



# 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

JANUARY 2015

The Council on Aging Board, Office Staff, Drivers, and Volunteers, and myself, all wish you a very HEALTHY HAPPY NEW YEAR!

Remember to put some wonder into your new year. To lift your mood, copy monkeys and eat bananas - they always seem happy.

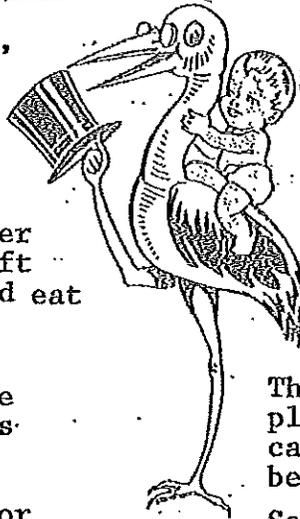
THE FRIENDS OF THE COA have voted all the same officers to their board. See the insert in this Newsletter regarding their campaign for new friends. You don't have to be a Senior to join the Friends Group, all ages most WELCOME.

JOSH CUTLER: Will be here at the Senior Center on FRIDAY, JANUARY 2nd, at 9:00 A.M. Do stop by for a visit or if you have any concerns and ask JOSH.

ALL AMERICAN ASSISTED LIVING: Will be presenting a "Memory Loss & Mild Cognitive Impairment - Precursor to Dementia" Seminar on THURSDAY, JANUARY 15th, at 12:30 P.M. Be sure to sign up.

DANCING WITH HENRY: Will continue in JANUARY. Every MONDAY at 12:30, Do Sign up or just come on over and dance. Good exercise!

BINGO: Will be taking a WINTER VACATION and will see you in the SPRING.



TAX TIME is right around the corner, and as always the case many Tax Law Changes!

H. & R. BLOCK will be here on WEDNESDAY, JANUARY 21st, at 12:30 P.M. Margaret Farrell is an expert and Enrolled Agent for the IRS. She will answer any questions you may have and questions on

The Affordable Care Act. Do plan to attend and sign up so we can let her know how many will be in attendance.

See Page 5 for all of the other activities.

For more information on the TAX WORKOFF PROGRAM AND THE CIRCUIT BREAKER see PAGE 6.

FUEL ASSISTANCE: Is still on-going and we have applications in the Office. If you meet the Guidelines make an appointment by calling 781-294-8220.

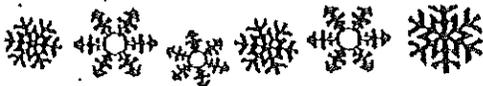
We compose the Newsletter in December for January. That is why I am still here.

Now that I am retired, I wish you all the very best, and I will miss each and everyone!

Interesting thought: It is certainly a paradox that we are naturally desirous of long life and yet unwilling to be old!

Enjoy the journey....!

Mary E. Willis  
Director



Q&A – December 2014

## **Can I Affect My *Brain-Health*?**

### **Are there lifestyle decisions that make a brain healthier?**

Yes, and tips for a healthier brain do not require you to radically change your daily life.

While the mortality rate for heart disease and cancer are falling—the mortality rate for Alzheimer's continues to rise and is among the top 10 leading causes of death. By 2050, there may be 16 million Americans with Alzheimer's, and mild cognitive impairment may affect as many as 25% of the elderly.

A common health concern among older adults is memory loss. According to a recent survey, adults are more than twice as likely to fear losing their mental capacity as losing their physical capacity. In another survey, 9 out of 10 people said they thought they could improve their cognitive fitness. 6 out of 10 said they should have their cognitive functioning checked annually, just like a regular physical checkup. 8 in 10 said they take some time nearly every day to engage in activities designed to improve their cognitive health.

Here are some steps you can take to help your *brain health*:

- **Engage in Physical Exercise**—Physical exercise is key to maintaining good blood flow to the brain as well as stimulating new brain cells. It can reduce the risk of heart attack, stroke and diabetes, and protect against risk factors for dementias.
- **Eat Brain-Healthy Food**—High cholesterol is thought to contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. There is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells. HDL (or "good") cholesterol may help protect brain cells. Use mono- and polyunsaturated fats, such as olive oil. Try baking or grilling food instead of frying. Your brain needs a balance of nutrients, including protein and sugar, to function well. Strive for a well-balanced diet.
- **Manage your body weight**—One study found that those who were obese in middle age were twice as likely to develop dementia in later life. People with high cholesterol and high blood pressure had six times the risk of dementia.
- **Lead A Social Life**—Social activity makes physical and mental activity more enjoyable and it can reduce stress levels, helping to maintain healthy connections among brain cells. Leisure activities that combine physical, mental and social activity are the most likely to prevent dementia. Sports, cultural activities, emotional support and close personal relationships together appear to have a protective effect against dementia.
- **Stay Mentally Active**—Engage in mentally stimulating activities. This strengthens brain cells and the connections between them and may even create new nerve cells. Keeping your brain active seems to increase its vitality and may build its reserves of brain cells and connections. Read; write; attend lectures and plays; sign up for courses at your local community college; try gardening. Keep your mind challenged and engaged!

There are some risk factors beyond your control, like genetics and aging. But even people who inherit genes associated with dementia from both parents still may not get the disease. All of the brain-health activities mentioned here work best when done together. A healthy brain lifestyle could delay or prevent the appearance of Alzheimer's disease.

To learn more about brain health, go to

<http://www.alz.org/we-can-help-brain-health-maintain-your-brain.asp>

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

**OFFICERS AND BOARD OF DIRECTORS OF THE FRIENDS**

PRESIDENT: Suzanne Cutler	2014 Jeanne Duffy—Membership Chairman
VICE PRESIDENT:	2015 Dianne Robbins
SECRETARY: Mary Salters	2016 Ruth Ingalls
TREASURER: Ruth Pilkuhn	2017 Marie Federico
	2018 Connie Marano



"EVERYONE WELCOME"

FRIENDS OF THE PEMBROKE COA 2015 MEMBERSHIP DUES = \$5.00  
 PLEASE MAKE CHECKS PAYABLE TO: "FRIENDS OF THE COA"  
 P.O. BOX 221  
 PEMBROKE, MA. 02359



NAME .....	DUES .....
ADDRESS.....	ADDITIONAL.....
.....	IN MEMORY OF: .....
E-MAIL.....	IN HONOR OF:.....
PHONE .....	TOTAL CONTRIBUTION \$.....

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

**NEXT FRIENDS MEETING: JANUARY 20, AT 10:30 A.M.**

A **BIG 'THANK YOU'** to all those who have donated items to "Marie's Bric-a-brac" table during this past year.

The FRIENDS OF THE COUNCIL ON AGING are very grateful for your generosity.

With monies raised, we were able to do many things for the benefit of the elderly and the Council on Aging, such as parties for the elderly, landscaping for the front of the building and for the purchase of items used in the building everyday.

~~~DONATIONS TO THE FRIENDS~~~

Anonymous, Ruth Roy , Marilyn Morris, Ken Markle, Maureen DeWitt,  
 Tecla Tozzi

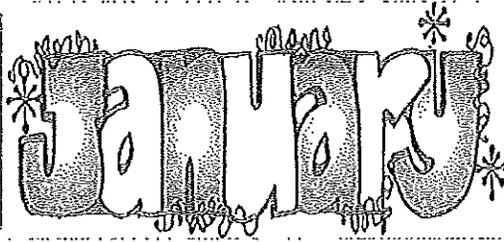
\*\*\*\*\*  
 Dianna More in Memory of John W. Moore, Sr.  
 Anonymous in Memory of Karen Denum



# Old Colony Elder Services Nutrition Program

FOR A RIDE: CALL 781-294-8220 - FOR LUNCH: CALL WEEK AHEAD 781-294-4546

## January 2015 Menu

| MONDAY                                                                                                                                                                                    | TUESDAY                                                                                                                                 | WEDNESDAY                                                                                                                                                    | THURSDAY                                                                                                                                    | FRIDAY                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <p>Milk &amp; margarine are served at every meal and are included in the nutrition analysis</p> <p>◆ Indicates entrée has &gt;700mg sodium</p> <p>◆ Soup is for congregate meal sites</p> |                                                        |                                                                                                                                                              | <p>1 New Year's Day<br/>No Meals Served</p>               | <p>2 Chicken Marsala<br/>Mashed Sweet Potato<br/>Peas and Mushrooms<br/>Oatmeal Bread<br/>Apricots</p>                       |
| <p>5 Tortellini with Tomato Sauce<br/>California Veg. Blend<br/>Garlic Roll<br/>Peach Crisp<br/><b>DANCE/HENRY</b></p>                                                                    | <p>6 Italian Pot Roast<br/>Oven Roasted Potato<br/>Brussel Sprouts<br/>Italian Bread<br/>Chocolate Chip Cookie<br/>MOD: Lorna Dorne</p> | <p>7 Roast Pork w/Raisin Sauce<br/>Herbed Buttered Penne<br/>Mixed Vegetables<br/>Pumpnickel Bread<br/>Fresh Apple</p>                                       | <p>8 Mediterranean Chicken<br/>Orzo Vegetable Blend<br/>Spinach<br/>Oatmeal Bread<br/>Pineapple</p>                                         | <p>9 Breaded White Fish<br/>Tarter Sauce<br/>Roasted Sweet Potato<br/>Broccoll<br/>Multigrain Bread<br/>Mandarin Oranges</p> |
| <p>Calories: 700 Fat: 25%<br/>Sodium: 770 mg Carb: 105g</p>                                                                                                                               | <p>Calories: 675 Fat: 29%<br/>Sodium: 560mg Carb: 79 g</p>                                                                              | <p>Calories: 760 Fat: 26%<br/>Sodium: 450mg Carb: 98g</p>                                                                                                    | <p>Calories: 675 Fat: 22%<br/>Sodium: 865mg Carb: 89g</p>                                                                                   | <p>Calories: 720 Fat: 38%<br/>Sodium: 790mg Carb: 90g</p>                                                                    |
| <p>12 Lasagna w/Tomato Sauce<br/>Spinach<br/>Peas and Onions<br/>Italian Bread<br/>Fresh Orange<br/><b>DANCE HENRY</b></p>                                                                | <p>13 Aloha Chicken<br/>Buttered Potatoes<br/>Broccoll<br/>Rye Bread<br/>Lemon Cake<br/>MOD: Low sugar cake</p>                         | <p>14 Turkey a la King<br/>Over Penne Pasta<br/>Carrots<br/>Biscuit<br/>Fruit Cocktail</p>                                                                   | <p>15 ◆Baked Ham w/Pineapple Sauce<br/>Mashed Sweet Potato<br/>Green Beans<br/>Multigrain Bread<br/>Pineapple<br/><b>SEMINAR: 12:30</b></p> | <p>16 Wild Salmon w/Lemon Dill Sauce<br/>Orzo with Carrots<br/>Green Beans Almondine<br/>Oatmeal Bread<br/>Pears</p>         |
| <p>Calories: 570 Fat: 24%<br/>Sodium: 710mg Carb: 81g</p>                                                                                                                                 | <p>Calories: 780 Fat: 21%<br/>Sodium: 890mg Carb: 109g</p>                                                                              | <p>Calories: 740 Fat: 29%<br/>Sodium: 740mg Carb: 86g</p>                                                                                                    | <p>Calories: 540 Fat: 18%<br/>Sodium: 1160mg Carb: 83 g</p>                                                                                 | <p>Calories: 645 Fat: 19%<br/>Sodium: 480mg Carb: 92g</p>                                                                    |
| <p>19 Martin Luther King Day<br/>No Meals Served</p>                                                   | <p>20 Baked Ziti with Meat Sauce<br/>Carrots &amp; Cauliflower<br/>Wheat Roll<br/>Peach Sauce</p>                                       | <p>21 Chicken Teriyaki<br/>Brown Rice &amp; Peas<br/>Oriental Vegetables<br/>Oatmeal Bread<br/>Vanilla Pudding<br/>MOD: SF pudding<br/><b>INCOME TAX</b></p> | <p>22 Spanish Beef Tips<br/>Mashed Sweet Potato<br/>Fiesta Vegetables<br/>◆Vegetable Soup<br/>Wheat Roll<br/>Fresh Apple</p>                | <p>23 ◆Hawaiian Roast Pork<br/>Oven Roasted Potatoes<br/>Brussel Sprouts<br/>Corn Muffin<br/>Fruit Cocktail</p>              |
| <p>Calories: 760 Fat: 22%<br/>Sodium: 590mg Carb: 110g</p>                                                                                                                                | <p>Calories: 680 Fat: 23%<br/>Sodium: 970mg Carb: 87 g</p>                                                                              | <p>Calories: 710 Fat: 20%<br/>Sodium: 810 mg Carb: 99g</p>                                                                                                   | <p>Calories: 780 Fat: 25%<br/>Sodium: 955mg Carb: 107g</p>                                                                                  |                                                                                                                              |
| <p>26 Roast Turkey w/ Gravy; Mash. Potato<br/>Green Beans<br/>Multigrain Bread<br/>Fruit Snack N Loaf<br/>MOD: Lemon Grahams</p>                                                          | <p>27 American Chop Suey<br/>California Vegetables<br/>Oatmeal Bread<br/>Mandarin Oranges</p>                                           | <p>28 Orange Almond Chicken<br/>Carrots<br/>Succotash<br/>Rye Bread<br/>Peaches</p>                                                                          | <p>29 Roast Beef au Jus<br/>Red Bliss Potatoes<br/>Broccoli<br/>Whole Wheat Roll<br/>Apple Crisp</p>                                        | <p>30 Salmon Stir Fry with Soy Ginger Glaze<br/>Oriental Vegetables<br/>Brown Rice<br/>Wheat Bread<br/>Pineapple</p>         |
| <p>Calories: 588 Fat: 26 %<br/>Sodium: 1031mg Carb: 76 g</p>                                                                                                                              | <p>Calories: 660 Fat: 26%<br/>Sodium: 410mg Carb: 88 g</p>                                                                              | <p>Calories: 630 Fat: 18%<br/>Sodium: 550 mg Carb: 92 g</p>                                                                                                  | <p>Calories: 725 Fat: 35%<br/>Sodium: 391 mg Carb: 87g</p>                                                                                  | <p>Calories: 525 Fat: 19%<br/>Sodium: 510mg Carb: 71 g</p>                                                                   |

Menu is subject to change without notice

Suggested donation - \$2.50 per meal

# ACTIVITIES

## JANUARY

2015

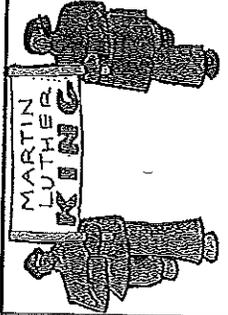
"PEMBROKE PIONEER"

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

LUNCH AT 11:30 - \$2

Nutrition - 781-294-4645

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| MONDAY                                                                                                                    | TUESDAY                                                                                                                                | WEDNESDAY                                                                                                                             | THURSDAY                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>LUNCH RESERVATIONS</p> <p><b>MUST BE MADE A WEEK IN ADVANCE</b><br/>CALL NUTRITION:<br/>781-294-4645</p>               | <p>WALKING GROUP</p> <p>Monday, Tuesday, Friday</p> <p>WEATHER PERMITTING</p>                                                          | <p>Food Shopping</p> <p>3 bags only</p> <p>space limited on bus</p>                                                                   |  <p>OFFICE CLOSED</p> <p>No Lunch or *MOW<br/>*Meals On Wheels"</p>                                        | <p>7:50 Food Shopping</p> <p>9:00 Meet Your Rep. Josh Cutler<br/>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group</p>                                                                                            |
| <p>10:00 TAI CHI</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH</p> <p>12:30 Dancing with Henry</p>                        | <p>9:30 Rita's Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 ZUMBA \$5</p>                              | <p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p> <p>12:30 Movie</p>                                                               | <p>9:00 TAI CHI</p> <p>10:00 Quilting Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 Knitting</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Bingo @ Kilcommons</p>                                    | <p>7:50 MARKET BASKET</p> <p>9:00 PODIATRIST appt only</p> <p>9:30 Rita's Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:00 Jewelry Making Class</p> <p>12:30 Whist &amp; Cribbage</p> |
| <p>10:00 TAI CHI</p> <p>10:00 Book Club</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH</p> <p>12:30 Dancing with Henry</p> | <p>9:30 Rita's Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 ZUMBA \$5</p> <p>7:00 PM COA Board Mtg</p> | <p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p>                                                                                  | <p>9:00 TAI CHI</p> <p>10:00 Quilting Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 "Memory Loss" Seminar</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Knitting</p> <p>1:00 Bingo @ Kilcommons</p> | <p>7:50 Food Shopping</p> <p>9:30 Rita's Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Whist &amp; Cribbage</p>                                                                    |
|  <p>CLOSED</p>                        | <p>9:30 Rita's Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>10:30 Friends of COA</p> <p>11:30 LUNCH \$2</p> <p>1:00 ZUMBA \$5</p>  | <p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p> <p>12:20 INCOME TAX</p> <p>1:00 Attorney Conroy</p> <p>Appointment necessary</p> | <p>9:00 TAI CHI</p> <p>10:00 Quilting Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 Knitting</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Bingo @ Kilcommons</p>                                    | <p>7:50 Food Shopping</p> <p>9:30 Rita's Chair Yoga \$4</p> <p>11:30 LUNCH \$2</p> <p>12:30 Poetry Workshop</p> <p>12:30 Whist &amp; Cribbage</p>                                                                  |
| <p>10:00 TAI CHI</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH</p> <p>12:30 Dancing with Henry</p>                        | <p>9:30 Rita's Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 ZUMBA \$5</p>                              | <p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p> <p>12:30 Movie</p>                                                               | <p>9:00 TAI CHI</p> <p>10:00 Quilting Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 Knitting</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Bingo @ Kilcommons</p>                                    | <p>7:50 Food Shopping</p> <p>9:30 Rita's Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Poetry Workshop</p> <p>12:30 Whist &amp; Cribbage</p>                                       |

**BINGO TAKES A WINTER VACATION  
"C-YA" IN THE SPRING. STAY TUNED!!!!**

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

|                           |                             |                |
|---------------------------|-----------------------------|----------------|
| COUNCIL ON AGING          | WEDNESDAY, January 7, 2015  | 9:30-10:30 am  |
| KILCOMMONS COMMUNITY ROOM | TUESDAY, January 13, 2015   | 10:00-11:00 am |
| MACDONALD WAY             | WEDNESDAY, January 21, 2015 | 10:00-11:00 am |
| MAYFLOWER COURT           | TUESDAY, January 27, 2015   | 10:00-11:00 am |

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

**TAX WORKOFF (CIRCUIT BREAKER LAW) NEW INFORMATION:** In 2015 the minimum wage will be going up to \$9.00 per hour. This may affect your ability to get the full Circuit Breaker Tax Break from the Commonwealth of Massachusetts. Here in Pembroke the Tax Workoff Benefit from the Town will be \$9.00 per hour instead of \$8.00 per hour. Therefore, you will only have to work 55 ½ hours instead of the 62½ hours for 2014. This will enable you to get the \$500.00 tax workoff.

Participants will not earn paychecks. Instead credit worth \$500.00 minus Federal Income Taxes will be available. Under the Law (CH59 5K) the reduction in property taxes is exempt for state income tax purposes. You will be issued a 1099 for the federal tax portion.

Each individual property owner should discuss this with a financial advisor or accountant to determine how this may affect any retirement benefit including the Circuit Breaker Law.

**IN MEMORIAM**

Lynne W. Blake, Margaret A. Harrington, Donald R. Lund, Sherman W. Poole,  
David F. Tigges,

*"The Lord is my rock, my fortress and my deliverer....."  
Psalm 18:2*

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

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www.oldcolonyelderservices.org

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Pembroke, MA

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& Feeders

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GARDEN CENTER**

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781-829-2220

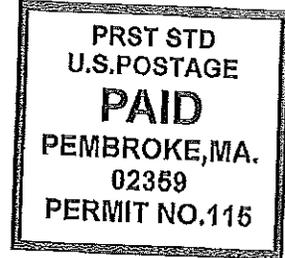
familypetandgarden@hotmail.com



Animal  
Feeds & Needs

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

CHANGE SERVICE REQUESTED



**4 INGREDIENT SWEET BARBECUE CHICKEN—CROCK POT**

1 WHOLE CHICKEN, CUT UP AND SKIN REMOVED  
3/4 TBSP BROWN SUGAR, FIRMLY PACKED

1 CUP OF KETCHUP  
3 TBSP WORCESTERSHIRE SAUCE

LAY THE CHICKEN INTO THE BOTTOM OF THE CROCK POT. PLACE THE KETCHUP AND WORCESTERSHIRE SAUCE INTO A SMALL MIXING BOWL. WISK IN THE BROWN SUGAR UNTIL IT IS COMPLETELY DISSOLVED. POUR THE MIXTURE OVER THE CHICKEN COATING WELL. COOK COVERED 8 HOURS ON LOW.

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—2015  
Recording Clerk: John Melchin - 2017  
Treasurer: Kathleen Toole—2016

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



Next Board Meeting 6 pm, JANUARY 13, 2014