

## PEMBROKE PIONEER A Newsletter For Pembroke's Senior Citizens

Published by the Pembroke  
Council On Aging  
144 Center Street  
Pembroke, Massachusetts 02359

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APRIL 2015

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### Little Bits of News:

It is with great pleasure that I introduce myself to the residents of the Town of Pembroke as the next Director of The Council on Aging. The opportunity to work with you all is both an honor and a pleasure.

Initially, I will learn the systems already in place. I want to meet with the employees, volunteers, the Friends, the Board and all the residents who utilize the center and services offered.

Next, I will focus on communication and collaboration. I need to hear from you. Strengths I bring to the position and community are being open and approachable. Without communication we cannot grow. I want to hear your ideas, goals, visions and needs.

Then, together, we can work to set ideas into motion. Change will be built upon communication and collaboration. Change is hard, I recognize this. However, my goal is to learn your roles, duties, jobs, individual involvements and expectations. I want to capitalize on your strength, and then slowly, whether as individuals or groups, communicate and collaboratively work together to make positive changes.

~Anna

**BINGO IS BACK!** Please join us on Monday, April 6 and Monday, April 27 for BINGO from 1-4. The cost is \$2 for a 9 game book. Two special games @ \$1 a piece. Please remember your dobber or purchase for \$1. Bring snacks and we will provide tea and coffee.



**PLEASE COME JOIN US ON APRIL 13** – We are celebrating Red Sox opening day with a pre-game luncheon. Come dressed in your Red Sox gear and sign up for lunch by April 6 @ 781-294-4645. Cost is \$2.50 reservations are a must.

**EMERGENCY PREPAREDNESS.** Join us on Wednesday, April 15 @12:30 to hear Jill Brierly inform us about emergency preparedness.

Come walk (weather permitting) with our walking group on April 3 in honor of the **American Heart Association's National Walking Day**. You can also mall walk at either Hanover or Independence malls. Make walking a part of your daily routine to reduce tension and promote feelings of calm. Walking can 1) Put Your Brain in a Meditative State; 2) Spending Time Outdoors Reduces Stress; 3) Walking Boosts Stress-Busting endorphins; 4) Walking With Friends Has Even More Stress-relieving Benefits; 5) Walking Boosts Energy and Reduces Fatigue.

Meet with your representative, Josh Cutler, on the first Friday of each month at 9:00 AM. You may make an appointment by calling the Council on Aging at 781-294-8220 or just drop in. Rep. Cutler is here from 9-10 on the 1<sup>st</sup> Friday of each month.

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## Health Screenings

Take care of yourself and take advantage of free health screenings offered at the locations below. These screenings include: blood pressure and vital sign assessment, blood sugar screening, nutritional counseling, medication review and instruction.

**Please Note:** The schedule below of dates and times may be different from the month before. The last patient is seen 15 minutes before closing time.

Council on Aging – MONDAY, APRIL 6, 2015 10-11 am

Kilcommons Community Room – MONDAY, APRIL 13, 2015 10-11 am

MacDonald Way - MONDAY, APRIL 20, 2015 10-11 am

Mayflower Court - MONDAY, APRIL 27, 2015 10-11 am

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## S.H.I.N.E. Helps Elders Understand Insurance Options

Medicare, Part A, Part B, Part D, Medigap insurance, Medicare HMOs, retiree insurance plans, prescription drug programs, Medicaid, Medicare and still more – the list of insurance programs is long and the options are many and perplexing to many of us.

The S.H.I.N.E. Program (Serving the Health Insurance Needs of Everyone) understands how important - yet confusing and daunting - the selection process can be. It provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare. SHINE ensures that those with Medicare have access to accurate, unbiased, and up-to-date information about their health care options.

For more information on the SHINE Program call the Council on Aging at 781 294-8220.

## Podiatry Services

Dr. John McLaughlin, Podiatrist provides podiatry services for elders every six weeks at the Pembroke Town Hall. Call the COA at 781 294-8220 for exact dates, to make an appointment, and arrange transportation if needed.

## Legal Helpline For Seniors

Massachusetts seniors can get FREE legal information, advice and referral services in most areas of civil law, including:  
Social Security, Veterans Benefits,  
Mass Health, Consumer Issues,  
Unemployment, Foreclosures,  
Guardianship, Bankruptcy, Evictions, Family  
Law, Nursing Home  
and more. Call  
**866 778-0939**

If you get voicemail, leave your name, phone, and town and they will return your call within two business days.

# FRIENDS

PEMBROKE COUNCIL ON AGING

**Join the Friends!** If you're reading this newsletter, we want you as a member of the Friends of the Pembroke C.O.A. Your \$5 dues will help us underwrite the cost of activities and resources that the C.O.A. might others not be able to provide. Send in your dues with the coupon below. We'll put your membership dues to very good use!

## Friends Membership Application – \$5 Dues

Mail this form and your \$5 check made payable to the 'Friends of the Pembroke COA' to P.O.Box 221, Pembroke, MA 02359

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

My membership dues for 2015 \$5.00

I want to do even more. I include an additional contribution of: \_\_\_\_\_

I'd like to make a gift in memory of \_\_\_\_\_

TOTAL \_\_\_\_\_ Thanks

### Spring Cleaning?

The Friends need those still-in-good-condition items that you no longer want, but someone else may like.

We'll put them for sale in Marie's Boutique to raise additional funds for the Friends as they help to underwrite resources for the COA.

### If You Dig Gardening, The COA Needs Your Help

It was a tough winter on all of us but now it's time to put it behind us. We need to clean- up and pretty-up the gardens and bushes around the Senior Center.

If you'd like to help, Suzanne Cutler is organizing a group to pull weeds, rake, get rid of dead flowers, and whatever else needs doing. Meet at 9:00am on April 22 - a good deed to celebrate Earth Day. If you're planning on coming, call the COA so she'll know to expect you. Bring your gardening gloves and any tools you think will be helpful.

### Friends Officers and Board of Directors

#### Officers

President: Suzanne Cutler

Vice President: Gail Shaw

Secretary: Mary Salters

Treasurer: Ruth Pilkuhn

#### Board of Directors

2015 Dianne Robbins

2016 Ruth Ingalls

2017 Marie Federico

2015 Jeanne Duffy

2018 Connie Marano

## May 16: Flea Market and Craft Sale

The Friends of the Pembroke COA invite flea market dealers and crafters to display and sell their goods at a Spring Sale on Saturday, May 16, 10:00 am to 2:00 pm, at the Center.

This is the Friends' biggest fundraiser of the year and proceeds from the Flea Market and Craft Sale will help to support special events and purchase needed items the Center might not otherwise be able to afford.

If you're a dealer or crafter and would like to participate in the sale, tables will be rented for \$25. For more information or to reserve table space, call Marie evenings at 781-826-2774. The table fee must be received by May 1, sent to the Friends of the Pembroke COA, PO Box 221, Pembroke, MA 02359.

## You Gotta Love Lavender

This is a class for lovers of lavender. Suzanne Cutler and Ruth Tierney will talk about lavender's benefits, medicinal value, many uses in aromatherapy, and give tips on growing your own lavender.

We'll sip on lavender tea and cookies as we make a refreshing lavender spritz, pleasantly scented moth repellent, and perfumed salve.

Preregistration is required – call 781-294-8220 or stop by the COA. A materials fee of \$9 is required to hold your registration. APRIL 29 at 10:00

## Got Books?

The April read for the COA's book club is "The Girl I Left Behind" by Jojo Moyes. A 100-year old painting is at the center of this compelling read, a novel of love, loss, and sacrifice.

The next meeting of the club is April 13, 10 am. Drop-ins are welcome to join the friendly discussion.

## SAFETY ASSURANCE

Safety Assurance is a computerized telephone system that calls you at a pre-arranged time each day between 6am and noon. The calls are monitored by a communications officer at the Plymouth County Sheriff's office. Enrollment is FREE through the COA. This lends a peace of mind for you and your family and friends knowing that you are starting your day off safe and sound. Call 781-294-7620 if you want to sign up.

## EMAIL DISTRIBUTION

Be the first to read The Pembroke Pioneer. Email us @ [slarkin@townofpembrokemass.org](mailto:slarkin@townofpembrokemass.org) and let us know and we will put you on our email list.

**WE HAVE WIFI!** Bring in your laptop or tablet and have Chrissie Dahlstrom help you create a Facebook account on April 8 @ 10.

## LINE DANCING RETURNS

Harriett Clarke will be starting Line Dancing classes on Thursday, April 2 @ 1:30. No charge for your first class but thereafter, \$3.

# Old Colony Elder Services Nutrition Program

## April 2015 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Mini Cheese Ravioli with Tomato Sauce Zucchini Squash Medley Garlic Roll Parmesan Cheese Oatmeal Raisin Cookie MOD:Lemon Graham  Calories: 667 Fat: 29.6 % Sodium: 1048mg Carb:88.7g	<b>2</b> Mediterranean Chicken Herbed Noodles Honey Glazed Carrots Pumpnickel Bread Light Apple Crisp  Calories: 742 Fat: 25.9% Sodium: 940mg Carb: 96/4g	<b>3</b> Salmon Stir Fry w/Soy Ginger Glaze Seasoned Orzo Brown Rice Blend with Red Peppers Mashed Turnips Whole Wheat Roll Banana  Calories: 636 Fat: 18.8% Sodium: 523mg Carb:92.6 g
	<b>April</b>			
<b>6</b> Turkey Tetrizzini Summer Spring Vegetables Marble Rye Bread Hot Cinnamon Apples  Calories: 718 Fat: 28.6% Sodium: 956mg Carb: 83.6g	<b>7</b> ♦Lower Sodium Hot Dog Baked Beans Broccoli Hot Dog Bun Condiments** Mandarin Oranges  Calories: 813 Fat: 35.6% Sodium: 1355mg Carb:100g	<b>8</b> Chicken Parmesan with Penne Pasta & Tomato Sauce Riviera Vegetable Blend Italian Bread Parmesan Cheese Chocolate Mousse*  Calories: 795 Fat: 25.6% Sodium: 769mg Carb: 93g	<b>9</b> Italian Pot Roast Italian Roasted Potatoes Spinach Dinner Roll Vanilla Pudding MOD: Diet Pudding  Calories: 737 Fat: 31.5% Sodium: 779mg Carb:81.9 g	<b>10</b> Chicken Divan Wild Brown Rice Blend Peas and Mushrooms Multigrain Bread Banana  Calories: 692 Fat:22.8% Sodium: 857mg Carb:95.3g
<b>13</b> <u>OPENING DAY</u> Hot Dogs Oven Roasted Potatoes Coleslaw Fruit Punch Hot Dog Rolls Chocolate Éclairs or White Chocolate Mousse  <b>\$ 2.50</b>	<b>14</b> Stuffed Shells with Meat Sauce Tuscany Vegetables Italian Bread Parmesan Cheese Rice Pudding MOD:Strawberry Graham  Calories: 710 Fat: 34% Sodium: 1032mg Carb:76.3 g	<b>15</b> Swiss Cheese Omelet Seasoned Oven Roasted Potatoes Peppers & Onions Whole Wheat Bread Apricots  Calories: 681 Fat: 34.8% Sodium: 704mg Carb: 82.3g	<b>16</b> Hawaiian Chicken Herbed Brown Rice Chuck Wagon Vegetables Oatmeal Bread White Chocolate Mousse*  Calories: 733 Fat: 23.5% Sodium: 929mg Carb:99.5g	<b>17</b> Roast Pork with Pineapple Raisin Sauce Roasted Root Vegetables Broccoli Au Gratin Pumpnickel Bread Fresh Fruit in Season  Calories: 751 Fat: 31.9% Sodium: 538mg Carb:88.3g
<b>20</b> <u>Patriot's Day</u>  No Meals Served	<b>21</b> Rotini w/Meatballs and Tomato Sauce Roman Vegetable Blend Italian Bread Parmesan Cheese Butterscotch Pudding MOD:Diet Pudding  Calories: 701 Fat: 31% Sodium: 830mg Carb:86.6g	<b>22</b> Salmon Boat with Dill Sauce Roasted Sweet Potato Wedges Spinach Parmesan Multigrain Bread Fruit Cocktail  Calories: 607 Fat: 27.2% Sodium: 968mg Carb:79.8g	<b>23</b> Chicken Teriyaki Fried Rice Vegetable Blend Whole Wheat Roll Mandarin Oranges  Calories: 645 Fat: 18% Sodium: 743mg Carb: 90.1g	<b>24</b> Roast Turkey with Apple Cider Gravy Mashed Potatoes Cranberry Sce/Stuffing French Cut Green Beans Oatmeal Bread Banana  Calories: 704 Fat: 24.1% Sodium:1011mg Carb:102.3g
<b>27</b> Eggplant Parmesan with Meat Sauce Country Style Vegetables Italian Bread Parmesan Cheese Peaches  Calories: 779 Fat:28.2% Sodium: 1090mgCarb: 104.1g	<b>28</b> Chicken Tarragon with Tarragon Sauce Sweet Potatoes & Banana Brussel Sprouts Corn Bread Pistachio Pudding MOD:Lemon Graham  Calories: 667 Fat: 24% Sodium: 698mg Carb: 82.6g	<b>29</b> ♦Tomato Soup Egg Salad on Lettuce Carrot and Barley Pilaf Three Bean Salad Pita Bread Half Light Apple Rhubarb Crisp  Calories: 741 Fat: 29.6% Sodium: 897mg Carb:98.5g	<b>30</b> Meatloaf with Mushroom Gravy Baked Potato w/Sour Cream Beets Garlic Roll Cinnamon Mousse* with Choc.Chips MOD:No Chips  Calories: 884 Fat: 36.8% Sodium: 961mg Carb: 98.3g	Milk and margarine are served at every meal and are included in the nutrition breakdown. ♦Indicates entrée has >700 mg sodium.  **condiments are included in the nutrition information ♦Soup for congregate meal sites only

Menu is subject to change without notice

**Suggested Donation - \$2.50 per meal**

Mousse is appropriate for regular, modified, and cardiac diets.

# ACTIVITIES

APRIL

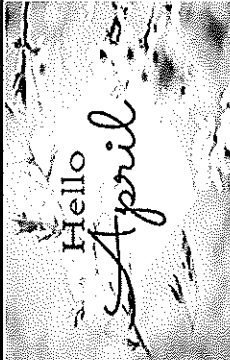
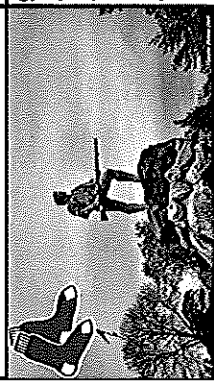
2015

"PEMBROKE PIONEER"

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

LUNCH 11:30 - Nutrition 781-294-4645

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MEDICAL AND MEALS ON WHEELS DRIVERS NEEDED CALL OFFICE 781-294-8220</p> <p>WALKING GROUP WEATHER PERMITTING</p> <p>6</p> <p>10-11 BP CLINIC- COA</p> <p>10:00 Tai Chi</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 BINGO</p>	<p></p> <p>9:30 Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>10:30 Telling Our Stories</p> <p>11:30 LUNCH \$2</p> <p>1:00 ZUMBA Gold \$5</p> <p>7</p>	<p>April Fools' Day</p> <p>10:00 Dull Men's Group</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Movie</p> <p>8</p>	<p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 KNITTING</p> <p>1:30 Line Dancing - FREE</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Bingo @ Kilcommons</p> <p>9</p>	<p>7:50 Food Shopping</p> <p>9-10 Rep. Josh Cutler</p> <p>10:00 Hanover Mall</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Cribbage &amp; Whist</p> <p>10</p>
<p>10:00 Tai Chi</p> <p>10:00 Book Group</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>Opening Day! Wear your Red Sox Gear</p> <p>13</p>	<p>9:30 Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>10:30 Telling Our Stories</p> <p>11:30 LUNCH \$2</p> <p>1:00 ZUMBA Gold \$5</p> <p>7:00 Board Meeting</p> <p>14</p>	<p>10:00 Dull Men's Group</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Emergency Preparedness Seminar</p> <p>1:00 Atty Conroy by Appt.</p> <p>15</p>	<p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 KNITTING</p> <p>1:30 Line Dancing \$3</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Bingo @ Kilcommons</p> <p>16</p>	<p>7:50 Food Shopping</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Poetry Workshop</p> <p>12:30 Cribbage &amp; Whist</p> <p>17</p>
<p></p> <p>OFFICE CLOSED</p> <p>21</p>	<p>9:30 Chair Yoga \$4</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 ZUMBA Gold \$5</p> <p>7:30 TOWN MEETING</p> <p>28</p>	<p>10:00 Dull Men's Group</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Movie</p> <p>22</p>	<p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 KNITTING</p> <p>1:30 Line Dancing \$3</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Bingo @ Kilcommons</p> <p>23</p>	<p>7:50 Food Shopping</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:00 "SOUP"</p> <p>12:30 Poetry Workshop</p> <p>12:30 Cribbage &amp; Whist</p> <p>24</p>
<p>10:00 Tai Chi</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 BINGO</p> <p>27</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 Group</p> <p>1:00 ZUMBA Gold \$5</p> <p>7:00 TOWN MEETING</p> <p>28</p>	<p>10:00 Dull Men's Group</p> <p>10:00 Lavender Workshop</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Movie</p> <p>29</p>	<p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>1:00 KNITTING</p> <p>1:30 Line Dancing \$3</p> <p>1:00 Wal-Mart Shopping</p> <p>1:00 Bingo @ Kilcommons</p> <p>30</p>	<p>LUNCH</p> <p>reservations must be made at least a week ahead call 781-294-4646</p> <p>Home Away</p>

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### Donations to the Friends

*We thank the following individuals for their generous donations the Friends of the  
Pembroke Council on Aging*

Leona Roach Carol Sullivan Cheryl Desrosiers  
James and Evelyn Stone Ingrid Lowery Lois Roberts Jean Healy  
John Licoski Margaret Ranahan Kathleen A. Flaherty Jeanne Eskander

John Belbin in memory of Ron Levangie Celia Finochio in memory of Ted Finochio  
Margaret Neil in memory of the Petersons Carol Nourse in memory of Shirley Needham  
Debbie De Feo in memory of William Hardy Laura MacLeod in memory of Hazel & Laurie Brown  
Virginia Farrar in memory of Gilbert Farrar John & Audrey Hughes in memory of Edward Bibaud  
Jack Gubbons in memory of Mom Mary Hill in memory of Frank Hill  
John Edelman in memory of Helen & Aubrey Steaves  
Bev and Bill Cadorette in memory of Barbara Jackson, Lucy Connerey & Martha Brockles

Ronnie and Gil Lipman in honor of the Democratic Party

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### IN MEMORIAM

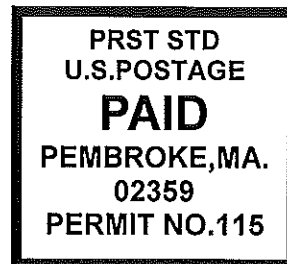
Cheryl DeMeule, Elsie M. Dodge, William Fries, Jr., Carol A. Green,  
Edward J. Harrison Lawrence E. King, Martin J. Landy, Charlie A. Sweet, Joan Wallace,  
Carolyn L. Wheeler

"Arise, O Lord: O God, lift up thine hand: forget not the humble."  
Psalms 10:12

**SOUP TWICE A MONTH - A Big Thank You to Peg Struzik for arranging local business' and residents for donating their time and soup making talent for our seniors!! Come by the second and the last Fridays of the month with your empty containers so you can take soup home.**

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

CHANGE SERVICE REQUESTED

**STAFF:**

Director: Anna Lisa Seery  
Principal Clerks: Susan Larkin;  
Suzanne Driscoll  
Transportation Coordinator: Christine White  
Outreach: Ruth Ingalls

**VAN DRIVERS**

Jack Breen  
Jim McPherson  
Ed Steele  
Richard Swift  
Tim White

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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**

Chairman: Linda Osborne—2017      Kenneth Girtten—2015  
Vice Chairman: James Bailie—2015      James Kinkaid—2015  
Recording Clerk: John Melchin - 2017      Janet Laberge—2016  
Treasurer: Kathleen Toole—2016

Next Board Meeting 6 pm, April 14, 2015