

Kennedy Center News

March 2016



Friendly Visits

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

The best season - most everyone's favorite season of all - is the spring. All things seem possible in spring.



I hope everyone reading this is having a really great day. If you are not, just know in every new minute that passes, you have an opportunity to change that!
-Gillian Andersen

Beannachtai' na Feile Padraig is Slainte!
Lafheile Padraig sona dhuit!
Adh na nEireannach!

With the return of Daylight Savings, **Check Smoke Detector Batteries Day** is March 8th.

C'ead Mile Failte to all our friends!

Warmest wishes to you and yours as we approach the "High Holiday" of the glorious Feast Day of the Patron Saint of Ireland. As you probably know, St. Patrick's Day is one of my favorite holidays. I am sure all my Irish friends and those Irish at heart enjoy as much as I the festivities to celebrate Irish culture... and all things Irish. I hope you are all able to sport your brightest green and gold and join us for the St. Patrick's celebration at the Kennedy Center on March 11th.

The old adage, "Tempest fugit," which means time flies, surely rings true for me! As the older I get, the days, weeks and months seem to fly by. And here we are welcoming spring once again. We can all be especially grateful that Old Man Winter did not hit us too hard here in Quincy, particularly compared to last year with record setting snow falls and sub-freezing temps. The return of blossoming flowers and green leafed trees will certainly be a welcome sight. I encourage you to visit soon the warm and welcoming Kennedy Center to enjoy with friends new beginnings that accompany springtime! Spring is the season symbolic for renewal and growth. You can start right here!

Last month marked the end of Frank Sweet's tenure as Chairman of the Kennedy Center Board. He has done an outstanding job over the past 18 very productive months. We sincerely thank Frank for his extraordinary commitment, leadership and stewardship, all characterized by innovative ideas, strategic plans and tireless efforts on behalf of Quincy's senior population. We will miss Frank's energy, efforts and input that helped make the Center what it is today.

It is with great pleasure and enthusiasm we welcome Ken Tarabelli as our new Chairman of the Kennedy Center Board. A longtime Quincy resident, Ken recently retired from a career as a clinical social worker and was President and CEO of Bay State Community Services for over 30 years. We are excited to have Ken lend his tremendous background, insight and support to the Quincy Council on Aging as Chairman. He is sure to exceed all expectations! The Council on Aging will certainly benefit under his leadership.

We are pleased to also welcome JC Borneo as Vice Chair of the Board. JC and his wife Loretta are very active members of the Kennedy Center and were recipients of the Frank Kearns and Mary Vallier Awards in recognition of their dedication to seniors and volunteer work at the Center. We are happy JC will have a leadership role on the Board.

To our Christian members and friends, blessed Easter wishes.

Erin go bragh,


Thomas F. Clasby, Jr.
Director



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

KENNEDY CENTER

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



Shake, Rattle and Roll at our Senior Sock Hop

Wednesday, April 27th at 2pm



Reminiscence as you dance to old time favorites, enjoy light refreshments, raffles and a 50's costume contest. The fellas can rock the sock hop in retro attire like black slacks, white shirts, leather jackets, letter sweaters and loafers...and the ladies in their poodle skirts, petticoats, bobby socks and saddle shoes. Space is limited. **\$7 per person**



Newport Playhouse

Thursday, June 23rd



\$89pp incl motor coach, delicious buffet, Broadway worthy show *Play it Again, Sam* and cabaret entertainment. After the show at the Newport Playhouse, 'the best buffet in R.I.' guests return back to the dining room which is transformed into a delightful Cabaret with laughter and songs. Payment due at registration, no exceptions.



Cape Cod Lunch Train

Thursday, May 26th



\$89pp incl transportation, 2 hour narrated train ride aboard Cape Cod Central Railroad (voted one of the top dinner trains in US by TV Food Network), lunch incl Cape Cod Seafood Chowder and choice of Chicken Francaise and Vegetarian Manicotti. Weather permitting, shop in Hyannis. Payment due at registration, no exceptions.



Comedy Show

April 15th at 1pm

\$ 5 pp due at registration. No exceptions.

Enjoy the comedic talents of David Delorenzo, who has performed stand up since 1982 with some of the greatest comedians of the past 35 yrs. Stop by the Kennedy Center to buy your ticket. \$5 per person. This fun event is sure to fill up fast!



HELP and Project Lifesaver/Lojack

Friday, April 22nd at 10 am

Call 617-376-1506 to register.

Join QPD to learn about two programs for seniors. **HELP**, a free program to locate missing people, is designed for those who function on their own but have moments of disorientation. **Project Lifesaver/Lojack**, a program with fees for those who require constant supervision, uses Lojack to locate missing loved ones with a 100% success. Registration required.



Who! Who! Who's Watching You? Owls of the World

April 20th at 1 pm



Everyone loves owls! Join the Wilsons for an up close encounter where you will learn signs, field marks and naturalist's skills you can use with wild owls. This intergenerational program welcomes you to bring your grandchildren, nieces and nephews and encourages participation with the owls. Light refreshments. Buy your ticket today! **\$3/senior, \$3/child.**

FREE MOVIE FRIDAYS

Free Movie Fridays at the Kennedy Center

Every Friday at 12:30pm

Everyone is Irish in March!

- March 4** **Quiet Man** This classic romance film stars John Wayne and Maureen O'Hara - a must see!
- March 11** **Finian's Rainbow** A fun, Irish musical starring Fred Astaire and Petula Clark
- March 18** **The Nephew** This film, starring Pierce Brosnan, is about a young biracial Irish American man
- March 25** **Evelyn** A drama film set in Ireland based loosely based on a true story; stars Pierce Brosnan



Dr. Nancy Emerson-Lombardo Presents Brain Nutrition

Tuesday, April 26th at 10:30am

Dr. Emerson-Lombard of BU's Alzheimer's Center will explain a brain healthy diet and changes that can help reduce the risk of developing dementia and Alzheimer's. Space is limited. Call 617-376-1506 to register.



Effective Communication Strategies for Caregivers

March 29th at 11 am



This Alzheimer's Association workshop at the Kennedy Center will explore communication changes throughout the course of Alzheimer's Disease, understanding and decoding verbal and behavioral messages, and identifying ways to connect and communicate through the stages of dementia. Call the Alzheimer's Association at 1-800-272-3900 to register.



Kennedy Center Book Club is a welcoming group that meets the **first Thursday of each month at 1:30pm** for easy, stimulating conversation in a comfortable environment. “*Bossy Pants*” by Tina Fey is the book for the March 3rd and “*Dead Wake: Last Crossing of the Lusitania*” by Erik Larson for April 7th. Registration **not** required.



Magic ...the Perfect Entertainment

Wednesday, March 30th at 1:30 pm



Enjoy a fun afternoon of magic with magician Jack Ryan, who has entertained with classic, clean magic for 30+ yrs. Delight in a combination of amazing magic, audience participation, and humor! Light refreshments. **\$5 pp**

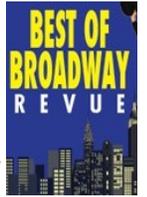
JFM Productions Presents: Matinee Shows at Common Market Restaurant

\$35 pp incl delicious lunch, Broadway worthy shows, tax and gratuity. Transportation **not** provided

For tickets, call 857-333-4199 or email jfm@jfmproductionsresents.com

April 15th at 11:30am : *A Sentimental Journey*, a tribute to the USO

June 17th at 11:30am : *Best of Broadway*, a crowd pleasing musical revue direct from NY



Norfolk County Sheriff TRIAD Program

March 18th at 10am

Call 617-376-1506
to register.

A representative from Norfolk County Sheriff Michael Bellotti's office will speak about the Sheriff's TRIAD Program, a partnership between seniors and law enforcement/public safety agencies. TRIAD includes RUOk?, File of Life, Yellow Dot, LoJack Safety Net Search and Rescue, Speakers Bureau, and Senior I.D.



Caryn's Corner Fashion Show

Monday, April 25th at 1:30pm

Join us for a free fashion show and demonstration with fashion expert Caryn Smith, owner of Caryn's Corner, a popular boutique of beautiful, trendy and comfortable clothing and stylish accessories. After the models strut their stuff, Caryn will demonstrate fashion 'how-tos.' Register today at 617-376-1506.



The American Lung Association Presents: COPD

April 19th at 10am

Come join the American Lung Association for a fun, interactive game of COPD Jeopardy! You will learn about COPD, its causes and treatments and strategies for coping with it. Call 617-376-1506 to register.



Prescription Advantage

March 11th at 10 am

The state's prescription assistance program lowers out-of-pocket costs further when they reach the gap. Kathy De-vine of Prescription Advantage will be here to host a workshop about the program. Call 617-376-1506 to register.



The United States Cadet Nurse Corps

Tuesday, April 12th at 10:30 am

Join Shirley Harrow, RN, US Cadet Nurse Corps of WWII, for an interesting slideshow and amazing stories, including her own personal experiences, about this group of women who volunteered to serve their country during WWII. Light refreshments. Space is limited. Registration required. Call 617-376-1506 to register.



Reduced Fare Senior T Passes

April 8th 10am-12pm

Grace Buscher will take photos and assist attendees complete **new** reduced fare senior T pass applications. Applicants are required to bring a Massachusetts driver's license or photo identification. Register at 617-376-1506.



Painting with Acrylics

March 11th and April 8th at 10 am



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



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



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

March 3	10am - 12pm	Windows 10	The good, the bad and the ugly of Windows 10 will be covered.
March 10	10am - 12pm	Camera 1	This class will teach how to use your digital camera.
March 17	10am - 12pm	Camera 2	A follow up to Camera 1, this class will demonstrate what you can do with your photos

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



Thanks to **Sarah Dempsey** for sharing her baking skills with the Kennedy Center staff and volunteers. Sarah often brings delicious homemade desserts for the office to enjoy. She outdid herself recently with a scrumptious trifle that looked as good as it tasted! Thank you to **Dr. Byrne** for his spine health presentation. Thank you to **Atria Marina Bay** for hosting a happiness workshop. Thank you to **2 Sisters Senior Living** for hosting *Living Options for Elders*. Thank you to **Dr. Littke** for hosting an oral health class. Thank you to **Health Express** for hosting a presentation on the urgent medical care. Thank you to **Paul Spillane** of Squantum for his generous donation of movies and books on tape for our members to borrow from our library and enjoy. Thank you to **Barbara McCluskey** for her kind donation of yarn for our knitters. As always, thank you to Quincy Health **Nurse Ruth Jones** for educating our members on the importance of good health. Thank you to **Pat Mulcahy** for his kind donation of new books and DVDs for our members to enjoy.



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



Welcome Len! Help us welcome our newest Kennedy Center volunteer, **Len Carroll**. Len will be working in the Kennedy Café. If you haven't yet, be sure to stop in and introduce yourself. We are pleased to have Len as a member of the Council on Aging family and are confident our members will make him feel welcome.



Remembering Gert We extend our heartfelt sympathies to the family and friends of **Gertrude Ennis** who passed away in January at 95 years young. Once asked the secret to her longevity, Gertrude shared that she indulged in a bacon cheeseburger at Wendy's every day. Up until the day Gertrude passed, she continued to golf, bowl, crochet, sew, knit and drive her car. Gertrude's energy and enthusiasm for life will be sorely missed.



Reminder: Start practicing for the **Annual Quincy Senior Olympics!** All Quincy seniors age 60+ are invited to participate and encouraged to prepare physically and mentally. The Senior Olympics begin on May 9th. Applications will soon be available. Join the walking club, exercise class, Tai Chi, yoga, strength training or dance classes offered at the Kennedy Center. If you can't get here, walk around the tracks and fields located in the city or shopping malls. Other great forms of exercise include bowling, golfing and swimming. It is best to be physically and mentally prepared.



PHOTOS

Far left photo: QCOA Director **Tom Clasby** with Freida O'Brien and Flo Griffith.

Photo to left: Phyllis Feinstein and Ernest Scanzio sporting their festive sweaters at the Holiday Party in December.

Our **photo albums** and **videos** are on the Quincy Council on Aging facebook page. Not on facebook? Sign up for a computer class at the Kennedy Center with Grace Buscher and become a computer and social network whiz! To register, call 617-376-1506.

1. Which planet in our solar system spins the fastest?
 2. Who was the Spanish surrealist painter best known for his work "The Persistence of Memory"?
 3. What were Laverne and Shirley's last names?
 4. In 1781, what was the first planet discovered using the telescope?
 5. Which famous American musician was fatally shot by his father on April 1, 1984?
 6. What famous painter is even more famous for cutting off part of his ear?
 7. What was the first wild card NFL team to win the Super Bowl?
 8. Who is the only US president to serve more than 2 terms?
 9. In what year did aviator Charles A. Lindbergh cross the Atlantic Ocean?
 10. Where was the fortune cookie invented?
 11. What is the Japanese word that means empty orchestra?
 12. In what year did the Titanic sink?
 13. Which athlete has the most Olympic medals?
 14. When adjusted for inflation, which is the highest grossing film of all time?
 15. Which basketball team did Michael Jordan play for in college?
 16. Which city has the largest population in the world?
 17. The art of paper folding is known as what?
 18. Which country has the most volcanoes?
 19. A koala's diet consists mainly of what?
 20. Who wrote "The Little Mermaid"?
 21. Who played the captain of the Enterprise on Star Trek the Next Generation?
 22. How many Super Bowl rings did Troy Aikman win?
 23. What are the first three words of the Bible?
 24. Twelve inches, a foot, equates to roughly how many centimeters? 16, 23.5, 30.5, or 40?
 25. Where would you wear a sautoir?
 26. What is 17 squared?
 27. On Happy Days, what animal did Fonzie jump his motorcycle over?
 28. If you add the numbers on the opposite sides of a dice together, what number will you always get?
 29. How did Jamie Sommers become bionic?
 30. When ice hockey first began, what was used as a hockey puck?
- Bonus: What was Mother Teresa's real first name?



Answers on calendar on page 9

DID YOU KNOW...

The first St. Patrick's Day celebration was held in Boston March 17, 1737. Sponges hold more cold water than hot. Camel milk does not curdle. Fire moves faster uphill than down. If you add up numbers 1 to 100 consecutively (1+2+3...) it totals 5050. At birth, dalmations are white. One googol is the number 1 followed by 100 zeros. You share your birthday with about 9 million others. Toothbrushes are the most commonly forgotten item travelers forget to pack. The naming of tropical storms and hurricanes officially began in 1953. There are 31,536,000 seconds in a year. Einstein slept 10 hours a night (so get your sleep!)



If you don't like something, change it. If you can't change it, change your attitude -Maya Angelou
 When someone you love becomes a memory, the memory becomes a treasure. - Author Unknown
 Every man dies... but not every man lives. Be a man who is alive. -William Wallace
 Not he who has much is rich, but he who gives much. - Erich Fromm



This is a **Beginner** Level Puzzle.

Exercise Your Brain!



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

Sudoku

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

Level: Beginner

Good luck!!



Turmeric, used for 4,000 years for its anti-inflammatory properties, is great for arthritis, skin health, immunity and even cancer. Other health benefits include improved blood circulation, supports/detoxifies liver, natural antiseptic and antibacterial agent, aids in fat metabolism, supports healthy cholesterol, inhibits growth of new blood vessels in tumors, speeds healing, antioxidants, support healthy eyes and helps stabilize blood sugar levels. It can be especially helpful for elders. As with most everything, check with your doctor to make sure it is right for you!

Turmeric has been shown to improve **skin conditions** (ie., psoriasis, eczema). Give skin radiant glow with a mask of 1/4tsp of turmeric, 2tsp juiced lemon, 1 1/2 tsp honey. Keep in fridge. Apply to skin/face . Leave for 20 minutes.

Chicken turmeric veggie curry recipe: 1 sweet, chopped onion, 1/4 tsp ground turmeric, 1 teaspoon ground cumin, 1 chopped zucchini, 1 chopped, yellow squash, 2 chopped poblano peppers, 2 cloves minced garlic, 4 chopped carrots, 1 lb chicken, cut of your choice, 24oz strained tomatoes/tomato sauce, 1 can coconut milk, 2 tbsp curry powder, 3/4 tsp salt, 1 c chopped cilantro, 1 c chopped parsley, pinch red pepper flakes, rice or quinoa (optional) coconut oil for cooking. Instructions: In large fry pan, heat 2 tbsp coconut oil and brown chicken on medium high heat. Add peppers, carrots, onion and garlic. Sauté until browned. Add zucchini and squash and stir until mixed. Reduce heat. Add tomatoes, coconut milk, curry powder, turmeric, cumin and salt. Cover. Bring curry to simmer. Reduce heat. Simmer 15 min. Add cilantro, parsley and salt to taste. Serve over rice or quinoa.

Daily turmeric paste recipe (designed to improve absorption): 1/2 cup turmeric powder, 1 cup water (+ 1/2 extra if necessary), 1.5 tsp ground black pepper, 70 ml olive oil or coconut oil. Directions: Mix 1c water with turmeric powder in a pan and slowly heat it up and stir for 6-10 minutes until you get a thick paste (add add 1 1/2c if necessary), add black pepper and oil and continue to stir until ingredients are fully mixed in together. Allow paste to cool. Black pepper is important - it helps body absorb turmeric.

Paste can be taken like medicine, 1/4 tsp 2-3 times/day or mixed with honey for taste. Add and experiment with different dishes: salads, smoothies, curries, rice or soup. Enjoy.

The following **doses** are recommended for preventative care. More may be needed for medicinal benefits. Raw root: 1.5-3 grams, powdered turmeric: 1-3g; Curcumin powder: 400-600mg 3x/day, liquid : 30-90 drops (1:1), tincture 15-30 drops (1:2) 4x/day. **Curcumin**, the principle compound in turmeric, is responsible for the health benefits. Curcumin boosts brain derived neurotrophic factor, linked to improved brain function and lower risk of brain diseases. *Turmeric for digestion:* Curcumin stimulates gallbladder to produce more bile, which aids digestion. *As first aid:* Turmeric can be used to treat cuts, rashes, bruises, insect bites and swelling. *For arthritis:* Turmeric helps reduce joint inflammation.

Turmeric Curried Cauliflower Ingredients: 1 head cauliflower, 1 tsp turmeric powder, 1tsp cumin powder, 1tsp coriander powder, 1/2tsp ginger powder, 1/4tsp cinnamon powder, 4 tbs coconut oil, 1/2 tsp unrefined sea salt, 3-4 cloves minced garlic. Heat oven to 450F. Mix turmeric, cumin, coriander, ginger and cinnamon in bowl. Melt coconut oil on low. Add spice mix and let temper for minute on low-med heat. Stir occasionally. Do not let smoke. Turn off heat. Add cauliflower, salt and garlic. Mix well. Coat cauliflower. Transfer to pan and bake 20 -25 min until golden brown. Be sure to flip cauliflower while baking. Enjoy this delicious, healthy dish!

Creamy Turmeric Tea
(makes 1 cup of tea)

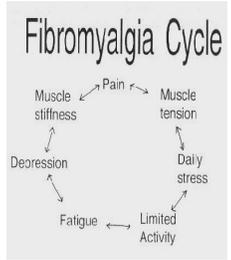
- 1 C almond or coconut milk
- 1/2 tsp turmeric
- 1/2" wide round slice of ginger root, peeled & finely chopped
- Dash of cayenne pepper
- 1/2 – 1 tsp raw honey
- Optional add-ins: cinnamon, cardamom

Gently warm the milk on the stove. In a mug, combine the remaining ingredients. Drizzle a tsp of the warmed milk into mug & mix until the liquid is smooth with no lumps. Add the rest of the milk & mix well. You can leave the pieces of ginger in the tea, or strain it out before drinking.

Fibromyalgia



causes chronic pain in ligaments, muscles and tendons and fatigue and tenderness all over. Sufferers often feel sensitivity to pain from a malfunctioning of pain preceptors. Sleep problems, genetics, injury, infections, rheumatic diseases, etc., may cause fibromyalgia. Symptoms include irritable bowel syndrome, pain/stiff-ness, depression, dizziness, anxiety, memory lapses, fatigue, muscle spasms, difficulty remembering/concentrating, migraine headaches, jaw/face tenderness, anxiety, face, limb, hand/feet numbness/tingling, and more. Although debilitating, fibromyalgia is not life threatening.



Drug therapies, nutrition supplements, homeopathy, Ayurvedic treatment with herbs, exercise, chiropractic treatment, massage, acupuncture and mind body therapies are ways to manage fibromyalgia. It is suggested **turmeric** (curcumin) and ginger be taken regularly for effective anti-inflammatory benefits. As always, talk to your doctor.



Did you know: Tablets, ie., IPads, help those with vision problems, such as macular degeneration, read more easily. Pages can simply expand the type to a size easy to read and the user can control brightness.



Food Facts: You may be surprised to learn food can make you very sick even when it does not look, smell or taste spoiled. Foodborne illnesses are caused by pathogenic bacteria, different from spoilage bacteria that make foods 'go bad.' Many pathogenic organisms are present in raw or undercooked meat, poultry, seafood, milk and eggs; unclean water, and on fruits and vegetables. Keeping these foods properly chilled slows the growth of bacteria. Clean your hands, surfaces and produce, separate raw foods from ready-to-eat and cook to safe temperatures to reduce risk of getting sick. Leaving perishable foods out for 2+ hours allows bacteria to multiply rapidly and puts you at risk for foodborne illness. **Groceries** Put refrigerated items away quickly. Never allow raw meat, poultry, seafood, eggs or produce to sit at room temperature for more than 2 hours. Your car is likely hotter than room temperature. It is important to **not** leave groceries in your car long. **Leftovers** must be refrigerated or frozen within two hours. **Doggie bags/take out** The 2 hour rule applies. Don't request a doggie bag if it cannot be refrigerated within 2 hours. **Marinated foods:** Always keep food in the fridge while marinating. Bacteria can multiply rapidly in foods left to marinate at room temperature. Never reuse marinating liquid.

Consumer Tips

Consumer Reports Tips: Don't mix battery brands in appliances to get more life out of them. **New clothes** Wash new clothes before wear. Many have coatings containing formaldehyde to prevent wrinkling. Also, bugs are often found in shipping boxes from Asia. You want to be sure to wash new clothes made in Asia. **Oil** Some newer cars are designed to go 8K+ miles between oil changes. Check manual. **Don't skimp on Mattress** Buy best you can afford. You'll sleep on it for a long time. Wait for good sale, haggle and skip box spring if old one is in good shape. **Save \$** Always ask for price break. Haggle for lower price on anything, ie., jewelry, massages, even medical bills. The bigger the item, the bigger potential savings. Just ask! Identify what gives you upper hand and ruthlessly, but politely, use it. **Save monthly** Switch to credit card with no annual fee. Avoid late fees with auto payments. **Skip extended warranties** Some repairs already covered by standard manufacturer warranties. Electronics and appliances rarely break within warranty period. Most repairs cost about same or less than warranty. **Replace incandescent lightbulbs** with energy saving compact fluorescent bulbs to save about \$56 over life of bulb. **Energy miser** Use cold water detergents and cycles when washing clothes; skip rinsing dishes before putting in dishwasher to save 5,000 gal of water yearly; microwave more than conventional oven; open curtains on south-facing windows in winter to let in sun's heat and close in summer to keep it out; and turn down heat 5-10 degrees at night and when not home. **Home/auto insurers** Make sure to take advantage of every discount. Ask your agent. Consider raising deductibles, ie., from \$500 to \$1,000. **Energy saving appliances** Replace old fridge, the biggest energy hog in the house. Most Energy Star appliances offer rebates. **Free/cheap furniture & household items** Check Freecycle.org, Craigslist, and facebook pages for free items. No one wants to let their things go to waste and would prefer to give them away. **Slash home-selling costs** Ask to cut real estate commission. Most agents will make deal. **Best prescription deals** Save on over counter pain relievers, allergy meds and prescriptions at Walmart and Target. Costco, AARP.org, DrugStore.com, DRX.com, Kmart and Walgreens discount drug programs and mail order services to save prescription money. **Plan** Double grocery savings with supermarket cards and coupons on sale items. Better bargains are found on high and low shelves. Prepare list and stick to it. Check coolsavings.com, coupons.com, grocerySMARTS.com, SMARTSOURCE.com and shortcuts.com for coupons. Check manufacturer websites, ie., tide.com for Tide detergent, for great savings. **Skip supermarket** Challenge yourself to eat forgotten food from cupboards, fridge and freezer. Find out how to use that can of mushrooms with a can of beans by using Allrecipes.com and Epicurious.com, where you plug in just ingredients you have and turn them into tasty meals. **Save** Call utility company and ask for rebates for appliances and home systems before purchasing. Ask for energy audit. **Plug leaks** Plug leaks in foundation, walls, ceilings and roof with caulk, sealant and weather stripping.



Clean: De-stink the sink. Put lemon or citrus peels in garbage disposal and pulsate *only* a few times so they sit overnight. **Prevent dryer fires** Clean dryer and vent well. Make sure filter is free of lint. **Shine stove top** with thin layer of car wax to provide a clear barrier that holds shine. **Pain relief** For heat, fill a sock with uncooked rice. Put in microwave for a minute and apply where needed. For cold, fill sock with baggie of ice and apply where needed. **Air conditioners** UNPLUG, remove front panel and vacuum interior coils, and wash filter with dishwashing liquid. **Decks** Older decks can be best cleaned with a mix of bleach and water or TSP. Scrub and rinse after 15 minutes. For newer decks, follow manufacturer's directions.



Ha! Ha! Ha!



An Irish priest driving to NY was stopped for speeding. The trooper smelled alcohol on the priest's breath and saw an empty wine bottle on the floor. He said, "Sir, have you been drinking?" "Just water," the priest said. The trooper then said, "Why do I smell wine?" The priest looked at the bottle and said, "Good Lord! He's done it again!"

MARCH MADNESS Word Search

**NCAA
ACC
DUKE
UCONN
LOUISVILLE**



**BIG EAST
DIVISION
KENTUCKY
KANSAS
FLORIDA**

**MARYLAND
BASKETBALL
INDIANA
CALHOUN
KRZYZEWSKI**



**MADNESS
UCLA
SYRACUSE
PITINO
KNIGHT
MASSIMINO**

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

March 2016

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<p>7 Foot Screening 9:30 Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p>	<p>8 S.H.I.N.E. Piano Lessons 9am Exercise 10am Writing 10 Spine Health 10 Quilting 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>9 Foxwoods S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1 Ladies Cards 1:30 pm Computer</p>	<p>10 Harriet Tubman Day 9 am Exercise 9 Chess/lessons 10 Men's Discussion 10 Mah-jongg 10 Sing-a-long 10 Computer 10 Blood Pressure 10:30 Strength Training 12:30 pm Yoga 1:30pm Women's Discussion</p>	<p>11 9 ZUMBA 10 Prescription Advantage 10:30 Tai Chi 10:00 Painting with Acrylics 12 pm Bridge 12:30 Free Movie  <i>The Quite Man</i> 1 St. Patrick's Celebration</p>																																																																																				
<p>14 << Daylight Savings Time 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p> 	<p>15 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10am Writing 10 Quilting 10 Writing Class 10:00 Ballroom Dance 10:30 Computer 12:30pm Yoga</p>	<p>16 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting Group 11 Blood Pressure 1 Ladies Cards 1:30 pm Computer</p>	<p>17 St. Patrick's Day 9 am Exercise 9 Chess & lessons  10 Mah-jongg 10:30 Strength Training 10 Sing-a-long 10 Blood Pressure 10 Computer Class 12:30 pm Yoga 1pm Coloring Group</p>	<p>18 9 ZUMBA 10 Sheriff's Triad  10:30 Tai Chi 12 pm Bridge 12:30 Free Movie <i>Finian's Rainbow</i> </p>																																																																																				
<p>21 << Palm Sunday Hearing Screening 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p> 	<p>22 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10:30 Computer 12:30 pm Yoga</p>	<p>23 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 11 Blood Pressure 1 Ladies Cards 1:30pm Computer</p>	<p>24 9am Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood Pressure 12:30 pm Yoga 1pm Coloring Group</p>	<p>25 Good Friday Simple Wills by appt 9 ZUMBA 10:30 Tai Chi 12pm Bridge 12:30 Free Movie</p> 																																																																																				
<p>28 <<Easter Hearing Screening 9:30am Walking Club 10 Line Dancing 11 Scrabble 11:45 ZUMBA 1:30 Mindfulness/Meditation 5pm Healthy Eating</p> 	<p>29 S.H.I.N.E. by appt Piano Lessons by appt 9 am Exercise 10 Quilting 10 Writing Class 10 Ballroom Dance 10:30 Computer 11 Alzheimer's Assoc 11 Urgent Care 12:30 pm Yoga</p>	<p>30 S.H.I.N.E. by appt 9:30 am Tai Chi 10 Knitting 10:30 2 Sisters Advisors 11 Blood Pressure 1 Ladies Cards 1:30pm Computer 1:30 Magic Show</p>	<p>31 9 Chess & lessons 10 Mah-jongg 10 Sing-a-long 10 Blood pressure 10 Computer 12:30 pm Yoga 1pm Coloring Group</p>	<p><i>May the Irish hills caress you. May her lakes and rivers bless you. May the luck of the Irish enfold you. May the blessings of Saint Patrick behold you. Happy St. Patrick's Day!</i></p> 																																																																																				
<p>An Irish Prayer May those that love us, love us; And those that don't love us, May God turn their hearts; And if He doesn't turn their hearts, may He turn their ankles so we will know them by their limping.</p>  	<p>An Irishman not able to find a parking spot starts to pray. "Lord," he prayed, "if you open a space for me, I swear I'll give up me whiskey and I promise to go to church every week!" Suddenly, the clouds parted and the sun shone on an empty parking space. "Never mind," he says, "I found one."</p>	<ol style="list-style-type: none"> Jupiter Salvador Dali DeFasio and Feeny Uranus Marvin Gaye Vincent Van Gogh 1980 Oakland Raiders Franklin Delano Roosevelt 9, 1927 California Karaoke 12, 1912 	<ol style="list-style-type: none"> Michael Phelps Gone With the Wind University of North Carolina at Chapel Hill Tokyo, Japan Origami Indonesia Eucalyptus Leaves Hans Christian Andersen Patrick Stewart Three as a Dallas Cowboy In the beginning... 	<ol style="list-style-type: none"> 24. 30.5 25. Around your neck 26. 289 27. He didn't jump on a motorcycle. 28. Seven (7) 29. Rec'd bionic parts after parachute accident 30. Frozen cow manure <p>Bonus: Agnes</p> 																																																																																				