

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

MARCH 2013

"March comes in like a lion and goes out like a lamb". After all the cold we have had we will welcome the Vernal Equinox on the 21st when the days equal the nights. We have Easter Sunday arriving on the 31st.

After the BIG BLIZZARD in February, our elder Comfort Station welcomed several elders without power. We had a wonderful time. National Grid delivered many box lunches, Cafe Eleganza sent over delicious Italian Pasta and pizzas, the Emergency Management crew brought cold cuts with condiments, those who had ice cream that was thawing brought it over. It was like a nice party. Chief Wall and Lisa Cullity were in charge of getting cots for sleeping. Ed Thorne and Josh Cutler carried them in and help set them up. We had EMTS and Nurses overnight as well. Our elders had a lot of fun and some

are looking forward to the next disaster they were treated so well!

THE FRIENDS OF THE COA will be having a ST. PATRICK'S DAY celebration ON Monday, March 18th at 1:00 P.M.

There will be entertainment by "SWIFTY", raffles, and refreshments. Sign up early so we will have enough for everyone. If you need a ride, let us know.

We will be meeting with the GIRL SCOUT BROWNIES, TROOP 65043, at the BRYANTVILLE ELEMENTARY SCHOOL on Monday, March 11th, at 3:00 P.M. We need at least 10 elders to visit with the 2nd grade Brownies. If you can join in, call us at 781-294-8220.

"2 THUMBS UP" HAND THERAPY: If you are having problems with your hands as you get older, DO COME to a presentation here at the Senior Center ON MARCH 13th, Wednesday, for a presentation by Theresa Bell-Nagle, CHT, on "HAND THERAPY" and dealing with issues regarding hand problems. Time: 12:30 P.M. Be sure to sign up.

LONG POND PHYSICAL THERAPY: Will be here on THURSDAY, MARCH 14th, at 12:30 p.m. after lunch to discuss the problem of afraid to get down because you may not be able to get back up. Many elders have this problem and dealing with same could help solve the problem. Do sign up!

OPTIONS COUNSELING PROGRAM WITH Primma-Latise Murray, from OLD COLONY ELDER SERVICES, will be here on Thursday, MARCH 21st, at 12:30 P.M. to discuss their "Resource Consortia". Do plan to attend - sign up!

In closing, an "Irish Blessing:
"May the road rise to meet you. May the wind be always at your back. May the sun shine warm upon your face. May the blessings of St Patrick uphold you!"

"HAPPY EASTER!"

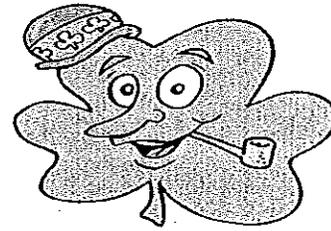
Mary E. Willis, Director



Q&A – March 2013

An Aspirin A Day?

Should I be taking an aspirin a day?



The simple answer is “Not until your doctor tells you it’s ok.”

The Mayo Clinic says there are benefits and risks of taking a daily aspirin. It may lower your risk of heart attack—but not be right for everyone.

If you’ve had a heart attack or stroke, your doctor will likely recommend you take a daily aspirin provided you do not have a serious allergy or history of bleeding. If you’re at high risk of having a first heart attack, your doctor might also recommend aspirin.

An occasional aspirin or two for headaches or fever is safe for most adults—but daily use of aspirin can have side effects, like internal bleeding.

The function of our blood’s clotting cells, known as platelets, is to form a plug to seal a wound and stop bleeding. In many situations this is helpful. However, clotting can also occur inside blood vessels that supply your heart with blood—if fatty deposits in the lining of your arteries burst, a blood clot could form quickly and cause a blockage in the artery, preventing blood flow to the heart and resulting in a heart attack. Because aspirin reduces the clumping of platelets, it can lower the chance of a heart attack. But, keep in mind that aspirin therapy to reduce blood clotting cannot be targeted to only reduce clots in arteries; it will have an effect on blood clotting throughout your body.

There is disagreement over whether to give aspirin to people without a history of heart attack. Before taking a daily aspirin, talk with your doctor. Let your doctor know if you have any health condition that might increase your risk of bleeding like a bleeding or clotting disorder; if you have an aspirin allergy; or, if you have bleeding stomach ulcers.

Your doctor will tell you what dose of aspirin is appropriate. A baby aspirin dose is 81 milligrams and a regular strength aspirin is around 325 mg. If you are taking an aspirin daily, you shouldn’t suddenly stop taking it. If you have had a heart attack or a stent placed in one or more heart arteries, stopping daily aspirin could trigger a blood clot that results in a heart attack.

The side effects for taking a daily aspirin include—

- Stroke caused by a burst blood vessel, a hemorrhagic stroke.
- Gastrointestinal bleeding. If you have a bleeding ulcer or bleeding anywhere in your gastrointestinal tract, taking aspirin will cause it to bleed more, perhaps to a life-threatening extent.
- Allergic reaction. If you’re allergic to aspirin, taking any amount of aspirin can trigger a serious allergic reaction.
- Ringing in the ears (tinnitus) and hearing loss. Too much aspirin can cause tinnitus and eventual hearing loss in some people.

To prevent excessive bleeding during surgical procedures or dental work, be sure to tell the surgeon or dentist that you take daily aspirin.

People who regularly take aspirin should limit the amount of alcohol consumed because of its additional blood-thinning effects and potential to upset your stomach. One drink a day for people 65 and over is an appropriate limit. Lastly, be sure to tell your doctor about any other drugs you take to avoid any drug interactions.

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

PRESIDENT: VALERIE KROON
VICE-PRESIDENT:
SECRETARY: MARY SALTERS
TREASURER: RUTH PILKUHN



BOARD OF DIRECTORS:

2013—CONNIE MARANO
 2014—JEANNE DUFFY, MEMBERSHIP CHAIR
 2015—DIANNE ROBBINS
 2016—JOY MCKEE
 2017—MARIE FEDERICO



“EVERYONE WELCOME”

FRIENDS OF THE PEMBROKE COA 2013 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:
.....	IN HONOR OF:
PHONE	TOTAL CONTRIBUTION ...\$.....

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



For Membership Card, send self addressed stamped envelope



NEXT FRIENDS MEETING: March 19, 2013 AT 10:30 A.M.

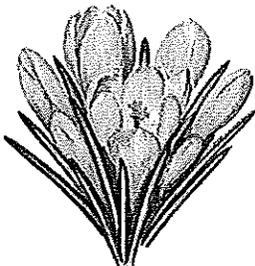
- DONATIONS TO THE FRIENDS**
- Harriet Reed, Roy Seppala, Leona Roach & Daniel Lenyo, Barbara Johnson, Ken Markle, Sandra Jarvinen, Barbara Hall, Audrey Hughes & John Hughes, Sheila Stockbridge, Kathleen Houlihan & John Houlihan, Barbara Gullicksen & Robert Gullicksen, Sylvia McCarthy, Gail Shaw, Irene & Paul Flood
- IN MEMORY OF**
- Irma Wall-Bill Wall; Polly Long-Jim Long; Harriet Reed-Florence Angley; Beverly Sheehan-Dorothy Barry; Joan Wallace-Dorothy Barry; Barbara Young-Andy Ackerman; Robert Louis-The Louis Family; Lee Smith-Kathleen Smith; Byron Wanty-Parents; Mary Watson-AI Watson; John Licoski-Deceased Seniors; Marjorie Smith-Carol Reed; Madelyn Sheehan-John Sheehan, Sr.; Elia McSharry-William McSharry; Beverly LaRoche-Marion LaRoche; Sandra Medaglia-Mary & John Medaglia; Norma Connally-John Connally; Richard Edlund-Lucia Edlund; Dot Costello-Donna Davidson; Rosemarie Cody-Fred Cody; John McDonough-Our Troops; Rita Delgiacco-Larry Bennett; 1. Colleen Harland-Larry Bennett; Rita Delgiacco-Warren Turner; Colleen Harland-Warren Turner; Sue & Dick Driscoll-Walter Turner; Joan D'Alessandre-Dorothy & John Boudreau; Hugh & Joyce Crossen-Mr & Mrs Nicholas Crossen, Mr & Mrs Howard Allen

Old Colony Elder Services - Menu

March 2013

FOR A RIDE CALL: 781-294-8220

FOR LUNCH CALL: 781-294-4645 WEEK BEFORE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk and margarine are served at every meal. ❖ Indicates entrée has > 700 mg Sodium	** Soup on 3/12 will be served at home and congregate. § Soup on 3/8 & 3/22 will be served at congregate only.			1 Fiesta Fish Herbed Bowtie Pasta Broccoli Rye Bread Pears Calories: 590 Fat: 17% Sodium: 830mg Fiber: 8g
4 Stuffed Shells w/ Meat Sauce Green Beans Cauliflower Italian Bread Oatmeal Cookie MOD: Strawberry Graham Calories: 630 Fat: 28% Sodium: 820mg Fiber: 9g	5 Chicken w/ Sage Stuffing Mashed Potato Herbed Carrots Coins Whole Wheat Bread Chocolate Pudding MOD: SF Pudding Calories: 620 Fat: 20% Sodium: 760mg Fiber: 7g	6 Cheeseburger Tater Tots Mixed Vegetables Ketchup Hamburger Roll Pineapple Calories: 880 Fat: 39% Sodium: 1220mg Fiber: 8g	7 Spanish Pot Roast Brown Rice & Black Beans Broccoli Oatmeal Bread Peaches Calories: 580 Fat: 20% Sodium: 510mg Fiber: 9g	8 Cheese Omelet O'Brien Potatoes Peas Garlic Roll Fresh Apple Kale Soup § Calories: 760 Fat: 40% Sodium: 800mg Fiber: 11g
11 Chicken Penne Primavera Spinach Multigrain Bread Mandarin Oranges Calories: 680 Fat: 21% Sodium: 650mg Fiber: 11g	12 Sloppy Joe w/ Hamburger Bun Minestrone Soup ** Corn Hot Cinnamon Apples Calories: 740 Fat: 29% Sodium: 1030mg Fiber: 10g	13 Turkey & Provolone on Whole Wheat Potato Salad Tomato/Cucumber Mayonnaise Fruit Cocktail Calories: 750 Fat: 36% Sodium: 940mg Fiber: 8g	14 Corned Beef ❖ Boiled Potato Cabbage & Carrots Rye Bread Lime Jello Mod: SF Jello Calories: 600 Fat: 37% Sodium: 1400mg Fiber: 7g	15 Potato Crunch Fish Tartar Sauce Mashed Potato Green Beans Pumpernickel Bread Apple Cinnamon Muffin MOD: Lemon Grahams Calories: 800 Fat: 39% Sodium: 1040mg Fiber: 6g
18 Eggplant Parmesan Orzo Rice Pilaf Peas & Onions Oatmeal Bread Butterscotch Pudding MOD: SF Pudding Calories: 750 Fat: 32% Sodium: 1120mg Fiber: 8g	19 Swedish Meatballs Egg Noodles Broccoli Multigrain Bread Peaches Calories: 600 Fat: 27% Sodium: 560mg Fiber: 12g	20 Greek Chicken Oven Browned Potatoes Carrot Coins Whole Wheat Roll Lemon Cake MOD: LS Cake Calories: 650 Fat: 27% Sodium: 800mg Fiber: 8g	21 Orange Almond Pork Garlic Mashed Potato Scandinavian Blend Veg Pumpernickel Bread Fresh Orange Calories: 710 Fat: 30% Sodium: 560mg Fiber: 10g	22 Fish Florentine Roasted Sweet Potato Harvard Beets Rye Bread Fruit Cocktail Cream of Mushroom Soup § Calories: 750 Fat: 30% Sodium: 950mg Fiber: 5g
25 Sweet 'n Sour Chicken Lemon Rice Oriental Vegetables Whole Wheat Bread Mandarin Oranges Calories: 600 Fat: 21% Sodium: 600mg Fiber: 8g	26 Lasagna w/ Meat Sauce Spinach Cauliflower Italian Bread Brownie MOD: LS Brownie Calories: 680 Fat: 34% Sodium: 940mg Fiber: 9g	27 Beef Marsala Mashed Sweet Potato Green Beans Multigrain Bread Fresh Apple Calories: 720 Fat: 30% Sodium: 520mg Fiber: 12g	28 Roast Turkey w/ gravy Roasted Potato Carrot Coins Whole Wheat Roll Peaches Calories: 590 Fat: 26% Sodium: 1000mg Fiber: 8g	29 Egg Salad Sandwich Cole Slaw English Pea Salad Rice Pudding MOD: SF Pudding Calories: 730 Fat: 35% Sodium: 850mg Fiber: 9g

Menu is subject to change without notice

Suggested Donation - \$2.00 per meal

ACTIVITIES

MARCH

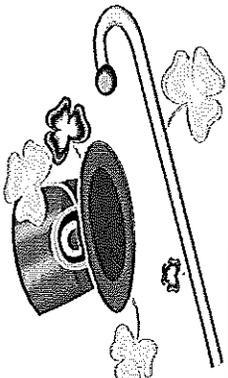
2013

"PEMBROKE PIONEER"

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

LUNCH \$2 @ 11:30 - Nutrition 781-294-4645

PAGE 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH RESERVATIONS MUST BE MADE A WEEK IN ADVANCE CALL NUTRITION @ 781-294-4645	St. Patrick Day Lunch Reservations MUST BE MADE A WEEK AHEAD TWO SEPARATE SIGN UP SHEETS MUST SIGN UP FOR ST PATRICK PARTY		MEDICAL AND MEALS ON WHEELS DRIVERS NEEDED CALL OFFICE 781-294-8220	7:50 Food Shopping 9:00 Meet your Rep. Josh Cutler 9:15 Line Dancing \$3 10:30 Walking Group/Mall Walkers 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Whist & Cribbage
4 11:30 LUNCH \$2 12:30 Movie Discussion Group	5 11:30 LUNCH \$2 12:30 Living Well with Illness Support Group 1:00 ZUMBA GOLD \$5	6 10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 12:30 Movie "BRIGADOON" 1:30 Bowling - Hanover	7 8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 1:00 Bingo @ Kilcommons	8 7:50 Food Shopping 9:15 Line Dancing \$3 10:30 Walking Group/Mall Walkers 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making 12:30 Whist & Cribbage
11 11:30 LUNCH \$2 1:00 BINGO 3:00 Trip to Bryantville School for Brownie Group	12 11:30 LUNCH \$2 12:30 Living Well with Illness Support Group 1:00 ZUMBA GOLD \$5 7:00 COA Board Meeting	13 10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 1:00 "2 Thumbs Up" Hand Therapy Session 1:30 Bowling - Hanover	14 8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 12:30 Long Pond Physical Therapy 1:00 Bingo @ Kilcommons	15 7:50 Food Shopping 9:15 Line Dancing \$3 10:30 Walking Group/Mall Walkers 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Whist & Cribbage
18 11:30 LUNCH \$2 1:00 St. Patrick Day Party 	19 10:30 Friends of COA 11:30 LUNCH \$2 12:30 Living Well with Illness Support Group 1:00 ZUMBA GOLD \$5	20 10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 12:30 Movie "SINGING IN THE RAIN" 1:00 Attorney Conroy - Appointment necessary 1:30 Bowling - Hanover	21 8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 12:30 OCEs 1:00 Bingo @ Kilcommons	22 7:50 Food Shopping 9:15 Line Dancing \$3 10:30 Walking Group/Mall Walkers 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Whist & Cribbage
25 11:30 LUNCH \$2 1:00 BINGO	26 11:30 LUNCH \$2 12:30 Living Well with Illness Support Group 1:00 ZUMBA GOLD \$5	27 10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 11:30 Charlene Allen 	28 8:00 Wal-Mart Shopping 10:00 Quilting Groups 11:30 LUNCH \$2 12:30 Recipe Swap 1:00 Bingo @ Kilcommons	29 7:50 Food Shopping 9:15 NO LINE DANCING 10:30 Walking Group/Mall Walkers 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Whist & Cribbage



BINGO IN MARCH
BAD STORM, NO BINGO
 Free refreshments - Cash Prizes



Monday, MARCH 11 @ 1:00 pm, Monday, MARCH 25 @ 1:00 pm

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

FREE HEALTH SCREENING CLINCS

COUNCIL ON AGING	MONDAY, MARCH 4, 2013	10:00—11:00 am
KILCOMMONS COMMUNITY ROOM	MONDAY, MARCH 11, 2013	10:00-11:00 am
MACDONALD WAY	MONDAY, MARCH 18, 2013	10:00-11:00 am
MAYFLOWER COURT	MONDAY, MARCH 25, 2013	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 Paul Schneider

The following Donations were received in Memory of Polly Isenberg

Dirk & Juliann Bowman; Beverly Capiello; Cheryl Stork Pierce;
 The Peter Carlson Family; Jack & Wendy Cohen; Glen & Linda Cummins;
 Raymond & Diane Holman; Thomas & Cheryl Humbert;
 Rebecca & Nicholas Miller; Joseph & Rosemary O’Koren;
 Pembroke Dull Men’s Club; Josephine Rauseo; Runnymede Social Committee;
 Steven Schaefer; Randolph & Lois Smith;
 City of Taneytown; John & Teresa Thurston; Anthony & Phyllis Vecchione;
 Beverly & Marshall Wilkins; Window Coverings Association Inc., Eastern MA
 WCAA Chapter

IN MEMORIAM

Joann R. Caizzi, Marcia K. Clark, Carole A. Dooley, Lillian f. Forrand, Arthur L. Heath, Carol Hill,
 Carolyn J. Glauben, Robert L. Graham Jr., Joseph F. Keefe, John E. Lane, Tolvo L. Maki,
 Barbara j. Massey, George A Patriarca, Jr., Arthur E. Ruggere, Jane Tocher, Sheila M. Trant,
 Peter J. Walsh

Shew me thy ways, O Lord; teach me thy paths.

Psalm 25.4

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

CHANGE SERVICE REQUESTED

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SCONES

3 Cups flour
1 tsp salt
2 tsp. baking powder



1 Cup sugar
1 egg, beaten in 1/2 C milk
1 Cup raisins, scalded and cooled



Cover raisins with enough water to boil, scald and cool. Sift together flour, salt and baking powder. Cut in butter and add sugar. Mix in egg and milk, then add scalded raisins. Roll dough on floured board and cut into thick rounds at least 1-inch thick. Bake at 400° for 20 minutes.

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

COUNCIL ON AGING BOARD MEMBERS



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Kenneth Girtten, Vice Chairman
Kathleen Toole, Treasurer
John Melchin, Recording Clerk

Joseph Dellapi
Janis M. Bowes
James Baillie



Next Board Meeting 7 P.M. MARCH 12, 2013