

# Council On Aging News

December 2013



Simple joys, little pleasures, laughter and smiles in big measures.  
Friends, family, togetherness, love...the choicest blessings from above.  
Peace, prosperity and happiness, too... All these and more are our wishes for you!  
We wish you a happy and healthy Christmas season and a prosperous New Year.

Warm Regards,  
The Quincy Council on Aging Board and Staff

**Winter Policy** During inclement weather, if Quincy Schools are closed, all Kennedy Center events are cancelled, including transportation. Tune into QATV Ch 8 or call 617-376-1506 for updates.

Dear Friends,

As the year 2013 draws to a close, it is my particular pleasure to be able to share with you as we approach the Christmas season and New Year. This is a very wonderful and festive time for most, but it can be difficult for some. Please be mindful of those seniors who are alone during the holidays and reach out to them with a smile, a word of cheer or an invitation, or perhaps pay them a visit to let them know they are thought of. Anxiety levels can become higher than normal due to the stress and demands we place upon ourselves to spend too much or do too much in too little time. Whilst the demands of decorating, parties, shopping and gift-giving can make this time of year an extra challenging one, we should reflect on what the season is really about, the gift God gave to us. Make an effort to slow down a bit, relax, do *only* what you can and, more importantly, enjoy Christmas and the 'reason for the season.'

We hope you are able to share in the festive spirit of Christmas at the Kennedy Center. December promises to be quite an eventful month, with the Festival of Trees, *The Olde Kids* swing band, a Christmas Sweater Party, NFPA Cocoman Grove Nightclub Fire Presentation, Roche Bros. presentation and the New Year's Eve Party on the calendar. Stop by the Kennedy Center for a Christmas Carol sing-a-long, a bowl of hot soup or to just be with friends to enjoy the magic of Christmas.

We hope those who celebrated Hanukkah, which came early this year, had a pleasant holiday bright with joy and rich in memories and tradition. Best wishes for a year filled with many blessings and happiness.

A special thank you to the Council on Aging staff and volunteers for their continued commitment and personal contribution to the Kennedy Center, its' members and services. On behalf of myself, Mayor Tom Koch, the COA Board and my staff, I wish you all a wonderful Christmas, a quiet and peaceful festive season and the best of health and happiness in the New Year. Wherever you may be this Christmas, I hope you find peace, joy and happiness.

Warm Christmas wishes,



Thomas F. Clasby Jr.  
Director



**KENNEDY CENTER**

617-376-1506  
440 East Squantum Street, Quincy, MA 02171  
[www.quincyma.gov/government/elderserv](http://www.quincyma.gov/government/elderserv)  
Hours : Monday - Friday 8:30 a.m. - 4:30 pm



# Writing Class

Registration is required.

**8 Weeks Beginning Tuesday, January 21st 10—11:30 am**  
**At Kennedy Center - Cost: \$25 Register at Kennedy Center**

Ever thought about writing a memoir - a record of you and your family history? We all have stories worth remembering and telling. Dig deep into your memories and connect with your past experiences. Taught by Cohasset resident Mary Kennedy, a college writing instructor, you will learn to write your story. Already a talented writer? This class will provide you with the tools to help you become a better writer.



# Watercolor Classes by Bob Farrell

**6 Week Session beginning Thursday, January 16th from 1– 3 pm**  
**\$95 per person, does not include supplies**

Classes will be held at the Kennedy Center Jan. 16th, 23rd, 30th, Feb. 6th, 13th and 20th. Participants must have taken Bob’s sketching class. Registration required. Space is limited.



**Feeling lucky?** The COA offers a day trip to Foxwoods on the 2nd Wednesday of each month. \$29 includes deluxe transportation with refreshments, 7 hours at the casino, \$10 for food, \$15 for Keno, and taxes (Except driver gratuities). For reservations, call Dot Carr at 617-328-5433.



**Boston Private Wealth Partners**, located at 859 Willard Street, Suite 120, Quincy, offers investment advisory service, estate planning and a full range of wealth protection strategies. Pictured to the left is Mark Bossey, CFP and Founding Partner. For more information on Boston Private Wealth Partners, call 617-934-1100 or visit them online at [www.bostonprivatewealthpartners.com](http://www.bostonprivatewealthpartners.com).



# MAGIC with Jack Ryan



**Friday, January 31st at 1 pm at Kennedy Center - Cost \$5 pp**

Enjoy a fun afternoon of magic with the Past President of the American Magician Society, Jack Ryan, who has entertained with classic and clean magic for over 30 years. It’s the perfect combination of amazing magic, audience participation, humor and fun!! Register at the Kennedy Center.



# NFPA Presents: “Memories that Still Burn: Remembering Cocoonut Grove”

**Tue., Dec. 10th at 10 am at Kennedy Center**



On November 28, 2942, about 1,000 patrons jammed into the Cocoonut Grove nightclub on Shawmut Street in Boston, 400 more than the club could legally hold. A fire started, spread quickly, and left 492 dead and 166 hospitalized, making it the deadliest nightclub fire in the US history. For every 4 patrons, 2 died, one was injured and one walked away. A coalition of libraries, archives, and fire protection organizations has embarked on a mission to provide a source of information to address the Cocoonut Grove Nightclub Fire. This group has a website that summarizes existing known information and artifacts. The National Fire Protection Association’s Sue Marsh will address this Initiative with Carey Grant of Fire Protection Research Foundation, who will refresh memories on the event itself. Anyone impacted or with personal testimony of the Fire can share their stories.

Please call 617-376-1506 to register for this free event.



Registration is required. Space is limited!



## Strength Training with Maggie Faretra & Joanne D'Andrea

at the Kennedy Center - Thursdays at 10:30 am for 10 Weeks - Cost: \$50

Personal trainers Maggie Faretra and Joanne D'Andrea will hold a 10 week session of strength training on Thursdays, beginning December 5th. Classes will be held on Dec. 5th, 12th, 19th, Jan 2, 9th, 16th, 23rd, Jan 30th, Feb 6th, Feb 13th and Feb 20th. Classes will not be held the week of Christmas.



## Mid-Winter Breakfast Sponsored by Atria

January 24th 10 am - Registration Opens December 2nd



There is no cost to attend this event, however, we ask that at time of registration, each guest donate a non-perishable food item to help the less fortunate in the community. Please join us for a delicious breakfast at the Kennedy Center kindly sponsored by Atria Senior Living at Marina Bay. Registration required.

A special *thank you* to Deb Deery of John Adams Rehabilitation Center for the delicious pasta dinner for our Veteran's Day Luncheon. *Thank you* to Ed Boylan of the Boston Police Gaelic Column for ending the luncheon with bagpipes. *Thank you* to Linda Peters, Peg Kelly and Elizabeth Gearin for their efforts baking, organizing and working the Election Day bake sale. *Thank you* to Maryann McMahon for her generous and kind donation of a newspaper and magazine collection on John F. Kennedy. *Thank you* to Standish Village and Compass on the Bay for sponsoring and providing a delicious, nutritious meal at the Healthy Brain Eating with Dr. Nancy Emerson-Lombardo. *Thank you* to all of our volunteers for their hard work serving seniors in the community. *Thank you* once again to John Boyle for his dedication and hard work selling raffle tickets to benefit the Alzheimer's Association. *Thank you* to our generous advertisers who make this publication possible.

Prevent a Fall



## Fall Prevention

Presented by CAREtenders Home Health and sponsored by Atria Marina Place  
Thurs, December 5th at 10 am at the Kennedy Center - Registration Required

Falls are the leading cause of hospital visits and accidental death for seniors. CAREtenders Home health specializes in balance, vestibular and fall prevention training. Refreshments will be provided.



## Senior Crime Watch - SCAMS



A scam targeting seniors offering identity protection, pet insurance, debt reduction or dating services is identified as caller ID 'SENIORCW' or (415) 363-9589. Another scam is from 'Senior Alert Care' or (323)281-1384. The caller promises a free medical alert system worth \$4,000 and \$3,000 worth of free groceries. They ask for credit card and personal information to cover shipping the free items. Once again, If it sounds too good to be true, it likely is!



## Sign Ups & Waiting Lists: We receive many complaints about our events

filling up quickly and the need for waiting lists. With 3,500 members, that is to be expected. We ask that you sign up for events as early as possible. To afford everyone the opportunity to attend events, we have limited the number of free luncheons members can attend to one per month. This does not apply to non-luncheon events. Please do not wait until the last minute to sign up for events, but also remember that you did sign up. We have a number of people who neglect to call to cancel for events, particularly the events offered free of charge. This leaves empty seats and often wasted food, and it is unfair to those seniors on the waiting list. If you can't make it, please call to let us know. Thank you!



## Fitness Reimbursement

Many insurance plans provide fitness reimbursement for classes taken at senior centers. Contact your insurance plan to find out if this benefit is available to you. To be reimbursed for fitness classes here, bring the form from your insurance and we will provide a letter for you to submit verifying participation in the classes you signed in for. **Remember to always swipe your membership card** when you come for fitness to receive credit!



**Computer Classes - December 2013 - \$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.

**December 5th Smart Phones, Tablets, Kindle & Kindle Fire 10 am-12 pm**

Learn how they work and what they can do. Learn how to download books for free to your kindle and nook.

**December 12th Your Questions Answered 10 am-12 pm**

Come with your questions! Grace will answer questions regarding phones, digital cameras, computers or tablets.

**December 19th Word Processing 10 am-12 pm**

Explore the basics of word processing on Microsoft Word. Produce a letter, card, envelope and label, learn to save documents, set up files and folders and retrieve documents, and how to use other Word features.

**January 2nd More Word Processing 10 am-12 pm**



**Pasta Luncheon Provided by Quincy Rotary Club**

**Tuesday, January 14th at 12 Noon - at the Kennedy Center**

The Quincy Rotary Club will once again prepare and serve a pasta lunch for seniors, a favorite annual event for our members. Come enjoy delicious food, bingo, prizes and lots of fun and laughs with the Rotary Club members. Registration is required. Call or visit the COA to register on or after Dec. 2nd.

**Quincy History Time Line**

- 1600 Presence of Moswetuset Tribe noted in the area before 1600.
- 1625 Trading Post started by Captain Wollaston
- 1640 Town of Braintree founded (area that is Quincy was part of it)
- 1644 Iron Blast Furnace begins
- 1735 President John Adams was born
- 1750 Glassworks start in Germantown as a part of the Germantown experiment
- 1767 President John Quincy Adams born
- 1776 American Revolution takes place
- 1789 Battleship Massachusetts launched in Germantown
- 1792 Quincy becomes a town, separated from Braintree
- 1826 Granite railway constructed the first commercial railroad
- 1883 Fore River Ship and Engine Company started in Quincy
- 1888 Quincy becomes a city
- 1902 Ship Thomas Lawson built
- 1986 Quincy shipbuilding comes to a close
- 1995 USS Salem becomes a museum



“The more you praise and celebrate your life, the more there is in life to celebrate.” - Oprah Winfrey



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## Have a favorite recipe you would be willing to share?



### Cookbook Recipes and Cover Design Contest

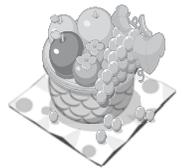
Together with Amy Gorham from Marina Bay Skilled Nursing, the Quincy COA is seeking your simple and tasty recipes for a cookbook. A recipe is a treasure trove of experience, history and love all rolled into one. What could be better than sharing it? Proceeds from the cookbook sales will benefit the COA. Cooking and baking are talents much like art, so it is only fitting we also give our budding artists the opportunity to share their talent in the cookbook. Contest is open to all Quincy seniors. Please submit recipes and/or cover design to the COA by Dec. 12th.



A prayer for the holidays... and every day: Oh God, when I have food, help me remember the hungry. When I have work, help me remember the jobless. When I have warmth, help me remember the homeless and cold. When I am without pain, help me remember those who suffer. Help me be concerned enough to help.

### Spices that Promote Health

Vanilla -	Mild stimulant	Rosemary - Reduces inflammation;
Nutmeg -	Relieves mild diarrhea, stomach discomfort and flatulence	
Lavender -	Analgesic, antiseptic; reduces stress, head aches pain depression and insomnia	
Chamomile -	Soothing tea helps relieve nervous disorders and insomnia, topical relief for pain, Helps relieve mouth ulcers, diarrhea, indigestion, irritable bowel, and peptic ulcers.	
Ginger -	Anti-nausea, anti-inflammatory, aids digestion, and relieves motion sickness	
Peppermint -	Inhale aroma enhances memory, antibacterial, treats irritable bowel	
Oregano -	Antiseptic, antispasmodic for bowels, expectorant, stimulant, anti-inflammatory	
Allspice -	Relief for digestive problems, mild anesthetic for arthritis and sore muscles	
Cinnamon -	Helps control blood sugar in Type II Diabetics, helps stop diarrhea and vomiting, May help prevent Alzheimer's Disease, helps lower cholesterol	
Turmeric -	Reduces Inflammation, antioxidant, helps insulin efficiency	



**Ring in 2014 with Us!** Remember to buy your New Year's Eve Party Ticket! The Quincy COA is hosting a NYE party on Dec. 31st at 12:30 pm at the Quincy Sons of Italy. Join us for great entertainment, a delicious dinner & cash bar. Tickets are \$25 and can be purchased at the Kennedy Center.

**Has your contact information changed?** Please update the Quincy COA with changes to your address or phone number. Have a cell phone number or email address? Please let us know.



**Be sure to prepare for the winter months and snowstorms** by charging your cell, have flashlights, batteries, soup and non-perishables, and enough prescription medicine on hand, and maintain electrical back up for medical equipment. Remember Baxter Pharmacy (617-773-7733) delivers prescriptions.



**Coupon Exchange** - We've seen the shows on 'extreme couponing' and the significant savings simply by cutting coupons from Sunday papers. Frugal shopping is now the rage and is competitive. Combine coupons with store sales for greater savings. In an effort to help you save, a box of coupons is available in the Cafe at the Kennedy Center for members to give coupons and take coupons. Happy saving!!



**Turn back the clock** with healthy tips... You can't avoid aging, but it is possible to change the way your body and mind age. **Be active.** Physical activity burns calories, keeps your lungs and heart healthy, maintains and strengthens your bones, reduces blood pressure, protects against diabetes and memory loss, and helps alleviate stress. **Avoid smoking.** If you've tried quitting, keep trying! Research shows, it sometimes takes 3-5 tries to successfully quit. **Eat real food.** Eat a diet rich in vegetables, fruits, nuts, fish, whole grains, and high quality fats, like olive oil. **Learn new tricks.** You can teach an old brain new tricks! Learn a game, computer app or dance - challenging yourself to learn new tricks improves memory, fitness and overall health and wellness. **Get enough sleep.** Lack of sleep can cause difficulty concentrating, anxiety, overeating, high blood pressure and more. Try to get 7- 9 hours of sleep each night.



*A Message from Jim and Peg Joyce: The world's a whole lot better place because of people like you who give real joy and pleasure by the nice things that they do, and with your recent thoughtfulness still very much in mind, this is meant to bring a "Thank You" of the very warmest kind! Fondly, Jim and Peg Joyce (former Quincy COA volunteers)*  
**And we at the Quincy Council on Aging feel the world is a whole lot better place because of people like Jim and Peg! We are so thankful for all they do to make the Kennedy Center a special place!**



"Right is right, even if everyone is against it; wrong is wrong, even if everyone is for it." - William Penn  
 "Great minds discuss ideas. Average minds discuss events. Small minds discuss people." - Eleanor Roosevelt  
 "I've learned that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes." - Andy Rooney

**American Red Cross** In times of disaster like the aftermath of Typhoon Haiyan in the Philippines, it is important to come together as a community to help. Please consider donating to the Red Cross Typhoon Haiyan Relief Fund to help those dealing with the devastation and destruction the Typhoon left behind. For your convenience, a donation jar is located at the reception desk at the Kennedy Center for you to contribute to the relief fund. JC and Loretta Borneo, Quincy Council on Aging members, have many friends and family in the Philippines. The Borneos, their families and all those affected are in our thoughts and prayers.

**Roche Bros.** *Your family deserves the best.* **Thursday, December 12th at 1 pm - Roche Bros. Order Instruction**  
 This winter, when there is a threat of a snow storm or it is too cold to venture outside, what could be better than having your groceries delivered to your kitchen table? Roche Bros. will hold a free and simple class at the Kennedy Center on telephone grocery orders, online ordering, using coupons, and more. Space is limited. Please call the COA to register at 617-376-1506. Roche Bros. will provide refreshments.



**Helpful Resources:** \***SafeLink Wireless** is a cell phone service where elders on certain assistance programs may qualify for free cell phones. Contact SafeLink Wireless at 800-Safelink (800-723-3546); **Elder Home Repairs for Seniors** for limited income elders to receive low cost home repairs and modifications. Visit [MassResources.org](http://MassResources.org) for more information.



**Presidents' Café at Quincy High School** Get an inexpensive, delicious meal at the Presidents' Café, a full service 'restaurant' run by the Quincy High Culinary Arts Program students who are training in restaurant services, food preparation, cooking, baking and under the guidance and direction of instructors. Wednesdays, Thursdays, and Fridays from 11:30-1 pm. For more information, to place take out orders, or to view daily menu and special events, visit [www.presidentscafe.weebly.com](http://www.presidentscafe.weebly.com) or call 617-376-3349. Bon Appetit!



**Free Movie of the Week** at Kennedy Center 

**Tuesdays at**

**December is Marlon Brando Month !!**

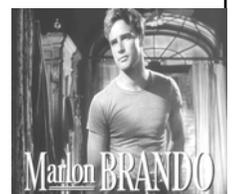
**Hey Stella!**

**Dec. 3** *On the Waterfront* with Brando, Karl Malden, Lee J. Cobb, Rod Steiger, Eva Marie Saint  
 1954 drama about violence and corruption among the union and longshoremen.

**Dec. 10** *Streetcar Named Desire* starring Brando, Vivien Leigh & Karl Malden;

**Dec. 17** *The Men* Starring Brando as a WWII veteran paralyzed from combat.

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



I could have been somebody... I could have been a contender.  
 -Terry Molloy

**Elder Hotline:** The Massachusetts Attorney General's Office has a statewide, toll free hotline to assist seniors on a wide variety of issues. The number is **888-243-5337** and is available Monday through Friday 10 am - 4 pm. Common concerns include debt and debt collectors, home improvements, long term care insurance, telemarketing, health insurance, landlord and tenant issues, scams, and more.



# December

S Mon	Tue	Wed	Thu	Fri	S
<p>1 2</p> <p>Foot Screening by appt 10 am Line Dancing 10 am <b>Festival of Trees</b> 11 am Scrabble 11:30 am ZUMBA 6-8 pm <b>Free Legal Clinic at Quincy Court</b></p> 	<p>3 SHINE by appointment 8 am Piano Lessons 9 am Exercise 10 am Sewing 10:30 am Computer 10 am Dance 10 am Protecting Assets <b>10 am Festival of Trees</b> 12:30 pm Yoga 1 pm Sketching Class 1 pm Healing Art 1 pm Movie</p> 	<p>4</p> <p>SHINE by appointment 10 am Knitting Group 11 am Poker 11 am Volleyball 11 am Blood Pressure 12 pm Cards &amp; 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 Chess (&amp; lessons) <b>10 am Fall Prevention</b> <b>10 am Festival of Trees</b> 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Book Club 6:30 pm <b>Caregiver Support</b></p> 	<p>6</p> <p>9 am ZUMBA 10 am Sen. Keenan Office Hours 12 pm Bridge 1 pm <b>The Olde Kids</b></p> 	7
<p>8 9</p> <p>10 am Line Dancing 11 am Scrabble 11:30 am ZUMBA</p> 	<p>10</p> <p>8 am Piano Lessons 9 am Exercise 10 am Sewing 10:30 am Computer 10 am Dance 10 am <b>NFPA Presents Coconut Grove</b> 12:30 pm Yoga 1 pm Sketching 1 pm Healing Art 1 pm Movie</p> 	<p>11</p> <p>7:15 am Foxwoods 10 am Knitting Group 10 am <b>Yellow Dot</b> 11 am Poker 11 am Volleyball 11 am Blood Pressure 12 pm Cards &amp; 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 Men's Discussion Group 10 am Chess (&amp; lessons) 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Whist Group <b>1 pm Roche Bros. Order Class</b></p> 	<p>13</p> <p>9 am ZUMBA 12 pm Bridge 1 pm <b>Christmas Sweater Party</b></p> 	14
<p>15 16</p> <p>10 am Line Dancing 10 am Painting 11 am Scrabble 11:30 am ZUMBA 2 pm <b>Healthy Eating</b> Hearing Screening Appointment required</p> 	<p>17</p> <p>9 am Exercise 10 am Sewing 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Sketching Class 1 pm Free Movie</p> 	<p>18</p> <p><b>10 am Yellow Dot Program</b> 10 am Knitting Group 11 am Volleyball 11 am Poker 11 am Blood Pressure 12 pm Cards &amp; 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 (&amp; lessons) 10 am Men's Discussion Group 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Whist</p> 	<p>20</p> <p>9 am ZUMBA 12 pm Bridge 12 pm <b>Living wDiabetes</b></p>  <p>Simple Wills by appt</p> 	21
<p>22 23</p> <p>10 am Line Dancing 10 am Painting 11 am Scrabble 11:30 am ZUMBA</p>	<p>24</p> <p>9 am Exercise 10 am Sewing 10 am Dance</p> <p>The Kennedy Center will close at noon on Christmas Eve.</p> 	<p>25</p> <p>The Quincy Council on Aging Board and staff join Mayor Tom Koch and the Quincy City Council in wishing you all a very happy and healthy Christmas!</p> 	<p>26</p> <p>9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (lessons) 12:30 pm Yoga</p>	<p>27</p> <p>9 am ZUMBA 12 pm Bridge</p> 	28
<p>29 30</p> <p>10 am Line Dancing 10 am Painting 11 am Scrabble 11:30 am ZUMBA</p>	<p>31</p> <p>9 am Exercise 10 am Sewing 10 am Dance 12:30 pm <b>New Year's Party at Sons of Italy</b></p>	<p>Make sunscreen part of your daily routine all year round! Your skin still soaks up the sun's dangerous rays in the fall and winter, particularly when reflected off snow</p> 	<p> <b>Get your Flu Shots</b> Doctors agree that the best way to prevent the flu is to get a vaccine every year. For some people, especially those with chronic and long term illnesses, the flu can be life</p>	<p> <b>Answers</b> <b>Word Jumble Answers:</b> Tidings Blitzen Peace Carols Gingerbread <b>Answer: Present</b></p>	30

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Or visit [www.thpmp.org/sco](http://www.thpmp.org/sco).

Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.  
(From Oct. 1 - Feb. 14 representatives are available  
7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

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