

# 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

APRIL 2014

"April Showers bring May FLOWERS", AS THE OLD SAYING GOES!! We also welcome Easter, Passover, and Patriot's Day as well.

PATRIOT'S DAY will be on MONDAY, April 21st and we will be closed on that day. EASTER SUNDAY will be April 20th.

TOWN MEETING will start on Tuesday, April 22nd, at 7:30 P.M. in the High School.

ELECTION DAY (TOWN) WILL BE SATURDAY, APRIL 26th. If you need a ride, call us and let us know.

Our Newsletter is on the Town's Web Site. You can access it at [pembroke-ma.gov](http://pembroke-ma.gov) If you have a computer with internet service and have access to our Pembroke Pioneer Newsletter online, do give us a call and let us know. We will be able to save on postage and printing costs.

April is also "Medical History" month and we will have NIELSON EYE HEALTH here

on WEDNESDAY, APRIL 16th, starting at 12:30 P.M. for free eye exams. Do make an appointment.

LONG POND PHYSICAL THERAPY: will be arriving at 12:30 P.M. on THURSDAY, APRIL 17 for information on physical therapy and the importance of exercise for healthy aging. Do sign up!

BINGO: See Page 6 for dates and times from Frank Tobin and Friends.

SENIOR MEDICARE PATROL "SMP": Do you know that healthcare errors, fraud and abuse cost billions of dollars annually? That 100,000 lives are lost each year due to healthcare errors? Learn the best practices to PREVENT, DETECT & REPORT healthcare errors, fraud, and abuse. The presentation & interactive dialogue will be held on Wednesday, April 30th, at 12:30 P.M. here at the Senior Center. Do call to sign up at 781-294-8220.

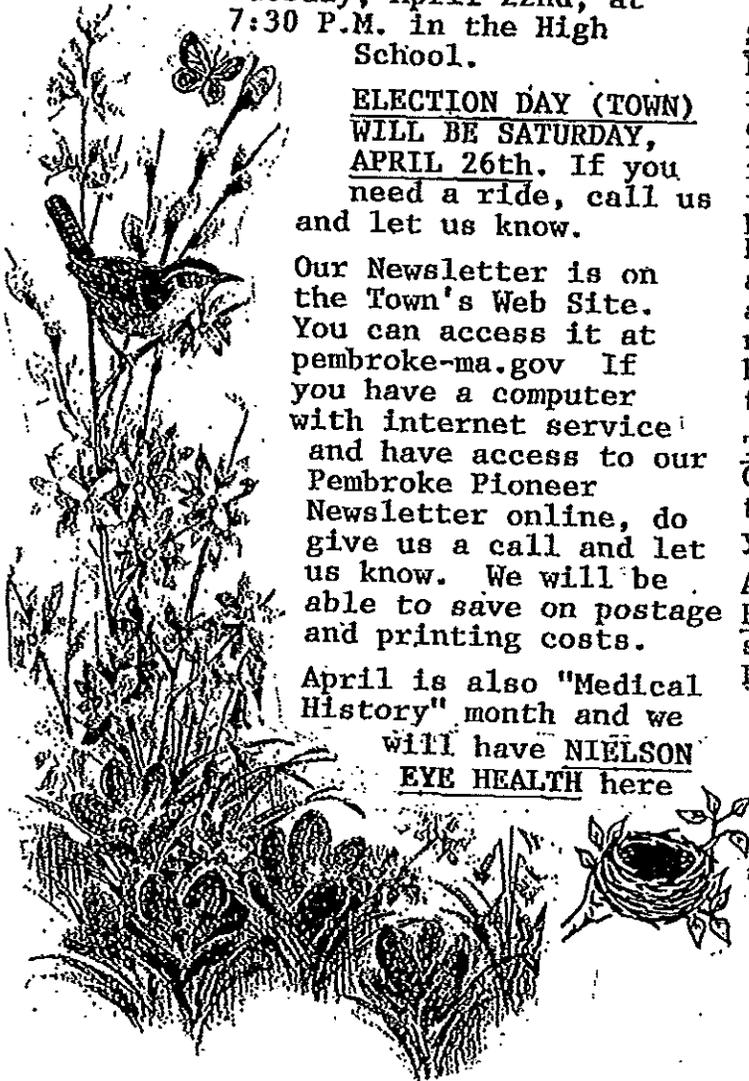
THE MOVIES FOR APRIL: Will be held ON Wednesday, the 9th and Wednesday the 23rd. Let us know which ones you would like to see.

April is NATIONAL POETRY MONTH, AND RUTH TIERNEY will be having a special Poetry Session at one of her FRIDAY afternoon workshops.

In closing, "Real difficulties can be overcome, it is only the imaginary ones that are unconquerable."

...Theodore Vail

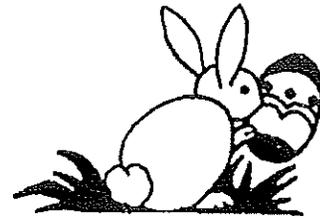
Mary E. Willis  
Director



Q&A – April 2014

## Osteoarthritis & Pain Control

### Is osteoarthritis a common problem for seniors?



Yes. There are over 100 types of arthritis; Osteoarthritis (OA) is the most common. It affects more than 27 million Americans—more people than diabetes. Arthritis and rheumatic conditions cost the United States economy \$128 billion annually. The word arthritis means **joint inflammation**.

OA is most common in people over age 50, but it can affect younger people who have injured joints. Damage to a joint can cause pressure and stress when the joint moves and inflammation in the joint's tissues. OA is often associated with aging, but it's not a normal part of aging; it's a disease.

OA pain can be managed. Many people will stop moving when they feel the pain, but joints that are not kept active will stiffen and cause more pain. People may think that physical activity will make their OA worse, but just the opposite is true, not moving makes OA worse. Poorly managed pain can lead to depression, loss of sleep and isolation.

The best way to control pain is to stop it from occurring and prevent it from getting worse. To maintain your health:

- Remain physically active, but pace yourself and include rest breaks.
- Protect your joints from the stress of daily activities.
- Lose weight to ease pressure on your joints. For every 1 pound of weight lost, the load on the knees is cut by 4 pounds.
- Break up repetitive movements with other tasks that use different joints.
- If you get tired, don't overdue the exercise.
- Get a good night's sleep.
- Avoid activities which put high strain on joints, like prolonged standing.
- Use your largest and strongest muscles for tasks—use both arms to carry objects rather than both hands; and, bend at the knees when lifting something from the ground.

Any kind of movement—like walking your dog or working in the garden—will improve the symptoms. People with OA are urged to get at least half an hour of moderate aerobic exercise like walking, swimming or biking, at least 5 days a week. Any amount of activity is good for your joints. Muscle-strengthening exercise is also good 2 or 3 times a week

Your pain may be manageable with over-the-counter pain relievers, anti-inflammatory medications, or prescription pain medications. Sometimes anti-depressants and anti-seizure medications are prescribed because they interrupt pain signals. There are also prescription anti-inflammatory medications in the form of gels and lotions which can be rubbed over sore joints. You should discuss all these pain relievers with your doctor. Be sure to report any side effects or reactions your body has to any medications.

Your doctor may want you to see a specialist, like a physical therapist, who can combine therapy with exercise to reduce pain and improve function. Most people with osteoarthritis will never need joint surgery, but it is an option.

Consider the program, *Put Pain In Its Place*, developed by the Arthritis Foundation and the National Council on Aging. Go to <http://www.arthritis.org/resources/community-programs/educational-programs/put-pain-in-its-place> or call the Arthritis Foundation at 1-800-283-7800 for more information.

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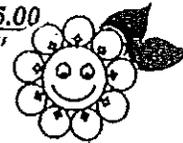


"EVERYONE WELCOME"



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"  
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	<b>TOTAL CONTRIBUTION</b> ...\$.....

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

NEXT FRIENDS MEETING: APRIL 15, AT 10:30 A.M.

~ ~ ~ **DONATIONS TO THE FRIENDS** ~ ~ ~

Rosemarie Egerton, Paul & Irene Flood, Robert Gullickson, Chaké Sarougian



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Pat Marani In Memory of David Marani  
 Robert Louis in Memory of The Louis Family

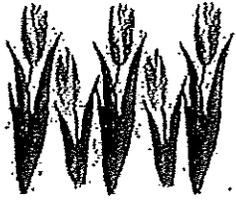


"I cannot believe that the purpose of life is just to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is above all to matter, to count, to stand for something, to have made some difference that you lived at all."  
 .....Unknown

# Old Colony Elder Services Nutrition Program

## April 2014 Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Hawaiian Chicken Vegetable Rice Broccoli Oatmeal Bread Fresh Apple  <small>Calories: 570 Fat: 22% Sodium: 525mg Carb: 75g</small>	<b>2</b> Mac & Cheese Peas Stewed Tomatoes Rye Bread Fruit Cocktail  <small>Calories: 730 Fat: 31% Sodium: 920mg Carb: 91g</small>	<b>3</b> Pepper Steak Mashed Potato Carrot Coins Multigrain Bread Pineapple  <small>Calories: 710 Fat: 33% Sodium: 800mg Carb: 81g</small>	<b>4</b> Salmon Pieces Brown Rice Peas and Mushrooms Dinner Roll Peaches  <small>Calories: 695 Fat: 20% Sodium: 560mg Carb: 81g</small>
<b>7</b> Lasagna Scandinavian Veg Whole Wheat Roll Fresh Orange <b>BINGO</b>  <small>Calories: 630 Fat: 29% Sodium: 950mg Carb: 86g</small>	<b>8</b> Salisbury Steak with Gravy Mashed Potato Peas and Carrots Rye Bread Peaches  <small>Calories: 690 Fat: 33% Sodium: 665mg Carb: 76g</small>	<b>9</b> Chicken Piccata Sweet Potatoes Beets Whole Wheat Bread Fruit Snack 'n Loaf MOD: Lorna Doones  <small>Calories: 735 Fat: 21% Sodium: 840 mg Carb: 100 g</small>	<b>10</b> Roast Pork w/ Raisin Sauce Herbed Buttered Penne Mixed Vegetables Pumpernickle Bread Pineapple  <small>Calories: 760 Fat: 26% Sodium: 450mg Carb: 98g</small>	<b>11</b> Lemon Pepper Fish Brown Wild Rice Brussels Sprouts Garlic Dinner Roll Cinnamon Apples  <small>Calories: 685 Fat: 40% Sodium: 665mg Carb: 73g</small>
<b>14</b> ♦ Meatball Sub Corn Broccoli Sub Roll Fresh Apple  <small>Calories: 620 Fat: 28% Sodium: 950mg Carb: 87g</small>	<b>15</b> Tortellini with Tomato Sauce California Veg Blend Garlic Roll Pears  <small>Calories: 700 Fat: 25% Sodium: 770 Carb: 105g</small>	<b>16</b> Chicken Cordon Bleu Potato Lyonnaise Green Beans Rye Bread Fruit Cocktail <b>NIELSON EYE</b>  <small>Calories: 655 Fat: 26% Sodium: 970mg Carb: 76g</small>	<b>17</b> Beef Stew with Peas & Carrots Steamed Potatoes Dinner Roll Oatmeal Raisin Cookie MOD: Diet Cookie  <small>Calories: 750 Fat: 33% Sodium: 690mg Carb: 93g</small>	<b>18</b> Breaded White Fish Tarter Sauce Roasted Potato Broccoli Multigrain Bread Fresh Orange  <small>Calories: 720 Fat: 38% Sodium: 790mg Carb: 80g</small>
<b>21</b> Patriot's Day <i>No Meals Served</i>  	<b>22</b> Chicken Marsala Mashed Sweet Potato Peas and Mushrooms Oatmeal Bread Apple  <small>Calories: 630 Fat: 16% Sodium: 520mg Carb: 92g</small>	<b>23</b> Stuffed Shells Cauliflower Green Bean Almondine Whole Grain Bread Peaches <b>MOVIE</b>  <small>Calories: 640 Fat: 26% Sodium: 850mg Carb: 80g</small>	<b>24</b> Shepherd's Pie Herbed Carrot Coins Garlic Roll Fresh Orange  <small>Calories: 700 Fat: 36% Sodium: 645mg Carb: 77g</small>	<b>25</b> Fish Newburg Brown Rice Brussel Sprouts Rye Bread Apple Cinnamon Muffin MOD: Strawberry G'rhams  <small>Calories: 670 Fat: 22% Sodium: 775mg Carb: 84g</small>
<b>28</b> Chicken Teriyaki Brown Rice & Peas Oriental Vegetables Oatmeal Bread Vanilla Pudding MOD: SF Pudding  <small>Calories: 680 Fat: 23% Sodium: 970mg Carb: 87g</small>	<b>29</b> American Chop Suey Green Beans Multigrain Bread Mandarin Oranges  <small>Calories: 660 Fat: 26% Sodium: 410mg Carb: 88g</small>	<b>30</b> Roast Turkey with Gravy Mashed Potato Mixed Vegetable Whole Wheat Bread Fruit Cocktail  <small>Calories: 610 Fat: 23% Sodium: 970mg Carb: 84g</small>		Milk and margarine are served at every meal and are included in the nutrition breakdown  ♦ Indicates entrée has > 700 mg Sodium

Menu is subject to change without notice

Suggested Donation - \$2.00 per Meal

**17TH LONG POND PHYSICAL THERAPY 12:30 PM 30TH SMP LINDA MURPHY 12:30 PM**  
**For cancellations of home delivered meals, call the Nutrition Office @ 508-584-1561**  
**Cancellations should be made no later than 10:30 am on the day before delivery**

**ACTIVITIES**

**APRIL**

**2013**

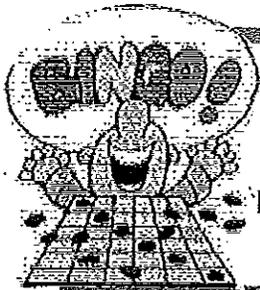
**"PEMBROKE PIONEER"**

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

LUNCH 11:30 781-294-4645

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10-11 BP CLINIC- COA 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO</p>	<p>1 April Fmils' Day 9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 2:00 ZUMBA \$5</p>	<p>2 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2</p>	<p>3 8:30 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 NO KNITTING 1:00 Bingo @ Kilcommons</p>	<p>4 7:50 Food Shopping 9-10 Josh Cutler 9:15 Line Dancing \$3 10:30 Walking Group 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Cribbage &amp; Whist</p>
<p>7 10-11 BP CLINIC- COA 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO</p>	<p>8 9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5 7:00 BOARD MTG</p>	<p>9 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Movie</p>	<p>10 8:30 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 KNITTING 1:00 Bingo @ Kilcommons</p>	<p>11 7:50 Food Shopping 9:15 Line Dancing \$3 10:30 Walking Group 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Cribbage &amp; Whist</p>
<p>14 10:30 Walking Group 11:30 LUNCH \$2</p>	<p>15 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</p>	<p>16 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 12:00 Nielson Eye Center Free Eye Screening 1:00 Atty Conroy by Appt.</p>	<p>17 8:30 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 12:30 Long Pond PT 1:00 KNITTING 1:00 Bingo @ Kilcommons</p>	<p>18 7:50 Food Shopping 9:15 Line Dancing \$3 10:30 Walking Group 10:30 Card Crafting \$2 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Cribbage &amp; Whist</p>
<p>21 PATRIOT'S DAY OFFICE CLOSED</p>	<p>22 9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5</p>	<p>23 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Movie</p>	<p>24 8:30 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 12:30 "Bring It To The Table" 1:00 KNITTING 1:00 Bingo @ Kilcommons</p>	<p>25 7:50 Food Shopping 9:15 Line Dancing \$3 10:30 Walking Group 10:30 Card Crafting \$2 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Cribbage &amp; Whist</p>
<p>28 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO</p>	<p>29 9:30 Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5</p>	<p>30 10:00 Dull Men's Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 SR. MEDICAL PATROL Linda Murphy</p>	<p>MEDICAL AND MEALS ON WHEELS DRIVERS NEEDED CALL OFFICE 781-294-8220</p>	<p>LUNCH reservations must be made at least a week ahead call 781-294-4646</p>



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

Monday, APRIL 7, @ 1:00 pm, Monday, APRIL 21, @ 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, APRIL 7, 2014	10:00-11:00 am
KILCOMMONS COMMUNITY ROOM	MONDAY, APRIL 14, 2014	10:00-11:00 am
MACDONALD WAY	WEDNESDAY, APRIL 16, 2014	10:00-11:00 am
MAYFLOWER COURT	MONDAY, APRIL 28, 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**

John Melchin in Memory of Joe Delappi

A Donation from Catherine Roy

**VOLUNTEERS' CREED:** "I long to be of usefulness in little ways and large without a selfish motive and without the slightest charge. Because in my philosophy, there never is a doubt, that all of us here on earth must help each other out. I feel the day is fruitful and the time is all worthwhile, when I promote the happiness of one enduring smile.".... Author Unknown.....

"There is nothing stronger in the world than gentleness"...  
...Han Suyin

"A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love." St. Basil, 330-379 A.D.) Bishop of Greece.

**IN MEMORIAM**

Isabelle Cantelli, Robert P. Cronin, Matilda F. Gilmore, Virginia B. Girouard, Evelyn A. Jackson, Barbara F. Phillips, Bruce Noddin, Linda L. Rowe, Alan Trant

"O Give thanks unto the Lord; for he is good: for his mercy endureth for ever."  
Psalm 1361

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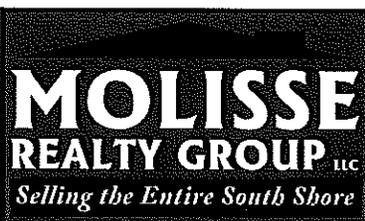


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**OLD FASHIONED BREAD PUDDING**

2 Cups of dry bread (small cubes)  
 4 Cups of Milk  
 2 eggs, beaten  
 2/3 Cup sugar

1/4 teaspoon salt  
 1 teaspoon cinnamon  
 1 teaspoon nutmeg  
 2/3 Cup washed raisins



Mix sugar, salt, cinnamon and nutmeg together first. Then mix all ingredients together and pour into a deep baking dish. Dot with butter. Bake at 350° for 1—1½ hours until the top is brown. The mixture will sink down when done. Serve hot or cold with whipped cream. 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."  
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Next Board Meeting 7 PM, April 8, 2014



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