

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

JULY 2015

781-294-8220

SPOT LIGHT – So much doing in the month July.

We can't wait to celebrating the 4th of July early on **Wednesday, July 1st**. We are having an **indoor picnic** at the COA with entertainment by Jack Craig who will sing and tell us about some of his favorite songs. Come and enjoy a wonderful "picnic" at the Center. Call to reserve your place today by calling 781-294-8220. A donation of \$6 is requested.

In **Celebration of Chair Yoga's 3rd Anniversary**, Rita Whooley is offering a complimentary day on **Tuesday, July 7th** at 9:30. If you have not tried this class, now is your opportunity. Chair Yoga is gentle and needs no previous experience, it also incorporates some Tai Chi, Strength Conditioning, Balance and Meditation; please come join us for a relaxing hour.

Hydration: drinking water can help to regulate blood pressure, improve muscle and joint stiffness and more. How much water should we consume and why? What if you don't like the taste of water? We will sample natural flavored waters and foods that are high in water content; learn tips on how to drink recommended amounts of water and make it a healthy habit. Also, we will learn the signs of dehydration and how to prevent heat stroke. So please join us on **July 8th at 12:30** with Hilary Troia of Home Instead Senior Care of Pembroke who will facilitate a discussion on **Hydration, Why It Is Important?**.

Join us to explore scams that are currently circulating in the community, the major red flags to watch out for, and the tactics consumers can use to protect themselves and their identity will be addressed on **Wednesday, July 15 at 12:30**. Taylor Roy from the Better Business Bureau will lead a discussion on **Fraud and Scams**. Also, phone calls, mail, e-mail and door-to-door scams will be discussed.

On **Wednesday, July 22nd at 12:30** we will be enjoying an **Ice Cream Social** sponsored by the Royal of Norwell Nursing Rehabilitation Center. Carol Mulken will be hosting this social so please call and reserve a seat.

Homestead Mortgage will be hosting an educational workshop on the **Federally Insured Reverse Mortgage Program** on **Wednesday, July 29th at 12:30**. David Tourtillo will be discussing how to use this program to: age in place or to downsize, upsize or rightsize. Please join him for coffee and after the presentation there will be an opportunity to discuss individual questions or concerns.

Tai Chi is returning from vacation beginning Monday, July 6th. Classes will resume on Mondays at 10:00 and Thursday 9:00 classes. Come and try this class

Please see Page 2 for more Doings.

ANNA'S CORNER

Independence Day also known as the 4th of July became a Federal Holiday in 1941. However, the tradition of Independence Day Celebrations goes back to the 18th century and the American revolution (1775-1783). In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle weighed a resolution that would declare their independence from Great Britain. On July 2nd, the Continental Congress voted in favor of independence, and two days later its delegates adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4th has been celebrated as the birth of American independence, with typical festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

My hope for all of you is to enjoy the day, maybe attend a parade, a family or a friends' barbeque, or a gathering at the beach; but also, take time to reflect on Independence, what it means to you and share some of the historical knowledge you have gathered over the years with those around you. Oral stories are very important and sharing with the younger generations your thoughts and wisdom are important. Alternatively written thoughts will also be cherished. As my grandmother used to say, " We get to soon old and to late smart", how I wish she were around today I have so many questions for her.

~ Anna

"In the truest sense, freedom cannot be bestowed; it must be achieved".~ Franklin D. Roosevelt.

We have scheduled trips to Hannaford's and Ocean State Job Lot in Kingston on the 1st and 3rd Tuesdays of the month at 1 pm. On Tuesday, July 14, a trip to Marshfield Mug'n Muffin, Marshalls and Ocean State Job Lot, is planned.

Do you need assistance with your cell phone, iPad, Nook? Want to use e-mail, Facebook or upload pictures? We are lucky to have Dylan Brand from Silver Lake High School at the Senior Center on Monday afternoons from 12:30-4:30 for the month of July and August to assist residents with their electronic devices. What seems so easy to the younger generation can be a challenge to seniors. Dylan will meet with you one on one and answer all your questions. Call to reserve a time with Dylan at 781-294-8220.

Nutrition Information About Your Meal..... Did You Know?

Meals provided by Old Colony elder Services (OCES) must provide 1/3 of the Recommended Daily allowances.

The menu is developed by a Registered Dietitian Nutritionist.

Nutrition information on the menu include entrée (protein, starch and vegetable), dessert, milk bread and margarine (unless other wise noted).

Meals must serve good sources of Vitamin C daily and Vitamin A three days a week.

Meals do not have any added salt. Some meals may be higher in sodium when the meal contains ingredients that are naturally high in salt such as cheese. High sodium entrees are noted on the menu with a *.

If you are unable to prepare a nutritious meal at home, consider signing up for home delivered meals, or join us at the Senior Center where lunch is offered daily for \$2.00. Please call one week ahead of time to sign up for a meal 781-294-4645 or call Barbara Nalen-Cardosa at OCES, 508-584-1561 EXT. 393.

FRIENDS

PEMBROKE COUNCIL ON AGING

Special Thanks

Volunteers generously staff the COA's Welcome Station, greeting new visitors - as well as "the regulars" answering questions, and helping those who can't resist buying something from Marie's Boutique. We appreciate their time and help. Thank you ...

- Eleanor Blessington - Anna Crandall
- Mary Kelly - Ilona Mitchell
- Tina Jilg - Ruth St. Onge
- Iris Capobianco - Rose DelTufo
- Sandra Kelly - Glenda Stone
- Marie Federico - Ruth Pilkuhn

Want a good book to read?

Stop by the Center's lobby and take home a free book or two from the Friends bookcases. You're sure to find something you'll like - and 'Free' is too good a deal to pass up.

On the other hand, if you have any books you no longer want, drop them off and we'll add them to the ever-changing Center collection.

If you like good reads, check the calendar for information on our monthly book club. Drop-ins welcome.

Donations to the Friends

We thank the following individuals for their generous gifts to the COA Friends:

- Donald & Claire Joyce
- Joe & Millie McGaffigan
- Marilyn Strachan
- Anonymous
- Virginia & Donald Cook

- Martha Hickey In memory of Joan Wallace
- Peg Allum in memory of Richard Perkins of Whitman
- James Migre in memory of Mary Barbara Migre
- John Hetman In memory of Ann Hetman
- Anna Mimmo in memory of Armando
- Dianna Moore in memory of John W. Moore, Sr.
- Bobbie O'Reilly in memory of Joe O'Reilly
- Diane Beauchesne in memory of Rosemarie Anabelle Egerton
- Helen Mulhern in memory of Timothy Gray

Friends: Officers & Directors

Officers:
 Suzanne Cutler, president: Gail Shaw, vice president: Mary Salter, secretary: Ruth Pilkuhn, treasurer

Board of Directors:
 2015 Dianne Robbins: 2016 Ruth Ingalls: 2017 Marie Federico: 2015 Jeanne Duffy: 2018 Connie Marano

Join the Friends and Support the COA!

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

Name _____ Date _____
 Address _____
 **Email _____ Phone _____

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

**Give us your email and we'll automatically email you the Pioneer, reminders to sign up for upcoming special events, and other information which may be helpful to you. If you'd like occasional emails about upcoming events, but still want to read your paper copy of the Pioneer, call us at 781 294-8220 and we'll be sure to keep sending it via the US Postal service.

Transportation: The C.O.A. Helps You Get There

The Pembroke Council on Aging provides a number of options for those who need transportation around town and elsewhere, whether it's a one-time appointment or more often: regularly scheduled trips to Boston and South Shore hospitals, weekly shopping trips to the mall and supermarkets, and individual trips for those with medical appointments in the South Shore area. In addition, occasional field trips are planned when the weather is more reliably pleasant.

Call Chris White, the C.O.A.'s go-to person for transportation information – 781-294-8220.

Shopping

Bus trips to the Halifax WalMart are scheduled for every Thursday afternoon. On the last three Fridays of the month we also make trips to Hanover Mall. Buses will pick you up beginning at 1:00 pm.

If it's groceries you're after, we offer trips to the East Bridgewater Market Basket on the first Friday of each month (check calendar) and to Stop and Shop at North River Plaza the following three Fridays. Buses will pick you up at your home beginning at 7:50 am.

On the 1st and 3rd Tuesday afternoons we are heading to Hannaford's at 1:00 for grocery shopping along with a stop at Ocean State Job Lot and Family Dollar Store.

These rides are free, but you *must* make a reservation as space is limited. Call Chris White at 781 294-8220.

Medical Rides

Volunteer drivers provide Rides for those with medical appointments on the South Shore. Availability is limited so call Chris White to make arrangements as soon as you know of the need – 781-294-8220.

BOSTON HOSPITAL TRIPS

If you need to go into Boston for your medical appointments, GATRA, the Boston Hospital Bus can help. It provides comfortable and safe wheelchair-accessible rides for seniors and those with disabilities to major Boston hospitals on Tuesdays and Thursday.

Seats are limited so reservations should be made at the C.O.A. as soon as you know of your appointment, but no later than 11:00 AM the day before you need to travel. Call Chris White for a list of hospitals served and to reserve your seat at 781 294-8220.

The bus to Boston picks up passengers at three stops: 8:00 am at the parking lot of Exit 5 off Rte. 3 in Plymouth; 8:15 at Hannafords in Kingston; and 8:30 at the North River Plaza in Pembroke.

Doctors' appointments must be made between 10:00 AM and 1:30 PM. The bus will leave Boston around 3 PM, returning to each parking lot.

A fee of \$15 is charged for each round trip. A personal care attendant will be allowed at no extra cost depending on the availability of seating.

South Shore Appointments

On Wednesdays service is provided for those wishing to go to South Shore Hospital, DaVita Dialysis Center in Weymouth, and South Shore Cardiology. Call Chris White at 781 294-8220 for additional information and to reserve your seat.

Help Wanted

VOLUNTEER DRIVERS

Our Medical Rides depend on volunteer drivers and we could use your help. Although drivers are not paid, they do receive mileage compensation
- and our sincere thanks.

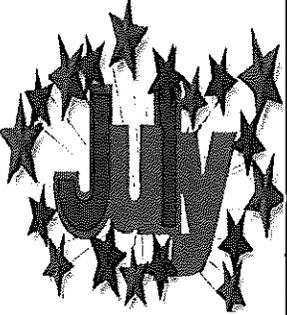
Call Chris if you'd like to learn more.

Old Colony Elder Services Nutrition Program

MARY ELLIS NUTRITION MANAGER

July 2015 Menu*

NUTRITION 781-294-4645

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>❖ Indicates a high sodium entrée. ♦=Congregate Only *Please read backside for nutrition information Note: On sandwich, hot dog, or hamburger meals, margarine will not be served.</p>		<p>1 SUMMERTIME FUN Celebrating July 4th with a picnic at COA \$6 donation.</p>	<p>2 Beef Burgundy Roasted Sweet Potatoes Beets Whole Wheat Dinner Roll Vanilla Cupcake MOD: Strawberry Graham Calories: 736 Fat: 24% Sodium: 734mg Carb: 100.3g</p>	<p>3 CLOSED FOR THE 4th of JULY NO MEALS TODAY</p>
<p>6 WG Stuffed Shells with Meat Sauce Tuscan Blend Vegetables Parmesan Cheese Italian Bread Oatmeal Raisin Cookie MOD: Lorna Doones</p> <p>Calories:655 Fat: 30.7% Sodium:1059mg Carb:72.6g</p>	<p>7 ❖Hot Dog w/Bun Baked Beans Tossed Garden Salad Light Italian Dressing Ketchup/Mustard Fresh Peach</p> <p>Calories:761 Fat: 36.1% Sodium:1620 mg Carb: 90.2 g</p>	<p>8 Hawaiian Chicken Brown Wild Rice Blend Brussel Sprouts Multigrain Bread Rice Pudding MOD: diet Pudding</p> <p>Calories: 758 Fat: 20.4% Sodium: 962mg Carb:111.1g</p>	<p>9 Roast Pork w/Fruit Salsa Baked Sweet Potato Jardiniere Vegetables Marble Rye Bread Fresh Fruit in Season</p> <p>Calories:715 Fat: 27.6% Sodium: 431 mg Carb: 89.4 g</p>	<p>10 Chicken Pot Pie Broccoli Biscuit Hot Cinnamon Pears</p> <p>Calories: 653 Fat: 22.3 % Sodium: 705 mg Carb:83.3g</p>
<p>13 Penne Pasta w/ Meatballs Tomato Sauce Italian Vegetable Blend Whole Wheat Roll Parmesan Cheese Honey Dew Melon</p> <p>Calories:690 Fat: 26.7 % Sodium: 709 mg Carb: 92.5g</p>	<p>14 Potato Crunch Fish w/Lemon Wedge, Tartar Sce Herbed Brown Rice Spinach Oatmeal Bread Fruited Jello MOD: Diet Fruited Jello</p> <p>Calories: 695 Fat: 34% Sodium:816mg Carb:78.1g</p>	<p>15 Swiss Cheese Omelet O'Brien Potatoes Peppers & Onions French Toast Sticks Fruited Scone Syrup/Diet Syrup Pear Slices</p> <p>Calories: 918 Fat: 33.7 % Sodium: 962mg Carb: 120 g</p>	<p>16 Italian Pot Roast Roasted Sweet Potatoes Zucchini Squash Medley Whole Wheat Bread Raspberry Filled Cookie MOD: Lemon Graham</p> <p>Calories:686 Fat:25.7 % Sodium:561mg Carb:87.7 g</p>	<p>17Chicken Parmesan w/Tomato Sauce Penne Pasta French Cut Green Beans Whole Wheat Roll Parmesan Cheese Banana</p> <p>Calories: 778 Fat: 23.9% Sodium:773mg Carb:97.2g</p>
<p>20 Ravioli with Meat Sauce Broccoli Italian Bread Parmesan Cheese Tapioca Pudding MOD: Diet Pudding</p> <p>Calories: 757 Fat: 23.6 % Sodium:1132mg Carb:103.4 g</p>	<p>21 Salmon Boat with Dill Sauce Vegetable Brown Rice Pilaf Vegetable Blend Mix Whole Wheat Bread Hermit Cookie MOD: Lorna Doones</p> <p>Calories: 745 Fat: 26.2% Sodium: 782mg Carb:103.1g</p>	<p>22♦Minestrone Soup Chicken Salad on Lettuce Bed w/Pita Half Spinach Salad w/Mandarin Oranges Italian Pasta Salad Cubed Cantaloupe</p> <p>Calories: 715 Fat: 21.7% Sodium:901 mg Carb:95.6 g</p>	<p>23 Shepard's Pie with Gravy Carrot Coins Oatmeal Bread Hot Peach Crisp</p> <p>Calories: 694 Fat: 33.5% Sodium: 715mg Carb: 79g</p>	<p>24 Mediterranean Chicken Orzo w/Brown Rice & Red Peppers Honey Glazed Baby Carrots Pumpernickel Bread Fresh Plum</p> <p>Calories:655 Fat: 21.8% Sodium:881mg Carb:87.7g</p>
<p>27 Fish Florentine Herbed Brown Rice Brussel Sprouts Multigrain Bread Chocolate Pudding MOD: Diet Pudding</p> <p>Calories: 812 Fat: 35.7% Sodium: 948mg Carb: 97.9g</p>	<p>28 Chicken Marsala Fusilli Pasta Tossed Salad w/Light Italian Dressing Oatmeal Bread Chocolate Cupcake MOD: Strawberry Graham</p> <p>Calories: 744 Fat: 24.4% Sodium:1122 mg Carb:94.4g</p>	<p>29 WG Lasagna Rolls with Meat Sauce Zucchini Squash Medley Whole Wheat Roll Parmesan Cheese Banana</p> <p>Calories:657 Fat: 26.9% Sodium: 775 mg Carb:85.7g</p>	<p>30 Meatloaf w/Gravy Roasted Sweet Potatoes Roman Vegetable Blend Whole Wheat Bread Fresh Nectarine</p> <p>Calories:779 Fat: 27.3% Sodium:733mg Carb:104.3%</p>	<p>31 ❖Roast Turkey with Gravy Mashed Potatoes Stuffing/Cranberry Sce Vegetable Blend Mix Multigrain Bread Mandarin Oranges</p> <p>Calories: 686 Fat: 24.9% Sodium: 1052mg Carb:94.5g</p>

Suggested Donation-\$2.50/meal

Menu is subject to change without notice

WG=Whole Grain

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

ACTIVITIES

JULY 2015

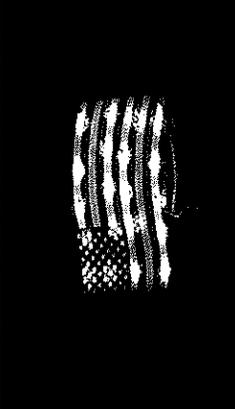
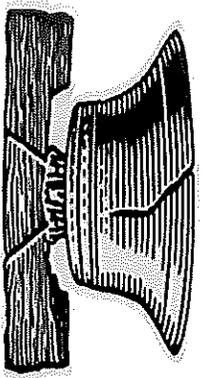
"PEMBROKE PIONEER"

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

LUNCH @ 11:30 COST: \$2

Nutrition 781-294-4645

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH reservations must be made a week ahead call 781-294-4645		10:00 DULL MEN 10:30 Walking Group 12:30 PICNIC AT THE COA Reservation needed \$6 donation	10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Line Dancing 1:00 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	 CLOSED
10:00 Tai Chi 10:30 Walking Group 11:00-12:00 Blood Pressure Clinic 11:30 LUNCH \$2 12:30 Technology with Dylan	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 \$5 7:00 NO BOARD MEETING	10:00 Dull Men 10:00 Caregiver Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Hydration Seminar 1:30 MOVIE : Legends of the Fall	9:00 Tai Chi 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Line Dancing 1:00 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	7:50 Market Basket 9:30 Rita's Chair Yoga \$4 10:00 NO KNITTING UNTIL SEPT 10:00 Hanover Mall; 10:30 Walking Group 11:30 LUNCH \$2 12:30 - 2:00 Poetry & Literature 12:30 Cribbage & Whist
10:00 Tai Chi 10:00 BOOK CLUB 10:30 Walking Group 11:30 LUNCH \$2 12:30 Technology with Dylan 1:00 BINGO	9:30 Rita's Chair Yoga \$4 10:30 NO FRIENDS MTG 10:30 Walking Group 11:00 Mug'n Muffin, Marshalls, etc. 11:30 LUNCH \$2 1:00 ZUMBA \$5	10:00 Dull Men 10:30 Walking Group 11:30 LUNCH \$2 12:30 Fraud and Scams Seminar 1:00 Atty Conroy (by appointment)	9:00 Tai Chi 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Line Dancing 1:00 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	7:50 Food Shopping 9:30 Rita's Chair Yoga \$4 10:00 NO KNITTING UNTIL SEPT 10:00 Hanover Mall; 10:30 Walking Group 11:30 LUNCH \$2 12:30 - 2:00 Jewelry Making 12:30 Cribbage & Whist
10:00 Tai Chi 10:30 Walking Group 11:30 LUNCH \$2 12:30 Technology with Dylan	9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 1:00 Hannaford's, Ocean State Job Lot 1:00 ZUMBA \$5	10:00 Dull Men 10:00 Caregiver Group 10:30 Walking Group 11:30 LUNCH \$2 12:30 Ice Cream Social - reserve a seat 1:30 MOVIE: Love Is A Many Splended Thing	9:00 Tai Chi 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Line Dancing 1:00 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	7:50 Food Shopping 9-10 Podiatrist - apt necessary 9:30 Rita's Chair Yoga \$4 10:00 NO KNITTING UNTIL SEPT 10:00 Hanover Mall; 10:30 Walking Group 11:30 LUNCH \$2; 12:30 Poetry & Literature 12:30 Cribbage & Whist
10:00 Tai Chi 10:30 Walking Group 11:30 LUNCH \$2 12:30 Technology with Dylan 1:00 BINGO	9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 1:00 ZUMBA \$5	10:00 Dull Men 10:30 Walking Group 11:30 LUNCH \$2 12:30 Reverse Mortgage Seminar 1:30 OCPC Meeting with Patrick Hamilton	9:00 Tai Chi 10:00 Quilting Groups 10:30 Walking Group 11:30 LUNCH \$2 1:00 Line Dancing 1:00 Wal-Mart Shopping 1:00 BINGO @ Kilcommons	7:50 Food Shopping 9:30 Rita's Chair Yoga \$4 10:00 NO KNITTING UNTIL SEPT 10:00 Hanover Mall; 10:30 Walking Group 11:30 LUNCH \$2 12:30 Cribbage & Whist

COUNCIL ON AGING ADVISORY BOARD MEMBERS

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

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

COUNCIL ON AGING	MONDAY, July 6, 2015	11:00 am-12:00 pm
KILCOMMONS COMMUNITY ROOM	MONDAY, July, 15, 2015	11:00 am-12:00 pm
MACDONALD WAY	MONDAY, July 20, 2015	10:00 am-12:00 pm
MAYFLOWER COURT	MOMDAY, July 27, 2015	11:00 am-12:00 pm

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

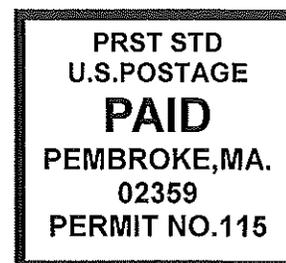
IN MEMORIAM

Mary M. Cahill, Claire M. Calahan, Patricia A. Cannata, Mervyn B. Cook., Judith M. Folkard, Judith Libby Hatch,
 James F. Keaney, Barbara A. Molloy

*Bless the Lord, O my soul; and all that is within me, bless his holy name.
 Psalm 103:1*

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

CHANGE SERVICE REQUESTED



SUMMERTIME FUN

July 1 @ 12:30 pm

Picnic at the COA

We can't wait—we're celebrating Independence Day early , on July 1 with an indoor picnic at the COA—no bugs, no bad weather no sitting on the ground

Music by Jack Craig who will sing and tell us about some of his favorite songs.

Expect a good time, good friends, and good fun.

Call the center to reserve your place. A \$6 donation is requested.

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."