

# Kennedy Center News

August 2016



## Friendly Visits

If you know a homebound senior who would benefit from a friendly visit, call Outreach Coordinator, Marge Donaher, at 617-376-1243. Friendly visits provide social support for lonely, isolated and/or homebound elders. A face to face chat can help a senior stay socially connected and reside at home longer, as well as help address health and social isolation among our homebound senior population.



## Alzheimer's Support Group

Will meet the fourth Thursday of the month beginning on September 22, 2016 at 1 PM. Please join us in the classroom at the Kennedy Center. Call 617-376-1506 to register for the group.

Dear Friends,

I trust you are having a good summer; it is very hard to believe that August is already upon us.

Last month, Mayor Koch announced a major initiative, to make Quincy a dementia friendly community. This will be a combined effort by his office, this office and the Department of Public Health. Our goal is to educate first responders on the best practices for helping people who are suffering from dementia. We want to train all municipal employees that work with the public to recognize the warning signs of dementia and how to respond with compassion. We will provide educational seminars to Quincy's business community. Resources for families affected by dementia will be available. Support will be provided for caregivers and referrals to other service agencies. Our goal is to educate the public at large, the business community and the students of Quincy public schools. We seek to create a community which provides support and compassion for its citizens who are suffering from dementia and their family members.

In Massachusetts 120,000 individuals age 65 and older have Alzheimer's disease, seven out of ten of those live alone and one in four remain undiagnosed. Although we cannot solve this problem alone, together there is much we can do to shrink these statistics.

Enjoy the rest of the summer before it is over!

Thomas F. Clasby, Jr.  
Director



For timely information, topics of interest, announcements and more, be sure to like us on Facebook! Search us under Quincy Council on Aging



**KENNEDY CENTER**

Kennedy Center  
440 East Squantum Street  
Quincy, MA 02171  
617-376-1506

[www.quincyma.gov/government/elderserv](http://www.quincyma.gov/government/elderserv)  
Hours : Monday - Friday 8:30 a.m.- 4:30 pm

## North Shore Music Theater

**Thursday, September 1st @ 10AM**



**\$109.00 PP** Broadway Comes to New England! Enjoy the classic musical Singin' In The Rain. Depart from Squantum Point Park to the Danversport Yacht Club for a full course luncheon including baked scrod and chicken. Then travel to North Shore Music Theater for the performance. **Space is limited. Payment due at registration. No exceptions.**

## Adirondack Balloon Festival

**Friday September 23-25 3 Days/4 Meals**



Depart from Quincy at 7AM to the glorious **Adirondacks** to see one of the country's largest Balloon Festivals. Our first stop will be the resort town of racing and elegance - **Saratoga Springs**. We arrive downtown on **Broadway** to enjoy some free time for shopping and lunch on your own. Afterwards, meet our **Step-on-Guide** for a tour of the town.

Hear the history of the elite who made this their summer getaway as well as the color past of the **Racing Scene**. We will next check into our hotel - the elegant **Queensbury Hotel**. In the late afternoon we will head to the festival to see the launching of over **80 Balloons**. We will return to the hotel for dinner in the **Grand Ballroom**. On Day 2, we are up early to head back to the festival to see the early morning launch of over **100 Balloons**. Enjoy a coffee and snack as the balloons take off before we return to the hotel for a hot breakfast buffet. We then depart for nearby **Lake George** for a boat **Cruise**, then return to town for an enjoyable lunch on the water's edge. We return to the hotel to freshen up, then back to the **Festival** to see the launching of over **100 Balloons**. Take more free time to enjoy the many vendors in the park and attractions followed by the **MoonGlow ascension** of the balloons. On Day 3, (another early rising day) the bus will take you for the **6:30 AM Walter's Mass 'Ascension of the Balloons'**. You can then return to the hotel for a full breakfast, or if you choose to sleep in - rise and enjoy the hotel and breakfast at your leisure. Afterwards, we will return to **Lake George** for you to enjoy some free time and lunch on own in town before we head for home. **Price: \$505 PP/ Double Occupancy, \$681 PP Single/ Occupancy, \$461 PP Triple Occupancy .Full payment is due with reservation. Space is limited.**

## Quabbin Foliage Tour

**Tuesday, October 11, 2016**



**\$72PP** Depart at 9AM and head to the Quabbin Reservoir area and West Brookfield's Salem Cross Inn. You will enjoy a full course luncheon, featuring soup, salad, Chicken Pot Pie or Maple Salmon, and a delicious dessert. You will then be joined by a native tour guide who will take you throughout the Quabbin Reservoir. Then you will visit Brookfield Orchards, home of one of New England's largest apple growers. Then head back, returning at approximately 5:30PM.

## Summer Heat Safety for Seniors

**Thursday, August 4th at 10AM**

Join Ruth Jones BSN,RN,BC,CP-FS Public Health Nurse Educator for the Quincy Health Department for a discussion on summer heat safety for seniors. The heat presents a number of health risks to older adults. Tips will be provided to prevent overheating. **Space Is limited. Light refreshments will be served. Call 617-376-1506 to register.**





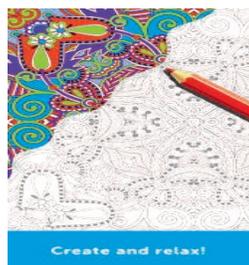
### Quincy City Hall Tour Wednesday, August 10th at 10AM

Tour the newly renovated City Hall and departments at City Hall. See your tax dollars at work. Transportation will be provided. After the tour we will stop at the Village Common Food Court in Quincy where you can have lunch (order and pay for your own meal). There are three different restaurants to choose from, Healthy Kitchen, Fish & Chicken and an Italian restaurant. **Space is limited. Call 617-376-1506 to register.**



### Greater Boston Legal Services Classroom Event Thursday, August 18th at 10:30AM

Wynn Gerhard, a legal services attorney will discuss the opportunity for free legal services for low income people in Greater Boston. Attorney Gerhard will also discuss legal issues affecting seniors including Landlord-Tenant Law, Medicare and Medicaid, nursing home issues, and any other fields that people might have questions about. She will also sit with individuals and discuss their legal problems. **Space is limited. Call 617-376-1506 to register.**



### Coloring Group Thursdays at 1:00 at the Kennedy Center

Join the coloring craze! It is a great way to relax. Health benefits include improved fine motor skills and vision and brain focus. Doctors prescribe to patients to calm and center their minds as well as combat stress and anxiety. Supplies provided. If you have supplies you prefer to use, bring them along. **No registration required.**



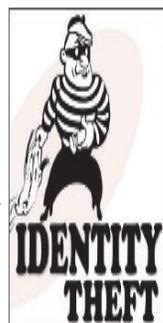
### Lip Balm Class Tuesday, August 31st at 10 AM

Join Piper Jornales, owner of Piper Dee Naturals for a class on making all natural lip balm. You will leave with six different flavored all natural lip balms. **\$10 PP due at time of registration. Space is limited.**



### Quincy Artsfest Sat, September 17th 10-4PM & Sun the 18th 10-4PM at Merrymount Park

The grounds will be transformed into an artistic hub complete with artwork, live entertainment, crafters and children's activities that has become an autumn highlight for Quincy families. **Quincy Symphony Orchestra** will perform a free concert at Adams Field at 5:00 on the 17th. For more information contact the Quincy Parks Department at 617-376-1251



### Protect Your Identity with Mobile Shredding sponsored by DA Morrissey Wednesday, September 21st from 10AM –1PM

Seniors are invited to safely dispose of sensitive and personal documents to further protect themselves from identity theft and fraud. Visit the Kennedy Center on Wed, Sept 21st to speak to DA Michael Morrissey's staff and shred tax, financial, legal and other documents free of charge. This event, organized to heighten awareness about identity theft and fraud, is sponsored by Norfolk District Attorney Michael Morrissey.



## Computer Classes - 2016 - \$5 per class Instruction by Grace Buscher



Registration required for classes \* Bring your laptop. You are welcome to come without laptops for instruction only. The center's computers are available first come, first serve. Call 617-376-1506 to register.

**August 4th - Apple Computers -Apple Computers -How does it work? What do you need to do? How do you get your email, get on the internet and everything about the Mac. Come join us if you have your Mac, bring it to class.**

**August 11th—Smart Phones and Tablets-So you have a new smart phone and are unsure of how to use it. Come to class and learn all about both. Learn about apps, how do you get them what do you do with them.**

**August 18th –How to Buy a Computer-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 be thinking about a tablet instead of a computer? What about a chrome book? Should you buy a warranty? Come and get your questions answered?**

**August 25th—Facebook and Twitter– Learn about social media. What is it all about? Is it dangerous? What are your children saying about it, and your grandchildren? Come to class and find out what you should know about this common application that everyone seems to be using.**

**Seniors are often intimidated by technology. Join Grace for computer classes at the Kennedy Center– stimulate your mind and learn how to use a computer and navigate the internet. Beginner classes are Tuesdays at 10:30am and Wednesdays at 1:30pm.**



### S.H.I.N.E.(Serving Health Insurance Needs of Elders)

Kay MacPherson, Quincy COA S.H.I.N.E. counselor, is here to assist you with questions regarding Medicare, Prescriptions Advantage, Part D, etc. Call 617-376-1247 to make an appointment to meet with Kay .



It is that time of year again and the air conditioners will be turned on at the Kennedy Center. Please bring a sweater with you in case it is too cold for your liking.



Parkinson's Support Group is held the **2nd Wednesday** of each month at the Ward 4 Community Center. 100 Brooks Ave, at 7 pm to discuss Parkinson's. Call Brian 617-770-2090 for information.



**Kennedy Center Book Club, meets 1st Thursday of each month at 1:30**  
August 4 "The Nest" by Cynthia Sweeney. September 1 "For 2 Cents Plain" by Harry Golden or "Year of Wonder" by Geraldine Brooks. **Registration is not**



**Chair Yoga with Karen Gaughn**  
**Wednesdays at 1:00 at Foreriver Club House \$3 per class**



There will be no Healthy Eating classes in August. Classes will resume in September.



The Women's Discussion Group and the Men's Discussion Group will **Not** meet in August. Meetings will resume in September.



**Fenno House 540 Hancock St. Wollaston "Eighth Annual" Fun-Raising Fair**  
**Fri & Sat , August 19th & 20th 9AM-3PM**  
**Giant indoor yard sale, Raffles, Food, bake sale and cold drinks.**



**Save the Date!**

Senior Conference will be held on September 30th at the Kennedy Center, more information will be provided in the September newsletter.



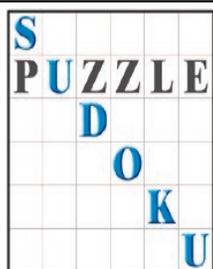
**Hand and Foot Card Game**  
**Tuesday, September 13th at 10:00 AM**

Learn the American card game related to Canasta. An instructor will teach you this fun game in which the players are dealt two sets of cards - the hand, which is played first, and the foot, which is played when the hand has been used up.  
 Call the Kennedy Center to register at 617-376-1506



**Painting with Acrylics**  
**Friday, August 12th at 10AM**

Learn the principles of art in this relaxed 'paint in the moment' affair at the Kennedy Center. Participants leave with their creations. Light refreshments. Supplies provided. \$15 per person due at registration. Cost includes supplies. Space is limited



This is an Intermediate Level Puzzle.

Exercise Your Brain!



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	1		7	8	6		5
	8		5	2			1
		9			5		6
	4		7	9	6		1
1			2			7	
9				6	3		2
2		3	9	4			6
		4					

**Sudoku**

Use your logic to find the correct number for each square. When finished, all nine rows across, all nine columns down and all nine 3 by 3 boxes must contain all nine numbers, 1 through 9, with no repeats.

**Level: Intermediate**

**Good luck!!**

## **FREE MOVIE FRIDAYS** Free Movie Fridays at the Kennedy Center Every Friday at 12:30pm



**August 5th -Hello My Name is Doris** is a 2015 American romantic comedy-drama film starring Sally Field, Max Greenfield , Wendi McLendon-Covey and Stephen Root. With help from her best friend's granddaughter, a smitten woman concocts schemes to get the attention of a younger co-worker in her office.

**August 12th - Extremely Loud Incredibly Close** is a 2011 funny, moving and soulful movie starring Tom Hanks and Sandra Bullock. The story unfolds inside the mind of Oskar Schell, an inventive eleven year old New Yorker whose discovery of a key in the belongings of his father, who died in the World Trade Center on 9/11, sets him off on an urgent search for the lock it opens.

**August 19th– The Finest Hours** is a 2016 drama-thriller starring Chris Pine, Casey Affleck, Kyle Gallner & Holliday Grainger -on February 18, 1952 when a massive nor'easter strikes New England wreaking havoc on the ships caught in its deadly path. The SS Pendleton, an oil tanker bound for Boston, is ripped in half trapping more than 30 sailors. As word reaches the U.S. Coastguard station in Chatham Mass, four men set out in a wooden lifeboat with an ill-equipped engine , little navigation, frigid temperatures and 60-foot waves with hurricane force winds.

**August 26-Dirty Dancing** is 1987 love story starring Patrick Swayze and Jennifer Grey takes place in the summer of 1963 at a Catskill Mountain Resort. Drawn to the staff quarters by the sound of music, vacationing 17 year old Baby (Grey) meets rebellious Johnny (Swayze) , the hotel dance instructor, who is as experienced as Baby is naïve. She becomes his pupil in dance and love.

IF you are a **veteran, spouse, widow or widower of an honorably discharged veteran** and your total monthly income is less than \$1,962.00 (as a single person) and \$2,655.00 (as a couple), you could be entitled to assistance under Chapter 115 Veterans' Benefits Program.

Chapter 115 provides a needs-based, means tested program of financial and medical assistance for low income veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for daily living expenses and medical care. IF you are currently enrolled in Medical A & B, medical care would include assistance with health insurance premiums, Medicare B & D payments, Dr. co-pays and prescriptions co-pays. A single applicant is allowed \$5,000.00 in cash assets and a couple is allowed \$9,800.00 in cash assets. If you feel as though you could benefit from Chapter 115 **Veterans' Benefits**, please contact **Quincy Veterans' Services, 24 High School Avenue, Quincy, 617 376-1192. Office hours are Monday through Friday 8:30-4:30. The office is closed from Noon to 1:00PM for lunch.**



1. What was the name of the first satellite launched into orbit by Russia in 1957?
2. Which group had a hit with Twilight Time in 1958?
3. Which rising young star from the movie Rebel Without a Cause died in an automobile accident in 1955?
4. In 1964, Jack Ruby was convicted of murdering which other accused assassin?
5. Which actor won the Oscar for Best Actor for his role in the 1962 film To Kill A Mockingbird?
6. Which Olympic athlete set a record in 1972 by winning seven gold medals?
7. Who leaked the Pentagon Papers in 1971?
8. What year did Disneyland open?
9. What famous baseball player married Marilyn Monroe in 1954?
10. What type of airplane appears in Dr. Strangelove?



Thank You **Mayor Tom Koch** for hosting the 4th of July celebration at the Kennedy Center. The seniors had a great time celebrating America! Special thanks to **JC Borneo, Loretta Borneo, Jack Kelly, Peg Kelly, Dolly Deitsch and Joan King** for helping set up and clean up at numerous events. We can always count on you! Thank you **Tony's Clam Shop** for your generous donation of gift cards. Thank You **Warren Testa** for always lending a hand at the Kennedy Center when needed. Thank you **Susan Sheehan**, Executive Director of **Windrose at Weymouth** for your presentation on Caregiving 101. Thank You **Deb Deery** of **John Adams Healthcare** for providing the ice cream social for our members. Thank You **Ruth Jones, BSN,RN,BC,CP-FS** Public Health Nurse Educator for Quincy Health Dept for your presentation on melanoma. Thank you **Mike Slade, QFD** for your presentation on fire safety for seniors.



**Marge Donaher July 14th**  
**Kevin McVeigh, August 3rd**  
**Carolyn Joyce, August 4th**  
**Shirley Jacobs, August 7th**  
**Mike Shea, August 18th**





# Ha! Ha! Ha!



## Word Search At the Beach

- |            |           |          |          |         |
|------------|-----------|----------|----------|---------|
| BALL       | BOAT      | BUCKET   | CRAB     | DOLPHIN |
| FISH       | JELLYFISH | OCEAN    | PIER     | SAND    |
| SANDCASTLE | SEAGULL   | SEAWEED  | SHELLS   | SHOVEL  |
| SUNBLOCK   | SURF      | SWIMSUIT | UMBRELLA | WHALE   |

C N Q L J J S N L U C U K N Q  
 F E C E U P E H I L C T G T W  
 P N X U B S I L E H A Z E P N  
 M Y M E S W B E L L P B V B L  
 A L L E R B M U R Y L L Z K S  
 S A N D C A S T L E F S O W J  
 H N A V B W U Z U D U I I D D  
 O E R A S B N F K R S M S E T  
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# August 2016

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