

# 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

AUGUST 2013

The lazy, hazy days of August have arrived. Remember to stay hydrated by drinking plenty of fluids. If you need to cool off, come and visit us. We have many activities this month, check inside for the listings.

It's MARSHFIELD FAIR time again! The FREE SENIOR DAY is TUESDAY, AUGUST 20th. You must be age 65 or over to attend. We will be able to transport the first 24 elders to sign up. You must be Pembroke residents. The bus will leave the Senior Center at 12:30 and return about 4:00 P.M. Make your reservations early.

SOLID WASTE USER'S FEE ABATEMENT: If you were 70 years of age by July 1st, and are income eligible, and own your own home, you may be eligible for the abatement. We have the forms at the Senior Center. Fixed Income: 1 person up to \$32,000.00 or 2 persons up to \$36,000.00 per year.

LAUGH THERAPY THROUGH HUMOR: Mr. & Mrs. Murphy will be here for two

sessions: THURSDAY, AUGUST 1st and THURSDAY, AUGUST 8th, at 12:30 p.m. "Laughter is the best medicine" - for these experiencing pain and discomfort, it is good to get relief through laughter. Hopefully, this program will help. Be sure to sign up or give us a call at 781-294-8220.

There will be a trip to Plymouth Harbor on Friday, AUGUST 9th at 10:00 A.M. (rain date the 16th). be sure to sign up. This is a nice trip for those who want to get out of Town for a day. Lunch on your own.

We will have an ICE-CREAM SOCIAL WITH JIM MACLELLAN entertaining on the PIANO MONDAY, AUGUST 12th. Be sure to sign up. This will be a nice cool way to celebrate a hot August day.

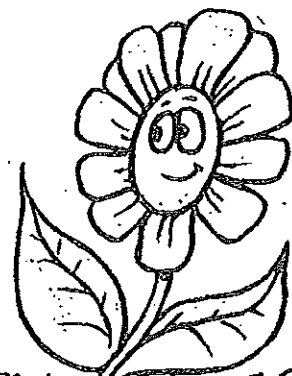
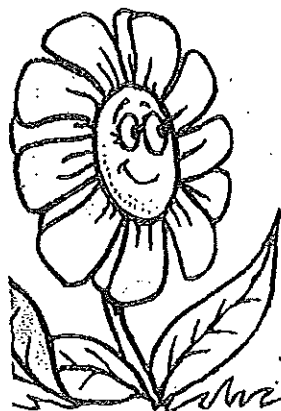
HEARING TESTS with Mass Audiology will take place on AUGUST 15th, a Thursday, starting at 12:30 p.m. Be sure to sign up for your spot.

HEALTHY HARVEST FOODS: FROM SOUTH SHORE COMMUNITY ACTION COUNCIL, INC. WILL BE ARRIVING on MONDAY, AUGUST 19th. We do not know what time, so be aware of the date!

See Page 6 for BINGO dates and times! The movies for AUGUST are oldies but goodies!

In closing, Charles Lamb said "A laugh is worth a hundred groans in any market". Be happy!

Mary E. Willis, Director



Q&amp;A – August 2013

## Preventing Identity Theft

### How can I lower my risk of identity theft?



Identity theft is when thieves steal information like your Social Security number, birth date, credit/debit card numbers, personal identification numbers (PINs) or passwords. With enough information about you, thieves can use your identity to commit fraud or other crimes.

A new guide called Money Smart for Older Adults says older people are prime targets for financial exploitation and suggests that older Americans lost at least \$2.9 billion to financial exploitation in 2010. This guide, developed by the Consumer Finance Protection Bureau and the FDIC, can be downloaded at [http://files.consumerfinance.gov/f/201306\\_cfpb\\_msoa-participant-guide.pdf](http://files.consumerfinance.gov/f/201306_cfpb_msoa-participant-guide.pdf).

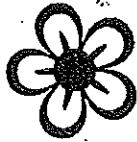
The guide suggests the following ways to prevent identity theft:

- **Protect your Social Security number, credit and debit card numbers, PINs and passwords.** Never provide this information in response to an unwanted telephone call, fax, letter, or email – no matter how friendly or official the circumstances may appear. Protect your PIN when using the ATM – don't allow anyone to look over your shoulder (known as shoulder-surfing). To avoid some trouble if your wallet is stolen, carry only the identification you really need. Keep your Social Security card in a safe place at home. When shopping, keep in mind that you don't have to give merchants your Social Security number.
- **Protect your incoming and outgoing postal mail.** If possible, use a locked mailbox or a post office box. If your mailbox is not locked, retrieve items soon after delivery. When ordering new checks, have them delivered to your bank branch rather than delivered to your home. For outgoing mail containing personal information, hand it to a mail carrier or take it to the post office. Don't leave mail in your home mailbox and don't put up the flag on a mailbox to indicate that outgoing mail is waiting.
- **Sign up for direct deposit.** This prevents someone from stealing a check out of your mailbox and forging your signature.
- **Keep your financial trash "clean."** Before tossing out anything containing personal information, rip these items into shreds, preferably with a cross-cut shredder.
- **Watch your bank statements and credit card bills.** Review every charge or withdrawal and report any discrepancies to your bank or card issuer. If a credit card statement or bank statement is late, call customer service. It's possible someone may have stolen your mail and account information.
- **Avoid identity theft on the Internet.** Never provide bank account or other personal information in response to an unsolicited email or on a website that does not explain how personal information will be protected. If you receive an email you think is fraudulent, report it to the Federal Trade Commission. Use their online complaint form at [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov) or forward spam to [spam@uce.gov](mailto:spam@uce.gov).
- **Review your credit report annually.** Look for warning signs of a credit card, loan, or lease you never signed up for. For a free copy of your credit report, visit [www.annualcreditreport.com](http://www.annualcreditreport.com).

To reach the Federal Trade Commission's Identity Theft helpline dial 1-877-IDTHEFT (438-4338). For TTY communication, call 1-866-653-4261.

**THE FRIENDS OF THE COUNCIL ON AGING  
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**VICE-PRESIDENT:**  
**SECRETARY: MARY SALTERS**  
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2016—  
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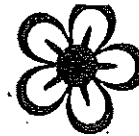
**"EVERYONE WELCOME"**

**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**



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**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: SEPTEMBER 17 AT 10:30 A.M.**

**DONATIONS TO THE FRIENDS**

Loretta Cook

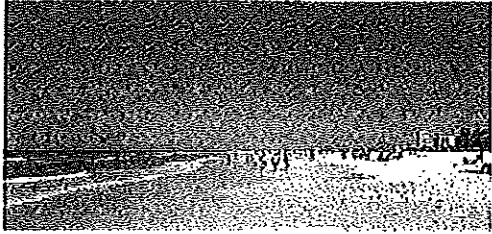
\*\*\*\* IN MEMORY OF\*\*\*\*

Mary Watson—Alfred Watson; Rita DelGlacco—Gary Schlager;  
Rita DelGlacco—Sabastlano Sambuco; Harlan Family—Gary Schlager ;  
Irving "Bud" Whitney; William Horner—Jane Horner

**GATRA BOSTON HOSPITAL BUS: FARE: \$15.00 ROUND TRIP. CALL US FOR YOUR RESERVATION at 1-781-294-8220. PICK UP at Pembroke Stop & Shop Parking Lot 8:30 A.M. on TUESDAYS & THURSDAYS and Leave Boston at approximately 3:00 P.M. Make reservations two days before trip. These reservations are for elders and the disabled. Wheelchair accessible.**

# Old Colony Elder Services Nutrition Program - Menu

August-2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Milk and margarine are served at every meal ❖ Indicates entrée has > 700 mg Sodium	1 Hawaiian Roast Pork Lemon Rice Green Beans Rye Bread Peaches <b>LAUGH THERAPY</b> <b>12:30 p.m.</b>	2 Chili Con Carne (ground beef & tomato sauce) Carrot Coins Corn Bread Fruit Cocktail
5 Orange Dijon Chicken (breast) Herbed Brown Rice Spinach Whole Wheat Bread Pears <b>BINGO</b>	6 Turkey & Cheese Sub Lettuce & Tomato Mayonnaise Carrot Pineapple Salad Rice Pudding MOD: SF Vanilla Pudding	7 Spaghetti & Meatballs (Tomato Sauce) Green & Wax Beans Garlic Roll Hot Cinnamon Apples <b>MOVIE</b>	8 Fish Au Gratin Whipped Sweet Potato Cauliflower Multigrain Bread Cherry Snack'n Loaf MOD: Lorna Doones <b>LAUGH THERAPY</b>	9 Cheeseburger on Whole Wheat Roll Ketchup German Potato Salad Chuck Wagon Corn Fresh Apple <b>PLYMOUTH TRIP</b>
12 Turkey Ham & Cheese❖ Sandwich on Multigrain Bread Riviera Salad Peaches <b>JIM MACLELLAN &amp; ICE CREAM SOCIAL</b>	13 Veal Parmesan Penne Pasta with Tomato Sauce Green Beans Garlic Roll Mandarine Oranges	14 Aloha Chicken (breast) Boiled Red Bliss Potatoes Zucchini Wheat Bread Peach Cake MOD: Low Sugar Cake	15 Meatloaf with Gravy Mashed Potato Parslled Carrots Pumpnickle Bread Pineapple <b>HEARING TESTS</b>	16 Maple Mustard Pork Scalloped Potato Summer Blend Vegetable Pumpnickol Bread Chocolate Pudding MOD: SF Chocolate Pudding
19 Stuffed Shells w/ Tomato Meat Sauce Carrots Green Beans Italian Bread Strawberry Vanilla Pudding MOD: SF Strawberry-Vanilla Pudding <b>BINGO</b>	20 Asian Chicken Breast Herbed Brown Rice Peas Whole Wheat Bread Fortune Cookies	21 Tuna Salad Sandwich on Rye Bread Coleslaw Pears <b>MOVIE</b>	22 Turkey Tetrazzini with Bow Tie Pasta Zucchini & Tomato Whole Wheat Roll Fruit Cocktail	23 Beef Burgundy Garlic Mashed Potato Brussels Sprouts Multigrain Bread Fresh Orange
26 Chicken Broccoli Ziti (diced chicken) Country Style Veggies Whole Wheat Bread Pineapple	27 Spanish Pot Roast Rice and Beans Beets Rye Bread Fresh Pear	28 Mac & Cheese Stewed Tomatoes Peas Oatmeal Bread Peach Crisp	29 Jambalaya w/ Rice Green & Wax Beans Multigrain Bread Mandarin Oranges	30 Pork w/ Gravy Red Bliss Potato Spinach Rye Bread Vanilla Pudding MOD: SF Vanilla Pudding

**HEALTHY HARVEST FOODS WILL BE DELIVERED MONDAY AUGUST 19th TIME UNKNOWN.**

Menu Guidelines  
700 - 800 Calories per meal  
30% or less of calories from fat  
less than 300 mg sodium per total meal

**JIM MACLELLAN WILL ENTERTAIN ON THE PIANO DURING THE ICE CREAM SOCIAL AT 12:30 p.m.**

Menu is subject to change without notice  
Suggested Donation - **\$2.00 per Meal**

**FOR TRANSPORTATION: CALL 781-294-8220**

**FOR LUNCH: CALL 781-294-4645 A WEEK AHEAD**

# ACTIVITIES

AUGUST

2013

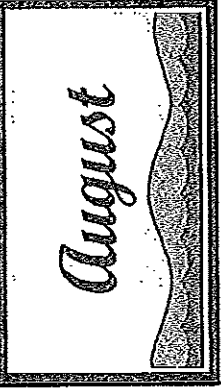
"PEMBROKE PIONEER"

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

LUNCH 11:30 \$2

NUTRITION 781-294-4645

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	2
Jewelry Making every Friday @ 12:30	LUNCH reservations must be made a week ahead call 781-294-4645		8:00 Wal-Mart Shopping 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Laugh Therapy	8:45 Food Shopping 9:00 Meet Rep. Josh Cutler 9:15 Line Dancing \$4 10:15 Mall Walking 10:30 Walking Group 11:30 LUNCH \$2 12:30 Cribbage & Whist	
5 10 - 11 BP Clinic COA 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	6 9:15 Hannaford's 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well with Illness Support Group 1:00 ZUMBA GOLD \$5		7 10:00 DULL MEN'S GROUP 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE DAY	8 8:00 Wal-Mart Shopping 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 "Ask Marilyn" 12:30 Laugh Therapy	9 8:45 Food Shopping 9:15 Line Dancing \$4 10:00 Plymouth Waterfront 10:30 Walking Group 11:30 LUNCH \$2 12:30 Jewelry Making
12 10:30 Walking Group 11:30 LUNCH \$2 12:30 ICE CREAM SOCIAL with Jim McClellan	13 9:15 Hannaford's 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well with Illness Support Group 1:00 ZUMBA GOLD \$5	14 10:00 DULL MEN'S GROUP 10:30 Walking Group 11:30 LUNCH \$2 1:00 Atty Conroy by Appt.	15 8:00 Wal-Mart Shopping 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Mass Audiology 1:00 S.H.I.N.E. Health Ins. by Appt.	16 8:45 Food Shopping 9:15 Line Dancing \$4 10:15 Mall Walking 10:30 Walking Group 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Cribbage & Whist	
19 HEALTHY HARVEST 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	20 9:15 Hannaford's 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 SENIOR DAY MARSHFIELD FAIR 1:00 ZUMBA GOLD \$5	21 10:00 DULL MEN'S GROUP 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE DAY	22 8:00 Wal-Mart Shopping 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 1:00 Bingo @ Kilcommons	23 8:45 Food Shopping 9:15 Line Dancing \$4 10:15 Mall Walking 10:30 Walking Group 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Cribbage & Whist	
26 10:30 Walking Group 11:30 LUNCH \$2	27 9:15 Hannaford's 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well with Illness Support Group 1:00 ZUMBA GOLD \$5	28 10:00 DULL MEN'S GROUP 10:30 Walking Group 11:30 LUNCH \$2	29 8:00 Wal-Mart Shopping 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 NO RECIPE SWAP 1:00 Bingo @ Kilcommons	30 8:45 Food Shopping 9:15 Line Dancing \$4 10:15 Mall Walking 10:30 Walking Group 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Cribbage & Whist	

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

**Monday, AUGUST 5 @ 1:00 pm, Monday, AUGUST 19 @ 1:00 pm**

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

**FREE HEALTH SCREENING CLINICS**

<b>COUNCIL ON AGING</b>	<b>MONDAY, AUGUST 5, 2013</b>	<b>10:00-11:00 am</b>
<b>KILCOMMONS COMMUNITY ROOM</b>	<b>MONDAY, AUGUST 12, 2013</b>	<b>10:00-11:00 am</b>
<b>MACDONALD WAY</b>	<b>MONDAY, AUGUST 19, 2013</b>	<b>10:00-11:00 am</b>
<b>MAYFLOWER COURT</b>	<b>MONDAY, AUGUST 26, 2013</b>	<b>10:00-11:00 am</b>

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

**NEW MEDICARE PROGRAM FOR DURABLE MEDICAL EQUIPMENT & DIABETIC**

**TESTING SUPPLIES:** Effective July 1, Medicare will have a new program for Durable Medical Equipment in our area. There will also be a new National Mailorder Program for diabetic testing supplies. If you have Original Medicare (not a Medicare Advantage HMO or PPO PLAN) these changes will apply to you. Some of the items covered under this new Durable Medical Equipment program are: Oxygen and oxygen equipment, Standard (power and manual) wheelchairs and scooters, hospital beds and walkers. If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. In certain circumstances you may be able to keep your supplier. **MAKE SURE MEDICARE WILL CONTINUE TO PAY FOR YOUR ITEM TO AVOID ANY DISRUPTION OF SERVICE.** To have Medicare pay for diabetic testing supplies delivered to your home, you will need to use a Medicare National mail-order supplier. If you don't want to use mail-order, you can go to a local pharmacy or storefront **THAT ACCEPTS MEDICARE ASSIGNMENT** and you will get the same low mail-order cost. To find a Durable Medical Equipment or National mail-order Program supplier, you can go to [www.medicare.gov/supplier](http://www.medicare.gov/supplier) or call 1-800-633-4227. There is one in Norwell which is local.

**IN MEMORIAM**

Irene Aylwin, Carl E. Avery, Jr., Clare S. Baker, Mary G. Giles, Joseph L. Hall, Judith C. Johnson,  
 Henry J. Magner, Jr., Almont Pendexter, Judy Robertson, Sebastiano J. Sambuco, E. Keith Simmons,  
 Ida Turner

Unto thee lift I up mine eyes, O thou that dwellest in the heavens.  
 PSALM 123:1



**Gina Michini**

Realtor

**Cell: 201-230-9194**

[gmichini@molisserealty.net](mailto:gmichini@molisserealty.net)

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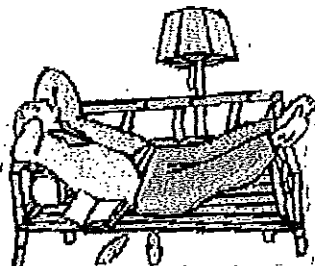
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PEMBROKE COUNCIL ON AGING  
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CHANGE SERVICE REQUESTED



**National Napping Month**

PRST STD  
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PERMIT NO. 115

ALMOND BUTTER BARS (using walnuts)

1 pkg yellow cake mix  
3 eggs  
1 tsp vanilla; and some rose water  
1 lb. confectioner's sugar

1 stick of butter or marg, melted  
almond extract  
8 oz cream cheese, softened  
4 oz sliced almonds, walnuts, toffee  
pieces etc.

Combine cake mix, butter, few drops of almond extract, and 1 egg. Beat until mixture reaches dough like consistency. Spread in bottom of greased 13X9" pan. Combine remaining 2 eggs, vanilla, few drops of lemon extract, few drops of rose water, cream cheese and confectioner's sugar. Beat with electric mixer for 3 minutes. Spread cream cheese mixture on top of cake mixture. Bake in preheated 350° oven FOR 15 MINUTES. Top with nuts and bake 30 minutes more, or until firm. Cut into bars while still warm.

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. SEPTEMBER 10, 2013



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& Feeders

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