

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

FEBRUARY 2014

FEBRUARY is a short month with much going on! VALENTINE'S DAY, GROUND HOG DAY, PRESIDENT'S DAY, and HEART-HEALTH MONTH

along with many others. Be sure check them out along with our own ideas. See Activities Page 5.

The FRIENDS OF THE COA will be having a VALENTINE'S CELEBRATION on WEDNESDAY, the 12th at 1:00 p.m. "SWIFTY" will be entertaining.

There will be door prizes. Be sure to sign up early! Desserts will be served. If you need a ride, call us.

INCOME TAX: DICK ESANCY from PEM-TAX, will do Basic Income Taxes again this year for \$25.00. He does the Circuit Breaker as well. PEMTAX is now located in Pembroke Center at 42 Mattakeesett St., and is on the first floor. No more stairs to climb. Call for an appointment at 781-293-0300. Be sure to bring your Senior ID card with you.

BOOK DISCUSSION GROUP WITH SUZANNE CUTLER will be starting up on THE 10th at 10:00 A.M. The new group will choose the book. Sign up at the reception desk if interested.

DOMINOS ANYONE? We have one lady who is interested in playing. If you are interested, give us a call.

JOSH CUTLER: Our State Representative will be here on Friday, the 7th, at 9:00 A.M. If you have any concerns about State Government come and talk to Josh.



The Senior Computer Learning Center will be having an Open House on February 12th, from 10:00 A.M.

to 12 O'Clock Noon, at the Abington Senior Center. They offer many computer courses for various skill levels. You can reach them at email: seniorcomputerlearningcenter@googlegroups.com for more information.

CELL PHONE CLASSES: Two young ladies, LARA + LAUREN, EACH WORKING ON THEIR GIRL SCOUT SILVER AWARD, will be teaching Cell Phone Classes during February Vacation week. The dates are:

February 18, 19, and 20
Times: 12:30 P.M. to 1:30 P.M.

Sign up sheets will be available in the Reception Area or call 781-294-8220.

BINGO: With Frank Tobin and friends
See PAGE 6.

FUEL ASSISTANCE: Is still on-going. With the cold arctic weather we have been having (and you meet the Guidelines), you may want to sign up. CALL FOR AN APPOINTMENT at 781-294-8220.

The WEDNESDAY AFTERNOON MOVIE DAYS ARE: February 5th and 26th. We will be showing The "BUTLER" on the 26th.

In closing, a thought from Albert Einstein "Imagination is more important than knowledge." ...

Mary E. Willis, Director

Check Up On Your Benefits

Are you missing out on benefits?

There are more than 2,000 federal, state and private programs that can assist people who are living on limited incomes. Some are better known than others—now you can get help finding these programs in the privacy of your own home with an online program called BenefitsCheckUp®.

BenefitsCheckUp® is sponsored by the National Council on Aging and is a free, online, confidential service that helps identify programs available in your area that can help pay for prescriptions, health care, food, utilities, and more. You can also get help with tax relief, transportation, legal issues, or finding work.

BenefitsCheckUp® empowers seniors, family members, and caregivers by helping to determine what benefits a person may qualify for and how to apply. Individuals are asked a series of questions to identify benefits that may help save money and cover the costs of everyday expenses. After answering the questions, a personalized report is created that describes programs that may be available. Many of the applications for these programs can be filled in online and the completed application can then be printed.

Supplemental Nutrition Assistance Program (SNAP), formerly Food Stamps, helps low-income individuals and families purchase healthy food. Approximately six million seniors across America face the threat of hunger each day. According to the Meals on Wheels Association, 11% of all seniors have experienced a form of food insecurity over the last year. For struggling families, SNAP is making a huge difference in their economic well-being and health. SNAP benefits, if counted as income, lifted 4 million people in the United States above the poverty line in 2012. SNAP is also good for local economies because each \$1 in federally funded SNAP benefits generates \$1.79 in economic activity. Since 2009, there has been a 36% increase in the number of individuals in Massachusetts getting SNAP benefits—roughly 892,000 people today. But, many seniors and families still are not getting this nutritional assistance.

Could you use the assistance of SNAP? You can find out if you qualify through BenefitsCheckUp®. You may also find information and learn how to apply by visiting www.mass.gov/snap or calling 1-866-950-3663 (FOOD).

To try BenefitsCheckUp®, go to www.benefitscheckup.org.

You can now also find out if you are making the most of your money through EconomicCheckUp®, www.economiccheckup.org, also sponsored by the National Council on Aging. Discover how to cut spending, reduce your debt, find work, and use your home equity.

To speak to an Information Specialist personally about any of these programs in Massachusetts, call 1-800-AGE-INFO and select option 1. Specialists are available Monday through Friday during normal business hours.



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 Nighelli

VICE PRESIDENT: Suzanne Cutler

SECRETARY: Mary Salters

TREASURER: Ruth Plukhn

2014 Jeanne Duffy—Membership Chairman

2015 Dianne Robbins

2016 Ruth Ingalls

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

ADDRESS

PHONE

DUES

ADDITIONAL

IN MEMORY OF:

IN HONOR OF:

TOTAL CONTRIBUTION ...\$.....

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

NEXT FRIENDS MEETING: FEBRUARY 21, AT 10:30 A.M.

~~~DONATIONS TO THE FRIENDS~~~

Abigail Cutler, Barbara Hall, Sandra Medaglia, Ruth Roy,
Roy Seppala,



**** IN MEMORY OF ****

John Lecoski In Memory of Former Members

*The term "O.K." is credited to President Martin VanBuren who was raised in Kinderhook, New York. After entering politics, Martin VanBuren became known as "Old Kinderhook." People used the term, O.K. to refer to him and the word "okay" was derived.



*President Grover Cleveland personally answered the White House phone.

Old Colony Elder Services Nutrition Program - Menu

February - 2014

FOR RIDE CALL: 781-294-8220

FOR LUNCH CALL 781-294-4645 WEEK AHEAD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Milk and margarine are served at every meal.
3 Cheese Lasagna w/ Meat Sauce Cauliflower Green Beans Whole Wheat Bread Pears Calories: 610 Fat: 25% Sodium: 715mg Fiber: 11g	4 Balsamic Glazed Chicken Herb Roasted Potato Broccoli Rye Bread Butterscotch Pudding MOD: SF Pudding Calories: 580 Fat: 18% Sodium: 590mg Fiber: 4g	5 Krunch Lite Fish Parmesan Mashed Potato Peas & Carrots Pumpnickel Bread Raisins Tartar Sauce Calories: 760 Fat: 30% Sodium: 1050mg Fiber: 7g	6 Spaghetti & Meatballs w/ Sauce Tuscany Blend Veg Multigrain Bread Hot Cinnamon Apples Calories: 745 Fat: 39% Sodium: 825mg Fiber: 12g	7 Sweet & Sour Pork Herbed Brown Rice Oriental Vegetables Oatmeal Bread Fortune Cookies Calories: 655 Fat: 31% Sodium: 470mg Fiber: 5g
10 Chicken Cacciatore Buttered Penne Country Vegetables Garlic Dinner Roll Fruit Cocktail BOOK DISCUS. 10 A.M. BINGO Calories: 640 Fat: 22% Sodium: 470mg Fiber: 7g	11 Shepard's Pie Herbed Carrot Coins Whole Wheat Bread Pears Calories: 665 Fat: 33% Sodium: 565mg Fiber: 9g	12 Potato Crunch Fish Mashed Sweet Potato Green Beans Pumpnickel Bread Applesauce VALENTINE'S PARTY 1 P.M. Calories: 680 Fat: 28% Sodium: 670mg Fiber: 6g	13 Roast Turkey Gravy Herbed Brown Rice Spinach Oatmeal Bread Vanilla Pudding MOD: SF Pudding Calories: 625 Fat: 28% Sodium: 1400mg Fiber: 5g	14 Valentine's Day Baked Ham Honey Mustard Sauce Peas & Carrots Scalloped Potato Dinner Roll Chocolate Cupcake MOD: SF Cake Calories: 620 Fat: 28% Sodium: 1950mg Fiber: 6g
17 Presidents' Day No Meals Served 	18 Eggplant Parm Penne Pasta Carrots Multigrain Bread Tapoca Pudding MOD: SF Pudding PHONE CLASS Calories: 780 Fat: 30% Sodium: 1095mg Fiber: 12g	19 Chicken Salsa Corn Green Beans Corn Muffin Fruit Cocktail PHONE CLASS Calories: 560 Fat: 20% Sodium: 680mg Fiber: 7g	20 Beef Burgundy Au gratin Potatoes Broccoli Rye Bread Fresh Apple PHONE CLASS Calories: 560 Fat: 20% Sodium: 1085mg Fiber: 8g	21 Salmon w/ Dill Sauce Herbed Rice Blend Beets Whole Wheat Roll Mandarin Oranges Calories: 710 Fat: 33% Sodium: 735mg Fiber: 4g
24 American Chop Suey Zucchini Pumpnickel Bread Fruit Cocktail BINGO Calories: 625 Fat: 26% Sodium: 460mg Fiber: 6g	25 Teriyaki Chicken Brown Rice Peas & Carrots Oatmeal Bread Strawberry Cup MOD: Peaches Calories: 600 Fat: 16% Sodium: 880mg Fiber: 7g	26 Fish Sticks Potato Wedges Broccoli Multigrain Bread Tartar Sauce Apple Sauce MOVIE Calories: 820 Fat: 24% Sodium: 1120mg Fiber: 13g	27 Roast Pork w/ gravy Roast Sweet Potato Green Beans Whole Wheat Roll Fresh Orange Calories: 700 Fat: 32% Sodium: 550mg Fiber: 9g	28 Fiesta Fish Herbed Bow Tie Pasta Spinach Rye Bread Chocolate Chip Cookie MOD: Lemon Graham Calories: 680 Fat: 24% Sodium: 1060mg Fiber: 8g

Menu is subject to change without notice

Suggested Donation - \$2.00 per Meal2/5/14: Movie 12:30 P.M.

ACTIVITIES

FEBRUARY

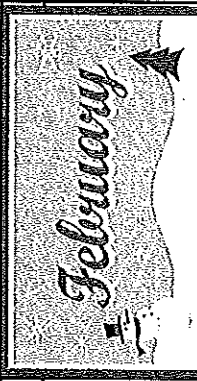

2014

"PEMBROKE PIONEER"

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

LUNCH @ 11:30 \$2 DONATION 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	FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE 3 BAG LIMIT		MEDICAL AND MEALS ON WHEELS DRIVERS NEEDED CALL OFFICE 294-8220	RESERVATIONS FOR MEDICAL RIDES - MUST BE MADE AT LEAST THREE DAYS PRIOR TO APPOINTMENT CALL MON-FRI 8:30-4:30 781-294-8220
10-11 BPC - COA 10:30 Walking Group 11:30 LUNCH \$2	9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 12:30 Movie	8:00 Wal-Mart Shopping 10:00 Quilting Group 11:30 LUNCH \$2 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 9-10 Rep. Josh Cutler - no appt 10:30 Walking Group 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Jewelry Making Class (will repair your jewelry) 12:30 Whist & Cribbage
10:00 BOOK GROUP 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5 7 P.M. COA BOARD MTG.	10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 1:00 Valentine Party presented by the Friends	8:00 Wal-Mart Shopping 10:00 Quilting Group 11:30 LUNCH \$2 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 10:30 Walking Group 10:30 NO Card Crafting 11:30 LUNCH \$2  12:30 Whist & Cribbage
PRESIDENT'S DAY COUNCIL CLOSED NO LUNCH OR "MOW"	9:30 Rita's Chair Yoga \$4 10:30 Walking Group 10:30 Friends of COA 11:30 LUNCH \$2 12:30 PHONE CLASS 12:30 Living Well Group 1:00 ZUMBA \$5	10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 12:30 PHONE CLASS 12:30 Movie 1:00 ATTY. CONROY Appointment Needed	8:00 Wal-Mart Shopping 10:00 Quilting Group 11:30 LUNCH \$2 12:30 PHONE CLASS 1:00 NO KNITTING 1:00 Bingo @ Kilcommons	7:50 Food Shopping 10:30 Walking Group 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Whist & Cribbage
10:30 Walking Group 11:30 LUNCH \$2 12:30 "BE ALL YOU CAN BE" 1:00 BINGO	9:30 Rita's Chair Yoga \$4 10:30 Walking Group 11:30 LUNCH \$2 12:30 Living Well Group 1:00 ZUMBA \$5	10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 Charlene Allen	8:00 Wal-Mart Shopping 10:00 Quilting Group 11:30 LUNCH \$2 12:30 "Bring It To The Table" 1:00 Knitting 1:00 Bingo @ Kilcommons	7:50 Food Shopping 10:30 Walking Group 10:30 Card Crafting \$3 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Whist & Cribbage

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

Monday, FEBRUARY 10, @ 1:00 pm, Monday, FEBRUARY 24, @ 1:00 pm

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

FREE HEALTH SCREENING CLINICS

COUNCIL ON AGING	MONDAY, FEBRUARY 3, 2014	9:15-10:15 am
KILCOMMONS COMMUNITY ROOM	MONDAY, FEBRUARY 10, 2014	10:00-11:00 am
MACDONALD WAY	WEDNESDAY, FEBRUARY 12, 2014	10:00-11:00 am
MAYFLOWER COURT	MONDAY, FEBRUARY 24, 2014	10:00-11:00 am

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

DANCING CAN KEEP YOU FIT

- **EXERCISES YOUR MEMORY** - Dancing is more than just movement. You exercise your memory when you remember the steps and the sequence of a dance.
- **BURNS CALORIES** - You burn a lot of calories while you have fun.
- **IMPROVES CIRCULATION** - Your blood circulation benefits from dancing - your heart pumps faster and more efficiently, improving your cholesterol and blood sugar levels.
- **CARDIO WORKOUT** - Dancing offers a unique cardio workout for people of any age.
- **IMPROVES STAMINA** - Dancing improves your stamina and endurance.
- **HELPS BONES AND JOINTS** - Your bones and joints are put to work, lessening your chances of injuries.
- **HELPS ARTHRITIS** - Dancing protects you from arthritis. This low impact exercise lubricates your bones!
- **IMPROVES YOUR BALANCE** - When you are instructed to change positions and make turns you are learning to control how your body moves and find ways to avoid falling.



IN MEMORIAM

Dorothy V. Fish, Robert N. Glauben, Susan K. Misakonis, Theodore W. Parker,
 Vernon P. Skillings

"In thee, O Lord, do I put my trust....."
Psalms 31:1



Gina Michini

Realtor


Cell: 201-230-9194

gmichini@molisserealty.net

www.MolisseRealty.com

MOLISSE
REALTY GROUP LLC
Selling the Entire South Shore

Going Beyond the Sale...
Knowledge. Passion. Results.

 **FAMILY HEARING CARE CENTER**
 140 Bedford St (Rt 1A)
 Bridgewater, MA 02324
508-279-0700
...from the words of life
- Hearing Aids - Hearing Tests - Hearing Exams - Hearing Aids - Hearing Exams - Hearing Aids - Hearing Exams

534 Main St (Rt 1A)
 S Weymouth, MA 02156
781-337-1144
...from the words of life


KAHIAN'S INC.
 "Our Family Serving Yours Since 1952"
 96 Long Pond Road • Plymouth, MA 02360 (508) 746-4670
 Rte. 44 @ Rte. 495 • Middleboro, MA 02346 (508) 946-0100
www.kahians.us
Appliances • Floors • Chair Lifts • Lazyboy

ASK FOR SPECIAL SENIOR PRICING

31 Schoosett St. (Rte 139) Suite 504, Pembroke MA 02359
781-924-5694 Office

Home Instead
SENIOR CARE
to us, it's personal.

Advertisement Available
508.697.5227

 **Old Colony Elder Services**
 Providing services to the community since 1974
 144 Main Street - Brockton, MA 02301
 508-584-1561 TTY 508-587-0280
www.oldcolonyelderservices.org

V.I.P. Landscaping
 Aerials & Dethatching
 Edging & Weeding
 Fertilizer
 Gutter Cleaning
 Junk Removal
 Lawn Maintenance
 Mowing & Mulch
 Senior Discount!

508-889-5432
 Landscape Construction & Maintenance
 Pembroke, MA

New Lawn Installation
 Parking Lot Cleaning
 Planting
 Potting Plants
 Snow Blowing
 Spring & Fall Cleanups
 Tree Pruning & Removal
 Walkways

 **HANNON-RYAN**
Insurance

Home • Auto • Business • Life • Boat • IRAs
 Investment Services • Retirement Strategies

166 CENTER STREET • PEMBROKE **781-293-5500**
www.hannon-ryan.com www.komarfinanceservices.com

Advertisement Available
508.697.5227

 **SHEPHERD**
 Funeral & Cremation Service
 7 Mattakesett St. Pembroke, MA 02359
 Phone: 781-293-6325
www.shepherdfuneralhome.com

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227

Advertisement Available
508.697.5227
\$165.00 /yr

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

CHANGE SERVICE REQUESTED

PRST STD
U.S. POSTAGE
PAID
PEMBROKE, MA.
02359
PERMIT NO. 115



Dull Men's Farmer's Omelette

Servings: 1

1 Can of Spam

4 ounce portion of Velveeta cheese (1/2 Cup)

3 eggs

1 C of Tater-Tots



Dice Spam. Fry Spam on high heat in an omelette pan. Being sure to save as much rendered fat as possible. When Spam is nicely browned, add tater-tots. Lower heat to medium and stir until tots are cooked. Beat eggs in a bowl with a whisk. Pour over cooked Spam and tots. Flip. When ready add cheese and fold omelette in half.

From: Patrick Dulinon

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."

COUNCIL ON AGING BOARD MEMBERS

Linda Osborne, Chairman
James Baillie, Vice Chair
Kathleen Toole, Treasurer
John Melchin, Recording Clerk

Joseph Della
Ken Girten
James Kinkade

Next Board Meeting 7 PM, February 11, 2014

A NEW INSURANCE AGENT IN PEMBROKE

SENIORS
WELCOME

SMARTINSUR.COM
42 MATTAKEESETT ST., UNIT D

781-293-6263

Gerard Dempsey gdempsey@smartinsur.com



Bird Feed
& Feeders

FAMILY PET & GARDEN CENTER

Route 53 • Pembroke, MA 02359

781-829-2220

familypetandgarden@hotmail.com



Animal
Feeds & Needs