

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

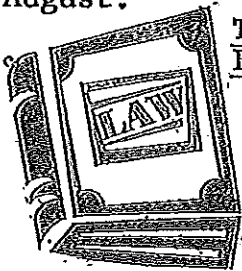
MARY E. WILLIS, DIRECTOR

JULY 2014

HAPPY JULY 4th! As we celebrate our Independence, we are mindful of our Veterans from 1776 to the present, enabling us to have the freedom and liberty to do as we ought.

THE FRIENDS OF THE COA WILL BE HAVING AN INDOOR "FOURTH OF JULY PICNIC" on Wednesday, JULY 9th, at 12:00 Noon. The kitchen will closed on that day. The cost is \$5.00 per person to be paid when you sign up. Sign up early.

RITA'S CHAIR YOGA: Will be celebrating their 2nd year anniversary this month. Because of this, Rita's offering a complimentary class on July 8th at 9:30 A.M. Come and enjoy this very popular class which will be held on Tuesday and Friday for the months of July and August.



THE MASSACHUSETTS BAR INSTITUTE, a supporting organization of the **MASS BAR ASSOCIATION,** will be presenting an Education Program on Thursday,

JULY 17th, at 12:30 P.M. with **ATTORNEY LORING. "TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP."** We have booklets available for the 1st 15 people who sign up. **DO SIGN UP!**

See Page 6 for the **BINGO DATES** with Frank Tobin and Friends.

The **BOOK CLUB** will be meeting on **MONDAY**, the 14th, at 10:00 A.M. with Suzanne Cutler. The book for JULY will be selected at the meeting.

DOC IACOBUCCI: Will be having a **FREE LUNCHEON** at the **NATURE PRESERVE**, to view all the gardens and walk to the pond. You must be ambulatory, and able to climb stairs. There is a maximum of 30 elders able to participate. To reserve your place, call Doc at 781-826-8888. Time: 3:00 P.M. DATE 7/22/14.

JULY is NATIONAL HOT DOG MONTH: The Friends will be serving hot dogs at their in-door picnic. It is also National Pickle Month. the **DULL MEN** like to discuss pickles, so be sure to attend if you are dull.

SOCIAL SECURITY: You can now apply on-line for many benefits. Go to www.socialsecurity.gov/applyforbenefits.

The **MOVIES FOR JULY** will be **HELD ON THE 23rd and 30th.** **CHARLENE ALLEN** will entertain on the 23rd.

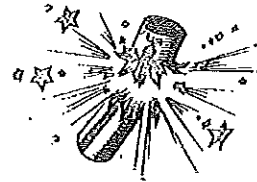
In closing, "GOD BLESS US EVERYONE"Tiny Tim

Mary E. Willis
Director

Q&A – July 2014

Rheumatoid Arthritis

What are the symptoms of rheumatoid arthritis?



The most common form of arthritis is osteoarthritis, which is a disease in which cartilage in your joints deteriorates. It affects roughly 27 million Americans, and it's most common in people age 65 and over.

There's another, less common, form of arthritis that affects more than 1.5 million Americans — rheumatoid arthritis (RA). RA is a disease of unknown cause that makes your immune system attack healthy cells, like the ones that line your joints, resulting in inflammation and pain. Its origin is unknown, but it's believed RA may be caused by a combination of genetic and infectious agents.

RA can make cartilage wear away and result in bone loss. The inflammation can also affect your skin, heart or lungs. RA is seen most often in your hand, wrist, elbow, knee and ankle joints. There is no cure for RA, and its symptoms can come and go. With treatment, the symptoms may go into remission.

Three out of four people affected by RA are women, and the adult onset of RA happens most often between the ages of 40 and 60. The diagnosis of RA is not always a simple matter, but a blood test can look for proteins found in tissue that has been damaged by RA. This is a likely indicator that you have RA. There are several other tests to confirm the presence of RA, and doctors often will take X-rays to look at the extent of joint damage.

For many people, RA first appears as an inflammation in the knuckles, feet and wrists, then progressing to elbows, shoulders, hips and knees. RA can cause feeling of fatigue, loss of appetite, weight loss or a low-grade fever.

Medical treatment for RA focuses on slowing or stopping the progression of the disease. There are medications known as disease-modifying antirheumatic drugs (DMARDs). If your RA doesn't respond well to DMARDs, doctors may try biologic response modifiers, simply referred to as *biologics*. Made from genes, or from a living organism such as a virus or protein, biologics interrupt the inflammatory process. Doctors may also use non-steroidal anti-inflammatory drugs (NSAIDs), like aspirin or ibuprofen, to reduce inflammation, and analgesics, like acetaminophen, for pain.

A doctor who specializes in RA is a rheumatologist, who has been trained to diagnose and treat arthritis and other diseases that affect the joints. You may also see an orthopaedist, who specializes in diseases of the bone. You can learn exercises to keep your muscles strong and prevent joint stiffness, and to reduce strain on your joints while doing everyday activities. Because some foods affect inflammation, nutrition could be part of treatment. Including whole grains, fruits and vegetables in your diet may help.

Learn as much as possible about your RA and take an active role in managing your own treatment. Keeping a positive attitude is important. Help your doctor by keeping track of your symptoms, medications, side effects, pain levels, etc. Use your network of family members and friends for emotional support when you're down – and to share good news. The Arthritis Foundation has an online community with blogs and support groups. Go to www.arthritis.org for more information.

ECCENTRIC PEOPLE LIVE LONGER: So claims David Weeks, a psychologist at Royal Edinburgh Hospital in Scotland. In addition to possessing such traits as curiosity, sense of humor and love of ideas, many eccentric people, according to Weeks, have a real zest for life. "To them, anything is possible."from NOTE

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

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2015 Dianne Robbins

2016 Ruth Ingalls

2017 Marie Federico

2018 Connie Marano



"EVERYONE WELCOME"

MEMBERSHIP DUES ARE NOW BEING ACCEPTED FOR THE YEAR 2014

FRIENDS OF THE PEMBROKE COA 2014 MEMBERSHIP DUES = \$5.00

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

P.O. BOX 221

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ADDITIONAL.....

IN MEMORY OF:

IN HONOR OF:.....

TOTAL CONTRIBUTION \$.....

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

NEXT FRIENDS MEETING: SEPTEMBER 16, AT 10:30 A.M.



~ ~ ~ DONATIONS TO THE FRIENDS ~ ~ ~

Anonymous Donation

Anonymous in Memory of John Angie
Anne Richardson in Memory of World War II Veterans
The Plmentel Family in Memory of John Angie

THE BEST THINGS IN LIFE ARE FREE: "When we count our many blessings, it isn't hard to see, that life's most valued treasures are the treasures that are free. For it isn't what we own or buy that signifies our wealth, it's the special gifts that have no price, our family, friends, and health." ...Frances Sorgman

Old Colony Elder Services Nutrition Program

July 2014 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk and margarine are served at every meal and are included in the nutrition breakdown ❖ Indicates entrée has > 700 mg Sodium	1 Salmon Stir Fry with Soy Ginger Glaze Oriental Vegetables Brown Rice Wheat Bread Pineapple Calories: 525 Fat: 19% Sodium: 510mg Carb: 71g	2 Salisbury Steak With Gravy Mashed Potatoes Green Beans Rye Bread Peaches Calories: 620 Fat: 34% Sodium: 685mg Carb: 74g	3 ❖Hawaiian Chicken Baked Beans Corn Hamburger Bun Strawberry Cupcake MOD: SF Cake Calories: 805 Fat: 20% Sodium: 1255mg Carb: 118g	No Meals Served 
7 Swiss Cheese Omelet Tomato and Pepper Salsa Potato Wedges Rye Bread Fresh Orange Calories: 700 Fat: 41% Sodium: 955mg Carb: 73g	8 American Chop Suey Carrots Multigrain Bread Fruit Cocktail Calories: 650 Fat: 26% Sodium: 590mg Carb: 82g	9 COOK IN: HOT DOGS, BEANS, POTATO SALAD, COLE SLAW, AND DESSERT. COST: \$5.00 Calories: 610 Fat: 25% Sodium: 895mg Carb: 84g	10 Chicken Parmesan Penne Pasta With Spaghetti Sauce California Vegetables Italian Bread Brownie MOD: Diet Brownie Calories: 740 Fat: 27% Sodium: 700mg Carb: 84g	11 Turkey and Swiss Lite Mayonnaise Italian Pasta Salad Cole Slaw Wheat Bread Fresh Plum Calories: 870 Fat: 39% Sodium: 975mg Carb: 88g
14 Sloppy Joe with Hamburger Bun Corn Green Beans Pineapple BOOK CLUB A.M. BINGO P.M. Calories: 690 Fat: 30% Sodium: 585mg Carb: 84g	15 Chilled Marinated Chicken and Broccoli Potato Salad Half Pita Bread Fresh Apple Calories: 690 Fat: 32% Sodium: 435mg Carb: 78g	16 Meatballs With Pasta Spinach Parmesan Rye Bread Mandarin Oranges Calories: 660 Fat: 28% Sodium: 735mg Carb: 83g	17 Fish Sticks with Tartar Sauce Red Bliss Potatoes Honey Glazed Carrots Wheat Roll Fresh Pear ATTY. LORING Calories: 780 Fat: 31% Sodium: 820mg Carb: 109g	18 BBQ Pork Riblet Potato Wedges Broccoli Multigrain Bread Oatmeal Cookie MOD: Lorna Doone Calories: 625 Fat: 37% Sodium: 1030mg Carb: 69g
21 Unstuffed Pepper Casserole Green Beans Rye Bread Peaches Calories: 550 Fat: 29% Sodium: 500mg Carb: 68g	22 Cranberry Chicken Mashed Potatoes Fiesta Vegetables Multigrain Bread Mixed Fruited Jello Light Calories: 560 Fat: 16% Sodium: 430mg Carb: 77g	23 Mini Ravioli with Tomato Sauce Peas and Carrots Wheat Roll Fresh Orange CHARLENE Calories: 575 Fat: 19% Sodium: 900mg Carb: 91g	24 Italian Pot Roast Oven Roasted Potatoes Brussels Sprouts Italian Bread Chocolate Chip Cookie MOD: Lorna Doone Calories: 675 Fat: 29% Sodium: 560mg Carb: 79g	25 Tuna Fish Salad with Hamburger Bun English Pea Salad Rivera Salad Fruit Cocktail Calories: 635 Fat: 26% Sodium: 875mg Carb: 76g
28 Mac and Cheese Broccoli Garlic Roll Pears BINGO Calories: 680 Fat: 33% Sodium: 915mg Carb: 90g	29 Chicken Salad Tri Color Pasta Salad Carrot Cauliflower Salad Wheat Bread Sugar Cookie MOD: Vanilla Wafers Calories: 820 Fat: 31% Sodium: 780mg Carb: 98g	30 Beef Stew Steamed Potatoes Pumpkin Bread Apple Sauce MOVIE Calories: 625 Fat: 31% Sodium: 520mg Carb: 75g	31 ❖Roasted Turkey With Stuffing and Gravy Mashed Potatoes Green Beans Mandarin Oranges Rye Bread Calories: 595 Fat: 26% Sodium: 1045mg Carb: 76g	

FOR TRANSPORTATION CALL:
781-294-8220

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

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

For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561
Cancellations should be made no later than 10:30 am on the day before delivery

ACTIVITIES

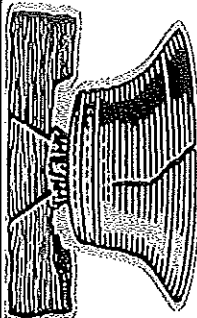

JULY 2013

"PEMBROKE PIONEER"

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

LUNCH @ 11:30 COST: \$2 Nutrition 781-294-4645

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH reservations must be made a week ahead call 781-294-4645	1 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Support Grp 1:00 ZUMBA \$5	2 10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 LAST DAY TO SIGN UP FOR PICNIC	3 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:45 Wal-Mart Shopping 1:00 NO KNITTING UNTIL SEPT	 CLOSED
CHAIR YOGA - 2x/WEEK JULY & AUGUST	7 10:30 Walking Group 11:30 LUNCH \$2	9 10:00 DULL MEN 10:30 Walking Group 12:00 Indoor Picnic Lunch - \$5 ((PICNIC))	10 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:45 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	11 7:50 Food Shopping MARKET BASKET 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Cribbage & Whist
14 10:00 BOOK CLUB 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	15 9:30 RITA'S CHAIR YOGA \$4 10:30 NO FRIENDS MTG 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Support Grp 1:00 ZUMBA \$5	16 10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE 1:00 ATTY CONROY (BY APPOINTMENT)	17 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:30 Atty. Loring 12:45 Wal-Mart Shopping	18 7:50 Food Shopping 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Cribbage & Whist
21 10:30 Walking Group 11:30 LUNCH \$2	22 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Support Grp 1:00 ZUMBA \$5	23 10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 Charleen 12:30 MOVIE	24 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:45 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	25 7:50 Food Shopping 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Cribbage & Whist
28 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	29 9:30 RITA'S CHAIR YOGA \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Support Grp 1:00 ZUMBA \$5	30 10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE	31 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:45 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	

BINGO IN JULY
BAD STORM, NO BINGO
 Free refreshments - Cash Prizes

Monday, JULY 7, @ 1:00 pm and Monday, JULY 21, @ 1:00 pm

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

FREE HEALTH SCREENING CLINICS: PLEASE NOT CHANGE OF DATES

COUNCIL ON AGING	MONDAY, July 7, 2014	10:00-11:00 am
KILCOMMONS COMMUNITY ROOM	TUESDAY, July 8, 2014	10:00-11:00 am
MACDONALD WAY	WEDNESDAY, July 9, 2014	10:00-11:00 am
MAYFLOWER COURT	THURSDAY, July 10, 2014	10:00-11:00 am

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



American
Heart
Association.

Nutrition Center

Summer Tips for a Healthy Home

Staying active in the summer months

The arrival of spring and summer means days at the pool, family picnics, baseball and other outdoor activities. Here are some tips to keep your family physically active in the warmer months:

- Hydrate! Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.
- Protect your family from the sun: wear wide-brimmed hats, always apply water resistant sunscreen that protects against both UVA and UVB rays with at least SPF 15 and reapply sunscreen every 2 hours. Seek shade, especially during the midday hours
- Heat safety: avoid intense activities between noon and 3 p.m. when the sun is at its strongest.
- Dress for the heat: wear lightweight, light colored clothing, choose light, breathable fabrics such as cotton, and wear sunglasses to protect your eyes.
- Head indoors: when the heat gets unbearable, try indoor activities at your local YMCA or rec center like basketball, swimming, yoga or racquetball.

IN MEMORIAM

Margaret A. Briggs, Claudette M. Fitzsimmons, Richard Manley, Gerald Pierce,
Edward J. Stafford

O give thanks unto the Lord, for he is good: for his mercy endureth for ever.
Psalm 107:1

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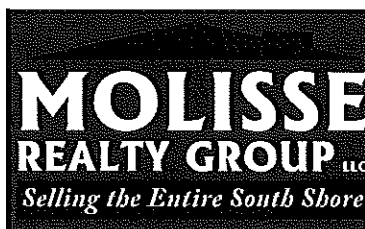
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BAKED SCALLOPS

Shirley Williams

1 LB. LARGE SCALLOPS
1 CAN CREAM OF SHRIMP SOUP

1/4 LB. MARGARINE
1 PKG. RITZ CRACKERS

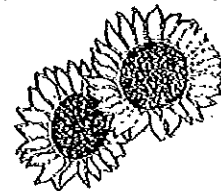
MIX SHRIMP SOUP WITH 1/4 CUP OF HALF-AND-HALF OR CREAM. POUR OVER SCALLOPS. BAKE AT 350° FOR 15 MINUTES. MELT MARGARINE. MIX MARGARINE AND CRUSHED RITZ CRACKERS. BAKE AT 350° FOR 15 MINUTES.

Postage, printing and/or distribution of this Newsletter is made possible in part by a Grant from the Massachusetts Executive Office of Elder Affairs
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Next Board Meeting 7 PM, September 9, 2014

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