

Council On Aging News

January 2013



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

I wish to take the opportunity to wish each of you a very Happy New Year.

Each month we receive newsletters from surrounding Councils on Aging. Our neighbors in Milton had the following, "Recipe for a Happy New Year." We thought it was too good not to steal!

Recipe for a Happy New Year

Take 12 whole months, clean them thoroughly of all bitterness, hate and jealousy. Make them just as fresh and clean as possible. Now cut each month into 28, 30, 31 different parts, but don't make up the whole batch at once. Prepare it 1 day at a time out of these ingredients.

Mix well into each day 1 part of faith, 1 part of patience, 1 part of courage and 1 part of work.

Add to each day 1 part of hope, faithfulness, generosity and kindness.

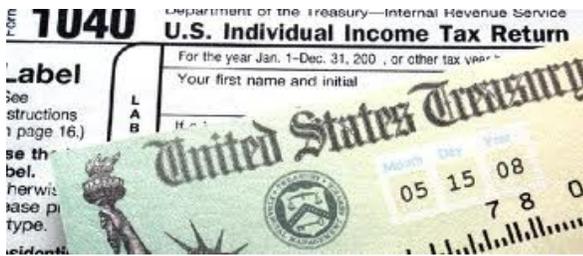
Blend with 1 part of prayer, 1 part of meditation and 1 good deed.

Season the whole with a dash of good spirits, a sprinkle of fun, a pinch of play in a cup full of good humor.

Pour all of this into a vessel of love. Cook thoroughly over radiant joy, garnish with a smile, and serve with quietness, unselfishness and cheerfulness. Your final result may vary depending on your attitude!!!

Sincerely,

Thomas F. Clasby Jr.
Director



Free Tax Assistance

The Quincy Council on Aging is now taking appointments for FREE tax assistance for seniors in need.

All tax assistants are trained volunteers.

You will need to bring the following:

- W-2s and 1099s
- Statements of other incomes
- Information for all deductions or credits
 - A copy of last years tax return
- 2012 real estate and water & sewer bill

Only uncomplicated returns will be considered

Please call the Quincy Council on Aging to schedule an appointment at 617-376-1506.

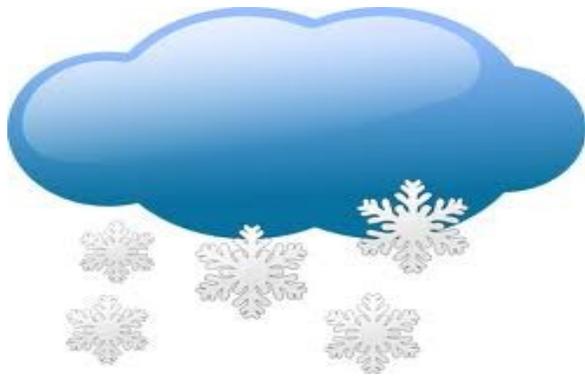
Healthy & Fun Strategies for Maintaining Your Memory

**Friday, Jan 11, 2013
At 10:30am
At The Kennedy Center**

A fun presentation for elders and their family members, including tips to improve your memory, how dancing can keep you fit, and what foods may improve your memory.

Light refreshments will be served.

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



WINTER SURVIVAL

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

TIPS AND
PRECAUTIONS
FOR COLD
WEATHER

Refreshments
will be served

January 18, 2013
10am-12pm
At The Kennedy Center

To register, call
617-376-1506



Protecting 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, HI-PAA 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, Jan 23, 2013

10:00 am—12:00 p.m

At the Kennedy Center

440 East Squantum Street

Refreshments will be served

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



The Kennedy Center will be closed on Monday, January 21, 2013 due to the Martin Luther King Jr. Holiday.

Kennedy Center Winter Policy

During inclement weather if the Quincy Schools are closed ALL events at the Kennedy Center are cancelled as well as transportation. The Kennedy Center will remain open. For updates watch Channel 8 -QATV or call 617-376-1245 or 617-376-1242.

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.



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Mid Winter Breakfast

Friday, Jan 25th
At 10:00am

At The Kennedy Center

*Join us for a delicious
breakfast provided by
The Atria at Marina Place.
Guest speaker will be
Congressman Stephen
Lynch. Bring your questions
for the Congressman!*

**Tickets are required
for this event.**

**Tickets will be available at
The Kennedy Center, 440
East Squantum Street,
beginning Monday Jan 7th**

**For more information please
call the Quincy Council on
Aging at 716-376-1506.**



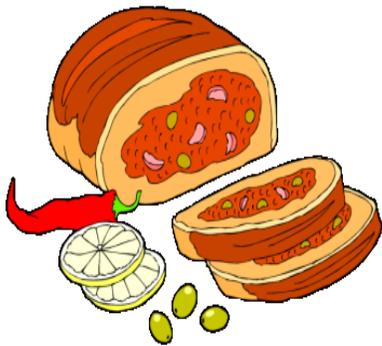
Mail Fraud & Scams

**Wednesday, Jan 30th
At 1:00pm
At The Kennedy Center**

U.S. Postal Inspector
Bernadette Lundbohm from
the Postal Inspection Service
will do a presentation regarding
fraud and scams perpetrated
through the U.S. Mail.

She will provide seniors
with the tools and
steps necessary to avoid
becoming victimized.

Registration is required for
this event as space is limited.
To register, please call the Quincy
Council on Aging at 617-376-1506.



**QCOA &
Marina
Bay
Nursing**

**MEATLOAF
COOK OFF**

**Friday, February 1st
12:00pm
At The Kennedy Center**

Please come by to sample and vote on meatloaves made by members of the QCOA and Marina Bay Skilled Nursing.

Beverages & Desserts
will be provided.

*No meatloaf donations
necessary. Just Judges!*

For more information, please
call the Quincy Council on
Aging at 617-376-1506.

**Are You Caring For
A Loved One Who
Has Alzheimer's?**

*Ellie O'Neill from South Shore
Elder Services will be at The
Kennedy Center every other
month on the first Wednesday of
the month for Caregiver Support.*

*At these meetings you can
share your thoughts with others
who are going thru a similar
experience and get the support
you need as a caregiver.*

Wednesday, February 6th –2pm

Wednesday, April 2nd –2pm

Wednesday, June 5th –2pm

At The Kennedy Center

*If you have any questions or
would like to attend the meetings
please call the Quincy Council
on Aging at 617-376-1506.*



**Friday,
February
8th
12pm -2pm
At The
Kennedy
Center**



*Our friends at River Bay Club
will once again sponsor our
Valentine's Day social. A delicious
lunch will be provided.*

Tickets are required for this event.

*Tickets will be available at
The Kennedy Center, 440 East
Squantum Street beginning
Monday, January 14th.*

*For more information, please
call the Quincy Council on
Aging at 617-376-1506.*



Mardi Gras Celebration

**Tuesday, Feb 12th
At 2:00pm
At The Kennedy Center**

Please join us for
music, masks, beads,
and light refreshments

Suggested donation: \$3

Tickets will be available
on Monday, Jan 14th

For more information, please
call the Quincy Council
on Aging at 617-376-1506



happy
birthday

To:

Lena Trouth

Elizabeth Gearin

*& to all our
members who were
born in January!*



Recipe of the Month

Milk & Cookies Trifle

Ingredients:

Milk

18 to 24 chocolate chip cookies

Sweetened whipped cream

1/2 cup chopped pecans

Fresh mint, for garnish

1. Add some milk to a shallow dish and quickly dip the cookies into the milk.

2. To a trifle dish, add a layer of sweetened whipped cream and then layer in 6 to 8 dipped cookies on top. Repeat with several layers.

3. Top with pecans and garnish with mint.



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