

Council On Aging News

April 2010



Mayor, Thomas P. Koch

Director, Thomas F. Clasby, Jr.

Chairman, John Molloy

617-376-1241

440 East Squantum Street

Dear Friends:

At last spring is here! We seem to have made out okay with the snow this winter but the rain was a different issue. Hopefully we will soon be able to put it all behind us. Spring is already shaping up to be a busy time here at the Kennedy Center. Recently, we were used as an emergency shelter to house people who were displaced by the floods. Although it is unfortunate that these things occur, we are glad to have the center to act as a shelter. This was one of the things we envisioned when it was designed.

On a happier note, we were delighted to host a *meet and greet* with the State Secretary of the Executive Office of Elder Affairs, Ann Hartstein. The secretary toured the facility and met with about 45 seniors to listen to their concerns, answer questions from the crowd and was available to speak with anyone one on one. As I looked around the crowd, I could not help but think about how the center is growing into what we hoped it would. So many of the folks that were there have made strong friendships with each other and are enjoying all that the center has to offer. This morning as I was walking by the gym I could hear the seniors on the volleyball team cheering with excitement. As I stuck my head in, I saw so many players that some were sitting on the bench. I couldn't help but think how few there were when we first started out.

We certainly have a long way to go but good things are happening. Beginning next month the second phase of the parking lot paving will be underway and there will be a series of focus groups to discuss some of the plans for the area behind the center such as walking trails, bocce courts, etc. We are also happy that the center will be utilized during the Senior Olympics games beginning on May 10th. Hope to see you there!

Sincerely,
Thomas F. Clasby Jr.
Director



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Have you had a hip fracture?

Help improve future hip fracture care.

If you have had a hip fracture and are aged 60 years or older, you might be eligible to participate in a study at Boston University. People who qualify for this study will receive either:

- a DVD-based home exercise program which is supervised by a physical therapist
- a nutrition education program for 6 months

All activities will take place in your home at no cost. There will be financial compensation for your time.

Please contact Siphannay at:
617-638-1993 or snhean@bu.edu



Join us for a presentation from Boston's Best Cruise and learn about all the fun places you can get to via boat right from your back yard!

Plan a "Daycation" to one of these local attractions-
*Harbor Islands ~ Salem, MA ~ Whale Watches ~
New England Aquarium ~ North End ~ Fanuiel Hall*

Thursday, April 8th at 11 am
at the Kennedy Center
440 East Squantum



To register for this event call 617-376-1506



Join Quincy Council on Aging and Lt. Dan Minton of the Quincy Police Department for a



Safety Seminar

April 14 at 11 am
At the Kennedy Center

Lt. Minton will discuss crime patterns, home safety, telemarketing scams, the HELP program and will address any concerns you may have. To register for this seminar please call 617-376-1506.



Quincy Council on Aging Presents

Why you shouldn't transfer your assets

Has someone told you, 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 affect ALL seniors. We will discuss common situations and examples of the many problems that can be easily avoided by having these documents. We will also discuss common family issues that affect your estate planning.

We will discuss Medicaid planning and the issues seniors face if they can no longer live independently and need some type of long term care. We will discuss the rules and dispel the myths on how to protect your assets for your loved ones.

Tuesday, April 27th
10:00 am - 12:00 pm

Kennedy Center
440 East Squantum Street

Refreshments will be served

To register for this workshop please call
617-376-1506



**Join the Quincy Council on Aging
for a performance of the play**

Educating Rita

With Richard Clark & Dianne Giammarco

**Thursday, May 20th
2:00 pm - 3:30 pm**

This is the classic tale of the Cockney girl who seeks culture through a college education and finds herself along the way. Wit, wisdom and humor mix with poignant human drama to create engaging entertainment. There is class warfare in the classroom as an ugly duckling becomes a swan.

This program is supported in part by a grant from the Quincy Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



To register for this performance please call the Quincy Council on Aging Office at 617-376-1506.



Exercise!



Join our instructor Karen for a program that will include Cardio, Endurance and Strength Training Chair Exercises.

Thursdays at 9 a.m.
\$3 Fee

Kennedy Center
440 East Squantum Street

To register for these classes please call 617-376-1506.

Join the Quincy Council on Aging for
Yoga for Seniors

Eldys Yoga Practice has poses for every level!
Certified Yoga Instructor Margie Bello will

be having classes every

Thursday at 12:30 pm

There is a \$3 fee for this class



To register for these classes please call
617-376-1506.



DANCE DANCE DANCE

With Christine McCarthy



Christine has her major in Dance, formerly danced with Disney and is a certified Arthur Murray instructor. She will instruct the group on dances from the 40's, 50's and 60's.

Classes every Tuesday at 10 am \$3 fee

To register for these classes please call
617-376-1506.

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AmeriCare Home Care Pastry Hour

Friday, May 21st at 10 am

Fall Prevention Presentation – it can save a life!

More than 1/3 of seniors over 65 fall each year causing more health problems.

AmeriCare Home Care enables seniors to live independently in their homes with comfort and dignity. AmeriCare provides many home care services with no hourly minimums.

Kennedy Center
440 East Squantum Street
Coffee and Pastries will be served.

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

QCOA and Samaritans presents

Taking Care of Yourself and Others

Join guest speaker Patricia O'Flynn, Certified Wellness Coach of Samaritans and learn how to -

- implement simple healthy lifestyle changes into your everyday life
- Effectively manage stress
- Develop coping skills
- Discover resources to help yourself and loved ones.

Thursday, May 6th
At 11 am

Kennedy Center
440 East Squantum Street

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

Join the Quincy Council on Aging for a road trip to the
COMMONWEALTH MUSEUM OF MASSACHUSETTS ARCHIVES

Wednesday, April 21st

We will depart from the Kennedy Center at 9 am and return around 2 pm. The admission is free and \$8 fee for transportation. View many of our countries historical treasures at this new permanent exhibit located in Columbia Point. The exhibition is showing official copies of many documents signed by John Hancock, George Washington and John Adams.

To register for this event please call 617-376-1506.

If time allows we will stop at the John F. Kennedy Presidential Library.



Join the Quincy Council on Aging for

Line Dancing

Come down to the Kennedy Center and join us on Fridays at 10 am for our line dancing class!

There is a \$3 fee for the class.



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April Events



<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Info</u>
4/1	Watch Boston Red Sox Game	1 pm	Registration Required
4/6	Financial Survival Kit	10 am	Registration Required
4/6	Movie - Easter Parade Starring Judy Garland & Fred Astaire	12 pm	
4/8	MBTA Ferry Program	11 am	Registration Required
4/13	MBTA Senior Pass Program	10 am	Registration Required
4/13	Movie - Steel Magnolias Starring - Sally Field, & Julia Roberts	12 pm	
4/14	Safety Seminar	11 am	Registration Required
4/16	Make Your Own Jewelry	1 pm	Registration Required
4/19	Learn to play Wii	11 am	Registration Required
4/20	Movie - Dead Poet Society Starring Starring Robin Williams	12 pm	
4/21	Trip to Commonwealth Museum of Massachusetts Archives	9 am	Registration Required
4/27	Financial Advice with Robert Romano	10 am	Registration Required
4/27	Movie - Bridges of Madison County Starring Clint Eastwood & Meryl Streep	12 pm	



Ongoing Programs



	<u>Program</u>	<u>Time</u>
Mondays -	Foot Screenings - 1st Monday	By Appointment
	Hearing Screenings - 3rd Monday	By Appointment
	Blood Pressure	10:00 - 11:00 am
	Scrabble	11:00 - 3:00 pm
Tuesdays -	Shine Program	By Appointment
	Piano Lessons	By Appointment
	Dance	10:00 am
	Movie	12:00 pm
Wednesdays -	Shine Program	By Appointment
	Knitting Group	10:00 am
	Volleyball	10:00 - 12:00 pm
	Poker	10:00 - 3:00 pm
	Computer Classes	1:30 - 2:30 pm
Thursdays -	Foxwoods Trip - 1st Thursday	8:00 am
	Exercise	9:00 am
	Yoga for Seniors	12:30 - 1:30 pm
	Caregiver Support Group - 1st Thursday	1 -2 pm
Fridays -	Line Dancing	10 am
	Bridge	12 - 3 pm
	Computer Classes	1:30 - 2:30 pm
	Financial Planning	By Appointment
	Simple Wills - 3rd Friday	By Appointment

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Know Your Community



Your Nose Knows

Ruth Jones BSN, RN, BC, CP-FS

Our sense of smell allows us to enjoy life. We savor the aromas of our favorite foods or the scent of spring flowers. Our sense of smell also is a warning system, alerting us to dangers such as a gas leak, spoiled food, or a fire. Any loss in our sense of smell can be dangerous, have a negative effect on our quality of life. It also can be a precursor of more serious health problems.

Approximately 1–2 percent of Americans have a smell disorder. Problems with smell increase as people get older, and they are more common in men than women. In one study, nearly one-quarter of men ages 60–69 had a smell disorder, while about 11 percent of women in that age range reported a problem.

Smell disorders have many causes. Most people who develop a smell disorder have experienced a recent illness or injury. Other causes of smell disorders are:

- Sinus and other upper respiratory infections
- Polyps in the nasal cavities
- Frontal head injuries
- Hormonal disturbances
- Exposure to certain chemicals, such as insecticides and solvents
- Medications, including some common antibiotics, antihistamines and cholesterol drugs
- Radiation associated with the treatment of head and neck cancers
- Aging
- Other health issues that affect the nervous system, such as Parkinson's disease, Alzheimer's disease or Multiple Sclerosis

Proper diagnosis by a health professional is important. Diagnosis may lead to an effective treatment of the underlying cause of your smell disorder. Many types of smell disorders are curable. For those that are not, counseling is available to help you cope.



YARDWASTE COLLECTION

BEGINS MONDAY, MARCH 29, 2010

**Yardwaste will be collected
BI-WEEKLY for the entire year.**

Yardwaste stickers are required on all barrels.

Drop-off yardwaste and recyclables at the
DPW yard located at 55 Sea Street
Monday - Friday 9 am - 3 pm

Open Saturdays from 4/10 thru mid-December 7:30-2:30 pm



Free Legal Advice

Attorneys from the Bar Association of Norfolk County are offering free evening walk-in legal clinic to answer any and all questions of a legal nature for Quincy residents.

These clinics will be held -

April 6th, May 25th, June 21st
from 6 pm - 8 pm

At

Quincy District Court
One Dennis F. Ryan Parkway

No Appointments Necessary

For further information call Adrienne Clarke at
617-471-9693

Join the Thomas Crane Public Library
for the presentation

OSTEOPOROSIS: Can It Happen To You?

Thursday, April 15 at 10:00 a.m.

Are you at risk for osteoporosis, the silent bone-thinning disease that can lead to fractures, disability and even death? Find out how to continue standing tall at a free presentation on the risk factors, prevention, diagnosis and treatment of osteoporosis with Dr. Jose Varghese, Chief of Radiology at Quincy Medical Center.



40 Washington St.
Quincy MA 02169
617-376-1301

FREE PORTRAIT SEATING

Get your portrait taken on Wednesday, **April 28**, from 10 a.m. to 12 noon. Charlie Colby from C&M Photo and Tom McGinty from Tom McGinty Photography will be at the Kennedy Center to take portraits of members and friends.

Each person will receive a free 5 by 7 photo suitable for matting and framing. (www.tommcginty.com)

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

Join the QCOA and VNA Hospice Care
for the presentation

*What is this Fee Medicare Part A
Called Hospice?*

Tuesday, May 4th
10 am

Learn about the comprehensive care that is avail-
able at home, in the nursing home, assisted living,
extended care facility, hospital or any home-like
setting through Medicare Part A.

To register for this presentation
please call the
QCOA at 617-376-1506



Spring and Opening Day are just
around the corner!

Join the Quincy Council on Aging and watch one of the
last Red Sox Spring Training Games and enjoy some
ballpark treats!

Thursday, April 1st

1:05 pm

Hot Dogs!

Popcorn!



VS.



To register for this event please call
617-376-1506



**Have you ever wanted to learn
how to play Wii?**

Quincy Council on Aging and Gentiva Health
Services will be hosting a sports/fitness hour
on

Monday, April 19th
11 am - 12 pm

Please join us for our Wii fitness event
including bowling, golf and light
refreshments.

To register for this event please
call 617-376-1506.



ART PROGRAM

Quincy Art Association
at The Kennedy Center

2 part workshop on collage making

NO EXPERIENCE NECESSARY

This fun for everyone workshop will be conducted by
experienced teachers from the
Quincy Art Association.

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

Quincy Council on Aging presents

"Make Your Own Jewelry"

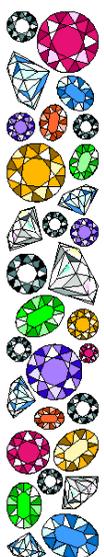
*Jewelry classes will be held at the Quincy Council
on Aging. Learn how to make a piece of jewelry. If
you like it you may purchase it for a small fee.*

April 16th & May 14th

1:00 p.m. - 3:00 p.m.

Kennedy Center
440 East Squantum Street

Call the Quincy Council on Aging to make a reserva-
tion or if you have any questions
at 617-376-1506.



Quincy Council on Aging and the
Quincy Fire Department presents

"Fire Safety for Seniors"

Join Captain Lyons and Lt. Mike Palaza from
the Quincy Fire Department as they share fire
facts, safety tips and discuss fire prevention.

Monday, May 10th

1:30 pm

The Kennedy Center
440 East Squantum Street

Call the Quincy Council on Aging to register for this
event at 617-376-1506.



Join the Quincy Council on Aging for a presentation-

Your Financial Survival Kit

April 6th
10 am - 11:30 am

Representatives from the Federal Reserve Banks' New England Consumer Advisory Group, will discuss and answer questions on Reverse Mortgages, Scams and Debit Cards

Guest Speakers-

- Len Raymond, Executive Director of Homeowner Options for Massachusetts Elders (Home)
- Carol Lewis, Consumer Regulations Specialist from the Federal Reserve Bank
- Dawn Hicks, Community Affairs Analyst from the Federal Reserve Bank

Coffee & Danish will be served.

To register for this presentation please call 617-376-1506

Sponsored by the Norfolk District Attorney's William Keating's office, working in cooperation with the Office of the Attorney General



Quincy Council on Aging Partnership
with Quincy Public School

"QPS ARTS FESTIVAL"

We are pleased to announce that this year the Quincy Public Schools Arts Festival will be held at the Kennedy Center in May. The student's original works of art will be on display from *May 21st through June 4th.*



This event is open to the public Monday through Friday.

Sponsored by the Norfolk District Attorney's William Keating's office, working in cooperation with the Office of the Attorney General

Senior Olympics are Coming in May!



If you are interested in participating please register in the QCOA office or call 617-376-1506.

Registration forms will be mailed out to those who have registered closer to the event.



The MBTA will be at the Kennedy Center on

Tuesday, April 13th
from
10:00 am to 1:00 pm

to issue MBTA Senior and Transportation Access Pass (T.A.P.) CharlieCards. MBTA staff will also be available to answer any questions.

To register for this event please call 617-376-1506



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Coming Attractions

Senior Olympics
 Day Trip to Scituate or Nantasket
 Eye Screening
 Walking Club



FREE MOVIE OF THE WEEK MARK YOUR CALENDAR



- April 6: Easter Parade
 Starring Judy Garland & Fred Astaire
- April 13: Steel Magnolias
 Starring Sally Field, Shirley MacLaine & Julia Roberts
- April 20: Dead Poet Society
 Starring Robin Williams
- April 27: Bridges of Madison County
 Starring Clint Eastwood & Meryl Streep

Feel free to bring refreshments and friends!
 Or you can buy your refreshments in the Coffee Café where we provide candy, chips and soda at a discounted price!

Kennedy Center
 440 East Squantum Street

Tuesdays at 12:00 pm

Quincy Retire Association, Inc. through the Quincy Council on Aging have a limited number of Red Sox tickets available for 2 May Red Sox night games.

Tickets are \$33 each and include bus fare.

Games available-

- May 11th
 Red Sox vs. Toronto Blue Jays
- May 19th
 Red Sox vs. Minnesota Twins



Stop by the QCOA Front Desk or Contact Steve Moynihan at 617-472-2889 for tickets.

Tickets issues on a first come first served basis.



Whist Group



We are looking to get a group together for a weekly whist game. If you are interested in joining please call the QCOA office at 617-376-1506.

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Recipe of the Month

Banana Bread



Ingredients

- 3 or 4 ripe bananas, mashed
- 1/3 cup butter, melted
- 3/4 cup sugar
- 1 egg, beaten
- 1 1/2 teaspoon vanilla
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 cups all-purpose, unbleached flour

Preheat oven to 350 degrees F. In a large mixing bowl, use a wooden spoon to mix butter into mashed bananas. Mix in sugar, egg, and vanilla; sprinkle baking soda and salt over mixture and mix in gently; stir in flour just until all white disappears. Pour mixture into a buttered 4x8 inch loaf pan. Bake for 1 hour. Cool in pan on a wire rack. When cool, remove from pan; slice and serve.

Serves 6 to 10

Equipment Loan and Donations

The QCOA provides wheel chairs, canes, walkers, and bath seats to seniors in need. Seniors can borrow the equipment and use it for as long as they need it. In order to supply this equipment for the seniors we take donations of walkers, wheelchair and bath seat.

No commodes please.

Please don't leave donations at the Kennedy Center After Hours.

From the Executive Office of Elder Affairs

Are you at least 60 and have a problem with your in-home care giving services?

Do you know someone who does?

If so, please call us!
1-800-243-4636
 (1-800-AGE-INFO)



PLEASE NOTE

If you have signed up for an event and are unable to attend please call us at 617-376-1506 to cancel.

Many events have waiting lists and we would love to have another senior take your spot.



Join our Knitting Group!

Every Wednesday at 10 am

at the

Kennedy Center

440 East Squantum Street

Come and learn how to knit a scarf or blanket.

HAPPY EASTER!



Happy Birthday!

Henry Bertolon
 Marguerite DiPaolo
 Jane Mudge
 Maureen DiPaolo
 Dr. McDermott
 Barry Welch

Facts about April

- The American Revolutionary War began on April 19, 1775.
- On April 9th in the year 1865 General Robert E. Lee commander of the Confederate Army surrendered to U.S. Grant and the official end of the American Civil War took place.
- On April 30th, television first publicly broadcast, from the Empire State Building, 1939.

Important April Dates

April 1st - April Fools Day

April 2nd - Good Friday

April 4th - Easter Sunday

April 7th - World Health Day

April 22th - Earth Day

April 30th - Arbor Day

United States
**Census
 2010**



IT'S IN OUR HANDS

From the period of March 19, 2010 through April 19, 2010 representatives from the U.S. Department of Commerce will be on hand at the Kennedy Center to answer questions and concerns about the 2010 U.S. Census.

The QCOA Newsletter is now available online & on cable!

Go to **www.quincyma.gov**

and select the Elder Services Department

or

watch QATV Channel 10