

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

MARCH 2014

HAPPY ST. PATRICK'S DAY!

"March comes in like a lion and goes out like a lamb". After all the snow and cold we have had, we look forward to the Vernal Equinox on the 21st when the days equal the nights.

INCOME TAX: With H. & R. BLOCK has been set up for MARCH 6th a Thursday, at 12:30 P.M. They will discuss IRA's, and many other issues we need to know about. Do plan to attend. Sign up sheets are available at the Reception Desk.

THE FRIENDS OF THE COA will be having a **ST. PATRICK'S DAY** on **MONDAY, MARCH 17th**, at 1:00 p.m. There will be entertainment by "SWIFTY", door prizes and refreshments. Sign up early so we will have enough for everyone. If you need a ride, let us know.

The menu for the day sounds interesting listed below:

Corned Beef Stew
(Corned beef with cabbage,
turnip, carrots, onions)
Boiled Potatoes
Irish Soda Bread
Bread Pudding with Topping

Chocolate Gold Coins



You will have to sign up on a different sheet, a week ahead, for lunch. The cost is \$2.00.

The young ladies Lara + Lauren Girl Scouts, did an excellent presentation in February explaining cell phones, computers (and differences) to our many elders in attendance. Everyone was really impressed with their knowledge!

OLD COLONY ELDER SERVICES

Nutritionist Donna-Marie Forrand will be here on Thursday, March 20th, at 10:00 A.M. to explain the "Healthy Eating Program". Do sign up for this most important educational event. Call for a ride if you need one!

Our Volunteer Medical Drivers request that if you have a **HANDICAP PLACARD**, please bring it with you when you need a medical ride, so the driver will be able to help you in a more timely way, and will be able to park closer to the entrance.

MASS AUDIOLOGY will be here on Thursday, March 27th, from 12:30 to 2:30 p.m. for hearing screenings, etc. do sign up!

BINGO WITH FRANK TOBIN and friends, SEE Page 6 for times and dates.

In closing, an Irish Blessing:

"May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face...." **HAPPY ST. PATRICK'S DAY!**

Mary E. Willis, Director



Q&A – March 2014

Spousal Income & Asset Protections



What are MassHealth "community spouse" protections?

If someone in your family requires nursing facility care, Medicare generally only provides short-term, limited coverage. Medicaid, known in Massachusetts as MassHealth, will pay for care over the long-term. However, you must have limited income and assets to qualify for MassHealth. To be eligible for MassHealth benefits, a nursing home resident may have no more than \$2,000 in assets—excluding your house, car, pre-paid burial, and a few other expenses.

MassHealth rules provide special protections for the at-home spouse, also known as the community spouse, of a MassHealth applicant. The intent is to give the community spouse the minimum support needed to continue to live in the community.

If the MassHealth applicant is married, the countable assets of both the community spouse and the institutionalized spouse are totaled as of the day on which the ill spouse enters either a hospital or a long-term care facility and stays for at least 30 days. If a married couple has \$100,000 in countable assets, for example, the applicant will be eligible for Medicaid once the couple's assets have been reduced to a combined figure of \$52,000 — \$2,000 for the applicant and \$50,000 for the community spouse. In general, the community spouse may keep one-half of the couple's total countable assets up to a maximum in 2014 of \$117,240. This asset amount is called the Community Spouse Resource Allowance.

There are also protections for income. The community spouse can keep all of her own income, with no limit. If most of the couple's income is in the name of the institutionalized spouse and the community spouse's income is not enough to live on, the community spouse is entitled to some or all of the monthly income of the institutionalized spouse. If the community spouse's own income is below \$1,939 per month, he or she is allowed to divert income from the institutionalized spouse to get up to the \$1,939. This is known as the Minimum Monthly Maintenance Needs Allowance. It will go up under Federal law on July 1, 2014. If the community spouse needs more than the minimum allowance, she may keep up to the maximum of \$2,931 per month with approval and by submitting proof of necessity.

Also be aware that the Excess Shelter Allowance may be available if the community spouse's housing expenses are more than 30% of the minimum monthly maintenance needs allowance (30% of \$1,939 = \$582). How much income the community spouse is entitled to is calculated for each community spouse according to a formula that includes housing costs—rent, mortgage payments, property taxes, insurance. The income range will fall in between the low of \$1,939 and the high of \$2,931 a month.

Keep in mind that the income of the community spouse is not counted in determining the MassHealth applicant's eligibility. Only income in the applicant's name is counted.

Consider, a married couple has joint income of \$4,000 a month — \$3,000 of which is in the institutionalized spouse's name and \$1,000 is in the community spouse's name. MassHealth determines that the community spouse's minimum monthly maintenance needs allowance, based on housing costs, is \$2,500. Because the community spouse's own income is only \$1,000 a month, MassHealth diverts \$1,500 monthly of the institutionalized spouse's income for the community spouse's support. This lowers what the institutionalized spouse pays the nursing facility.

If one member of a married couple has to go into a nursing facility, the community spouse should consider contacting an elder law attorney about spousal protection laws. To obtain a list of elder law attorneys in Massachusetts, call 617-566-5640, or send an email to info@manaela.org.

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

OFFICERS AND BOARD OF DIRECTORS OF THE FRIENDS

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2014 Jeanne Duffy—Membership Chairman
2015 Dianne Robbins
2016 Ruth Ingalls
2017 Marle Federlco
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

ADDRESS

PHONE

DUES

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: MARCH 18, AT 10:30 A.M.

~ ~ ~ DONATIONS TO THE FRIENDS ~ ~ ~

Abigail Cutler, Lydia Hale, Barbara Hall, Ronnie & Gil Lipman, Sandra Medaglia,
John Neslusan, Ruth Roy, Roy Seppala, Swifty's Aunt, Yoga Class

*****DONATIONS IN MEMORY OF*****

John Lecuski in Memory of Former Members; Connie Marano in Memory of N. Marano;
Irma Wall in Memory of Bill Wall; Joan D'Alessandro in Memory of Lorraine Kreft;
Mary Watson in Memory of Al Watson; Fran & Bill Frizzell in Memory of Eliash McSharry;
John Hetman in Memory of Ann Hetman

"If you have a song of faith in your heart, it will be heard by
the look on your face." ...Allan Dykstra

Old Colony Elder Services Nutrition Program - Menu

March - 2014

FOR A RIDE: CALL 781-294-8220 FOR LUNCH: CALL 781-294-4645 A WEEK AHEAD!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Shells w/ Meat Sauce Green Beans Cauliflower Italian Bread Oatmeal Cookie MOD: Strawberry Graham Calories: 610 Fat: 28% Sodium: 810mg Fiber: 9g	4 Chicken w/ Sage Stuffing Mashed Potato Herbed Carrots Coins Whole Wheat Bread Chocolate Pudding MOD: SF Pudding Calories: 610 Fat: 20% Sodium: 765mg Fiber: 7g	5 Sweet Potato Fish Tater Tots Mixed Vegetables Ketchup Hamburger Roll Pineapple MOVIE Calories: 940 Fat: 40% Sodium: 1216mg Fiber: 11g	6 Spanish Beef Tips Brown Rice & Black Beans Broccoli Oatmeal Bread Peaches INCOME TAX H & R BLOCK 12:30 Calories: 715 Fat: 33% Sodium: 575mg Fiber: 10g	7 Cheese Omelet O'Brien Potatoes Peas Garlic Roll Fresh Apple Vegetable Soup Calories: 860 Fat: 33% Sodium: 1255mg Fiber: 15g
10 Chicken Penne Primavera Spinach Multigrain Bread Mandarin Oranges BINGO Calories: 680 Fat: 21% Sodium: 650mg Fiber: 11g	11 Sloppy Joe w/ Hamburger Bun Potato Wedges Corn Fresh Apples Calories: 730 Fat: 34% Sodium: 845 Fiber: 9g	12 Turkey & Provolone on Whole Wheat Potato Salad Tomato/Cuke Salad Mayonnaise Fruit Cocktail Calories: 750 Fat: 36% Sodium: 940mg Fiber: 8g	13 Corned Beef Boiled Potato Cabbage & Carrots Rye Bread Shamrock Cookie Mod: SF Cookie Calories: 660 Fat: 38% Sodium: 1460mg Fiber: 6g	14 Potato Crunch Fish Tartar Sauce Brown Rice Blend Green Beans Pumpkin Bread Apple Cinnamon Muffin MOD: Lemon Grahams Calories: 810 Fat: 38% Sodium: 955mg Fiber: 5g
17 Corned Beef Stew, with cab- bage, turnip, carrots, onions, boiled potatoes, Irish Soda Bread, & Bread Pudding Calories: 800 Fat: 35% Sodium: 1110mg Fiber: 7g	18 Swedish Meatballs Egg Noodles Broccoli Multigrain Bread Peaches Calories: 600 Fat: 27% Sodium: 560mg Fiber: 12g	19 Greek Chicken Oven Browned Potatoes Carrot Coins Whole Wheat Roll Frosted Lemon Cake MOD: LS Cake Calories: 710 Fat: 28% Sodium: 815mg Fiber: 8g	20 Orange Almond Pork Garlic Mashed Potato Scandinavian Blend Veg Pumpkin Bread Fresh Orange NUTRITION PROGRAM 10:00 A.M. Calories: 710 Fat: 30% Sodium: 560mg Fiber: 10g	21 Fish Florentine Roasted Sweet Potato Harvard Beets Rye Bread Fruit Cocktail Cream of Mushroom Soup \$ Calories: 750 Fat: 30% Sodium: 950mg Fiber: 5g
24 Sweet 'n Sour Chicken Lemon Brown Rice Oriental Vegetables Whole Wheat Bread Mandarin Oranges BINGO Calories: 580 Fat: 21% Sodium: 600mg Fiber: 8g	25 WG Lasagna w/ Meat Sauce Spinach Cauliflower Italian Bread Brownie MOD: LS Brownie Calories: 680 Fat: 34% Sodium: 940mg Fiber: 9g	26 Beef Marsala Mashed Sweet Potato Green Beans Multigrain Bread Fresh Apple MOVIE Calories: 715 Fat: 30% Sodium: 480mg Fiber: 12g	27 Roast Turkey w/ gravy Roasted Potato Carrot Coins Whole Wheat Roll Peaches MASS AUDIOLOGY Calories: 580 Fat: 26% Sodium: 1000mg Fiber: 8g	28 Egg Salad Sandwich Oatmeal Bread (2sl) Cole Slaw English Pea Salad Rice Pudding MOD: SF Pudding Calories: 730 Fat: 35% Sodium: 850mg Fiber: 9g
31 Meatloaf w/ Gravy Mashed Potato Broccoli Multigrain Bread Fruit Cocktail Calories: 730 Fat: 32% Sodium: 680mg Fiber: 11g	<div style="text-align: center;">  <p>MARCH 17th</p> </div>			* Soup on 3/07 will be served to HDM & Cong \$ Soup on 3/22 will be served at congregate only. Milk and margarine are served at every meal. \$ Soup on 3/22 will be served at congregate only.

Menu is subject to change without notice
ST. PATRICK'S DAY PARTY 1:00 P.M. LUNCH 11:30 A.M. You will need to sign up separately! 17th
 Suggested Donation - \$2.00 per Meal

ACTIVITIES

MARCH


2014

"PEMBROKE PIONEER"

PAGE 5

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
10 10-11 BPC - COA 10:30 WALKING GROUP 11:30 LUNCH \$2	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 11:30 LUNCH \$2 12:30 Living Well Group & Be All You Can Be 1:00 ZUMBA GOLD \$5	10:00 DULL MEN'S GROUP 10:30 WALKING GROUP 11:30 LUNCH \$2 12:30 Movie	8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 12:30 HR BLOCK Income Tax Seminar 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 9-10 Josh Cutler - no appt 10:00 Hanover Mall 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Whist & Cribbage	7
11 10:00 BOOK GROUP 10:30 WALKING GROUP 11:30 LUNCH \$2 1:00 BINGO	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 11:30 LUNCH \$2 12:30 Living Well Group & Be All You Can Be 1:00 ZUMBA GOLD \$5 7:00 COA Board Meeting	12 10:00 DULL MEN'S GROUP 10:30 WALKING GROUP 11:30 LUNCH \$2	8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 10:00 Hanover Mall 10:30 Card Crafting \$3 11:30 LUNCH \$2	14
17 10:30 WALKING GROUP 11:30 LUNCH \$2 1:00 St. Patrick Day Party	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 10:30 Friends of COA 11:30 LUNCH \$2 12:30 Living Well Group & Be All You Can Be 1:00 ZUMBA GOLD \$5	19 10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 1:00 Attorney Conroy - Appointment necessary	8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 10:00 Hanover Mall 10:30 Card Crafting \$3 11:30 LUNCH \$2	21
24 10:30 WALKING GROUP 11:30 LUNCH \$2 1:00 BINGO	9:30 Rita's Chair Yoga \$4 10:30 WALKING GROUP 11:30 LUNCH \$2 12:30 Living Well Group & Be All You Can Be 1:00 ZUMBA GOLD \$5	26 10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 12:30 Movie	8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 12:30 Mass Audiology 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 9-12 Podiatrist - appt needed 10:00 Hanover Mall 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Whist & Cribbage	28
31 10:30 WALKING GROUP 11:30 LUNCH \$2 12:30 "Be All You Can Be"	MUST SIGN UP FOR ST PATRICK PARTY		MEDICAL AND MEALS ON WHEELS DRIVERS NEEDED CALL OFFICE 781-294-8220	LUNCH RESERVATIONS MUST BE MADE A WEEK IN ADVANCE CALL NUTRITION @ 781-294-4645	

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



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

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

FREE HEALTH SCREENING CLINICS (TENTATIVE DATES)

COUNCIL ON AGING	MONDAY 3, 2014	10:00-11:00 am
KILCOMMONS COMMUNITY ROOM	MONDAY 10, 2014	10:00-11:00 am
MACDONALD WAY	MONDAY 17, 2014	10:00-11:00 am
MAYFLOWER COURT	MONDAY 24, 2014	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

Beverly and Bill Cadorette in Memory of Bill Isenberg
 Joseph and Rosemary O'Koren in Memory of Bill Isenberg
 Randy, Donna and Colby Seeley in Memory of Bill Isenberg

A donation from Faith Davenport to the COA

CLEVER SOLUTION: An aging man lived alone in Ireland. His only son was in Long Kesh Prison, and he didn't know anyone who would spade up his garden. The old man wrote to his son about it and received this reply, "For HEAVENS SAKE, don't dig up that garden, that's where I buried the GUNS!!!"

At 4:00 A.M. the next morning, a dozen British soldiers showed up and dug up the entire garden, but didn't find any guns. Confused the man wrote to his son telling him what happened and asking him what to do next.

His son's reply was, "Just plant your potatoes".

IN MEMORIAM

Catherine Byrne, Joseph P. Dellapi, Selma A. Fabrizio, Pamela Facchini, R. Leigh Mehtala,
 Merle "Swede" Newberg, Sharon F. Sylvester, Mary T. Welch, Richard T. Wills

*"I was glad when they said unto me, Let us go into the house of the Lord."
 Psalm 122:1*

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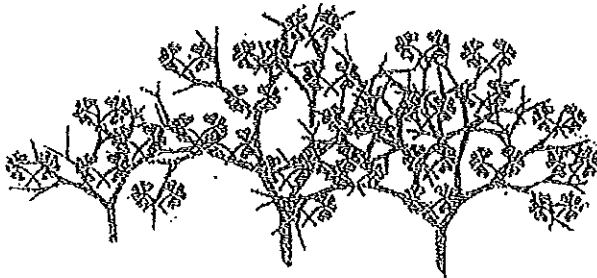
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PASTA CHICKEN By: Jack Damon

Brown in frying pan: boneless chicken cut up in small pieces, olive oil, pepper and oregano

ADD: 3 or 4 cut up plum tomatoes
1/2 Cup of milk
Salt & Pepper

half package of mushrooms, sliced
1/2 Cup Parmesan cheese

Cook all together until vegetables are tender. Toss with cooked bow tie pasta.

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 PM, March 11, 2014

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