

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

JUNE 2013

We wish all of our Fathers, Grand Fathers, and Great Grand Fathers a very **HAPPY FATHER'S DAY!** And we Congratulate all of our Pembroke Graduates! We remember FLAG DAY on June 14th!

We honor all of our VOLUNTEERS. These special people are the "Heartbeat of the Council" and we cannot thank them enough for all they do!

MARIE'S BRIC-A-BRAC area will be featuring Christmas in July. There will be a variety of holiday items for sale. Come shop early!

THE FRIENDS OF THE COA will be having an "INDOOR FOURTH OF JULY PICNIC" on Wednesday, July 10th, at 12:30 P.M. The kitchen will be closed that day, and there will be Patriotic Entertainment with Jack Craig. The cost is \$5.00 per person to be paid to Connie or Chris in the office when you sign up. No HOT LUNCH that day. Limited to 60 people. Sign up early.

See Page 6 for BINGO times and dates.

The MOVIES for JUNE will be held on the 5th and 19th. See Activities Page.

On JUNE 12th, WEDNESDAY, at 12:30 P.M. DAN DALY from the PLYMOUTH COUNTY MOSQUITO CONTROL Office will do a Seminar on the above subject along with how to protect yourself from the West Nile Virus. Do plan to attend. If you need a ride call us.

THE PLEDGE OF ALLEGIANCE was recognized by Congress in 1942.



There will be a presentation on Thursday, June 13th with American Acupuncture Louis J. Vanrenen at 12:30 after lunch. "AGING GRACEFULLY".

Long Pond Physical Therapy will discuss Home Modification issues at their meeting on the 20th. Be sure to sign up.

Under the COA PRIVACY LAW effective May 22, 2002, shielded from disclosure as a "PUBLIC RECORD" is all identifying information about elderly persons in the possession of a COA, including client names and addresses, and other "information the disclosure of which may constitute an unwarranted invasion of privacy."

We are also protected by the "ELDER JUSTICE ACT" which protects our elders from "Financial Abuse".

For this reason, I will NOT give this individual on the Wage & Personnel Board the key to my office or access to our elder files. As a result I have been accused of wrong-doing at Town Meeting. I question this individual's credibility and motives.

NEW SCAMS: Some elders in Town are receiving telephone calls from someone from Texas asking for personal information. HANG UP! There are many predators around preying on frail and vulnerable elders, do not be a victim of their trickster methods. In closing, a thought from Tiny Tim "GOD BLESS US, EVERYONE!"



Mary E. Willis, Director

Q&A – June 2013

Free Phones & Bill Discounts

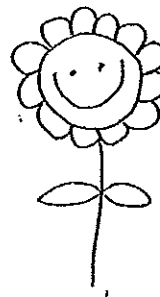
Is there a federal program to cut phone costs?

Yes. **Lifeline** is a government benefit program that provides monthly discounts on telephone service (landline or wireless) for eligible low-income consumers. With this program, your phone bill could be reduced by more than \$100 a year. You can also qualify for a free cell phone and up to 250 free minutes per month from certain wireless companies.

Lifeline discounts are available to eligible, low-income consumers in every state—including Massachusetts. You must be financially eligible to enroll and you are required to reconfirm your eligibility with your telephone provider every year. Only one Lifeline discount per household is permitted.

To be eligible you must either have an income that is at or below 135% of the federal poverty guidelines, roughly \$15,080 a year for one person, or participate in one of the following assistance programs:

- MassHealth
- Supplemental Nutrition Assistance Program (Food Stamps or SNAP)
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (Section 8)
- Low-Income Home Energy Assistance Program (LIHEAP)
- Temporary Assistance to Needy Families (TANF)
- National School Lunch Program's Free Lunch Program
- Head Start



Since 1985, the Lifeline program has provided a discount on phone service for qualifying consumers. In 2005, Lifeline discounts were made available to households on pre-paid wireless service plans. An eligible household can receive a discount on either a landline or wireless service, but not both. Over the past 25 years, Lifeline has helped tens of millions of low-income Americans afford basic phone service, but it's estimated that at least 50% of the consumers in Massachusetts who qualify for Lifeline are not enrolled.

You can apply for Lifeline discounts directly through a participating phone company. These companies are reimbursed by the government for the revenue the companies lose by providing discounted service. There are several companies offering Lifeline in Massachusetts. You may want to start by asking your current provider if they offer the program and how to enroll.

Use the resources below to get more information about the program and the companies that can provide service in Massachusetts:

- The Massachusetts Office of Consumer Affairs & Business Regulation (OCABR), <http://www.mass.gov/ocabr>; the direct link is <http://www.mass.gov/ocabr/consumer/cable-tv-and-telecomm-a/advisories-dtc/lifeline-what-consumers-should-know.html>
- Federal Communications Commission, 1-888-225-5322, <http://www.fcc.gov/lifeline>
- Universal Service Administration Company (USAC), <http://www.lifelinesupport.org>

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

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VICE-PRESIDENT:
SECRETARY: MARY SALTERS
TREASURER: RUTH PILKUHN



BOARD OF DIRECTORS

2013—CONNIE MARANO
2014—JEANNIE DUFFY, MEMBERSHIP CHAIR
2015—DIANNE ROBBINS
2016—
2017 - MARIE FEDERICO

"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
ADDRESS

DUES

ADDITIONAL

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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: JUNE 18, 2013 AT 10:30 A.M.
THE FRIENDS WILL NOT BE MEETING IN JULY OR AUGUST.**

Marie Federico is looking for new or almost new saleable items for her "Bric-a-Brac table at the Senior Center. This is a major fundraiser for the Friends of the COA. Drop items off at the Welcome Station.

The Friends of the COA are seeking volunteers who are willing to help at functions held for the seniors to celebrate holidays and special occasions. If you can help the Friends in any way, see Marie Federico at the Welcome Station on Thurs or Fri. AM or talk to office staff at the Senior Center.


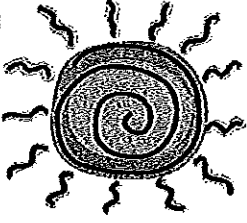
A SPECIAL "THANK YOU" TO VALERIE KROON FOR HER SERVICE AS PRESIDENT OF THE FRIENDS. SHE WILL KEEP THE "LIVING WITH CHRONIC ILLNESS" GROUP ACTIVE ON TUESDAY AFTERNOONS. VALERIE RETIRED FROM THE FRIENDS GROUP ON MAY 17th. THE FRIENDS WILL BE NEEDING A NEW PRESIDENT.

Old Colony Elder Services - Menu

FOR RIDE: CALL 781-294-8220

June 2013 Menu

FOR LUNCH: CALL 781-294-4645 EARLY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fish w/ Crumb Topping Sweet Potato Roman Blend Veg Pumpernickel Bread Fruit loaf MOD: lemon grahams Calories: 570 Fat: 16% Sodium: 655 mg Fiber: 6 g	4 Hot Dog on a Bun Tater tots ketchup pkt California Vegetable Pineapple Calories: 781 Fat: 46% Sodium: 1260 mg Fiber: 7 g	5 Macaroni and Cheese Broccoli Stewed Tomatoes <u>MOVIE</u> Rye Bread Apple sauce Calories: 680 Fat: 33% Sodium: 920 mg Fiber: 7 g	6 Garlic Chicken - Salad Pasta Salad, Vinaigrette English Pea Salad Multigrain Bread Mandarin Oranges Calories: 765 Fat: 27% Sodium: 465 mg Fiber: 12 g	7 Beef Stir fry Oriental. brown rice Broccoli Whole wheat Bread Rice Pudding MOD: SF Pudding Calories: 750 Fat: 33% Sodium: 750 mg Fiber: 11 g
10 Baked Chicken with Gravy Oven roasted potato Harvard beets Rye Bread Pineapple <u>BINGO</u> Calories: 633 Fat: 20% Sodium: 645 mg Fiber: 5 g	11 Turkey- ham and American cheese Tomato and Cucumber salad Wheat Bread Fruit Cocktail Calories: 670 Fat: 40% Sodium: 1240 mg Fiber: 6 g	12 Swedish Meatballs Parslled Egg Noodles Spinach Oatmeal Bread <u>MOSQUITO SEM.</u> Chocolate Pudding MOD: SF Pudding Calories: 590 Fat: 28% Sodium: 800 mg Fiber: 8 g	13 Cheese Omelet O'Brien Potato Green Beans Pumpernickel Bread Fruit Snack n Loaf MOD: Apple-Cinnamon Grahams Calories: 730 Fat: 40% Sodium: 965 mg Fiber: 6 g	14 Roasted Turkey w/ Maple Gravy Mashed Potato Peas and Onions Multigrain roll Mandarin Oranges Calories: 640 Fat: 22% Sodium: 1059 mg Fiber: 9 g
17 BBQ Beef Patty White rice Italian Vegetables Oatmeal Bread Fresh Apple Calories: 700 Fat: 35% Sodium: 539 mg Fiber: 10 g	18 Lemon Pepper Fish Mashed Potatoes Fiesta Blend Vegetables Rye Bread Butterscotch Pudding MOD: SF Pudding Calories: 710 Fat: 30% Sodium: 911 mg Fiber: 5 g	19 Stuffed Shells w/ meat sauce Green beans Cauliflower Garlic roll Peach Cake MOD: LS Cake Calories: 625 Fat: 38% Sodium: 721 mg Fiber: 8 g	20 Sweet n' Sour Pork Rice Blend Carrots Multigrain Bread Cinnamon Apples Calories: 619 Fat: 27% Sodium: 882 mg Fiber: 9 g	21 Cranberry Chicken Mashed Potato Corn Wheat Bread Pineapple Calories: 615 Fat: 19% Sodium: 509 mg Fiber: 7 g
24 Cheese Lasagna w/ Meat Sauce Green and Wax beans Carrots Italian Bread Apple Cinnamon Muffin MOD: Blueberry Graham Calories: 675 Fat: 29% Sodium: 777 mg Fiber: 12 g	25 Lemon Dijon Chicken Wild rice Spinach Whole Wheat roll Fruit Cocktail Calories: 590 Fat: 18% Sodium: 729 mg Fiber: 5 g	26 Egg Salad Broccoli and Tomato Salad Potato Salad Rye Bread Vanilla Pudding MOD: SF Pudding Calories: 600 Fat: 37% Sodium: 559 mg Fiber: 7 g	27 Steak and cheese Potato wedges Broccoli Sub Roll Pears Calories: 725 Fat: 42% Sodium: 1029 mg Fiber: 9 g	28 Krunch Lite Fish Mashed Sweet Potato Zucchini Pumpernickel Bread Fresh Orange Calories: 790 Fat: 33% Sodium: 789 mg Fiber: 8 g
Milk and margarine are served at every meal. ♦Indicates entrée has > 700 mg Sodium	BINGO: 10th + 24th! 	MOVIES: 6th + 19th! 12th: Seminar with Dan Daly on Mosquito + West Nile control!		13TH: AGING GRACEFULLY? SEMINAR! 20th: LONG POND P.T.

Menu is subject to change without notice

Suggested donation - \$2.00 per meal.

LUNCH RESERVATIONS SHOULD BE MADE A WEEK AHEAD TO GUARANTEE
 WE HAVE ENOUGH FOOD FOR THE DAY OF SERVING!

ACTIVITIES

JUNE


2013

"PEMBROKE PIONEER"

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

LUNCH SERVED @11:30 \$2

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch reservations must be made a week ahead call 781-294-4645	FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE 3 BAG LIMIT		WALKING GROUP Monday, Tuesday, Friday	MALL WALKERS ON FRIDAY
3	4	5	6	7
10:30 Walking Group 11:30 LUNCH \$2	9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE "Anna and The King" 1:00 Bowling @ Hanover	8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Cards @ Kilcommons	7:50 Food Shopping 9:15 Line Dancing \$4 10:30 Walking Group/Mall Walkers 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Games - Whist
10	11	12	13	14
10:30 Walking Group 11:30 LUNCH \$2 12:30 BINGO	9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5 7 P.M. COA BOARD MTG.	10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 12:30 PLYMOUTH COUNTY MOSQUITO CONTROL 1:00 Atty Conroy by Appt 1:00 Bowling @ Hanover	8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:30 "Aging Gracefully"	7:50 Food Shopping 9:15 Line Dancing \$4 10:30 Walking Group/Mall Walkers 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Games - Whist
17	18	19	20	21
10:30 Walking Group 11:30 LUNCH \$2	9:30 Chair Yoga \$4 10:30 FRIENDS OF COA 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE "Sahara" 1:00 Bowling @ Hanover	8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 12:30 Long Pond PT "Home Modification" 1:00 Cards @ Kilcommons	7:50 Food Shopping 9:15 Line Dancing \$4 10:30 Walking Group/Mall Walkers 10:30 No Card Crafting until Sept. 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Games - Whist
24	25	26	27	28
10:30 Walking Group 11:30 LUNCH \$2 12:30 BINGO	9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2	8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Cards @ Kilcommons	7:50 Food Shopping 9:15 Line Dancing \$4 10:30 Walking Group/Mall Walkers 10:30 No Card Crafting until Sept. 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Games - Whist



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



Monday, JUNE 10 @ 1:00 pm, Monday, JUNE 24 @ 1:00 pm

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

FREE HEALTH SCREENING CLINICS

COUNCIL ON AGING	MONDAY, JUNE 3, 2013	10:00-11:00 am
KILCOMMONS COMMUNITY ROOM	MONDAY, JUNE 10, 2013	10:00-11:00 am
MACDONALD WAY	MONDAY, JUNE 17, 2013	10:00-11:00 am
MAYFLOWER COURT	MONDAY, JUNE 24, 2013	10:00-11:00 am



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

ELIMINATING THE IMPROVEMENT STANDARD FOR MEDICARE COVERAGE: In January 2013, an agreement was approved in the case of "JIMMO v. SEBELIUS". The plaintiffs alleged that Medicare Contractors were inappropriately applying an "improvement standard" in making claims determinations for Medicare coverage of skilled nursing facility, home health, and outpatient therapy benefits.

CMS is affirming that claims for skilled nursing care, home health, and outpatient therapy (physical, occupational, and speech) should not be denied on the basis of this "improvement standard". Instead coverage should be provided when "skilled services are required in order to provide care that is reasonable and necessary to prevent or slow further deterioration". In other words, Medicare will cover skilled services that maintain a persons condition or prevent it from worsening. This applies to both Medicare and Medicare Advantage Plans.

The Medicare Advocacy Project (MAP) is available to assist beneficiaries with appeals of coverage denials. For beneficiaries age 60 and over, MAP can be reached by calling the Massachusetts Senior Legal Helpline at 866-778-0939.

IN MEMORIAM

Jane Margaret Horner, Ann M. Nicholson, Thomas P. OLeary, Bernard L. Ruggles, Irene M. Schuler,
 Joseph B. Skowrya, John H. Willis, Sr.

I cried unto the Lord with my voice; with my voice unto the Lord did I make my supplication.

Psalm 142:1



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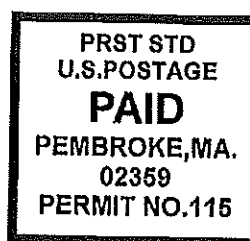
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CHANGE SERVICE REQUESTED



"FATHERS"

Remembering our father is easy to do
courage and strength seeing us through.

Guidance and direction are his tools,
leading us on though stubborn as mules.

Inspired by these learning nails, whispering
love that never falls.

Vram

ELDON'S SPECIAL RECIPE FOR ORZO SALAD.

- | | |
|---|------------------------------|
| 1 Box of ORZO (cooked & rinsed with cold water) | |
| 1 Bottle of Greek Dressing | 1 Red pepper (chopped small) |
| 1 Green pepper (chopped small) | 1 container of Feta Cheese |
| 1 Can Black Olives, chopped | 1 Jar green Olives, chopped |

Recipe may be cut in half for fewer servings.
Combine all ingredients and ENJOY!

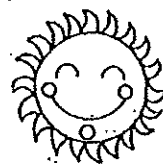
Postage, printing and/or distribution of this Newsletter is made possible in part by a Grant from
the Massachusetts Executive Office of Elder Affairs
"The Pembroke COA does not endorse the content of any seminars."
They are for informational use only."

COUNCIL ON AGING BOARD MEMBERS

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Kathleen Toole, Treasurer
John Melchin, Recording Clerk

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Next Board Meeting 7 P.M. JUNE 11, 2013



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