celebrate Halloween and share a fun afternoon with friends. Space is limited.

Call the Quincy Council on Aging at
617-376-1506 to reserve your space for
this event and please have your member ID
number ready.



PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

Take back your independence!

Safe. Accessible
Bathing Solutions
Empowering
People of all
Ages & Abilities
Walk-in Tub



Call Toll Free Today
800-NEW-BATH
www.SAFTSPA.com

All the seniors in town are reading this newsletter.

Do they know who YOU are?

Call to place an ad today

800-732-8070



QUINCY REHABILITATION & NURSING CENTER

A Kindred 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...

Art Classes



Art lessons with Michael Domina will begin on October 3, 2011.

The program is six weeks long and is \$95.00 per person.

Please call the Quincy Council on Aging if you are interested at 617-376-1506.

Kennedy Center Shopping Trip to the *Derby Street* Shops in Hingham

Wednesday, October 19, 2011
\$10.00 to cover cost of transportation

Bus will leave the Kennedy Center at 8:30Am and return at 2PM. Stops will be made at various senior buildings along the way. Several stores to shop in and Panera's for lunch.

If you are interested in going on this trip please call the Quincy Council on Aging at 617-376-1506 or stop by the Kennedy Center, 440 East Sqauntum Street, Quincy, MA



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.grovesmanorestates.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**

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!

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.johnadamscenter.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

*The Quincy
Council on
Aging
Presents...*



Sleep Disturbances

*Wednesday, November 16, 2011
1:30PM -2:30 PM
The Kennedy Center
440 East, Squantum Street*

*Dr. Gabrielle Freedman will be at
the Kennedy Center to discuss
matters that prevent us from
getting a good nights sleep.*

*Please call the Quincy Council
on Aging to register for this event
and please have your member ID
number ready.*

**DON'T WAIT UNTIL
IT'S TOO LATE!
MEDICARE'S NEW OPEN
ENROLLMENT PERIOD IS
OCTOBER 15TH—
DECEMBER 7TH**

MEDICARE PLANS CHANGE EVERY YEAR.
REVIEW YOUR OPTIONS. SHINE CAN
HELP. SHINE COUNSELORS
PROVIDE COUNSELING AND ASSISTANCE
TO MEDICARE BENEFICIARIES AND THEIR
FAMILIES FREE OF CHARGE. CALL OUR
SHINE COUNSELORS HERE AT THE KEN-
NEDY CENTER AT 617-376-1246 TO
MAKE AN APPOINTMENT.

**Massachusetts Senior Legal Helpline
1-866-778-0939**

The Helpline provides FREE legal information, advice
and referral services for Massachusetts senior citizens
(60 years or older) in most areas of civil law including:

- Social Security/SSI -Veterans Benefits -MassHealth
- Medicare -Consumer issues -Public Benefits
- Unemployment -Foreclosures -Guardianship
- Powers of Attorney -Bankruptcy -Evictions
- Landlord/Tenant -Utilities -Family Law
- Nursing Home

If you get the voicemail leave your name, telephone
number and the town you reside and they will return
your call within 2 business days.

Allerton House

at Hancock Park
Assisted Living Community

164 Parkingway
Quincy, MA
(617) 471-2600
www.welchrg.com



**CAREPRO
HOME HEALTH
SERVICES**

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.

"WHEN HOME IS WHERE YOUR HEART IS"
Private Duty & Home Health Care

www.CareProHealth.com

781-340-7811



Ultimate Healing Journey

Healthy Steps™ *with Debbie Lyn Toomey, RN, Mind, Body, Spirit Practitioner*

**Friday, October 7, 2011, 9:30-10:30am
At The Kennedy Center,
440 East Squantum Street, Quincy, MA**

Formerly the LeBed™ method, Healthy Steps™ is a therapeutic exercise and movement program originally for women who have had any type of breast cancer intervention, including surgery, node dissection, radiation, chemotherapy, or plastic surgery. Now both men and women can benefit from the wonderful benefits of Healthy Steps™. Learn what other chronic conditions Healthy Steps™ is being used for worldwide. Find out more about what the experts are saying about the many benefits of Healthy Steps™. Nursing CEUs available.

**TO REGISTER FOR THIS WORKSHOP, PLEASE CALL
The Quincy Council on Aging at (617)376-1506 and have your
member ID number ready REFRESHMENTS AVAILABLE.**

Multicultural Home Care Referral Line: (800)983-6242

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

TIRED OF CLIMBING STAIRS?



- New, Rental, Refurb Stairlifts
- Indoor, Outdoor, Custom Curve
- In Stock, FAST Installations
- Wheelchair Ramps & More!

**Free Info Kit by Mail
Free Home Evaluation**



800.819.8696 www.HudsonAccess.com



The
HAWTHORNE

**You Need a Vacation on Cape Cod
The HAWTHORNE**

Rated #1 in Chatham by TripAdvisor.com
BEST VIEW—BEST BEACH—BEST ROOMS
BEST STAFF—BEST PRICES

508-945-0372

196 Shore Road, Chatham, MA 02633

www.thehawthorne.com

**SENIOR HOMECARE
By ANGELS**



781-834-6355

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

Multicultural HOME CARE



Laughter crosses all cultures and is free to everyone. Laughter Yoga (Hasya Yoga) is combining deep diaphragmatic breathing with laughter exercise. Experts say even with fake laughter, our body creates a “feel good” physiological change that produces many health benefits. All that is needed is an open mind and a willingness to have fun and release stress and tension. No prior yoga experience is necessary. Laughter Yoga is based on the premise that “Laughter is the Best Medicine”. Limited space available. Registration will be on a first come, first serve basis.

Nursing CEUs available.

Laughter Yoga

with Debbie Lyn Toomey, RN, Mind,
Body, Spirit Practitioner

**Wednesday, October 5, 2011
from 4-5:30pm**

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

**To register for this workshop please
call the Quincy Council on Aging at
(617)376-1506 and have your mem-
ber ID number ready**

REFRESHMENTS AVAILABLE.

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



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



SUNRISE
ASSISTED LIVING
OF BRAINTREE

• Assisted Living • Memory Impaired
• Respite Care

781-356-0190

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

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

**BOSTON
UNIVERSITY**

**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 October 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**

SPECIAL COMPUTER CLASSES

—OCTOBER 2011



OCTOBER 6, 2011 –10AM-12PM

ADVANCED INTERNET COST: \$5

This class is designed for people with a basic computer skill. You should understand the basic computer concepts, key, word processing and mouse control. The class will go into the following concepts: security, anti virus, online banking, social networking, facebook, twitter and linkedin. If you have a laptop computer, feel free to bring it to class. We will set you up on the internet if you have a wireless connector so you can follow along during class. You may also just come and watch. There are limited computers at the center which you can use on a first come, first serve basis.

OCTOBER 13, 2011 –10AM-12PM

INTERNET PURCHASING: PERFECT FOR CHRISTMAS COST: \$5

This class is designed to show people the best ways to purchase over the internet. It will take you through ordering, paying, tracking, receiving and returning. The class will show first time or experienced internet shoppers how to safely order on the internet. Grace will demonstrate a number of internet sites and she will explain shopping bags/carts etc. Students should have basic computer knowledge. If you have a laptop computer, feel free to bring it to class. We will set you up on the internet if you have a wireless connector so that you can follow along during class. You may want to come and just watch. There are limited computers at the center which you can use on a first come, first serve basis.

OCTOBER 20, 2011 –10AM-12PM

DIGITAL PHOTOGRAPHY COST: \$5

Introduction to Digital Photography explains how to work a camera, what is a memory card, batteries and all simple basics of digital photography. We will learn how to take a picture, print on a printer with a card reader and how to get your pictures developed or printed. We will also talk about capturing size and settings for your digital camera. Bring your digital camera to class.

OCTOBER 27, 2011 –10AM-12PM

DIGITAL PHOTOGRAPHY WITH YOUR COMPUTER COST: \$5

This class will review the digital photography class and teach how to upload pictures to your computer. It will demonstrate what to do with the pictures. Emphasis is on printing, saving, photo book, collage making and minor modifications to your photo (resizing, reshaping, turning to black/white photography). You should have a laptop computer and bring it to class with you. We will check your computer and see if you have any software for photo modification. Normally some photo editing software would have come with your digital camera. If you have a disk and did not load it onto your computer, bring the disk with you. Those without a laptop are welcome to come to class for the instructional part of the class.

Groceries Delivered by Roche Bros. Supermarkets

Log on to www.rochebros.com
or use our new call-in service



- Call (781) 694-5442
- Phone Lines Open
Mon & Wed, 9am-5pm
- Major Credit Cards Accepted
- Additional Fees Apply



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)



Lydon Chapel for Funerals

Complete Cremation Package \$1,599

617-472-7423

644 HANCOCK STREET • QUINCY, MA



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

Eggplant Casserole



INGREDIENTS

- ◆ 1 large eggplant
 - ◆ 1 cup of cracker crumbs
 - ◆ 1 cup of shredded cheddar cheese
 - ◆ 1 (10 ounce) can of tomatoes and green chilies
1. Peel and slice eggplant
 2. Place in a saucepan and cover with water. Cook 10 minutes or until tender. Drain well on paper towels
 3. Mash eggplant. Stir in crackers and 3/4 cup of the cheese and tomatoes; mix well.
 4. Spoon eggplant in a 1 quart buttered baking dish. Sprinkle with remaining cheese. Bake at 350 degrees for about 30 minutes.

FREE MOVIE OF THE WEEK

MARK YOUR CALENDAR!!!



October 4th: Dead Poets Society
Starring: Robin Williams

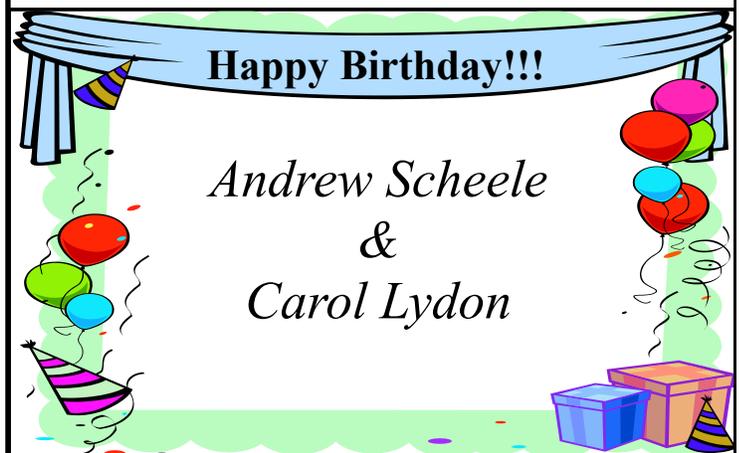
October 11th: Hit the Deck
Starring: Tony Martin and Jane Powell

October 18th: The In-Laws
Starring: Michael Douglas and Albert Brooks

October 25th: Death to Smoochy
Starring: Robin Williams, Edward Norton and Danny DeVito

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

Refreshments are available for purchase Center's Café!



PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

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+

MEDICARE CERTIFIED HOME HEALTHCARE

Innovative Senior Care Home Health delivers the very best care to help you remain independent at home.

- Skilled Nursing • Outpatient Therapy Services
- Physical, Occupational & Speech Therapy



INNOVATIVE
SENIOR CARE
by BROOKDALE
Home Health

RIVER BAY CLUB
99 Brackett Street, Quincy, MA 02169
(617) 773-3073
www.brookdaleliving.com

00836-R0P01-0411

All the seniors in town are reading this newsletter.

Do they know who YOU are?

Call to place an ad today

800-732-8070