

Council On Aging News



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

It's hard to believe that summer is already upon us. For many of us, this means family barbeques, trips to the pool and beach, and vacations. Generally, this is an enjoyable time of the year, however, it is important to remember that the extreme heat of summer can bring a number of difficulties. These include heat stress as well as heat exhaustion. There are signs that the body gives as a warning that we should be aware of. Heat stress signs include: an extremely high body temperature (above 103), red, hot, and dry skin with no sweating, rapid/strong pulse, a throbbing headache, dizziness, and nausea. Symptoms for heat exhaustion, however, are a little different. These include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headaches, comma, nausea or vomiting, fainting, cool or moist skin, rapid or weak pulse rate, and breathing can be fast and shallow. There are a number of things one can do beforehand to avoid heat stress or exhaustion. These include: having an air conditioner or a fan, utilizing a cooling center such as The Kennedy Center, taking a cool bath or shower, one should always keep in regular contact with a friend or relative during the summer dog days. It's great to keep this information handy but hopefully this summer will not be too extreme so that we can enjoy all the wonderful things that this season has to offer.

Sincerely,

Thomas F. Clasby Jr.
Director

Keeping Cool During The Summer



Friday, July 13, 2012

At 2:00pm

*At the Kennedy Center
440 East Squantum St*

*Representatives from the John
Adams Rehabilitation Center
will be at the Kennedy Center
to discuss how to keep cool
during the summer months.
Ice Cream will be served.*

*Space is limited for this event and
registration is required. To register
please call the Quincy Council on
Aging at 617-376-1506.*



Monday, July 16, 2012 at 1:00pm
At the Kennedy Center
440 East Squantum Street

*Representatives from Norfolk County
Sheriff Michael G. Bellotti's office will be
at the Kennedy Center to talk about his
Rapid Alert Notification Systems (RANS).*

*The RANS program allows people to
receive direct phone messages, emails
or text messages if there is a public
safety emergency alert in their area.*

*Examples would include flood
warnings, lost children or hazardous
materials emergencies.*

*Sheriff Bellotti's representatives will also
be available to assist those interested
in signing up for notification by cell
phone, email or text messaging.*

*Registration is required for this event.
Refreshments will be served. To
register please call the Quincy
Council on Aging at 617-376-1506.*



Wednesday, July 18th at 10:00am

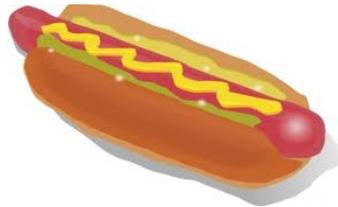
At the Kennedy Center

440 East Squantum Street

Facilitator: Pam Talbot, NVNA

Studies have proven that combining physical exercise, heart healthy nutrition, social activity and mental stimulation improves the untapped potential of our brain power. This one hour session will focus on brain exercises and tools to improve and optimize cognitive functioning.

Registration is required for this event. Space is limited. To register please call the Quincy Council on Aging at 617-376-1506.



Come and enjoy one of Summer's favorite foods. **HOT DOGS!**

The Abigail Adams Café at the Kennedy Center is now serving steamed hot dogs for \$2 every Monday and Wednesday!



**with Attorney
Tom Williams**

Attorney Tom Williams, from the Law Offices of Thomas F. Williams & Associates, P.C., will be at the Kennedy Center for a Q&A session on Elder Affairs.

Wednesday, August 15, 2012

10:00am –12:00pm

At The Kennedy Center

440 East Squantum Street

If you would like to register for this event please call the Quincy Council on Aging at

“Curiosity is one of the permanent and certain characteristics of a vigorous mind”

—Samuel Johnson



THE OLD KIDS ON THE BLOCK



The "Old Kids" is a dance band in the style of the big bands of the 30s and 40s. The big band recreates the glamour and romance of an era that lasted ten years. Retired and semi-retired musicians are part of a resurgence of interests in live, glamorous and romantic music. The band was formed in 1991 and consists of six saxes, four trombones, four trumpets, four on rhythm and a vocalist.

The "Old Kids" have been called a living museum. Their library of music of another era will have you dancing, humming, or tapping your feet!

FRIDAY, AUGUST 10, 2012

1:00 pm - 3:30 pm

at The Kennedy Center

440 East Squantum Street

\$6 suggested donation

To get your ticket for the dance please call the QCOA at 617-376-1506



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AGE-PROOF YOUR BRAIN

10 easy ways to keep your mind fit forever

- 1) Get Moving:** Experts recommend 150 minutes a week of moderate activity, but even as little as 15 minutes three times a week can help. Higher exercise levels can reduce dementia by 30-40 percent.
- 2) Pump some iron:** Resistance may increase growth factors in the brain such as IGF2 which nourish and protect brain cells.
- 3) Seek out new skills:** Learning spurs the growth of new brain cells. It's not enough to do the things you routinely do, like the crossword. You need to learn new things, like Sudoku or a new form of bridge.
- 4) Reduce stress:** Chronic stress floods your brain with cortisol which leads to impaired memory. A form of meditation called mindfulness-based stress reduction has been shown to reduce harmful stress hormones.
- 5) Change your diet:** A heart-friendly Mediterranean diet—fish, vegetables, fruit, nuts and beans—helps to reduce Alzheimer's risk.
- 6) Spice it up:** Spices such as black pepper, cinnamon, oregano, basil, parsley, ginger and vanilla are high in antioxidants, which may help build brainpower.
- 7) Find your purpose:** Folks who approach life with clear intentions and goals may be less likely to develop Alzheimer's disease.
- 8) Get a social life:** Having multiple social networks helps lower dementia risk by providing emotional and mental stimulation.
- 9) Reduce your risks:** Chronic health conditions like diabetes, obesity and hypertension are often associated with dementia.
- 10) Check vitamin deficiencies:** Older adults don't always get all the nutrients they need because of declines in digestive acids or because medications interfere with absorption. A vitamin deficit, particularly vitamin B12, can affect brain vitality.



Independence Day honors the birthday of the United States of America and the adoption of the Declaration of Independence on July 4, 1776. On this day, the Declaration of Independence was approved by the Continental Congress, setting the 13 colonies on the road to freedom as a sovereign nation. It's a day of picnics and patriotic parades, a night of concerts and fireworks, and a reason to fly the American flag.

4th of July History & Trivia -Did You Know...

Betsy Ross, according to legend, sewed the first American flag in May or June 1776, as commissioned by the Congressional Committee.

The Liberty Bell sounded from the tower of Independence Hall on July 8, 1776, summoning citizens for the first public reading of the Declaration of Independence by Colonel John Nixon.

June 14, 1777, the Continental Congress, looking to promote national pride and unity, adopted the national flag. "Resolved: that the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new constellation."

The word 'patriotism' comes from the Latin patria, which means 'homeland' or 'fatherland.'

On June 24, 1826, Thomas Jefferson sent a letter to Roger C. Weightman, declining an invitation to come to Washington, D.C., to help celebrate the 50th anniversary of the Declaration of Independence. It was the last letter that Jefferson, who was gravely ill, ever wrote.

Both Thomas Jefferson and John Adams died on Independence Day, July 4, 1826.

The 56 signers of the Declaration of Independence did not sign at the same time, nor did they sign on July 4, 1776. The official event occurred on August 2, 1776, when 50 men signed it.

The names of the signers of the Declaration of Independence were withheld from the public for more than six months to protect the signers. If independence had not been achieved, the treasonable act of the signers would have, by law, resulted in their deaths.

The origin of Uncle Sam probably began in 1812, when Samuel Wilson was a meat packer who provided meat to the US Army. The meat shipments were stamped with the initials, U.S. Someone joked that the initials stood for "Uncle Sam". This joke eventually led to the idea of Uncle Sam symbolizing the United States government.

In 1941, Congress declared 4th of July a federal legal holiday. It is one of the few federal holidays that have not been moved to the nearest Friday or Monday.



In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. He recognized ice cream as a fun and nutritious food that is enjoyed by a full 90% of the nation's population!

Kelley Auctions



Have you ever seen the Antique Road Show? Well, two Appraisers from Kelley Auctions (antiques & Collectables), Marge-Kelley and Michael Kelley will be at the Kennedy Center to look at up to 3 items per person. The cost is: \$2.00 for 1 item, \$4.00 for 2 items and \$5.00 for any 3 items. The money will be donated to benefit the QCOA.

***Friday, August 3, 2012, 10:30am –2:30pm
At The Kennedy Center, 440 East Squantum Street
Event is open to the public***

*Bring in anything you think may be valuable, interesting or unusual and have it appraised by professionals. Who knows, that old cigar box, unusual book or odd-looking statue may be worth \$\$\$\$!
Refreshments will be served.*

P.S. they only appraise antique guns



ELISHA DANIELS

Elisha Daniels brings passion, flair and fun to every endeavor, whether she is designing fashion, producing fashion shows & trunk shows, buying & selling accessories, writing a book or committing her resources to finding a cure for breast cancer.

Selected as one of Boston Globe's Fashion Boston "Most Fashionable People in Boston"

Selected as a "Trend Setter" by New England Cable News' Style Boston television program.

One of the Boston Globe's 2012 "25 Most Stylish Bostonian"

Recipient of the 2012 Humanitarian Award from The Breast Cancer Research Foundation

Selected as one of the Mass One Hundred by Massachusetts General Hospital Cancer Center.

Elisha will be coming to The Kennedy Center, 440 East Squantum Street, on Wednesday, August 15, 2012 at 2:00 pm for a presentation on fall fashion

If you would like to attend this event, please call the Quincy Council on Aging at 617-376-1506.



Do you eagerly wait for the Quincy Council on Aging newsletter each month?

If so, did you know that you can access it and print it from your computer at home?

Just follow these easy steps:

Enter the city website: www.quincyma.gov

On the left you will see a drop down menu under DEPARTMENTS. Select it and then select Elder Services

Once on the Elder Services Home Page look to the right of the page. You will see Related Documents. Select newsletter

****Luncheons and special events can be found on the Elder Services Calendar which is on the left side of the page as well as under News & Events on the left side.**

DID YOU KNOW...

What to do if your new Part D Plan does not cover all your medications?

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. Your pharmacy may give you temporary coverage (one time, 30-day supply) for a drug that is not on your new plan's formulary OR has restrictions (prior authorization or step therapy). It is important to understand that a transition refill is only a temporary solution. Call your doctor right away to talk about switching to a drug your plan does cover or filing a request with your Part D plan for a "formulary exception" (which may or may not be approved). If you are in the same plan as last year, you may still be able to get a transition refill if your plan removed a drug you had been taking in 2011 from its 2012 formulary for reasons other than safety.

CLEVER WORDING

Avoidable: What a bullfighter tries to do

Bernadette: The act of torching a mortgage

Burglarize: What a crook sees with

Counterfeiters: Workers who put together kitchen cabinets

Eclipse: What an English barber does for a living

Eyedropper: A clumsy ophthalmologist

Heroes: What a guy in a boat does

Leftbank: What a robber did when his bag was full of money

Paradox: Two physicians

Parasites: What you see from the top of the Eiffel Tower

Pharmacist: A helper on a farm

Polarize: What penguins see with

Primate: Removing your spouse from in front of the TV

Relief: What trees do in the spring

Rubberneck: What you do to relax your wife

Selfish: What the owner of a seafood store does

Sudafed: Brought litigation against a government official



Recipe of the Month



Veggie Dip

- 1 (16 ounce) sour cream
- 1 (10 ounce) package of chopped frozen spinach, thawed, well drained
- 1 package of dry vegetable soup mix
- 1 bunch of fresh green onions chopped with tops

1. Combine all ingredients (make sure spinach is well drained)
2. Chill for several hours before serving (adding 3/4 cups of chopped pecans would be good in this dip).

Free Movie of the Week



July 3rd: Independence Day
Starring: Will Smith and Bill Pullman

July 10th: The Blindside
Starring: Quinton Aaron and Sandra Bullock

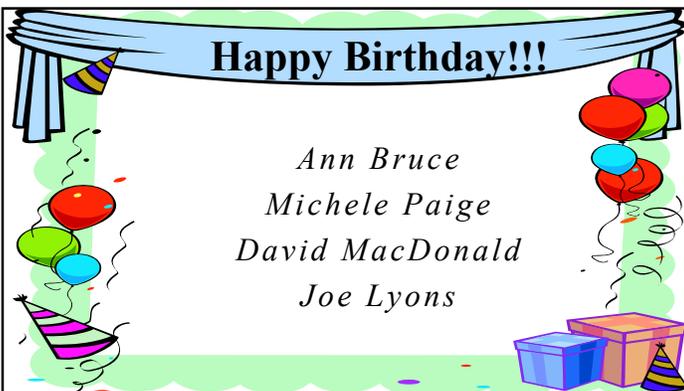
July 17th: The Guard
Starring: Brendan Gleeson and Don Cheadle

July 24th: 1776
Starring: William Daniels and Howard J. Da Silva

July 31st: The Verdict
Starring: Paul Newman and Charlotte Rampling

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

Refreshments such as popcorn, soda, and water are available for purchase in the Center's Caf e!





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