

Council On Aging News

January 2014



The Quincy Council on Aging Board and staff wish you and yours' a very happy New Year!

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

Dear Friends,

It is my sincere pleasure to wish you all a safe, happy and healthy New Year. 2014 promises to be an exciting and busy year here at the Kennedy Center. I hope your New Year's Resolutions include becoming more involved in the programs and events we offer at the Center.

Last month, a few people kindly donated several photographs to the Kennedy Center, including a commemorative picture of President John F. Kennedy, a charcoal drawing of the Kennedy brothers, and a beautiful picture of President and Mrs. Kennedy. Special thanks to Frantic Framers who not only discounted the price of framing, but also touched up the painting at no cost. If you have an opportunity to visit Frantic Framers, please thank them.

As I reflect on the last year, many things come to mind: my gratitude for the loyalty and commitment of our members who participate in our programs and value our services; my appreciation for my dedicated staff and Board who help make the Kennedy Center great; my appreciation for the businesses and organizations, community leaders and elected officials who have kindly and generously supported our work and mission; and my sincere gratitude for our incredible volunteers who go above the status quo and donate their personal time, resources, energy, and talents to make a difference. I would like to acknowledge Mayor Koch for not only recognizing the importance of senior services, but also for his unwavering support of the work of the Quincy Council on Aging to make Quincy a community where people choose to age.

Please look over the schedules for the month and fill your calendar with the wide variety of events and activities offered at the always busy Kennedy Center! Please be liberal in sharing this newsletter with your elder neighbors and friends. Here's to another fabulous year at the Kennedy Center!

Warm wishes,

Thomas F. Clasby Jr.
Director



KENNEDY CENTER

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



CPR for Seniors

Friday, January 17th from 9 am - 2 pm at the Kennedy Center

CPR certification for seniors will be conducted at the Kennedy Center by Public Health Nurse Ruth Jones of the 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 given for those who complete the class. Registration is required. Space is limited. Call the COA to register.



Ronan Tynan of the Irish Tenors An Irish Celebration with Lunch

March 11, 2014 Departing at 9:30 a.m.

Ronan Tynan of Kilkenny, Ireland, has a special relationship with American audiences and considers the US his home away from home. His versatility in singing material has tremendous depth and weight and brings an irresistible appeal. As one of the most sought after performances for the St. Patrick's holiday, this show is a must see! \$79 pp includes transportation to Venus De Milo in Swansea and choice of corned beef and cabbage or baked haddock lunch, including soup, vegetables, breads, dessert, coffee/tea. Payment due at registration.



Experience Washington, DC April 10-13th

Cost per person: \$489 pp double occupancy/\$479 pp triple occ / \$599 pp single includes: 3 night/4 day stay with luxurious hotel accommodations, two dinners, three breakfasts, guided tour of the capitol, White House, Embassy Row, National Cathedral, the FDR, MLK and WWII Memorials and Holocaust Museum and visit to the Arlington National Cemetery, Tomb of the Unknown Soldier, Smithsonian Institute Air and Space Museum. This promises to be a entertaining, interesting and informative trip to our Nation's Capitol. Call or visit the Kennedy Center for more information.



Demonstration & Participation in Irish Dance (Including Set) 'Irish Afternoon at the Kennedy Center'

Tuesday, January 21st from 2—3:30 pm at the Kennedy Center

Join us for a demonstration of traditional Irish dancing. If you would like to display your Irish dance talents or just participate after the demonstration, give it a 'whirl'!

Please call the Kennedy Center to register at 617-376-1506.



The Olde Kids Swing Band

Fri., February 14th 1-3:30 pm at Kennedy Center

Celebrate Valentine's Day with us as we enjoy the sounds of the Olde Kids, a dance band the style of the big bands of the 30's and 40's. They have been called a living museum a library of music that will have you dancing, humming and tapping your feet. Tickets available at Quincy Council on Aging at \$6 each. Buy your ticket today!!



**Remember to purchase your ticket to Magic with Jack Ryan
on January 31st at 1 pm at the Kennedy Center. This promises to be a
great show all will enjoy. Purchase your ticket today for just \$5!**



Volunteer Opportunities in Quincy



Meals on Wheels The South Shore Elder Services (SSES) Nutrition Department delivers over 1,200 meals to homebound seniors Mon - Fri. Volunteers package and deliver them to elders in the community. Volunteers needed 1-5 days a week, 1-2 hours per day. Initial training is required, with additional enrichment opportunities offered. Mileage reimbursement available. Contact Jody at 781-848-3939. **Friendly Visitor Program** Volunteers are matched with homebound elders for one hour weekly social visits to alleviate loneliness and isolation many elders experience and can provide respite for family caregivers. Contact Jody at SSES at 781-848-3939. **Quincy Animal Shelter**

Volunteer positions available at the Quincy Animal Shelter include dog walking, training and socializing dogs, feeding and playing with both dogs and cats, cleaning kennels, crates, and rooms, assisting with Feral Cat Program, assisting with laundry on-site, in home fostering of an animal, and positions to contribute a special skill, such as photography, writing and construction services. Please call the Quincy Animal Shelter at 617-376-1349 or visit them at 56 Broad Street, Quincy, for further information. **VNA**

Hospice Care Hospice volunteers are caring and compassionate people who want to contribute to others in a meaningful way, including visiting patients and providing companionship and friendship by listening, sitting, or just being present, staying with patient to allow caregiver to rest or attend to personal needs, helping a patient or caregiver by grocery shopping or transportation, providing therapy dog visits, office support and more. Call 781-569-2888 or visit www.vnahospicecare.org for more information.



Roche Bros. Grocery Presentation

January 16th at 12:30 pm

Roche Bros Grocery will return to give a free and simple class on telephone and online grocery orders for home delivery and coupons, and will set up home delivery accounts for attendees. This service will come in handy during stormy winter months! Roche Bros will provide refreshments. Call the COA to register.



How to Stay Young

Youth is not a time of life. It is a state of mind. Nobody grows old by deserting their ideals. Years wrinkle the skin. To give up enthusiasm wrinkles the soul. You are as young as your faith, as old as your doubt, as young as your self confidence, as old as your fear, as young as your hope, as old as your despair.



Sigy Moller and the Sounds of Legends Friday, February 21st at 12:30 pm at Kennedy Center

Cost Per Person: \$6 Visit the Kennedy Center to register



Tap your feet, sing along or dance to top notch live performances of the most treasured songs in music history! Sigy Moller is an international performer who has captured the hearts of audiences around the globe. He lends his voice to music made famous by Sinatra, Tom Jones, Neil Diamond, Elvis Presley, Dean Martin and more. This performance will leave you calling for more!!

Are you considering a Reverse Mortgage?



Many seniors are using reverse mortgages to turn their home into needed cash. Make sure you understand all of the costs of such mortgages. Many seniors think they have prepared for financial security in retirement only to find themselves short. In some cases, a reverse mortgage can provide greater security and independence. You must consider all options and weigh the pros and cons before jumping into a reverse mortgage. For more information, call AARP at 888-687-2277.

'Kind words can be short and easy to speak, but their echoes are truly endless.' - Mother Teresa



Computer Classes - January 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.*

January 9th

Smart Phones, Tablets, E-Readers

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

January 16th

Windows 8

10 am-12 pm

Learn this new operating system on your own laptop (the Kennedy Center does not have Windows 8)

January 23rd

Digital Photography

10 am-12 pm

.Learn the basics of photography and how to use a digital camera. Bring your fully-charged digital camera to class.

January 30th

Digital Photography with your Computer

10 am-12 pm

This class will review the digital photography class and demonstrate how to upload pictures to your computer and what to do with the pictures.

Thank you Mayor Tom Koch

for hosting a wonderful Thanksgiving dinner for Quincy seniors on November 27th at the Quincy Elks Tirrell Room. Aside from the rainy, raw weather, the day was perfect. It was a great opportunity to see old friends, meet new and interesting people, enjoy a delicious catered turkey dinner and delight in the sounds of the musical entertainment provided by Tom Clasby and Mark Carey. A wonderful time was had by all! Thank you Mayor Koch !



Kennedy Center Drop Off

The Quincy Council on Aging is committed to helping our seniors and those in need in our community. Here is how you can join us in helping...



The Kennedy Center accepts donations of **non-perishable food** items for the Quincy food pantry. At this time of year the pantry shelves empty quickly leaving the Center in much need of donated food. Collected food is delivered to food pantries each week.



Drop off your unneeded **eye glasses**, eye glass cases, sunglasses, or just frames...the Lions Club is seeking donations for their Recycle for Sight Program.



Save your **aluminum pull tabs** to help raise money for the Shriner's Burn Hospital. An easy way to support a worthy cause, collect your soda can pull tabs and make a difference!!



Help local schools buy what they need by clipping the box tops on participating products - each **box top** is worth 10 cents. You can drop the box tops to the Kennedy Center.



The Quincy Council on Aging accepts donations of wheel chairs, canes, walkers, bath seats and more to lend to seniors in need. Please contact the Kennedy Center at 617-376-1506 if you have equipment to lend or donate to the **Equipment Loan Program**.

Snowstorm Parking



in Quincy: Overnight parking is prohibited without a resident parking permit, from the Quincy Police Department (617)479-1212. Resident parking permits are void during snow emergencies. During snow emergencies, parking is allowed on one side of the non-emergency street. If winter officially begins during an odd year, parking is allowed through the winter season on the odd side. If it begins during an even year, parking is allowed on the even side. To find out if a snow emergency has been declared, please visit www.quincyma.gov, call 617-770-7669 or tune to channels 8 or 11 on tv. In the event of a snow emergency, get further help by calling the Snow Hotline at 617-376-1927.

Are you a snowbird heading south for the winter or going on an extended trip?



If you are going away for an extended period of time, notify the local police department. Install timers to put lights on and off at various times, indoors and out so it appears that you are home. Have neighbors check on your property periodically. Stop newspaper and mail delivery, a build up of either is a clear indication that you are not home. If you have family or friends you trust to stay in your home while you are away, it will further deter would-be burglars. Prepare yourself and your home so you can enjoy your trip without worry.

Looking for something free and fun to do?



Visit the Commonwealth Museum to get a glimpse of rare national treasures and original treasures from the vaults of the Massachusetts Archives. On display at the Massachusetts state museum are the Boston Massacre copper plate engraved by Paul Revere, Declaration of Independence, Bill of Rights, Massachusetts Constitution and Unique Royal Charters. Experience interactive exhibits, surround theater and the struggle for rights and justice. Free admission and parking. The Commonwealth Museum is located in the State Archives next to John F. Kennedy Library at 220 Morrissey Boulevard, Boston. Hours are Mon - Fri 9 am-5 pm. For more information, visit www.commonwealthmuseum.org or call 617-727-9268.

Buckle Up!!



Massachusetts law requires all drivers and passengers to buckle up. Always wear your seatbelt to keep you safer on the roads and prevent you from paying the cost of a seat belt ticket. A 2008 survey found that Massachusetts drivers and passengers buckle up at the rate of 67%, compared to the national rate of 83%. With nearly 100,000 safety belt and child passenger safety violations issued each year in Massachusetts, in addition to near than 200 car accident fatalities, thousands of incapacitating injuries, and billions of dollars in costs, the costs of not buckling up are too high!!

Foxwoods Trip by NQ K of C

Sunday, Jan. 12th departs 7:30 am



North Quincy K of C has a trip scheduled to Foxwoods from the K of C. \$27 pp Coffee and donuts provided. Guests receive free Keno and a match play or food voucher when they arrive. Bingo played on bus. To reserve a spot, contact Charlie at 617-773-2523 or Duane at 781-767-1242.

The onset of cold weather causes rodents to seek shelter in homes. The thought of rodents in and around



your home is unsettling, however, they exist even in the cleanest of homes. Follow these tips to rodent proof your home and yard: * Never store full plastic garbage bags in your yard * Use sturdy, durable garbage cans with tight fitting lids * Ensure all food, including pet food, is stored in rodent proof containers in the pantry and cupboard * Do not place garbage out at curbside in plastic or paper bags and boxes until the morning of collection *

Remove lumber and all other debris from your property * Cleanup, remove and dispose of any over-growth of shrubs and brush and tall grass/weeds on property * Store firewood on a rack a minimum of 18 inches off the ground and at least one foot away from any building or structure * Whenever possible, do not feed your pet outdoors * If you must feed your pet outdoors, be sure to remove all uneaten food as soon as your pet is done eating and feed only during daylight hours and supervise while pet eats *

Remove any un-harvested or spoiled remains from garden and around fruit trees * Don't scatter food for birds or squirrels in your yard * Only feed birds from proper receptacles and store bird seed and lawn seed in strong durable containers with tight fitting lids. * Remember, there is never just one. 

Free Tax Assistance



The Quincy Council on Aging will be taking appointments for free tax assistance for seniors in need. All tax assistants are trained volunteers. This program runs on Mondays beginning February 3, 2014 - April (date to be announced). You will need to bring W-2 and 1099 Statements of other income information for all deductions or credits, a copy of last years' tax return, real estate tax and water and sewer bills. Only uncomplicated returns will be considered for this free service. Please call the Quincy Council on Aging at 617-376-1506 for an appointment.

Social Security



Visit www.socialsecurity.gov to apply for retirement, disability and Medicare, and to estimate your future benefits, request a replacement Medicare card, apply for extra help with prescription drug costs, and ask general questions. If you already receive benefits, you can start or change direct deposits, change your address or request a proof of income letter.



1. Aspirin tablets were first retailed in 1915 by what company?
2. How many seeds does the average strawberry have on its exterior?
3. Who wrote the popular play, "Romeo and Juliet"?
4. Black tea is fully fermented before drying - true or false?
5. What does it mean to do something in "a pig's whistle"?

Answers found on the calendar on page 8



A special thank you to the **National Fire Protection Association** for their kindly visiting the Kennedy Center to present "Memories that Still Burn: Remembering Coconut Grove" on December 10th. Attendees found the presentation on the most devastating nightclub fire in US history very interesting and those with personal stories were able to share them. A big thank you to **Sue King** for sharing your creative decorating talent with us! Stop by the Kennedy Center to see the beautiful job Sue did decorating for Christmas! Thank you to **Roche Bros. Supermarket** for coming to the Kennedy Center to give a presentation on phone and online grocery orders for home delivery, distributing money saving coupons and providing delicious refreshments.



Our best wishes for a very **HAPPY BIRTHDAY** to **Mayor Tom Koch** (January 22nd), **Elizabeth Gearin** (January 16th), and **Lena Trouth** (January 19th).



Free Movie of the Week at the Kennedy Center



Every Tuesday at 1 pm

January is the month of comedies and dramas... you can laugh and you can cry in the warmth of the Kennedy Center with good company and refreshments available for purchase in the Center's Café.

Jan. 7th	The Gathering Drama	A Classic double feature, starring Maureen Stapleton and Ed Asner, that celebrates the tender power of forgiveness and family love.
Jan. 14th	Barefoot in the Park Comedy	Starring Robert Redford, Charles Boyer, Mildred Natwick & Jane Fonda, this Neil Simon adapted film classic will have you laughing until you cry.
Jan. 21st	Horrible Joe Moran Drama	James Cagney delivered his last performance at 84 years old in this made for tv, Emmy winning movie where Cagney plays Moran, a former boxer.
Jan. 28th	Grumpy Old Men Comedy	They're grumpy old men... and they are played by famed screen odd couple Jack Lemmon and Walter Matthau. Ann Margaret also stars.

“I’m extraordinarily patient provided I get my own way in the end.” - Margaret Thatcher

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**: We make them, we break them...

SFOTR



VSLEOG



FREFAUM



AUJRNYA



CLECIIS



Answer: _____

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

January Word Search

BLIZZARD
BOOTS
COAT
COCOA
COLD
FIRST
EARMUFF

Home” is any four walls that enclose the right people.
- Helen Rowland

FOOTBALL
GLOVES
HAT
HIBERNATED
HOCKEY
ICICLE
ICY

IGLOO
JANUARY
MITTENS
MARTINLUTHERKINGJR
NEWYEAR
PENGUIN
RESOLUTION

Alone we can do so little; together we can do so much.
- Helen Keller

SHOVEL
SKI
SLED
SNOW
SUPERBOWL
TOBOGAN
WINTER

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

January

S Mon	Tue	Wed	Thu	Fri	S
<p>Answers to Jumble:</p>  <p>Word Jumble Answers: Frost Gloves January Farmuff Icicles Answer: Resolution</p>	<p>Answers to Trivia:</p> <p>1. Bayer 2. Approx. 200 3. William Shakespeare 4. True 5. Quickly</p> 	<p>1 The Quincy Council on Aging Board and staff join COA Director Tom Clasby, Jr. Mayor Tom Koch and the Quincy City Council in wishing you all a very happy and healthy 2014!</p> <p>HAPPY NEW YEAR</p>	<p>2 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 Book Club 6:30 pm Caregiver Support</p>	<p>3 9 am ZUMBA 10 am Sen. Keenan Office Hours 12 pm Bridge</p> 	4
<p>5 6 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> <p>Foot Screenings by Appt</p> 	<p>7 8 am Piano Lessons 9 am Exercise 10 am Sewing 10:30 am Computer 10 am Dance 12:30 pm Yoga 1 pm Sketching 1 pm Healing Art 1 pm Movie</p> 	<p>8 7:15 am Foxwoods 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> <p>FOXWOODS</p>	<p>9 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 (& lessons) 10 am Computer Class 10:30 am Strength Training 12:30 pm Yoga</p> 	<p>10 9 am ZUMBA 12 pm Bridge</p> 	11
<p>12 13 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA 2 pm Healthy Eating Hearing Screening Appointment required</p> 	<p>14 9 am Exercise 10 am Sewing 10 am Writing Class 10 am Dance 10:30 am Computer 12 pm Pasta Lunch 12:30 pm Yoga 1 pm Sketching Class 1 pm Movie</p> 	<p>15 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> 	<p>16 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</p> 	<p>17 9 am ZUMBA 9 am CPR for Seniors 12 pm Bridge 1 pm Joey Voices (Rescheduled)</p>  <p>Simple Wills by appt</p>	18
<p>19 20 The Kennedy Center will be closed today to honor Martin Luther King, Jr.</p>  <p>Martin Luther King Day</p>	<p>21 9 am Exercise 10 am Sewing 10 am Dance 10 am Writing Class 10:30 am Computer 12:30 pm Yoga 1 pm Sketching Class 1 pm Free Movie 2 pm Irish Dance</p> 	<p>22 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p> 	<p>23 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10:30 am Strength Training 10 am Chess (lessons) 12:30 pm Yoga 1pm Watercolor w/ Bob Farrell</p>	<p>24 9 am ZUMBA 10am Breakfast sponsored by Atria 12 pm Bridge</p> 	25
<p>26 27 9:30 am Walking Club 10 am Line Dancing 11 am Scrabble 11:45 am ZUMBA</p> 	<p>28 9 am Exercise 10 am Sewing 10 am Dance 10 am Writing Class 10:30 am Computer 12:30 pm Yoga 1 pm Sketching Class 1 pm Free Movie</p> 	<p>29 10 am Knitting Group 11 am Volleyball 11 am Blood Pressure 12 pm Games 1:30 pm Computer</p>	<p>30 9 am Exercise 10 am Mah-jongg 10 am Sing-a-long 10 am Blood Pressure 10 am Chess (lessons) 10:30 am Strength Training 12:30 pm Yoga 1 pm Watercolor w/ Bob Farrell</p> 	<p>31 9 am ZUMBA 12 pm Bridge 1pm Magic-Jack Ryan</p> 	

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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.

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



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