

# *Council On Aging News*

*August 2013*



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

I hope you are beating the summer heat.

Here at the Council on Aging we offer a number of programs which are held annually, including our tax preparation program, which takes place from February to April, our Senior Olympic Games held in May, the Senior Conference in September, and the Mayor's Annual Thanksgiving Dinner in November.

Accordingly, our next big event will be the Senior Conference scheduled for September 28, 2013. For those of you who are not familiar with the Conference, it is a one-day event held here at the Kennedy Center. Pre-registration is required for this event. The doors will open at 8am. After registration check-in, a continental breakfast will be held in the gym. The day's agenda includes a keynote speaker, followed by a series of workshops and a catered meal in the gym. Those who have participated in the Conference in the past have found it to be a fun and informative day. The cost is just \$10 per person. Registration forms will be available at the end of August. Space is limited.

As I write this, our Committee is hard at work putting together interesting workshops that will ensure that this year's conference lives up to its' reputation. Additionally, the Committee is working on the nominations for the Frank Kearns and Mary Vallier Awards. Each year at the Senior Conference, we honor a male and female volunteer for their outstanding service and commitment to our community. Hope to see you there.

Sincerely,

Thomas F. Clasby, Jr.  
Director

## Yellow Dot Program

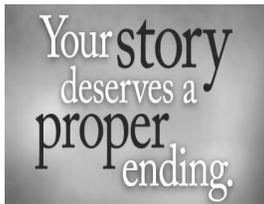
*Wednesday, August 14th at 10am*



Joe Canavan from Sheriff Michael Bellotti's office will be at the Kennedy Center for those interested in signing up for the Yellow Dot Program, 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 to indicate a medical information envelope is located in the glove compartment.

## Your Life, Your Legacy

*Tuesday, September 10th at 10 am*



DeWare Funeral Home will hold a presentation on funeral planning at the Kennedy Center, on Tues., Sept 10th at 10 am. Discover 4 steps to planning your funeral and bring peace of mind to your family with helpful advice and a planning guide. Refreshments will be provided. Registration required. Call the QCOA at 617-376-1506 to register. !

## Fenno House Yard Sale

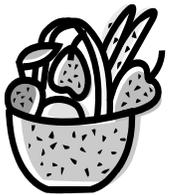
*Fri, August. 16 from 9 am - 3 pm*



Giant Yard Sale at Fenno House, 540 Hancock Street, Quincy- Lots of Raffle Prizes, cold drinks and Bake Sale. Proceeds benefit the Fenno House.

## Farmer's Market Coupon

*August 7th from 10 am—12 pm*



South Shore Elder Services will be distributing Farmer's Market coupons at the Kennedy Center on Wednesday, August 7th from 10 am—12 pm. Coupons will only be distributed to those over the age of 60. Applicants must have some form of identification, along with proof of low income, such as documentation of Food Stamps, Medicaid, fuel assistance or housing assistance.

## "The Hall" at Patriot Place Trip

*Tue, Sept. 10th*



\$20 per person includes: transportation, tour of The Hall and a 2 course meal. See Lombardi Trophies and Tom Brady's MVP Trophy. Relive the zany yet triumphant history of the New England Patriots. Tickets available at Kennedy Center. Space is limited. For more information, call QCOA at 617-376-1506.

## Kelley Auctions

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



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 any 1 item, \$4.00 for 2 items and \$5.00 for any 3 items. Proceeds 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 \$\$\$.

## Free Legal Clinic

*Tuesday, August 6th from 6—8pm*



This is the last free evening legal clinic at the Quincy District Court in 2013. Sponsored by the Bar Association of Norfolk County, a panel of experienced attorneys will be available for one on one confidential consultations to discuss your legal concerns. No appointment necessary. For information, call Adrienne Clarke at 617-471-9693.

## Protecting Your Assets *Tuesday, August 20th 10 am—noon*



Quincy Attorney Robert Romano will conduct estate planning essentials workshop discussing the important issues that affect seniors: the importance of a health care proxy, living wills, durable power of attorney, HIPA Authorization forms, and a Will or Trust. To register for this workshop, please call the QCOA office at 617-376-1506.

## Elvis Tribute Show

*Friday, September 13th at 12: 30pm*



Mark Stanzler will be back at the Kennedy Center to perform a number of the King's greatest hits! \$5 suggested donation. Tickets are required and will be available August 1st. Reservations must be made in person at the Kennedy Center. No phone reservations.

## SHINE - 'Serving Health Insurance Needs of Elderly'



Appointments are available between 9 am and 12 pm on Tuesdays and Wednesdays at the Kennedy Center. Call 617-376-1506 for appointment.

## Gift Basket Raffle

*\$1 each Begins August 1st*



A beautiful gift basket, on display in our lobby beginning August 1st, will be raffled off with all proceeds to go to the Alzheimer's Association from the Quincy Council on Aging as part of the Alzheimer's Association South Shore Walk fundraiser which will be held September 21st. Show your support by purchasing a raffle ticket.

## Free Hearing Screenings *Held 3rd Monday/ea month*



John Klefeker, BC-HIS, of Family Hearing Care Center provides free screenings on the 3rd Monday of each month at The Kennedy Center. Registration is required.

**Suggestion Box:** If you have any suggestions on how this newsletter can better serve you, please do not hesitate to call Gayle at 617-376-1246.





## ***Computer Classes - August 2013 - \$5 per class***

***Instruction by Grace Buscher.***

***Registration is required for all classes.***

### **Microsoft Word**

**August 1st from 10am to 12pm**

Explore the basics of word processing with Microsoft Word. Produce a letter, greeting card, envelope, and label. Learn how to use the features that make word processing more effective than typing. Learn to save documents, set up files and folders, and retrieve any document you have created.

### **Advanced Internet:**

**August 8th from 10 am to 12 pm**

This class is designed for people with a basic computer skill, who understand basic computer concepts, key, word processing, and mouse control. The class will explore the following: security, anti-virus, online banking, social networking (ie., facebook, twitter, LinkedIn)

### **Smart Phones, Tablets, Kindle/Kindle Fire**

**August 15th 10 am - 12 pm**

Tablet, iPad, Nook, Kindle or Kindle Fire: learn what they are, how they work, and just how much you can do with them. Learn to download books free of charge from the library on the Kindle, Kindle Fire and/or Nook. Learn how to use a smart phone and available features.

### **Computer Safety**

**August 22nd from 10 am to 12 pm**

Newly developed class on the possible perils to your computer, ie, viruses designed to harm your computer. We will discuss antivirus protections and general maintenance to keep your computer running well, as well as spam email and unsafe websites.

### **Internet Purchasing**

**August 29th from 10 am to 12 pm**

This class will show people the best ways to safely shop and purchase over the internet. It will take you through ordering, paying, tracking, receiving, returning. Students should have basic computer knowledge.

### ***Walk to End Alzheimer's Saturday, September 21st***

Pilgrim Memorial State Park, Plymouth, MA visit: [alzwalkMANH.org](http://alzwalkMANH.org) Call: 800.272.3900

**Warning Signs of Alzheimer's Disease:** Memory changes that disrupt daily life; challenges in planning or solving problems, difficulty completing familiar tasks at home, work or leisure; confusion with time or place; trouble understanding visual images and relationships; new problems with words; misplacing things; poor judgment; withdrawal from social activities, and mood swings.

# WEEKLY EVENTS AT THE KENNEDY CENTER

	<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
	Yoga for Seniors	12:30 pm—1:30 pm
	Free Movie	1 pm (Note time change)
<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

## The QCOA Book Club

The Quincy Council on Aging Book Club continues to meet at the Kennedy Center under the guidance of Kathy Losi on the first Thursday of the month. The next meeting is Thurs, Aug. 1st at 1 pm. The group selected the following books::

*Astronauts Wives Club* by Lily Koppel

*Beautiful Day* by Eli Hilderbrand

*Murder Makes Waves* by Ann George

Select one or read all three and join the discussion on August 1st



## Quincy Council on Aging Senior Conference 2013

Saturday, September 28th  
Details will be available soon.



## Washington, D.C. Trip

Departs Thursday, October 10th and returns Sunday, October 13th



Includes 3 nights at the Embassy Suites, 2 breakfasts and 2 dinners, tour of all historic sites and institutions.

Cost:

\$589 pp single

\$469 pp double

\$459 pp triple

If you are interested, please call the Quincy Council on Aging at 617-376-1506.

## Free Movie of the Week

Every Tuesday at

August 6th

**Sleeping with the Enemy** starring Julia Roberts  
A classic thriller!

August 13th

**Tootsie** starring Dustin Hoffman  
A marvelously funny movie!!

August 20th

**Sister Act** starring Whoopi Goldberg  
A hilariously funny movie

August 27th

**Down with Love** starring Renee Zellweger and Ewan McGregor  
Two thumbs up!!



**Note the time change to 1 pm. \*\* Refreshments are available for purchase Center's Café**

# 2013 Bourne Scallop Festival & Cape Cod Canal Cruise



**Friday, September 20th**  
**Leaving from the Kennedy Center at 8:30 am**  
**Cost: \$64 per person**

Price Includes:  
 Admission to the Bourne Scallop Festival  
 Choice of Scallop or Chicken Dinner  
 Narrated 90 minute Cape Cod Canal Cruise  
 Luxury Silver Fox CD/DVD/WiFi Motor Coach

Tickets are non-refundable and can be purchased at the Kennedy Center. Payment must be made by check made payable to Fox Tours.

Contact the Quincy Council on Aging at 617-376-1506 for more information.

## August Word Search

AUGUST  
 BBQ  
 BEACH  
 CAPE COD

CONVERTIBLE  
 COOKOUT  
 FUN  
 HEAT

SAND  
 SHOVEL  
 SUMMER  
 SUNSCREEN

SUNSHINE  
 SWIM  
 TOWEL  
 VACATION

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

*You don't stop playing  
 because you grow old.  
 You grow old  
 because you stop playing  
 - author unknown*



# AUGUST... in History



- \* *Peridot and Sardonyx are birthstones for August*
- *It's National Peach Month*
- *August Zodiac Signs: Leo & Virgo*
- *August named after Roman Emperor Augustus*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>"Deep summer is when laziness finds respectability."</p> <p>-Sam Keen</p> 	<p>"One must maintain a little bittle of summer, even in the middle of winter."</p> <p>- Henry David Thoreau</p>	<p>"If you can't be kind, please, at least be vague."</p> <p>-author unknown</p>	<p>"Books and summer-time go together..."</p> <p>-Lisa Schroder, author</p> 	<p>1 Colorado was admitted to the Union, 1876</p> <p>Anne Frank's last diary entry, 1944</p>	<p>2 President Warren Harding died, 1923 John F. Kennedy's Naval Ship PT 109 sank off the Solomon Islands, 1943</p>	<p>3 The Strategic Arms Limitation Treaty was passed, 1972.</p>
<p>4 The US purchased the Virgin Islands, 1916; The US Department of Energy was created, 1977</p>	<p>5 The first federal income tax was levied. Actress Marilyn Monroe was found dead, 1962</p>	<p>6 The US dropped Atomic Bomb on Hiroshima, Japan, 1945;</p>	<p>7 George Washington created the Purple Heart medal, 1782; US troops sent to Persian Gulf, 1990</p>	<p>8 Thomas Edison received a patent for his mimeograph, 1876; US forces invaded Guadalcanal, WWII, 1942</p>	<p>9 Japan surrendered to US, ending WWII in the Pacific, 1945; Richard Nixon resigned due to Watergate, 1974</p>	<p>10 President Herbert Hoover was born in Iowa, 1874; Franklin D. Roosevelt stricken with polio, 1921</p>
<p>11 The Watts, LA riots began, 35 ppl killed, 1965; Lincoln's Proclamation of National Fast Day, 1861</p>	<p>12 The 1st public police force was formed, 1658; US ground forces in Vietnam were withdrawn, 1972</p>	<p>13 Florence Nightingale died, 1910; First coin operated telephone was patented, 1889</p>	<p>14 Admiral David Farragut died in Portsmouth, NH, 1870; Social Security Act was passed by Congress, 1935</p>	<p>15 Victory over Japan (VJ Day) proclaimed, 1945 The 1st Catholic bishop in US, Fr. John Carroll, was consecrated in England, 1790</p>	<p>16 1st cable message sent across Atlantic Ocean 1858; Babe Ruth died, 1948; Elvis Presley died at Graceland, 1977</p>	<p>17 Hurricane Camille claimed more than 300 lives in Mississippi, Louisiana and Alabama, 1969; Davy Crockett born, 1786</p>
<p>18 Virginia Dare, the first child born in America, was born in VA, 1587; Bureau of Immigration was created, 1894</p>	<p>19 President William Clinton born, 1946; Actor Groucho Marx died in Los Angeles at age 86, 1977</p>	<p>20 President Benjamin Harrison was born in Ohio, 1833; US Marines landed in Beirut, 1982</p>	<p>21 Lincoln-Douglas debates began, 1831; Hawaii admitted to the Union, 1959</p>	<p>22 The record player was patented, 1906; King Richard III killed, ending War of the Roses, 1485</p>	<p>23 First Indian Church founded on Martha's Vineyard, 1670; Composer Oscar Hammerstein II died, 1960</p>	<p>24 Amelia Earhart was first woman to fly across the US, 1932; D.C. captured by British during War of 1812, 1814</p>
<p>25 National Park Service established, 1916; Paris liberated by US and French troops, 1944</p>	<p>26 19th Amendment to Constitution ratified, 1920; AFL-CIO endorsed President JFK, 1960 NY Giants Football team moved to NJ, 1971</p>	<p>27 President Lyndon B. Johnson born in Texas, 1908; Revolutionary War Battle of Long Island was fought, 1776</p>	<p>28 First American born Saint, Mother Elizabeth Ann Seton, was born in NY, 1774; Last day of Roman Empire, 476</p>	<p>29 Second Battle of Bull Run began, 1862; Beatles concluded their 4th American tour at Candlestick Park, San Francisco, 1966</p>	<p>30 Sen. Strom Thurmond set record filibuster against civil rights legislation for more than 24 hours, 1957; US troops occupied Japan, 1945</p>	<p>31 First pro football game played in PA, 1895; Rocky Marciano died at age 45, 1969 Lady Diana died, 1997</p>