

Council On Aging News

December 2012



617-376-1245

617-376-1506

440 East Squantum Street

Dear Friends,

This is a festive time of year for many of us. I do think that it's important to keep in mind that for some, the holidays can be a time of great difficulty and stress. We should not overlook those around us who fall into this category. These are important days to people of faith, so to my co-religionists, I wish you a very Merry Christmas, to my Jewish friends, a Happy Hanukah, and to those who are celebrating other significant days of the season, my sincere best wishes. This is a time for all of us to practice kindness and mutual respect. In his book, *How to Win Friends and Influence People*, Dale Carnegie uses the example of a department store which published an article entitled, "The Value of a Smile at Christmas". I think it has a great deal of insight for each of us so as I have in the past, I will once again share it with you:

A smile costs nothing, but creates much. It enriches those who receive, without impoverishing those who give. It happens in a flash and the memory of it sometimes lasts forever. None are so rich they can get along without it, and none are so poor but are richer for its benefits. It creates happiness in the home, fosters good will in a business, and is the countersign of friends. It is rest to the weary, daylight to the discouraged, sunshine to the sad, and Nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is no earthly good to anybody till it is given away. And if in the last-minute rush of Christmas buying some of our salespeople should be too tired to give you a smile, may we ask you to leave one of yours? For nobody needs a smile so much as those who have none left to give!

Sincerely,

Thomas F. Clasby Jr.
Director

Beechwood Elementary School



*Thursday, December 20, 2012 from 10:30am –12:00pm
At The Kennedy Center, 440 East Squantum Street*

*Back by popular demand, the students of Beechwood Knoll
Elementary School will perform their holiday favorites. The Strings
orchestra, Capella singers, and Dance troupe will perform.*

If you would like to attend, please call the Quincy Council on Aging at 617-376-1506.



Holiday Hours

Monday, December 24th
The Kennedy Center will close at 12pm

Tuesday, December 25th
The Kennedy Center will be closed

Monday, December 31st
The Kennedy Center will close at 12pm

Tuesday, January 1st
The Kennedy Center will be closed



*Wishing You
Happy Holidays
and a Prosperous
New Year.*

*-From all of us at
The Kennedy Center*

SENIOR BULLYING

**Thursday, December 6th
from 1PM –2PM
At The Kennedy Center
440 East Squantum Street**

Research shows that 10-20% of seniors across the US living in senior housing experience some type of bullying. Paula Banks, owner and operator of Two Lights Home Care will discuss why bullying happens and what can be done.

Light refreshments will be served. Registration is required as space is limited. Please call the Quincy Council on Aging at 617-376-1506 to register.



Quincy Rotary Club Pasta Luncheon



**Tuesday, January 8th at 12pm
At The Kennedy Center
440 East Squantum Street**

A pasta luncheon will be prepared and served by members of the Quincy Rotary Club.

Bingo & Door Prizes.

Tickets are required. Tickets will be available at The Kennedy Center starting December 1st.

For more information, please call the Quincy Council on Aging at 617-376-1506.

Have
You
HEARD?
?



Free Hearing Screenings

John Klefeger, BC-HIS, of Family Hearing Care Center provides free hearing screenings on the 3rd Monday of each month at The Kennedy Center.

If you would like to make an appointment, please call the Quincy Council on Aging at 617-376-1506.

EXERCISE CLASS

Every Tuesday & Thursday
 9am to 10am
 at the Kennedy Center,
 440 East Squantum St.
 There is a \$3 fee per class.

Each class includes exercise to improve strength, flexibility, balance, endurance and overall fitness. Adaptations to exercise allows each participant to work at their own pace.

Instructor Karen Gaughan has twelve years experience in the exercise field. She teaches exercise for the Quincy Recreation Department and also at the Fuller House in Milton.

For more information please call the Quincy Council on Aging at 617-376-506.



The Kennedy Center Library

The Kennedy Center Library is not affiliated with the Thomas Crane Library.

We ask that those who have borrowed books from the Kennedy Center library return them once you have finished. The Kennedy Center is not affiliated with any other libraries. Please make sure to return your books to the library that you borrowed them from.

Thank you

Don't Wait Until It's Too Late!

Medicare's Open Enrollment Period is October 15 –December 7th

Medicare plans change every year. This is the only time of year you can change your health care prescription coverage for 2013. SHINE can help. SHINE counselors (Serving Health Information Needs of Elders) provide free Medicare counseling. The Quincy Council on Aging has 2 SHINE representatives available by appointment only. To schedule an appointment, please call 617-376-1247.



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December 2012 Special Computer Classes

*At The Kennedy Center, 440 East Squantum Street.
All instruction by Grace Buscher*



New Class –Question & Answers ***Thursday, December 6th 10am –12pm*** ***Cost \$5.00***

This is the time to come in to ask any questions. Camera not working? What is this button for? How do I set up my printer? Grace will be in the media room and you can come and listen to all the questions or get your questions answered. This session is in response to your desires to be able to have an open Q&A type computer/digital camera/cell phone/tablet/ereader/printer session.

Digital Photography ***Thursday, December 20th 10am –12pm*** ***Cost \$5.00***

Introduction to digital photography explains how to work a camera, what a memory card is, batteries and all simple basics of digital photography. We will learn how to take a picture, print on a printer with a card reader and how to get your pictures developed or printed. We will also talk about capturing size and settings for your digital camera. Bring your digital camera to class.

If you have a laptop computer, bring it to class. There are limited Kennedy Center computers. Registration is required. To sign up please call the Quincy Council on Aging at 617-376-1506.

December 2012 Introductory Computer Class Schedule:

**Wednesday, December 4th
Thursday, December 5th**

**Wednesday, December 11th
Thursday, December 12th**

**Wednesday, December 18th
Thursday, December 19th**

**There will be no Introductory
Computer Classes the
last two weeks of December.**

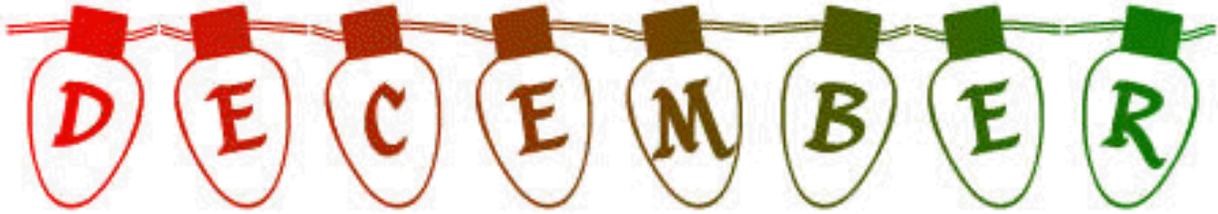


The Kennedy Center Camera Club

***December 3rd and 17th
In the Media Room
At The Kennedy Center
440 East Squantum Street***

All are invited. We will have continued instruction on both digital and video photography. Come and join us and see if you like the Camera Club!

For more information, please call the Quincy Council Aging at 617-376-1506.



December 2012 -Daily Holidays, Special and Wacky Days:

1 Eat a Red Apple Day	10 Human Rights Day	21 Humbug Day
1 World Aids Awareness Day	11 National Noodle Ring Day	21 National Flashlight Day
2 National Fritters Day	12 National Ding-a-Ling Day	21 Look on the Bright Side Day
3 National Roof over Your Head Day	12 Poinsettia Day	22 National Date Nut Bread Day
4 Santas' List Day	13 Ice Cream Day	23 Roots Day
4 Wear Brown Shoes Day	13 Violin Day	24 National Chocolate Day
5 Bathtub Party Day	14 National Bouillabaisse Day	24 National Egg Nog Day
6 St. Nicholas Day	15 Bill of Rights Day	25 Christmas Day
6 Mitten Tree Day	15 National Lemon Cupcake Day	25 National Pumpkin Pie Day
6 Put on your own Shoes Day	16 National Chocolate Covered Day	26 Boxing Day
7 International Civil Aviation Day	17 National Maple Syrup Day	27 Make Cut Out Snowflakes Day
7 Letter Writing Day	18 Bake Cookies Day	27 National Fruitcake Day
7 National Cotton Candy Day	18 National Roast Suckling Pig Day	28 Card Playing Day
7 Pearl Harbor Day	19 Look for an Evergreen Day	29 Pepper Pot Day
8 National Brownie Day	19 Oatmeal Muffin Day	30 National Bicarbonate of Soda Day
9 International Children's Day	20 Go Caroling Day	31 Make Up Your Mind Day
9 National Pastry Day	21 Forefather's Day	31 New Year's Eve

Twas the Month After Christmas

Twas the month after Christmas and all through the house. Nothing would fit me, not even a blouse.

The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.

When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).

I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,

The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."

As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt---

I said to myself, as I only can

"You can't spend a winter disguised as a man!"

So--away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip

Every last bit of food that I like must be banished
Till all the additional ounces have vanished.

I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.

I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore---
But isn't that what January is for?

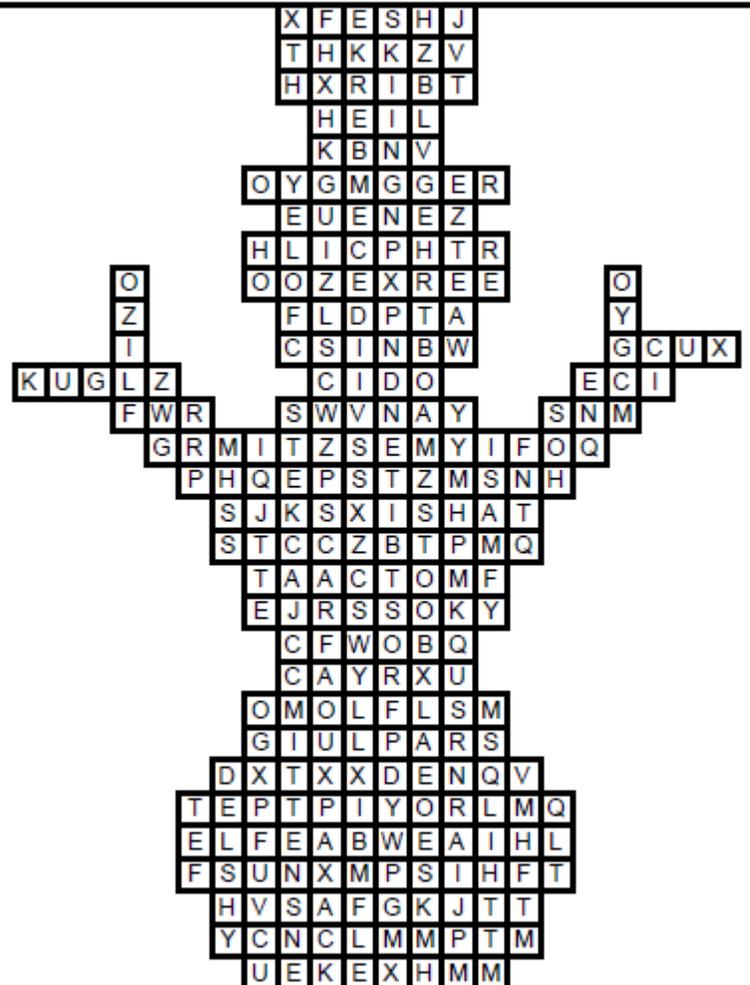
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

When the Weather Outside is Frightful

The winter months can be a difficult and dangerous time for anyone living in an area of the country where temperatures regularly fall below freezing. The frail and elderly are especially susceptible to winter hazards such as icy streets, exposure to cold and inadequate home heating. If you or someone you know is over age 65 or in some way disabled and living alone, it is important to safeguard against the most common causes of cold weather death and injury.

Preparing for the Cold and for Weather Emergencies
There are several important ways you can prepare for winter emergencies BEFORE the cold weather hits:

1. Have your heating system checked annually for possible problems. If your furnace breaks down during a cold spell, temperatures in your home could plummet in a matter of hours. Keep in mind that during peak breakdown periods, generally between December and February, it may be days before repairs can be made.
2. Install smoke alarms and carbon monoxide detectors near bedrooms and on all floors of your home or apartment - **MAKE SURE THEY'RE WORKING**. Test them monthly and change their batteries at least once a year. In the event of a gas leak, faulty heater or winter fire, they could save your life!
3. Make sure you have plenty of warm blankets, candles and working flashlights on hand in case of a winter power outage that could leave you without heat or electricity.
4. Keep an emergency supply of canned goods and necessities in your home. A sudden winter storm could leave you unable to venture out to the store. You should have enough on hand to last several days.
5. Have a battery-powered portable radio available. This will allow you to obtain weather reports and other emergency news in the event of a power outage. In case power lines are disabled, it is also advisable to have a cell phone for emergency use.
6. Stock up on medications you may need and if you have a home health care service, plan ahead with the agency to establish emergency procedures.
7. Pre-arrange for someone to check on you in the event of a weather emergency.



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Recipe of the Month Honey-Nut Holiday Popcorn Balls

Ingredients:

1/4 cup honey
2 tablespoons butter
1/4 cup almond butter
1/2 cup confectioners' sugar
1 tablespoon water
12 cups popcorn
1 cup chopped salted mixed nuts

1. *Bring the honey, butter, almond butter, confectioners' sugar and water to a boil in a large pot over medium heat, stirring. Remove from the heat.*
2. *Using a rubber spatula, stir popcorn and chopped salted mixed nuts until coated.*
3. *Butter your hands, then shape into balls and roll in toasted sesame seeds.*



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