



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

NOVEMBER 2014

Bright red leaves, orange pumpkins, and browned gravy, and cranberry sauce all spell HAPPY THANKSGIVING!

REMEMBER our Veterans on November 11, at the 11th hour and we THANK them for all they have done for us and our country.

THE FRIENDS OF THE COUNCIL ON AGING HAVE CANCELED THEIR CRAFT FAIR FOR NOVEMBER 8th due to a lack of interest. They will re-think the event in the spring.

THE KNIGHTS OF COLUMBUS WILL BE HAVING their Annual THANKSGIVING DINNER on SATURDAY, NOVEMBER 22nd. Call before coming in for your tickets, to make sure we have them. You can call to reserve your ticket at 781-294-8220.

VOTE: If you need a ride to vote on TUESDAY, NOVEMBER 4th, Call Chris to let her know by November 2nd. We will need to know which Precinct you go to.

THE HALIFAX COUNTRY CLUB: Will be having their Free THANKSGIVING DINNER on THANKSGIVING DAY at NOON. If you are alone and want to join others, you are most WELCOME. Call for reservations at 781-293-9061. Bring a food item for the food pantry.

FUEL ASSISTANCE: See Page 2 for Income Guidelines. You must call the office for an appointment and bring your documentation with you, i.e. SS Numbers for all family members, proof of income, utility bills including phone, tax bills, and proof of address. Call 781-294-8220.

TAI CHI with Dorothy Prince, will begin on Thursday, NOVEMBER 6th at 9:00 A.M. This is a free Program that will run for 26 weeks. Old Colony Elder Services has obtained a grant to provide this Fall Prevention Program. Do call and sign up.

TAX WORKOFF PROGRAM: You must work 62½ hours to obtain \$500.00 off of your real estate taxes. Susan has the applications. We need someone to answer the phones in the afternoon. Your income must be under \$53,000.00. Check the Circuit Breaker Law to make sure it won't interfere.

We will be having the floors sanded on November 24th, and the big room will be closed for the week. The Friends of the COA will be paying for this service. The Office will be open Monday - Wednesday, and we will be closed for Thanksgiving and the day after.

Don't forget to DANCE WITH HENRY!

In closing, Have a VERY HAPPY THANKSGIVING.

Mary E Willis
Director



**Fiscal Year 2015 Low-Income Home Energy Assistance Program (LIHEAP)
Income Eligibility Chart**

Family Size (# of people in the household)	100% of Federal Poverty Level	125% of Federal Poverty Level	150% of Federal Poverty Level	175% of Federal Poverty Level	200% of Federal Poverty Level	60% of Estimated State Median Income
1	\$ 11,670	\$ 14,588	\$ 17,505	\$ 20,423	\$ 23,340	\$ 32,618
2	\$ 15,730	\$ 19,663	\$ 23,595	\$ 27,528	\$ 31,460	\$ 42,654
3	\$ 19,790	\$ 24,738	\$ 29,685	\$ 34,633	\$ 39,580	\$ 52,691
4	\$ 23,850	\$ 29,813	\$ 35,776	\$ 41,738	\$ 47,700	\$ 62,727
5	\$ 27,910	\$ 34,888	\$ 41,865	\$ 48,843	\$ 55,820	\$ 72,763
6	\$ 31,970	\$ 39,963	\$ 47,955	\$ 55,948	\$ 63,940	\$ 82,800
7	\$ 36,030	\$ 45,038	\$ 54,045	\$ 63,053	\$ 72,060	\$ 84,681
8	\$ 40,090	\$ 50,113	\$ 60,135	\$ 70,158	\$ 80,180	\$ 86,563
9	\$ 44,150	\$ 55,188	\$ 66,225	\$ 77,263	\$ 88,300	\$ 88,445
10	\$ 48,210	\$ 60,263	\$ 72,315	\$ 84,368	\$ 90,327	\$ 90,327
11	\$ 52,270	\$ 65,338	\$ 78,405	\$ 91,473	\$ 92,209	\$ 92,209
12	\$ 56,330	\$ 70,413	\$ 84,495	\$ 94,091	\$ 94,091	\$ 94,091
13	\$ 60,390	\$ 75,488	\$ 90,585	\$ 95,972	\$ 95,972	\$ 95,972
14	\$ 64,450	\$ 80,563	\$ 96,675	\$ 97,854	\$ 97,854	\$ 97,854
15	\$ 68,510	\$ 85,638	\$ 99,736	\$ 99,736	\$ 99,736	\$ 99,736
16	\$ 72,570	\$ 90,713	\$ 101,618	\$ 101,618	\$ 101,618	\$ 101,618
17	\$ 76,630	\$ 95,788	\$ 103,500	\$ 103,500	\$ 103,500	\$ 103,500
LIHEAP Benefits for Homeowners and Non-Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$ 600	\$ 530	\$ 465	\$ 410	\$ 410	\$ 360
Utility and Heat- Included-In-Rent	\$ 400	\$ 350	\$ 310	\$ 275	\$ 275	\$ 240
High Energy Cost Supplement*	\$ 100	\$ 90	\$ 80	\$ 70	\$ 70	\$ 60
LIHEAP Benefits for Subsidized Housing Tenants						
Deliverable Fuel (Oil, Propane, Kerosene & Other)	\$ 420	\$ 370	\$ 365	\$ 355	\$ 355	\$ 350
Utility & Heat- Included-In-Rent	\$ 280	\$ 245	\$ 215	\$ 205	\$ 205	\$ 195
High Energy Cost Supplement*	\$ 100	\$ 90	\$ 80	\$ 70	\$ 70	\$ 60

* The FY 2015 High Energy Cost Supplement (HECS) Thresholds for high burden households will be released on or before October 1, 2014.

Notes: Contact DHCD to determine income eligibility for a family of 18 and above.

Sources: "Annual Update of the HHS Poverty Guidelines", Federal Register, 2014-01303, Wednesday, January 22, 2014 and

"Notice of LIHEAP State Median Income Estimates for FFY 2015", Federal Register, 2014-42331, Monday, July 21, 2014.

July 21, 2014

Q&A—

Too Late For Seniors To Stop Smoking?

When you are older, is it ever too late to quit smoking?

No. It's never too late to stop smoking. An estimated 9% of Americans over age 65 are smokers. The leading cause of preventable death is from smoking— 480,000 people die in the United States from smoking each year.

Most older smokers know that it's not good for them. They know that quitting would lead to many improvements in their life: they would save money (\$21,900 saved over 10 years for a 1 pack-a-day user), cough less, and have better smelling breath, fewer wrinkles, and more energy. They would also lower their risk of heart attack, stroke, bronchitis, and cataracts, among other diseases.

Quitting has benefits at any age and some of the improvements are immediate. Here are the benefits compiled by the Centers for Disease Control and Prevention:

- 20 minutes after quitting your heart rate drops.
- 12 hours after quitting carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting your heart attack risk begins to drop, and your lung function begins to improve.
- 1 to 9 months after quitting your coughing and shortness of breath decrease.
- 1 year after quitting your added risk of coronary heart disease is half that of a smoker's.
- 5 years after quitting your stroke risk will start decreasing. In 5-15, your stroke risk may be equivalent to a non-smoker's.
- 10 years after quitting your lung cancer death rate is about half that of a smoker's and your risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decreases.
- 15 years after quitting your risk of coronary heart disease is back to that of a nonsmoker's.

But older smokers face some real challenges in quitting. You may have tried to quit more than once before and were unsuccessful. If you weren't able to quit before, you know how hard it can be and you may feel too discouraged to try again. For people who have smoked for many years, quitting may feel like saying goodbye to a friend. Nicotine is very addictive. One of the greatest challenges most smokers face is getting through the withdrawal symptoms in the first couple of weeks.

Many former smokers age 50 and older say their main reason for quitting was for their health or because their doctor told them to stop. But smokers also quit to take back control of their lives or to satisfy a loved one who wants them healthier. Older adults have had lots of experience accomplishing difficult tasks and may be better prepared than when they were younger to take on the challenge to quit smoking. They know quitting is tough and won't be easy, but may be more willing to work at it and be successful.

The National Cancer Institute has a 44 page booklet titled Clear Horizons: A Quit-Smoking Guide for People 50 and Older^{*}, which explains how to set a **Quit Date**, and develop a **Quit Plan** that uses friends and family for support, offers tips to break smoking patterns, resists negative thinking and suggests medications that can help.

There will be challenges along the way, but it can be done and help is available. For more information: <http://nihseniorhealth.gov/quittingsmoking/quittingwhenyoureolder/01.html>.

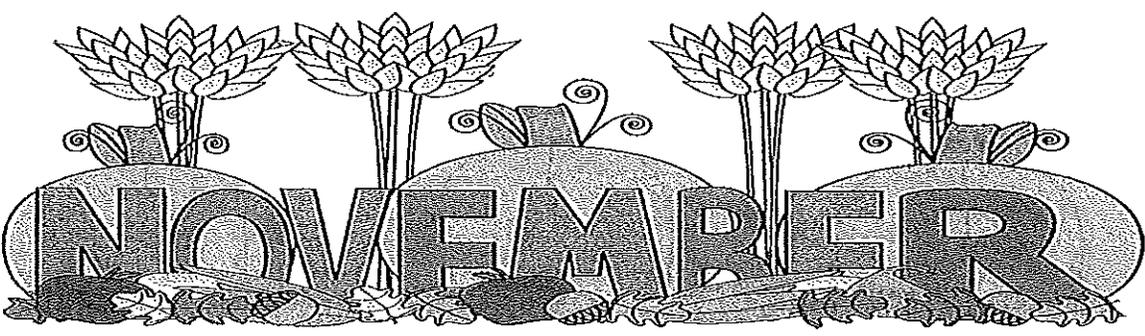
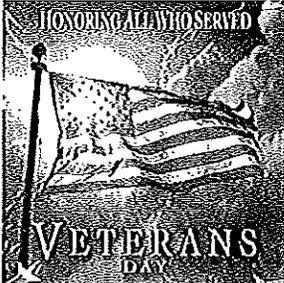
^{*} Visit [Smokefree.gov](http://smokefree.gov) or go directly to the resource page at <http://smokefree.gov/free-resources>.

Old Colony Elder Services Nutrition Program

FOR RIDE: 781-294-8220

November 2014 Menu

FOR LUNCH: 781-294-4645

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk and margarine are served at every meal and are included in the nutrition breakdown ❖ Indicates entrée has > 700 mg Sodium				
<p>3 Meatball Sub Potato Wedges Carrots & Cauliflower Sub Roll Strawberry Cup BINGO</p>	<p>4 Mediterranean Chicken Vegetable Rice Pilaf Green Beans Whole Wheat Bread Fresh Apple</p>	<p>5 Sloppy Joe Corn Broccoli Hamburger Bun Fruit Snack n Loaf MOD: Grahams</p>	<p>6 Maple Dijon Pork Roast Mashed Potatoes Fiesta Vegetables Multigrain Bread Diced Apricots TAI CHI 9:00 A.M.</p>	<p>7❖ Mac and Cheese Spinach Wheat Roll Mandarin Oranges</p>
<p>Calories: 685 Fat: 34% Sodium: 875mg Carb: 85g</p>	<p>Calories: 700 Fat: 24% Sodium: 850mg Carb: 95g</p>	<p>Calories: 820 Fat: 33% Sodium: 830mg Carb: 96g</p>	<p>Calories: 660 Fat: 28% Sodium: 385mg Carb: 81g</p>	<p>Calories: 655 Fat: 32% Sodium: 1015mg Carb: 87g</p>
<p>10❖ Low Sodium Hot Dog with Ketchup Lyonnais Potatoes California Vegetables Hot Dog Bun Peaches HENRY</p>	<p>No Meals Served </p>	<p>12 Italian Pot Roast Red Bliss Potatoes Brussel Sprouts Wheat Roll Fresh Orange</p>	<p>13 Chicken Fajita with Sour Cream Black Beans and Rice Tomato and Pepper Salsa Tortilla Pineapple 9:00 A.M. TAI CHI</p>	<p>14 Meatloaf with Gravy Mashed Potatoes Carrot Coins Multigrain Bread Chocolate Pudding MOD: Diet Pudding</p>
<p>Calories: 715 Fat: 42% Sodium: 1065mg Carb: 79g</p>		<p>Calories: 580 Fat: 20% Sodium: 420mg Carb: 75g</p>	<p>Calories: 815 Fat: 28% Sodium: 605mg Carb: 100g</p>	<p>Calories: 800 Fat: 31% Sodium: 935mg Carb: 100g</p>
<p>17 Fish Nuggets with Tartar Sauce Parslied Potatoes Fall Vegetables Wheat Bread Fruit Cocktail BINGO</p>	<p>18❖ Smoked Ham with Pineapple Sauce Mashed Sweet Potato Green Beans Multigrain Bread Strawberry Cup</p>	<p>19 Chicken Marsala with Egg Noodles Broccoli Wheat Roll Chocolate Chip Cookie MOD: Diet Cookie CHARLENE</p>	<p>20 Salisbury Steak with Gravy Garlic Mashed Potatoes Peas and Carrots Wheat Bread Mandarin Oranges 9:00 TAI CHI</p>	<p>21 Stuffed Shells with Spaghetti Sauce Italian Vegetables Rye Bread Pineapple</p>
<p>Calories: 655 Fat: 39% Sodium: 785mg Carb: 79g</p>	<p>Calories: 570 Fat: 18% Sodium: 1080mg Carb: 89g</p>	<p>Calories: 670 Fat: 27% Sodium: 605mg Carb: 81g</p>	<p>Calories: 645 Fat: 36% Sodium: 790mg Carb: 73g</p>	<p>Calories: 575 Fat: 21% Sodium: 825mg Carb: 83g</p>
<p>24 Cheeseburger with Ketchup Oven Roasted Potatoes Peas and Onions Hamburger Bun Fresh Orange HOME DEL. ONLY</p>	<p>25 Chicken Parmesan with Spaghetti Sauce Penne Pasta California Vegetables Multigrain Bread Diced Apricots HOME DEL. ONLY</p>	<p>26 Roast Turkey with Gravy Cranberry Sauce Mashed Potatoes Winter Squash Wheat Roll Pumpkin and Chocolate Bread Pudding</p>	<p>No Meals Served No Meals Served</p> 	
<p>Calories: 785 Fat: 36% Sodium: 865mg Carb: 85g</p>	<p>Calories: 725 Fat: 24% Sodium: 590mg Carb: 85g</p>	<p>Calories: 780 Fat: 32% Sodium: 1055mg Carb: 93g</p>		

Suggested Donation - \$2.50 per meal



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

Monday, NOVEMBER 3, @ 1:00 pm and Monday, NOVEMBER 17, @ 1:00 pm

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

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

KILCOMMONS COMMUNITY ROOM	MONDAY, November 10, 2014	10:00-11:00 am
COUNCIL ON AGING—BP CLINIC	THURSDAY, November 13, 2014	10:00-11:00 am
MACDONALD WAY	MONDAY, November 17, 2014	10:00-11:00 am
MAYFLOWER COURT	MONDAY, November 20, 2014	10:00-11:00 am

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

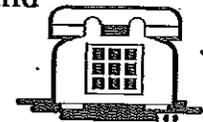
PRESCRIPTION ADVANTAGE: Is a state-sponsored pharmacy assistance program that helps to lower your prescription drug costs. Certain income limits may apply. Applications by mail or phone are still accepted. Call 1-800-AGE-INFO (1-800-243-4636). They now have a new web-site! www.prescriptionadvantagemma.org

The new web-site includes:

- °Benefit and eligibility information.
- °The most recent application forms and rate sheets, and
- °A secure, user friendly on-line application

Any questions? Please contact:

Kathy Devine, Outreach Coordinator, 617-222-7529



REMEMBER OUR ADVERTISERS: They provide fast and friendly service. They make this Newsletter possible by providing printing services for us. **CALL THEM FIRST!**

IN MEMORIAM

Carol A Chandler, Judy Chasen, Joan V. Cohen, Karen A. Denum, Gerald J. DelPrete, Jr.,
Kathleen S. Murdock, Betsy S. Oehme, Margaret E. Porter

"O Lord, thou hast searched me, and known *me*"
Psalm 139: 1

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 **Old Colony Elder Services**
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CINNAMON BAKED APPLES

4 APPLES
1/4 TSP GROUND CINNAMON



4 TBLS BROWN SUGAR
1 CUP APPLE JUICE, WHITE WINE, GINGER ALE
WHATEVER YOU HAVE ON HAND

1. PREHEAT OVEN TO 305°
2. CREAT A SMALL WELL IN THE CENTER OF APPLES BY CUTTING OUT THE STEM AND CORE AND LEAVING THE BOTTM INTACT. TRANSFER APPLES TO AN 8X8-INCH BAKING DISH. FILL EACH WELL WITH 1 TBLESPOON BROWN SUGAR. SPRINKLE CINNAMON OVER APPLES. POUR LIQUID OF YOUR CHOICE AROUND THE APPLES, COVER WITH FOIL AND BAKE UNTIL SOFT, ABOUT 1 HOUR. LET COOL BEFORE SERING.

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.
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Recording Clerk: John Melchin - 2017
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Next Board Meeting 6 pm, November 18, 2014