

Council On Aging News

February 2012



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

I hope that you all had a happy and healthy new year. I am delighted that you are reading this newsletter because it is the primary way in which we get our information to you. However, it isn't the only way. We advertise many of our events in the Quincy Sun and on QATV Channel 8 and 10. I point this out because I know that some of you get frustrated when you call to sign up for an event and find out that the event is full. I encourage you not to rely on the newsletter alone and to utilize these other resources.

In regards to the luncheons that we host, I ask that if you do sign up please show up. We have had a number of situations where we have had to turn people away, only to find out that some of you who signed up didn't show up. If you have been fortunate enough to attend several functions in a row, you might consider letting someone else have a chance to attend.

Since we are on the subject of luncheons, I'd like to take the opportunity to thank all of the community organizations and facilities that are so generous to us with their time and resources. As you know, in these difficult economic times it would be impossible for the city to fund so many events, however, our community partners always rise to the occasion.

Sincerely,

Thomas F. Clasby Jr.
Director



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R.U.O.K Program

The Norfolk County Sheriff's Office, in conjunction with Fallon Ambulance, would like to introduce you to the FREE OF CHARGE "Are You OK?" Service?

"Are You OK?" is a daily telephone service that checks on the well-being of senior citizens. You will receive a daily telephone call to ask if you are OK. This program allows you the comfort and security needed to maintain personal independence while giving you and your family peace of mind.

People interested in learning more about "Are You OK?" or signing up for the program should call the Norfolk County Sheriff's Office toll-free at 1-866-900-7865 (RUOK).

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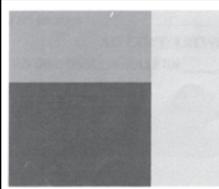
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Heart *health*

Heart Health for Valentine's Day and for life!

Mark Miller from Home Instead will be at The Kennedy Center for a heart health discussion. February is the perfect time to discuss heart health because it is American Heart Month. Come and learn what you can do to keep your heart healthy!

**Friday, February 10, 2012 at 11:00am
At The Kennedy Center
440 East Squantum St.**

Back Safety 101

Back injuries are exceedingly painful. They are difficult to heal, and they have an effect upon everything a person does. It is important to learn techniques and procedures that may help you prevent a reoccurrence. By learning proper lifting techniques and the basics of back safety, you may be able to save yourself a lot of pain.... and a lifetime of back problems.

Dr. David Smith of Milton Chiropractic & Rehabilitation, Inc will be at the Kennedy Center to discuss back safety.

**Thursday February 16, 2012
from 10 – 11 AM
At The Kennedy Center
440 East Squantum Street**

If you would like to register for these events please call the Quincy Council on Aging at 617-376-1506 and please have your member ID number ready.

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Eye Screening

Friday, February 24, 2012

From 1:00pm-3:00pm

At The Kennedy Center

440 East Squantum Street

Dr. Randy Gunia from the Nielsen Eye Center will be at the Kennedy Center to check seniors for cataracts and glaucoma. Dr. Guina is a residency trained Optometrist with extensive training in Lasik, Lasek, and PRK. He specializes in contact lens, general eye care, dry eye and ocular disease management.

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

Alzheimer Support Group

This group will assist caregivers in dealing with Alzheimer's or Related Dementia.

February 1, 2012, April 4, 2012
June 6, 2012, August 1, 2012
October 3, 2012, December 5, 2012

10:00am –11:30am
At The Kennedy Center
440 East Squantum Street

If you would like to sign up for this presentation please call the Quincy Council on Aging at 617-376-1506

REMINDER

The Kennedy Center will be closed on Monday, February 20th in recognition of President's Day.

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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!

WEDNESDAY, APRIL 4, 2012 FROM 1:00pm - 3:30pm
at The Kennedy Center, 440 East Squantum Street

\$ 5 suggested donation

To get your ticket for the dance please call the Quincy Council on Aging at 617-376-1506.

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ESTATE PLANNING

Robert Romano from the Law Office of Robert Romano will be at the Kennedy Center to discuss Estate Planning. He helps families put an estate plan into place to achieve their wishes; efficiently pass assets to their heirs while minimizing or eliminating probate, estate taxes, or loss of assets to a nursing home.

Wednesday, February 22, 2012
10:00am –12:00pm
at The Kennedy Center
440 East Squantum Street
Quincy, MA 02171

To register for this presentation or for more information please call the Quincy Council on Aging at 617-376-1506



During inclement weather:

When school is closed due to weather conditions, transportation vans do not operate. The Kennedy Center remains open, however, some activities may be canceled. When in doubt please call the Kennedy Center at 617-376-1245 or tune in to Joe Catalano on Channel 8 –QATV.

Tea Cup & Saucer Donations



The Kennedy Center is looking for donations of china cups and saucers. If anyone has china cups or saucers taking up space in their home, we would appreciate the donation!

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St. Patrick's Day Party

Thursday, March 15, 2012
at 2:30 pm
at The Kennedy Center
440 East Squantum Street

Come to the Kennedy Center to enjoy some corned beef and cabbage and entertainment!

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

COPD

Chronic Obstructive Pulmonary Disease

The John Adams HealthCare Center will be giving a presentation on COPD at The Kennedy Center.

Friday, February 24th
from 12 -1:30pm
at The Kennedy Center
440 East Squantum Street

To register for this presentation or for more information please call the Quincy Council on Aging at 617-376-1506

John Adams HealthCare Center

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The Kennedy Center Library

The Kennedy Center library is no longer accepting book donations. Our thanks to everyone that has supported our library.

For those looking to donate books, the Thomas Crane Library accepts donations at their main branch, located at 40 Washington Street, Quincy, MA, 617-376-1301.

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

FEBRUARY FACTS

The **amethyst** is the birthstone for February.
The **primrose** is the flower for the month of February.

FEBRUARY QUOTE

*Thirty days hath
September,
April, June, and November;
All the rest have
thirty-one, Excepting
February alone
Which hath but twenty-
eight, in fine,
Till leap year gives it twenty
-nine.*

Free Tax Assistance

The Quincy Council on Aging will be taking appointments for FREE tax assistance for seniors in need. All tax assistants are trained volunteers. This program runs every Monday beginning February 6, 2012 until April (date to be announced).

You will need to bring the following: W-2's and 1099's
Statements of other income
Information for all deductions or credits
A copy of last years tax return
2010 Real Estate and Water & Sewer Bill

Only uncomplicated returns will be considered.

Please call the Quincy Council on Aging to schedule an appointment at 617-376-1521

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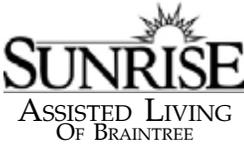
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The Quincy Council on Aging presents...

BOSTON FLOWER & GARDEN SHOW

Wednesday, March 14, 2012

Depart at 9:00am Return at 5:30pm

Depart this morning from the Kennedy Center for Boston, one of New England's liveliest cities. To celebrate the change of seasons from winter to spring, Boston annually hosts a magnificent horticultural exhibition. The special theme of the 2012 Flower Show will be "First Impressions", a way to display personality in your own yard!

After attending this wonderful display of flowers, shrubs and plants you'll most likely come home with a few ideas for your own garden! A delicious luncheon is included today at Maggiano's featuring five courses of appetizers, salads, entrees, pasta, and dessert – simply scrumptious. Maggiano's cuisine and service is absolutely the finest you'll experience. Arrive home at 5:30 PM after a fun "Spring Day" in Boston.

For \$75.00 per person your day trip will include:

- ◆ Admission to the Boston Flower Show
- ◆ A Delicious Full Course Maggiano's Luncheon
- ◆ Luxury Silver Fox CD/DVD/Wifi Motor Coach

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.

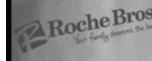
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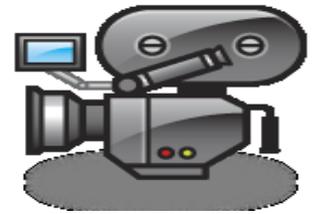
Recipe of the Month

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.

FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



February 7th: It Had to be You
Starring: Natasha Henstridge & Michael Vartan

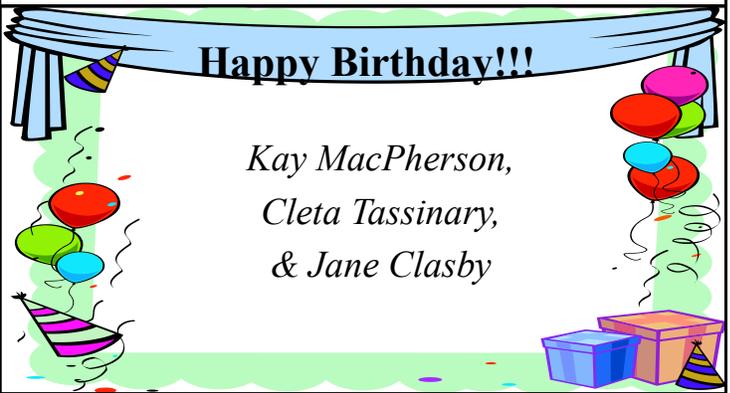
February 14th: When a Man Loves a Woman
Starring: Andy Garcia & Meg Ryan

February 21st: My Big Fat Greek Wedding
Starring: Nia Vardalos & John Corbett

February 28th: The Story of Us
Starring: Bruce Willis & Michelle Pfeiffer

The Kennedy Center
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Tuesdays at 12:00 pm

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