

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

SEPTEMBER 2014

LABOR DAY! We remember our most terrific **VOLUNTEERS** who make a huge difference in our day-to-day activities, **WE CANNOT "THANK"** each one enough for all that they do for us. Our 116 Volunteers donated 12,436 hours of service with a savings to the Town of Pembroke of \$121,797.00. We give more than we take.

BINGO with **FRANK TOBIN AND FRIENDS** will be on Monday the 8th and the 29th. See Page 6 for more details.

HEARING SCREENINGS with **MASS AUDIOLOGY** will be held on Thursday, the 11th, from 2:00 to 4:00 P.M. Be sure to sign up.

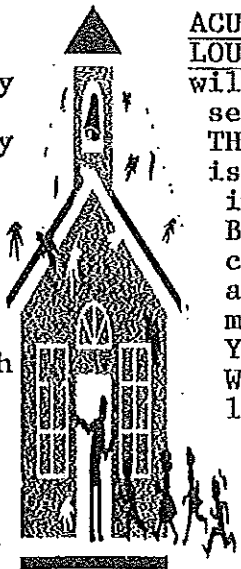
THE FRIENDS OF THE COA will hold their monthly meeting on **TUESDAY, THE 16th, at 10:30 A.M.**

MARY NIGHELL, President of the Friends, passed away unexpectedly on August 13th. She will be missed greatly.

BOOK GROUP: With Suzanne Cutler will be held on Monday the 8th, at 10:00 A.M. The book for September will be selected at the meeting.

CARD PLAYERS NEEDED: The **FRIDAY AFTERNOON** group needs **WHIST** volunteers to join. If you are a little rusty okay. It will come back to you. Also, cribbage players are needed. Just show up and join in.

Now that the weather is nicer, you may want to walk with the walkers.



Back to School

ACUPUNCTURE (AMERICAN) with **LOUIS VANRENEN**, from Pembroke, will have a holistic healing seminar on **SEPTEMBER 18th, THURSDAY, at 12:30 P.M.** Louis is one of the first to be licensed in Massachusetts by the Medical Board. He has operated his own clinic for nearly 30 years and authored three books on holistic medicine including *Defending Your Health Naturally*. The World Health Organization lists over 45 conditions that can be treated by acupuncture. Be sure to sign up for this enlightening presentation. See sign up sheet in reception area.

The **MOVIES** for September will be on the 10th and 24th (surprise). **Charlene Allen** will entertain on the keyboard on the 24th.

OLD COLONY PLANNING COUNCIL: will be here on Thursday, September 25th at 1:30 P.M. The speaker will be Dorothy Slack, RN, Health Education Specialist and Outreach Coordinator from the Brockton Council on Aging, and will speak about chronic disease prevention and health promotions for older people.

In closing, a thought from Charles E. Cowman: "Some lives, like evening primroses, blossom most beautifully in the evening of life."

Mary E. Willis, Director

TOWN OF PEMBROKE PROPERTY TAX EXEMPTIONS

The Pembroke Board of Assessors will be accepting applications for FY 2015 Real Estate Exemptions after Labor Day, September 1, 2014.

The qualification date is July 1, 2014.

The filing deadline is APRIL 1, 2015

The following exemptions are available:

PERSONS OVER 65 YEARS OF AGE

\$1,000.00 OFF

Clause 41C – If annual INCOME is less than:

\$20,782 (single person)

\$24,913 (married couple)

AND

The value of your ASSETS,

(excluding your domicile) is less than:

\$41,972 (single person)

\$44,971 (married couple)

SURVIVING SPOUSE

MINORS OF DECEASED PARENTS

PERSONS OVER 70 YEARS OF AGE

\$266.13 OFF

Clause 17D – Minors of deceased parents

Persons over 70 years of age

There is no limit on income, but the value of your assets, excluding your domicile, must not exceed \$59,974.

DISABLED VETERANS

\$400.00 OFF

Clause 22 – At least 10% disabled as determined by the Veterans Administration. Purple Heart Award recipients qualify, as well as Congressional Medal of Honor, Distinguished Service Cross, Air Force Cross, Navy Cross and Gold Star Parents.

Other exemptions are available for more seriously disabled veterans and paraplegic veterans.

BLIND PERSONS

\$500.00 OFF

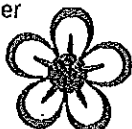
Clause 37A – Persons must be registered with the Massachusetts Commission for the Blind, and furnish an up-to-date certificate.

For additional information, please contact the Assessors' Office at (781) 293-2393.

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
VICE PRESIDENT: Suzanne Cutler
SECRETARY: Mary Salters
TREASURER: Ruth Pilkuhn



2014 Jeanne Duffy—Membership Chairman
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

PEMBROKE, MA. 02359



NAME

DUES

ADDRESS

ADDITIONAL.....

E-MAIL.....

IN MEMORY OF:

PHONE

IN HONOR OF:

TOTAL CONTRIBUTION \$.....

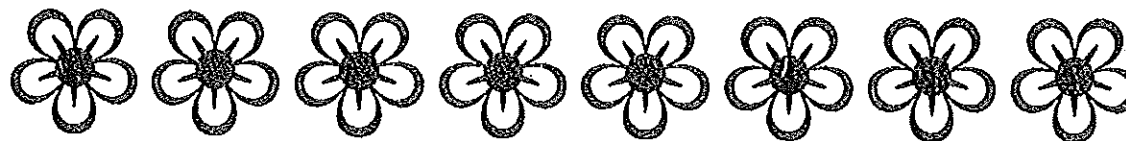
ROSES ARE RED, VIOLETS ARE BLUE, IF YOU HAVE NOT PAID YOUR DUES, WE REALLY NEED YOU

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

~~~DONATIONS TO THE FRIENDS~~~

Anonymous in Memory of John Angie
Janet Roust and Leona Roach in Memory of John Angie

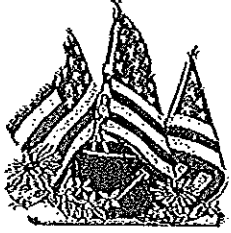

It might be wise to carry a copper penny in your pocket while working in the yard...BEE STINGS! A doctor said that the copper in the penny counteracts the bite. It definitely works!



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

Old Colony Elder Services Nutrition Program

September 2014 Menu FOR RIDE: CALL 781-294-8220

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Labor Day! 	2 Swiss Cheese Omelet Home Fries Tomato and Pepper Salsa Rye Bread Fresh Orange Calories: 660 Fat: 36% Sodium: 755mg Carb: 75g	3 American Chop Suey Spinach Multigrain Bread Pineapple Calories: 675 Fat: 27% Sodium: 630mg Carb: 87g	4 Chicken Piccata Fresh Roasted Sweet Potato Broccoli Wheat Bread Cherry Snack N Loaf MOD: Grahams Calories: 760 Fat: 31% Sodium: 675mg Carb: 87g	5 Shaved Steak Sandwich with American Cheese Corn Peppers and Onions Sub Roll Mandarin Oranges Calories: 665 Fat: 36% Sodium: 865mg Carb: 72g
8 Cheese Burger with Ketchup Lyonnais Potatoes Green Beans & Red Peppers Hamburger Bun Pears Calories: 765 Fat: 37% Sodium: 880mg Carb: 81g	9 Sweet Potato Fish Vegetable Rice Pilaf Roman Vegetables Multigrain Bread Oatmeal Raisin Cookie MOD: Diet Cookie Calories: 670 Fat: 29% Sodium: 595mg Carb: 88g	10 Lasagna Brussel Sprouts Wheat Roll Peaches <u>MOVIE</u> Calories: 490 Fat: 23% Sodium: 590mg Carb: 70g	11 Beef Tips with Mushroom Gravy Oven Roasted Potatoes Honey Glazed Carrots Rye Bread Fresh Apple Calories: 740 Fat: 33% Sodium: 530mg Carb: 88g	12 Oriental Chicken Salad Lo Mein Pasta Salad Tomato and Cucumber Sub Roll Strawberry Cup Calories: 730 Fat: 24% Sodium: 950mg Carb: 95g
15 BBQ Beef Rib Corn Cabbage and Carrots Multigrain Bread Fruit Cocktail Calories: 520 Fat: 28% Sodium: 725mg Carb: 89g	16 Mac and Cheese Spinach Wheat Bread Strawberry Cup Calories: 675 Fat: 30% Sodium: 995mg Carb: 94g	17 Chicken Stir Fry Vegetable Oriental Rice Pepper and Onions Tortilla Mandarin Oranges Calories: 570 Fat: 19% Sodium: 965mg Carb: 88g	18 Meatloaf with Gravy Red Bliss Potatoes Carrot Coins Wheat Roll Pineapple 12:30 LUNCHEON Calories: 710 Fat: 33% Sodium: 520mg Carb: 82g	19 Wild Salmon with Pineapple Salsa Mashed Sweet Potato Broccoli Rye Bread Sugar Cookie MOD: Diet Cookie Calories: 660 Fat: 25% Sodium: 640mg Carb: 87g
22 Meatball Sub Corn Summer Vegetables Sub Roll Pears Calories: 650 Fat: 28% Sodium: 615mg Carb: 87g	23 Southern-Style Fish with Tartar Sauce Black Bean and Rice Green Beans Rye Bread Fresh Orange Calories: 695 Fat: 37% Sodium: 905mg Carb: 88g	24 Chicken Parmesan Penne Pasta California Vegetables Wheat Bread Brownie MOD: Diet Brownie <u>MOVIE</u> Calories: 750 Fat: 27% Sodium: 720mg Carb: 86g	25 Sloppy Joe Potato Wedges Peas and Carrots Hamburger Bun Pineapple Calories: 785 Fat: 33% Sodium: 910mg Carb: 93g	26 Roasted Turkey with Gravy Mashed Potatoes Broccoli Multigrain Bread Peaches Calories: 530 Fat: 27% Sodium: 865mg Carb: 85g
29 Stuffed Shells Broccoli Italian Bread Fresh Apple <u>BINGO</u> Calories: 525 Fat: 23% Sodium: 720mg Carb: 73g	30 Chicken Gumbo Black Beans and Rice Wheat Roll Mandarin Oranges Calories: 560 Fat: 28% Sodium: 800mg Carb: 84g	Milk, margarine and bread are served at every meal and are included in the nutrition breakdown - avg sodium: 300mg ♦ 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

CHARLENE ALLEN WILL ENTERTAIN THE 24th FOR LUNCH!

ACTIVITIES

SEPTEMBER

2014


"PEMBROKE PIONEER"

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

LUNCH @11:30 \$2.

Nutrition 781-294-4645

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div><i>Labor Day</i></div> <div>OFFICE CLOSED NO LUNCH</div>	<div>2</div> <div>9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 Lunch \$2 12:30 Living Well Group</div> <div>9</div> <div>1:00 ZUMBA GOLD \$5</div>	<div>3</div> <div>10:00 DULL MEN'S GROUP 11:30 Lunch \$2</div> <div>10</div> <div>10:00 DULL MEN'S GROUP 11:30 Lunch \$2 12:30 Movie</div>	<div>4</div> <div>10:00 Quilting Groups 11:30 Lunch \$2 1:00 Knitting Group 1:00 Wal-Mart Shopping 1:00 Bingo @ Kilcommons</div> <div>11</div> <div>10:00 Quilting Groups 11:30 Lunch \$2 1:00 Knitting Group 1:00 Wal-Mart Shopping 2-4 MASS AUDIOLOGY 1:00 Bingo @ Kilcommons</div>	<div>5</div> <div>7:50 Food Shopping 9:00 Rep Josh Cutler 10:00 HANOVER MALL 10:30 No Card Crafting 10:30 Walking Group 11:30 Lunch \$2 12:30 Cribbage & Whist</div> <div>12</div> <div>7:50 Food Shopping 10:00 HANOVER MALL 10:30 Card Crafting \$3 10:30 Walking Group 11:30 Lunch \$2 12:30 Jewelry Making & Poetry Disc. 12:30 Cribbage & Whist</div>
<div>15</div> <div>10:30 Walking Group 11:30 Lunch \$2</div>	<div>16</div> <div>9:30 Rita's Chair Yoga \$4 10:30 FRIENDS OF COA 10:30 Walking Group 11:30 Lunch \$2 12:30 Living Well Group 1:00 ZUMBA GOLD \$5</div>	<div>17</div> <div>10:00 DULL MEN'S GROUP 11:30 Lunch \$2 1:00 Atty. Conroy by Appt</div>	<div>18</div> <div>10:00 Quilting Groups 11:30 Lunch \$2 1:00 Knitting Group 1:00 Wal-Mart Shopping 12:30 ACUPUNCTURE 1:00 Bingo @ Kilcommons</div> <div>19</div> <div>7:50 Food Shopping 10:00 HANOVER MALL 10:30 Card Crafting \$3 10:30 Walking Group 11:30 Lunch \$2 12:30 Cribbage & Whist</div>	<div>26</div> <div>7:50 Food Shopping 10:00 HANOVER MALL 10:30 Card Crafting \$3 10:30 Walking Group 11:30 Lunch \$2 12:30 POETRY & JEWELRY 12:30 Cribbage & Whist</div>
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<div>29</div> <div>10:30 Walking Group 11:30 Lunch \$2 1:00 BINGO</div>	<div>30</div> <div>9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 Lunch \$2 12:30 Living Well Group 1:00 ZUMBA GOLD \$5</div>		<div>Lunch reservations must be made a week in advance call: 781-294-4645</div>	<div>FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE 3 BAG LIMIT</div>

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



Monday, SEPTEMBER 8, @ 1:00 pm and Monday, SEPTEMBER 29, @ 1:00 pm

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

FREE HEALTH SCREENING CLINICS: PLEASE NOTE CHANGE OF DATES
LAST PATIENT 15 MINUTES BEFORE CLOSING TIME.

COUNCIL ON AGING	MONDAY, September 2, 2014	9:30-10:30 am
KILCOMMONS COMMUNITY ROOM	MONDAY, September 8, 2014	10:00-11:00 am
MACDONALD WAY	MONDAY, September 10, 2014	10:00-11:00 am
MAYFLOWER COURT	MONDAY, September 30, 2014	10:00-11:00 am

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

SAFETY ASSURANCE
for
Independent Living

The free Safety Assurance call program assists people in maintaining an independent lifestyle. Whether you are living alone, managing with a disability or an injury, this added support system can enhance your security and improve your quality of life. Family and friends also benefit by having the peace of mind that you are starting your day safe and sound. Please do not hesitate to contact us. We look forward to assisting you and/or a friend or family member that may benefit from this free program."



Sheriff Joseph D. McDonald, Jr.

Safety Assurance (formerly R.U.O.K.) is a computerized telephone system that places a call to a participant at a pre-arranged time each day.


Calls are received between 6 a.m. and 12 noon. All calls are monitored by a communications officer at the Plymouth County Sheriff's office. Calls can be stopped for vacations, hospitalizations, etc.

Enrollment is FREE through your Council on Aging, 781-294-8220, Ruth or calling the Plymouth County Sheriff's Department, 1-800-622-4300. www.PCSDMA.org

IN MEMORIAM

**John F Burrill, Edyth C. Harribine, H. Bernadette Hermanson, Anthony M. McAlear, Jr.,
Shirley F. Nawoichik, Mary E. Nighelli, Louise M. Sakells:**


The Lord is gracious, and full of compassion; slow to anger, and of great mercy.
Psalm 145:8


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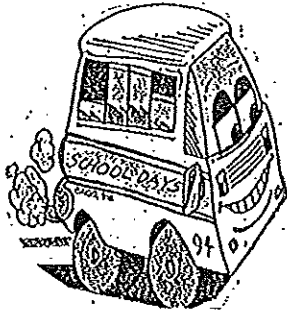
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Irls's Secret Corn Pudding Recipe
FROM THE KITCHEN OF: Irls Capblanco

1 can creamed corn
1 stick of margarine or butter, creamed
1 package of corn muffin mix

1 can whole corn, drained
16 ounces of sour cream
salt and pepper to taste



Mix well and bake for 1 hour at 350 degrees

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

Chairman: Linda Osborne—2017
Vice Chairman: James Baillie—2016
Recording Clerk: John Melchin - 2017
Treasurer: Kathleen Toole—2016



Kenneth Gorton—2016
James Kinkaid—2015
Janet Laberge—2016

Next Board Meeting 7 PM, September 9, 2014

A NEW INSURANCE AGENT IN PEMBROKE

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42 MATTAKESSETT ST., UNIT D

781-293-6263

Gerard Dempsey gdempsey@smartinsur.com



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