

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

MAY 2014

WELCOME MAY! One of the most beautiful month's of the year. We honor our **MOTHERS** this month along with remembering our **VETERANS** and loved ones! We also celebrate Asian-Pacific Heritage month, Law Month, Cinco de Mayo, and be kind to animals month. We honor **Mother Earth** and remember to recycle, plant a tree or garden, and other good earth deeds.

BOOK CLUB: Will be discussing "A City So Grand" 1850-1900 by Stephen Puleo. Suzanne Cutler is the leader.

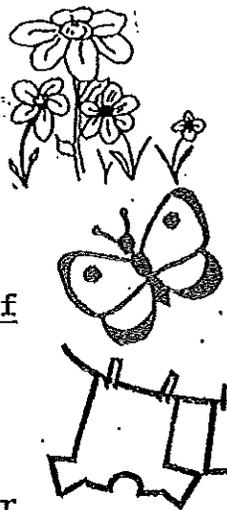
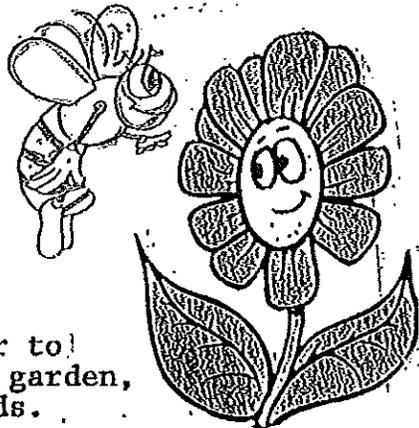
The **MOVIES** for **MAY** are: On the 7th "**MONUMENT MEN**" and on the 28th "**PHILOMENA**" please call and let us know you will be coming so we can prepare goodies and have enough for everyone. Ask for Lee Smith.

on **MAY 8th**, Thursday, the **FRIENDS** of the **GOA** will be having a "**MOTHER'S DAY TEA**", AT 1:00 P.M. Be sure to sign up. They will be serving cup cakes of all kinds.

WANTED: Volunteers to knit mittens and hats for the Community Group for winter. We have yarn for you to use. Contact Marie at 781-294-8220.

SEE PAGE 6 FOR BINGO GAMES DATES & TIMES with Frank Tobin and Friends along with **THE HEALTH SCREENING DATES.**

Also on Page 6 See some interesting facts about the "**BEE**" on cupola on our roof.



CLOTHESLINE POEM

A clothes line was a news forecast to neighbors passing by.
There were no secrets you could keep when clothes were hung to dry.

It also was a friendly link for neighbors always knew
If company had stopped on by to spend a night or two,
For then you'd see the 'fancy sheets' and towels upon the line;
You'd see the 'company table clothes; with intricate design.
The line announced a baby's birth to folks who lived inside
As brand new infant clothes were hung so carefully with pride.
The eyes of the children could so readily be known
By watching how the sizes changed you'd know how much they'd grown.

It also told when illness struck, as extra sheets were hung;
Then nightclothes, and a bathrobe, too, haphazardly were strung.

It said, 'Gone on vacation now' when lines hung limp and bare.
It told, 'We're back!' when full lines sagged with not an inch to spare.

Now folks in town were scorned upon if wash was dingy gray,
As neighbors carefully raised their brows, and looked the other way.

But clothes lines now are of the past for dryers make work less.
Now what goes on inside a home is anybody's guess.

I really miss that way of life... It was a friendly sign
When neighbors know each other best by what hung on the line!

Enjoy the sunshine
Vitamin D this month
Get out at least 20
minutes a day and walk around.

We will be honoring our Volunteers this month. Watch for your invitation.

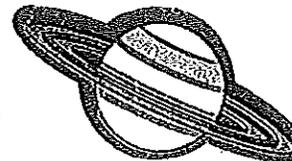
ELDER LAW DAY: With Attorney Loring, **MAY 22nd** at 12:30 P.M. "**Your Future**" Be sure to sign up!

Mary E. Willis, Director

Q&A – May 2014

SNAP (Food Stamp) Photo EBT Cards

I am a senior. Do I need a photo on my food stamp card?



Probably not.

A new Massachusetts state law requires that certain Electronic Benefit Transfer (EBT) cardholders have their photo on their card. If you receive Supplemental Nutrition Assistance Program (SNAP, previously known as Food Stamps) or cash benefits, you may get a letter from the state about the new photo EBT card. About half of SNAP households will have a photo EBT card—but a photo is not needed if the head of your household is: age 60 or older; disabled or blind; under age 19; a victim of domestic violence; or if you have a sincere religious objection to a photo.

There are a lot more Massachusetts residents getting SNAP benefits today than ever before. In 2004 a total of 334,939 people in the Commonwealth received SNAP benefits. By December of 2013, there were 876,992 people using SNAP benefits. The program has grown more than 2½ times larger than it was a decade ago.

The impact of the SNAP program on participating families and the state's economy is significant. The average monthly SNAP benefit last year was \$130.92, or \$1,571 per year. That means the SNAP program put \$1.37 billion into the Massachusetts economy in food purchases.

Keep in mind:

- You can be working and may still qualify for SNAP benefits.
- The state has been making it easier for seniors to get a SNAP card. The application for seniors is only 2 pages—shorter than for other applicants.
- Using SNAP benefits is completely confidential. At the check-out counter, SNAP recipients use a card which works just like a debit card. Your SNAP benefits are kept in a special account for you until you want to use them.
- If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$155 standard income deduction which could result in a higher monthly SNAP benefit.

Under federal law, every SNAP household member has the right to use the EBT card. Stores cannot refuse to accept the EBT card from household members, such as spouses or older children. This is true even if their name or photo is not on the card. In addition, if you're unable to get out of the house, any caregiver you authorize can also use your EBT card to food shop for you. Your card has a Personal Identification Number (PIN) that keeps your benefits safe and is your electronic signature. If the proper PIN is used with your card, your caregiver should be able to use the card.

Stores are not allowed to treat SNAP recipients differently from other shoppers. A store clerk cannot ask to see your EBT photo card unless they routinely ask everyone using credit or debit cards to show a photo ID. Stores that accept EBT cards cannot set up "SNAP-only" checkout lines or discriminate against SNAP households. If a member of your household is not allowed to use your EBT card or if you think you are being discriminated against, call your local Legal Services, or go to www.masslegalhelp.org for advice.

To apply for SNAP, call 1-866-950-3663 (FOOD).

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

OFFICERS AND BOARD OF DIRECTORS OF THE FRIENDS

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

"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"
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: MAY 20, AT 10:30 A.M.

~ ~ ~ DONATIONS TO THE FRIENDS ~ ~ ~

June Connors, Gilbert & Virginia Farrar, Lydia Hale,
 David Porter, Swifty's Aunt

Robert Roy in Memory of Pat Roy	
Bobby O'Reilly in Memory of Joe O'Reilly	
William Horner in Memory of Jane Horner	
Kathleen Houlihan in Memory of John Houlihan	
Donald & Clair Joyce in Memory of Pat Joyce	
Jean Altobello in Memory of Harold Altobello	
Mary Watson in Memory of Alfred Watson	

In Memory of John Ahearn

Old Colony Elder Services Nutrition Program

May 2014 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Milk and margarine are served at every meal and are included in the nutrition breakdown</p>	<p style="text-align: center;">** Soup on 5/5 will be served at home and congregate.</p> <p>❖ Indicates entrée has > 700 mg Sodium</p>	<p>1 Stuffed Pepper Cauliflower Rye Bread Pineapple</p> <p style="font-size: small;">Calories: 570 Fat: 29% Sodium: 505mg Carb: 71g</p>	<p>2 Linguine with a Red Seafood Sauce Broccoli Garlic Roll Peaches</p> <p style="font-size: small;">Calories: 605 Fat: 22% Sodium: 975mg Carb: 86g</p>
<p>5 Sloppy Joe with Hamburger Bun Corn Green Beans Vegetable Soup Mandarin Oranges BINGO</p> <p style="font-size: small;">Calories: 760 Fat: 24% Sodium: 1005mg Carb: 104g</p>	<p>6 Chicken Marsala Egg Noodles Parmesan Spinach Wheat Roll Fresh Apple</p> <p style="font-size: small;">Calories: 615 Fat: 21% Sodium: 640mg Carb: 79g</p>	<p>7 Meatloaf with Gravy Buttered Potatoes Peas and Carrots Rye Bread Pineapple MOVIE</p> <p style="font-size: small;">Calories: 805 Fat: 27% Sodium: 785mg Carb: 108g</p>	<p>8 Baked Salmon with Dill Sauce Brown Rice California Vegetables Multigrain Bread Fresh Orange MOTHER'S TEA</p> <p style="font-size: small;">Calories: 565 Fat: 19% Sodium: 415mg Carb: 80g</p>	<p>9 Roast Beef au Jus Red Bliss Potatoes Broccoli Whole Wheat Roll Light Apple Crisp</p> <p style="font-size: small;">Calories: 705 Fat: 35% Sodium: 390mg Carb: 78g</p>
<p>12 ❖ Baked Ham Sweet Potatoes Peas and Onions Pumpkin Bread Pineapple</p> <p style="font-size: small;">Calories: 558 Fat: 17% Sodium: 1180mg Carb: 87g</p>	<p>13 Orange Dijon Chicken Wild Brown Rice Broccoli Whole Wheat Bread Sugar Cookie MOD: Vanilla Wafers</p> <p style="font-size: small;">Calories: 690 Fat: 24% Sodium: 650mg Carb: 87g</p>	<p>14 Swiss Cheese Omelette Home Fries Peppers and Onions Rye Bread Mandarin Oranges</p> <p style="font-size: small;">Calories: 645 Fat: 37% Sodium: 810mg Carb: 72g</p>	<p>15 Sweet Potato Fish Buttered Noodles Carrot Coins Italian Bread Peaches</p> <p style="font-size: small;">Calories: 720 Fat: 31% Sodium: 695mg Carb: 93g</p>	<p>16 Shepherd's Pie Carrots Wheat Dinner Roll Fresh Orange</p> <p style="font-size: small;">Calories: 665 Fat: 33% Sodium: 700mg Carb: 77g</p>
<p>19 Chicken Cacciatore Mashed Potatoes Broccoli Whole Wheat Bread Chocolate Pudding MOD: Diet Pudding BINGO</p> <p style="font-size: small;">Calories: 625 Fat: 23% Sodium: 690mg Carb: 80g</p>	<p>20 Cheese Burger on a Bun Lyonnais Potatoes California Vegetables Pears FRIENDS meeting</p> <p style="font-size: small;">Calories: 745 Fat: 38% Sodium: 800mg Carb: 73g</p>	<p>21 Breaded White Fish Corn and Bean Salsa Wild Brown Rice Spring Veg Blend Multigrain Bread Peaches</p> <p style="font-size: small;">Calories: 710 Fat: 26% Sodium: 745mg Carb: 105g</p>	<p>22 Mac and Cheese Peas and Onions Garlic Roll Mandarin Orange ELDER LAW "A LEGAL CHECKUP"</p> <p style="font-size: small;">Calories: 715 Fat: 34% Sodium: 580mg Carb: 88g</p>	<p>23 Roast Turkey with Gravy Mashed Potato Green Beans Rye Bread Apple Cinnamon Muffin MOD: Lemon Grahams</p> <p style="font-size: small;">Calories: 540 Fat: 25% Sodium: 945mg Carb: 70g</p>
<p>26 Memorial Day <i>No Meals Served</i></p> <p style="text-align: center;">  </p>	<p>27 Meatball Sub with Sub Roll Corn Green Beans Fruit Cocktail</p> <p style="font-size: small;">Calories: 690 Fat: 39% Sodium: 785mg Carb: 82g</p>	<p>28 Chicken Stir Fry Oriental Vegetables Brown Rice Pita Pocket Chocolate Chip Cookie MOD: Lorna Doone</p> <p style="font-size: small;">Calories: 760 Fat: 26% Sodium: 830mg Carb: 100g</p>	<p>29 Tuna Salad with Hamburger Bun Carrot and Raisin Salad Italian Pasta Salad Fresh Orange</p> <p style="font-size: small;">Calories: 820 Fat: 26% Sodium: 925mg Carb: 110g</p>	<p>30 Italian Pot Roast with gravy Half Baked Potato Peas and mushrooms Rye Bread Peaches</p> <p style="font-size: small;">Calories: 585 Fat: 20% Sodium: 525mg Carb: 75g</p>

Menu is subject to change without notice

FOR A RIDE: CALL 781-294-8220.

Suggested Donation - \$2.00 per meal

FOR LUNCH: CALL 781-294-4645 a WEEK AHEAD!!

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

MAY

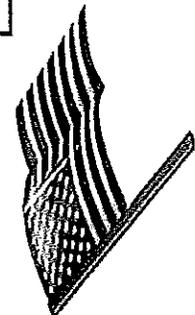
2014

PEMBROKE PIONEER

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

LUNCH 11:30 (781-294-4645)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE ***3 BAG LIMIT***</p> <p>MARKET BASKET 5/9</p>	<p>LUNCH RESERVATIONS A WEEK IN ADVANCE CALL: 781-294-4645</p> <p>DRIVERS ARE NEEDED FOR MEDICAL AND "MOW"</p>	<p></p> <p>NO LINE DANCING UNTIL FURTHER NOTICE</p>	<p>8:00 Wal-Mart Shopping</p> <p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 Bingo @ Kilcommons</p>	<p>7:50 Food Shopping</p> <p>9:00 Rep. Josh Cutler</p> <p>10:00 Hanover Mall</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p> <p>12:30 Cribbage & Whist</p>
<p>10:00 BP Clinic - COA</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 BINGO</p>	<p>9:30 Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Living Well Support Grp</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>8:00 Wal-Mart Shopping</p> <p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 MOTHER'S DAY Program</p> <p>1:00 Bingo @ Kilcommons</p>	<p>7:50 Food Shopping</p> <p>8:00 MARKET BASKET</p> <p>10:00 Independence Mall</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p> <p>12:30 Jewelry Making</p> <p>12:30 Cribbage & Whist</p>
<p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p>	<p>9:30 Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Living Well Support Grp</p> <p>2:00 ZUMBA \$5</p> <p>7:00 COA Board Mtg</p>	<p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p> <p>1:00 Atty. Conroy by Appt.</p>	<p>8:00 Wal-Mart Shopping</p> <p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 Bingo @ Kilcommons</p>	<p>7:50 Food Shopping</p> <p>COA CLOSED</p> <p>11:00 - 3:00</p> <p>VOLUNTEER TRAINING LUNCHEON</p>
<p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 BINGO</p>	<p>9:30 Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>10:30 FRIENDS OF COA</p> <p>11:30 LUNCH \$2</p> <p>12:30 Living Well Support Grp</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>8:00 Wal-Mart Shopping</p> <p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>12:30 MASS BAR ASSOC. Atty Michael Loring</p> <p>1:00 Bingo @ Kilcommons</p>	<p>7:50 Food Shopping</p> <p>10:00 Crown Colony</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p> <p>12:30 Poetry Workshop</p> <p>12:30 Cribbage & Whist</p>
<p>MEMORIAL DAY - CLOSED</p> <p></p>	<p>9:30 Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Living Well Support Grp</p> <p>1:00 ZUMBA \$5</p>	<p>10:00 DULL MEN'S GROUP</p> <p>11:30 Lunch \$2</p>	<p>8:00 Wal-Mart Shopping</p> <p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 Bingo @ Kilcommons</p>	<p>7:50 Food Shopping</p> <p>10:00 Hanover Mall</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p> <p>12:30 Poetry Workshop</p> <p>12:30 Cribbage & Whist</p>

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

Monday, MAY 5, @ 1:00 pm, Monday, MAY 19, @ 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, MAY 5, 2014	10:00-11:00 am
KILCOMMONS COMMUNITY ROOM	MONDAY, MAY 12, 2014	10:00-11:00 am
MACDONALD WAY	MONDAY, MAY 19, 2014	10:00-11:00 am
MAYFLOWER COURT	WEDNESDAY, MAY 28, 2014	10:00-11:00 am



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

"THE PEMBROKE BEE" Now a familiar landmark atop the cupola of the Council on Aging Senior Center - from 1958 to 1998 the building was the Pembroke Public Library. The Bee was placed there on May 10, 1975 to mark its 100th anniversary. WHY A BEE? In 1974, researching the library's history for the Bicentennial, it was discovered that a public spelling bee held in May of 1875 funded the library's first purchase of books. Former trustee, Alan Dunphy, suggested a honeybee to symbolize the library's origins, envisioning it as a theme of a weathervane. Lucia Millet Edlund, Assistant Head Librarian, brought the idea home to her husband, Richard, a designer, who instead saw the cupola roof as a platform for a more imposing presence. Using mostly salvaged materials, and all of his spare time over two months until the anniversary celebration - a date already set - he finished the Bee the morning of the event. ...Star Young

The Library shared the space with the Pembroke Police Station, and was a Library for 40 years.

A BIG "THANK YOU" to Richard Edlund and David Litchfield for the recent restoration of the "BEE". And another "THANK YOU" to the Pembroke DPW for putting the bee back on the cupola. It was great to watch - they did a good job.



IN MEMORIAM

John F. Ahearn, Joseph M. Briggs, Gertrude E. Caperello, Hollis L. Carey, Jr.,
Ruth E. Harrington, John F. Houlihan, Phyllis LeBlanc, John E. Mann, Jr.,
Dona L. Nazzoni, Robert Shannon

"Truly my soul waiteth upon God: from him cometh my salvation."

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"I am only one. But still I am one. I cannot do everything, but still I can do something. And because I cannot do everything I will not refuse to do the something that I can do." ...Edward Everett Hale

PEMBROKE COUNCIL ON AGING STAFF
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SUZANNE DRISCOLL (am)
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ASSTANT OUTREACH WORKER: RUTH TIERNEY
NUTRITION MANAGER: MARY ELLIS

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Next Board Meeting 7 PM, May 13, 2014



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Seniors WELCOME
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