

# Council On Aging News

## February 2014



### February is American Heart Month

Heart disease is the leading cause of death in the US. February is dedicated to raising awareness about heart disease and increasing prevention knowledge. Look inside for tips and ideas on heart disease prevention. Most importantly, Listen to your heart!!



### February is Black History Month

Please take a moment to reflect on and appreciate the contributions of black Americans to the United States. Join us Friday, February 7th at 1pm to watch *Amistad*.

Dear Friends,

February is nationally known as American Heart Month. Please carefully read the information inside on heart disease prevention. In addition to American Heart Month, February is also Black History Month, a month of the year for the nation to honor the history and contributions of black Americans, commemorate the Emancipation Proclamation that ended slavery and remember the Civil Rights movement of the 60's.

As we all look forward to Spring just around the corner, we have some exciting events planned over the next few months to look forward to, including *An Irish Celebration featuring Ronan Tynan of the Irish Tenors*, a 3 day trip to Washington DC, Sigy Moller and the Sounds of Legends, The Olde Kids Swing Band, St. Patrick's Day celebration, an evening of A capella, Donna Lee singing Patsy Cline, and a Mardi Gras party, just to name a few. I hope you are able to share in some of these terrific events.

Our success to date has been greatly assisted by the large number of dedicated volunteers and valued members who provide their time and energy assisting the QCOA staff and participate regularly. We appreciate their genuine desire to keep the Center and its' activities and programs going strong. In an effort to work together to continue the Center's success, we ask that you complete a comment card, which is available at the Center, to keep us abreast of concerns, address your questions, hear suggestions and to share ideas you think may be beneficial in enriching the lives of elders. It is also an opportunity to let us know what programs we offer that you enjoy and to offer encouragement to our hard working staff.

Remember during the cold weather to stop by the Kennedy Center for warmth and company.

Warm 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



## Eye Screening at the Kennedy Center

Friday, March 7th from 11 am -1 pm

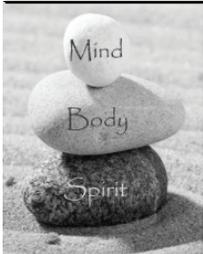
Dr. Douglas Haigh from the Nielson Eye Center will be here to check seniors for cataracts and glaucoma. Dr. Douglas is an optometrist with extensive training in Lasik, Lasek, and PRK. He specializes in contact lenses, general eye care, dry eye and ocular disease management. Call QCOA to register. Please provide your ID number when registering.



## CPR for Seniors at the Kennedy Center

Friday, February 28th from 9 am - 2 pm

Back by popular demand, the CPR certification class will be conducted by Public Health Nurse Ruth Jones of the Quincy Health Department. The certification includes adult, child and infant CPR, as well as AED. This is a great opportunity to learn these life saving skills. Certification cards will be provided for those completing the class. Registration is required.



## Atria Senior Living Presents:

### Staying Balanced in Mind & Body as You Age

At the Kennedy Center Wednesday, February 26th at 10 am

Falls are the leading cause of E.R. visits, hospital admissions, and unintentional death for older adults. CAREtenders Rehab Director Aedan Ford will discuss balance, vestibular and fall prevention training. Call the Quincy COA to register at 617-376-1506.



## Have a Heart Luncheon

Hosted by John Adams Healthcare in Quincy

Fri., February 7th from 12-1 at Kennedy Center

Join us for a free luncheon. Deb Gearing will discuss healthy eating for a healthy heart. Call the Quincy COA to register. Have your ID number ready. Space is limited.



## Why Can't I Remember?

Friday, March 28th at 10 am at the Kennedy Center

Beverly Moore, nurse, author and educator, will talk about memory. What can cause changes in our memory and if and when we should be concerned about those changes. You won't want to miss this presentation as memory loss impacts all of us. Registration is required. Space is limited. Call the Council on Aging to register at 617-376-1506.



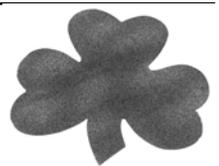
**Reminder:** Purchase your tickets soon for **The Olde Kids Swing Band** on Valentine's Day, Fri., February. 14 at 1 pm \$6 each and **Sigy Moller & the Sounds of Legends** on Fri., February. 21st at 12:30 pm - \$6 each. Space is limited. Register today at the Kennedy Center.



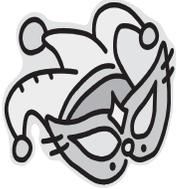
## St. Patrick's Day at the Kennedy Center

Monday, March 17th at 12:30 pm

\$15 per person

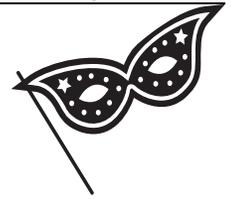


Wear your Kelly green, Irish knits, scally caps, Celtic plaid or leprechaun hats and join us for a fun Irish celebration at the Kennedy Center complete with a traditional lunch of corned beef and cabbage and Irish music you can sing along to performed by Tom Clasby, Jr., Don Timmons and Mark Carey. Space is limited, so visit the Kennedy Center to purchase your ticket.



# Mardi Gras at the Kennedy Center

## Tues., March 4th from 1-3 pm \$7 per person



Price includes entertainment by 4 piece Dixieland Band, light refreshments, and masquerade masks, beads, and hats that will make you look like you came straight from a Mardi Gras parade on Bourbon Street in New Orleans. Registration required. Space is limited. Please visit the Kennedy Center to purchase your ticket to this fun annual event.



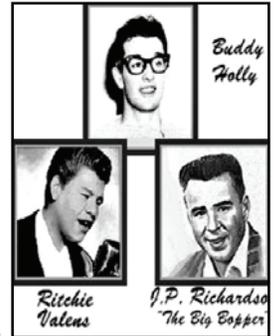
### TV Production, Operation and Editing (Including Camcorder) Classes

Bill Earley of QATV is holding free classes every Thursday at 2 pm at the Kennedy Center.

## Fun February Facts

**Fun February Facts:** The flower of February is Violet and Primrose. The birthstone is Amethyst. The next Leap Day will be in 2016. **February 1st** is National Freedom Day in observance of Abraham

Lincoln signing the 13th Amendment to abolish slavery. 'The Day the Music Died' is in remembrance of the evening of **February 3**, 1959, when Buddy Holly, Ritchie Valens and the Big Bopper died in a wintery plane crash. **February 4th** is Thank a Mailman Day. Mailmen have a tough and often thankless job, working through the wind, sleet, rain, snow and heat waves to get your mail to you. Don't forget to thank your mail carrier on the 4th! On **February 6**, 1935, the board game Monopoly first went on sale. **February 7th** is Wave to your Neighbors Day, a day to recognize your neighbors and be welcoming and friendly. Have fun with it! On **February 8, 1910** the Boy Scouts were founded. **February 11th** is 'Don't Cry Over Spilled Milk Day' so remember not to fret over little things and leave your worries behind, if just for the day. **February 14th** is not only Valentine's Day, it is National Organ Donor Day, so don't forget to sign up as a donor! **February 16th** is Do a Grouch a Favor Day! If you have a grouchy neighbor, friend or family member, a small gesture may go a long way! **February 23**, 1896, was the day America's favorite sweet, the Tootsie Roll, was introduced to America.



### Register of Deeds

Are you looking for a land record? Title to a property? Documents or plans? Want to confirm a mortgage discharge? Get Homestead Act protection? Research family history? Visit [www.norfolkdeeds.org](http://www.norfolkdeeds.org) or call the Register of Deeds Dedham office at 781-461-6101 to learn more about why the Register of Deeds is the place to go for secure, accurate and accessible real property documents and information.



Winter is over next month, but we must stay storm-ready. Be ready with flashlights and fresh batteries, a battery powered radio, extra food and can opener, supply of drinking water, extra medicine, first aid supplies, sanitary and personal hygiene items, blankets and warm clothing. Check fire extinguishers, carbon monoxide and smoke detectors are in working order and, if you have a generator, operate it carefully and safely. Make sure cell phones are fully charged and gas in your car.

Can you solve these word puzzles? Answers can be found on page 8.

1. NI THE DAY

2. POUNDS  
POUND  
POU  
PO  
P



3. FRONTIER  
FRONTIER  
FRONTIER  
FRONTIER  
FRONTIER  
FRONTIER

4. DIRTY DIRTY  
DIRTY DIRTY  
DIRTY DIRTY  
DIRTY DIRTY  
DIRTY DIRTY  
DIRTY DIRTY

5. Play  
Word Word Word



## **Computer Classes - February 2014 - \$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.*

**February 6** **Your Questions Answered** **10 am-12 pm**

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

**February 13** **Smart Phones, Tablets, Kindle and 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

**February 20** **Computer Safety** **10 am-12 pm**

Learn the perils of viruses, 'malware', 'adware' and other things harmful to your computer. Grace will discuss antivirus protection, general maintenance, spam email and much more.

**February 27** **More Word Processing** **10 am-12 pm**

Requested by students, this class will give more advanced information on word processing.

**\* There are openings in the beginner computer classes on Tuesday mornings and Wednesday afternoons. Call 617-376-1506 to register \***

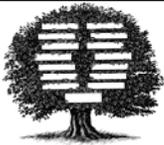


## **What are your predictions for the Academy Awards?**

**Enter the Oscar Predictions Contest at the Kennedy Center!**

The Academy Awards will air on Sunday, March 2nd at 7 pm on ABC (Channel 5). It will be hosted by Ellen DeGeneres. Who do you think will win the Oscar for best movie, best actor, best actress, supporting actor, supporting actress and best director? Visit the Kennedy Center to complete the Oscar predictions contest entry form for a chance to win a prize. One entry per person. If there is a tie, a drawing will be held to determine the winner. Good luck!

**"How We Spend Our Time"** Our lives would be more pleasant if we started each new day with a kind word, a smile or a hug along the way. We will truly be blessed all throughout the day because we took the time to listen, talk and pray! For every second of every minute of every hour in a day, precious time is ticking someone's life away. How we spend our time on what we do or say will make a difference in our lives and those we touch today. - author unknown \*\* Reprinted from the Peabody Council on Aging newsletter



## **Genealogy 101: Finding Your Roots**

**Wednesday, March 26th 1:30 -3:30 pm at Kennedy Center**

Get started on your family tree with this introduction to genealogy basics, including how to organize your project and what online and local library resources are available. Space is limited. Registration is required. Call the Quincy Council on Aging to register at 617-376-1246.

*"Let no one ever come to you without leaving better and happier." - Mother Theresa*

“We may have all come on different ships, but we’re in the same boat now.” - Martin Luther King, Jr.



**Can I Still Change My Medicare Plan?** The Medicare Open Enrollment period ended on December 7th, but some people may still be allowed to change plans. Call 1-800-Medicare or visit [www.medicare.gov](http://www.medicare.gov) to find out if you are permitted to change plans.



**American Cancer Society’s Road to Recovery** provides free transportation to cancer patients from the South Shore to medical or treatment appointments related to their diagnosis. Call 800-227-2345 to see if you are eligible for services.

**February is American Heart Month.** Cardiovascular disease is the leading cause of death in the US; one in every three deaths is from heart disease and stroke. Prevention starts with everyone. Protect



yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps: \* Being overweight puts you at risk of heart disease Get up and get active by being physically fit for at least 30 minutes a day \* Ask your doctor if you should take an aspirin every day \* Find out and monitor your blood pressure and cholesterol and get effective treatment if necessary \* If you smoke, get help to quit \* Choose lean meats and poultry without skin and prepare them without added

saturated fat and trans fat \* Select fat-free, 1% and low fat dairy products \* Cut back on foods containing partially hydrogenated vegetable oils, reduce trans fat in your diet \* Cut back on foods high in cholesterol and aim to eat less than 300 mg each day \* Cut back on beverages and foods with added sugars \* Consume foods lower in salt/sodium \* If you drink alcohol, drink in moderation \* Watch meal portion sizes. **Know the signs of an impending heart attack**, which can start slowly and seem mild. Signs include: Chest discomfort, usually in the center of the chest that last for more than a few minutes, goes away and comes back; Discomfort in other areas of the upper body, which can include pain or discomfort in one or both arms, the back, neck, jaw or stomach; Shortness of breath, which can occur with or without chest discomfort; cold sweat, nausea or lightheadedness. If you have any of those symptoms or fear you are having a heart attack, get immediate emergency medical care!!



Answers to this Sudoku puzzle can be found on page 6

				9	4			
			5				6	9
	9	7		1		8		
2								6
	1	5		8				
		2		5		1	3	
8	4				1			
			3	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.  
Good luck!!



Answers to trivia found on the calendar on page 8

1. What is a vintner?
2. Is freesia an engine lubricant, frozen dessert or flower?
3. What is crème anglaise?
4. Who wrote a 'Passage to India'?
5. What was the original name of The Harlem Globetrotters?
6. What was the name of Alexander the Great's horse?
7. What is the regulation height of a tennis net at the center?
8. Vodka, Galliano and OJ are used to make what cocktail?
9. What is the state fish of Hawaii?

**Sudoku Answers:**

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



Our best wishes for a very **happy birthday** to **Sue Donovan** (Feb 1st), **Kay MacPherson** (Feb 9th), **Jane Clasby** (Feb 12th).



“Faith is taking the first step even when you don’t see the whole staircase.” - Martin Luther King, Jr.



**Thank you** to our dedicated, loyal volunteers who help ready the monthly newsletter for distribution. **Thank you** to the IT Department, particularly Jack Lydon, Chuck Phelan and Joe Giggey, for their hard work printing and binding the 2014 calendars. **Thank you** to Tom Clasby, Jr. and Mark Carey for sharing their musical talents to entertain the seniors at the New Year’s Eve party. **Thank you** to the advertisers whose generous investment in our newsletter ads pay for printing our monthly publications. Please patron our kind sponsors to help us show our appreciation. **Thank you** to all our kind members who crocheted, knitted, sewed and shopped for the *Friends of the Unborn*. We received many beautiful donations to support this great cause that provides infant clothes and supplies, shelter, food, counseling and services for mothers and babies in crisis. **Thank you** to our hard working S.H.I.N.E counselors, Kay MacPherson and Elizabeth Barry, who tirelessly assisted countless seniors during the Open Enrollment period to make sure they had properly and timely completed their enrollment. **Thank you** to the Rotary Club for the wonderful luncheon they held at the Kennedy Center, which included delicious food, fantastic prizes and a lot of laughs. We would especially like to thank the Rotarians for kindly serving lunch to the seniors. A great time was had by all. **Thank you** to Deni Sindel for the creative and beautifully hand-made Valentine centerpieces for the Kennedy Café. **Thank you** to Greenhills Irish Bakery in Dorchester for their generous donation of delicious Irish bread.



**Protecting Your Assets**

**Wednesday, February 26th from 10 am -12 pm at Kennedy Center**

Attorney Robert Romano will conduct an estate planning essentials workshop at the Kennedy Center to discuss important issues that affect seniors. Call 617-376-1506 to register.



**Free Movies at the Kennedy Center**  
Every Tuesday at 1 pm



**Month of**  
  
**Romance Movies**

- Feb. 4th** *Sleepless in Seattle*, starring Meg Ryan and Tom Hanks, is a 1993 Romantic comedy film directed and co-written by Nora Ephron
- Feb. 11th** *The American President* starring Annette Bening and Michael Douglas is a 1995 romantic comedy drama film directed by Rob Reiner.
- Feb. 18th** *Message in a Bottle*, with Kevin Costner, Robin Wright and Paul Newman, is a romantic drama based on a novel with the same name by Nicholas Sparks filmed in 1999.
- Feb. 25th** *Shall We Dance?* With Susan Sarandon and Richard Gere is a 2004 remake of the award winning Japanese film of the same title.

\*\*Snacks are available for purchase in the Kennedy Center Cafe

“Old age hangs on you like an old overcoat.” - Writer Quentin Crisp

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**: Will winter continue?

TPYAR

USRCH

IDRARME



EDOAR

EGGDCRRIETNAC (2 WORDS)



Answer: \_\_\_\_\_

\*\*Answers can be found on the calendar on page 8

## February Word Search

AMETHYST  
BEMINE  
BOUQUET  
BOYFRIEND  
CANDY  
CHERUB  
CHOCOLATE

“I always wanted to be somebody, but I should have been more specific.”  
- Lily Tomlin

CUPID  
DATE  
FEBRUARY  
FLIRT  
GIRLFRIEND  
GROUNDHOG  
HEART

HONEY  
HUG  
KISS  
LEAPYEAR  
LOVE  
POEM  
ROMANCE

Live your life and forget your age!  
-Norman Vincent Peale

ROSE  
SWEET  
TWENTYEIGHT  
VALENTINE  
WASHINGTON  
WINTER  
YEARN

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

# February

S	Mon	Tue	Wed	Thu	Fri	S
	 February is American Heart Month!  Groundhog Day <b>Answers:</b> Greeting Card Admirer Adore Party Crush to Word Jumble: <b>Answers</b>	<b>Answers to Trivia:</b> 1. Wine Maker 2. Flower 3. Custard Sauce 4. E.M. Forster 5. The Savoy Big Five 6. Bucephalus 7. 3 feet 8. Harvey Wallbanger 9. Humnunnunnnunnnun-kuapunapaa, aka 'teef triggerrfish'	<b>February is Black History Month</b> <b>Puzzle Answers:</b> 1. Back in the day 2. Dropping Pounds 3. Final Frontier 4. Dirty Dozen 5. Play on Words	<b>Quotes worth Quoting:</b> 'In youth we learn, In age we understand.' - Marie Ebner-Eschenbach "What a wonderful life I've had! I only wish I had realized it sooner!" -writer 'Colette'	"The secret of staying young is to live honestly, eat slowly and lie about your age." - Lucille Ball 	1
2	3 Foot Screenings by Appt 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1-3 Sketching  Did the Groundhog see his shadow yesterday? Is there another 6 weeks of winter?	4 8 am Piano Lessons 9 am Exercise 10 am Sewing 10:30 am Computer 10 am Dance 12:30 pm Yoga 1 pm Movie 	5 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer 	6 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& lessons) 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Watercolor w/ Bob Farrell 1 pm Book Club 6 pm Caregiver Support 	7 9 am ZUMBA 12 pm Bridge 1 pm <i>Amistad</i> Movie In honor of Black History Month Reminder: Winter Olympics begin 	8
9	10 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 1-3 Sketching 	11 9 am Exercise 10 am Sewing 10 am Writing Class 10 am Dance 10:30 am Computer 12:30 pm Yoga 1 pm Movie 	12 <b>Foxwoods</b> 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer 	13 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (& lessons) 10 am Men's Discussion Group 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga 1 pm Watercolor w/ Bob Farrell 	14 9 am ZUMBA 12 pm Bridge 1 pm <b>Olde Kids</b> 	15
16	17  The Kennedy Center Will be closed in honor of President's Day	18 9 am Exercise 10 am Sewing 10 am Dance 10 am Writing Class 10:30 am Computer 12:30 pm Yoga 1 pm Free Movie 	19 10 am Knitting Group 10 am <b>Yellow Dot</b> 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer 	20 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Computer 10:30 am Strength Training 10 am Chess (lessons) 12:30 pm Yoga 1pm Watercolor w/ Bob Farrell	21 Simple Wills by appt 9 am ZUMBA 12 pm Bridge 12:30 pm <b>Sigy Moller &amp; the Sounds of Legends</b> 	22
23	24 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 	25 9 am Exercise 10 am Sewing 10 am Dance 10 am Writing Class 10:30 am Computer 12:30 pm Yoga 1 pm Free Movie	26 10 Knitting Group 10 <b>Staying Balanced</b> 10 <b>Protecting Assets</b> 11 Volleyball 11 Blood Pressure 12 pm Games 1:30 pm Computer	27 9 am Exercise 10 am Mah-jongg 10 am Computer 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (and lessons) 12:30 pm Yoga 	28 9 am ZUMBA 12 pm Bridge 9 am <b>CPR for Seniors</b> 	

A care team,  
a ride to the doctor  
and a daughter with  
fewer worries.

**\$0** plan premium,  
prescriptions and dental.



Introducing a plan that can give you more than you would expect, Tufts Health Plan Senior Care Options (HMO-SNP) is a plan for seniors with \$0 out-of-pocket costs. It combines Medicare and MassHealth Standard benefits including dental care, transportation and extras like a care manager. Call to learn if the Tufts Health Plan SCO is right for you.

## TUFTS Health Plan Senior Care Options

Call us toll-free at  
1-855-670-5934 (TTY 1-855-670-5936).  
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.

H2256 S 2014 35 Accepted



## FAMILY HEARING CARE CENTER

*...listen to the sounds of life®*

~ Hearing Evaluations ~ Video Ear Inspections  
~ Hearing Aids ~ Repairs ~ Ear Wax Removal

534 Main Street, Suite 2, Route 18  
Weymouth, MA 02190  
781-337-1144

140 Bedford St., Route 18  
Bridgewater, MA 02324  
508-279-0700

John Klefeker, BC-HIS MA License #127

**DAILEY TAX AND INSURANCE INC.**  
**MAUREN GIBBONS PRESIDENT**  
Accounting  
Insurance  
Income Tax Preparation  
Electronic Filing Service  
Notary  
617-472-8100  
Fax: 617-472-8131  
[www.daileytaxandinsurance.com](http://www.daileytaxandinsurance.com)  
526 Sea Street, Quincy, MA 02169

**COLONIAL FEDERAL SAVINGS BANK**  
*"Your neighborhood bank!"*  
Quincy 15 Beach St.  
next to Wollaston Post Office  
617-471-0750  
1000 Southern Artery  
617-479-1430  
(Residents Only)  
[www.colonialfed.com](http://www.colonialfed.com)

**Maria Marchand**  
*Your Personal Realtor*  
Call for a **FREE**  
market analysis!  
**508-272-3051**  
**SUCCESS REAL ESTATE**



### Lydon Chapel for Funerals

*"Serving one family at a time"*

- ✓ Intimate Family Setting
  - ✓ Affordable Traditional Funeral Package Pricing
  - ✓ In-home consultations
  - ✓ \$1599 Direct Cremation
- \*Please call for a FREE personal planning portfolio and consultation

Michelle A. Lydon, Director

644 Hancock Street  
Quincy, MA 02170  
(617)472-7423

[www.Lydonchapelforfunerals.com](http://www.Lydonchapelforfunerals.com)



INDEPENDENT &  
ASSISTED LIVING

## FENNO HOUSE

540 Hancock St.  
Quincy   
617-773-1590

**Paul R. Tierney, Jr.**  
CPA, Esq.

Estate Planning  
Asset Protection  
Elder Law

1147 Hancock Street  
Suite L-2  
Quincy, MA 02169  
Ph: (617) 786-9703  
Fax: (617) 786-9704

Email:  
[www.TIERNEY-LAW.com](http://www.TIERNEY-LAW.com)

## Quincy's First Dennis Sweeney Funeral and Cremation Services

Dennis S. Sweeney - President, Funeral Director  
tel: 617-773-2728 fax: 617-471-9638  
[www.dennissweeneyfuneralhome.com](http://www.dennissweeneyfuneralhome.com)  
74 Elm Street, Quincy, MA 02169

### *New England Homes for the Deaf, Inc.*

154 Water Street • Danvers, MA 01923-3794  
978.774.0445 ■ 978.767.8784 VP ■ 978.774.0271 FAX  
Email [info@nehd.org](mailto:info@nehd.org)  
*Serving the Deaf Community Since 1901*

# golden living® Cohasset

Enhancing lives through innovative healthcare

- 5 STAR, DEFICIENCY FREE
- SKILLED NURSING FACILITY
- SHORT TERM REHAB & LONG TERM CARE

781-383-9060

WWW.GOLDENLIVINGCENTERS.COM

1 Chief Justice Cushing Hwy, Cohasset, MA 02025



## STEPHEN TOBIAS HEARING CENTER

We carry most brand hearing aids as well as our own "Tobias" built on site!

382 Quincy Ave  
Quincy

617-770-3395

FDA reg. #9098584, MA lic. #59



## NIELSEN EYE CENTER CENTER FOR SIGHT

STEVEN A. NIELSEN, M.D.

Cataract, Retractive & LASIK Specialist

Cataract • Multifocal Intraocular Lenses

Glaucoma • Diabetic  
Comprehensive Eye Exam

Medical & Surgical Retina

Hearing Services • Cosmetic Procedures

CALL TODAY AND MAKE YOUR APPOINTMENT

617-471-5665  
300 Congress Street, Quincy, MA

877-373-2020  
99 Derby Street, Hingham, MA



Personalized Guidance in Planning for Assisted Living and Home Care Options  
A No-Cost Service for Seniors & Families

Call Us Today (508) 564-0192

www.2Sisters-SLA.com

## Allerton House

at Hancock Park  
Assisted Living Community

164 Parkingway  
Quincy, MA  
(617) 471-2600  
www.welchrg.com

## BAXTER PHARMACY

& Medical Supplies

Your full service neighborhood pharmacy



Thomas R. Libby, R.Ph  
Kelly Nippins, Pharm. D  
Gerry MacDonald, DME



Prescriptions • Diabetics • Ostomy

Medical Equipment • Home Health Products

Surgical Supports & Braces • Free Local Delivery

464 Washington Street, Quincy, MA 02169

Tel: 617-773-7733 • Fax 617-773-8372

www.baxterpharmacy.com

## SWEENEY BROTHERS Home for Funerals, Inc.



Pre-Need Planning Services Available

1 Independence Avenue, Quincy

617-472-6344

Richard T. Sweeney, Jr.  
Francis M. Sweeney

## CONSIDERING SENIOR LIVING?

It just got easier.

Contact us for a tour of our beautiful community

ATRIA MARINA PLACE

Four Seaport Drive | North Quincy, Massachusetts  
617-770-3264 | www.atriaseniorliving.com



## Dina's Unisex Hair Salon

• Perms \$45 • Color \$40

(Includes Cut & Style)

• Paul Mitchell-Rekins

Cuts \$11

Tues.-Sat. 9-5

617-479-1797

5 School Street, Quincy

\* First Time Clients \*

Rogers Jewelry  
Serving Quincy since 1944



Diamonds Appraisals  
By a GIA Graduate Gemologist

Estate Jewelry

Gold and Diamonds Purchased

Custom Wedding Bands

1402 Hancock Street, Quincy, MA 02169  
617.773.3636  
www.RogersJewelry.com



Call Jim Coffey  
(617) 519-8121  
Family Owned Business  
Fully Insured  
Jimcoffey@amcestate.com  
www.AMCEstate.com

## AMC ESTATE MANAGEMENT CO.

Specializing in Estate Clean Out & Maintenance



Adult  
Day Center  
Home  
Health Care

"WHEN HOME IS WHERE YOUR HEART IS"  
Call for a FREE in-home assessment by a Registered Nurse.

781-340-7811



## QUINCY REHABILITATION & NURSING CENTER

SERVING OUR COMMUNITY FOR OVER 30 YEARS

Long Term / Short Term Skilled Nursing Services  
Full Rehabilitation Services • Specialized Asian Program

11 McGrath Highway, Quincy, MA 02169

617-479-2820 • JCAHO Accredited