

Council On Aging News

March 2010



Mayor, *Thomas P. Koch*
Director, *Thomas F. Clasby, Jr.*
Chairman, *John Molloy*

617-376-1245
440 East Squantum Street

Dear Friends:

It's hard to believe that spring is just around the corner and of course this turns our attention to the Quincy Senior Olympics. Last year we had a larger crowd than any year before and I am hoping that this year we will be able to exceed that. It never fails to amaze me that when people decide to give the senior Olympics a try more often than not they return year after year. There is no doubt in my mind that this is because of the fun and community spirit they encounter. We have been very fortunate to have participation from local companies such as Baystate Community Services, Riverbay Club, and social organizations like Torre Dei Passeri Social Club. As most of you know this department and Quincy Recreation Department have been involved with the games since their inception. Because the recreation department is staffed by so many young people this brings in an intergenerational aspect to the games. This year's games will be held May 10th thru May 19th. Registration forms will be available in plenty of time for the games here at the Kennedy Center, the Planning Department and City Hall. If you have participated in the games before I know I will see you again, if you haven't please consider joining us.

Sincerely,
Thomas F. Clasby Jr.
Director

Happy St. Patrick's Day

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Synergy Home Health Care Coffee Hour

Tuesday, March 9th

at 10 am

Synergy Home Health Care is a locally owned and managed by medical professionals. Synergy provides exceptional care for clients in the community. They are able to provide skilled nursing, physical therapy, occupational therapy, medical social worker and home health aids.

Join them for a discussion and overview of the services they provide.

Kennedy Center

440 East Squantum Street.

Coffee & Pastry will be served.

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

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

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

Thursday, April 8th at 11 am

at the Kennedy Center

440 East Squantum

To register for this event call 617-376-1506



Quincy Council on Aging Presents

Why you shouldn't transfer your assets

Has someone told you, you need to give your assets away to protect them?

Quincy Attorney Robert E. Romano will conduct his "Estate Planning Essentials" Workshop which discusses important issues that affect ALL seniors. Come and learn why it is important to have a Health Care Proxy, Living will, Durable Power of Attorney, HIPAA authorization form, and a Will or a Trust. We will discuss common situations and examples of the many problems that can be easily avoided by having these documents. We will also discuss common family issues that affect your estate planning.

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

Tuesday, April 27th

10:00 am -12:00 pm

Kennedy Center

440 East Squantum Street

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

QUINCY COUNCIL ON AGING PRESENTS

Your Home Your Money Your Life

Learn about the different options that are available to help accomplish things like:

- Less worrying- more enjoyment of life
- Having a little extra money each month after you pay your bills
- Achieving some financial peace of mind
- Eliminating an existing mortgage payment
- How to prepare for the challenges that are a part of everyday life
- How to catch up on some of your home projects that you have been putting off
- Adapting your home to better suit your long term needs

If you believe knowledge is power, mark this date on your calendar. Edward Barrett will speak on a variety of topics that address the many financial and homeownership related concerns of Quincy area seniors. Mr. Barrett has been working with Quincy Elder Services for a number of years, and a number of Quincy Seniors have worked with him to remain financially comfortable in their own homes, with real peace of mind. Come learn all of the facts in a fun, interactive program designed to educate you on:

Tuesday, March 30, 2010
At 1 PM
At The Kennedy Center

Snacks and prizes too!

Please call Quincy Elder Services 617-376-1506



Exercise!



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

Thursdays at 9 a.m.
\$3 Fee

Kennedy Center
440 East Squantum Street

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

Join the Quincy Council on Aging for
Yoga for Seniors

Eldys Yoga Practice has poses for every level!

Certified Yoga Instructor Margie Bello will
be having classes every

Thursday at 12:30 pm

There is a \$3 fee for this class

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



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

Safety Seminar

April 14 at 11 am
At the Kennedy Center

Lt. Minton will discuss crime patterns, home safety, telemarketing scams, the HELP program and will address any concerns you may have

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

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Will your retirement income last as long as you do?

Many people nearing and in retirement are filled with uncertainty and worry caused by a lack of clarity about their retirement income and how long it will last.

Please join us for a free seminar, "**Planning for Income to Last Your Lifetime**" sponsored by the Quincy Council on Aging and hosted by Matthew McLaughlin, Investment Advisor Representative from AspenCross Financial Group. You'll hear about five key risks to a financially secure retirement and what you can do to help gain confidence about your retirement years.

Monday, March 15th
10:00 a.m.
Quincy Council on Aging
440 East Squantum Street

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

*80% of all strokes CAN be prevented.
Help reduce your risk of stroke.*

The Quincy Council on Aging will be hosting
Life Line Screenings on

Monday, March 22nd

At
The Kennedy Center
440 East Squantum Street

Life Line Screening will be performing ultrasound tests for stroke, (AAA) abdominal aortic aneurysm, (PAD) peripheral arterial disease, atrial fibrillation, osteoporosis.

You must call 1-888-653-6441 to pre-register.

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

Wednesday, April 21st

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

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

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

Join Tony Nagi from Response Link on

**Tuesday, March 23rd
at 10:00 a.m.**

Come and learn all that the
Response Link system has to offer.

Space is limited

If you would like to sign up for an event please
call the Quincy Council on Aging at
617-376-1506

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March Events



<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Info</u>
3/2	Movie—Father of the Bride Starring Steve Martin & Diane Keaton	12 pm	
3/5	Assisted Living Seminar & Luncheon	12 pm	Registration Required
3/8	Prescription Advantage Presentation	10 am	Registration Required
3/9	Synergy Coffee Hour	10 am	Registration Required
3/9	Movie - The Last Time I Saw Paris Starring Elizabeth Taylor & Donna Reed	12 pm	
3/10	Eye Screenings	11 am	Registration Required
3/15	Circuit Breaker Tax Credit Seminar	9 am	Registration Required
3/15	Retirement Planning Seminar	10 am	Registration Required
3/16	Movie - Circle of Friends Starring Minnie Driver & Chris O'Donnell	12 pm	
3/18	Create Easter Cards	1:30 pm	Registration Required
3/19	Make Your Own Jewelry	1:00 pm	Registration Required
3/22	Stroke Screenings	All Day	Registration Required
3/23	Response Link Seminar	10 am	Registration Required
3/23	Movie - The Philadelphia Story Starring Cary Grant, Katherine Hepburn & Jimmy Stewart	12 pm	
3/24	Nutritional Workshop	11 am	Registration Required
3/25	Tea Seminar	1 pm	Registration Required
3/25	Create Easter Cards	1:30 pm	Registration Required
3/30	Movie - Fever Pitch Starring Drew Barrymore & Jimmy Fallon	12 pm	
3/30	Financial Concerns W/Ed Barrett	1:00 pm	Registration Required

Ongoing Programs

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

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Know Your Community

Colon and Rectal Cancer Screening

Ruth Jones BSN, RN, BC, CP-FS

March is National Colorectal Cancer Awareness Month. Beginning at age 50, both men and women at average risk for developing colorectal cancer should use one of the screening tests below. These tests that are designed to find both early cancer and polyps. Talk to your doctor about which test is best for you.

Tests that find polyps and cancer

- flexible sigmoidoscopy every 5 years
- colonoscopy every 10 years
- double contrast barium enema every 5 years
- CT colonography (virtual colonoscopy) every 5 years

Tests that mainly find cancer

- fecal occult blood test (FOBT) every year

People should talk to their doctor about starting colorectal cancer screening earlier and/or being screened more often if they have any of the following colorectal cancer risk factors:

- a personal history of colorectal cancer or adenomatous polyps
- a personal history of chronic inflammatory bowel disease (Crohns disease or ulcerative colitis)
- a strong family history of colorectal cancer or polyps (cancer or polyps in a first-degree relative [parent, sibling, or child] younger than 60 or in 2 or more first-degree relatives of any age)
- a known family history of hereditary colorectal cancer syndromes.

Quincy School - Community Partnership presents

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Friday March 26, 2010
8:00 pm
Boston Marriott Quincy

General Seating \$35

Tickets can be purchased at all Quincy Public Schools

For more information please call 617-984-8731

*Proceeds to benefit Quincy Public Schools Teacher
Mini-Grant Initiative.*



HAPPY BIRTHDAY!

IS YOUR LICENSE
UP FOR RENEWAL?

BE SURE TO CHECK
YOUR LICENSE
EXPIRATION DATE!



The Massachusetts Registry of Motor Vehicles will no longer mail out renewal notices. Be sure to renew at least seven days before your birthday to ensure that you receive your new license before your old license expires.

Braintree Branch
10 Plain Street, Braintree, MA

Hours-
Monday - Tuesday - Wednesday - Friday
9:00 a.m. to 5:00 p.m.
Thursdays
10:00 a.m. to 6:00 p.m.

From the Executive Office of Elder Affairs

No Fall Insurance



Indoor:

- Keep Floors Clean, Clear, and Dry.
- Make Sure Areas are Well Lit.
- Keep Things within Easy Reach.

Outdoor:

- Keep Your Steps & Walkways Free of Snow/Ice & Moisture
- Stay Away from Ice.
- Keep Railings Free of Moisture and Ice.



Reflections on the Fine Art of Tea Drinking

An Afternoon Tea Seminar
with presenter

Marie Dunn Frazier, Emerson College, B.A.,M.A.

Learn about-

The History of Tea
The Legend of Tea
Customs of Tea
Tea Leaf Surprises

March 25th
1:00 pm – 2:00 PM

For reservations please call 617-376-1506

“Tea for \$2.00 “



Spring and Opening Day are just
around the corner!

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

Thursday, April 1st

at 1:05 pm



VS.



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

Join the Quincy Council on Aging and Dawn MacLeod-
Kulig registered dietitian for Kindred Healthcare for a

Nutritional Workshop

Wednesday, March 24th
11 am - 12 pm

Lear more about the foods you enjoy most and how to in-
corporate them into your lifestyle. Healthy snack and a
door prize will be provided.

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

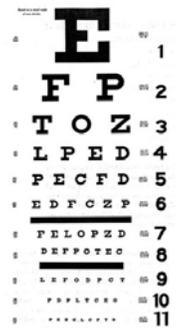
Sponsored by Quincy Rehabilitation and Nursing Center

Dr. Robert Gunia from Lambert
Nielsen Eye Center will be at the
Kennedy Center on

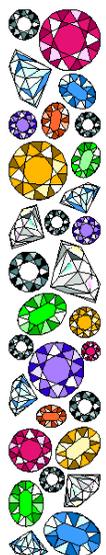
Wednesday, March 10th
from

11:00 a.m. ~12:00 p.m.

to perform free eye screenings
for Quincy seniors.



If you would like to make an appointment or if
you have any questions please call the Quincy



Quincy Council on Aging presents

“Make Your Own Jewelry”

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

March 19th

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

Kennedy Center
440 East Squantum Street

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

Computer Classes

Create Easter Cards!

Our computer instructor Grace Buscher will walk you
through the steps to create Easter cards for you to give
friends and family. This will be a one week class. This will
be held Thursday, March 25th from 1:30 p.m. to 3 pm in
the Kennedy Center Media Room.
Space is limited. \$4 fee for materials.

***This class is only for those who have a basic
knowledge of computers.***

Call the Quincy Council on Aging at
617-376-1506 to reserve your space



Join the Quincy Council on Aging for a presentation-

Your Financial Survival Kit

April 6th
10 am - 11:30 am

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

Guest Speakers-

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

Coffee & Danish will be served.

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

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

Prescription Advantage Presentation

Each year thousands of seniors in Massachusetts reach the gap in their prescription drug coverage (Medicare Part D) often called the "donut hole." This year seniors will reach the gap when the total (retail) cost of their prescriptions reaches \$2,830. From that point on, the next \$3,610 in prescription drug costs are not covered by Medicare!

Don't let this happen to you.
Prescription Advantage can help.

Kathy Campbell from the Executive Office of Elder Affairs will be at the Kennedy Center to explain how Prescription Advantage can help to fill the hole in your Medicare prescription drug coverage.

You won't want to miss this important presentation!

Monday, March 8th at 10:00 am

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



Massachusetts Bay Transportation Authority
will be at the Kennedy Center on
Tuesday, April 13th
from
10:00 am to 1:00 pm

to issue MBTA Senior and Transportation Access Pass (T.A.P.) CharlieCards. MBTA staff will also be available to answer any questions regarding the MBTA's automates fare collection system. New Senior CharlieCard ID's will be processed for customers exchanging their old Senior ID's (issued before May 2005) and to first-time Senior customers (65+ with proof of age).

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



Join Quincy Council on Aging for a
Circuit Breaker Tax Credit Seminar

Presented by H&R Block

Monday, March 15th
at 9 am

The Circuit Breaker Tax Credit is a state income tax credit for eligible Massachusetts residents age 65 or older who paid rent or real estate taxes during the tax year. The credit is for senior homeowners and renters who meet income limits and other eligibility requirements. Coffee & Pastry will be served

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



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Coming Attractions

"Education of Rita"

Senior Olympics

Day Trip to Scituate or Nantasket

Walking Club

Trip to Commonwealth Museum & Archives



FREE MOVIE OF THE WEEK MARK YOUR CALENDAR



- March 2: Father of the Bride
Starring Steve Martin & Diane Keaton
- March 9: The Last Time I Saw Paris
Starring Elizabeth Taylor & Donna Reed
- March 16: Circle of Friends
Starring Minnie Driver & Chris O'Donnell
- March 23: The Philadelphia Story
Starring Cary Grant & Katherine Hepburn
- March 30: Fever Pitch
Starring Drew Barrymore & Jimmy Fallon

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

Kennedy Center
440 East Squantum Street

Tuesdays at 12:00 pm

DANCE DANCE DANCE With Christine McCarthy

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

Classes every Tuesday at 10 am \$3 fee

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



Whist Group



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

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Recipe of the Month

Irish Soda Bread



Ingredients

- 3 cups all-purpose flour
- 1 tablespoon baking powder
- 1/3 cup white sugar
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 egg, lightly beaten
- 2 cups buttermilk
- 1/4 cup butter, melted

Preheat oven to 325 degrees F (165 degrees C). Grease a 9x5 inch loaf pan. Combine flour, baking powder, sugar, salt and baking soda. Blend egg and buttermilk together, and add all at once to the flour mixture. Mix just until moistened. Stir in butter. Pour into prepared pan. Bake for 65 to 70 minutes, or until a toothpick inserted in the bread comes out clean. Cool on a wire rack. Wrap in foil for several hours, or overnight, for best flavor.

Equipment Loan and Donations

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

No commodes please.

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

From the Executive Office of Elder Affairs

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

Do you know someone who does?



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

PLEASE NOTE

If you have signed up for an event and are unable to attend please call us at 617-376-1506 to cancel. Many events have waiting lists and we would love to have another senior take your spot.

United States
**Census
 2010**



IT'S IN OUR HANDS

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



Join our Knitting Group!

Every Wednesday at 10 am

at the

Kennedy Center

440 East Squantum Street

Come and learn how to knit a scarf or blanket.

S.W.A.P.

Senior Workers
 Abatement Program

If you are interested in learning more about our SWAP program please call Carolyn at 617-376-1508.

The QCOA Newsletter is now available online & on cable!

Go to **www.quincyma.gov**
 and select the Elder Services

Department

or

watch QATV Channel 10

Happy Birthday!



Jane D'Amico
 Joanne Hall
 Jim Joyce

Facts about March

On March 3, 1847 the first U.S. postage stamp was used and on the same day in 1913 the Star Spangled Banner was made the national anthem.

The Girl Scouts of America were formed in March 1912 by Juliette Gordon Low.

March in the Southern Hemisphere is the seasonal equivalent of September in the Northern Hemisphere.



Important March Dates

- March 14th - Daylight Savings Time Begins Set Clock Ahead 1 Hour
- March 17th - St. Patrick's Day
- March 28th - Palm Sunday
- March 30th - Passover Begins at Sundown