

# *Council On Aging News*

*September 2012*



617-376-1245

617-376-1506

440 East Squantum Street



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

***“Growing Older, Getting Better”***

***Saturday, September 29, 2012***

***Registrations forms are now available!***

***Stop by the Kennedy Center to fill out your registration form  
to attend this years conference. Registration is required.***

**440 East Squantum Street Quincy, MA 02171**

**617-376-1506**



## 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: \$93.00

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 19<sup>th</sup>  
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**



## 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.

# Advanced Computer Classes

## September 2012

*At The Kennedy Center, 440 East Squantum Street.  
All instruction by Grace Buscher*



### ***Word Processing***      **Thursday, September 6th 10am-12pm Cost \$5.00**

Explore the basics of the word processing system. We use Microsoft's Word program to describe the program, how it works. Produce a letter, card, envelope, label. How do you save your documents, set up files and folders and retrieve any document you have created.

### ***More Word Processing***      **Thursday September 20th 10am-12pm Cost \$5.00**

This advanced class will show you how to create a brochure, newsletter and how to add graphics to your document. To get more from the class you should attend the basic word processing advanced class.

### ***Digital Photography with your computer***      **Thursday September 27th 10am-12pm Cost \$5.00**

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).

*If you have a laptop computer, bring it to class. There are limited Kennedy Center computers. Registration is required. To sign up please call the Quincy Council on Aging at 617-376-1506.*



*Next Step Living (NSL) is a Massachusetts-based residential energy efficiency company that provides Mass Save energy assessments and rebates to NSTAR, National Grid, and Columbia Gas electric and gas customers.*

To promote Quincy's program and provide the best possible customer experience to Quincy's residents, the City of Quincy and Next Step Living are joining in a partnership to encourage households in Quincy to have home energy assessments in order to access Mass Save incentives.

A primary strategy to achieve this goal is to encourage residents to upgrade the energy efficiency in their homes through weatherization and heating system replacements, and renewable energy installations. In order to identify and prioritize these projects, as well as make the necessary work more affordable, the program will connect residents with free energy assessments and rebates through the Mass Save residential energy efficiency program.

***John Sullivan, Manager of Energy, Waste and Recycling at the City of Quincy  
Department of Public Works will be at the Kennedy Center to talk about Next Step Living***

***Wednesday, September 26, 2012 at 10:00am***

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

If you are interested in registering for this event or if you have any questions please call the Quincy Council on Aging at 617-376-1506 with your member ID number



**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.

## **Free Eye Screening**

Dr. Randy Gunia from the Nielsen Eye Center will be at the Kennedy Center to check for cataracts and glaucoma.

**Friday, Sept. 28th 10am-12pm**  
**At The Kennedy Center**  
**440 East Squantum Street**

To register for the screening please call the Quincy Council on Aging at 617-376-1506.



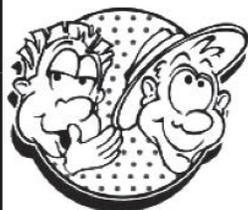
## **CPR FOR** **SENIORS**

**CPR certification for seniors conducted by**  
**The Quincy Health Department**

Includes Adult, Child, Infant CPR and AED. Join us to learn these lifesavings skills. Certification cards will be provided to those who complete the class.

**Thursday, Oct 4th from 9am –1pm**  
**At The Kennedy Center**  
**440 East Squantum Street**  
**Quincy, MA 02171**

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



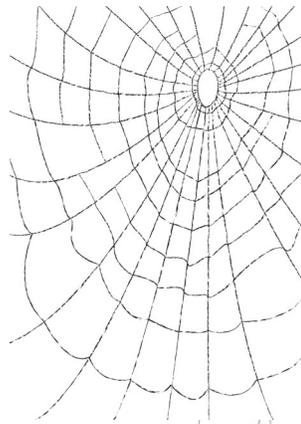
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 are reading this newsletter.*

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# Halloween Sing-A-Long & Luncheon



Tuesday, October 19, 2012

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.

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



No Tricks.....Just Treats

# 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, OCTOBER 5, 2012**

**1:00pm –3:30pm**

**at The Kennedy Center  
440 East Squantum Street  
\$6 suggested donation**

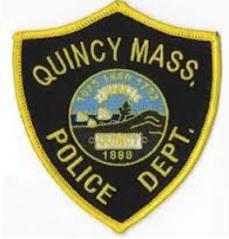
To get your ticket for the dance you must come to the Kennedy Center to register. No reservations will be made by phone. For more information please call 617-376-1506



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

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

# Senior Safety



Lieutenant Dan Minton from the Quincy Police Department will be at the Kennedy Center to give a presentation on senior safety. Lt. Minton will address topics such as safety in your home and will also give information on senior scams and fraud.

*Friday, Oct 12, 2012th*

*at 10:00am*

*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

## PRESIDENTIAL ELECTION IS NOVEMBER 6TH



LAST DAY TO REGISTER TO VOTE IS WEDNESDAY OCTOBER 17TH

Voter registration forms are available in the Quincy Council on Aging office

## Stress Management

Dr. David Smith from Milton Chiropractic & Rehabilitation, Inc., will present a stress management seminar.

**Tuesday, October 23, 2012**

**At 12:00pm**

**At The Kennedy Center**

**440 East Squantum Street**

### ASK THE CHIROPRACTOR

Identify and understand what stress is



Identify daily activities to reduce stress

Discover how stress is affecting you

Recommendations to reduce stress

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

*The QCOA would like to thank everyone who brought their "treasures" to the Appraisal event and made it so successful!*

# The Quincy Council on Aging presents...

## The Statue of Liberty, Ellis Island & the 9/11 Memorial

### Your Tour Itinerary:

**6:00am:** Depart on your luxury CD/DVD/WiFi Silver Fox Motor Coach. A coffee/ breakfast stop will be made as you travel to New York this morning.

*Upon arriving at Battery Park in New York, you will board a ferry which will take you to both the Statue of Liberty and Ellis Island. You'll have time to view all the exhibits which focus on the great immigration to America and the effects both had on their families and their newly adopted homeland. There are cafeterias on both Ellis and Liberty Island for luncheon (on your own). One can only imagine the experiences of our forefathers as your tour these sites.*

*After returning to Battery Park, our group will walk to the 9-11 Memorial for our scheduled visit . This very powerful Memorial memorializes all those who died in the 9-11 terrorist attacks by listing their names on fountains placed where the original Towers stood.*

**11:00pm:** Expected arrival home after a memorable day in the Big Apple!

**\$69.00 PER PERSON**

### YOUR TRIP WILL INCLUDE:

Ellis Island and Statue of Liberty Tour

Admission to the 9/11 Memorial

Luxury Silver Fox CD/DVD/WiFi Motor Coach

**Saturday,**

**OCTOBER 27, 2012**

For reservations please stop by the Quincy Council on Aging at The Kennedy Center, 440 East Squantum Street  
For information please contact us at 617-376-1506

Tickets are limited and will be on a first come, first served basis.

**FULL PAYMENT IS DUE WITH RESERVATION**





**H E A L T H Y  
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Come see several Chefs cook a wonderful Brain Healthy Meal  
You be the judge as to which Chef has the tastiest meal  
*All proceeds go to the Alzheimer Association*

**Thursday, October 11, 2012**  
**From 4:30pm -6:30pm**  
**At The Kennedy Center**  
**440 East Squantum Street**  
**\$10 suggested donation**

To get your ticket for the competition, stop by the Kennedy Center If you have any questions, please call us at 617-376-1506



**Looking for a great book?**

**Come join the new book club at The Kennedy Center!**

**Thursday, October 4, 2012**  
**1:00 at The Kennedy Center**  
**440 East Squantum Street**

**If you're interested in joining our book club please call us at 617-376-1506 to sign up!**

**Upcoming Presentations on Alzheimer's**

<p><b>September 5, 2012</b> <i>Forms of Dementia &amp; Characteristic Behavior</i> <i>Symptoms of Dementia</i></p> <p>The Alzheimer Foundation will be at The Kennedy Center to discuss different forms of dementia and characteristic behavioral symptoms of dementia. A virtual dementia tour will be given by the North Shore Hospice.</p>	<p><b>September 12, 2012</b> <i>The Senior Gems</i></p> <p>Senior Helpers will be at The Kennedy Center to discuss the Senior Gems which focuses on what is precious and unique about all of Senior Helper's clients. They will also discuss how to understand which stage of dementia the person is experiencing so that the best plan and caregiver solution can be given to them .</p>	<p><b>September 19, 2012</b> <i>David Troxel, MPH</i></p> <p>David Troxel, MPH, has become well-known for his writing and teaching in the fields of Alzheimer's disease and long-term care. He has co-authored four books on Alzheimer's care as well as numerous articles relating to Alzheimer's disease care and staff development and training.</p>	<p><b>September 26, 2012</b> <i>Dr. Anil Nair</i></p> <p>Dr. Anil Nair is the Director of the Alzheimer's Care Center and the Chief of Neurology at Quincy Medical Center. His interest area is in early and preclinical detection, prevention and treatment of Alzheimer's disease and other neurocognitive disorders or dementias. He will discuss recent research going on about Alzheimer's.</p>
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***At The Kennedy Center, 440 East Squantum Street***  
***All presentations will be from 4:30pm –6:30pm***  
***If you would like to attend a presentation please call the Quincy Council on Aging at 617-376-1506.***



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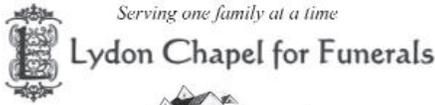
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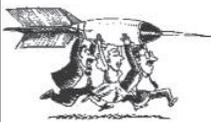
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