

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

OCTOBER 2014



Now that the days are becoming
crispy and cool, it's a good
time to come out and enjoy
the foliage. Our
Transportation Program is
available for you to go
food shopping, mall
shopping, Walmart,
Kohls, Market Basket,
Trader Joe's, and the
Christmas Tree Shop.
Call for a ride at 781-
294-8220.

FIRE PREVENTION MONTH: It's time to
make sure your batteries in smoke
detectors are working, clear dead
leaves from gutters and away from
foundations, dryer lint buildup,
and keep matches and lighters out of
reach of children.

NOVEMBER CRAFT FAIR: The Friends of
the COA will be having their fair on
November 8th from 10:00 A.M. to 3:00
P.M. The fee for table rentals is
\$25.00 and must be received by
October 24th. Send payment to
Friends of COA, P.O. BOX 221, Pembroke
02359. We are looking for volunteers
to bake cookies, cakes, brownies, and
other goodies. If you can help call
Suzanne at 339-933-8188.

THE FRIENDS HALLOWEEN PARTY: Will be
held on **WEDNESDAY OCTOBER 29th**, at
1:00 P.M. **SWIFTY** will entertain. See
Page 3 for more details.
The FRIENDS also raffling off a
child's quilt, chances are \$1.00
and will be raffled off on Nov. 8th.
The HANOVER YMCA will be having their
Active Older Adults Health Fair on
OCTOBER 24th from 10 - 1:00 p.m..

MEDICARE INFORMATION: The open en-
rollment period for people in a
Medicare Advantage Plan and need to
change their Prescription Drug Plan
due to formulary problems should come
to a OPEN ENROLLMENT SEMINAR HERE AT
THE SENIOR CENTER on THURSDAY, OCTOBER
16th, at 1:00 P.M. Mary Besssey will be
here to speak about the programs.
Also, Linda Murphy will be here to
talk about the "Senior Medicare
Patrol" a program designed to help
prevent Medicare fraud. Do sign up
for this most important meeting.
ROYAL NORWELL: Will be coming on
THURSDAY, OCTOBER 9th, to teach us
about "FALL PREVENTION". Do sign up.

GATRA: Will be coming on TUESDAY,
OCTOBER 21st to have pictures taken
for the "CHARLIE CARDS" which can be
used for the MBTA and GATRA.
DANCING WITH HENRY: Is a new Program
for people who like to dance, listen
to music of the 40s, 50s, and 60s,
and country western. He will be here
on OCTOBER 6th, and will return every
non-bingo Mondays. If you like to
dance -- come on-giver.

Mary Willis, Director

10 tips Nutrition Education Series

With protein foods, variety is key

10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.

3 Make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 Have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



*What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

6 Nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "peltie" size steak.

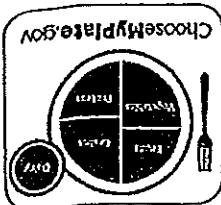
10 Check the sodium

Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

DE TipSheet No. 6
June 2011
USDA is an equal opportunity provider and employer.

Go to www.ChooseMyPlate.gov for more information.

USDA
United States
Department of Agriculture
Center for Nutrition
Policy and Promotion



THE FRIENDS OF THE COUNCIL ON AGING
POST OFFICE BOX 221 PEMBROKE MA, 02359-0221

OFFICERS AND BOARD OF DIRECTORS OF THE FRIENDS

2014 Jeanne Duffy—Membership Chairman

2015 Dianne Robbins

2016 Ruth Ingalls

2017 Marie Federico

2018 Connie Marano



"EVERYONE WELCOME"



PRESIDENT:

VICE PRESIDENT: Suzanne Cutler

SECRETARY: Mary Salters

TREASURER: Ruth Pilkuhn

MEMBERSHIP DUES ARE NOW BEING ACCEPTED FOR THE YEAR 2016

FRIENDS OF THE PEMBROKE COA 2016 MEMBERSHIP DUES = \$5.00
PLEASE MAKE CHECKS PAYABLE TO: "FRIENDS OF THE COA"

P.O. BOX 221

PEMBROKE, MA, 02359



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

PHONE

E-MAIL

ADDRESS

NAME

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

~~~DONATIONS TO THE FRIENDS~~~

Donation to Friends from Tuesday Chair Yoga Group

\*\*\*\*\*

Mary Watson in Memory of Al Watson



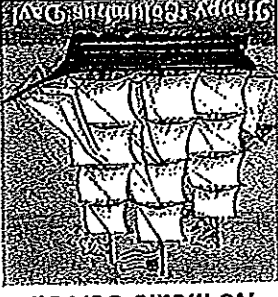
**Don't Be Scared, It's A Halloween Party**



Ghosts, goblins, witches, and more - all plan to attend the Center's Halloween Dessert, October 29, 1:00-3:00 pm. You're invited, too! You'll enjoy live music; a delicious gingerbread dessert; and, if you come in costume, you may win a prize for the best dressed. Be sure to sign up at the Senior Center. This party is sponsored by the Friends of the Pembroke Council on Aging.

## Old Colony Elder Services Nutrition Program

October 2014 Menu

| MONDAY                                                                                                                                                                                                                                |                                                                                                                                           | TUESDAY                                                                                                                                            |                                                                                                                                                                               | WEDNESDAY                                                                                                           |                                                                                                                      | THURSDAY                                                                                           |                                                                                   | FRIDAY                                                                                                                                  |                                                                                                             |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| <br>Milk and margarine are served at every meal and are included in the nutrition breakdown<br>♦ Indicates entrée has > 700 mg Sodium            | <b>HENRY DANCING WITH</b><br>Potato Wedges<br>Peppers and Onions<br>Wheat Bread<br>Fresh Orange                                           | <b>LIBRARY SSA</b><br>7 Orange Almond Chicken<br>Wild Brown Rice<br>Jariniere Vegetables<br>Mulligrain Bread<br>Gingerbread Cake<br>MOD: Diet Cake | <br>1 Salisbury Steak<br>Mashed Potatoes<br>Carrot Coins<br>Mulligrain Bread<br>Pineapple | 2 Tuna Fish Salad<br>on Sub Roll<br>Pesto Pasta Salad<br>Riviera Salad<br>Chocolate Chip Cookie<br>MOD: Diet Cookie | 3 Hawaiian Pork Roast<br>O'Brien Potatoes<br>Broccoli<br>Rye Bread<br>Pears                                          | 9 Fish Florentine<br>Mashed Potatoes<br>Green Bean & Red Pepper<br>Rye Bread<br>Fruit Cocktail     | <b>FALL PREVENTION</b>                                                            | 10 Beef Stroganoff<br>over Egg Noodles<br>Broccoli<br>Wheat Roll<br>Strawberry Cup                                                      | 6 Swiss Cheese Omelet<br>Potato Wedges<br>Peppers and Onions<br>Wheat Bread<br>Fresh Orange                 |
|                                                                                                                                                                                                                                       |                                                                                                                                           |                                                                                                                                                    |                                                                                                                                                                               |                                                                                                                     |                                                                                                                      |                                                                                                    |                                                                                   |                                                                                                                                         |                                                                                                             |
| <b>NO MEALS SERVED</b><br><br>14 ♦ Smoked Ham<br>with Raisin Sauce<br>Mashed Sweet Potato<br>Green and Wax Beans<br>Mulligrain Bread<br>Pineapple | <b>CHARLIE CARDS</b><br>21 Fish Sandwich<br>with Tartar Sauce<br>Lyonaise Potatoes<br>Carrots and Cabbage<br>Hamburger Bun<br>Fresh Apple | <b>MOVIE</b><br>22 American Chop Suey<br>Spinach<br>Wheat Roll<br>Mandarin Oranges                                                                 | <b>HALLOWEEN PARTY</b><br>29 Chicken Stew<br>with Boiled Potatoes<br>Rye Bread<br>Mandarin Oranges                                                                            | 30 Egg Salad<br>Orzo Vegetable Salad<br>Cole Slaw<br>Sub Roll<br>Pears                                              | 31 Mealloaf<br>with Gravy<br>Mashed Potatoes<br>Broccoli<br>Mulligrain Bread<br>Halloween Cookie<br>MOD: Diet Cookie | 23 Roasted Turkey<br>with Gravy<br>Mashed Potatoes<br>Green Beans<br>Mulligrain Bread<br>Pineapple | 24 Unstuffed Pepper<br>Casserole<br>Carrots & Cauliflower<br>Rye Bread<br>Peaches | <b>BINGO</b><br>20 Chicken Cacciatore<br>Herbed Brown Rice<br>Roman Vegetables<br>Wheat Bread<br>Chocolate Pudding<br>MOD: Diet Pudding | <b>BINGO</b><br>27 Swedish Meatballs<br>over Egg Noodles<br>Tuscan Vegetables<br>Wheat Roll<br>Fresh Orange |
|                                                                                                                                                                                                                                       |                                                                                                                                           |                                                                                                                                                    |                                                                                                                                                                               |                                                                                                                     |                                                                                                                      |                                                                                                    |                                                                                   |                                                                                                                                         |                                                                                                             |
| Calories: 650 Fat: 32%<br>Sodium: 605mg Carb: 78g                                                                                                                                                                                     | Calories: 620 Fat: 24%<br>Sodium: 635mg Carb: 77g                                                                                         | Calories: 730 Fat: 31%<br>Sodium: 865mg Carb: 97g                                                                                                  | Calories: 665 Fat: 28%<br>Sodium: 655mg Carb: 81g                                                                                                                             | Calories: 570 Fat: 25%<br>Sodium: 655mg Carb: 75g                                                                   | Calories: 635 Fat: 30%<br>Sodium: 525mg Carb: 64g                                                                    | Calories: 665 Fat: 37%<br>Sodium: 925mg Carb: 79g                                                  | Calories: 665 Fat: 27%<br>Sodium: 780mg Carb: 92g                                 | Calories: 640 Fat: 17%<br>Sodium: 1075mg Carb: 84g                                                                                      | Calories: 690 Fat: 41%<br>Sodium: 920mg Carb: 72g                                                           |
| Calories: 785 Fat: 38%<br>Sodium: 870mg Carb: 94g                                                                                                                                                                                     | Calories: 505 Fat: 20%<br>Sodium: 490mg Carb: 60g                                                                                         | Calories: 710 Fat: 32%<br>Sodium: 690mg Carb: 91g                                                                                                  | Calories: 750 Fat: 32%<br>Sodium: 630mg Carb: 76g                                                                                                                             | Calories: 650 Fat: 38%<br>Sodium: 630mg Carb: 76g                                                                   | Calories: 650 Fat: 38%<br>Sodium: 630mg Carb: 76g                                                                    | Calories: 650 Fat: 38%<br>Sodium: 630mg Carb: 76g                                                  | Calories: 650 Fat: 38%<br>Sodium: 630mg Carb: 76g                                 | Calories: 650 Fat: 38%<br>Sodium: 630mg Carb: 76g                                                                                       | Calories: 650 Fat: 38%<br>Sodium: 630mg Carb: 76g                                                           |

FOR LUNCH: SUGGESTED DONATION - \$2.00 PER MEAL  
 CALL WEEK AHEAD 781-294-4645  
 FOR RIDE: CALL 781-294-8220

# ACTIVITIES

OCTOBER

2014

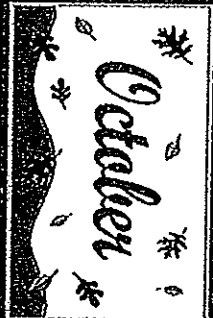
"PEMBROKE PIONEER"

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

Lunch @ 11:30 \$2

Nutrition: 781-294-4645

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| MONDAY                                                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                                                                                                                                                                                     | WEDNESDAY                                                                                                                                  | THURSDAY                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Reservations for Van Rides must be made 48 hours in advance<br/>FOOD SHOPPING: 3 BAG LIMIT<br/>Nutrition Reservations must be made ONE WEEK in advance</p> <p>WALKING: WEATHER PERMITTING</p> <p>9:30-11:30 FLU CLINIC COA<br/>10:00 BOOK CLUB<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>1:00 "Dancing with Henry" bring your dancing shoes</p> |  <p>10:00 DULL MEN'S GROUP<br/>11:30 Lunch \$2</p> <p>9:30 Rita's Chair Yoga \$4<br/>10:00-12:00 SocialSecurity @ Library<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Living Well Group<br/>1:00 ZUMBA \$5</p> | <p>10:00 DULL MEN'S GROUP<br/>11:30 Lunch \$2</p> <p>10:00 DULL MEN'S GROUP<br/>11:30 Lunch \$2<br/>12:30 MOVIE<br/>Ma &amp; Pa Kettle</p> | <p>10:00 Quilting Groups<br/>11:30 Lunch \$2<br/>1:00 Beginner Knitting<br/>1:00 Wal-Mart Shopping<br/>1:00 Cards @ Kilecommons</p> <p>9:30-10:30 BP CLINIC<br/>10:00 Quilting Groups<br/>11:30 Lunch \$2<br/>12:30 Royal Norwell Nursing Home<br/>1:00 Beginner Knitting<br/>1:00 Wal-Mart Shopping<br/>1:00 Cards @ Kilecommons</p> | <p>7:50 Food Shopping<br/>9:00 Meet Rep. Josh Cutler<br/>9:30 CHAIR YOGA \$4<br/>10:00 HANOVER MALL<br/>10:30 Card Crafting \$3<br/>12:30 Walking Group<br/>11:30 Lunch \$2</p>                                                         |
| <p>6</p>                                                                                                                                                                                                                                                                                                                                                 | <p>7</p>                                                                                                                                                                                                                                                                                                    | <p>8</p>                                                                                                                                   | <p>9</p>                                                                                                                                                                                                                                                                                                                              | <p>10</p>                                                                                                                                                                                                                               |
| <p>13</p>                                                                                                                                                                                                                                                                                                                                                | <p>14</p>                                                                                                                                                                                                                                                                                                   | <p>15</p>                                                                                                                                  | <p>16</p>                                                                                                                                                                                                                                                                                                                             | <p>17</p>                                                                                                                                                                                                                               |
| <p><b>Columbus Day</b><br/>OFFICE CLOSED</p> <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>12:30 Lunch \$2<br/>12:30 Living Well Group<br/>1:00 ZUMBA \$5</p>                                                                                                                                                                                | <p>9:30 Rita's Chair Yoga \$4<br/>10:30 Walking Group<br/>10:30 FRIENDS OF COA<br/>11:30 Lunch \$2<br/>12:30-1:30 CHARLIE CARDS<br/>12:30 Living Well Group<br/>1:00 ZUMBA \$5</p>                                                                                                                          | <p>12:30 Atty. Conroy by Appt<br/>10:00 DULL MEN'S GROUP<br/>11:30 Lunch \$2<br/>12:30 MOVIE<br/>Ma &amp; Pa Kettle</p>                    | <p>10:00 Quilting Groups<br/>11:30 Lunch \$2<br/>1:00 SHINE OPEN ENROLLMENT AT THE LIBRARY<br/>1:00 No Knitting<br/>1:00 Cards @ Kilecommons</p>                                                                                                                                                                                      | <p>7:50 Food Shopping<br/>9:30 CHAIR YOGA \$4<br/>10:00 HANOVER MALL<br/>10:30 Card Crafting \$3<br/>10:30 Walking Group<br/>11:30 Lunch \$2<br/>12:30 Cribbage &amp; Whist</p>                                                         |
| <p>20</p>                                                                                                                                                                                                                                                                                                                                                | <p>21</p>                                                                                                                                                                                                                                                                                                   | <p>22</p>                                                                                                                                  | <p>23</p>                                                                                                                                                                                                                                                                                                                             | <p>24</p>                                                                                                                                                                                                                               |
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| <p>27</p>                                                                                                                                                                                                                                                                                                                                                | <p>28</p>                                                                                                                                                                                                                                                                                                   | <p>29</p>                                                                                                                                  | <p>30</p>                                                                                                                                                                                                                                                                                                                             | <p>31</p>                                                                                                                                                                                                                               |
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**BINGO IN OCTOBER**  
**BAD STORM, NO BINGO**  
 Free refreshments - Cash Prizes

Monday, OCTOBER 20, @ 1:00 pm and Monday, OCTOBER 27, @ 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.**

**FLU CLINIC AT COA** Monday, October 6, 2014 9:30-11:00 am  
**COUNCIL ON AGING—BP CLINIC** THURSDAY, October 9, 2014 9:30-10:30 am

**FLU CLINICS WILL BE HELD WITH BLOOD PRESSURE CLINICS AT THE FOLLOWING PLACES:**

**KILCOMMONS COMMUNITY ROOM** WEDNESDAY, October 15, 2014 10:00-11:00 am

**MACDONALD WAY** MONDAY, October 20, 2014 10:00-11:00 am

**MAYFLOWER COURT** MONDAY, October 27 2014 10:00-11:00 am

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

**WATER FACTS:** 1. 75% of all Americans are chronically dehydrated. 2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. 3. Even mild dehydration will slow down one's metabolism as much as 3%. 4. One glass of water will shut down midnight hunger pangs for almost 100% of dieters studied in a University of Washington study. 5. Lack of water is the #1 trigger for daytime fatigue. 6. Preliminary research indicates that 8 - 10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers. 7. A mere 2% drop in body water can trigger fuzzy short term memory, trouble with basic math, and difficulty focusing on the computer screen or printed page. 8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, the risk of breast cancer by 79%, and the risk of developing bladder cancer by 50%. ...from the American Dietetic Association....

# **IN MEMORIAM**

William "Billy" H. Atkins, Debora Baldassini, Homero Barbosa, Mary Chase, Robert D. Clark, John "Jack" C. Gronberg, Raymond E. LaRosee, Robert C. Manley, Steven W. Olson, Jean Scally, Constance Shepherd

"It is a good thing to give thanks unto the Lord, and to sing praises unto thy name, O most High" Psalm 92



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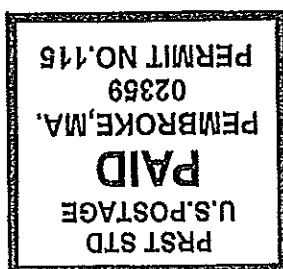
**WELCOME SENIORS**  
A NEW INSURANCE AGENT IN PEMBROKE  
SMARTINSUR.COM  
42 MATTAKESETT ST., UNIT D  
781-293-6263  
Gerard Dempsey gdempsy@smartinsur.com



**FAMILY PET & GARDEN CENTER**  
Route 53 • Pembroke, MA 02359  
781-829-2220  
familypetandgarden@hotmail.com



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



# CHICKEN RICE CASSEROLE

1 CUP COOKED, DICED CHICKEN  
1 CUP COOKED MINUTE RICE  
1/4 CUP SLIVERED ALMONDS  
1 TSP. LEMON JUICE  
1/4 CUP MILK



1/2 TSP. SALT  
1/2 CUP MAYONNAISE  
1 CAN CREAM OF MUSHROOM SOUP  
3/4 CUP CHOPED CELERY  
SMALL ONION, DICED, (OPTIONAL)

COMBINE ABOVE INGREDIENTS AND SET OVERNIGHT IN A CASSEROLE DISH. IN MORNING, COVER WITH MORE SLIVERED ALMONDS (OR BREAD CRUMBS). BAKE @ 350 DEGREES FOR 45 MINUTES. SERVES 5.

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

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



Next Board Meeting 7 PM, October 14, 2014

