

Council On Aging News

August 2012



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

The summer seems to be moving along rapidly. It's hard to believe that next month we will be hosting our 17th Annual John D. Noonan Senior Conference. I am very pleased to announce that this year's keynote speaker will be former WCVB Channel 5 mid-day anchor Jim Boyd. Having someone of Mr. Boyd's caliber is keeping with a long tradition of outstanding keynote speakers. In our short correspondence, I can tell that he is going to be a definite crowd pleaser. In addition to Mr. Boyd, we will have a number of interesting workshops to satisfy a wide range of interests. Those of you who have attended the conference in the past know that after the workshops there will be a delicious catered lunch followed by an award ceremony for two outstanding volunteers. The senior conference is always an extremely enjoyable event and I encourage any of you who have not participated in the past to join us. The cost of the conference is \$10 and it will be held here at The Kennedy Center on Saturday, September 29, 2012. Registration forms should be coming out in the next few weeks. I hope to see you all there.

Sincerely,

Thomas F. Clasby Jr.
Director



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 617-376-1506 with your member ID number.



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.

**Wednesday, August 22, 2012
10:00 am—12:00 p.m
At the Kennedy Center
440 East Squantum Street
Refreshments will be served**

If you would like to register for this event please call the Quincy Council on Aging at 617-376-1506 with your member ID number

Advanced computer classes for the month of July 2012. All instruction by Grace Buscher.

Word

Thursday—August 2nd - 10am-12pm - Media Room- Kennedy Center: Cost \$5.00

Explore the basics of the word processing system.

Advanced Email

Thursday - August 16th- 10am-12pm - Media Room- Kennedy Center: Cost \$5.00

Advanced class that explains in more detail email.

Digital Photography

Thursday - August 30th - 10am-12pm - Media Room- Kennedy Center: Cost \$5.00

Introduction to Digital Photography explains how to work a camera, what is a memory card, batteries and all simple basics of digital photography.

If you have a laptop computer, feel free to bring it to class. Registration is required.
For more information or to sign up please call the Quincy Council on Aging at 617-376-1506.



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.

Living Healthy with Diabetes

Marina Bay Skilled Nursing will be at the Kennedy Center to give a lecture on living with diabetes and managing all aspects of the disease. Learn about healthy new recipes and exercises, signs, and symptoms to look for and when to call your doctor.

**Thursday, August 16th
12:00pm**

**At the Kennedy Center
440 East Squantum Street
Lunch will be provided**

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



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. The band 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 you must come to the Kennedy Center to register. No reservations will be made by phone.



Drawing Class

This class is designed to develop drawing skills, learn about different drawing mediums, depth, shading and more. Bring an object (apple, teapot, etc.) with you to the first class. Materials supplied. Instructor is Deni Sindel who has her BFA from Hartford Art School, University of Hartford. She is also a fiber artist as well as a painter in oils, pastels and watercolor. Her works are in private collections.

6 week session beginning September 11th
 Tuesdays from 1:00pm –3:00pm
 At The Kennedy Center
 440 East Squantum Street
 Cost: \$80.00

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



EVERYTHING SOCIAL SECURITY

Kristen Alberino from Social Security will be coming to the Kennedy Center to answer questions about Social Security and explain any new changes.

**Wednesday September 19th
 at 10:00 am**

**At The Kennedy Center
 440 East Squantum Street**

**To register for this event
 please call the Quincy
 Council on Aging at 617-376-1506**

Quincy Arts Fest

**Richard J. Koch Park & Recreation Complex
 One Merrymount Parkway
 Free Admission**

**Saturday, Sept 15th from 10am –5pm
 Sunday, Sept 16th from 10am –4pm**

**Art Exhibit & Photography Exhibit
 Entertainment & Refreshments
 Great Family Event!!!!!!!**



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Skin Care & Makeup Application for the Mature Woman

Dolly Hardy, of Mary Kay Cosmetics will be at the Kennedy Center to discuss skin care and makeup products for the mature woman. She will give a demonstration on makeup application.

**Thursday, September 20th at 10am
At The Kennedy Center
440 East Squantum Street**

Space is limited.
Registration is required.

To register,
please call the
QCOA at
617-376-1506
with your
member ID
number.



COLLETTE VACATIONS

Pam Strand from Collette Vacations will be coming to the Kennedy Center to discuss some of the trips they offer. In particular, the Southern Charm Tour where you experience the history, charm and singular hospitality of the Low Country in Georgia and South Carolina.

Tuesday, September 11, 2012

At 6:30 pm

**At The Kennedy Center
440 East Squantum Street**

For more information or to register for this event please call the Quincy Council on Aging at 617-376-1506.

State House Tour

Thursday, September 20th

Kennedy Center van will leave the center at 9:15am

The magnificent setting of our state government for over two centuries has become an outstanding museum reflecting the history of Massachusetts since colonial times. Its spacious marble-floored corridors are lined with the portraits of Massachusetts governors and murals depicting our state's unique heritage. Adamses, Hancocks, Reverses, and Winthrops live on in statues and paintings recreating the glory of their times.

This tour of the Massachusetts State House is sure to be enjoyable, informative, and memorable.



**Space is limited
Registration is required**

For more information or to sign up for this trip please call the Quincy Council on Aging and have your member ID number ready.



The City of Quincy John D. Noonan 17th Annual Senior Conference

Saturday, September 29, 2012 8:00 a.m.—2:00 p.m.
At The Kennedy Center, 440 East Squantum Street

Registration forms are not yet available.

If you would like to be notified when registration forms become available please call the Quincy Council on Aging at 617-376-1506 or stop by The Kennedy Center.

**FENNO HOUSE
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9:00 AM TO 3:00 PM**

**GIANT YARD SALE & RAFFLE
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Bake Sale And Much, Much, MORE!!**

Donations of usable household items in good condition are now being accepted. Do you have anything you no longer use? These items may be dropped off in any 1st floor office in the Fenno House. Items for sale will include hand-crocheted afghans, a micro-wave oven, toaster oven, a spa treatment kit and “bread-for-a-year” from Panera Bread and more!

**Fenno House is not-for-profit Assisted Living
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www.fennohouse.org**

The Kennedy Center Library



*We ask that those who
have borrowed books
from the Kennedy Center
library to return them
once you have finished.*

Massachusetts Do Not Call List

Massachusetts “Do Not Call” Registry

To register for the Massachusetts
Do Not Call list, you may call
1-866-231-2255.



Benefits and
Services for
Honorably
Discharged

Representatives from the Massachusetts Department of Veterans' Services will be at the Kennedy Center to provide information regarding the benefits and services for honorably discharged veterans and their families who reside in the Commonwealth of Massachusetts. Some of the topics that will be covered are: Chapter 115, Federal, State, and Local benefits, and Housing and Homeless Services.

Friday, September 21, 2012
from 11:00am –12:30pm
At The Kennedy Center
440 East Squantum Street

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 QCOA
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.**



Help us raise money for Quincy Council on Aging! Proceeds to benefit the Kennedy Center.

Thursday, September 6th
8:30am –3:30pm



Recipe of the Month

Fresh Fruit Cobbler

Mix Together:

2 1/2 cups of flour 2 tsp of baking powder
 1/2 tsp salt 2 tablespoons of sugar

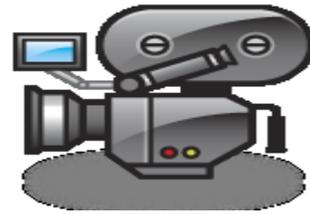
Blend 1 cup of vegetable shortening until coarse. Add 1 egg, slightly beaten and mix with 4 tablespoons of milk. Dump into ungreased 9x13 pan and pat gently into place. Cover with sliced apples or peaches, raspberries or blueberries

Toppings:

3/4 cup sugar 3 tablespoons flour
 3 tablespoons butter 3/4 tsp. cinnamon

Blend topping ingredients; sprinkle on top of fruit. Bake in a preheated oven at 400 degrees F until fruit is done (about 25 minutes)

Free Movie of the Week



August 7th: Isn't She Great

Starring: Bette Midler and Nathan Lane

August 14th: The Bucket List

Starring: Jack Nicholson and Morgan Freeman

August 21st: Charlie Wilson's War

Starring: Tom Hanks and Julia Roberts

August 28th: Town & Country

Starring: Warren Beaty, Diane Keaton, & Goldie Hawn

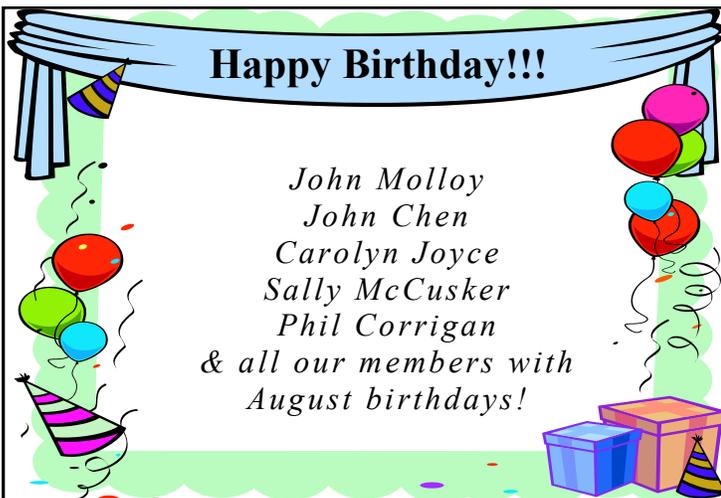
Every Tuesday at 12:00 pm
The Kennedy Center
440 East Squantum Street

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



Happy Birthday!!!

*John Molloy
 John Chen
 Carolyn Joyce
 Sally McCusker
 Phil Corrigan
 & all our members with
 August birthdays!*





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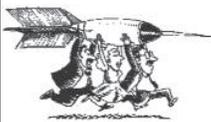
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