

# *Council On Aging News*

*July 2013*



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

It's hard to believe that summer is already upon us. For many of us, this means family barbeques, trips to the pool and beach, and vacations. Generally, this is an enjoyable time of the year, however, it is important to remember that the extreme heat of summer can bring a number of difficulties. These include heat stress as well as heat exhaustion. There are signs that the body gives as a warning that we should be aware of. Heat stress signs include: an extremely high body temperature (above 103), red, hot, and dry skin with no sweating, rapid/strong pulse, a throbbing headache, dizziness, and nausea. Symptoms for heat exhaustion, however, are a little different. These include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headaches, nausea or vomiting, fainting, cool or moist skin, rapid or weak pulse rate, and breathing can be fast and shallow. There are a number of things one can do beforehand to avoid heat stress or exhaustion. These include: having an air conditioner or a fan, utilizing a cooling center such as The Kennedy Center, taking a cool bath or shower, one should always keep in regular contact with a friend or relative during the dog days of summer. It's great to keep this information handy but hopefully this summer will not be too extreme so that we can enjoy all the wonderful things that this season has to offer.

Sincerely,

Thomas F. Clasby Jr.  
Director

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## ***Yellow Dot Program Friday, July 12th at 10am***

Joe Canavan from Sheriff Michael Bellotti's office will be at the Kennedy Center for anyone interested in signing up for 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.

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## ***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.

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## ***The Olde Kids Friday, August 2nd 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.*

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## ***Kelley Auctions Friday, August 9th from 10am to 2pm***

Two appraisers from Kelley Auctions (Antiques & Collectables), Marge-Kelley and Michael Kelley will be at the Kennedy Center to look at up to 3 items per person. The cost is: \$3.00 for any 1 item, \$4.00 for 2 items and \$5.00 for any 3 items. The money will be donated to benefit the QCOA. 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 \$\$\$.

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

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## ***Working As a Partner With Your Health Care Provider***

***Tuesday, August 13th at 10am***

A representative from Bayada Home Health Care will explain how to manage your health care and have a successful relationship with your physician. They will review the important steps to manage your health care and three important questions to better understand your health. All participants will receive a Personal Health Record. Refreshments will be provided. Registration is required.

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## ***Lunch & Trivia With Linden Ponds***

***Thursday, August 15th at 12pm***

Linden Ponds of Hingham will be coming to the Kennedy Center to provide a delicious boxed lunch along with a fun game of trivia. Registration is required.

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

### ***Sponsored by the Friends of Wollaston Beach***

***Friday, August 23rd from 1pm to 3pm***

The Friends of Wollaston Beach will be sponsoring An Afternoon of Oldies Music from the 50's & 60's at The Kennedy Center. Refreshments will be provided. Registration is required.

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## ***Would you like to learn how to quilt?***

Deni Sindel will run a "Quilt in a Day" session where you can make a small quilt, wall hanging, table runner or placemat. The session will be held in August or September. If you are interested in this quilting session, please call the QCOA.

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## ***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.

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***To register for an event, please call the Quincy  
C o u n c i l o n A g i n g a t 6 1 7 - 3 7 6 - 1 5 0 6 .***

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## **Special Computer Classes - July 2013**

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

### **Digital Photography with your computer**

**—July 11th –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.

### **Your Questions Answered—June 18th –10am to 12pm Cost: \$5**

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

### **How to Buy a Computer —July 25th –10am to 12pm Cost: \$5**

Another class requested by you. What should you look for in buying a computer. Should you get a laptop or desktop. What about a printer. How to meet your requirements and get the best computer deal. Should you buy the warrantee? Come and get your questions answered.

*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. The next basic computer classes start on Tuesday, July 9th and Wednesday, July 10th To register for a basic computer class, call Carol at 617-376-1508.

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

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# WEEKLY EVENTS

*The Kennedy Center,  
440 East Squantum St.*

	<i>Program</i>	<i>Time</i>
<b><i>Mondays</i></b> —	Foot Screenings –1st Monday	By Appointment
	Hearing Screenings –3rd Monday	By Appointment
	Line Dancing	10:00am
	Scrabble	11:00am –3:00pm
	ZUMBA	1:00pm
<b><i>Tuesdays</i></b> —	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
<b><i>Wednesdays</i></b> —	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
<b><i>Thursdays</i></b> —	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
<b><i>Fridays</i></b> —	Bridge	12:00pm –3:00pm
	ZUMBA	9:00am –10:00am
	Simple Wills –3rd Friday	By Appointment



## Do you eagerly wait for the QCOA newsletter each month?

If so, here are the ways you can easily access the monthly newsletter!

### ***Online***

The newsletter can easily be accessed & printed on the computer by following these steps:

- Enter the city website: [www.quincyma.gov](http://www.quincyma.gov)
- On the left you will see a drop down menu under DEPARTMENTS. Select Elder Services
- On the right of the Elder Services Home Page you'll see Related Documents. Select newsletter

\*\*Luncheons and special events can be found on the Elder Services Calendar which is on the left side of the page as well as under News & Events on the left side.

### ***Hard Copies***

Newsletters are delivered to locations all throughout Quincy! Some locations include:

The Kennedy Center

Banks

Churches

City Hall

Supermarkets

Libraries

Call the QCOA at 617-376-1506 to find a location near you!

### ***The Media***

Although the newsletter is a great way to find out what's going on, it's not the only way! We advertise many of our events in the Quincy Sun, and on QATV Channels 8 and 11.

## **Free Movie of the Week    Every Tuesday at 12:00pm**

**July 9th: The Gift** Starring: Cate Blanchett, Keanu Reeves & Katie Holmes

**July 16<sup>th</sup>: Blood Work** Starring Clint Eastwood

**July 23rd: Rumor Has It** Starring Jennifer Aniston & Kevin Costner

**July 30th: Showtime** Starring Robert DeNiro & Eddie Murphy

*Refreshments are available for purchase Center's Café*

# Norwell VNA and Hospice Telehealth Educational Program for Seniors

*A 30-day program aimed at early intervention & management of Congestive Heart Failure*

- A proactive program utilizing technology, data, and clinical expertise to oversee and improve the care of elders living with heart failure.
- The program reinforces positive behavior, lifestyle changes and encourages self-management.
- Standardized teaching tools are used: *Red-Yellow-Green Zone CHF Tool* and *Krames Living Well with Heart Failure*

This program is grant-funded by South Shore Elder Services and offered by Norwell VNA (NVNA) and Hospice throughout the service area that includes the following towns: Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate and Weymouth. "This program is funded in part by a Title IIID grant of the Older Americans Act through South Shore Elder Services, Inc."

Eligible patients:

- Elders over the age of 60 who are newly diagnosed with heart failure or have had a recent exacerbation that led to hospitalization or emergency care.
- Willing to take an active role in their treatment plan to improve their health status through education and behavior modification.
- There is no homebound requirement.

***For more information or to refer a patient please call 781-610-1420***

The program will consist of one skilled nursing visit by Norwell VNA and Hospice to install the telehealth unit and provide education.

The telemonitor will transmit biometric readings for 30 days to the central monitoring station at Norwell VNA and Hospice. The measurements will include: blood pressure, pulse rate, pulse oximetry, and weight.

During the 30-day monitoring period, the Norwell VNA and Hospice clinical team will intervene at the "teachable moment"

The care team is highly experienced in coaching patients on the importance of daily monitoring, encouraging them to participate and remain engaged and active in the program.

## July Word Search

- INDEPENDENCE    RED
- FLAG                WHITE
- JULY                BLUE
- FIREWORKS        PARADE
- UNITED             CONSTITUTION
- FREEDOM          GEORGE
- LIBERTY            JEFFERSON

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

# July 2013

*Read an Almanac Month, Blueberries Month, Recreation & Parks Month, & Hot Dog Month*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Battle of Gettysburg (1863) First U.S. Zoo Opened (1874)	2 President James Garfield Shot (1881) Amerlia Earhart Disappeared (1937)	3 Compliment Your Mirror Day Stay Out of the Sun Day	4 Independence Day (1776) Statue of Liberty Presented (1884)	5 First Cloned Sheep (Dolly) was Born (1996)	6 Republican Party was formed (1854)
7 Pinocchio First Printed (1883) Hawaii Annexed by U.S. (1898)	8 First Public Reading of the Declaration of Independence (1776)	9 Ramadan Begins Sugar Cookie Day	10 Don't Step on a Bee Day	11 World Population Day President John Quincy Adam's Birthday (1767)	12 Etch-a-Sketch Introduced (1960)	13 First World Cup Soccer Tournament (1930)
14 \$100 Bill Became Largest U.S. Currency (1969)	15 First International Manned Space-flight (1975)	16 District of Columbia Established (1790) First Parking Meters (1935)	17 Disneyland Opened (1955)	18 Gymnast Nadia Comaneci Scored First Perfect 10 (1976)	19 First Women's Rights Convention Held (1848)	20 First Special Olympics (1968) First Moon Landing (1969)
21 National Ice Cream Day	22 Pied Piper Arrived in Hamelin (1264)	23 Pneumatic Tires Invented (1888) Hale-Bopp Comet Discovered (1995)	24 Apollo 11 Astronauts Safely Return to Earth (1969)	25 Puerto Rico Became U.S. Commonwealth (1952)	26 Liberia Became Africa's First Republic (1847) FBI Created (1908)	27 Korean War Veterans' Armistice Day Bugs Bunny Debuted (1940)
28 Parents' Day 14th Amendment Ratified (1868)	29 NASA Established (1958) Prince Charles Married Lady Diana Spencer (1981)	30 In God We Trust Made U.S. Motto (1956)	31 Columbus Arrived in Trinidad (1498)			

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