

# 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 2013

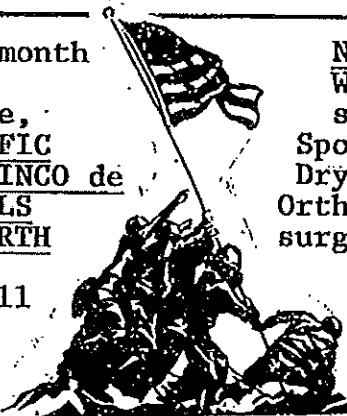
We honor our MOTHERS this month ALONG with remembering our VETERANS and loved ones! We, also, celebrate ASIAN-PACIFIC HERITAGE month, LAW DAY, CINCO de MAYO, and BE KIND TO ANIMALS MONTH. We honor MOTHER EARTH and remember to recycle, plant a tree or garden, will all help.

NOTE: The students in the Transition Program at PEMBROKE HIGH SCHOOL have volunteered to provide assistance with the following: dusting + vacuuming, light housekeeping, weeding, and light yard work, community errands and companionship. For additional information, please call Chris White at the Council on Aging at 781-294-8220.

ELDER LAW DAY: Will be held here at the Senior Center on THURSDAY, MAY 16th, at 12:30 P.M. with Attorney Oppenheim, from the MASS BAR ASSOCIATION. The topic will be "TAKING CARE OF YOUR FUTURE - A LEGAL CHECKUP". Be sure to sign up!

The MOVIES for MAY will be Oldies but Goodies: On May 8th we will show "BILL COSBY HIMSELF" and on the 22nd "MY BIG FAT WEDDING". Be sure to sign up so we will have enough goodies knowing you are coming!

See Page 6 for BINGO GAMES DATES and HEALTH SCREENINGS DATES.



NIELSON EYE CENTER SCREENINGS! With Dr. Douglas Haigh who specializes in Ocular Disease, Sport's Vision, Low Vision, and Dry Eye Management along with Orthokeratology and refractive surgery care and management.

He will do free eye screenings for cataracts and glaucoma the two most common age-related eye diseases. DATE: WEDNESDAY, MAY 29th, at

12:30 P.M. from 12:30 p.m. to 2:30 p.m. Do sign up for this preventive free service!!

We will be honoring our VOLUNTEERS this month with a special event. We have 123 Volunteers who deserve our "THANKS AND APPRECIATION" for all they do for us and our special elders. Watch for your invitation.

"Very few burdens are heavy if everyone lifts." ...Sy Wise

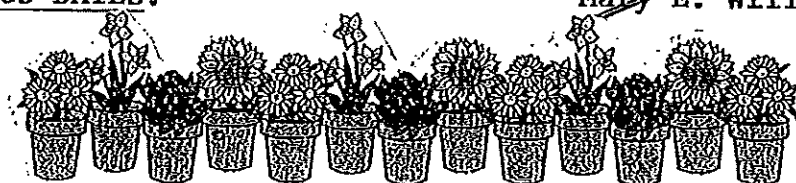
Enjoy the sunshine Vitamin D this month - get out at least 20 minutes a day and walk around.

A thought from Mother Theresa: "Kind words can be short and easy to speak, but their echoes are truly endless."

In closing, "Common sense, in an uncommon degree, is what the world calls wisdom."

...Taylor Coleridge

Mary E. Willis, Director



Q&amp;A – May 2013



## How to Help a Hoarder

### How can I help my elderly neighbor who hoards?

Compulsive hoarding is a progressive and chronic condition that can begin early in life and increase in severity as people get older.

Hoarding is an underreported and poorly understood mental health condition. As many as 15 million Americans are hoarders. There are people in your community who have been trained to help people with hoarding issues. Hoarding not only affects those that hoard, but also their families and their communities. Hoarding is one of the leading causes of eviction in Massachusetts.

Many people who hoard do not seek treatment. Hoarders are often discovered after an incident results in a neighbor or mandated reporter becoming aware of the problem, a private issue now develops into a public issue. This can lead to anxiety and fear, causing the person to refuse help. Often an individual has been traumatized previously by a major clean out and may be very reluctant to ask for or accept help again. It may take several contacts with individuals before they develop enough trust and are willing to accept help.

92% of individuals with a hoarding condition also have another mental health issue, such as depression, anxiety, obsessive/compulsive disorder, or social phobia. Therefore, counseling is as critical as cleaning up the clutter.

A new guide says that without active participation from the person who hoards, the courts may choose to clean out the home or force the person to leave the home, possibly leading to homelessness. To some, a swift cleanout resolves the problem; however, people who hoard, but get no counseling, will most likely begin to hoard again. The guide suggests that the hoarder must be part of developing a plan to deal with the clutter. The plan should include clear goals, one of which should focus on maintaining safety in the home. Goals should also be measurable, like cleaning up one room at a time. Goals that seem insurmountable can be broken down into smaller tasks, one week at a time. At the start, other supports like therapy and companion support should be considered.

When reaching the actual clean up stage, hoarders should do some of the hands-on work to build a tolerance for decluttering and to demonstrate that they can, in fact, do the work. Providing support, building self-esteem, keeping the individual focused, and motivating the person to work towards the set goals is the role of the coach or counselor. Ongoing discussion about what the home will look like and feel like after the work is done can help the process.

When dealing with hoarding, success is hard to define because everyone has a different view of what is good enough. If the home is safe and clear of health concerns, let individuals manage their chronic condition on their own. It is important for hoarders to see that they are in charge and that their ideas matter.

To find help for an elder with a hoarding issue, call, 1-800-Age-Info and press "1" or review the guide at <http://forprofessionals.800ageinfo.com/2013/03/care-guide-for-hoarding.html>.

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

**THE FRIENDS OF COA are in need of new members. If you are able to join and help you will be greatly appreciated! Call 781-294-8220.**

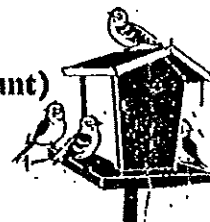
*For Membership Card, send self addressed stamped envelope*

**NEXT FRIENDS MEETING: MAY 21 2013 AT 10:30 A.M.**



**DONATIONS TO THE FRIENDS**

**Virginia & Gilbert Farrar, Ruth Roy (Swifty's Aunt)**



**IN MEMORY OF**

**John Licoski—Deceased Seniors, Richard Squires—John Squires & John Beck,  
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## Old Colony Elder Services - Menu

May 2013

FOR A RIDE: CALL 781-294-8220

FOR LUNCH: CALL 294-4645 WEEK BEFORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>** Soup on 5/14</b> will be served at home and congregate.	Milk and margarine are served at every meal.  ❖ Indicates entrée has > 700 mg Sodium	1 Pier 17 Fish Parslled Potato Carrot Coins Pumpnickel Bread Cherry Snack 'n Loaf MOD: Lemon Grahams  Calories: 730 Fat: 36% Sodium: 820mg Fiber: 6g	2 Cheese Lasagna w/ Meat Sauce Cauliflower Spinach Whole Wheat Bread Fruit Cocktail  Calories: 620 Fat: 27% Sodium: 820mg Fiber: 12g	3 Spanish Chicken w/ Pepper & Onion on Tortilla Wrap Rice & Beans Summer Veggies Fresh Banana  Calories: 630 Fat: 21% Sodium: 660mg Fiber: 10g
6 American Chop Suey Brussels Sprouts Garlic Roll Pears  <b>BINGO</b>  Calories: 700 Fat: 30% Sodium: 450mg Fiber: 9g	7 Sweet & Sour Chicken Steamed Brown Rice Oriental Vegetables Oatmeal Bread Mandarin Oranges  Calories: 580 Fat: 22% Sodium: 590mg Fiber: 6g	8 Beef Burgundy Paprika Roasted Potatoes Green Bean Almondine Rye Bread Taploca Pudding MOD: SF Pudding <b>MOVIE</b>  Calories: 620 Fat: 22% Sodium: 560mg Fiber: 6g	9 Roast Turkey w/ Gravy Mashed Sweet Potato Zucchini Multigrain Bread Fresh Apple  Calories: 600 Fat: 22% Sodium: 830mg Fiber: 10g	10 Salmon Boat w/ Dill Sauce O'Brien Potatoes Peas & Carrots Whole Wheat Bread Apple Cinnamon Graham  Calories: 730 Fat: 35% Sodium: 680mg Fiber: 7g
13 Italian Meatballs Pasta w/ Tom. Sauce Green & Wax Beans Multigrain Roll Raisins  Calories: 770 Fat: 33% Sodium: 740mg Fiber: 9g	14 Chicken Salad Minestrone Soup** Carrot-Pineapple Salad Pumpnickel Bread Pears  Calories: 670 Fat: 26% Sodium: 590mg Fiber: 9g	15 Sloppy Joe Corn w/ Red Pepper Broccoli Hamburger Roll Strawberry Cake MOD: LS Cake  Calories: 660 Fat: 28% Sodium: 660mg Fiber: 9g	16 Fish Florentine Roasted Potatoes Harvard Beets Oatmeal Bread Chocolate Pudding MOD: SF Pudding <b>ELDER LAW</b>  Calories: 780 Fat: 32% Sodium: 1060mg Fiber: 6g	17 Pork w/ Gravy Brown-Wild Rice Blend Country Vegetables Rye Bread Pineapple  Calories: 710 Fat: 30% Sodium: 520mg Fiber: 5g
20 BBQ Chicken Mashed Potato Peas & Carrots Whole Wheat Bread Snack 'n' Loaf MOD: Strawberry Graham <b>BINGO</b>  Calories: 650 Fat: 21% Sodium: 1250mg Fiber: 7g	21 Cheeseburger Potato Wedges Mixed Vegetables Ketchup Hamburger Roll Peaches  Calories: 820 Fat: 38% Sodium: 1150mg Fiber: 10g	22 Turkey a la King Egg Noodles Green Beans w/ Red Onion Multigrain Bread Pineapple <b>MOVIE</b>  Calories: 740 Fat: 28% Sodium: 900mg Fiber: 9g	23 Orange Ginger Beef Broccoli Herbed Brown Rice Dinner Roll Fruit Cocktail  Calories: 700 Fat: 34% Sodium: 440mg Fiber: 7g	24 Potato Crunch Fish Tartar Sauce Succotash Cabbage & Carrots Pumpnickel Bread Butterscotch Pudding MOD: SF Pudding  Calories: 730 Fat: 36% Sodium: 1000mg Fiber: 8g
27 Memorial Day <i>No Meals Served</i> 	28 Tortellini w/ Tomato Sauce Peas & Onions Spinach Oatmeal Bread Pears  Calories: 710 Fat: 22% Sodium: 920mg Fiber: 12g	29 Herbed Chicken Garlic Mashed Potato Herbed Carrot Coins Rye Bread Vanilla Pudding MOD: SF Pudding <b>CHARLENE ALLEN</b>  Calories: 600 Fat: 25% Sodium: 890mg Fiber: 5g	30 Tuna Salad Pesto Pasta Salad Three Bean Salad Hot Dog Roll Fresh Orange  Calories: 750 Fat: 24% Sodium: 800mg Fiber: 10g	31 Roast Beef au Jus Roasted Sweet Potato Mixed Vegetable Whole Wheat Roll Fruit Cocktail  Calories: 700 Fat: 32% Sodium: 450mg Fiber: 8g

Wednesday, MAY 29, Dr. Haigh from Nielson Eye Health will be here at 12:30pm.

Menu is subject to change without notice

Suggested donation - \$2.00 per meal.

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# ACTIVITIES

MAY


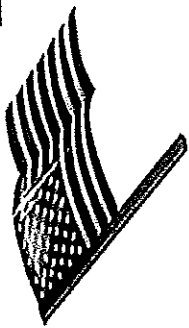
2013

PEMBROKE PIONEER

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

LUNCH 11:30 (781-294-4645)

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>LUNCH RESERVATIONS A WEEK IN ADVANCE CALL: 781-294-4645</p> <p>DRIVERS ARE NEEDED FOR MEDICAL AND "MOW"</p>	<p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p> <p>1:00 Bowling@ Hanover</p>	<p>8:00 Wal-Mart Shopping</p> <p>9:00 S.H.I.N.E.</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>9:15 Line Dancing \$3</p> <p>10:30 Walking Group/Mall Walkers</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p> <p>12:30 Cribbage &amp; Whist</p>
<p>6</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 BINGO</p>	<p>7</p> <p>9:30 Chair Yoga \$4</p> <p>10:00 - 11:00 BP Clinic - COA</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Living Well With Illness</p> <p>1:00 ZUMBA \$5</p>	<p>8</p> <p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p> <p>12:30 Movie</p> <p>1:00 Bowling@ Hanover</p>	<p>9</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>10</p> <p>7:50 Food Shopping</p> <p>9:15 Line Dancing \$3</p> <p>10:30 Walking Group/Mall Walkers</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p> <p>12:30 Jewelry Making</p> <p>12:30 Cribbage &amp; Whist</p>
<p>13</p> <p>10:00 BP Clinic Kilcommons</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>12:30 Movie Discussion Group</p>	<p>14</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 With Illness</p> <p>Support Group</p> <p>2:00 ZUMBA \$5</p> <p>7:00 COA Board Mtg</p>	<p>15</p> <p>10:00 DULL MEN'S GROUP</p> <p>11:30 LUNCH \$2</p> <p>1:00 Atty. Conroy by Appt.</p> <p>1:00 Bowling@ Hanover</p>	<p>16</p> <p>8:00 Wal-Mart Shopping</p> <p>10:00 Quilting Groups</p> <p>11:30 LUNCH \$2</p> <p>12:30 Elder Law</p> <p>Attorney Oppenheim</p> <p>1:00 Bingo @ Kilcommons</p>	<p>17</p> <p>7:50 Food Shopping</p> <p>9:00 Podiatrist - appt needed</p> <p>9:15 Line Dancing \$3</p> <p>10:30 Walking Group/Mall Walkers</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p>
<p>20</p> <p>10:00 BP Clinic MacDonald</p> <p>10:30 Walking Group</p> <p>11:30 LUNCH \$2</p> <p>1:00 BINGO</p>	<p>21</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 With Illness</p> <p>Support Group</p> <p>1:00 ZUMBA \$5</p>	<p>22</p> <p>10:00 DULL MEN'S GROUP</p> <p>11:30 Lunch \$2</p> <p>12:30 Movie</p> <p>1:00 Bowling@ Hanover</p>	<p>23</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>24</p> <p>7:50 Food Shopping</p> <p>9:15 Line Dancing \$3</p> <p>10:30 Walking Group/Mall Walkers</p> <p>10:30 Card Crafting \$3</p> <p>11:30 LUNCH \$2</p> <p>12:30 Poetry Workshop</p> <p>12:30 Cribbage &amp; Whist</p>
<p>27</p> <p>MEMORIAL DAY - CLOSED</p> 	<p>28</p> <p>9:00 O.C.E.S.</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 With Illness</p> <p>Support Group</p> <p>1:00 ZUMBA \$5</p>	<p>29</p> <p>10:00 DULL MEN'S GROUP</p> <p>10:00 BP Clinic Mayflower</p> <p>11:30 Lunch \$2</p> <p>12:30 Charlene Allen</p> <p>1:00 Bowling@ Hanover</p>	<p>30</p> <p>8:00 Wal-Mart Shopping</p> <p>10:00 Quilting Groups</p> <p>NO LUNCH SERVED</p> <p>OFFICE CLOSED FROM 11:15 - 2:30</p> <p>1:00 Bingo @ Kilcommons</p>	<p>FOOD SHOPPING</p> <p>RESERVATIONS</p> <p>48 HR IN ADVANCE</p> <p>3 BAG LIMIT</p> <p>WALKING GROUP</p> <p>Monday, Tuesday, Friday</p> <p>Mall Walkers on Friday</p>

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



Monday, MAY 6 @ 1:00 pm, Monday, MAY 20 @ 1:00 pm

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

**FREE HEALTH SCREENING CLINCS**

COUNCIL ON AGING	TUESDAY, MAY 7, 2013	10:00-11:00 am
KILCOMMONS COMMUNITY ROOM	THURSDAY, MAY 13, 2013	10:00-11:00 am
MACDONALD WAY	TUESDAY, MAY 20, 2013	10:00-11:00 am
MAYFLOWER COURT	MONDAY, MAY 29, 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**



The Jarrell Family  
 In memory of  
 Mabel O. Jarrell



**IN MEMORIAM**

Gerald Baumier, William G. Dahlquist, Joan A. Dunn, Nancy G. Erickson, Elaine Gallivan,  
 John A. Goodine, Mabel O. Jarrell, Henry J. Magner, Jr., William W Nickerson,  
 George W. Robinson, Jr., Mary A. Salvaggio, Alma M. Sanesi.

In God have I put my trust; I will not be afraid what man can do unto me.

Psalm 56:11

Terry  
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Elected for and authorized by the Committee to Elect Therese "Terry" Murray

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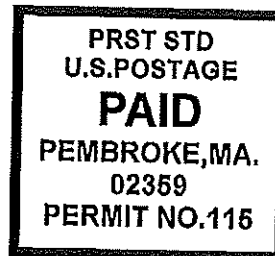
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PEMBROKE COUNCIL ON AGING  
SENIOR CENTER  
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CHANGE SERVICE REQUESTED



"You may have tangible wealth untold,  
Caskets of jewels and coffers of gold;  
Richer than I you can never be --  
I have a mother who prayed for me."

... Gillilan

#### EASY CHEESECAKE

Small white Jiffy cake  
8 oz. Cream Cheese  
Can Comstock blueberries

Package Dream Whip  
1 Cup powdered sugar

Make cake according to directions and cool in same pan. Make Dream Whip according to directions. Mix softened cream cheese with powdered sugar and add to Dream Whip mixture. Spread on cake. Top with blueberries and chill. Can also be made with cherries or pineapple.

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."

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