

Council On Aging News

May 2014



May is Skin Cancer Month

Skin cancer affects everyone. One in 5 Americans will develop skin cancer in their lifetime. It is preventable. Reduce your skin cancer risk by: seek shade from sun; wear sunscreen to prevent sunburns; wear sun blocking clothing; examine your skin often, have regular checks by a dermatologist.



The Kennedy Center Cookbook, a compilation of delicious recipes from COA members, will be available for \$10 each. Proceeds benefit the QCOA. Purchase your cookbook at the Kennedy Center. They will also be for sale at the Marina Bay Skilled Nursing Cook off on May 16th. It's the perfect gift ! Get your copy before they sell out!



Dear Friends,

July 2nd is the fifth anniversary of the Kennedy Center. It seems it was just yesterday we moved into the building. I would like to express my gratitude for the opportunity to be director of this exciting and bustling senior center for the past 5 years. It is with great pride I have watched this busy center grow to nearly 3,500 members. From sing-a-longs, chess, computer classes and knitting to chair yoga, Zumba, rigorous volleyball games and strength training, and everything in between, our members get involved and keep their minds and bodies active. They are our salespeople and marketing team - it is through word of mouth that new members enthusiastically join our center each day. Our members make the Kennedy Center not just a senior center, but a community.

We will soon begin the 32nd Annual Quincy Senior Olympics with opening ceremonies on Monday, May 12th. The Olympic games promise to be a worthwhile, enjoyable and fulfilling two weeks. The most important thing in the Olympic games is not to win, but to take part. I hope our members are able to take part, whether as Olympians or as spectators. It is in partnership with the Office of Mayor Tom Koch and the Quincy Recreation Department, along with the help of generous and kind local sponsors, particularly Quincy Medical Center, that we are able to hold the Olympic games. The games are important to our seniors and to the community.

A friendly reminder of a few holidays in May. Mother's Day is Sunday, May 11th. Mother's Day is about more than Hallmark cards. It is a day to celebrate and honor the person whose love and influence was paramount and made you who you are. I extend my sincere best wishes to all mothers, here and in heaven, on this very special day and every day. Armed Forces Day, an important day to pay tribute to the brave men and women who serve in our armed forces, is May 17th. Memorial Day, the day that typically marks the unofficial start to summer, is May 26th. Please be thoughtful of our courageous servicemen who sacrificed while serving in the US Armed Forces.

Sincerely,

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



Gloucester Lobster Cruise

Wed., June 25th Depart at 8:30 am



\$79 per person includes luxury motor coach to Salem for a visit to the National Parks Center to learn about Salem's maritime and the Salem Witch Trials, a narrated 2 1/2 hour Gloucester Harbor cruise (complete with full New England clam and lobster bake and live entertainment by a jazz trio), and a visit to scenic Rockport for shopping and sightseeing. This promises to be an enjoyable and interesting day.



Skin Cancer Awareness & Prevention

Join us on May 30th from 11 am - 2 pm



Sponsored by the American Cancer Society and Dana Farber Cancer Institute, this event will provide education and screening services in an effort to reduce skin cancer, the most common form of cancer. A mobile clinic and face screening unit will be here for screenings. With summer fast approaching, please take necessary precautions to protect your skin and overall health by seeking shade from the sun, particularly between 10am and 2pm, use sunscreen, and see a dermatologist regularly. 617-376-1506 to register.



Derby Street Shoppes - Hingham

June 17th 10 am - 2:30 pm

Depart from Kennedy Center at 10 am for a day of shopping at Derby Street Shoppes in Hingham, returning at approximately 2:30 pm. Cost: \$5 Per Person. Space is limited. Visit the Kennedy Center to reserve your spot.



Senator John Keenan Evening Office Hours

May 14th 6 - 7:30 pm at the Kennedy Center

No appointment needed. Stop by to discuss your concerns and issues with Senator Keenan.



Kelley Auctions

June 20th 10 am - 2 pm

Please call 617-376-1506 to register.

Kelley Auction appraisers will be at the Kennedy Center to appraise up to 3 items per person. The cost is \$3 for 1 item, \$4 for 2, \$5 for 3. Proceeds benefit the QCOA. Bring anything you think is valuable, interesting or unusual for a professional appraisal... that old porcelain doll may be worth \$\$!



Yellow Dot Program

May 21st at 10 am at the Kennedy Center

Please call 617-376-1506 to register.

Yellow Dot provides emergency first responders (police, fire, EMS) at accidents with vital information on crash victims. Participants place a yellow dot decal on rear driver's windshield to alert responders to an envelope in glove compartment containing a photo, personal and medical information. Joe Canavan from Sheriff Mike Bellotti's office will explain program, take photographs and help complete envelopes.



Protecting Your Assets

Friday, June 13th

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



Super Scooper Ice Cream Social by John Adams Nursing & Rehab

July 18th at 1 pm at the Kennedy Center

I scream, you scream, we all scream for ice cream... so join us and cool off at an ice cream social sponsored by our friends at John Adams Nursing and Rehabilitation. Space is limited. Registration required. Call 617-376-1506 to register for this fun and delicious event. Have your ID number ready.



Here's a peek at events coming soon: June 25 : Gloucester Dinner
September 8-10 : Niagara Falls; October 19-22 : Pennsylvania Dutch/Amish Country (\$584 pp double occ); October 29 : Murder Mystery Luncheon ; November 6 : Andrew Sisters Luncheon Show; December 4 : Sicilian Tenors Luncheon (\$79 pp) and more! Mark your calendars! Watch for updates & sign up dates.



Quincy Firefighter Cookout Friday, June 13 at 12:30 pm

Visit the Kennedy Center to register and pick up your ticket for this afternoon of fun and food!

In commemoration of Flag Day, the Quincy Firefighter's Association will be hosting their annual Kennedy Center Cookout. Quincy firefighters will prepare, cook and serve hot dogs, hamburgers, potato chips, dessert and drinks. Our brave firefighters will be accepting care package donations for our brave servicemen overseas. Suggested items include baby wipes, individually wrapped snacks, gum, candy, Vaseline, toothbrushes & toothpaste, ziplock bags, phone cards, energy bars, razors, trial size shampoo, hand sanitizer, moisturizer, etc. Please think of the troops and contribute to the QFD care package collection.



MassEDP

Call 617-376-1506 to register!

May 28th at 10 am at the Kennedy Center

The State 911 Department's MA Equipment Distribution Program, known as MassEDP, provides adaptive phone equipment to people who have difficulty using the phone due to hearing or vision loss, blind/low vision, motion, cognitive, and speech disabilities. Offered to people with permanent disability for little or no cost, depending on income, the equipment enables you to enjoy clear phone communications.



'Fore River Shipyard, A Postcard History' Thursday, May 29th at 2 pm at the Kennedy Center

Quincy native Wayne G. Miller will give a one hour PowerPoint presentation on his book "*Fore River Shipyard, A Postcard History.*" The presentation will cover the shipyard from its beginnings in the 1880s to its closing in 1986. Books will be available for sale and signing after the presentation. Call to register.

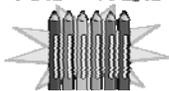


Eat Smart Nutrition Classes May 14, 21, 28 at 1 pm at Kennedy Center

Space is limited. Call to register.

Join nutritionist Amy Boyce from Kit Clark Senior Services of Dorchester on Wednesdays at 1 pm to talk about nutrition. Topics to include creating a healthy meals, smart shopping, importance of calcium, sodium guidelines, food safety, etc. Attendees receive free gift! Funded by USDA's Supplemental Nutrition Assistance Program.

Arts & Crafts



Crafts with Beechwood Knoll 5th Graders Thursday, May 22nd 2:30 - 3:30 pm



Join us at the Kennedy Center for a fun afternoon of arts and crafts with creative 5th grade students from Beechwood Knoll Elementary School. Please call the COA at 617-376-1506 to register. Space is limited.



State House Tour June 10th - Depart 9:30 am

Call 617-376-1506 to register.
Space is limited.

A member of Senator John Keenan's staff will provide a fun and interesting tour of the State House, followed by a photo with Senator Keenan at the Grand Staircase. Lunch is on your own and at your own expense.



Pickleball - the Newest Sensation in Senior Sports! Wednesday, May 21st at 10 am at Kennedy Center

Pickleball, a hybrid of tennis, badminton and table tennis, is played on a court 1/4 the size of a tennis court with rackets and a light ball. Peter Sullivan, a volunteer ambassador of USA Pickleball Association, will demonstrate and explain the game in the Kennedy Center gym. Call 617-376-1506 to register.



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.

May 1 Windows 8 **10 am-12 pm**

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

May 8 Your Questions Answered **10 am-12 pm**

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

May 15 Internet Purchasing **10 am-12pm**

This class will ready you for shopping. It will show the best ways to safely purchase over the internet, including ordering, paying, tracking, receiving and returning. The terms 'Shopping bags and shopping carts' are explained.

There are openings in the beginner computer classes held on Tuesday mornings at 10:30 am and Wednesday afternoons at 1:30 pm. Please call 617-376-1506 to register. Grace Buscher of Quincy has been teaching computer classes for 20 years and makes learning fun. She will help you overcome your fear of learning the computer. Grace believes no question is stupid. Come armed with questions and conquer your fears!

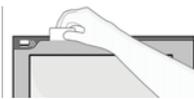
Seniors Benefit from Strength Training



Strength training makes us look, feel and function better. There are so many more benefits, including: maintain muscle mass and strength * It helps avoid metabolic rate reduction * Increase muscle mass * Increase metabolic rate to reduce fat accumulation * Reduce body fat * Increase bone mineral density after just 4 months * Improve glucose metabolism, important in reducing risk of adult diabetes * Increase gastrointestinal transit speed, which is associated with reduced risk of colon cancer * Reduce resting blood pressure * Improve blood lipid levels * Reduce lower back pain * Reduce arthritic pain * Reduce risk of injury * Improve self confidence * Improve balance * Look good *



Contest!! Visit the Kennedy Center during the month of June to win!



A prize will be awarded to the member who swipes their card the most times in the month of June. So visit and visit often and, more importantly, remember to swipe your card! In the event of a tie, a drawing will be held to determine the winner. Good luck! Get swiping!



Our best wishes for a very **Happy Birthday** to Tom Clasby, Jr. on May 17th!



Back to the Beach!!

Wednesday, June 11 from 12:30 - 3 pm



The Friends of Wollaston Beach, Tony's Clam Shop and the Quincy Council on Aging are coming together to create an afternoon of fun for the seniors of Quincy. In honor of Tony's Clam Shop's 50th anniversary, Quincy Council On Aging members will receive a 10% discount on any meal and a free small fountain soda from Tony's. You must present your QCOA member ID card to receive the soda and discount, so don't forget to bring it! Music will be provided by The Lonesome Boatmen. Rain or Shine. To register for this fun afternoon, call the Council on Aging at 617-376-1506.



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Did you know? 111,111,111 x 111,111,111 = 12,345,678,987,654,321. Intelligent people have more zinc and copper in their hair. Alaska is the state with the highest percentage of people who walk to work. The first couple to be shown in bed together on TV were Fred and Wilma Flinstone. There are more collect calls on Father's Day than any other day of the year. Honey is the only food that doesn't spoil. 90% of NYC cab drivers are recently arrived immigrants. Walt Disney was afraid of mice. A snail can sleep for 3 years. Most Zambians do not live to see their 40th birthday. Saudi diplomats have nearly 400 outstanding parking fines in Britain. More than 20% of the votes in the 2001 elections in Argentina were invalid. 2/3 of the world's kidnappings occur in Colombia. 2/3 of the world's executions occur in China. Acorns were used as a coffee substitute during the American Civil War. Rats have been called the world's most destructive mammal, other than man. One pair of rats has potential for 15,000 descendants a year. 25% of all fires of unknown origin are said to be caused by rats. Some lipstick contain fish scales.

Seaside Gardeners of Squantum Plant Sale Celebrating Mother's Day May 10th 9:30 am - 12:30 pm



The Seaside Gardeners of Squantum will hold their 54th Annual Plant Sale on Saturday, May 10th from 9:30 am-12:30 pm at the Kennedy Center. The sale will feature member grown perennials, annuals, herbs and vegetables. Home baked goods and raffle items will be available. All proceeds benefit garden club activities, such as Squantum Junior Gardeners, Causeway Beautification Program, Annual Christmas Tree Lighting, Annual Scholarship Fund, Marsh Restoration and the new Blue Star Memorial Program, which honors men and women, past, present and future, of the US Armed Forces. Come by and shop the Gardener's fabulous selection and pick up gardening tips and advice while you shop.



Outdoor Almanac 2014 Spring azure butterflies appear at forest edges and gardens on May 10th; watch for a full moon on May 14th; the height of the spring warbler migration is May 18th, when you can listen for the dawn chorus coming from treetops and shrubbery at sunrise and sunset; painted turtles and snapping turtles move onto land to lay their eggs on May 21st; Dogwoods bloom on May 28th; listen for the green frogs singing from freshwater marshes and ponds on June 6th; field wildflowers begin to bloom on June 11th; enjoy a full moon, the Strawberry Moon, on June 13th; relish in the longest day of the year, Summer Solstice, on June 21st; watch for bats in the evening sky on June 23rd.



Answers to this Sudoku puzzle can be found on page 6

Exercise Your Brain!



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

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!!



1. Which American state is nearest to Russia?
2. Which country is the world's greatest producer of wine?
3. What is the only coffee grown and produced in the US?
4. On *Hill Street Blues*, what was the last thing the desk sergeant said to the patrolmen every morning after roll call?
5. What pro boxer retired in '74 and un-retired to become heavyweight champ?
6. What was Lucy Ricardo's maiden name on *I Love Lucy*?
7. What is an infant whale commonly called?
8. The llama belongs to the family of animals known as what?
9. How many gallons of beer are in a furkin?
10. In the song *Heartbreak Hotel*, which street is the hotel located on?

Sudoku Answers:

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

Answers to trivia found on the calendar on page 8



Thank you Susanne Csongor and Jennifer Moran of Home Instead for their presentation on the health benefits of chocolate. **Thank you** Dan Minton of the Quincy Police Department for his special presentation on senior safety. **Thank you** Richard O'Mara from Cedar Grove Gardens for his interesting floral arranging class. **Thank you** Beverly Moore for her thoughtful and informative presentation 'Why Can't I Remember?'. **Thank you** Deidre Sullivan and Gail Columbare of the Thomas Crane Public Library for their worthwhile workshop on genealogy. **Thank you** Megan Allen for help coordinating the genealogy event. **Thank you** Curry Hardware for their donation of popcorn for our Red Sox Opening Day game viewing at the Kennedy Center. **Thank you** Peg and Jack Kelly and Ed and Ruth Spring for their help making the Washington, D.C. trip a successful and enjoyable one for all who participated. **Thank you** River Bay Club in Quincy for the kind and generous donation of yarn for our knitting group who will make hats for Dana Farber patients. **Thank you** Glen Buscher for sharing stories and pictures of your incredible 6 week experience at the Winter Olympics in Sochi with our members.



South Shore Hospital's 'First Day Home' Program can help you and your loved ones prepare for coming home from the hospital. Covered by grants, First Day Home is eligible to seniors who have certain health conditions, more than one hospitalization in past year, and limited caregivers. The program provides a one-time nursing, home assessment, arrangement for medication pick up, food supply check and, if needed, prepared food delivery, determination of services, and nurse visit on day of discharge. Call 781-624-7090.



Foods that Improve Memory: **Apples** contain quercetin that protect against Alzheimer's. Most quercetin is found in the skin. **Blueberries, beets and cherries** contain anthocyanin, a memory boosting phytochemical. **Broccoli** contains quercetin and folic acid, which protect against memory loss. **Dark leafy veggies**, (kale, collard greens, romaine lettuce) are proven to protect memory. **Eggplant** contains anthocyanin and nasunin, an antioxidant that protects brain cell membranes. **Fish**, rich in Omega-3 fats, reduce memory decline triggering cell inflammation. **Grapes** contain quercetin and anthocyanin. **Strawberries** and **onions** contain fisetin which stimulates long term memory. **Red onions** contain quercetin and anthocyanin. **Rosemary** contains carnosic acid, proven to improve memory. **Spinach** contains folic acid. **Tomatoes, oranges, peaches, kiwi and persimmons** also contain fisetin.



Free Movies at the Kennedy Center Every Tuesday at 1 pm

It's Audrey Hepburn month at the Kennedy Center!

May 6 *Roman Holiday* Audrey Hepburn's Oscar winning performance in her first starring role.

May 13 *Breakfast at Tiffany's*, winner of 2 Oscars, sparkles like diamonds!

May 20 *Sabrina*, one of the most delightful romantic comedies of all time..

May 27 *My Fair Lady*, winner of several academy awards, is an American musical classic - truly one of the best movies ever made.



*Snacks are available in the Café.

Fun and Games

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

1. STRESRUOCEAM
2. G G G
A FI A LL A
P P P
3. YOUR CO_NTRY!
4. Quack Honk Tweet
Quack Honk Tweet
5. REBMAILATE
6. G NIOG
WORK WORK
7. NOT THE
SAME
WITHOUT
8. E T
E H
R & R
H E
T E
9. FALL
SDRAW
10. G
N
T OF I
S V
O I
C L

April Word Search

ALLERGY
ARMED FORCES DAY
BEE
COMMUNION
CINCO DE MAYO
EMERALD
FLOWERS



GARDEN
GRADUATE
GRASS
GREEN
LIGHTNING
LILAC
MAY

Spring is nature's way of saying "Let's Party!!"
-Robin Williams

MEMORIAL
MOTHER'S DAY
MUD
NEST
SEED
SPRING
SPROUT

The world's favorite season is spring. All things seem possible in May.
-Edwin Way Teale

SUN
TAURUS
THUNDER
TULIP
WARM
WEATHER
WORM

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

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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.

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