

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 2014

We have so much to celebrate this month: FATHER'S DAY, FLAG DAY the 14th, AND GRADUATION DAYS. Congratulations to all our Fathers and Graduates!

WE HONORED our VOLUNTEERS recently with a special luncheon and "training seminar". These special people are the "Heartbeat of the Council" and we cannot "THANK" them enough for all they do!

QUAN'S KITCHEN will be preparing a special "SENIOR LUNCHEON" on WEDNESDAY, JUNE 25th at 1:00 P.M. here at the Senior Center. You will have to sign up by JUNE 20th for your reservation. This is a free luncheon, and reservations are important for your seating. Sign up sheets will be available in the Reception Area.

THE FRIENDS will be sponsoring their "Annual Indoor Picnic" on JULY 9th at 12:00 Noon. The cost is \$5.00. You must sign up by JULY 3rd. Sign up sheets will be available in the Reception Area.

BOOK DISCUSSION GROUP with Suzanne Cutler will be held on MONDAY, JUNE 9th AT 10:00 A.M. The book will be chosen at the meeting for June. Do plan to attend.

BINGO DATES: JUNE 9th and 23rd. See Frank Tobin's and friends information on Page 6.

"HAPPY FATHERS DAY"



The first FLAG DAY observance was June 14, 1877. The first Flag Day Association was formed in Chicago in 1894.

FATHER'S DAY was first celebrated on June 19, 1910. The day was originated by Mrs. John Bruce Dodd and sponsored by the Ministerial Association of Washington, D.C.

NIELSON EYE CENTER will be here on WEDNESDAY, JUNE 18th, from 12:30 P.M. TO 2:00 P.M. Be sure to sign up for your eye exam. If you do not sign up we will have to cancel the eye screening session. Last month only one person signed up.

MOVIES FOR JUNE will be on different dates due to other functions occurring. The dates are: Wednesday, June 4th and June 11th. The movies will be "HER" rated R and "The Secret Life of Walter Mitty". Do sign up.

Our Transportation Program will be going to the "MARKET BASKET" supermarket once a month. If you would like to go call Chris at 781-294-8220 for date and time.

Don't forget to sign up for the QUAN'S SENIOR LUNCHEON by JUNE 20th!

"Fall seven times, stand up eight".

.....Japanese Proverb

In closing, "Think for yourself, and let others enjoy the privilege of doing so too."..... Voltaire



Mary E. Willis, Director

Top 10 Scams Against Seniors

What are the most common scams aimed at seniors?

The National Council on Aging has created a list of the worst scams targeting seniors:

1. **Health Care/Medicare/Health Insurance Fraud** — A scammer poses as a Medicare representative, and ask seniors to give out personal information; or they offer phony services at makeshift mobile clinics, then use the personal information to bill Medicare.
2. **Counterfeit Medications** — An internet scam which offers seniors *better prices* on specialized medications. The elder pays for something that won't help their medical condition, and could be an unsafe substance that actually makes conditions worse.
3. **Funeral & Cemetery Scams** — A complete stranger will call or attend a funeral service, claiming the deceased had an outstanding debt with them, and will ask relatives to pay money to settle the fake debts. Another scam is when a funeral home itself adds unnecessary charges to the bill—like insisting that an expensive casket is needed for a cremation, when an cardboard casket is all that is required.
4. **Bogus Anti-Aging Products** — Fake botox scams net millions of dollars, as renegade labs sell products containing botulism neurotoxin, one of the most toxic substances known to science. A bad batch can have serious health consequences.
5. **Telemarketing Fraud** — A con artist tells the senior that he/she has found a large sum of money and is willing to split it if the elder will make a *good faith* payment by withdrawing funds from his/her bank account. In another ploy, a con artist asks the elder to wire or send money to help the elder's relative who is in the hospital and needs the money. Phone calls are also used for charity scams, especially after natural disasters, to help charities that don't exist.
6. **Internet Fraud** — Seniors are emailed a message to download a fake anti-virus program (at a substantial cost) that opens up whatever information is on the user's computer to scammers. Or, seniors receive emails asking them to update or verify their personal information. Some receive fake notices from the IRS about a tax refund.
7. **Investment Schemes** — A number of investment schemes are sent to elders offering complex, financial products that many economists don't even understand. If seniors have money to invest, they should only work with local advisors they trust and have worked with in the past.
8. **Reverse Mortgage Scams** — Unsecured reverse mortgages can lead property owners to lose their homes when the perpetrators offer money or a free house somewhere else in exchange for the title to the property.
9. **Sweepstakes & Lottery Scams** — Seniors are informed that they have won a lottery or sweepstakes of some kind but need to make some sort of payment to unlock the supposed prize. Scammers may send a check that the elder can deposit in their bank account. It will take a few days for the fake check to bounce. In the meantime, the criminals ask the senior to pay fees or taxes on the phony prize.
10. **The Grandparent Scam** — The elder gets a call saying: "Hi Grandma, do you know who this is?" When the elder guesses the name of the grandchild, the scammer uses that name to ask for money to be wired by MoneyGram or Western Union.

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

OFFICERS AND BOARD OF DIRECTORS OF THE FRIENDS

PRESIDENT: Mary Nighelli	2014 Jeanne Duffy—Membership Chairman
VICE PRESIDENT: Suzanne Cutler	2015 Dianne Robbins
SECRETARY: Mary Salters	2016 Ruth Ingalls
TREASURER: Ruth Pilkuhn	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

PEMBROKE, MA. 02359

NAME	DUES
ADDRESS	ADDITIONAL
.....	IN MEMORY OF:
E-MAIL	IN HONOR OF:
PHONE	TOTAL CONTRIBUTION \$

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

NEXT FRIENDS MEETING: JUNE 17, AT 10:30 A.M.

~ ~ ~ DONATIONS TO THE FRIENDS ~ ~ ~

Joan Desmond In Memory of David Desmond
Marie & Joe Federico In Memory of John Angle
Jean Healy In Memory of Pat Walsh
Elaine & Wayne Rankin In Memory of John Angle

Old Colony Elder Services Nutrition Program

June 2014 menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Stuffed Shells Spinach Zucchini and Tomato Wheat Bread Mandarin Oranges		3 Turkey A La King Oven Roasted Potatoes Peas and Mushrooms Biscuit Peaches		4 Salmon with Pineapple Salsa Wild Rice Roman Vegetables Multi Grain Bread Butterscotch Pudding MOD: Diet Pudding		5 Orange Almond Chicken Carrot and Barley Pilaf Succotash Rye Bread Fresh Apple		6 Beef Burgundy Mashed Potatoes Carrot Coins Wheat Roll Fresh Plum	
Calories: 560 Fat: 25% Sodium: 910mg Carb: 75g		Calories: 760 Fat: 28% Sodium: 640mg Carb: 94g		Calories: 625 Fat: 22% Sodium: 655mg Carb: 88g		Calories: 690 Fat: 18% Sodium: 550mg Carb: 102g		Calories: 520 Fat: 22% Sodium: 470mg Carb: 64g	
9 ♦ Low Sodium Hotdog with Ketchup Lyonnais Potatoes Tuscany Vegetables Hotdog Bun Fresh Peach		10 Krunch Lite Fish with Tartar Sauce Brown Rice Jardinière Vegetables Pumpnickel Bread Fresh Orange		11 Mediterranean Chicken Orzo Vegetable Blend Spinach Oatmeal Bread Pineapple		12 Pepper Steak Red Bliss Potatoes Broccoli Wheat Bread Apple Cinnamon Muffin MOD: Fruit Grahams		13 Egg Salad Pesto Pasta Salad Summer Vegetable Salad Rye Bread Pistachio Pudding MOD: Diet Pudding	
Calories: 705 Fat: 43% Sodium: 1080mg Carb: 75g		Calories: 675 Fat: 29% Sodium: 770mg Carb: 89g		Calories: 675 Fat: 22% Sodium: 865mg Carb: 89g		Calories: 770 Fat: 35% Sodium: 825mg Carb: 87g		Calories: 850 Fat: 37% Sodium: 895mg Carb: 94g	
16 Beef Stroganoff Over Egg Noodles Broccoli Pumpnickel Bread Pineapple		17 Pork Stir Fry Oriental vegetables Brown Rice Wheat Bread Fresh Pear		18 Fish Tacos with Sour Cream Black Beans and Rice Pepper and Tomato Salsa Tortilla Fresh Orange NIELSON EYE		19 Roasted Turkey with Gravy Half Baked Potato Broccoli Wheat Dinner Roll Chocolate Chip Cookie MOD: Diet Cookie		20 California Chicken Salad Potato Salad Tomato + Cucumber Salad Multigrain Bread Light Apple Rhubarb Crisp	
Calories: 580 Fat: 23% Sodium: 440mg Carb: 72g		Calories: 655 Fat: 22% Sodium: 905mg Carb: 91g		Calories: 740 Fat: 38% Sodium: 840mg Carb: 90g		Calories: 640 Fat: 34% Sodium: 980mg Carb: 73g		Calories: 725 Fat: 34% Sodium: 530mg Carb: 82g	
23 Hawaiian Roast Pork Oven Roasted Potatoes Brussel Sprouts Corn Muffin Fresh Nectarine		24 ♦ BBQ Chicken with Hamburger Bun Corn Cabbage and Carrots Watermelon		FREE LUNCH QUAN'S SENIOR LUNCH TIME: 1:00 PM		26 Tuna Salad Vegetable Pasta Salad Cole Slaw Multigrain Bread Mixed Fruited Jell-O Light		27 Meatloaf au Jus with Ketchup Mashed Potatoes Carrot Coins Wheat Roll Fresh Apple	
Calories: 780 Fat: 25% Sodium: 955mg Carb: 107g		Calories: 585 Fat: 19% Sodium: 1015mg Carb: 79g				Calories: 795 Fat: 36% Sodium: 940mg Carb: 85g		Calories: 760 Fat: 27% Sodium: 845mg Carb: 103g	
30 Lasagna Peas and Onions Spinach Parmesan Rye Bread Fresh Orange								Milk and margarine are served at every meal and are included in the nutrition breakdown	
Calories: 610 Fat: 22% Sodium: 860mg Carb: 88g								♦ Indicates entrée has > 700 mg Sodium	

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

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

JUNE


2013

"PEMBROKE PIONEER"

Call COA Office @ (781) 294-8229 to sign up for activities.

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10-11 BP CLINIC - COA 10:30 Walking Group 11:30 LUNCH \$2	2 9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	3 10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE "HER"	4 8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Knitting 1:00 BINGO @ Kilcommons	5 7:50 MARKET BASKET W. Bridgewater 9-10 Meet your Rep Josh Cutler 9-11 PODIATRIST - Appt necessary 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making
10:00 BOOK CLUB 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	9 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 10:00 DULL MEN 10:30 Walking Group 11:30 LUNCH \$2 12:30 MOVIE "SECRET Life of Walter Mitty"	11 8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Knitting 1:00 BINGO @ Kilcommons	12 7:50 Food Shopping 10:00 WEBSTER SQ. - Marshfield 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Games - Whist
10:30 Walking Group 11:30 LUNCH \$2	16 9:30 Chair Yoga \$4 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 10:30 Walking Group 11:30 LUNCH \$2 1:00 Atty Conroy by Appt	18 8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Knitting 1:00 BINGO @ Kilcommons	19 7:50 Food Shopping 10:30 No Card Crafting until Sept. 11:30 LUNCH \$2 12:30 Games - Whist LAST DAY TO SIGN FOR QUAN'S SENIOR'S LUNCH
10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	23 9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	24 10:00 DULL MEN 10:30 Walking Group 1:00 QUAN'S Senior's lunch	25 8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Knitting 1:00 BINGO @ Kilcommons	26 7:50 Food Shopping 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Games - Whist
10:30 Walking Group 11:30 LUNCH \$2	30 Lunch reservations must be made a week ahead call 781-294-4645			DRIVERS ARE NEEDED FOR MEDICAL APPOINTMENTS AND MEALS ON WHEELS PLEASE CALL FOR MORE INFO

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

Monday, JUNE 9, @ 1:00 pm, Monday, JUNE 23, @ 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 2, 2014	10:00-11:00 am
KILCOMMONS COMMUNITY ROOM	MONDAY, June 9, 2014	10:00-11:00 am
MACDONALD WAY	MONDAY, June 16, 2014	10:00-11:00 am
MAYFLOWER COURT	MONDAY, June 23, 2014	10:00-11:00 am

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

Eating Vegetable Proteins the Healthy "Weigh"

Plant protein sources have been making nutrition headlines for years. The recent health news about nuts, seeds, and legumes (dried beans and peas) has been especially positive. Vegetarian or meat-eater, you can easily enjoy all the benefits of these delicious foods.

1. NUTS for health

No longer a nutrition no-no, nuts are a good source of omega-3 fatty acids. These "good fats" can help lower cholesterol and fight heart disease. A small handful, about an ounce, makes a satisfying (and tasty!) snack - or a delicious topping to a leafy green salad.

2. NUT BUTTERS for health

Peanut butter isn't just for kids anymore. Research shows that sensible amounts of nut butters can help adults stick to a healthful eating style - and lose weight. Balance the fat in peanut butter by spreading it on apples slice, celery sticks or whole-grain crackers.

IN MEMORIAM

John Angie, Anthony G. Aretino, John A. Boudreau, Hollis L. Carey, Jr., Nancy V. Colbert,
Warren I. Gardner, Margaret Klein, Kathleen M. Norian, Kathleen Rehs, Robert G. Snyder,
Anita Whooten

"In thee, O Lord, do I put my trust: let me never be put to confusion.."
Psalm 71:1

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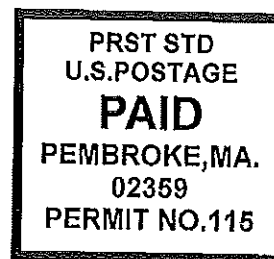
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PEMBROKE COUNCIL ON AGING STAFF

DIRECTOR: MARY WILLS
PRINCIPAL CLERKS: SUSAN LARKIN (pm);
SUZANNE DRISCOLL (am)
TRANSPORTATION COORDINATOR: CHRISTINE
WHITE
OUTREACH WORKER: RUTH INGALLS
ASSTANT OUTREACH WORKER: RUTH TIERNEY

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Next Board Meeting 7 PM, June 10, 2014

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