

QUINCY COUNCIL ON AGING DEPARTMENT OF ELDER SERVICES MAY 2005 NEWSLETTER

Director, Thomas F. Clasby, Jr.
Chairman, John Noonan
Editor, Nancy M. DiPaolo

MAY IS OLDER AMERICANS MONTH

Dear Friends,

May is Older Americans Month so please let me take the opportunity to salute you. Also, I would like to encourage you to participate in the many programs we offer, especially if you have not yet taken advantage of them in the past. We offer programs in so many areas that they are far to many to list, but they include such things as preventative health, fitness and sports, recreation and social events, transportation, legal assistance and much, much more! Once again I invite you to join in the fun of the Senior Olympics this May.

I also would like to take this opportunity to thank our friends at River Bay Club who have been so generous in providing a wonderful Appreciation Luncheon on May 4th.

In conclusion, please know that the Quincy Council on Aging, Department of Elder Services is here to serve you. Sincerely, Tom Clasby

MEMORIAL DAY – MAY 31, 2005

*To all the men and women who have served in the military
in the past and to those who are now serving,
we salute you and thank you.*

ADVANCE PLANNING

by Ruth Jones, Public Health Nurse, Quincy Health Department

If you were in an accident that left you unable to make any decisions for yourself, whom would the doctor ask to make important treatment decisions? What if you were in a coma, would your family know what your wishes were? Though we can never know what the future holds for us we can plan who will make our health care decisions for us.

ADVANCE DIRECTIVE: An advance directive is a written statement that you complete in advance of a serious illness. This statement indicates how you want medical decisions to be made for you. The two most common forms of advance directives are a health care proxy and a living will. In Massachusetts, the only legally recognized advance directive is the health care proxy.

HEALTH CARE PROXY: A health care proxy is a legal document that allows you to name a person (health care agent) to make decisions for you in the event that you are unable to do so for yourself. This document only takes effect after your physician determines in writing that you lack the capacity to make or communicate health care decisions.

Remember completing a health care proxy helps you retain control of your life even if you are not competent to make decisions due to an illness or injury. For more information call 617-376-1273.

FYI FOR YOUR INFORMATION

SHINE – Serving the Health Information Needs of Elders – Our two SHINE volunteers are available on Tuesday and Wednesday mornings at the Council on Aging office. To make an appointment to speak to a SHINE councilor, please call the Council on Aging office at (617) 376-1506.

MARK BOSSEY – FREE 20 minutes financial advice.

REPRESENTATIVE BRUCE AYERS – will be happy to meet with you at the office of the Council on Aging. To make an appointment, please call 617-376-1506.

SALVATION ARMY – ADULT DAY HEALTH CENTER
For the frail elder or disabled person. Call 617-479-3040.

R.U.O.K. Call Cheryle Bambery at 1-781-751-3504.

SWAP Senior Workers Abatement Program Earn \$600 for 89 hrs. Call Dot Dow to see if you are eligible at 617-376-1508

Manet Health Center Walk Against Violence

June 4, 2004 – The second annual Celebration and Walk begins at 10 a.m. at Pageant Field. The two mile walk will circle the Veteran's Memorial Stadium and return to Pageant Field.

QCAP

Quincy Community Action Programs, Inc. offers **Reverse Mortgage counseling**. If you have questions, or want more information, call Rona Goodman at QCAP at (617) 479-8181 x115.

FREE SIMPLE WILLS

Attorney Ed Conroy will hold office hours to assist Quincy Seniors in the creation of a simple will. If you would like to make an appointment with Attorney Conroy, please call the Council on Aging office at 617-376-1506.

ANNOUNCEMENTS

Red Cross Blood Drive:

Held at the Quincy Point Congregational Church 444 Washington Street or at the Sons of Italy, 120 Quarry St. the last Monday of every month from 1 p.m. to 7 p.m.

5/31/05 - Tuesday 1 p.m. - 7 p.m. - Quincy Point Congregational

6/27/05 - Monday 1 p.m. - 7 p.m. - Sons of Italy

Please call 1-800-GIVE LIFE(448-3543) to make appointments for all drives listed

Marina Place Assisted Living

Monday, May 16th at 6 p.m. will be hosting an Alzheimer's Awareness Program presented by Dr. Sandburg in the Community room. This is an informative and beneficial lecture for adult children, caregivers and seniors. Please RSVP to 617-770-3264

Senior Fair

The River Bay Club will once again be sponsoring their Senior Fair to be held on Tuesday, June 7th, 2005 at the River Bay Club, 99 Brackett Street, Quincy from 10 a.m. to 2 p.m. Last year there were more than 400 attendees. This year will be their 14th Anniversary Celebration. All Are Welcome. Tel. 617-472-4457.

Massachusetts Senior Games - will be held at Springfield College, Springfield, MA June 23-26, 2005 - sponsored by Blue Cross Blue Shield of Massachusetts. Men and women age 50 and over. Competition in 5 year age brackets to 90+

HOUSEHOLD HAZARDOUS WASTE COLLECTION: 2005

Drop off is at the Quincy DPW parking lot at 55 Sea Street, rain or shine. Remember, proof of Quincy residency is required (drivers license, tax bill).

Entry will not be allowed without proper ID.

Saturday, June 4th 8 a.m. to 10 a.m.

Do not bring electronic items, tires, air conditioners. This collection is for household hazardous waste items, not for toxic waste or commercial waste.

CLEANER GREENER CITY

The City of Quincy announces that the 16th annual Cleaner, Greener Quincy celebration will be held on Saturday, May 7th. The cleanup will occur at beaches, marshes, neighborhood parks, playgrounds,

schoolyards and open space areas citywide from 9 a.m. to 12 noon. The rain date for the event will be Saturday, May 14th. All volunteers will receive a Cleaner, Greener Quincy T-Shirt. If you wish to volunteer or have questions about the program, call the Park Department at 617-376-1254.

M A Y 2 0 0 5

Happy Birthday to: Tom Clasby, Lorraine Corriveau, Barbara Carl, Mary Vallier, Joe Shea

MOTHERS DAY: May 8th
MEMORIAL DAY: May 30
FULL MOON: May 23rd

Happy Mothers Day

“A Mother has ears that always listen,
arms that always hold,
love never ending
and a heart of gold.”

RECIPES OF THE MONTH

Veal or Chicken Piccata

8 slices of veal (or chicken)
3 fresh lemons
½ pt. Fresh mushrooms
2 eggs, breadcrumbs
oil

DIP veal in egg batter then bread crumbs. Saute until light brown. Add mushrooms. Saute 3 minutes. Cut lemons in half. Peel off thin slices of lemon. Ad to pan and cook for three minutes. Squeeze lemons and pour juice over veal, turning 3-5 minutes. Serves 4-6.



Kentucky Derby Pie

¼ cup butter
1 cup sugar
3 eggs, beaten
¾ cup light Karo syrup
8 unbaked pie shell
¼ tsp. Salt
1 tsp. Vanilla
½ cup chocolate chips
½ cup chopped pecans
2 tbsp. Bourbon

CREAM butter and sugar gradually. Add beaten eggs, syrup, salt and vanilla. Mix well. Add chocolate chips, nuts and bourbon. Stir well. Bake at 350 degrees for 40-45 minutes until golden brown.

POETRY CORNER

Sunrise, Sunset
By E. Marie Nolan

*The morning sky, silently,
Puts on a gown of Rose,
But with the golden tide of day,
These hues of Rose are swept away.
I watched the sun descend
Into its golden bed,
Down steps of purple, gold and red,
And as I gazed upon
The setting sun in royal guise
These mortal arms and heart
Reached out,
To gather Paradise.*

Send your original works to the Quincy Council on Aging, 83 Saratoga Street, Quincy 02171.

HOUSEHOLD CLEANING TIP

MICROWAVE OVEN

Wipe out after each use. Never use abrasive pads or powders.

To remove baked –on food, fill a bowl halfway with water add boil for 2 to 3 minutes at highest power. Wipe away any food loosened by the steam.

To remove odors in your microwave oven, zap a bowl of water with a little lemon juice for 1 minute, then wipe out the microwave with a clean cloth.

WE HAVE THREE SHOPPING TRIPS PLANNED FOR MAY, JULY AND AUGUST!



Transportation via School Bus – cost: \$5.00 per person 10 a.m. to 2 p.m.

Hanover Mall Tuesday, May 10th, 2005

Derby Street Mall,

Hingham Tuesday, July 12th 2005

South Shore Plaza Tuesday, August 9th

Pre-registration is required. Call Quincy Council on Aging 617-376-1249 or 617-376-1506.

SIGN UP EARLY

“Make Your Own Sundae”

Linden Ponds – **“Make your own sundae”**. Join us as we learn about Linden Ponds as you enjoy your own ice cream creation at the Koch Recreation Complex, Thursday, May 12th at 1 PM. To reserve a seat please call the Council on Aging office at 617-376-1506.



“SPRING FLING”



Join us for an afternoon of pampering on Thursday, May 19th, 2005 from 1- 3 PM, at the Richard J. Koch Recreation Complex. Representatives from Mary Kay Cosmetics will be available to offer FREE Satin Hand and Lip Treatments. Also get the opportunity to try a new shade of lipstick for Spring! Refreshments will be provided as well as an opportunity to win a beautiful basket of Mary Kay aromatherapy products. Please RSVP by Monday, May 16th by calling the Council on Aging office at (617) 376-1506.

“Spring Container Planting”

Create your own spring planting. Please join Jennifer Moran of **Home Instead Senior Care** as we welcome in the spring planting season. Join us on Wednesday, May 25th, 2005 at 10:30 AM at the Richard J. Koch Recreation Complex for a spring container planting activity. You will be provided with a variety of flowers, the potting soil and a generic white container, all compliments of **Home Instead Senior Care** of Norwell. There is no charge. To register, call the Council on Aging at (617) 376-1506.

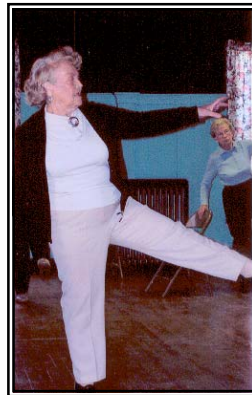


FUN AND FITNESS

Exercise for Seniors



Our Senior exercise instructor, Hon Coen, gets people moving in her classes. If you are interested in a safe senior exercise program that is designed with your



needs in mind, please stop by the Fore River Club House, 16 Nevada Road on Monday and Wednesday mornings at 10 AM. If you need more information, call the Council on Aging office at (617) 376-1506.

Hon Coen also holds Line Dancing on Thursdays at 10:30.

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Evening at the Pops

SAVE THE DATE: Quincy Symphony Orchestra presents EVENING AT THE POPS, sponsored by the Quincy School - Community Partnership, Thursday evening, May 12, 2005 at 8:00 p.m., Quincy Marriott Hotel, 1000 Marriott Drive, Quincy. For tickets or additional information call 617-984-8888. All proceeds to benefit Quincy Public Schools Music Program.

QUINCY COUNCIL ON AGING MOVIE OF THE MONTH

“Mother” with Debbie Reynolds,
Nancy’s choice, Thursday, May 19, at 12:30.

To be held at River Bay Club, in Quincy.

To register call 617-376-1506

We would like to thank Westcoast Video in Quincy for providing us with the movies of the month at no charge.

10TH ANNUAL SENIOR CONFERENCE

The City of Quincy's 10th Annual Senior Conference will be held on Saturday, September 24, 2005. If you would like to advertise in our Program Booklet, please call the office of the QCOA for a registration form. \$100 full page, \$50 for ½ page, \$25.00 for ¼ page. 617-376-1506. Thank you in advance for all your support.

FITNESS & HEALTH

23RD ANNUAL SENIOR OLYMPICS

Don't forget, Quincy's 23rd Annual Senior Olympics begins on May 9th through 18th, 2005 – something for everyone – awards are grouped by age. Registration fee of \$15 per person. To register call the Quincy Council on Aging 617-376-1506 or call Beechwood on the Bay at 617-471-5712.

SKIN SCREENING

Skin Cancer can be prevented and, if detected early has a 95% cure rate. Come to a free skin cancer screening Wednesday, May 4, from 5-7 p.m. at Quincy Medical Center. Pre-registration is required, so call toll-free, 877-479-CARE for an appointment.

FOOT SCREENING

Dr. Jordana Szpiro will be holding FREE foot screenings on the first Monday of the month, May 2nd. The Doctor will also be treating your feet for a fee of \$20 per person, payable at the visit. To make an appointment, please call the Council on Aging office at (617) 376-1506.

HEARING SCREENING

Hearing testing and hearing aide checkups – On the third Monday of the month, May 16th, beginning at 1 PM. Make an appointment to not miss out on life, by calling the Council on Aging office at 617-376-1506.

BLOOD PRESSURE SCREENING

Every Monday, Nurse Gail Crawford will take your blood pressure. She is available, from 10-11 AM at the Council on Aging office, 83 Saratoga Street.

WRITING WORKSHOP

BETWEEN THE LINES: Capturing the Experience of Life

No writing experience is required, only curiosity, willingness and a pen. Next 5-week series: Wednesdays, June 1-29, 1-3 p.m., River Bay Club, 99 Brackett Street, Quincy (wheelchair-friendly). Advance registration and \$55 fee are required. Call Quincy Department of Elder Services, 617--376-1506, or check on the web at www.geocities.com/journalguru. (Please do not call River Bay Club)

COMING IN JUNE

Meet local author, Donald L. Angell, of "*Where Somebody Waits for Me*". Mr. Angell will read to you and share his experiences in writing this story, which takes place during the Great Depression in 1930. A breakfast will be served and a discussion will follow. Pre registration is necessary in order that we can plan our menu. 617-376-1506.

SENIOR BEAT

By John Noonan
Chairman

2. Filing A Bill On Beacon Hill

Last month we wrote about how a bill is filed at the State House and what it takes to bird-dog that petition or bill into law. Thousands of bills are processed at the beginning of each new session of the state legislature but only sixty or more become law.

There are many circuitous turns each bill must survive. An exception would be an emergency proposal in time of disaster such as hurricanes or storm.

It is at the public hearing on each bill that you have the best opportunity to voice your support. The committee issue san “ought to pass” or “ought not to pass” report. If the report is favorable, an automatic first reading of the bill is published in the House and Senate journal.

If the vote is not favorable, the bill gets a second chance if a member asks to have the bill substituted for the report, and the bill then follows the same procedure as a favorable reported bill.

The bill goes to the Senate Ways And Means Committee, which issues a report. The bill is put on the next day’s calendar for a second reading, when the bill is open to debate on motions and amendments.

Then the House or Senate takes a vote, and if it is favorable, the bill goes to either the House of Senate committee on Third Readings, which checks to see if it is legal.

Last June Quincy City Councilor Kevin Coughlin succeeded in having the Quincy Council approve a home rule petition, which would allow the city to set up safety zones in the areas of senior hosing facilities and local nursing homes.

Coughlin’s bill made it through the legislative process as Senate No. 2216 according to all the rules.

During the waning hours of the last state legislature that Senate Bill failed to be enacted. All bills that had not been enacted must be re-filed and go through the same process all over again.

When re-filing the safety zone bill last month Councilor Coughlin said “I think it’s a fundamentally sound piece of legislation that will provide the City with a significant tool to enhance public safety.”

Some times bills takes several years to pass the state legislature. The Emergency Medical Services law as we know it today took much effort on a wide variety of health care organizations. The problem involved cost, responsibilities, EMT training, and turf. The bill became law after seven long years. The State Health Department is the proper agency to oversee the law.

GET WELL WISHES AND CONGRATULATIONS!!

GET WELL SOON: Our esteemed Chairman of the Board, a.k.a., Senior Beat, John Noonan is at home recuperating from surgery and we want to extend our support and good wishes for a speedy recovery.

CONGRATULATIONS: On the brighter side of Chairman Noonan’s life...he is most pleased and extremely proud to announce that his son’s first book, “AESOP and the CEO” is now out in local book stores (Borders and Barnes-Noble). It is being well received. The author David C. Noonan has written powerful business lessons from Aesop and America’s Top Leaders. The ancient fables of Aesop provide the backdrop for 50 significant lessons from the greatest business leaders of our day. As children we have all heard and read about the Fox and the Sour Grapes. There are 49 other short lessons to read about showing how he has adapted other fables to today’s top CEO’s.

Good Luck to you John and to your family.

CRIBBAGE CLUB IS BACK IN ACTION!
If you or anyone you know is interested in
joining, please call Dorothy Dow at 617-
376-1508. All level players are welcome.

Looking Back

*I'm walking down the road of life,
My dreams within a sack,
And thought I always look ahead,
There's a joy in looking back.
Things always seem much clearer
When there's distance in between,
And we get the right perspective,
For a last we've really seen.
For we fashion our tomorrows
From mistakes of yesterday,
And we profit from the piper's song
For which we had to pay.
We are better for the lessons
That life teaches us so well;
There would be no rising upward,
If our feet had never fell.
It is helpful to remember
That the turtle won the race.
I have found the highway straighter,
But I love the beaten track...
The view ahead is lovely,
But I'm always looking back.*

Author Unknown

Spotlight on Jane Mudge

Jane retired from her nursing career in 1993 after working for many years at Quincy Hospital. During that time she was employed in various areas beginning in maternity, then on to medical, surgical and finally, a rapidly growing out patient department.

A favorite job during employment at the hospital was her position as “wellness nurse”. The “wellness” idea was then a fairly new approach to sickness, emphasizing “prevention”, not only treatment of chronic disease.

Jane arranged for classes and activities on how to manage stress, better nutrition, healthy exercise programs and the need for environmental awareness and self-responsibility.



A well versed Jane at a poetry reading

Ever the student, Jane liked to explore and learn new things. In her 40's and 50's she enrolled in college and completed advanced degrees in psychology, education and finally got her B. S. in nursing in 1986. After retirement, Jane continued her studies on prevention and "wellness". She learned the healing techniques of Reiki and therapeutic touch and became a trained "nurse healer".

The seniors in Quincy first met Jane during the time she was employed at the Department of Elder Services. Here she was a volunteer in the "Americorps" program. In this capacity she, and others, helped establish the Friendly Visitors Program on the South Shore. This "companionable" program is still operating successfully here in Quincy.

After her "Americorp" job, Jane was selected to be the South Shore Director of "SHINE" (Serving the **H**ealth **I**nformation **N**eeds of **E**lders). Quincy Elder Services fully supported this effort and SHINE volunteers were recruited and trained from the department's offices. At present, seniors can receive timely information about health insurance from experienced SHINE counselors by phone, at the Quincy office or by scheduling a home visit.



A well traveled Jane at Mt. McKinley

Jane continues to volunteer her time with Quincy Elder Services, sometimes answering phones or doing other tasks. She spent a few months in the "S.W.A.P." program (Senior Workers Abatement Program) and now she currently writes a bi-monthly Spotlight column for them.

For Jane, retirement is full of possibilities and lots of fun. She loves to travel, in and out of the country. Her favorite vacations were to Egypt and New Zealand, but Rome and Paris were great too. She also loves ballroom dancing, reading, creative writing, yoga and best of all, time with her family and her Grandsons which round out her life.