

Council On Aging News

February 2013



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

As I write this we are in a real cold snap. I have never cared much for the cold weather and ever since we got a dog for my four year old son, it has become part of my morning routine to walk the dog first thing in the morning. The problem is I get up before 5am, and as soon as he hears me he is ready to go out (the dog not my son). It's cold enough when the sun is shining but before the sun gets up it's a little tough to take. On the other hand, sometimes the hard things in life help us to appreciate the good things we have. The other night I noticed that the days are indeed getting longer. It served as a reminder that when the spring comes, I will once again love my morning walks.

Of course the winter months do bring many enjoyable things like the holidays which are a great time to spend with family. February is Black History month, situated right after the holiday commemorating Dr. Martin Luther King Jr.'s birthday which is a nice way for us to remember the contributions of so many great Americans who have played such important roles in the cause of freedom and equality. We have a beautiful library here in Quincy so why not use these cold days to curl up with a good book that tells the story of the contributions of these great Americans?

Sincerely,

Thomas F. Clasby Jr.
Director

A Healthy Heart

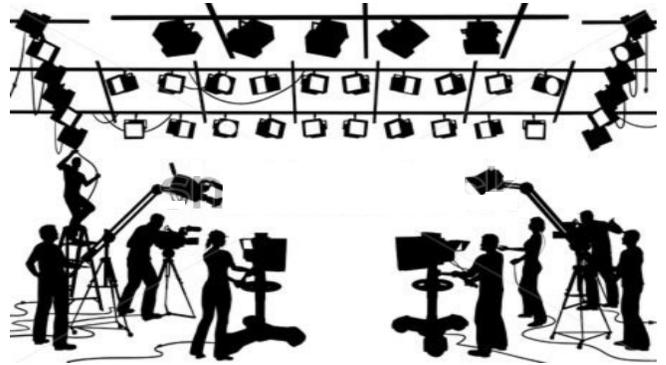


**Friday, February 15, 2013
12pm at The Kennedy Center
440 East Squantum Street**

In recognition of February being Healthy Heart Month, the John Adams Rehabilitation Center of Quincy will be at the Kennedy Center to teach us how to keep our heart healthy.

*Lunch will be served.
Registration is required.
Space is limited.*

To register for this event, please call the Quincy Council on Aging at 617-376-1506 after February 1st.



Tour of QATV Studios

**Monday, February 25, 2013
Van will leave the Kennedy Center at 10am sharp**

We will be given a tour of the Quincy Access Television studio. We will also be in the audience of the QATV live show, "Currently in Quincy."

Registration is required as there are a limited number of openings. To register please call the QCOA at 617-376-1506 after February 1st.



**The Kennedy Center
will be closed on Monday,
February 18th due to the
President's Day Holiday.**



How to Stay Healthy During Flu Season

- Get the flu vaccine; it is the best way to prevent seasonal flu.
- Cover your mouth when you cough or sneeze, cough or sneeze into your sleeve, not your hands, especially if you do not have a tissue.
- Wash your hands; it is the most effective way to prevent the spread of germs.
- Limit contact with others...if you are sick **STAY HOME!**
- Clean household surfaces touched by anyone who is sick with a household disinfectant, such as bleach and water.

alzheimer's association™

Essential Skills Series for Family Caregivers

**Monday March 4, 11, & 18th
from 9:30 -11:30am
At The Kennedy Center**

Essential Skills series provides education and practical tools to those caring for someone with dementia. Improved day-to-day living and overall quality of life for the person with dementia and the caregiver is the goal. We cover communication techniques, strategies to manage difficult behaviors, and safety in the home.

I. It Starts with Communication

There are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements.

II. Understanding Behaviors

Actions, or behavior, may be telling us something, like "Slow down" or "I need something to do." Learning to understand the message and making changes to care can prevent outbursts and arguments.

III. Safety at Home

For someone with dementia, a safe and supportive home can prevent injury and enhance independence and a sense of security. Learn to adapt your home environment and make it dementia-safe and supportive.

**Pre-registration is required.
Go to www.alz.org/MANH
or call 800.272.3900**

Quincy
OF STONE, OF SHIPS, OF MINDS

Tour of the Quincy Historical Society

Thursday, March 7, 2013

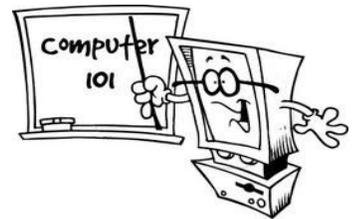
Van will leave the Kennedy Center at 9:45am

Learn about the history of our fine city. Program will begin with an introduction by Ed Fitzgerald, director of the Quincy Historical Society. After the introduction, you may walk through the exhibits.

Space is limited. Registration is required. To register, please call the Quincy Council on Aging at 617-376-1506 after February 1st.

OPENINGS FOR COMPUTER CLASS!

Have you ever wondered about computers? Do you have one and don't know how to turn it on? What is cyber crime and how do you prevent it? Can I email my family?



This is an eight session program which will be held on Tuesday morning or Wednesday afternoon for 1 hour per week. Introduction to computers will be presented by Grace Buscher. Grace has been teaching computers to all ages for the past 20 years and directs a fun-learning class. She believes there is no such thing as a stupid question and enjoys answering all of those inquiries using related experiences to daily life to make a point or answer your questions.

Impress your grandchildren and send them an email with your own email account. Come and join us. Space is limited so reserve your space today.

To sign up or for more information please call 617-376-1506.

Coffee with the Mayor



*Monday, March 4th at 10am
At The Kennedy Center*

*The Mayor will update us on
what is taking place in our great city!!!*

*Registration is required for this event. Please call the
Quincy Council on Aging at 617-376-1506 to register.*

State Senator John Keenan will be holding office hours at the Kennedy Center on Friday, February 22, 2013 at 11:30am.

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.

Bob Farrell, a local artist will be offering FREE sketching classes for six weeks at the Quincy Council on Aging at the Kennedy Center. The classes will be on Mondays from 1-3 pm beginning Feb 25th. For more information or to sign up please call the QCOA at (617) 376- 1506.



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.



DON'T KEEP YOUR BUSINESS A SECRET!

Sponsor this newsletter today!!!

**Call Today
800-732-8070**

All the seniors in town are reading this newsletter.

Do they know who YOU are?

*Call to place an ad today
800-732-8070*

Neil Diamond Tribute



**Friday, March 8, 2013
1pm at The Kennedy Center**

Vic Solo, proudly presents, "Beautiful Noise," a one hour tribute to Neil Diamond and his legendary music. This show spans Neil's entire career and includes his biggest and most beloved songs.

*Suggested Donation: \$3.00
(to help defray the cost of entertainer)*

Tickets will be available at the Kennedy Center on Monday, Feb. 4th beginning at 8:30am. For more information, please call the Quincy Council on Aging at 617-376-1506.

St. Patrick's Luncheon

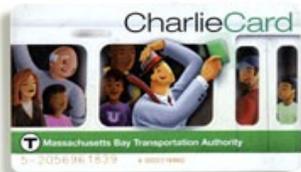


**Thursday, March 14, 2013
12pm at The Kennedy Center**

Corned beef dinner & music

*Suggested donation: \$10.00
(to help defray cost of caterer)*

Tickets will be available at the Kennedy Center on Monday, Feb. 4th beginning at 8:30am. For more information, please call the Quincy Council on Aging at 617-376-1506.



MBTA Pass Program



The Quincy Council on Aging will be conducting a Senior Charlie Card Event.

***Friday, March 15th from 10:30 AM – 12:30 PM
The Kennedy Center, 440 East Squantum Street***

Seniors (65+) can ride local buses for \$0.75 cents inner express buses for \$2.25, and outer express buses for \$3.25. Seniors can also ride MBTA subway service for \$1.00 and commuter rail or boat services for 50% off the regular full fare and for a discounted fare to Logan.

**Pass renewals may be done over the phone by calling 617-222-3200.
To register for this event please call the Council on Aging at 617-376-1506.**

February 2013 Special Computer Classes

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



February 7th - 10am-12pm \$5.00 —Your Questions Answered

An opportunity to come into the class with questions. Grace will work on questions regarding cell phone, digital cameras, computers or tablets. Questions will be taken on a first come, first serve basis. This is the class that you requested.

February 14th - 10am-12pm \$5.00 —Digital Photography

Introduction to Digital Photography explains how to work a camera, what is a memory card, batteries and all simple basics of digital photography. Bring your digital camera to class fully charged.

February 21st - 10am-12pm \$5.00 —Digital Photography with your computer

This class will review the digital photography class and teach how to upload pictures to your computer. Emphasis is on printing, saving, photo book, collage making and minor modifications to your photo. You should have a laptop computer and bring it to class with you. If you have a disk and did not load it into your computer, bring the disk with you. Those without a laptop are welcome to come to class for the instructional part of the class.

February 28th- 10am-12pm \$5.00 —Word

Explore the basics of the word processing system. We use Microsoft's Word program to describe the program, how it works. How to develop your talents. Produce a letter, card, envelope, label.

March 2013 Special Computer Classes

*Advanced Internet
March 7, 2013
10am-12pm
Cost: \$5.00*

*Computer Safety
March 14, 2013
10am-12pm
Cost \$5.00*

New Course
Smart Phones, Tablets,
Kindle & Kindle Fire
March 21, 2013
10am-12pm
Cost \$5.00*



Understanding Osteoporosis

Osteoporosis is a disease that weakens the bones, making them more likely to break. This can lead to pain, deformity, and loss of mobility. Osteoporosis can affect anyone, not just women. The good news is that osteoporosis can be prevented and treated. Come learn about your risk factors from our experts and hear about strategies you can implement today that can make a difference.

Presented by NVNA and Hospice clinical specialists:

Donna Seibert, MSN, ANP, GNP, Nurse Practitioner and Claire Kennedy, MS, RD, LDN, Nutritionist

Thursday March 21, 2013 at 11am. At The Kennedy Center

Bone Density Screenings by appointment: 10:00 AM-11:00 AM

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



I.D. THEFT – HOW YOU CAN PREVENT

**Wednesday, February 13, 2013
10:00am at The Kennedy Center**

Sheila Pransky of the Norfolk County District Attorney's Office will join us. She will update us on identification theft. Sheila will explain how we can protect ourselves from identification theft. She will review phone activity etc.

Everyone should have this important information.

Registration is required as space is limited. To register please call the Kennedy Center at (617) 376-1506.

Help Us Raise Money for the QCOA! Proceeds to benefit The Kennedy Center



**Official Kennedy Center:
Polos, Water Bottles, Tote Bags,
Keychains, & Magnets**



Tote Bags= \$1.00

Keychains = \$0.50

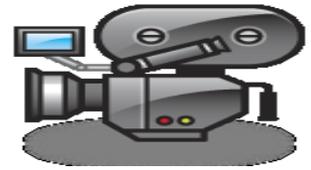
Polo Shirts= \$25.00

Water Bottles= \$1.00

available in S-M-L-XL-2XL

**For more information, stop by 440 East Squantum Street
or call us at 617-376-1506**

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



February 5th : Tootsie starring Dustin Hoffman and Jessica Lange.

This hilarious comedy stars Dustin Hoffman as an out of work actor who makes himself up as a woman to land himself a job. Jessica Lange won the Academy Award for Best Supporting Actress.

February 12th: Driving Miss Daisy starring Morgan Freeman and Jessica Tandy

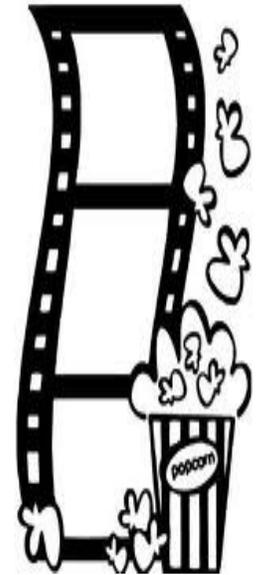
Joyous comedy about a headstrong southern lady and her patient chauffeur. Winner of Academy Award for Best Picture, Best Actress, Screenplay and Makeup.

February 19th: The Man From Laramie starring James Stewart.

An intensely satisfying drama of rugged primitive justice about a resolute vigilante obsessed with finding the man responsible for his brothers death.

February 26th: Mrs. Doubtfire starring Robin Williams and Sally Field.

Outrageous, hilarious and often touching movie about a divorced father who to get back in his children's life applies and is hired by his ex-wife as a nanny for his children.



Refreshments are available for purchase Center's Café!



Recipe of the Month *Broccoli-Cheddar Potatoes*



Ingredients:

- 4 large russet potatoes
 - 6 slices bacon, chop up
 - 6 cups chopped broccoli florets
 - 4 tablespoons unsalted butter, softened
 - 1/2 cup sour cream
 - Freshly ground pepper
 - 4 scallions, chopped
 - 1 1/2 cups grated cheddar cheese
 - 6 to 8 cups baby spinach
 - Prepared vinaigrette, for serving
1. Preheat the broiler. Bring a pot of salted water to a boil. Pierce each potato several times with a fork; put on a plate and microwave until tender, 10 to 20 minutes.
 2. Cook the bacon in a large ovenproof skillet until crisp. Drain on paper towels. Pour the fat into a bowl; wipe out and reserve the skillet.
 3. Add the broccoli to the boiling water and cook 3 minutes, then drain.
 4. Halve the potatoes lengthwise, then scoop the flesh into a bowl, leaving a 1/2-inch-thick shell. Place the shells cut-side down in the skillet and brush with the reserved bacon fat. Transfer the skillet to the broiler; broil until golden, about 3 minutes.
 5. Mash the potato flesh with the butter and sour cream; season with 1 1/4 teaspoons salt, and pepper to taste. Toss in the broccoli, scallions, bacon and half of the cheddar. Turn the potato shells cut-side up in the skillet. Stuff with the broccoli mixture and sprinkle with the remaining 3/4 cup cheese. Broil until the cheese melts, 3 to 4 minutes. Toss the spinach with the dressing; serve with the potatoes.



The HAWTHORNE

You Need a Vacation on Cape Cod
The HAWTHORNE

Rated #1 in Chatham by TripAdvisor.com
BEST VIEW—BEST BEACH—BEST ROOMS
BEST STAFF—BEST PRICES
508-945-0372
196 Shore Road, Chatham, MA 02633
www.thehawthorne.com



Personalized Guidance in Planning for Assisted Living and Home Care Options
A No-Cost Service for Seniors & Families

Call Us Today (508) 564-0192
www.2Sisters-SLA.com

Allerton House

at Hancock Park
Assisted Living Community

164 Parkingway
Quincy, MA
(617) 471-2600
www.welchrg.com

Considering Senior Living?

It just got easier.

Contact us for a tour of our
beautiful community



ATRIA MARINA PLACE
Four Seaport Drive | North Quincy, Massachusetts
617-770-3264 | www.atriaseniorliving.com



SWEENEY BROTHERS
Home for Funerals, Inc.

One Independence Ave.
Quincy, MA 02169
617-472-6344

Richard T. Sweeney, Jr.
Francis M. Sweeney

ACUPUNCTURE ASSOCIATES of the SOUTH SHORE

• Arthritis • Tendonitis
• Quit Smoking
and more

617-471-5577
www.acudan.com
d.karp@verizon.net
12 Dimmock St., Quincy Center
Dan Karp Lic. Ac.

MEDICARE CERTIFIED HOME HEALTHCARE

Innovative Senior Care Home Health delivers the very best care to help you remain independent at home.

- Skilled Nursing • Outpatient Therapy Services
- Physical, Occupational & Speech Therapy



RIVER BAY CLUB
99 Brackett Street, Quincy, MA 02169
(617) 773-3073
www.brookdaleliving.com

00836-R0P01-0411

Discover Our Center for Healthy Aging.

We're focused on helping
seniors stay healthy
and active longer.



Call 617-773-6100 today.



QUINCY REHABILITATION & NURSING CENTER

SERVING OUR COMMUNITY FOR OVER 30 YEARS

Long Term / Short Term Skilled Nursing Services
Full Rehabilitation Services • Specialized Asian Program

11 McGrath Highway, Quincy, MA 02169
617-479-2820 • JCAHO Accredited

golden
living®

Cohasset

Enhancing lives through innovative healthcare

- SKILLED NURSING FACILITY • MEMORY CARE
- SHORT TERM REHAB & LONG TERM CARE

T. 781-383-9060 • WWW.GOLDENLIVINGCENTERS.COM
1 Chief Justice Cushing Hwy, Cohasset, MA 02025



ELDYS' YOGA PRACTICE

with Margie Bello

Certified Yoga Instructor

A gentle and fun yoga for elders

(anyone over 50!)

Check out my DVD at

www.eldysyogapractice.com



CAREPRO
HOME HEALTH
SERVICES

"WHEN HOME IS WHERE YOUR HEART IS"

Private Duty & Home Health Care

2 to 24 Hours
Certified Home Health Aides/RN's/LPN's
Personal Care • Transportation
Homemaking • Meal Preparation
Adult Day Care
Call for a FREE in-home assessment
by a Registered Nurse.

www.CareProHealth.com

781-340-7811

Quincy Shore
Dental Care

Joseph W. Competiello, DDS

IMPLANTS • CROWNS • WHITE FILLINGS • WHITENING • CLEANINGS
DENTAL X-RAYS • TESTIMONIALS

WWW.QUINCYSHOREDENTAL.COM • TEL: 617-479-6000

NIELSEN EYE CENTER
CENTER FOR SIGHT

STEVEN A. NIELSEN, M.D.
Cataract, Retractive & LASIK Specialist

Cataract • Multifocal Intraocular Lenses
Glaucoma • Diabetic
Comprehensive Eye Exam
Medical & Surgical Retina
Hearing Services • Cosmetic Procedures

CALL TODAY AND MAKE YOUR APPOINTMENT

617-471-5665 877-373-2020
300 Congress Street, Quincy, MA 99 Derby Street, Hingham, MA



FAMILY HEARING CARE CENTER

...listen to the sounds of life®

~ Hearing Evaluations ~ Video Ear Inspections
~ Hearing Aids ~ Repairs ~ Ear Wax Removal

534 Main Street, Suite 2, Route 18 Weymouth, MA 02190
140 Bedford St., Route 18 Bridgewater, MA 02324
781-337-1144 508-279-0700

John Klefeker, BC-HIS MA License #127

BAXTER PHARMACY

& Medical Supplies

Your full service neighborhood pharmacy



Thomas R. Libby, R.Ph
Kelly Nippins, Pharm. D
Gerry MacDonald, DME



Prescriptions • Diabetics • Ostomy
Medical Equipment • Home Health Products
Surgical Supports & Braces • Free Local Delivery
464 Washington Street, Quincy, MA 02169
Tel: 617-773-7733 • Fax 617-773-8372
www.baxterpharmacy.com

COLONIAL FEDERAL SAVINGS BANK

"Your neighborhood bank!"

Quincy 15 Beach St.
next to Wollaston Post Office
617-471-0750

1000 Southern Artery
617-479-1430
(Residents Only)

www.colonialfed.com

TIRED OF CLIMBING STAIRS?



- New, Rental, Referred Stairlifts
- Indoor, Outdoor, Custom Curve
- In Stock, FAST installations
- Wheelchair Ramps & More!

Free Info Kit by Mail

Free Home Evaluation



866-321-4442 www.HudsonAccess.com



Serving one family at a time

Lydon Chapel for Funerals



Simple Cremation Package \$1,599.00

644 Hancock St. Quincy, MA 02170

644 Hancock St. Quincy, MA 02170

www.lydonchapelforfunerals.com



KEEP YOUR BUSINESS ON TARGET!

ADVERTISE HERE

Senior Plumbing

Plumbing & Heating Services

Master License # 8440

Master Plumber for 38 Years and now also a "Senior"

JOHN J. BYRNE

617-773-2009

INDEPENDENT & ASSISTED LIVING

FENNO HOUSE

540 Hancock St. Quincy

617-773-1590

Are you over 62 and Considering a Reverse Mortgage? Call me.

Convenient Home Appointments

Jerry Congdon, Esq.
Reverse Mortgage Specialist
NMLS # 5723



841 Main St., Tewksbury, MA 01876
978.640.0003

NMLS # 2030, MA broker and lender # MC 2030

www.greenparkmortgage.com

Brookdale

RIVER BAY CLUB

99 Brackett Street, Quincy, MA 02169

- Independent Living
- Assisted Living
- Supportive Services

617-472-4457

www.brookdaleliving.com



Providing equal opportunities to all individuals 62+

You have the right to be 100% satisfied with the Home Health Care you receive

"We guarantee that we will be sensitive to your needs while respecting your pride and independence. Please call us."

Patti Wasserman, Administrator

Investigated, Trained, & Experienced Caregivers

- RNs/LPNs Private Duty Nursing
- Companions Medication Management
- Bathing/Dressing Personal Hygiene

Accessible Home Health Care 617-471-6900

"We Guarantee Compassionate Care" www.AccessibleMetroSouth.com

Serving the Metro South Region

STEPHEN TOBIAS HEARING CENTER

We carry most brand hearing aids as well as our own "Tobias" built on site!

382 Quincy Ave Quincy

617-770-3395
FDA reg. #9098584, MA lic. #59

New England Homes for the Deaf, Inc.

154 Water Street • Danvers, MA 01923-3794
978.774.0445 ■ 978.767.8784 VP ■ 978.774.0271 FAX
Email info@nehd.org
Serving the Deaf Community Since 1901