

PEMBROKE PIONEER
A Newsletter for Pembroke's Senior Citizens

Published by the Pembroke
Council On Aging
144 Center Street
Pembroke, Massachusetts 02359

Director: Anna Seery, LICSW

AUGUST 2015

781-294-8220

SPOT LIGHT

Enjoy a **Movie and Popcorn** on **Wednesday, August 12th**, when we will be showing **A Perfect Storm** with George Clooney at 1:30 pm and on **Wednesday, August 26th** we will be showing **Mrs. Doubtfire** with Robin Williams also at 1:30.

We will be having a seminar that will examine the human journey at the end of life: **Attending to Body, Soul and Spirit at the end of Life** will be presented by Scott Closik of Beason Hospice. This will be held on **Wednesday, August 19 at 12:30 pm** where participants will gain information on the physical, emotional and spiritual needs of the terminally ill; the fears, anxieties and concerns that people experience at the end of life; the relationship between pain and suffering; the ways to talk about end-of-life issues with loved ones; support for family caregivers; the importance of sacred space and how the hospice team supports patients and their families. Who should attend? Caregivers who have loved ones who are ill, including Alzheimer's disease or another form of dementia; clergy, social workers, nurses and other professionals who care for the needs of others and anyone in the community who would like more information on end-of-life care and the dying process.

The COA will offer transportation to the **148th Marshfield Fair Senior Citizens Day, Tuesday, August 25th**. Please call to reserve a seat. There is free admission for seniors and at the Senior Tent you may get free ice cream (12-3:30). Health Information and Blood Pressure Screening will also be available.

By popular demand the Dull Men's Group's own member Tom Grono will be playing his guitar and singing a variety of Country Western Songs on **Wednesday August 26th at 12:30** at our **Ice Cream Social**.

By request of many who are trying to reduce paper usage, you now have the option to receive the **Pembroke Pioneer** newsletter by e-mail. Go to the **Town of Pembroke Website**, open the **COA page**, click on the link **Subscribe to the COA News**, and fill this online form out for automatic updates and the option to receive the newsletter by e-mail. You will also be helping us reduce printing and mailing costs.

Senior Municipal Users Fee Abatement: Must be 70 years old by July 1, 2016, with a fixed annual income not exceeding \$32,000 for 1 person or \$36,000 for 2 people. Forms are available at the Senior Center and Town Hall (Selectman's Office).

LIKE US ON FACEBOOK! Find us at **Pembroke Council on Aging**

ANNA'S CORNER

Gratitude and what it can mean to you. In a review of research from the National Institute of Health, gratitude is broadly defined as an appreciation of what is valuable and meaningful to oneself, exhibited by the general state of thankfulness and or appreciation. These studies show cultivating gratitude can enhance overall well-being, improve insomnia and increase energy. Furthermore, in studies on the brain, gratitude has shown higher levels of activity in the hypothalamus, which controls many of our essential bodily functions, and has influence on metabolism and stress levels. Bringing gratitude into your life requires an appreciation for the positives in your life, it is not a comparison. Simple steps to bring gratitude into your life include starting the day by identifying 3 things you are grateful for, others find a gratitude journal helpful. I try to be mindful of opportunities to find things to be grateful for, it is an ongoing process of personal awareness. Continued practice of gratitude can become a positive habit, give it a try.

~ Anna

We are still looking for a volunteer with **electronic acumen**. We need assistance, read **HELP**, with our media setup. TV, DVD, public address system and all that it entails. Please contact our office 781-294-8220 if you think you can help.

Do you have a morning to spare? The COA is looking for volunteers to help in the kitchen on Mondays and Wednesday mornings. Duties include assisting the Nutrition Manager from Old Colony Elder Services in preparation of the Meals on Wheels and Congregate luncheons. Please Contact us at 781-293-8220 or stop by and fill out a volunteer application.

The **Council on Aging** has two positions opening on it's board. The Board of Directors is responsible for providing advocacy and leadership concerning the direction and future goals of the Council on Aging. Ideal COA Board members come from diverse professions, still working or retired, who have a common goal of enhancing the lives and wellbeing of the residents of Pembroke. Please call Anna Seery at the COA for more information or fill out the initial application found on the Town of Pembroke Website: Board of Directors Application <http://www.townofpembrokemass.org/councilonaging.html>

The book to be reviewed by the **Book Review Group** for August is ***The Husband's Secret*** by Liane Moriarty

HEALTHY HARVEST is a component of the Food Resources Program at South Shore Community Actions Council. This program is supported in part by the *Makepeace Neighborhood Fund* and *Project Bread*. The program will be here in Pembroke on **Wednesday, August 12th**. Stop by to pick up some vegetables.

Summertime is a great season to increase your intake of fresh fruits & vegetables and boost your fiber intake. Try adding a variety of fruits & vegetables to your summer salads by:

Mixing leafy greens such as Romaine, baby spinach, Boston lettuce, mixed greens, with sugar snap peas, bell pepper, cucumbers, tomatoes, shredded carrots and onions. Add mango, grilled pineapple, grapes, dried cranberries, melon, sliced strawberries or mandarin oranges for a colorful and antioxidant-rich meal.

For added flavor boost, drizzle olive oil and add basil to cauliflower, broccoli, Brussels sprouts, zucchini or summer squash. Roast in an oven (or grill). Add hot or cold to your salad. Add a splash of light salad dressing and enjoy as a side or add some protein and a slice (or 2) of whole grain bread for a nutritious meal.

Donations to the Friends

We thank the following individuals for their generous gifts to the Friends of the Pembroke Council on Aging:

Rita Whooley, Evelyn Howard
Paul & Irene Flood, Al & Betty Supple
James Davis, Leona Roach
Kathleen Marie Flaherty, Craig Chandler

Alfred Busa in memory of Kay Busa
Mary Watson in memory of Al Watson

Friends: Officers and Board of Directors

Officers

President: Suzanne Cutler
Vice President: Gail Shaw
Secretary: Mary Salter
Treasurer: Ruth Pilkuhn

Board of Directors

2015 Dianne Robbins
2016 Ruth Ingalls
2017 Marie Federico
2015 Jeanne Duffy
2018 Connie Marano

**Friends Monthly Meeting will be held
September 15 at 10:30 AM**

You're encouraged to attend and get involved!

Have We Got A Deal For You!

Stop by Marie's Boutique for some real bargains- gently used bric-a-brac, household items, clothes, decorations and new items arriving weekly.

Another way to help is to donate still-in-good-condition items you no longer need, but someone else may like. We'll put them for sale in Marie's Boutique to raise additional income for the Friends.

Coffee, Tea and Friends

The Pot is always on. Stop by the Center anytime for a cup of tea or coffee and a chat with others who are hanging out at the center or attending one of our programs. You're always welcome – and you'll like the people you meet.

Join the Friends and Support the COA!

Mail your \$5 check and the coupon below to:
Pembroke COA, PO Box 221, Pembroke, MA 02359

Name _____ Date _____
Address _____
Email _____ Phone _____

My membership dues for 2015 \$5.00
I want to give more. I include an additional contribution of _____
I'd like to make a gift in memory/honor of _____
_____ Total _____

Your dues will help the Friends underwrite the cost of the activities and resources of the COA.

You're Never Too Old *Keep Active as You Age*

We've all heard that exercise is good for you. Did you know that it's as true for older people as it is for any age group? You're never too old to get moving, get stronger and improve your health.

Fitting exercise and physical activity into your day can enhance your life in so many ways. Regular physical activity can improve your balance and boost or maintain your strength and fitness. It may also improve your mood and help you manage or lessen the impact of conditions like diabetes, heart disease, osteoporosis and depression.

Despite these proven benefits, exercise and physical activity rates among older people are surprisingly low. Only about 30% of people ages 45 to 64 say they engage in regular leisure-time physical activity. This falls to 25% of those between the ages of 65 and 74 and 11% of people age 85 and older.

Experts recommend 4 types of exercise for older adults: endurance, balance, strength and flexibility. Brisk walking, dancing and other endurance exercises improve the health of your heart, lungs and circulatory system. These exercises can make it easier for you to mow the lawn, climb stairs and do other daily activities. Strength exercises include lifting weights or using resistance bands. They can increase muscle strength to help with activities such as carrying groceries or lifting grandchildren. Balance exercises can help prevent falls—a major health risk for older adults. Stretching, or flexibility exercises, can give you more freedom of movement for bending to tie your shoes or looking over your shoulder as you back out of the driveway.

"Even if you haven't been active previously, it's important to get started and stay active," says Dr. Richard J. Hodes, director of NIH's National Institute on Aging. "We know that people want to live independently for as long as they possibly can. By exercising regularly and including more physical activity in their daily routine, older people can preserve their physical function, which is key to doing the everyday things they want to do."

To help you get started and keep moving, NIH brought together some of the nation's leading experts on aging, exercise and motivation. They developed a guide to exercise for older adults. The guide serves as the basis for a new national exercise and physical activity campaign for people ages 50 and older. It's called *Go4Life*.

"Older adults can exercise safely, even those who have physical limitations," Hodes says. "*Go4Life* is based on studies showing the benefits of exercise and physical activity for older people, including those with chronic health conditions."

To learn more, visit the *Go4Life* website. You'll find exercises, success stories and tips to help you stay motivated. Or call 1-800-222-2225, or e-mail niaic@nia.nih.gov.



Thank you to Patrick Siccone of V.I.P. Landscaping of Pembroke for donating the services of his employees and bark mulch to clean up the borders and landscape island at the Senior Center.

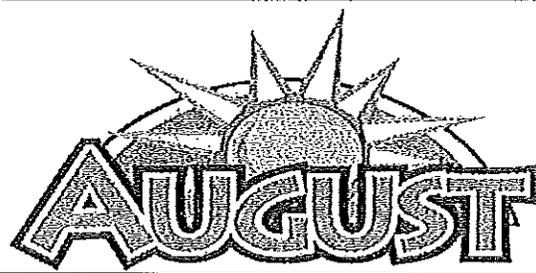
Old Colony Elder Services Nutrition Program

Mary Ellis Nutrition Manger

August 2015 Menu*

Nutrition 781-294-4645

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Eggplant Parmesan with Meat Sauce Ziti Pasta Roman Vegetable Blend Parmesan Cheese Italian Bread Hot Cinnamon Pears Calories: 477 Sodium: 694mg Carb: 59.9g	4 Aloha Chicken with Aloha Sauce Vegetable Rice Pilaf Fiesta Vegetables Whole Wheat Bread Lemon Cake w/Topping MOD: Lemon Grahams Calories: 400 Sodium: 354mg Carb: 51.9g	5 Egg Salad on Lettuce Bed with Pita Half Pasta Salad Vinaigrette Three Bean Salad Mixed Fruit Cocktail Calories: 515 Sodium: 432mg Carb: 62.6g	6 Beef Bourguignon Italian Roasted Potatoes Carrot Coins Whole Wheat roll Chocolate Pudding w/Topping MOD: Fresh Peach Calories: 329 Sodium: 202 mg Carb: 35.9g	7 Macaroni & Cheese with Bread Crumb Topping Broccoli Multigrain Bread Light Hot Apple Crisp Calories: 375 Sodium: 628mg Carb: 49.3g
10 Greek Chicken Mashed Sweet Potatoes Spinach Parmesan Oatmeal Bread Chocolate Chip Cookie MOD: Strawberry Grahams Calories: 342 Sodium: 405mg Carb: 35.2g	11 Sloppy Joe Seasoned Oven Roasted Potatoes California Vegetable Blend Hamburger Bun Butterscotch Pudding MOD: Diet Pudding Calories: 545 Sodium: 536mg Carb: 61.6g	12 ♦ Cheese Ravioli w/Meat Sauce Brussel Sprouts Parmesan Cheese Whole Wheat Bread Light Hot Peach Crisp Calories: 288 Sodium: 814mg Carb: 33.6g	13 Roast Pork w/Apricot Glaze Baked Potato Jardiniere Vegetables Sour Cream Multigrain Bread Fresh Plum Calories: 379 Sodium: 89mg Carb: 30.7g	14 Potato Crunch Fish w/Lemon Wedge Herbed Brown Rbe Mixed Vegetables Tartar Sauce Marble Rye Bread Banana Calories: 504 Sodium: 474mg Carb: 58.5g
17 Chicken Cacciatore Orzo w/Brown Rice & Red Peppers Squash Medley Parmesan Cheese Whole Wheat Roll Vanilla Pudding w/Topping MOD: Lorna Doones Calories: 302 Sodium: 77mg Carb: 36.2g	18 Creamy Tomato Soup with Oyster Crackers Tuna Salad on Lettuce Bed with Pita Half Tossed Garden Salad Tricolor Pasta Salad Light Italian Dressing Fresh Nectarine Calories: 440 Sodium: 630mg Carb: 57.8g	19 ♦ Swiss Cheese Omelet O'Brien Potatoes Spinach French Toast Maple Syrup/SF Syrup Rye Bread Pear Slices Calories: 584 Sodium: 779mg Carb: 58.3g	20 Italian Pot Roast Baked Potato w/Sour Cream Italian Vegetable Blend Oatmeal Bread Chocolate Brownie MOD: Lemon Grahams Calories: 282 Sodium: 209mg Carb: 26.5g	21 Chicken Parmesan with Tomato Sauce Penne Pasta Baby Carrots Parmesan Cheese Whole Wheat Roll Fresh Orange Calories: 436 Sodium: 468mg Carb: 45.2g
24 BBQ Pork Patty Oven Roasted Potatoes Zucchini Sub Roll Chocolate Pudding w/Topping MOD: Diet Pudding Calories: 390 Sodium: 625mg Carb: 47.8g	25 Salmon Boat with Dill Sauce Vegetable Brown Rice Pilaf Vegetable Blend Mix Whole Wheat Bread Vanilla Cupcake MOD: Strawberry Graham Calories: 373 Sodium: 377mg Carb: 47.8g	26 Mnestrone Soup w/Crackers Chicken Salad on Lettuce Bed w/Pita Half Spinach Salad w/ Mandarin Oranges German Potato Salad Honey Dew Melon Calories: 406 Sodium: 371mg Carb: 46g	27 Pasta with Meatballs Tomato Sauce Italian Vegetable Blend Multigrain Bread Banana Calories: 368 Sodium: 284mg Carb: 45.5g	28 Mediterranean Chicken Roasted Sweet Potatoes Brussel Sprouts Whole Wheat Roll Fresh Peach Calories: 425 Sodium: 510mg Carb: 40.3g
31 Whole Grain Lasagna Rolls w/Meat Sauce Scandinavian Vegetables Multigrain Bread Hot Cinnamon Apples Calories: 328 Sodium: 412mg Carb: 36.5g	<p>*New Change to the Menu Nutrition Facts* Entrée only (protein, starch, and vegetable) are included in the menu nutrition facts. THIS IS A NEW CHANGE to the regular menu only. The following meal components contribute an additional (approximate) amount of sodium: Sweets-200mg, Bread-150mg, Milk-100mg, Fruit-5mg & Margarine-45mg</p>			



Menu is subject to change without notice
 ♦=High Sodium Entree

Suggested Voluntary Donation-\$2.50/meal
 Margarine not served with sandwich meals

Please call the OCES nutrition department at 508-584-1561 to cancel home delivered meals

ACTIVITIES

AUGUST

2015

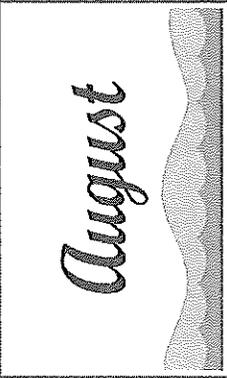
"PEMBROKE PIONEER"

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

LUNCH 11:30 COST: \$2

NUTRITION: 781-294-4645

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>3</p> <p>10:00 Tai Chi 10:15-11:15 BP Clinic 10:30 Walking Group 11:30 Lunch \$2 12:30 Technology with Dylan</p>	<p>4</p> <p>9:30 Rita's Chair Yoga \$4 10:00 Coffee with Anna 10:30 Walking Group 11:30 LUNCH \$2 1:00 Hannaford's & Job Lot 1:00 ZUMBA GOLD \$5</p>	<p>5</p> <p>10:00 Dull Men's Group 10:00 Caregiver Group 10:30 Walking Group 11:30 LUNCH \$2</p>	<p>6</p> <p>10:00 Tai Chi 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:00 Wal-Mart Shopping 1:30 Line Dancing 1:00 Bingo @ Kilcommons</p>	<p>7</p> <p>9:00-10:00 Rep. Josh Cutler 9:30 Rita's Chair Yoga \$4 10:15 Hanover Mall/10:30 Walking 11:30 LUNCH \$2 12:00 Market Basket 12:30-2:00 Jewelry Making 12:30 Cribbage & Whist</p>	
<p>10</p> <p>10:00 Tai Chi 10:00 Book Review Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Technology with Dylan 1:00 BINGO</p>	<p>11</p> <p>9:30 Rita's Chair Yoga \$4 10:30 Walking Group 10:30 Castle Island Trip 11:30 LUNCH \$2 1:00 ZUMBA GOLD \$5 6:00 COA Board Meeting</p>	<p>12</p> <p>HEALTHY HARVEST 10:00 Dull Men's Group 10:00 Caregiver Group 10:30 Walking Group 11:30 LUNCH \$2 1:30 MOVIE - A Perfect Storm</p>	<p>13</p> <p>10:00 Tai Chi 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:00 Wal-Mart Shopping 1:30 Line Dancing</p>	<p>14</p> <p>7:50 Food Shopping 9:30 Rita's Chair Yoga \$4 10:15 Hanover Mall 10:30 Walking Group 11:30 LUNCH \$2 12:30-2:00 Poetry/Lit Group</p>	
<p>17</p> <p>10:00 Tai Chi 10:30 Walking Group 11:30 LUNCH \$2 12:30 Technology with Dylan</p>	<p>18</p> <p>9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 1:00 Hannaford's & Job Lot 1:00 ZUMBA GOLD \$5</p>	<p>19</p> <p>10:00 Dull Men's Group 10:00 Caregiver Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Attending to Body Soul & Spirit 1:00 Atty Conroy by Appt.</p>	<p>20</p> <p>10:00 Tai Chi 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:00 Wal-Mart Shopping 1:30 Line Dancing 1:00 Bingo @ Kilcommons</p>	<p>21</p> <p>7:50 Food Shopping 9:30 Rita's Chair Yoga \$4 10:15 Hanover Mall 10:30 Walking Group 11:30 LUNCH \$2 12:30-2:00 Jewelry Making 12:30 Cribbage & Whist</p>	
<p>24</p> <p>10:00 Tai Chi 10:30 Walking Group 11:30 LUNCH \$2 12:30 Technology with Dylan 1:00 BINGO</p>	<p>25</p> <p>9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:00 SENIOR DAY MARSHFIELD FAIR 1:00 ZUMBA GOLD \$5</p>	<p>26</p> <p>10:00 Dull Men's Group 10:00 Caregiver Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Ice Cream Socia 1:30 MOVIE - Mrs. Doubtfire</p>	<p>27</p> <p>10:00 Tai Chi 10:00 Quilting Group 10:30 Walking Group 11:30 LUNCH \$2 12:00 Wal-Mart Shopping 1:30 Line Dancing / 1:30 OCPC 1:00 Bingo @ Kilcommons</p>	<p>28</p> <p>7:50 Food Shopping 9:30 Rita's Chair Yoga \$4 10:15 Hanover Mall 10:30 Walking Group 11:30 LUNCH \$2 12:30-2:00 Poetry/Lit Group 12:30 Cribbage & Whist</p>	
<p>31</p> <p>10:00 Tai Chi 10:30 Walking Group 11:30 LUNCH \$2 12:30 Technology with Dylan</p>	<p>LUNCH reservations must be made a week ahead call 781-294-4645</p>	 <p><i>August</i></p>			<p>S.H.I.N.E. APPOINTMENTS ONCE A MONTH 1:00-3:00 Reservations needed 781-294-8220</p>

COUNCIL ON AGING BOARD

Chairman: Linda Osborne—2017
 Vice Chairman: James Baillie—2015
 Recording Clerk: John Melchin—2017
 Treasurer: Kathleen Toole--2016
 Kenneth Girten--2015; James Kinkade--2015;
 Janet Laberge--2016

**FREE HEALTH SCREENING CLINICS: PLEASE NOTE CHANGES IN DATES AND TIMES
 LAST PATIENT 15 MINUTES BEFORE CLOSING TIME.**

KILCOMMONS COMMUNITY ROOM	MONDAY, August 3, 2015	9:00-10:00am
COUNCIL ON AGING	MONDAY, August 3, 2015	10:15-11:15am
MACDONALD WAY	MONDAY, August, 10 2015	9:00-10:00am
MAYFLOWER COURT	MOMDAY, August 10, 2015	10:15-11:15am

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

IN MEMORIAM

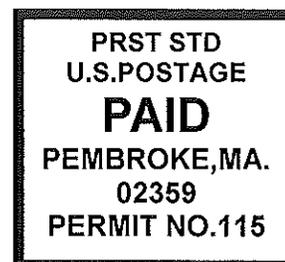
Margaret A. Cinfo, Richard C. Janhola, Jean M Sweezey, Elizabeth A. Taft,

"Who redeemeth thy life from destruction; who crowneth thee with loving kindness and tender mercies."

Psalms103:4

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

CHANGE SERVICE REQUESTED



TRIP TO CASTLE ISLAND

Trip to Castle Island and lunch at Sullivan's in South Boston, Tuesday, August 11th, 10:30. You will have time to walk around Fort Independence, Pleasure Bay, or just sit on one of the many benches and people watch. Lunch on your own at Sullivan's where you can order a Lobster Roll, Hamburger, Chowder or bring your own picnic lunch. Limited seating, sign up necessary.

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"The Pembroke COA does not endorse the content of any seminars.
They are for informational use only."