

Council On Aging News

October 2010



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

617-376-1245
617-376-1506
440 East Squantum Street

Dear Friends:

It's hard to believe that the fall is already upon us and another senior conference has been completed. As many of you know, this year was the first year the conference was held at the Kennedy Center. We are very pleased with the way it turned out. One of the highlighted each year is our awards ceremony. This year we had two very deserving recipients, volunteer John Boyle received the Frank Kearns Award and volunteer SHINE counselor Elizabeth Barry received the Mary Vallier award. The only way we are able to do as much as we do is because of the hard work of the staff and our great volunteers. It is difficult to single out only two so let me take this time to thank all the volunteers who help out through out the year. I especially want to point out how wonder full it was to have the younger generation represented by the North Quincy High School ROTC program and also a group of volunteers from the freshman class. October is a busy month, just to highlighting a few things that are going on Viva Italia! Concert and Luncheon, Halloween Luncheon, CPR Training for Seniors and a visit from Norfolk County Sherriff Michael Bellotti with the mobile command center.

As I travel to work each morning I get treated to the beautiful foliage. I highly recommend that you take a break and check out!

Sincerely,

Thomas F. Clasby Jr.
Director

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Join the Quincy Council on Aging and the



**Norfolk County Sheriff
 Michael G. Bellotti**

Friday, October 29th
 10 am - 11:30 am

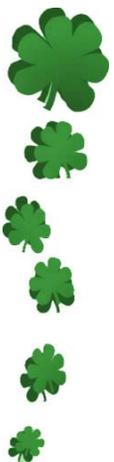
Come and find out what community programs are available for seniors in Norfolk County.

Information on the Project Lifesaver, "Are you OK" and TRAIID program, which helps senior citizens take full advantage of the public services and protections available, will be provided. The state-of-the-art public safety Mobile Command Center will also be on hand for tours

Refreshments will be served.

To attend this event call the QCOA office at 617-376-1506

It's Halfway to St. Patrick's Day!



Come join the Quincy Council on Aging celebrate!

Featuring music by Dennis O'Gorman

Friday, October 22nd
 at 2 pm

The Kennedy Center
 440 East Squantum Street

To attend this event call the QCOA office at 617-376-1506

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Join the Quincy Council on Aging
for the presentation

Protecting Your Assets

Why you shouldn't transfer your assets.

Has someone told you that 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 effect 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 also discuss common family issues that affect your estate planning as well as dispel the myths on how to protect your assets for your loved ones.

Wednesday, October 27th
10:00 AM

At the Kennedy Center
440 East Squantum Street

Refreshments will be served

To register for this workshop please call the
QCOA office at 617-376-1506.

The Quincy Council on Aging and A+ Home
Medical Supply are hosting a

Diabetes & Travel Workshop

Thursday, October 21st, 2010
10 am -11 am

Learn how to care for your medical supplies
and yourself while traveling. Refresh your
knowledge and learn some new facts.

Refreshments will be served.

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



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.*

October 29th

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

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

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Free Legal Clinic

Do you have a legal question or are you confused about a legal issue?

The Bar Association of Norfolk County is sponsoring Free Evening Legal Clinics as a public service to the community. A panel of attorneys experienced in all areas of the law will be available for a one on one consultation with you to discuss your legal questions. All consultations are strictly confidential.

The Free Evening Legal Clinics will be held at

Quincy District Court
1 Dennis F. Ryan Parkway

Tuesday evenings • 6:00 P.M. to 8:00 P..M.

October 5, 2010 • October 26, 2010

November 9, 2010 • December 7, 2010

For further information please contact Adrienne C. Clarke
Bar Association of Norfolk County
617-471-9693

Join the Quincy Council on Aging and the Visiting Angels of the South Shore for

Fun Strategies for Maintaining Your Memory Luncheon

The Visiting Angels of the South Shore is a private practice home care agency. The company provides personal, respite and companion care services to seniors who want to continue to live in their homes with a greater quality of life.

Come and learn some fun ways to keep your memory in tip top shape!

November 8th • 11 AM – 12 PM

Space is Limited

To reserve your space for this luncheon please call the QCOA at 617-376-1506.



Join the Quincy Council on Aging and our friends at Hancock Park for a

Halloween Sing-A-Long and Luncheon

Tuesday, October 26th • 12:00 PM

at the Kennedy Center

Come celebrate Halloween and share a fun afternoon with friends.

Space is limited.

To reserve your space for this luncheon please call the Quincy Council on Aging at 617-376-1506.



October Events

Date	Event	Time	Info
10/4	Computer Class—Digital Camera 101	1:00 PM	Registration Required
10/5	Omelet Breakfast	10:00 AM	Registration & Fee Required
10/5	Movie - Fish Called Wanda Starring Jamie Lee Curtis & Kevin Kline	12:00 PM	
10/11	Kennedy Center Closed in Observance of Columbus Day Holiday		
10/12	Movie - You've Got Mail Starring Meg Ryan & Tom Hanks	12:00 PM	
10/13	Reverse Mortgage Seminar	10:00 AM	Registration Required
10/14	Comedy Thursday - I Love Lucy 50th Anniversary Special	12:00 PM	
10/18	VIVA ITALIA! Concert & Luncheon	12:00 PM	Registration & Fee Required
10/19	Movie - Up Close & Personal Starring Robert Redford & Michelle Pfeiffer	12:00 PM	
10/21	Diabetes & Travel Workshop	10:00 AM	Registration Required
10/22	Halfway to St. Patrick's Day Celebration	2:00 PM	Registration Required
10/26	Movie - Maid in Manhattan Starring Jennifer Lopez & Ralph Fiennes	12:00 PM	
10/26	Halloween Sing-A-Long and Luncheon	12:00 PM	Registration Required
10/27	Protecting Your Assets with Robert Romano	10:00 AM	Registration Required
10/29	Make Your Own Jewelry	1:00 PM	Registration Required



The Seaside Gardeners of Squantum presents



A Faire for All Seasons

Saturday, November 6th

9:30 AM - 2:00 PM at the Kennedy Center

Shop the handcrafted gifts for the holidays, homemade pies and pastries and silent auction.

They will be serving Pat's Famous Homemade Chowder and Nonna's Notorious Minestrone Soup along with hot dogs, sandwiches and delicious desserts.

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Ongoing Programs

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

Computer Classes

Join the QCOA for one of our upcoming Computer Classes. Our computer instructor Grace Buscher will walk you through everything you need to know! Each month we will have a different class.

Space is limited.

Call the QCOA office at 617-376-1506 to reserve your spot.

Some classes have a small materials fee.



Digital Camera 101
October 4th 1 pm - 2 pm

Personalized Holiday Cards
November 8th & 15th 1 pm - 2 pm



Custom 2011 Calendars
December 6th 1 pm - 2 pm

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Join the Quincy Council on Aging for a presentation on

Health Care Reform: Key Medicare Changes Effective on 2011

Peggy McDonough the Norfolk County's Regional Program Director for Massachusetts's SHINE Program, (Serving the Health Information Needs of Elders), will discuss the coming changes to Medicare, Medicaid and Prescription Drug Coverage taking effect in January 2011.

November 3rd
10:00 am - 11:30 AM

To register for this training please call the QCOA office at 617-376-1506

Join the Quincy Council on Aging for CPR Training for Seniors

Join instructor Ruth Jones, BSN to learn the techniques and earn certification in adult, child and infant CPR and AED.

**November 19th
9-am - 1 pm**

Space is Limited

To register for this training please call the QCOA office at 617-376-1506



VIVA ITALIA! CONCERT & LUNCHEON



**Come Celebrate Italian Heritage Month
with Soprano Ruth Harcovitz**

Monday, October 18th at 12 pm

Come and enjoy being "honorary Italian" with renowned soprano Ruth Harcovitz and her program The Sunny Skies of Italy, celebrating Italian Heritage Month. Enjoy Italy's most popular export: Neapolitan song and operatic arias. Miss Harcovitz's presentation has thrilled all audiences everywhere due to the universal appeal of the music.

This program is sponsored by in part by a grant from the Quincy Arts Council, a local agency, and the Massachusetts Cultural Council, a state agency.

The fee for the luncheon is \$5.

To register for this event call the QCOA office at (617) 376-1506. Space is Limited

Join the Quincy Council on Aging
For the

Men's Group Breakfast



Thursday
October 14th
10 am

at the
Kennedy Center
440 East Squantum Street

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

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Quincy Council on Aging
presents
**Art Lessons
with Michael Domina**

The fall session of art lessons with Michael Domina will be starting on October 4th. This is a 6 week program. The fee for these lessons is \$95 per person and payment is due before the first week of class.

For more information or to register for these lessons call the Kennedy Center at 617-376-1506.

Come join the QCOA and Eileen Shaw for

QiGong

Mondays
Starting October 18th
9 am - 9:45 am

6 weeks for \$15

Learn to calm your mind, raise your spirits and gain wisdom. Qigong is an internal Chinese meditative practice which often uses slow graceful movements and controlled breathing techniques to promote the circulation of qi within the human body.

To register and pay for this class please call the QCOA Office at 617-376-1506.

Join the Quincy Council on Aging for
**Home Equity Access:
Everything you need to know
about Reverse Mortgages**

What is the best investment you ever made? For most, it is the purchase and long-term ownership of their home. The FHA reverse mortgage program can be very effective solution for those who want to stay in their home, and want to be able to access some of the equity that has accumulated of the years.

Safety, Consumer Protections, Eliminating existing mortgage payments, creating cash flow, making home repairs: these are a few of the topics that we will discuss.

**October 13th
10 am - 11 am
At the Kennedy Center**

To register for these lessons call the QCOA at 617-376-1506.

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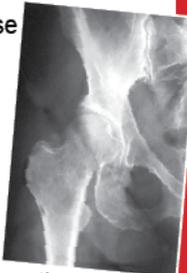
If you (or someone you know) have broken a hip and are aged 60 years or older, you may be eligible to participate in a research study at Boston University. People who qualify for this research study will receive either:

- a DVD-based home exercise program supervised by a physical therapist, or
- a nutrition education program

All activities will take place in your home at no cost.

There will be financial compensation for your time.

For more information, please contact Kira at 617-638-1981 or kwilke@bu.edu



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Comedy Thursdays



Join us at the QCOA on Second Thursday of the month for a hour or two of laughs with some of comedies greats!

October 14th - I Love Lucy 50th Anniversary Special

November 11th - Johnny Carson's Final Show

Thursdays at 12pm



FREE MOVIE OF THE WEEK MARK YOUR CALENDAR



October 5: A Fish Called Wanda
Starring Jamie Lee Curtis, John Cleese & Kevin Kline

October 12: You've Got Mail
Starring Meg Ryan & Tom Hanks

October 19: Up Close & Personal
Starring Robert Redford & Michelle Pfeiffer

October 26: Maid in Manhattan
Starring Jennifer Lopez & Ralph Fiennes

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



Volunteer Nurse Needed!

The Quincy Council on Aging is looking for a nurse who would like to volunteer one hour one day a week to take the blood pressure of seniors. If you are interested in volunteering call the QCOA office at 617-376-1506.

Get Fit!

Line Dancing - Every Monday at 10 am
Dance Classes - Every Tuesday at 4 pm
Exercise Classes - Every Thursdays at 9 a.m.
Yoga for Seniors - Every Tuesday &

Thursday at 12:30 pm

\$3 fee for all classes



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Recipe of the Month

Cranberry-Pear Cobbler



Ingredients

- 2 16-ounce cans of pear halves
- 4 cups fresh cranberries
- 1/2 cup sugar
- 3 tablespoons sugar
- 1 1/2 teaspoons chai spice mix
- 1 7 1/2-ounce can refrigerated country style biscuits
- 3 tablespoons unsalted butter

Preheat oven to 450 degrees F. Drain pear halves in heavy syrup, reserving 1/2 cup of the syrup; cut pears into large chunks. Combine reserved syrup, cranberries, 1/2 cup sugar, and 1 teaspoon chai spice mix in a saucepan. Bring to a boil; reduce heat and simmer 5 minutes, or until cranberries split and soften. Remove from heat; stir in pear chunks. Pour into an 11x7x2-inch baking dish. Open biscuits and arrange 2 rows of 5 biscuits over hot fruit mixture. Melt butter and brush on biscuits. Mix 3 tablespoons sugar with 1/2 teaspoon chai spice mix and sprinkle over biscuit tops. Bake 15 minutes, or until biscuits are puffed and golden. Cool until warm.



Happy Birthday!

Drew Scheele
&
Carol Lydon

Facts about October

Columbus Day is celebrated in many schools and various organizations. It comes on the second Monday in October. Columbus Day honors Christopher Columbus' arrival in America on October 12, 1492.

John Adams, second President of the United States, born in Braintree (now Quincy), Mass., October 30, 1735.

October Holidays

October 11th - Columbus Day
October 31st - Halloween



Reminder
Election Day is Tuesday
November 2nd
8:00 AM - 8:00 PM

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.



Foxwoods Trip

Our next trips to Foxwoods will be October 7th & October 13th



To make reservations, please send check, made out to Celebration Tours and mail to

Quincy Council on Aging
440 East Squantum Street
Quincy, MA 02171

An early sign-up would be appreciated.

Reminder

Daylight Savings Ends
Sunday November 7th
at 2 am



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
on Comcast