

PEMBROKE PIONEER A Newsletter For Pembroke's Senior Citizens

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

Director: Anna Seery, LICSW

MAY 2015

781-294-8220

SPOT LIGHT

Be sure to stop by the COA on Saturday, May 16, 10am to 2pm, for a Flea Market and Craft Sale that's sure to intrigue and tempt you. This is the Friends' biggest fundraiser of the year and all proceeds will support the COA so buy early and often! See page 3 for more information

New Program: Care Giver Discussion/Support Group ~ Are you caring for a spouse, a family member, or a friend? Are you looking for a group to find support and information, and to meet others with similar experiences? Are you trying to navigate the new normal as your responsibilities of caregiving increase? Then this group is for you! This group will be facilitated by Anna Seery, LICSW, who has experience facilitating caregiver support groups and resources available. The group will meet on the second and fourth Wednesday of the month at 10:30AM.

Seniors Law Project: Free legal services are provided to elders 60 and over for those who live in the ASAP area. The Seniors Law Projects are funded in part by subsidies received from the Aging Services Access Points (ASAP), Massachusetts Executive Office of Elder Affairs, the Massachusetts Bar Foundation and SCCLS. In accordance with the Older Americans Act, SLP direct its services to those elders with the greatest economic and social need.

There is a notebook at the Senior Center with the current intake schedule, including sites and contact information. Please ask for the notebook at the Welcome Station.

Attorney Holly Harris in coordination with The Elder Law Education Program will be presenting a seminar "**Taking Control of Your Future: A Legal Checkup**" at the Hanson COA on Thursday May 21 at 10am. All Pembroke senior citizens are invited to attend this seminar. Please call the Pembroke COA (781-294-8220) to sign up and if needed, to arrange for transportation.

FIELD TRIP – A "Field Trip" to Plymouth is planned for May 19, weather permitting. Call the office 781-294-8220 to make a reservation. First come first serve. Pick-ups to begin about 10am.

Anyone with a **GATRA/Charlie Card** (that might be over 5 years old) issued to you by this office, it needs to be updated. If you call the office (781-294-8220) and give us your name, we will let GATRA know and they will send out an updated card. GATRA has your picture so you will not have to come into the office for this update. This will save you a trip into downtown Boston.

Pause.....to Ponder

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."

-Abraham Lincoln

ANNA'S CORNER

As I write this I am in my third week in this new role and I want to express my thanks to all of you who have been supportive as I acclimate to this new position. Every corner I turn is met with helpfulness and encouragement. While it has been a challenge learning all the systems in place (an ongoing process); I want to thank the staff, volunteers, the Friends Board the Board of Directors, all of the employees at Town Hall and the residents who utilize the programs offered to the senior center.

In my second week, I received a letter with a donation made to the COA for specific events from a resident who wishes to remain anonymous. This random Act of Kindness further reinforces the decision I made to come to work for the residents of the Town of Pembroke.

May 25th is Memorial Day a day to remember those who have died serving our country. There are many stories about how the holiday started but it was officially proclaimed on May 5, 1868 by General John Logan but was observed for decades on May 30. President Lyndon Johnson officially declared Waterloo, New York as the birthplace of Memorial Day in 1966. Congress passed the Uniform Monday Holiday Act of 1968 making it a federal holiday and the last Monday of May as Memorial Day.

The "National Moment of Remembrance" was passed in 2000 encouraging Americans to pause for a minute of silence at 3:00 pm (local time) to remember and honor those who have died in services to the US.

~Anna

THE PIONEER ON LINE

Do you know that you can find the Pembroke Pioneer online? It is now available on the Town of Pembroke website. If you would prefer to read your newsletter online, please let us know so that we may remove your name from our mailing and add it to our e-mail list. We will send you a notice when a new edition of the Pioneer is posted. Call 781-294-8220 if you want to receive your Pioneer electronically.

VOLUNTEER OPPORTUNITIES

Volunteers are needed to distribute newsletters throughout the town. If you can help, please stop in and let us know or call 781-294-8220.

FRIENDS

PEMBROKE COUNCIL ON AGING

Donations to the Friends

We thank the following individuals for their generous gifts to the Friends of the Pembroke Council on Aging:

Tom Cunningham William J. Hayes
Craig Chandler Ken Markle

Beverly Malaguti in memory of Edward Richardson

Mary Watson in memory of Al Watson
Susan Loomis in honor of the Quilting Bees
Swiftly – Sandi Swift, Ginger Swift, Mom & Dad

Friends: Officers and Board of Directors

Officers

President: Suzanne Cutler
Vice President: Gail Shaw
Secretary: Mary Salter
Treasurer: Ruth Pilkuhn

Board of Directors

2015 Dianne Robbins
2016 Ruth Ingalls
2017 Marie Federico
2015 Jeanne Duffy
2018 Connie Marano

May 20, 10:30 - Friends Monthly Meeting

You're encouraged to attend and get involved!

Flea Market Finds Handmade Crafts

SPRING SALE

Saturday, May 16
10am-2pm

New, used, vintage, handmade,
collectibles, bargains, antiques,
treasures, tasty treats, and more
– we'll have it all.

Don't miss out!

Indoors at the Pembroke COA
144 Center Street
Rain or shine

Sponsored by the Friends of the Pembroke COA.

Join the Friends and Support the COA!

Mail your \$5 check and the coupon below to:
Pembroke COA, PO Box 221, Pembroke, MA 02359

Name _____ Date _____
Address _____
Email _____ Phone _____

My membership dues for 2015 \$5.00

I want to give more. I include an additional contribution of _____

I'd like to make a gift in memory/honor of _____

Total _____

Your dues will help the Friends underwrite the cost of the activities and resources of the COA.

Meals on Wheels

The Old Colony Elder Services offers nutritional, satisfying meals to homebound seniors through its Meals on Wheels program. Monday through Friday Pembroke COA volunteers distribute nutritious meals to seniors in their Pembroke homes - and in the process assure important contact with those who live alone and are not able to leave their homes.

All meals are planned by a nutritionist and meet one third of the Recommended Daily Allowance for major nutrients. Low sodium foods and low-fat milk are served with their meals.

To learn how you or someone you know can participate in the program, call the COA's Mary Ellis at 781 294-4645

The Bread Of Life

Thanks to one of our volunteers who has made special arrangements with area supermarkets, we often have bread, lots of it, to share with visitors to the COA. The bread and other bakery items are past the use-by date, but it's far from stale and regular visitors to the Center look forward to its arrival.

We never know what day or time the bread will be delivered, but if you're at the Center when it arrives, be sure to get yourself a loaf of bread, and maybe cupcakes or muffins if they're available that day. Our office staff is usually busy and never knows when to expect the bread delivery, so we ask you please not to call and ask when it's coming. We're happy it comes whenever it comes.

Our special thanks to Josephine Hatch who works so hard to get us all these baked treats.

A Nutritious Bargain: Lunch at the Pembroke COA

Lunch is served weekdays at the COA. The food is tasty, nutritious, and inexpensive. And it gives diners a chance to talk with each other and perhaps learn more about some of the varied programs at the Center.

The menu for meals, along with calorie and sodium counts, is published monthly in the "Pioneer." Call a week ahead for a reservation at 781 294-4546. A \$2.00 donation per meal is suggested.

Coffee, Tea, and Friends

The pot is always on. Stop by the Center any time for a cup of tea or coffee and a chat with others who are hanging out at the center or attending one of our programs. You're always welcome - and you'll like the people you meet.

Save Money by Shopping Carefully

We've compiled a list of a few area stores that offer discounts to seniors. Coupons or loyalty programs are not required - you just have to ask at the check out.

Kohls - 15% off on Wednesdays

Dunkin Donuts - 10% off any day

Hannafords - 5% off on Tuesdays

Foodies - 10% off on Tuesdays

Michaels - 10% off any day

Walgreens 10% off 1st Tuesday of month

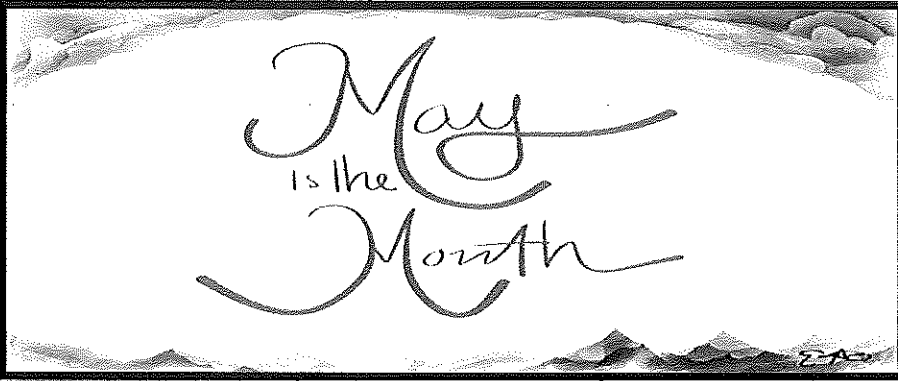

Old Colony Elder Services Nutrition Program

PAGE 5

Mary Ellis - Nutrition Manager

May 2015 Menu

Nutrition - 781-294-4645

MONDAY				FRIDAY	
<p>Milk & Margarine are served every meal and are included in the nutrition analysis.</p> <p>❖ Indicates a high sodium entrée</p> <p>♦Soup for congregate meals sites only</p>				<p>1 Potato Crunch Fish with Tartar Sauce Herbed Brown Rice California Vegetable Blend Oatmeal Bread Fresh Orange</p> <p>Calories:740 Fat: 31.5% Sodium: 734mg Carb: 93.2g</p>	
<p>4 Stuffed Shells with Tomato Sauce Tuscany Blend Vegetables Parmesan Cheese Whole Wheat Bread Rice Pudding w/Topping MOD: Diet Pudding</p> <p>Calories: 702 Fat: 31.7% Sodium: 1044mg Carb: 87.6g</p>	<p>5 Greek Chicken Sweet Potato Wedges Brussel Sprouts Multigrain Bread Light Apple Crisp</p> <p>Calories: 701 Fat: 28% Sodium: 845mg Carb: 84.2g</p>	<p>6 ❖Macaroni and Cheese w/Bread Crumb Topping Zucchini&Stewed Tomatoes Whole Wheat Roll Pears</p> <p>Calories: 697 Fat: 29.3% Sodium: 1060mg Carb: 99.8g</p>	<p>7 Beef Pepper Casserole with Tomato Sauce Scandinavian Vegetables Pumpnickel Bread Bread Pudding MOD: Diet Pudding</p> <p>Calories: 796 Fat: 24.7% Sodium: 769mg Carb: 107.6 g</p>	<p>8 Chicken Marsala Penne Pasta Broccoli Garlic Roll Banana</p> <p>Calories: 714 Fat: 20 % Sodium: 606mg Carb: 98.7g</p>	
<p>11 Fish Florentine Vegetable Rice Pilaf Carrots Multigrain bread Mandarin Oranges</p> <p>Calories: 796 Fat: 34.2% Sodium: 834mg Carb: 101g</p>	<p>12 Swiss Cheese Omelet O'Brien Potatoes Peppers and Onions French Toast Sticks Maple Syrup Fruited Scone Pineapple Chunks</p> <p>Calories: 924 Fat: 33.4% Sodium: 981mg Carb: 121.8 g</p>	<p>13❖Italian Garden Soup California Chicken Salad w/Roll on Lettuce Bed Pasta Salad Vinaigrette Tossed Salad w/Light Italian Dressing White Chocolate Mousse</p> <p>Calories: 743 Fat: 28.3% Sodium: 800mg Carb: 89.8g</p>	<p>14 Chicken Parmesan w/Tomato Sauce & Ziti Spring Vegetable Blend Parmesan Cheese Italian Bread Fruited Jello w/Topping MOD: Diet Fruited Jello</p> <p>Calories: 796 Fat: 24.5% Sodium: 815mg Carb: 93.9g</p>	<p>15 Meatloaf with Gravy Mashed Potatoes Broccoli Oatmeal Bread Fresh Fruit in Season</p> <p>Calories: 780 Fat: 27.3% Sodium: 714mg Carb: 104.1g</p>	
<p>18 Chicken Pot Pie Vegetable Blend Hot Cinnamon Pears Biscuit</p> <p>Calories: 648 Fat: 22.7% Sodium: 705mg Carb: 82.2g</p>	<p>19 BBQ Pork Patty Parslied Buttered Egg Noodles Chuck Wagon Vegetables Sub Roll Chocolate Cupcake MOD: Lorna Doones</p> <p>Calories: 739 Fat: 32.1% Sodium: 1132mg Carb: 95.2g</p>	<p>20 Cheese Burger Baked Potato with Sour Cream Corn Ketchup Hamburger Bun Peaches</p> <p>Calories: 894 Fat: 35% Sodium: 892mg Carb: 103.5 g</p>	<p>21Cranberry Chicken Orzo w/Brown Rice Blend w/Red Peppers Honey Glazed Carrots Wheat Bread Tapioca MOD: Cinnamon Mousse</p> <p>Calories: 756 Fat: 18.2% Sodium: 642mg Carb: 110.9g</p>	<p>22 ❖Roast Turkey with Gravy Mashed Potatoes Cranberry Sce/Stuffing Spring Vegetable Blend Multigrain Bread Fresh Fruit in Season</p> <p>Calories: 728 Fat: 23.3% Sodium: 1020mg Carb: 107.8g</p>	
<p>25 Memorial Day No Meals Served</p> <p> Memorial Day Never Forget Ever Honor</p>	<p>26Egg Salad w/Pita Half on Lettuce Bed Spinach Salad with Mandarin Oranges Garbanzo Salad Light Peach Crisp</p> <p>Calories: 686 Fat: 31.3% Sodium: 810mg Carb: 81.3g</p>	<p>27 Salmon Boat Roasted Sweet Potatoes French Style Green Beans Whole Wheat Roll Frosted Sugar Cookie MOD: Lemon Graham</p> <p>Calories: 703 Fat: 25% Sodium: 743mg Carb: 101.1g</p>	<p>28 Aloha Chicken with Aloha Sauce Fiesta Vegetable Blend Brown Wild Rice Blend Marble Rye Bread Fruit Cocktail</p> <p>Calories: 638 Fat: 15.5% Sodium: 645mg Carb: 91.6%</p>	<p>29WG Lasagna Rolls with Meat Sauce Vegetable Blend Parmesan Cheese Garlic Bread Banana</p> <p>Calorie: 672 Fat: 25.3% Sodium: 807mg Carb: 90.9g</p>	

Menu is subject to change without notice

WG=Whole Grain

Suggested Donation - \$2.50 per meal

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

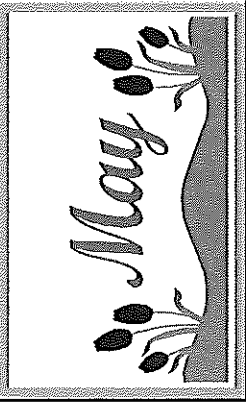

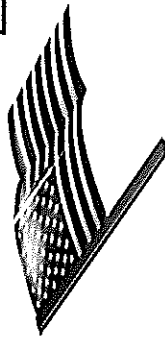
2014

PEMBROKE PIONEER

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

LUNCH 11:30 (781-294-4645)

PAGE 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1
FOOD SHOPPING RESERVATIONS 48 HR IN ADVANCE ***3 BAG LIMIT*** MARKET BASKET 5/8	LUNCH RESERVATIONS A WEEK IN ADVANCE CALL: 781-294-4645		DRIVERS ARE NEEDED FOR MEDICAL AND MEALS ON WHEELS TOWN ELECTION - MAY 2	7:50 Food Shopping 9:00 Rep. Josh Cutler 9:30 Chair Yoga \$4 10:00 Knitting 10:00 Hanover Mall 11:30 LUNCH \$2 12:30 Cribbage & Whist	
4 10:00 TAI CHI 10:30 Walking Group 11:00 BP Clinic - COA 11:30 LUNCH \$2 1:00 BINGO	 5 9:30 Chair Yoga \$4 10:30 Telling Our Stories 10:30 Walking Group 11:30 LUNCH \$2 1:00 ZUMBA \$5		6 10:00 DULL MEN'S GROUP 11:30 LUNCH \$2 12:30 Movie	7 9:00 TAI CHI 10:00 Quilting Group 11:30 LUNCH \$2 1:00 Wal-Mart Shopping 1:00 Bingo @ Kilcommons 1:30 LINE DANCING \$3	8 7:50 MARKET BASKET 9:30 Chair Yoga \$4 10:00 Knitting 10:00 Hanover Mall 11:30 LUNCH \$2 - SOUP DELIVERY 12:30 Jewelry Making 12:30 Cribbage & Whist
11 10:00 TAI CHI 10:00 Book Group 10:30 Walking Group 11:30 LUNCH \$2	12 9:30 Chair Yoga \$4 10:30 Telling Our Stories 10:30 Walking Group 11:30 LUNCH \$2 1:00 ZUMBA \$5 7:00 COA Board Mtg	13 10:00 DULL MEN'S GROUP COA CLOSED 11:30 - 2:30 VOLUNTEER LUNCHEON NO CONGREGATE MEAL	14 9:00 TAI CHI 10:00 Quilting Group 11:30 LUNCH \$2 1:00 Wal-Mart Shopping 1:00 Bingo @ Kilcommons 1:30 LINE DANCING \$3	15 7:50 Food Shopping 9:30 Chair Yoga \$4 10:00 Knitting 10:00 Hanover Mall 11:30 LUNCH \$2	
18 10:00 TAI CHI 10:30 Walking Group 11:30 LUNCH \$2 1:00 BINGO	19 9:30 Chair Yoga \$4 10:30 Telling Our Stories 10:30 Walking Group 10:30 FRIENDS OF COA 10:30 TRIP TO PLYMOUTH 11:30 LUNCH \$2 1:00 ZUMBA \$5	20 10:00 DULL MEN'S GROUP 11:30 Lunch \$2 12:30 Movie 1:00 Atty. Conroy by Appt.	21 9:00 TAI CHI 10:00 Quilting Group 10:00 Legal Check up - see pg. 1 11:30 LUNCH \$2 1:00 Wal-Mart Shopping 1:00 Bingo @ Kilcommons 1:30 LINE DANCING \$3	22 7:50 Food Shopping 9:00 Podiatrist - appt needed 9:30 Chair Yoga \$4 10:00 Knitting 10:00 Hanover Mall 11:30 LUNCH \$2 12:30 Poetry Workshop 12:30 Cribbage & Whist	
25 MEMORIAL DAY - CLOSED  NO MEALS	26 9:30 Chair Yoga \$4 10:30 Telling Our Stories 10:30 Walking Group 11:30 LUNCH \$2 1:00 ZUMBA \$5	27 10:00 DULL MEN'S GROUP 10:30 Care Giver Group 11:30 Lunch \$2	28 9:00 TAI CHI 10:00 Quilting Group 11:30 LUNCH \$2 1:00 Wal-Mart Shopping 1:00 Bingo @ Kilcommons 1:30 OCPC Advisory Meeting 1:30 LINE DANCING \$3	29 7:50 Food Shopping 9:30 Chair Yoga \$4 10:00 Knitting 10:00 Hanover Mall 11:30 LUNCH \$2 - SOUP DELIVERY 12:30 Poetry Workshop 12:30 Cribbage & Whist	

FREE HEALTH SCREENING CLINICS: PLEASE NOTE CHANGES IN DATES AND TIMES
LAST PATIENT 15 MINUTES BEFORE CLOSING TIME.

COUNCIL ON AGING	MONDAY, May 4, 2015	11:00 am-12:00 pm
KILCOMMONS COMMUNITY ROOM	MONDAY, May 11, 2015	11:00 am-12:00 pm
MACDONALD WAY	MONDAY, May 18 2015	11:00 am-12:00 pm
MAYFLOWER COURT	TUESDAY, May 26, 2015	10:00 am-11:00 pm

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

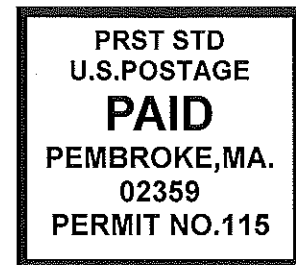
IN MEMORIAM

Christina R. Bezanson, Bernice A. Donnelly, Paul V. Fanning

"O give thanks unto the Lord, for he is good; for his mercy endureth for ever.

PSALM 107:1

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



**Thank you to all our wonderful volunteers for all the time that you give to help out
the Council on Aging**

Roberta Andrews, Mark Avery, James Baillie, Eleanor Blessington, Gwenneth Braveman, Catherine Bruce, Bruce Bumpus, Jeanie Bumpus, Iris Capobianco, David Condon, Loretta Cook, Dorothy Costello, Anna Crandall, Doris Cronin, Suzanne Cutler, Anne Darcy, Carol Demers, Robert Demers, Linda Doucette, Jeanne Duffy, Marie Federico, Carol Ferguson, William Ferguson, Elizabeth Gawlowicz, Kenneth Girten, Jeanne Gorman, Karen Hansen, Josephine Hatch, Jeana Homola, Kenneth Homola, Ann Jameson, Tina Jilg, Patricia Johnson, Mary Kelly, , Alice Kenerson, James, Kinkaid, Valerie Kroon, Janet Laberge, Howie League, Anne Marie League, Carol Lesieur, Mary Leydon, Jose Lordelo, Laura MacLeod, Connie Marano, Joy McLeod, John Melchin, Joanne Norton, William Norton, Linda Osborne, Ruth Pilkuhn, Allen Radin, Leon Roach, Dianne Robbins, Eleanor Scanlon, Catherine Shea, Karen Silas, Lee Smith, Ruth St. Onge, Glenda Stone, Louise Stone, Marilyn Strachan, Lillian Sullivan, Ruth Tierney, John Toland Mary Toland, Kathleen Toole, Jennifer White, Marjorie White, Chake Zarougian.

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