

Council On Aging News

November 2012



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

For those of you who had the opportunity to attend the senior conference last month, you know what a wonderful day it was. Our keynote speaker, Jim Boyd, former anchor of WCVB TV, did a terrific job. As he was speaking, I got the feeling that he was enjoying being a part of the conference. That feeling was confirmed when he stuck around for nearly an hour and a half after his talk to meet so many of you and the staff. I received a nice note from Jim, in which he expressed how much he enjoyed the experience. I am really grateful to all of the staff and volunteers who worked so hard to make the day so successful. I was pleased that Sandra Lindsey, the new CEO of the South Shore Elder services, could be with us. Also, it was great that Mayor Koch was on hand to outline his plans for the future of the Kennedy Center and many of the great things that are happening in our city.

November brings us to the beginning of the holiday season, which is a time of great fun and enjoyment for many of us. Unfortunately, for some it can be a time of great stress and difficulty. Web M.D. suggests the following do's and don'ts:

1. **Do think about what's important.** Happiness and fulfillment lie in the balance between self-care and care for others.
2. **Do socialize.** If you're feeling lonely, find a church or community center where you can be with other people.
3. **Do exercise every day.** That's especially important when you're eating more. It's hard to be sad if you're physically fit.
4. **Don't watch TV.** Most programs are not designed to make you a better person, or feel better. If you have a DVD of some old comedy shows you may want to pop them in and laugh a little
5. **Don't spend so much.** You don't have to go crazy with gift giving. Let people enjoy you for who you are not what you can give them.
- 6.

Of course if you're feeling down don't hesitate to see your health care professional. I hope these tips are helpful. Please remember you're always welcome here at the Kennedy Center where we have lots of friendly faces and warm smiles.

Sincerely,

Thomas F. Clasby Jr.
Director

The Quincy Health
Department and the Council
on Aging present...

First Aid for Seniors!



Please join us to learn about first aid for seniors.

Wednesday, Nov. 7, 2012
From 9:00am to 12:00pm

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

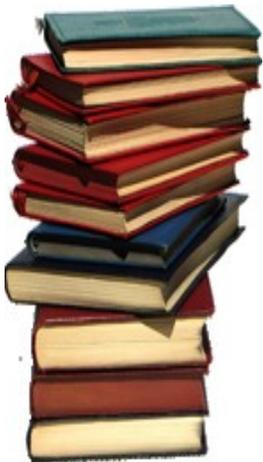


Drawing Class

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 November 13th
Tuesdays from 1:00pm –3:00pm
At The Kennedy Center
440 East Squantum Street
Cost: \$95.00

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



The Kennedy Center Library

*We ask that those who have borrowed books from the
Kennedy Center library return them once you have
finished. Please make sure to return the books to the
Kennedy Center, 440 East Squantum Street. We are not
affiliated with the Thomas Crane Library. Thank you!*



**Presented by: Ruth Jones
BSN, RN, BC, CP-FS**

**Learn the tools to get through
the holiday season happily!**

**Thursday, Nov. 15, 2012
From 10:00am –12:00pm
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.**

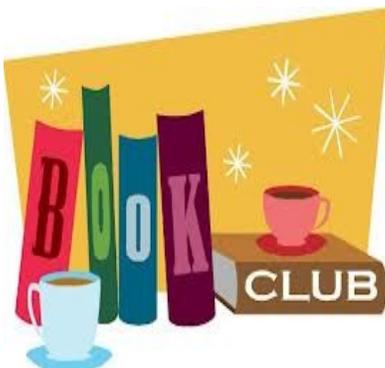


**with Attorney
Tom Williams**

**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.**

**Tuesday, Nov. 27, 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.**



The Kennedy Center Book Club got off to a great start thanks to Kathy Losi! About 35 people attended what was a meet and greet session. Three books were selected for reading. Will Adamzik from the Thomas Crane Library dropped in to share what the library has to offer.

***The Kennedy Center Book Club meets the
1st Thursday of every month at 1:00PM***



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.

Thursday, Nov. 29, 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

EXERCISE CLASS

**Tues & Thurs Mornings 9am to 10am
at the Kennedy Center,
440 East Squantum St.
There is a \$3 fee per class.**

Each class includes exercise to improve strength, flexibility, balance, endurance and overall fitness. Adaptations to exercise allows each participant to work at their own pace. Instructor Karen Gaughan has twelve years experience in the exercise field. She teaches exercise for the Quincy Recreation Department and also at the Fuller House in Milton.

**For more information please
call the Quincy Council on Aging
at 617-376-506.**



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THE OLD KIDS ON THE BLOCK

HOLIDAY MUSIC SPECIAL



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, DECEMBER 7, 2012 FROM 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

Have
 You
 HEARD?



Free Hearing Screenings

John Klefeger, BC-HIS, of Family Hearing Care Center provides free hearing screenings on the 3rd Monday of each month at The Kennedy Center.

If you would like to make an appointment, please call the Quincy Council on Aging at 617-376-1506

Beechwood Elementary School



*Thursday, December 20, 2012 from 10:30am –12:00pm
At The Kennedy Center, 440 East Squantum Street*

Back by popular demand, the students of Beechwood Knoll Elementary School will perform their holiday favorites. The Strings orchestra, Capella singers, and Dance troupe will perform.

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

Advanced Computer Classes

November 2012

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



Internet Purchasing *Thursday, November 1st 10am –12pm Cost \$5.00*

This class is designed to show people the best ways to purchase over the inter. Perfect for Christmas 2012!

Smart Phones, Tablets, Kindle & Kindle Fire –New Course

Thursday, November 8th 10am –12pm Cost \$5.00

What is the tablet or iPod? How does it work? How much can I do with it? Also, we will learn about smart-phones –what they can do and how you use it.

Cards, Letters, and Holiday Greetings *Thursday, November 29th 10am –12pm Cost \$5.00*

How to design simple cards, write holiday letters and general greetings using Microsoft Office.

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.



Help us raise money for the QCOA!
Proceeds to benefit the Kennedy Center.

**Tuesday, November 6th
8:30am -3:30pm**

Drop in and pick up some "goodies"
and support the Quincy Council on Aging.

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period is October 15 –December 7th

Medicare plans change every year. This is the only time of year you can change your health care prescription coverage for 2013. SHINE can help. SHINE counselors (Serving Health Information Needs of Elders) provide free Medicare counseling. The Quincy Council on Aging has 2 SHINE representatives available by appointment only. To schedule an appointment, please call 617-376-1247.





Recipe of the Month

Spinach-Stuffed Mushrooms

- ◆ 1 package (10 ounces) frozen chopped spinach
 - ◆ 1/8 teaspoon salt
 - ◆ 8 large mushrooms
 - ◆ 1 tablespoon extra-virgin olive oil
1. In a medium saucepan, bring 1/2 cup water to a boil. Add the spinach and salt. Cover, and cook according to package directions. Wash the mushrooms. Remove the stems, trim off the ends, then chop the stems.
 2. Heat the olive oil in a large skillet. Add the chopped mushroom stems. Sauté until golden, about 3 minutes. Remove from the pan. Add the mushroom caps to a heatproof serving platter.
 3. Drain the spinach. Stir in the sautéed chopped mushrooms.
 4. Spoon the spinach mixture into the caps and serve immediately or place in the oven on low heat to keep warm.

Thanksgiving Facts throughout History

Benjamin Franklin wanted the turkey to be the national bird of the United States.

Sarah Josepha Hale, an American magazine editor, persuaded Abraham Lincoln to declare Thanksgiving a national holiday. She is also the author of the popular nursery rhyme "Mary Had a Little Lamb"

Abraham Lincoln issued a 'Thanksgiving Proclamation' on third October 1863 and officially set aside the last Thursday of November as the national day for Thanksgiving.

The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.

In 1939, President Roosevelt proclaimed that Thanksgiving would take place on November 23rd, not November 30th, as a way to spur economic growth and extend the Christmas shopping season.

Congress to passed a law on December 26, 1941, ensuring that all Americans would celebrate a unified Thanksgiving on the fourth Thursday of November every year.

Since 1947, the National Turkey Federation has presented a live turkey and two dressed turkeys to the President. The President does not eat the live turkey. He "pardons" it and allows it to live out its days on a historical farm.

Fun Facts about Thanksgiving Today

In the US, about 280 million turkeys are sold for the Thanksgiving celebrations.

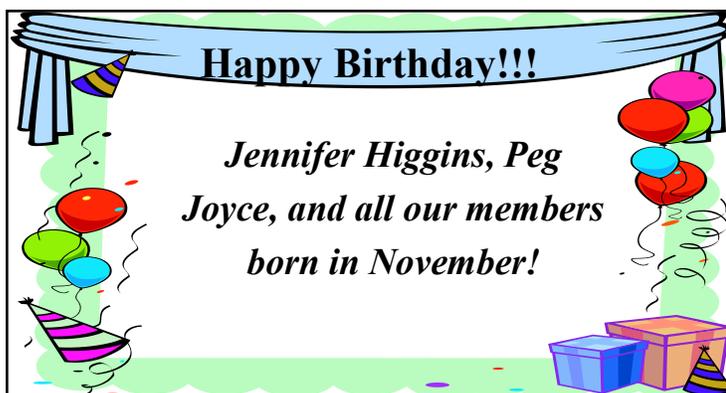
Each year, the average American eats somewhere between 16 - 18 pounds of turkey.

Californians are the largest consumers of turkey in the United States.

Thanksgiving Day is celebrated on the fourth Thursday in November in the United States.

Although, Thanksgiving is widely considered an American holiday, it is also celebrated on the second Monday in October in Canada.

Black Friday is the Friday after Thanksgiving in the United States, where it is the beginning of the traditional Christmas shopping season.





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