

# Council On Aging News

*March 2012*



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

I would like to take the opportunity to thank the River Bay Club, who once again went above and beyond to serve a terrific meal for our annual It's A Party luncheon. I was somewhat disappointed, however, that so many people came in and claimed that they had signed up for this event but they're names were not on the list. It is difficult to believe that so many names would have been missed; as a result we are changing the system. From now on, when we have a luncheon you will receive a ticket when you register. If you do not have a ticket you will not be able to come to the event. This seems to be the only fair way to correct this situation.

It was a real pleasure for us to host an event with the Executive Office of Elder Affairs State Secretary Ann Hartstein and members of the US Department of Health and Human Services. This was to introduce the Million Hearts Initiative which aims to prevent the million heart attacks and strokes over the next five years. The initiative focuses on five key areas: clinical prevention, information and technology, team-based care, renewed and invigorated anti-tobacco effort, and community prevention strategies. Cardiovascular disease is still the number one cause of death in the USA. The event was very informative and our attendees had great questions. Special thanks goes out to the Atria at Marina Place who provided a very delicious heart-healthy meal.

As spring approaches, please keep in mind that the Senior Olympics are coming up in May. For those of you who have not participated in the past, this may be a great opportunity to incorporate the Million Hearts Initiative with the competitive spirit of the Quincy Senior Olympics.

Sincerely,

Thomas F. Clasby Jr.  
Director



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**March is...**

- National Craft Month
- Red Cross Month
- National Noodle Month
- National Peanut Month
- Women's History Month
- Adopt a Rescued Guinea Pig Month
- National Nutrition Month

March is named for Mars, the Roman god of war. In ancient Rome, not only was March the beginning of spring, but also the start for many military campaigns.

As such, Mars is a beginning not just in nature, but traditionally a beginning for great human endeavors. Great Britain and Russia and other countries traditionally began their old calendars in March, not January. New Year's celebrations are still held worldwide in March in many cultures. March is definitely a time for beginnings. March also marks a number of other festive holidays including Saint Patrick's Day, Pi Day, and the tail end of Mardi Gras.

For the month of March, the traditional birthstones are aquamarine and bloodstone. Aquamarine is believed to be a soothing stone which can quell fears, protect, provide foresight, courage, and happiness. As a healing stone, it is said to be effective as a treatment for anxiety and in the Middle Ages it was thought to reduce the effect of poisons. Bloodstone represents fortitude and strength and is believed to attract abundance and wealth. The flower for March is the daffodil, representing rebirth since it is one of the first flowers of spring.

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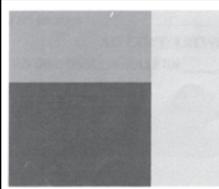


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# Barstow Village Presentation

Please join us at the Kennedy Center for a presentation by Alyson Walsh of Peabody Properties, Inc. about Barstow Village, a brand new senior housing development in Hanover.

**Tuesday, March 6, 2012  
at 10:00**

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

*Light refreshments  
will be served*

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



## Barstow Village

## Update on:

# PARKINSON'S DISEASE

*Cathi A. Thomas MS, RN, CNRN, the Nurse Coordinator of the American Parkinson Disease Association Center at Boston University Medical Center will be at The Kennedy Center to give a presentation on Parkinson's Disease.*

**Friday, March 23, 2012 at 1:00pm**

**At The Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171**

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

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## Health Care Proxies

Marina Bay Skilled Nursing invites you to a Luncheon and Discussion on Health Care Proxies

**Tuesday, March 27, 2012**

**At 12:00 pm**

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

Please join us for a talk and luncheon on Health Care Proxies -who needs one and how to fill them out.

Health Care Proxy forms will be provided.

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

## Alzheimer Support Group

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

*Facilitator, Ellie O'Neil from South Shore Elder Services will address each participants and their specific needs or questions.*

**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

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# Patsy Cline



## ERA



## SHOW

**Friday, April 20, 2012 from 1:00pm -2:00pm**

**Registration will begin on Monday, March 12, 2012. \$2 suggested donation**

The Music of Patsy Cline is as popular today as it was at the time of her death on March 3rd, 1963. She was a popular and country music icon and she has inspired millions with her songs celebrating the joys and heartaches of life. In her show, A Tribute to Patsy Cline, Donna Lee brings to life the music and memory of the late great Patsy Cline.

An internationally renowned vocalist and recording artist, Donna Lee brings her rich mellifluous voice and her many years of experience as an entertainer to the stage and leaves her audiences with a glimpse of the life, love and loss of Patsy Cline. Interwoven with the stories of her trials and triumphs are the songs the classic timeless songs we know and love. This performance is a lively upbeat tribute to the woman who broke through the barriers of popular and country music and became one of the world's best loved stars.

If you would like to sign up for this presentation please call the Quincy Council on Aging at 617-376-1506 and make sure to have your member ID number ready.

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## Home Opener 2012

**Friday, April 13th 1:00 pm**  
**at The Kennedy Center**  
**440 East Squantum Street**

**Seating is limited!!!**

**Red Sox trivia and  
 light refreshments!**



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



## Comfort Keepers invites you to attend a Nutrition and Cooking Demonstration

Learn:

- Why seniors need to eat certain foods to stay healthy
- How medications interact with foods
- How to shop and cook for a smaller household and appetite
- Meal preparation & demonstration

**Wednesday, April 18, 2012**  
**at 11:00 am**

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

*Refreshments will be served  
 Seating is limited*

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

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# The Kennedy Center Library

We have a wonderful library here at the Kennedy Center. Located in the Coffee Café are books in every genre, they are shelved alphabetically by author in: Mystery/Suspense, Fiction, Non-Fiction (True Stories), Biographies, Sports, Politics, Romance/Women's, Westerns, Religion/Inspiration, Science Fiction and Large Print as well as magazines.

Come and see our selection, enjoy a cup of coffee, and even take a book home. Return your book to the box just inside the Café door on your left and we will put it back on the shelves (please do not return them to the shelves). We operate on an honor system, no due dates, just bring it back when you're done. We accept donations of newer books and we would love to have more large print editions.

# My Life, My Health

*A six week workshop offered to adults living with the challenges of one or more persistent health conditions*

**Is Living With A Persistent Health Condition Preventing You From Really Living?**

**Class begins: Thursday, April 5, 2012**  
**Following Dates: April 12, 19, & 26 May 3, & 10**  
**From 2:00pm -3:30pm**  
**At The Kennedy Center**  
**440 East Squantum Street**

**Share what you know and learn from others who are experiencing similar challenges such as:**

- ◆ Chronic pain
- ◆ Limited mobility
- ◆ A negative impact on your social life & daily activities

**Learn strategies developed and tested by researchers that will help you:**

- ◆ Set & meet personal goals
- ◆ Improve communication with your doctor
- ◆ Handle stress & learn to
- ◆ Identify and try out simple techniques that can improve your quality of life
- ◆ Increase your energy level

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

Program presented through collaboration between South Shore Elder Services & the Home Care Division of South Shore Hospital

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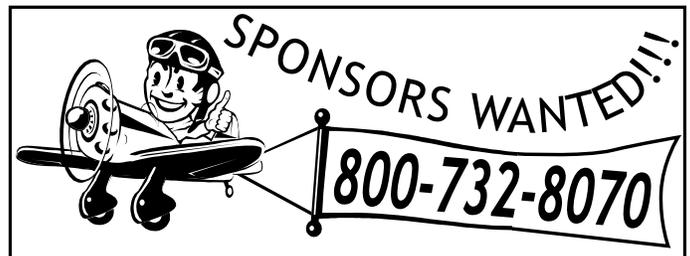
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# Drawing Class

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.

Fridays from 10am –12pm

At the Kennedy Center, 440 East Squantum St

The fee for this six week program is \$65

Classes begin on March 23rd

Following Dates: March 30, April 6, 13, 20, & 27

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



*Thank you  
to all who  
donated Tea  
Cups & Saucers!*

# March Wind

March wind is a jolly fellow;  
He likes to joke and play.  
He turns umbrellas inside out  
And blows men's hats away.  
He calls the willow trees  
And whispers in each ear,  
"Wake up you lazy little seeds,  
Don't you know that spring is here!"

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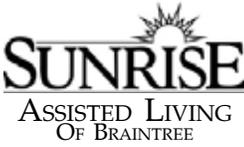
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**The Quincy Council on Aging presents...**

**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
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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.

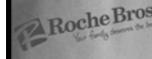
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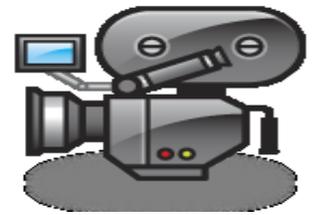
# Recipe of the Month

## Gingered Chicken Breast

- ◆ 1 tablespoon of fresh lemon juice
- ◆ 1 1/2 teaspoons of grated fresh ginger
- ◆ 1/2 teaspoons of freshly ground black pepper
  - ◆ 2 cloves of garlic
- ◆ 4 boneless, skinless chicken breast halves

1. Combine the lemon juice, ginger, pepper, and garlic in a small bowl.
2. Place the chicken breasts in a deep bowl. Pour the ginger mixture over the breasts, turning once to coat both sides. Cover, and refrigerate for 30 minutes to 2 hours.
3. Spray a large nonstick skillet with cooking spray. Heat the skillet on medium-high until hot. Add the chicken. Cook, turning once, until tender, about 8 minutes.

### FREE MOVIE OF THE WEEK MARK YOUR CALENDAR!!!



**March 6: A Few Good Men**  
Starring: Tom Cruise, Jack Nicholson & Demi Moore

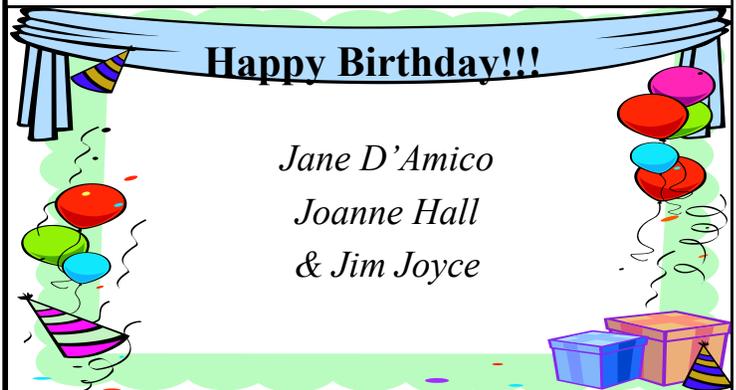
**March 13th: Across the Pacific**  
Starring: Humphrey Bogart

**March 20th: High Society**  
Starring: Bing Crosby, Grace Kelly & Frank Sinatra

**March 27th: Casablanca**  
Starring: Humphrey Bogart & Ingrid Bergman

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