

# PEMBROKE PIONEER

A Newsletter for Pembroke's Senior Citizens

Published by The Pembroke Council On Aging  
144 Center Street  
Pembroke, Massachusetts 02359  
781-294-8220

MARY E. WILLIS, DIRECTOR

APRIL 2013



I think we'll have beautiful May flowers this year. We had plenty of snow and rain already.

PATRIOT'S DAY will be Monday, April 15th and we will be CLOSED that day.

TOWN MEETING? Will start on Tuesday, APRIL 23rd, at 7:30 P.M., at the High School on Learning Lane. If you need a ride call us.

ELECTION DAY (TOWN) will be on Saturday, the 27th, and if you need a ride to vote, call us.

Good News! Our "PEMBROKE PIONEER" is now on the Town's Web site. You can access it at [pembroke-ma.gov](http://pembroke-ma.gov). If you have a computer with internet service, and have access to our Newsletter online, do give us a call and let us know. We can save budget money for postage and printing costs.

BINGO: See Page 6 for more information.

BROWNIE TROOP 63043 has invited us to come to their special meeting at BRYANTVILLE ELEMENTARY SCHOOL on MONDAY, APRIL 29th, at 3:00 p.m. This is an intergenerational program with 2nd grade young ladies. PLEASE SIGN UP! We need 10 people.

CHARLENE ALLEN will entertain on the keyboard on Wednesday, the 24th. A lunch time treat!

Since April is National Poetry Month, Ruth Tierney, will be having a special Poetry Session at one of her FRIDAY afternoon workshops. She has chosen APRIL 19th!

April is also "Medical History Month" and we will be having HEARING SCREENINGS ON THE 11th from 12:30 to 2:30 P.M. Do make an appointment, call us at: 781-294-8220.

LONGPOND PHYSICAL THERAPY will be here on THURSDAY, the 18th, at 12:30 p.m. after lunch. Do sign up for this interesting workshop.

THE VERY POPULAR "DULL MEN" are here every Wednesday Morning at 10:00 a.m. to discuss whatever is on their minds ???.

Women are not invited because we are too exciting, etc. Do plan to attend.

We need Volunteer Drivers to take elders to medical appointments and to deliver meals-on-wheels. Call us if you are able.

In closing, "An expert is one who knows more and more about less and less, until he knows everything about nothing"...Unknown



Mary E. Willis  
Director

Q&amp;A – April 2013

## Tips for Managing Your Medications



### How can I keep track of the 6 medications I take?

Older people often take multiple medications for a variety of conditions. This can lead to harmful interactions. If medications are not taken correctly, they can be harmful to your health.

Elders are at greater risk for negative prescription side effects because they use more medications than younger people. Studies show 33% of people age 65+ have one or more harmful reactions to a medication. Here are some tips from the National Council on Aging for managing your medications safely:

1. **Keep informed about all the medications you're taking.** All drugs can be harmful—over the counter and prescription products. Items like herbal remedies, supplements, vitamins, minerals, antacids, sleep aids, and laxatives should be included anytime you list your medications to share with your doctor and pharmacist.
2. **Use one pharmacy and talk to your pharmacist often.** Use your pharmacist as a resource to check for drug interactions. Get a written explanation of each medication, and ask your pharmacist questions.
  - How much of the medication should I take?
  - When should I take it?
  - Should I take it with water or food?
  - Should I take it before, during, or after meals?
  - Should I take it at the same time as other medications?
  - What if I miss a dose?
  - Does it need to be refrigerated?
  - What are the possible side effects?
  - How many refills can I get?
  - Are there any food, drinks, other medications or activities I should avoid?
3. **Pay attention to side effects.** Some medications can cause dizziness and drowsiness that could lead to a fall; stomach upset, diarrhea, or constipation; blurred vision; dry mouth; and fatigue/lack of energy. Know what to expect, how long the side effects may last, what to do when they occur, and when to contact your doctor. In some cases, your doctor may tell you to stop taking the medication, but never stop taking a medication without first speaking with your physician.
4. **Store your medicines safely.** Medications should be stored in a cool, dry, dark location. Humidity in the bathroom can alter a medication's effectiveness. Keep medicines where you're likely to see them every day. Link taking them with other daily activities like eating or brushing your teeth. Go through your medicine cabinet regularly and discard any expired medications.
5. **Take your medication as prescribed.** Ask your doctor how you should safely take each of your medications, and then follow those instructions.
6. **Seek help to pay for medication.** When you start any new medication, check to see whether it's on your health plan's drug list and then verify the associated copayment. Your doctor will know if there is a less expensive substitute. The Medicare Part D program has a subsidy called **Extra Help** that could help you save money on your drug premiums and deductibles. To find out if you are in the health plan that best covers your current medications, call the SHINE program at **1-800-Age-Info**, then press **3**. A SHINE counselor can also tell you about additional drug benefits through the state's Prescription Advantage Program.



**THE FRIENDS OF THE COUNCIL ON AGING**  
**POST OFFICE BOX 221 PEMBROKE MA. 02359- 0221**

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"EVERYONE WELCOME"



**FRIENDS OF THE PEMBROKE COA 2013 MEMBERSHIP DUES = \$5.00**

**PLEASE MAKE CHECKS PAYABLE TO: "FRIENDS OF THE COA"**

**P.O. BOX 221**

**PEMBROKE, MA. 02359**

**NAME .....**

**DUES .....**

**ADDRESS .....**

**ADDITIONAL**

**IN MEMORY OF: .....**

**IN HONOR OF: .....**

**PHONE .....**

**TOTAL CONTRIBUTION ...\$.....**

**ROSES ARE RED, VIOLETS ARE BLUE, IF YOU HAVE NOT PAID YOUR DUES, WE REALLY NEED YOU**



*For Membership Card, send self addressed stamped envelope*

**NEXT FRIENDS MEETING: April 16, 2013 AT 10:30 A.M.**



**DONATIONS TO THE FRIENDS**

Leona Roche, Ruth Roy, Swifty's Aunt, David Porter

**IN MEMORY OF**

Chuck Mulrain—Olga Mulrain; Jack Gubbins—Mom; Ingrid Lowery—John Lowery;

Ann Richardson— Ted Doherty; Ruth Downton— Ted Thompson;

Dianne Moore— John W. Moore, Sr.; Mary Waton—Alfred Watson;

Helen Steeves—Aubrey Steeves





# Old Colony Elder Services - Menu

FOR RIDE: CALL 781-294-8220

April, 2013

FOR LUNCH CALL: 781-294-4645 WK AHD.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Pepper Steak</b> Egg Noodles Carrot & Cauliflower Whole Wheat Bread Fruit Cocktail  Calories: 750    Fat: 35% Sodium: 750mg    Fiber: 10g	<b>2 Hawaiian Chicken</b> Vegetable Rice Broccoli Oatmeal Bread Apple Turnover MOD: Lorna Doones	<b>3 Mac &amp; Cheese</b> Peas Stewed Tomatoes Rye Bread Applesauce	<b>4 Salmon w/</b> Lemon Sauce Oven Browned Potato Green Beans Whole Wheat Roll Peaches	<b>5 Meatloaf</b> Mashed Potato Carrot Coins Multigrain Bread Pineapple
<b>8 Tortellini w/ Sauce</b> Corn Spinach Pumpernickel Bread Pears <b>BINGO</b>  Calories: 740    Fat: 20% Sodium: 900mg    Fiber: 11g	<b>9 Hot Dog on a Bun</b> Potato Wedges Green & Wax Beans Ketchup & Mustard Lemon Pudding MOD: SF Pudding	<b>10 Krunch Lite Fish</b> Pea Soup ** Brussels Sprouts Garlic Dinner Roll Hot Cinnamon Apples <b>MOVIE</b>	<b>11 Salisbury Steak</b> w/ Gravy Smashed Potatoes Peas & Carrots Rye Bread Fresh Apple <b>HEARING TESTS</b>	<b>12 Chicken Picatta</b> Sweet Potatoes Beets Whole Wheat Bread Fruit Snack 'n Loaf MOD: Lorna Doones
<b>15 Patriot's Day</b> <i>No Meals Served</i> 	<b>16 Fish Sticks</b> Tartar Sauce Herbed Boiled Potato Peas & Onion Multigrain Bread Fruit Cocktail  Calories: 750    Fat: 33% Sodium: 810mg    Fiber: 10g	<b>17 Chicken Cordon Bleu</b> Potato Lyonnaise Green Beans Rye Bread Pineapple Cake MOD: LS Cake	<b>18 Shepard's Pie</b> Herbed Carrot Coins Whole Wheat Dinner Roll Chocolate Pudding MOD: SF Pudding <b>PHYSICAL THER.</b>	<b>19 Roast Pork</b> w/ Raisin Sauce Herbed Buttered Penne Mixed Vegetables Pumpernickel Bread Pineapple  Calories: 760    Fat: 26% Sodium: 520mg    Fiber: 8g
<b>22 Meatball Sub</b> Corn Broccoli Baked Potato Chips Corn Chowder \$ Chowder on 4/22 Congregate meal only	<b>23 Chicken Marsala</b> Mashed Sweet Potato Zucchini Oatmeal Bread Peaches	<b>24 Stuffed Shells</b> Cauliflower Green Bean Almondine Whole Grain Bread Butterscotch Pudding MOD: SF Pudding <b>MOVIE</b>	<b>25 Italian Braised Beef</b> Egg Noodles Peas and Carrots Dinner Roll Fresh Orange  <b>OCPC</b>	<b>26 Pollock Newburg</b> Potatoes O'Brien Spinach Rye Bread Orange-Cranberry Muffin MOD: Strawberry Gr'hams
<b>29 Chicken Teriyaki</b> Brown Rice & Peas Oriental Vegetables Oatmeal Bread Vanilla Pudding MOD: SF Pudding  Calories: 590    Fat: 21% Sodium: 800mg    Fiber: 5g	<b>30 Beef &amp; Ziti Bake</b> Green Beans Multigrain Bread Mandarin Oranges	Happy 39th Anniversary to OCES April 29th 2013. 		** Soup on 4/10  will be served at home and congregate.  Milk and margarine are served at every meal.  ♦ Indicates entrée has > 700 mg Sodium

Menu is subject to change without notice

**BINGO ON MONDAY APRIL 22nd.**

**Suggested Donation - \$2.00 per meal.**

# ACTIVITIES

APRIL

2013

"PEMBROKE PIONEER"

Call COA Office @ (781) 294-8220 to signup for activities.

LUNCH 11:30 781-294-4645

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 April Fools' Day 10:30 Walking Group 11:30 LUNCH \$2	2 9:30 Chair Yoga \$4 9:45 Hannaford's 10-11 BP CLINIC- COA 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 2:00 ZUMBA \$5	3 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 1:00 Bowling@ Hanover	4 8:30 Wal-Mart Shopping 10-11 BP CLINIC - Kilcommons 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2	5 7:50 Food Shopping 9-10 Josh Cutler 9:15 Line Dancing \$3 10:15 Mail Walking 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Cribbage & Whist
8 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	9 9:30 Chair Yoga \$4 9:45 Hannaford's 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5 7:00 BOARD MTG	10 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 1:00 Bowling@ Hanover	11 8:30 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:30 HEARING SCREENINGS	12 7:50 Food Shopping 9:15 Line Dancing \$3 10:15 Mail Walking 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Cribbage & Whist
15 	16 9:30 Chair Yoga \$4 9:45 Hannaford's 10:30 Walking Group 10:30 Friends of COA 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	17 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 1:00 Atty Conroy by Appt. 1:00 Bowling@ Hanover	18 8:30 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:30 LONG POND PHYSICAL THERAPY	19 7:50 Food Shopping AFTERNOON POETRY - 9:15 Line Dancing \$3 10:15 Mail Walking 10:30 Card Crafting \$2 11:30 LUNCH \$2 12:30 Cribbage & Whist
22 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	23 9:30 Chair Yoga \$4 9:45 Hannaford's 10-11 BP CLINIC - MacDonald 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	24 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 1:00 Bowling@ Hanover	25 8:30 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:30 Recipe Swap 1:00 Bingo @ Kilcommons	26 7:50 Food Shopping 9:15 Line Dancing \$3 10:15 Mail Walking 10:30 Card Crafting \$2 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Cribbage & Whist
29 10-11 BP CLINIC - Mayflower 10:30 Walking Group 11:30 LUNCH \$2	30 9:30 Chair Yoga \$4 9:45 Hannaford's 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	LUNCH reservations must be made at least a week ahead call 781-294-4646 WALKING GROUP Mon-Tues-Fri	MEDICAL AND MEALS ON WHEELS DRIVERS NEEDED CALL OFFICE 781-294-8220	

**BINGO IN APRIL**  
***BAD STORM, NO BINGO***  
 Free refreshments - Cash Prizes

**Monday, APRIL 8 @ 1:00 pm, Monday, APRIL 22 @ 1:00 pm**

**If you need a ride, you must call in advance—781-294-8220**

**FREE HEALTH SCREENING CLINCS**

COUNCIL ON AGING	TUESDAY, APRIL 2, 2013	10:00—11:00 am
KILCOMMONS COMMUNITY ROOM	THURSDAY, APRIL 4, 2013	10:00-11:00 am
MACDONALD WAY	TUESDAY, APRIL 23, 2013	10:00-11:00 am
MAYFLOWER COURT	MONDAY, APRIL 29, 2013	10:00-11:00 am

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, nutritional counseling, medication review and instruction.

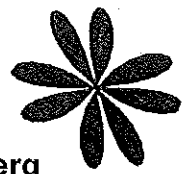


**COUNCIL ON AGING GIFT FUND**

**Joseph J Powers**

**The following Donation was received in Memory of Polly Isenberg**

**Martin & Theresa Sarkissian**



**IN MEMORIAM**

**Eugene R. Andrews, Frances T. Bradshaw, Richard K. Burrell, Joanne M. Dana,  
 Robert H. Glover, Mabel Jarrell, Beverly M LaFauci, Raymond A Lozeau, Sr.,  
 Marjorie McCarthy, Barry O'Hearn, Jane T. Rose, Richard A. Sterling, Grace H.  
 Whittaker**

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom  
 shall I be afraid?

Psalm 27: 1



PEMBROKE COUNCIL ON AGING  
SENIOR CENTER  
144 CENTER STREET  
PEMBROKE, MA. 02359

CHANGE SERVICE REQUESTED

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#### QUICK LAMB CASSEROLE

2 LBS. LEAN GROUND LAMB  
2 CUP UNCOOKED RICE  
2 PKGS. DRIED ONION SOUP

5 CUPS BOILING WATER  
SALT AND PEPPER TO TASTE

Cut or form lamb into patties. Brown lightly. Pour off excess fat. Put in to large Dutch oven or casserole dish, dissolve soup in boiled water. Pour over lamb, bring again to boil. Add rice, bring to boil again. Cover and bake in 400° oven for almost 40 minutes or until rice is cooked and water is absorbed. Serves 6.

Postage, printing and/or distribution of this Newsletter is made possible in part by a Grant from the Massachusetts Executive Office of Elder Affairs  
"The Pembroke COA does not endorse the content of any seminars."  
They are for informational use only."

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Next Board Meeting 7 P.M. APRIL 12, 2013

