

Council On Aging News

September 2013



School starts on September 4th...and our streets will become busy with many school busses and student walkers. Please use caution while driving, particularly when passing bus stops. **Reminder:** Speed limits in school zones is 20 mph.

617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

There are many exciting programs coming to the Kennedy Center this Fall. Of course, the provision continues with our John D. Noonan Annual Senior Conference on Saturday, September 29th. Space is limited, so I encourage you to sign up as soon as possible. Additionally, we have been trying some new things, one of which is day trips. Some day trips we have planned include the Bourne Scallop Festival and Cape Cod Canal Cruise, which is filling up quickly, and the New Hampshire Turkey Train, a trip to the White Mountain area to view the beautiful New England foliage and enjoy a scenic 2 hour train ride featuring a turkey dinner from the famous Harts Turkey Farm, and ending with a stop at an apple orchard. In November, we will be going to see *In The Mood*, a 1940s Musical Review at the Cutler Majestic Theater in Boston.

One of the most rewarding things I have done in my 16 years in this Department was bring a group of veterans to Washington DC to participate in the unveiling of the WWII National Memorial. Since that time, we have had a number of requests to return to Washington DC and I am happy to say that October 10-13th, we are planning to do that. This trip includes 3 nights at the Embassy Suites, 2 breakfasts, 2 dinners, and tours of all historic sites and institutions.

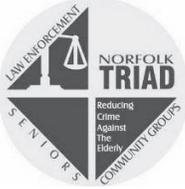
Hope you can join us on some these exciting new trips and activities.

Sincerely,

Thomas F. Clasby, Jr.
Director

Sheriff Mike Bellotti Promotes Yellow Dot Program

Yellow Dot is a national program that provides emergency first responders (Police, Fire, EMS) at accidents with vital medical information on crash victims. Participants place a yellow dot decal on driver's side rear windshield of their cars. The yellow dot alerts first responders to an envelope containing a photograph, personal & medical information and emergency contact information, is in the glove compartment. Joe Canavan will be here on **Wed., Sept. 25th from 10 am– noon**. Call 617-376-1506 to register for this free program.



Norfolk County Register of Deeds Quincy Office Hours

Register of Deeds Bill O'Donnell will hold office hours on Thurs., **September 19th 10 - noon** in the 2nd floor conference room at Quincy City Hall to answer questions, file documents, provide mortgage discharge statuses and assist in filling out Homestead Declarations. No appt necessary.

Norfolk County RSVP Volunteer Program



RSVP, a community service program for volunteers age 55+, places and supports volunteers in programs to meet community needs, (school reading/ tutoring, hospital support services, inmate mentoring, nursing homes, Fr. Bill's, food pantries, Meals on Wheels, etc). Anyone 55+ who'd like to make a difference can be a volunteer. Volunteers receive free supplemental accident insurance, mileage reimbursement, and lunch & recognition at annual Volunteer Luncheon. Call 781-329-5728.

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 required.

Meet Rosalind Cuschera, Author

Thurs, Oct 3rd 1 pm



QCOA Book Club (open to everyone). Author and Quincy resident, Rosalind Cuschera tells of her mother's journey from post WWI Italy to America as a widow and mother of four and the sacrifices she had to make in her book, *Journey from San Rocco*. Enjoy light refreshments and personal stories from Cuschera. Registration required for free event. **All are welcome!**



Reminder: Donations of wheel chairs, canes, walkers, etc. are welcome at the Kennedy Center



Quincy Citizen Safety Programs offered by Quincy Police Department: Senior Citizens Police Academy, Neighborhood Watch Program and Crime Prevention Seminars. For more information, please contact Lt. Dan Minton at 617-745-5719.

Lydon Chapel for Funerals Pre-Planning Seminar



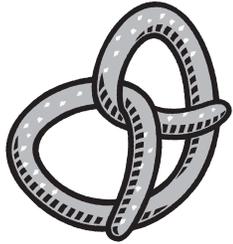
Pizza Lunch and Raffles Wed., October 2nd at Noon

Michelle Lydon of *Lydon Chapel for Funerals* will host a presentation on the importance and convenience of funeral pre-planning and will outline the simple steps involved in pre-planning your arrangements and the peace of mind it brings to both you and your family. A pizza lunch and dessert will be served. Win prizes in a free raffle game. Registration required * space is limited. Please call QCOA to register at 617-376-1506.

Diabetic Shoes/Sneakers



For seniors with Diabetes, there is a program that supplies one free pair of shoes or sneakers per year to those that qualify. Senior must have a prescription from primary care doctor indicating need for shoes and detailing foot problems. For more information, please call American Prosthetic in Braintree at 781-794-9991 or Olden Pharmacy in Weymouth at 781-337-0187.



OKTOBERFEST LUNCHEON

Monday, September 30th at 1 pm

At the Kennedy Center

Join us in a traditional Oktoberfest Celebration

With Music and Refreshments

*Registration Required * Suggested Donation: \$5 * Call 617-376-1506 to register*



Protecting Your Assets

Wednesday, Oct. 9th from 10 am –12pm



Quincy Attorney Robert Romano will conduct an estate planning essentials workshop discussing the important issues that effect seniors: health care proxies, living wills, durable power of attorney, HIPA authorization forms and a Will or Trust. To register, call 617-376-1506.



Nutrition and Life Changes Luncheon

Friday, September 20th at 12 Noon

A representative from Life Care Center of South Shore will be at the Kennedy Center to discuss the importance of nutrition and how it changes as we age. Registration is required. To register, please call the QCOA at 617-376-1506.



Trip to the Christmas Tree Shop - Avon Olive Garden Lunch

Tuesday, October 15, 2013 at 10 am - Return at 2:30 pm

* Get a head start on your Christmas shopping! * \$5 Per Person - Lunch not included *

* Registration Required * Space is Limited * Call the Quincy COA to register 617-376-1506





Computer Classes - August 2013 - \$5 per class



Instruction by Grace Buscher.

Registration is required for all classes.



September 5, 2013

Advanced Email

10 am—12 pm

Advanced class covers email in more detail. Free email accounts and what they really cost you, spam and how to block it, multiple email addresses, contacts/address book, set up, update, saving, scams, and more.

September 12, 2013

Your Questions Answered-The Class You Requested

10 am - 12 pm

An opportunity to come into the class with 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.

September 19, 2013

Digital Photography

10 am—12 pm

Introduction to digital photography explains how to work a camera, what is a memory card, batteries and simple basics of digital photography. Learn to take a picture, capture size, print on printer with card reader and have pictures developed. Bring your camera to class fully charged!

September 26, 2013

Digital Photography with Your Computer

10 am—12 pm

Review the digital photography class and learn to upload pictures to your computer and learn what can be done with pictures. Emphasis on printing, saving, photo book, create a collage, editing and modifying.

October 3, 2013

Smart Phones—Requested by Smart Phone Class Attendees

10 am –12 pm

Requested by Smart Phone Class attendees. Learn more about smart phones and ask specific questions about your phone. We will review the basics and address your questions.

***If you have a laptop computer, feel free to bring it to class. Center's computers are first come, first serve.**



The Value of Longer Term Care Insurance

Wednesday, September 25th at 10 am at the Kennedy Center



Neil McCole, a Quincy resident and representative from NY Life Insurance Company, will present the values of Long Term Care Insurance, incl. how to protect your assets, financial security of loved ones, and more. Refreshments will be served. Registration is required.



SCAM ALERT!!!

Protect yourself! Scams come by phone, computers, mail and even to your front door. Never provide personal information or let anyone you don't know in the door—call Quincy Police at 617-479-1212 if you encounter someone seeking money or personal information. The

Registry of Motor Vehicles is warning drivers of online scams, websites that mimic the Registry's official website, which is MassRMV.com. These sites charge people for things that the registry handles free of charge. People commonly come to scam websites by searching the Registry. Check for the Commonwealth of MA seal to ensure you are on the official website. When in doubt, call.

Community Spotlight

Quincy Farmer's Market Open Fridays 11:30—6 pm



Quincy Arts Festival



Hancock Parking Lot—across from Courthouse
Fresh produce locally grown, delicious baked goods & wine tasting.

Saturday and Sunday, September 21st and 22nd

Richard J. Koch Family Complex, One Merrymount Parkway
Admission is free. Art exhibits, entertainment and refreshments.



Living with Diabetes



Friday, October 18th at noon at Kennedy Center

Jane Balyea from Royal Health Group Braintree will give a presentation on Diabetes. Jane was trained at the Joslin Clinic. A healthy lunch will be provided. Registration req'd. Call QCOA to register.



Family Caregiver Support Group

Thursday, September 12th 6:30 pm—8 pm
Kennedy Center Café



Beverly Moore, author, nurse and educator, will lead a support group for caregivers on the 2nd Thursday of every month. Beverly has over 50 years experience caring for people and their families.

If you are a caregiver and would like to learn some ways to ease the journey, please join us.

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

Strength Training for Seniors



Personal Trainer Maggie Faretra will hold a 10 week session of strength training at the on Thursdays Sept 12- Nov 14 from 10:30-11:30. Call COA 617-376-1506 to register. \$3 per

LAKE WINNIPESAUKEE TURKEY DINNER TRAIN



Friday, October 4, 2013

The day begins with a fall foliage tour heading north to New Hampshire. Enjoy dinner of hand-carved, delicious roast turkey and all the fixings on board an original Boston and Maine Railway car for an unforgettable 2 hr ride along scenic Lake Winnepesaukee, followed by an apple orchard visit where you can stop up on apples for your home made pies.

\$69 Per Person Includes:

Round Trip Motor Coach transportation
Scenic Foliage Drive

Roast Turkey served aboard the train (prepared by Hart's Turkey Farm)

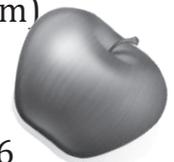
2 Hour Scenic Train Ride

Farm Stand visit for apples



For information and reservations, please call QCOA at 617-376-1506

* Checks made payable to Fox Tours * Seats are Limited * Act Fast!! *



Joey Voices

Friday, October 11th at 1:30 pm

At the Kennedy Center



Enjoy the sounds of Frank Sinatra, Tony Bennett, Neil Diamond, Elvis Presley and many more with singing impressionist comedian and one-man-show Joey Voices, a true talent that could just be one of the best shows you've ever seen!! Suggested donation: \$5 Registration Required. Tickets will be available at the Kennedy Center beginning September 3rd.

Quincy Council on Aging

Annual John D. Noonan Senior Conference 2013

Saturday, September 28th 8:00 am



Includes: Continental Breakfast, workshops and catered lunch
Two seniors will be honored with the Frank Kearns and Mary Vallier Awards

* Registration required * Space is Limited * Cost \$10 per person *

Registration forms are available at the Kennedy Center



Please let us know of any Kennedy Center members that may be sick or recovering from an illness or surgery so that we can send them get well wishes. Call 617-376-1246.

Just for Fun...

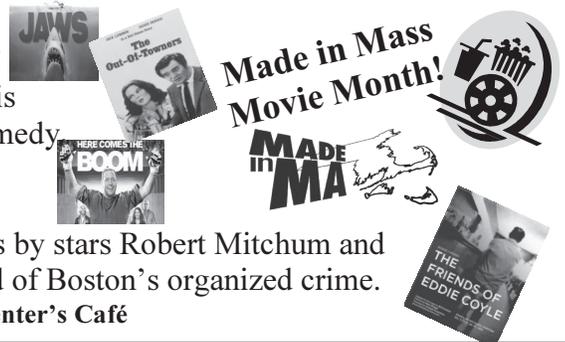
My Many Places

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone. I've also never been in Cognito. I hear no one recognizes you there. I have, however, been in Sane. They don't have an airport; you have to be driven there. I probably should have made several trips there, along with my friend, family and fellow workers. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore. I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I got there more often as I'm getting older. One of my favorite places to be is in Suspense. It really gets the adrenalin flowing and pumps up the old heart! At my age, I need all the stimuli I can get! I may have been in Continent, and I don't remember what country I was in. It's an age thing.

- author unknown (reprinted from the Weymouth COA newsletter)

Free Movie of the Week at the Kennedy Center Every Tuesday at

- Sept 3 *Jaws* starring Roy Scheider and Richard Dreyfuss
The American thriller that made us all fear the water!!
- Sept 10 *Out-of-Towners* with Jack Lemmon and Sandy Dennis
Your mouth will hurt from laughing at this classic comedy.
- Sept 17 *Here Comes the Boom* starring Kevin James
Hilarious comedy filmed right here in Quincy!
- Sept 24 *Friends of Eddie Coyle*, with incredible performances by stars Robert Mitchum and Peter Boyle, was filmed in 1973 about the underworld of Boston's organized crime.



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

TV Production Classes Quincy Access Television will be offering members of the Kennedy

Center the opportunity to learn tv production from award winning teachers, Bill Earley and Mark Crosby, on Thursday afternoons at 2 pm. Join the world of television production and how to produce your own show in an easy, comfortable setting—including how to add special effects. Beginning Sept 26th at 2pm.



 **Just a Reminder:** For those drivers with a handicap placard, it is a Massachusetts State Law the placards only hang on your rear view mirror while parked in a designated handicap parking spot— not while driving as it can hamper your sight and distract other drivers, possibly causing an accident. Remember to remove while driving!!

Please help us obtain accurate statistics for the Center by swiping your card when you visit or participate in an activity.



 **Tired of Telemarketing Calls?!** 

Tired of calls that interrupt your day? Call the national do-not-call registry at 1-888-382-1222.

Word JUMBLE: Read Clue, Unscramble the jumbles, one letter per line/square, to form ordinary word. Take the letters from squares to form answer. Clue: Something found in the ocean...or a casserole.

MLCA

DORSC

LPOCLSA



ONLEFURD



Answer: _____

* Answers found at bottom of calendar *

September Word Search

APPLES
AUTUMN
BREEZE
BUS
CIDER

ELECTION
FALL
FOLIAGE
GRADE
HARVEST

LABOR DAY
LEAVES
LUNCH
MILK
RECESS

REPORT
SCHOOL
SEPTEMBER
TEACHER
VOTE

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

You can only perceive real beauty in a person as they get older...
-Anouk Aimee



Inflation is when you pay \$15 for the \$10 haircut you used to get for \$5 when you had hair!!



SEPTEMBER

SUN	Mon	Tue	Wed	Thu	Fri TGIF	SAT
1	<p>2</p> <p>Kennedy Center closed</p> 	<p>3 Piano Lessons by appt</p>  <p>SHINE Program by appt</p>  <p>9 am Exercise 10 am Sewing 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Movie: <i>Jaws</i></p>	<p>4 SHINE Program by appt</p>  <p>10 am Knitting Group 11 am Poker 11 am Volleyball 11 am Blood Pressure 12 pm Cards & Games 1:30 pm Computer</p>	<p>5</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Computer Class 10 am Chess 12:30 pm Yoga  1 pm Book Club 1 pm Whist Group</p>	<p>6</p> <p>9 am ZUMBA 12 pm Bridge</p> 	7
8	<p>9</p> <p>Foot Screening by appt</p>  <p>10 am Line Dancing 11 am Scrabble 1 pm ZUMBA</p> <p><i>Line Dancing</i></p>	<p>10</p>  <p>9 am EXERCISE 10 am Sewing 10 am Your Life & Legacy 10 am Patriot Place Trip 10:30 am Computer 10 am Dance 12:30 pm Yoga 1 pm Free Movie <i>Here Comes the Boom</i></p>	<p>11</p> <p>8 am Foxwoods Trip Pre-register</p>  <p>10 am Knitting Group 11 am Poker 11 am Volleyball 11 am Blood Pressure 12 pm Cards & Games 1:30 pm Computer</p>	<p>12</p> <p>9 am Exercise  10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess 10 am Computer Class 12:30 pm Yoga 1 pm Whist Group 6:30 Caregiver Support</p>	<p>13</p> <p>9 am ZUMBA 12 pm Bridge 12:30 pm Elvis!!</p>  <p>Elvis Tribute</p>	14
15	<p>16</p> <p>Hearing Screening Appointment req'd</p>  <p>10 am Line Dancing 11 am Scrabble 1 pm ZUMBA</p>	<p>17</p> <p>9 am Exercise 10 am Sewing 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Free Movie <i>Out-of-Towners</i></p> 	<p>18</p> <p>10 am Knitting Group 11 am Volleyball 11 am Poker 11 am Blood Pressure 12 pm Cards & Games 1:30 pm Computer</p> 	<p>19</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess 10 am Computer Class 12:30 pm Yoga 1 pm Whist Group</p> 	<p>20</p> <p>Simple Wills by appt</p>  <p>8 am Scallop Fest & Cape Cod Canal 9 am ZUMBA 12 pm Bridge 12pm Nutrition Luncheon </p>	21
22	<p>23</p> <p>10 am Line Dancing 11 am Scrabble 1 pm ZUMBA</p> 	<p>24</p> <p>9 am Exercise 10 am Sewing 10 am Dance 10 am Patriot Place 10:30 am Computer 12:30 pm Yoga 1 pm Free Movie <i>Friends of Eddie Coyle</i></p> 	<p>25</p> <p>10 am Yellow Dot</p>  <p>10 am Knitting Group 10 am Long Term Care Insurance Presentation 11 am Volleyball 11 am Poker 11 am Blood Pressure 12 pm Cards & Games 1:30 pm Computer</p>	<p>26</p> <p>9 am Exercise  10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess 10 am Register of Deeds at City Hall 10 am Computer Class 12:30 pm Yoga 1 pm Whist Group 2 pm TV Production</p>	<p>27</p> <p>9 am ZUMBA 12 pm Bridge</p> 	28
29	<p>30</p> <p>10 am Line Dancing 11 am Scrabble 1 pm Oktoberfest</p> 	<p>WORD JUMBLE</p> <p>Answers: Clam Scrod Scallop Flounder Answer: Seafood</p>	<p>Mark your calendars:</p>  <p>1940's Musical Revue Cutler Majestic Theatre November 20th \$69pp Tickets sold in October</p>	<p>In addition to stores, churches, senior centers & banks across Quincy, access our newsletter at www.quincyma.gov Click on Elder Services & then the link to download newsletter.</p>	<p>A quote in honor of Labor Day: Thunder is good, thunder is impressive, but it is lightening that does the work -Mark Twain </p>	