

# *Council On Aging News*

*March 2013*



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

I always look forward to the March newsletter because it's a reminder that spring is close by. Although we have had more difficult ones, this winter certainly did hit us with some tough weather. The good thing about March is that even if we do get hit, the temperatures are rising so it usually doesn't stick around very long.

With the spring come some new events here at the Kennedy Center. As many of you know, we had an Elvis tribute here in the fall so it seemed only right to have a Neil Diamond tribute in the spring. Also, The Friends of Wollaston Beach will be sponsoring an "Oldies Afternoon". Finally, we've been able to set up another day to apply for an MBTA Charlie Card. For more details about each of these events, please read the newsletter, watch our QATV Channel, or contact us here at the QCOA office.

P.S. Since my last message, I have gotten a lot of questions about how my dog and son are doing. I am happy to report that both of them are behaving well!

Sincerely,

Thomas F. Clasby Jr.  
Director

# 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.

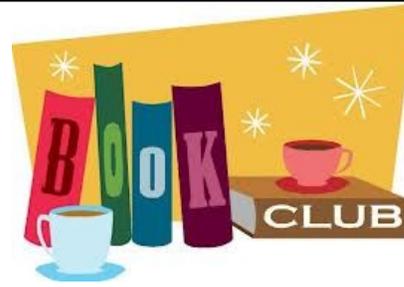
### **II. Understanding Behaviors**

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](http://www.alz.org/MANH)  
or call 800.272.3900**



## **QCOA Book Club**

**Thursday, March 7th at 1:00pm**

*The QCOA Book Club meets on  
the 1st Thursday of each month.*

*This month's reads are:*

*Wild by Cheryl Staryed*

*The Island by Victoria Hislop*

*The Intriguing Life; a Memoir of  
War, Washington and Marriage  
by Cynthia Helms*

# **SHINE**

***Serving Health  
Information for Seniors***

**SHINE Counselors are  
available to help seniors  
with Medicare and  
insurance questions on  
Tuesdays & Wednesdays  
from 9am—12pm.**

**Please call 617-376-1247 to  
schedule an appointment.**



Please  
join us  
for our...

***“Irish Bread Bakeoff  
and a Cup of Tea”***

**Monday, March 11th  
10am –11:30am**

**Registration is required.  
Space is limited.**

To register, please call the  
QCOA 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.

**Thursday March 14th  
10:00am –12:00pm**

If you would like to register for this event please call  
the Quincy Council on Aging at 617-376-1506



***Congratulations to Mary  
Sheehan, the winner of  
the Valentine’s basket!***

***Also, special thanks to  
volunteer, Elizabeth  
Gearin, for putting the  
beautiful basket together!***



**Floral  
Arranging**

**Friday, March 15th  
At 10:00am**

***Deni Sindel will use her creative flair  
and demonstrate how to create an  
arrangement of flowers using various  
containers and different types of flowers  
obtainable at any super market.***

***\$5.00 fee for supplies  
Registration is required***

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

**HOARDING  
ASSISTANCE  
& CLUTTER  
AWARENESS**

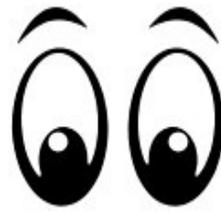


*Tuesday, March 19th at 10am*

*Top Notch Quality Service, LLC.  
will be at The Kennedy Center  
to talk about hoarding, clutter  
awareness, and how to identify  
the Hoarder inside of us.*

*Refreshments will be served.  
Registration is required.*

*To register, please call the  
QCOA at 617-376-1506*



**Eye  
Screening**

**Friday, March 22nd  
10:00am –12:00pm**

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.

To register, please call the Quincy Council on Aging at 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.

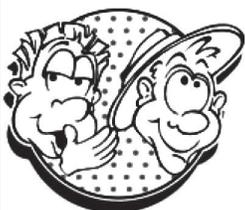
If you would like to make an appointment, please call the Quincy Council on Aging at 617-376-1506.

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are reading this newsletter.*

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## **An Afternoon of Oldies Music from the 50's & 60's**

*Sponsored by the Friends  
of Wollaston Beach*

**Wednesday, March 20th  
2:00pm –4:00pm**

*Coffee and dessert will be served.*

**Registration is required.**

**To register,  
please call  
the QCOA at  
617-376-1506**



## **Protecting Your Assets**

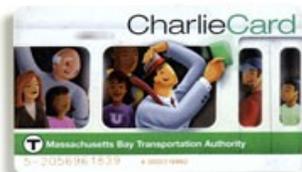
*Why you shouldn't  
transfer your assets.*

Has someone told you that you need to give your assets away to protect them?

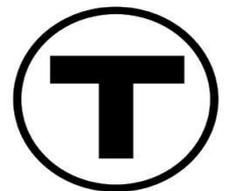
Quincy Attorney Robert E. Romano will conduct his estate planning essentials workshop which discusses important issues that effect all seniors. Come and learn why it is important to have a health care proxy, living will, durable power of attorney, HIPAA Authorization form, and a Will or a Trust. We will 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, March 28th 10am—12pm**  
*Refreshments will be served*

To register for this workshop please call the QCOA office 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 at The Kennedy Center**

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.**



**March 2013  
Special Computer Classes**

*All instruction by Grace Buscher*

**Advanced Internet**

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

*This class is designed for people with a basic computer skill. You should understand the basic computer concepts, key, word processing and mouse control.*

**Computer Safety**

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

*Newly developed class on the perils of virus, malware, adware and items designed to harm your computer.*

*New Course\**

**Smart Phones, Tablets, Kindle & Kindle Fire**

**March 21, 2013 10am-12pm Cost \$5.00**

*What is the tablet, Smart phone, kindle, or iPad, how does it work, will I like it, how much can I do with it?*

**Digital Photography**

**March 28, 2013 - 10am-12pm Cost \$5.00**

*Introduction to Digital Photography explains how to work a camera, what is a memory card, batteries and all simple basics of digital photography.*

*Registration is required. To register please call the QCOA at 617-376-1506.*

*If you have a laptop computer, feel free to bring it to class. You may also just come and watch. There are limited computers at the center which you can use on a first come, first serve basis.*

**Shifting  
Gears**



**Friday, April 5, 2013 at 11am**

Michelle Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles will discuss issues facing seniors drivers, the Commonwealth's rules of the road, recent changes that have taken place at the RMV, as well as the warning signs of unsafe driving. She will also share the requirements to apply for a handicap placard or plate as well as a Massachusetts identification card; the most recent research concerning mature drivers and alternative forms of transportation. Learn what is available in your community.

Registration is required  
To register, please call the  
QCOA at 617-376-1506.



**Understanding Osteoporosis**

Come learn about your risk factors of osteoporosis from 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.**



## RED SOX HOME OPENER 2013

**Monday, April 8th at 1pm**

**Red sox trivia &  
Light refreshments  
\$3.00 Admission  
Seating is limited**

**To register, please call the  
QCOA at 617-376-1506**

## Spring Fashion

**Friday, April 12th at 11am**

***Caryn Smith, from Caryn's  
Corner in East Milton will be  
here to share ideas in Spring  
fashion and demonstrate  
some tricks with accessories.***

**Registration  
is required  
To register,  
please call the  
QCOA at**



## 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. 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, APRIL 5, 2013  
1:00pm –3:30pm  
at The Kennedy Center  
\$6 suggested donation**

Tickets will be available at the Quincy Council on Aging beginning March 1st. 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

## "Winds of March"



***Winds of March, we  
welcome you, There is  
work for you to do.  
Work and play and  
blow all day, Blow the  
winter cold away.***

# Thank you to ...

*The Quincy Rotary Club for a delicious pasta luncheon, bingo, and several raffle gifts...an afternoon of fun!*

*The Atria at Marina Place for a hearty breakfast on a chilly January morning. Each member received their own personal specially ordered omelet.*

*Marina Bay Rehabilitation Center for two scrumptious meatloaves along with dessert for our Meatloaf Bakeoff.*

*Roche Brothers for a delicious cheese and fruit tray for our Mardi Gras celebration..*

*Montillio's Bakery for a tray of colorful and tasty cookies for our Mardi Gras celebration.*

*John Adams Rehabilitation Center for a delicious heart healthy luncheon in recognition of February being Healthy Heart month.*

**...we couldn't do it without you**



## Trip to the Christmas Tree Shop in Avon

**Wednesday, April 17th**

**The van will leave the Kennedy Center at 10am & return at 3pm**

**A fun day of shopping followed by lunch at the Olive Garden**

**\$5.00 for transportation  
\*\*\*Lunch not included\*\*\***

**Registration is required. Space is limited. To register, please call the QCOA at 617-376-1506.**

## Kelley Auctions



*Have you ever seen the Antique Road Show? Well, two Appraisers from Kelley Auctions (antiques & Collectables) will be at the Kennedy Center to look at up to 3 items per person.*

*The cost is: \$3.00 for 1 item, \$4.00 for 2 items and \$5.00 for any 3 items. The money will be donated to benefit the QCOA.*

**Friday, April 19, 2013  
10:00am –2:00pm**

*Bring in anything you think may be valuable, interesting or unusual and have it appraised by professionals. Who knows, that old cigar box, unusual book or odd-looking statue may be worth \$\$\$\$! Refreshments will be served.*

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





**For each petal on the shamrock this bring a wish your way. Good health, good luck, and happiness for today and everyday.**



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