

Council On Aging News

November 2011



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

Dear Friends,

The month of November brings two very special things to mind that in some ways are connected. Of course November 11 celebrates Veterans Day. This gives us an opportunity to thank our many veterans who have served our nation in some of its darkest hours. Your generation knows in a personal way the sacrifices that freedom requires. So many of you served during World War II and many others have family members and friends who sadly never returned home from that war. Recalling to mind those who made the ultimate sacrifice, we also have to consider the hardships of the families left behind. Even for those of you who may not have served or lost a loved one you did endure the hardships of those times so you also are to be commended for the role that you played.

Expressing gratitude to you brings to mind another holiday in November and that of course is Thanksgiving. In these challenging economic times it may be easy to be overwhelmed with a feeling of pessimism if we dwell on the nightly news but isn't it true that we all have things to be grateful for such as our family, our friends and faith communities. If we look there is an awful lot of good in the world. Let me take the opportunity to wish each and every one of you a very Happy Thanksgiving.

Sincerely,

Thomas F. Clasby Jr.
Director

Tom





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South Shore Visiting Nurse Association Presents



Friday, November 4th
from 11:00AM to 12:00PM
At The Kennedy Center
440 East Squantum Street

A "Fall Prevention Program" will be presented by the South Shore Visiting Nurse Association at the Council on Aging. Come enjoy light refreshments and learn about practical ways to prevent falls from occurring.

A physical therapist will lead the discussion covering topics such as assistive walking devices, shoes, lighting, and medications, and their role in preventing falls from occurring.

The South Shore Visiting Nurse Association has been providing quality home care to patients in the community for 100 years. Their Rehab Team s led by, Kim Portello, PT Manager, Rehabilitation Services.

If you would like 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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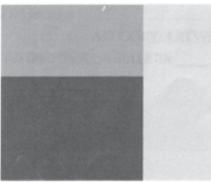
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Faire for All Seasons

Come join the Seaside Gardeners of Squantum for their annual “Faire for all Seasons”, leading off with the best Homemade Apple Pies, and assorted Pastries to be had. Presenting Beautiful Homemade crafts, great stocking stuffers and a second hand Rose table of hidden treasures. A great selection of raffle prizes to take chances on, as well as door prizes. Our lunch and desserts are always a big hit so please come and enjoy the Faire!

Saturday, November 5, 2011
9:30 AM to 2:00PM
at The Kennedy Center
440 East Squantum Street

Coping with Loss Through The Holidays

“Coping with Loss Through the Holidays” is a six-week education, discussion, and support group for those grieving a loss through death.

The facilitated group will offer time to share stories and experience support, care and strength for the journey through the holiday season.

The group will meet on:
Mondays from 1:00pm to 2:00PM.
The dates will be:
November—14, 21, 28
and
December—5, 12, and 19
At The Kennedy Center
440 East Squantum Street

PRE-REGISTRATION IS REQUIRED

To register or for more information, contact:
 Diane Christopherson, D. Min.: 857-294-0052;
 diane.christopherson@beaconhospice.com.

Ms. Christopherson has clinical training and experience as an interfaith chaplain and is the Bereavement Coordinator for the Boston office of Beacon Hospice.

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*The Quincy
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Aging
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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.*

*National Caregivers Month
presentation...*

'How to Deal with Someone Who Has Alzheimer's or Related Dementia'

*This presentation will include a 20 minute DVD
for families dealing with Alzheimer's or any
related dementia. Facilitator, Ellie O'Neil from
South Shore Elder Services will address each
participants and their specific needs or questions.*

*This presentation is funded through the
Title III Older Americans Act.*

*Wednesday, November 30, 2011
At 10:00 AM
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 and have your member ID number ready*

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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 10:30am—11:30am 10:00 am 12:30 pm—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 Chess Yoga for Seniors Whist Group	9:00 am 10:00am -12:00pm 10:00am -11:00am 10:00am -12:00pm 12:30pm -1:30 pm 1:00 pm
Fridays -	Bridge Financial Planning Simple Wills - 3rd Friday	12:00pm -3:00pm 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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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!

Friday, November 18, 2011
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

Jewelry
Making
Classes
& Sale



Jewelry classes will be held at the Quincy Council on Aging. Learn how to make a piece of jewelry and learn to reshape or redesign old jewelry. If you like it you may purchase it for a small fee.

Jewelry Class November 18th

1:00 p.m. - 3:00 p.m.

Jewelry Class & Sale December 9th

1:00 p.m. - 3:00 p.m.

The Kennedy Center

440 East Squantum Street

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

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“Winterizing Your Home & Yourselves”

This presentation will discuss personal safety in winter climates as well as how to prevent slips and falls during the winter months and how to winterize your home from a safety aspect.

Physical therapists from John Adams Health Care Center will give tips to help prevent slips and falls.

Breakfast will be provided from 8:30am –9:30am Friday, December 2, 2011 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.

“GROWING OLD ISN’T FOR SISSIES!”

Growing old doesn't have to slow you down. Come and learn about an ancient medicine that helps to keep you active, healthy and engaged. Hear how acupuncture can help you feel younger, treat issues with pain and help your energy.

Friday, December 2, 2011 At 11:00AM At The Kennedy Center 440 East Squantum Street

Snacks and coffee will be provided.

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

HOLIDAY TIPS FOR CAREGIVERS

Make your holiday a little brighter

Facilitator, Ellie O’Neil from South Shore Elder Services will share some of her holiday tips for caregivers. Ellie will be available to speak one on one with each participant about their specific needs.

December 7, 2011 at 10AM At The Kennedy Center 440 East Squantum Street Quincy, MA 02171

Coffee & cookies will be served.

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

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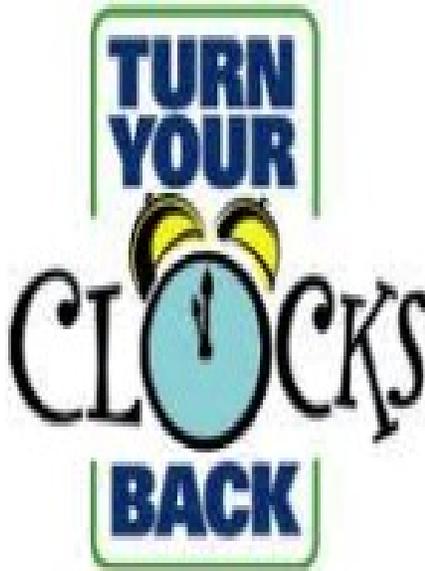


*Friday,
November 11th
Happy
Veterans Day*

*The Kennedy
Center would like
to honor and thank
all of our veterans*

**Saturday,
November 5th**

Don't forget to



The Quincy Council on Aging would like to congratulate our longtime friend, Mark Bossey, CLTC, LUTCF on earning his Certified Financial Planner Certification from the Certified Financial Planner Board of Standards, INC.

Mark Bossey who is a financial planner with Centinel Financial Group, LLC, has volunteered with the Quincy on Aging for many years. Mark successfully completed extensive study and a comprehensive exam to earn the CFP Certification, which is one of the most recognized and respected credentials in the financial services industry.

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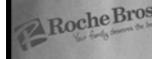
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Recipe of the Month

“Cheesy Baked Eggplant”

INGREDIENTS:

- ◆ 1 eggplant
- ◆ 1/2 cup of mayonnaise
- ◆ 2/3 cup of seasoned breadcrumbs
- ◆ 1/4 cup of grated parmesan cheese

1. Peel the eggplant and slice it 1/2 inches thick.
2. Spread both sides with mayonnaise and dip it in the mixture of crumbs and cheese. Make sure to coat both sides well.
3. Place in a single layer in a shallow baking dish.
4. Bake at 400 degrees for 20 minutes.

FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



November 1st: Sleepless in Seattle
Starring: Tom Hanks and Meg Ryan

November 8th: To Kill A Mockingbird
Starring: Gregory Peck

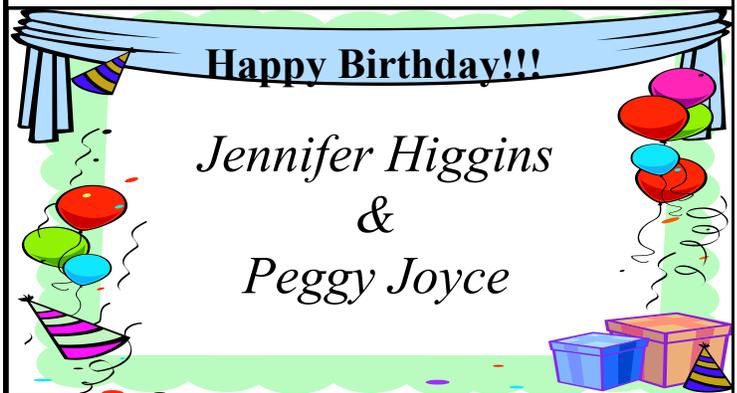
November 15th: Philadelphia
Starring: Tom Hanks and Denzel Washington

November 22nd: The Emperor’s Club
Starring: Kevin Kline

November 29th: Beat the Devil
Starring: Humphrey Bogart and Gina Lollobrigida

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