

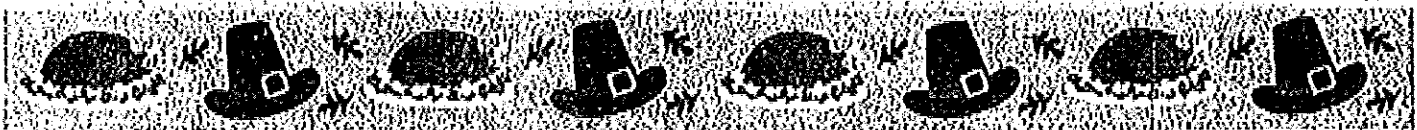
# PEMBROKE PIONEER

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

NOVEMBER 2013



We remember our VETERANS on NOVEMBER 11th and THANK them for keeping us safe and free. GOD BLESS AMERICA!

**HAPPY THANKSGIVING!** The KNIGHTS OF COLUMBUS will be having their annual "THANKSGIVING DINNER" ON SATURDAY, NOVEMBER 23rd, at NOON. Call before coming in to pick up your tickets, to make sure we have them.

**THE HALIFAX COUNTRY CLUB:** Will be having their FREE "THANKSGIVING DINNER" on THANKSGIVING DAY at NOON. If you are alone and want to join others, you are most WELCOME. Call for reservations at 781-293-9061. Bring a food item for the Food Pantry.

The FRIENDS OF THE COUNCIL ON AGING will be having CHRISTMAS PARTY on DECEMBER 11th. The kitchen will be closed for lunch as we will be serving a luncheon. The luncheon will be \$5.00 per person to be paid upon sign up. Please pay in the office. We will have prizes, a raffle, and entertainment by "SWIFTY". Come and enjoy an early holiday party.  
TIME: 12:30 P.M.

If anyone has any yarn they would be willing to donate to the senior center it would be greatly appreciated. This yarn would be used to make hats for needy children of Pembroke. Some of the yarn could be used for lap robes or shawls for nursing homes or shut-ins. If you would like to help let us know.

**LONG POND PHYSICAL THERAPY:** With Timothy Kaufman, PT, DPT, Clinic Director will be here on WEDNESDAY, NOVEMBER 13th, to talk about low back pain management. Do sign up.

on THURSDAY, NOVEMBER 14th, at 12:30 P.M. B. Brach, R.N. will be here to discuss EMERGENCY PREPAREDNESS. Do sign up for this important program.

**SPECIAL TRIP TO QUEEN ANN'S CORNER SHOPPING** will be held on FRIDAY, NOVEMBER 15th at 10:00 A.M. Be sure to call to sign up.

**SHINE COUNSELLOR DATES:**

Tuesday, November 5th	10:00 - 2:00
Wednesday, November 6th	10:00 - 2:00
Tuesday, November 12th	" "
Wednesday, November 13	" "
Tuesday, November 19th	" "
Wednesday November 20th	" "

You must call us for an appointment at 781-294-8220. The Sessions will be held at the Center Library to the rear of the Senior Center.

See Page 6 for BINGO DATES.

**FUEL ASSISTANCE APPOINTMENTS:** Call the Office at 781-294-8220 to set up an appointment.

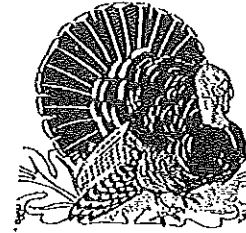
In closing, "Common Sense, in an uncommon degree, is what the world calls wisdom."...Taylor Coleridge



Mary Willis, Director

Q&A – November 2013

## Obamacare: Medicare Stronger Than Ever



### Does Obamacare mean I have to change my Medicare?

No. Federal health officials are trying to make sure older Americans are not confused by the overlapping enrollment periods for Medicare and what is referred to as **Obamacare**, which starts in October. People on Medicare don't have to do anything differently and will continue to sign up for Medicare plans as they did before. Medicare.gov and 1-800-MEDICARE are available resources to get answers to questions you may have.

Elders are receiving their new **Medicare & You 2014** booklet from the federal government. As this guide explains, *"Starting January 1, 2014, millions of people without Medicare will have access to quality health insurance through the new Health Insurance Marketplace..... [which] isn't changing Medicare. No matter how you get Medicare, you'll still have the benefits and security you have now. Medicare will be here for you, stronger than ever."* The booklet can be viewed or downloaded from <https://www.medicare.gov/pubs/pdf/10050.pdf>. For more information about the Marketplace, visit [HealthCare.gov](http://HealthCare.gov).

Some seniors may be confused by all the media coverage about the new online insurance exchanges set up as part of the Affordable Care Act. Many of these same insurance companies are offering coverage for Medicare and the exchanges. Medicare open enrollment starts Oct. 15 and closes Dec. 7, while enrollment for the new state exchanges for people 65 and under launches Oct. 1 and runs through March. The Affordable Care Act will not force seniors to lose their Medicare coverage. Medicare & You says: *"Medicare isn't part of the Marketplace.....Your Medicare benefits aren't changing. No matter how you get Medicare, whether through Original Medicare or a Medicare Advantage Plan, you'll still have the same benefits and security you have now, and you won't have to make any changes."* Seniors won't be able to purchase Medicare supplemental insurance or Part D drug plans through the state exchanges.

Because of the Affordable Care Act, Medicare now covers a yearly wellness visit and preventive care at no cost. This includes cancer, cholesterol and diabetes screenings; immunizations; diet counseling and more. It will also lower prescription drug costs. If you have Medicare Part D and you reach the coverage gap or **donut hole** in 2014, you will get a 52.5% discount on brand name prescription drugs and a 28% discount on generic drugs while in the coverage gap. These discounts will increase each year until 2020, when the both brand name and generic prescriptions coverage will be discounted 75%.

The Affordable Care Act will serve as a bridge to Medicare for people in the 50 to 64 age group. For these people, insurers have to cover essentials like doctor visits, hospital care, emergency and preventive care, prescriptions and more. Insurers can't turn people away, or charge them more, because they have preexisting medical conditions. However, they can charge older people more—but the cost is capped at three times the premium for younger people.

Insurers can't put dollar limits on the care—either in a year or over your lifetime. Tax credits will be available to help low and moderate income families buy health insurance. So Medicare in 2014 remains the same and "stronger than ever."

**PEMBROKE SENIOR CENTER QUESTIONNAIRE**

Please help us help you by taking a few minutes to tell us what you like about our current Senior Center and what you would be interested in seeing in our new Senior Center.

- 1) What would you like to see offered at Pembroke's current Senior Center?
  - a) Computer Lab (circle if you would like this)
  - b) Gourmet Style Kitchen (circle if you would like this)
  - c) Please list below what you would like to be offered at Pembroke's Senior Center:
  
- 2) What activities would you like to see at Pembroke's current and future Senior Center?
  
- 3) If we did have activities you were interested in- would you come to the Senior Center and how often:  

DailyWeeklyMonthlyOther
  
- 4) Would you prefer a standalone Senior Center or have the Senior Center be part of a larger complex? Why?

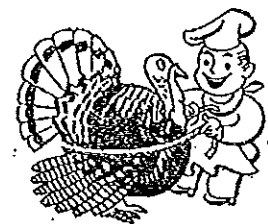
Thank You!

Pembroke Council on Aging

Your completed form will be entered into a giveaway! Please drop off at the Senior Center in Pembroke Center or go online and take the survey online at the following website:

Name: \_\_\_\_\_ Phone  
# \_\_\_\_\_

Or Mail to: Pembroke Senior Center  
144 Center St.  
Pembroke, MA 02359



## Old Colony Elder Services Nutrition Program - Menu

November-2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Milk and margarine are served at every meal \$ Soup on 11/20 will be served at Congregate sites only.	1 Turkey a la King Roasted Potato Peas & Onions Multigrain Bread Chocolate Mousse MOD: SF Pudding Calories: 730 Fat: 26% Sodium: 1010mg Fiber: 9g
4 Cranberry Chicken Sweet Potatoes Green Beans Whole Wheat Bread Apricots <b>BINGO</b> Calories: 585 Fat: 16% Sodium: 430mg Fiber: 8g	5 Sloppy Joe (Beef) Chuckwagon Corn Peas Hamburger Roll Strawberry Cup MOD: Mandarin Oranges Calories: 670 Fat: 25% Sodium: 560mg Fiber: 11g	6 Potato Crunch Fish (tartar sauce) Brown Rice Blend Country Vegetables Multigrain Bread Hot Cinnamon Apples <b>MOVIE</b> Calories: 805 Fat: 39% Sodium: 865 Fiber: 10g	7 Lasagna with Meat Sauce Spinach Cauliflower Oatmeal Bread Lemon Pudding MOD: SF Pudding Calories: 630 Fat: 27% Sodium: 920mg Fiber: 12g	8 Beef and Vegetable Stew Boiled Potatoes Rye Bread Cherry Snack 'n Loaf MOD: Lemon Grahams Calories: 680 Fat: 32% Sodium: 625mg Fiber: 4g
11 Veterans' Day <i>No meals served</i> 	12 Chicken Tarragon Potatoes Lyonnaise Riviera Vegetables Pumpnickel Bread Fruit Cocktail Calories: 610 Fat: 29% Sodium: 720mg Fiber: 8g	13 Eggplant Parmesan Buttered Bowties Broccoli Whole Wheat Bread Birthday Cake MOD: Unfrosted Cake <b>BACK PAIN</b> Calories: 790 Fat: 33% Sodium: 1080mg Fiber: 16g	14 BBQ Beef Riblet Roast Potato Wedges Mixed Vegetables Sesame Roll Hot Cinnamon Apples <b>EMERGENCY PREPAREDNESS</b> Calories: 610 Fat: 33% Sodium: 795mg Fiber: 8g	15 Fiesta Fish Brown Rice Medley Beets Multigrain Bread Peach Crisp <b>QUEEN ANN'S CORNER SHOPPING</b> Calories: 600 Fat: 17% Sodium: 730mg Fiber: 10g
18 Chicken Marsala Basil Penne Pasta Mixed Vegetables Rye Bread Pineapple <b>BINGO</b> Calories: 645 Fat: 15% Sodium: 490mg Fiber: 7g	19 Spaghetti & Meatballs with Sauce Spinach Garlic Roll Peaches Calories: 840 Fat: 40% Sodium: 780mg Fiber: 10g	20 Roast Beef Sub Mayo Vegetable Soup & Peppers & Tomato Cole Slaw Blueberry Grahams Calories: 880 Fat: 39% Sodium: 1110mg Fiber: 8g	21 Turkey w/ Gravy Stuffing/Cranberry Mashed Potato Peas & Carrots Dinner Roll Pumpkin Bar MOD: SF Pumpkin Bar Calories: 765 Fat: 29% Sodium: 1465mg Fiber: 8g	22 Pork Piccata Orzo Brown Rice Pilaf Butternut Squash Rye Bread Fresh Orange Calories: 730 Fat: 30% Sodium: 460mg Fiber: 7g
25 Chicken Calzone w/ Tomato Sauce Italian Blend Veggies Whole Wheat Roll Butterscotch Pudding MOD: SF Pudding Calories: 680 Fat: 18% Sodium: 825mg Fiber: 8g	26 Stuffed Shells w/ Meat Sauce Broccoli Whole Wheat Bread Hot Cinnamon Pears Calories: 620 Fat: 31% Sodium: 780mg Fiber: 9g	27 Wild Salmon w/ Lemon Dill Sauce Roasted Potatoes Peas Multigrain Bread Fruit Loaf MOD: Apple Grahams Calories: 770 Fat: 32% Sodium: 630 mg Fiber: 10g	 <b>Thanksgiving</b>	29 <i>Happy Holidays</i> (no meals served) <b>SENIOR CENTER CLOSED</b>

**FOR LUNCH: CALL 781-294-4645 a week ahead. FOR RIDE: CALL 781-294-8220.**

Menu is subject to change without notice

**Suggested Donation - \$2.00 per Meal**

**NOVEMBER 27th: MOVIE after lunch. CHARLENE ALLEN WILL ENTERTAIN DURING LUNCH.**

# ACTIVITIES

NOVEMBER

2013

"PEMBROKE PIONEER"

Call COA: 781-294-8220 to signup for activities.

LUNCH 11:30 \$2 For reservations call: 781-294-4645

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>November</div>	<p>Lunch reservations must be made a week in advance CALL NUTRITION: 781-294-4645</p>	<p>FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE 3 BAG LIMIT</p>	<p>WALKING GROUP WEATHER PERMITTING</p> <p>TURN CLOCKS BACK SUNDAY, NOV. 3, 2013</p>	<p>7:50 Food Shopping 9:15 Line Dancing \$4 10:30 Walking Group 10:30 Card Crafting \$3 11:30 Lunch \$2 12:30 Cribbage &amp; Whist</p>
<p>4</p> <p>10:00-11:00 BP CLINIC 10:30 Walking Group 11:30 Lunch \$2 1:00 BINGO</p>	<p>5</p> <p>8:30 Hanover Mall 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</p>	<p>6</p> <p>10:00 DULL MEN 10:30 Walking Group 11:30 Lunch \$2 12:30 MOVIE</p>	<p>7</p> <p>8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 Lunch \$2 1:00 Knitting 1:00 Bingo @ Kilcommons</p>	<p>8</p> <p>7:50 Food Shopping 9:15 Line Dancing \$4 10:30 Walking Group 10:30 Card Crafting \$3 11:30 Lunch \$2 12:30 Jewelry Making 12:30 Cribbage &amp; Whist</p>
<p>18</p> <p>10:30 Walking Group 11:30 Lunch \$2 1:00 BINGO</p>	<p>12</p> <p>8:30 Hanover Mall 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 7 P.M. COA BOARD MTG.</p>	<p>13</p> <p>10:00 DULL MEN'S GROUP 10:30 Walking Group 11:30 Lunch \$2 12:30 "BACK PAIN" Long Pond PT 1:00 Atty. Conroy by Appt</p>	<p>14</p> <p>8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 Lunch \$2 12:30 EMERGENCY PREPAREDNESS 1:00 Knitting 1:00 Bingo @ Kilcommons</p>	<p>15</p> <p>7:50 Food Shopping 9:15 Line Dancing \$4 10:00 VAN TRIP TO NORWELL 10:30 Walking Group 10:30 Card Crafting \$3 11:30 Lunch \$2 12:30 Cribbage &amp; Whist</p>
<p>25</p> <p>10:30 Walking Group 11:30 Lunch \$2 12:30 "Be All You Can Be" Self Enrichment Group</p>	<p>19</p> <p>8:30 Hanover Mall 9:30 Rita's Chair Yoga \$4 10:30 Walking Group 10:30 FRIENDS OF COA 11:30 Lunch \$2 12:30 Living Well Support Grp 1:00 ZUMBA \$5</p>	<p>20</p> <p>10:00 DULL MEN'S GROUP 10:30 Walking Group 11:30 Lunch \$2</p>	<p>21</p> <p>8:00 Wal-Mart Shopping 10:00 Quilting Groups 10:30 Walking Group 11:30 Lunch \$2 12:30 "Bring it To The Table" 1:00 Knitting 1:00 Bingo @ Kilcommons</p>	<p>22</p> <p>7:50 Food Shopping 9:00 Podiatrist appt only 9:15 Line Dancing \$4 10:30 Walking Group 10:30 Card Crafting \$3 11:30 Lunch \$2 12:30 Cribbage &amp; Whist</p>
<p>25</p> <p>10:30 Walking Group 11:30 Lunch \$2 12:30 "Be All You Can Be" Self Enrichment Group</p>	<p>26</p> <p>8:30 Hanover Mall 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</p>	<p>27</p> <p>10:00 DULL MEN'S GROUP 10:30 Walking Group 11:30 Lunch \$2 12:30 MOVIE</p>	<p>29</p> <p>The Council on Aging will be closed today "Ask Marilyn" and Recipe Swap are now "Bring it To The Table"</p>	<p>29</p> <p>The Council on Aging will be closed today "Ask Marilyn" and Recipe Swap are now "Bring it To The Table"</p>

THANKSGIVING

OFFICE CLOSED



**BINGO IN NOVEMBER**  
**BAD STORM, NO BINGO**  
 Free refreshments • Cash Prizes

Monday, NOVEMBER 4 @ 1:00 pm, Monday, NOVEMBER 18 @ 1:00 pm

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

**FREE HEALTH SCREENING CLINICS**

COUNCIL ON AGING	TUESDAY, NOVEMBER 4, 2013	9:15-10:15 am
KILCOMMONS COMMUNITY ROOM	TUESDAY, NOVEMBER 12, 2013	10:00-11:00 am
MACDONALD WAY	TUESDAY, NOVEMBER 18, 2013	10:00-11:00 am
MAYFLOWER COURT	TUESDAY, NOVEMBER 25, 2013	10:00-11:00 am

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

**MASSPRO:** For information or to learn about MEDICARE RIGHTS AND PROTECTIONS, CALL MASSPRO'S HELPLINE at 1-800-252-5533 and ask for a copy of "HOW THE MEDICARE PROGRAM PROTECTS YOU".

**SHINE:** CALL FOR AN APPOINTMENT, OR SIGN UP IN RECEPTION AREA.

NEXT FRIENDS MEETING: NOVEMBER 19, AT 10:30 A.M.

**DONATIONS TO THE FRIENDS**

Stavros Cosmopoulos



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

Marjorie Smith in memory of Carol Reed



IN MEMORIAM

Ruth Angelo, James H. Grimes, Isabelle F. Hendriksen, Roxanna M. McCormick, Elizabeth M Wirth

*The Lord shall preserve thee from all evil; he shall preserve thy soul.*  
*Psalm 121:7*



**Gina Michini**

Realtor

Cell: 201-230-9194

gmichini@molisserealty.net

www.MolisseRealty.com

**MOLISSE**  
**REALTY GROUP LLC**  
*Selling the Entire South Shore*

Going Beyond the Sale...  
 Knowledge. Passion. Results.

140 Bedford St (Rt 139)  
Bridgewater, MA 02324  
508-279-0700  
Fax 508-279-0700

**FAMILY HEARING CARE CENTER**  
Hearing Aids • Hearing Tests • Hearing Aids • Hearing Aids • Hearing Aids

554 Main St (Rt 139)  
Bridgewater, MA 02324  
781-337-1144  
Fax 781-337-1144

## KAHIAN'S INC.

"Our Family Serving Yours Since 1952"

96 Long Pond Road • Plymouth, MA 02360 (508) 746-4670  
Rte. 44 @ Rte. 495 • Middleboro, MA 02346 (508) 946-0100  
www.kahians.us

**Appliances • Floors • Chair Lifts • Lazyboy**

ASK FOR  
SPECIAL  
SENIOR  
PRICING

31 Schoosett St. (Rte 139) Suite 504, Pembroke MA 02359  
781-924-5694 Office

**Home Instead**  
**SENIOR CARE**  
*to us, it's personal.*

**Advertisement Available**  
**508.697.5227**

**Old Colony Elder Services**  
Providing services to the community since 1974

134 Main Street - Brockton, MA 02301  
508-584-1561 TTY 508-587-0280  
www.oldcolonyelderservices.org

Aeration & Batching  
Edging & Weeding  
Fertilizer  
Gutter Cleaning  
Junk Removal  
Lawn Maintenance  
Mowing & Mulch  
Senior Discounts!

**V.I.P. Landscaping**  
Landscape Construction  
& Maintenance

**508-889-5432**  
Pembroke, MA

New Lawn Installation  
Parking Lot Cleaning  
Planting  
Retaining Walls  
Snow Blowing  
Spring & Fall Cleanups  
Tree Pruning & Removal  
Walkways



**HANNON-RYAN**  
Insurance

Home • Auto • Business • Life • Boat • IRAs  
Investment Services • Retirement Strategies

166 CENTER STREET • PEMBROKE 781-293-5500  
www.hannon-ryan.com www.komarfinanceservices.com

**Advertisement Available**  
**508.697.5227**



**SHEPHERD**

Funeral & Cremation Service  
7 Mattakeesett St. Pembroke, MA 02359  
Phone: 781-293-6325  
www.shepherdfuneralhome.com

**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**

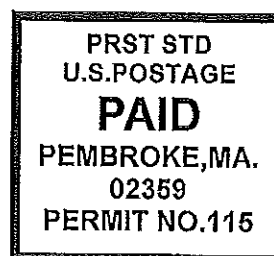
**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**

**Advertisement Available**  
**508.697.5227**  
**\$165.00 /yr**

PEMBROKE COUNCIL ON AGING  
SENIOR CENTER  
144 CENTER STREET  
PEMBROKE, MA. 02359

CHANGE SERVICE REQUESTED



Mrs. Eisenhower's Fudge Recipe

MILLION DOLLAR FUDGE

(Makes 5# of fudge)

4½ cups of sugar  
2 Tbls butter

Pinch of salt  
1 large can of evaporated milk

Boil six minutes

In large bowl put:

12 oz semi-sweet chocolate (chocolate bits)  
2 cups nutmeats

1 pint marshmallow cream (2 jars)

Pour boiling syrup over ingredients in bowl; beat until chocolate is all melted and pour into pan. Let stand a few hours before cutting. Store in tin box.

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



Linda Osborne, Chairman  
James Baillie, Vice Chair  
Kathleen Toole, Treasurer  
John Melchin, Recording Clerk

Joseph Dellapi  
Ken Girten  
James Kinkade



Next Board Meeting 7 P.M. NOVEMBER 12, 2013

### A NEW INSURANCE AGENT IN PEMBROKE

SENIORS  
WELCOME

SMARTINSUR.COM

42 MATTAKEESETT ST., UNIT D

781-293-6263

Gerard Dempsey gdempsey@smartinsur.com



Bird Feed  
& Feeders

### FAMILY PET & GARDEN CENTER

Route 53 • Pembroke, MA 02359

781-829-2220

familypetandgarden@hotmail.com



Animal  
Feeds & Needs