

Council On Aging News

June 2013



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

Last month we concluded another successful Senior Olympic games. The weather was the best in my recent memory. We had loads of fun and no injuries. The three departments that put the Olympics on should be very proud. They are, of course, the Mayor's Office, the Recreation Department, and the Council on Aging. The senior volleyball team recaptured the Warren Kirkland Ed Kelly Cup. They once again bested the Mayor's team to become the champions again. As always, we had tremendous community involvement from the Steward Group at Quincy Medical Center, River Bay Club, QATV, Fallon Ambulance, Olindy's, Torre Dei Passeri Club, The Quincy Sun, President's Golf Course, and many other city departments.

Looking ahead coming up on June 7th at 10am, representatives from Sheriff Belotti's Office will be on hand to promote the Yellow Dot Program. This is a national program that provides emergency first responders (police, fire and EMS) at automobile accidents with vital information about the crash victim. A yellow dot is displayed on the drivers side rear window of your car which indicates that a medical information envelope is located in the glove compartment. This envelope identifies the person and contains a medical information card which has the person's information, emergency contacts and medical history. I would strongly encourage all drivers to participate in this program. Please call the office to sign up for this event.

Don't forget if you need to beat the heat this summer, come on down to the Kennedy Center where it's nice and cool.

Sincerely,

Thomas F. Clasby Jr.
Director

The Olde Kids ***Friday, June 7th from 1pm to 3:30pm***

The "Olde 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 consists of six saxes, four trombones, four trumpets, four on rhythm and a vocalist.

\$6 suggested donation. Tickets are required.

Eye Screening ***Monday, June 10th from 12pm to 2pm***

Dr. Douglas Haigh from the Nielsen Eye Center will be at the Kennedy Center to check seniors for cataracts and glaucoma. Dr. Douglas 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. Registration is required.

Financial Advice ***Tuesday, June 18th at 10am***

Bob Lynch of Lynch Financial Consultants will review **House Bill 6300** (currently under review, eventually to become law) **which would change the current look back period from 5 years to 10 years, meaning nursing homes can seize your assets unless you plan properly with the right legal documents.** Also, the limit for home equity would be decreased from the current 750K to as low as 50K. Bob will also give an overview of the current economy and strategies to increase retirement income safely without risk. Folks who are on fixed incomes and want to reduce taxes or generate more than a 1% interest rate at their local bank yet preserve their principle. Registration is required.

Back Safety 101 ***Thursday, June 20th from 12pm to 1pm***

Dr. David Smith of Milton Chiropractic & Rehabilitation, Inc will discuss back safety. By learning the basics of back safety, you could save yourself from a lot of pain and from back problems. Registration is required.

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

“Golden Years” Photography

Wednesday, June 19th

Celebrate your “Golden Years” with a portrait by award winning photographer, Agnes Kane from Agnes Kane Photography in Marshfield. See Linda Bowes to schedule your session! Portraits will begin in the morning and continue throughout the afternoon. There is absolutely NO obligation. Agnes will photograph you and the images will be on her website for you and your family to view. If you choose to you will have the option to order prints for gifts for family members or just for yourself.

Basic Package \$45

1—8x10
2—5x7
4—4x6
8—wallets

Choose the package that best suits your needs!

All packages include the session fee and online proofing.

Mini Package \$29

2—5x7
8—wallets

Prices for individual prints or add on's to packages:

4 wallets—\$5
2—4x6—\$6
1—5x7—\$10
1—8x10—\$15
1—11x14—\$20

Payment by cash or check only!

Checks payable to:
Agnes Kane
Photography

Protecting Your Assets

Wednesday, June 26th
10am –12pm

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. Registration is required.

Best Salad Contest

Friday, June 21st

At 12:00pm

Summer is a great time of year for salads. Do you have a favorite potato salad, pasta salad, bean salad or other salad that you would like to share with you? Or would you like to sample other people's salad recipes? Registration is required.

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

Special Computer Classes - June 2013

Instruction by Grace Buscher. Registration is required for all classes.

Your Questions Answered—June 6th –10am to 12pm Cost: \$5

An opportunity to come into the class with your individual 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.

Digital Photography —June 13th –10am to 12pm Cost: \$5

Introduction to Digital Photography explains how to work a camera, what is a memory card, batteries and all simple basics of digital photography. We will learn how to take a picture, print on a printer with a card reader and how to get your pictures developed or printed. We will also talk about capturing size and settings for your digital camera. Bring your digital camera to class fully charged.

Digital Photography with your computer

—June 20th –10am to 12pm Cost: \$5

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.(Resizing, reshaping, turning to black/white photography.) 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.

If you have a laptop computer, feel free to bring it to class. We'll set you up on the internet if you have a wireless connector so you can follow along during 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.

Basic Computer Classes

Basic computer classes are also offered at The Kennedy Center on Tuesdays and Wednesday at no cost. To register for a basic computer class, call Carol at 617-376-1508.

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

Reserved for ads

WEEKLY EVENTS

*The Kennedy Center,
440 East Squantum St.*

	<i>Program</i>	<i>Time</i>
<i>Mondays</i> —	Foot Screenings –1st Monday	By Appointment
	Hearing Screenings –3rd Monday	By Appointment
	Line Dancing	10:00am
	Scrabble	11:00am –3:00pm
	ZUMBA	1:00pm
<i>Tuesdays</i> —	SHINE Program	By Appointment
	Exercise	9:00am
	Sewing	10:00am
	Dance	10:00am
	Computer Classes	10:30am –11:30am *pre-registration required
	Free Movie	12:00pm
	Yoga for Seniors	12:30pm –1:30pm
<i>Wednesdays</i> —	Foxwoods Trip –2nd Wednesday	8:00am *pre-registration required
	SHINE Program	By Appointment
	Knitting Group	10:00am
	Volleyball	11:00am –1:00pm
	Blood Pressure	11am –12:00pm
	Computer Classes	1:30pm –2:30pm *pre-registration required
<i>Thursdays</i> —	Exercise	9:00am
	Mah-jongg	10:00am
	Sing-A-Long	10:00am
	Blood Pressure	10:00am –11:00am
	Chess	10:00am –12:00pm
	Yoga for Seniors	12:30pm –1:30pm
	Book Club –1st Thursday	1:00pm
	Whist Group	1:00pm
<i>Fridays</i> —	Bridge	12:00pm –3:00pm
	ZUMBA	9:00am –10:00am
	Simple Wills –3rd Friday	By Appointment

OLLI Program Wednesday, June 26th at 1:00pm

A representative from UMass Boston will be at the Kennedy Center to talk about the OLLI Program. The Osher Life Long Learning Institute is a community of adult learners where you will meet new friends who also share a hunger for discovery. From courses to brown bags, to day trips, theatre and global travel see the world with fresh perspective. Registration is required.

Drawing with Color Beginning Friday, July 19th

Deni Sindel will teach Drawing With Color using pastels. Learn to use color in your Drawing with your choice of medium; pencils, pen, ink and crayons. Bring paper and supplies to first class where she will discuss the use and technique to bring your drawings to life. Fridays for 6 weeks from 10am -12:30pm. Cost of class is \$80. Registration is required.

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. Registration is required.

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

Announcement: MBTA Senior Passes

The MBTA is having a system problem and cannot upload the information that the QCOA sent to them when we held the senior pass sign-up at the Kennedy Center in March. Until the MBTA is able to fix the system problem, they suggest that people go to the Charlie Card Store which is located at 7 Chauncy Street, Boston. Take Red Line to Downtown stop. Store is at the top of the stairs. ***For more information please call the MBTA at (617) 222-3200.***

Reminder:

The system has been changed over to air conditioning. It can get chilly so please bring a light jacket or sweater when you visit. Also, please remember that if you are looking to beat the heat this summer, come on down to the Kennedy Center where it's nice and cool.

10 Ways to Beat the Heat

1. Put Up Sun Blockers:

When the air outside is dry and cooler than the air inside, hang a damp sheet in an open window. Incoming breezes are cooled by the evaporating water. Closing curtains and blinds (ideally with sun-deflecting white on the window side) can reduce the amount of heat that passes into your home by as much as 45 percent, according to the U.S. Department of Energy.

2. Make a makeshift air conditioner:

If it's hot but not humid, place a shallow bowl of ice in front of a fan and enjoy the breeze. As the ice melts, then evaporates, it will cool you off.

3. Spritz yourself:

Keep a spray bottle in the refrigerator, and when the going gets hot, give yourself a good squirt. While elephants wet their ears first by blasting water from their trunks, humans should begin with their wrists to quickly cool down the blood flowing through their veins.

4. Fan strategically:

If the day's heat is trapped inside your home, try a little ventilation at night or when the temperature drops below 77. A window fan can help; the trick is to face the blades outside to suck warm air out of the house and pull cooler air in.

5. Vent a Lot:

Run a fan and an air conditioner simultaneously. You can use the air conditioner at lower power and still feel cool if the fan is blowing over you. That's because the air conditioner removes humidity from the air while the fan helps evaporate sweat and moves heat away from your body. (Note: Fans don't cool a room; they just make people feel cooler, so shut them off before you leave.) Turn on the vent in the bathroom. When taking a shower, be sure to use the vent fan: It helps sticky moisture escape.

6. Try Air Drying:

Skip the drying cycle on the dishwasher. Instead, leave the door open to let the dishes dry. And put off using the dishwasher until evening, when the air is cooler. Or simply wash your dishes the old-fashioned way: by hand.

7. Dress right:

Wear one of the widely available synthetic fabrics designed to wick away sweat and that sticky feeling (examples include Coolmax and Nano-Tex); they're not just for athletes anymore. If you prefer cotton, make it thin, light colored, and, most of all, loose.

8. Stay Hydrated:

To replace the moisture that you lose as you perspire, be sure to drink. As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool. Avoid beverages that contain alcohol, caffeine, or lots of sugar, which are dehydrating.

9. Eat light:

There's a reason we reach for salads in the summer. They're easier to digest than, say, a fatty hamburger, which leaves you feeling sluggish in the high heat. Instead, go for fruits and vegetables, which are watery and help keep you hydrated.

10. Make a "cold compress."

Fill a cotton sock with rice, tie the sock with twine, and freeze it for two hours before bedtime. Then slide it between the sheets. Rice retains cold for a long period because it's dense and starchy, says Jim Hill, Ph.D., an associate dean of the College of Agricultural and Environmental Sciences at the University of California at Davis.

Thanks to:

Marina Bay Skilled Nursing for the delicious Soup Cook Off in April. Muffy Ventresca was the winner with her tasty lentil soup.

Caryn Smith of Caryn's Corner and her models for a delightful afternoon of spring and summer fashion at The Kennedy Center.

To all those who donated items to the Bake Sale and/or Yard Sale and to those who worked so hard in organizing for both events. All proceeds went to our ongoing programs.

The Park Department for the terrific job they did in sprucing up the grounds at the Kennedy Center. It looks great!

The Recreation Department for the great job they did in running another fun and successful Senior Olympic Games

June Word Search

E	V	T	Y	N	B	N	S	V	O	M	T	P	J	U	I	E	S	O	G	I	J	P	H	S
D	S	Z	U	E	D	U	O	T	J	S	Y	O	Y	L	G	A	S	E	M	M	O	P	L	T
A	N	A	E	O	M	G	I	I	P	K	W	O	N	O	P	I	J	L	A	V	M	W	O	B
N	B	S	N	M	H	U	E	N	T	N	S	L	X	O	Z	U	U	D	W	W	L	V	D	S
O	V	A	E	D	Q	C	Y	J	S	A	R	E	H	T	A	F	Z	P	X	N	E	G	Y	U
M	C	R	S	S	V	A	R	H	E	C	G	Q	S	W	I	M	M	I	N	G	E	H	N	
E	S	Q	O	U	C	Q	Y	E	X	C	X	A	C	C	Z	F	X	T	Z	S	E	H	D	B
L	G	M	O	Y	V	C	B	L	B	O	K	L	V	X	Q	X	X	X	P	N	O	U	E	U
M	Z	E	C	T	K	S	P	D	U	I	S	E	S	J	F	A	W	U	U	B	O	A	T	R
G	X	E	F	C	F	U	W	Z	J	J	N	D	X	C	J	O	C	J	J	G	G	F	K	N

- BEACH
- BEES
- BOAT
- FATHER
- JUNE
- LEMONADE
- MOSQUITO
- OCEAN
- POOL
- SAND
- SEAWEED
- SUMMER
- SUNBURN
- SWIMMING
- VACATION