

# LEONARD E. SIMMONS SENIOR MULTI-SERVICE CENTER

558 PLYMOUTH STREET  
MIDDLEBOROUGH, MA 02346

MIDDLEBOROUGH

(508) 946-2490

FAX (508) 946-2489

T.D.D. (508) 946-4446



Linda Eatherton, Editor  
Andrea M. Priest, Executive Director

Vol. 19 • No. 5

LENDING A HAND TO ALL

MAY 2012

[www.middleborough.com](http://www.middleborough.com)

## Notes from the Director

Many of you know that my Dad, who was 87, passed in January. I had to look up this article from years past remembering it captured everything I was feeling. It is anonymous- author unknown.

**I wish you Enough!** Recently I overheard a Father and daughter in their last moments together at the airport. They had announced the departure. Standing near the security gate, they hugged and the Father said, 'I love you, and I wish you enough.' The daughter replied, 'Dad, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Dad.'

They kissed and the daughter left. The Father walked over to the window where I was seated. Standing there I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, 'Did you ever say good-bye to someone knowing it would be forever?' 'Yes, I have,' I replied. 'Forgive me for asking, but why is this a forever good-bye?' 'I am old, and she lives so far away. I have challenges ahead and the reality is - the next trip back will be for my funeral,' he said.

'When you were saying good-bye, I heard you say, 'I wish you enough.' May I ask what that means?' He began to smile. 'That's a wish that has been handed down from other generations. My parents used to say it to everyone.' He paused a moment and looked up as if trying to remember it in detail, and he smiled even more. 'When we said, 'I wish you enough,' we were wanting the other person to have a life filled with just enough good things to sustain them.' Then turning toward me, he shared the following as if he were reciting it from memory.

"I wish you enough sun to keep your attitude bright no matter how grey the day may appear. I wish you enough rain to appreciate the sun even more. I wish you enough happiness to keep your spirit alive and everlasting. I wish you enough pain so that even the smallest of joys in life may appear bigger. I wish you enough gain to satisfy your wanting. I wish you enough loss to appreciate all that you possess. I wish you enough hellos to get you through the final good- bye."

## ST. PADDY'S DAY PARTY GLENSHANE

Thursday, March 14<sup>th</sup> at 1:00

We are delighted to welcome back the talented and well-beloved Irish Folk Duo, GLENSHANE! Jeannie and John Nesbitt join us year after year, bringing their special blend of Irish songs and blarney. What better way to get a taste o' the Irish than with a corned-beef & cabbage lunch (\$4 donation) PLUS fine Irish entertainment. Reservations are a must: Middleboro residents only through Mar. 7<sup>th</sup>. Open to all, starting Mar. 8<sup>th</sup>. Call 508-946-2490 for reservations.

## SENIOR CENTER ACTIVITIES

Are You OK? Program  
Big Screen Television  
Bridge  
Congregate Meals  
Cribbage  
Community Outreach  
Dance: Line, Square, & Round  
Day Trips  
Food Stamp Application  
Fuel Assistance  
Gift Shop  
Health Education Workshops  
Hearing Screening  
Information/Referrals  
Intergenerational Programs  
Knitting & Crochet  
Legal Referrals  
Legislative Hours  
Lunch Served Daily  
Meals on Wheels  
Medical Equipment Loans  
Movies  
Oil Painting Classes  
Pool Tables  
Quilting  
Seasonal Celebrations  
SHINE Medicare Counseling  
Social Day Care  
Support Groups  
    Caregiver's  
    Bereavement  
    Diabetes  
    Visually Impaired  
Transportation  
Town Nurse Visits  
Volunteer Opportunities  
Walkers Group  
Whist  
Wii  
YOGA

Join us at the Center  
Mon.-Fri.  
8:00 AM to 4:30 PM

# Wellness

**HEALTH & WELLNESS**  
Please call for more information  
508-946-2490

**Yoga for (Your Whole) Life**

Classes are on Thursdays from 3:15-4:15. Nancy Brady Cunningham leads this stretching and relaxation class designed to keep you fit and strong. The cost is \$5 per class.

**Cardio & Dancing**

Join the fun – new members welcome! Square and Round Dancing with Bill White on Thursdays from 9:30-11:30. Line Dancing Class with Dotty Dunham is currently on winter hiatus.

**Walking with Lyn**

Stay tuned for upcoming information on a walking group that will start up the end of April.

**MY LIFE, MY HEALTH**  
Orientation – April 18 at 9:00  
Six Sessions starting April 25<sup>th</sup>

=====  
We are pleased to be able to offer the newly updated version of “My Life, My Health” on six consecutive Wednesday mornings from 9:00-11:45, starting April 25<sup>th</sup> through May 30<sup>th</sup>. This FREE workshop series is limited to 12 participants, and is open to new as well as prior students. The curriculum was developed by Stanford University and has been updated and revised in 2012. Through interactive sessions led by peer leaders Sarah Pray and Susan Beaulieu, participants develop skills for managing chronic disease (such as arthritis and high blood pressure) as an individual or as a care giver. The Orientation Session on April 18<sup>th</sup> will introduce the topics and demonstrate the interactive model. Please call 508-946-2490 to sign up.  
=====

AD

**FUEL APPLICATION ASSISTANCE**

New applications are available Tuesdays from 10 a.m. and 11:00, for those over 60 or disabled. Program will end April 30<sup>th</sup>, 2013. Call the front desk for an appointment and you will be mailed a list of items to bring. Please reschedule if you need more time to gather the needed paperwork. South Shore will not process any incomplete applications. Transportation is available.

**HEARING SCREENINGS**

**March 12**  
**1:00-3:00**

Free hearing screenings and free minor repairs to hearing aids are provided. Appointments are required. Call the COA at 508-946-2490.

*You should hear what you're missing!*



**PEDI-CARE CLINIC**

**Heidi Crowley, RN**  
**Wednesday, March 6**  
**30 minute session -- \$28.00**

Pedi-Care is offered the first Wednesday of every month. To schedule your appointment for this unique low cost program, please call the COA at 508-946-2490.

**FREE LEGAL ADVICE**  
**March 12**

Attorney Youngberg will be here on the 2nd Tuesday of the month to answer questions on simple estate planning, health care proxies and Mass Health issues. Call the COA at (508) 946-2490 to set up your free 20-minute appointment.

**VETERAN'S SERVICES**  
**March 20**

The Middleborough Veterans' Service Agent, Paul Provencher, will be available at the COA the third Wednesday of every month from 9 A.M. to Noon. Please call the COA at (508) 946-2490 to schedule an appointment.



AD

**CARD MAKING WORKSHOP**

Make home made cards for  
Holidays, Spring , Birthdays

**Wednesday, March 13**

**6:30pm-8:00pm**

RSVP required

No fee but donations are accepted

**NEWPORT PLAYHOUSE & CABARET**

**Wednesday, April 10<sup>th</sup>**

**Depart 9:30; Return ~6:00**

**\$76 per person, due Mar 8<sup>th</sup>**



This Fox Tours trip includes a tour of Newport's beautiful Ocean Drive en route to the Newport Playhouse & Cabaret Restaurant where you will feast on a hearty luncheon-buffet before enjoying the light-hearted comedy "SPREADING IT AROUND." The play is followed by dessert and a Cabaret show. For reservations, please contact Susan Hotchkiss at 508-946-2490.

**COMPUTER TUTORING**

**Mondays and Wednesdays**

**2:00 and 3:15**

**\$30 registration fee for 6 classes**

Get ready for the Spring 2013 computer tutoring! There are two 6-week sessions: Spring I starts the week of March 11<sup>th</sup> and runs through the week of April 15<sup>th</sup>. Spring II starts the week of May 6<sup>th</sup> through June 10<sup>th</sup>. Classes are one-on-one tutoring which focus on the student's level and meet once a week for one hour per class. Students must own or have access to a computer in order to practice and get the most from the tutoring. All levels are welcome, and registration is a must. Please note that a fee waiver is available if needed.

Call Susan Hotchkiss at 508-946-2490.

**FOOD HANDLERS' CERTIFICATION**

**EXAM DATE: Thurs, Mar. 28<sup>th</sup> at 1:00**

All COA staff and volunteers who handle food are required annually to take a short mandatory class, administered by the Health Dept., followed by a short exam. The certification expiration date will be the end of December 2013. Please sign up with Susan Hotchkiss at 508-946-2490.

**Volunteers needed for delivering Meals on Wheels.**

**Please see Susan Hotchkiss.**

Thank you to the Pierce Trustees for funding our energy conservation project and to Bristol Plymouth Regional Technical School for all their work. Please be patient with the disruption of activities. This project will save taxpayers thousands of dollars in energy cost.

**REGARDING ALL SUPPORT GROUPS**

It is always a good idea to verify meetings with the front desk or your facilitator. If you participate in a support group, we may not have a contact number to notify you of a meeting cancellation.

**CAREGIVER SUPPORT GROUP**

**Wednesday, March 13, 2013**

**7:00pm-8:30PM**

**"Ma Is Back"**

**Memoir of an Alzheimer's Discovery**

**Restoring My Mother's Memory**

*With Guest Speaker, Brad Pitman*

**RSVP Susan Adams 508-946-2490**

**LOW VISION SUPPORT GROUP**

**Next meeting April \_\_\_\_\_**

**1:00 to 2:00**

The next low-vision support meeting will not meeting until April \_\_\_\_\_ due to our snowbirds. These are friendly and informative meetings, very often with special speakers. Special outings are also a fun part of this group. This group is open to all who deal with low-vision and their families. Transportation is available with reservation. Please make sure group is meeting if you are in doubt.

**New Bereavement Support Group**

**Coping with the loss of a  
Spouse or Partner**

Beginning April 26<sup>th</sup> on Fridays, 1:00 p.m. to 2:30 p.m. Group will meet for 6 weeks at the COA . Free to the public, but space is limited, To pre-register, call Scott Ciosek, M.Div at 508-747-7222. Please speak to Diana with any questions. Transportation is available with a reservation.

**BOOKS THAT MAY BE HELPFUL  
TO CAREGIVERS**

**Management of Challenging Behaviors in Dementia**  
by Ellen K. Mahoney, Ladislav Volicer, Ann C. Hurley,

**What's Happening with Grandpa?**  
by Marie Shriver,

**Susie and Me Days: Joy in the Shadow of  
Dementia** by Susan L. Garbettia  
"A lovely book I have just read. Truly an inspirational and teaching book. Diana"

**March 2013**

**WEEKLY ACTIVITIES**

All activities are open to the public.  
For more information or an appointment,  
Please give us a call 946-2490.

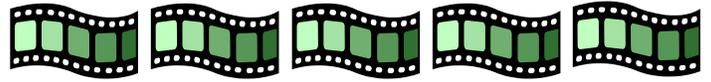
Monday– Friday, 8:00am, Walking Club at the Middleboro YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>Inspirational Folks In Their Prime</b> Eli Wallach 97 Olivia Mary de Havilland 96 Doris Day 88 Lauren Bacall 88 <b>Make whatever age <u>you</u> are the prime of your life!</b></p>				<p align="center"><b>1</b> 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage &amp; Whist</p>
<p><b>4</b> 12:00 Lunch 12:30 Contract Bridge 12:45 Wii</p>	<p><b>5</b> 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting &amp; Crocheting 12:00 Lunch 1:00 Cribbage &amp; Whist</p>	<p><b>6</b> 10-11:30 Line Dance 12:00 Lunch 1:00 Quilting Group</p>	<p><b>7</b> 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing &amp; Round Dancing 12:00 Lunch</p>	<p><b>8</b> 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage &amp; Whist</p>
<p><b>11</b> 12:00 Lunch 12:30 –1:30 Rep Keiko Orall 12:30 Contract Bridge 12:45 Wii</p>	<p><b>12</b> 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting &amp; Crocheting 12:00 Lunch 1:00 Cribbage &amp; Whist</p>	<p><b>13</b> 10-11:30 Line Dance 10:30 Town Health Dept. 12:00 Lunch</p>	<p><b>14</b> 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing &amp; Round Dancing 12:00 Lunch</p>	<p><b>15</b> 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage &amp; Whist</p>
<p><b>18</b> 12:00 Lunch 12:30 Contract Bridge 12:45 Wii</p>	<p><b>19</b> 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting &amp; Crocheting 12:00 Lunch 1:00 Cribbage &amp; Whist</p>	<p><b>20</b> 9:00 Veteran's Agent 10-11:30 Line Dance 12:00 Lunch 1:00 Quilting Group</p>	<p><b>21</b> 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing &amp; Round Dancing 12:00 Lunch</p>	<p><b>22</b> 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage &amp; Whist</p>
<p><b>25</b> 12:00 Lunch 12:30 Contract Bridge 12:45 Wii</p>	<p><b>26</b> 9:00 Shopping at Hannaford Supermarket 10:00 Table Pool 10:00-12:00 Knitting &amp; Crocheting 12:00 Lunch 1:00 Cribbage &amp; Whist</p>	<p><b>27</b> 10-11:30 Line Dance 10:30 Town Health Dept. 12:00 Lunch</p>	<p><b>28</b> 9:00 Shopping at Trucchi's Supermarket 9:30 Square Dancing &amp; Round Dancing 12:00 Lunch</p>	<p><b>29</b> 9:00 Oil Painting 10:00 Table Pool 12:00 Lunch 1:00 Cribbage &amp; Whist</p>



### MARCH BIRTHDAYS

- Carole Rapone ..... 7
- Geoffrey Hebert ..... 12
- Patricia Romsey ..... 17
- Evelyn Hudson ..... 19
- Mary Perry ..... 19
- Rita Fortin ..... 22
- Nellie Kulczykiewicz ..... 27



**MOVIE & POPCORN**  
 Please Call the COA for reservations.  
 Thursday, March 21<sup>st</sup> at 12:45

**THE ODD LIFE OF TIMOTHY GREEN**  
 Starring: Jennifer Garner,  
 PG – 2012 – 1 hr, 45 min  
 Comedy/Drama/Fantasy

Cindy & Jim Green have been deemed “infertile.” After burying their dreams of all the great traits their child would have, they awaken during a freak storm in the night to find a boy named Timothy, with leaves growing from his ankles, calling them Mom and Dad. The boy teaches his parents all about raising a child, no matter how he comes into their lives.

### AARP TAX PREPARATION



The Middleboro Council on Aging is pleased to announce that AARP trained tax preparers will be taking half hour appointments. Please be advised that the volunteers will prepare simple tax returns only. This service is free of charge, although donations to the COA will be accepted. Priority for appointments will be given to Middleboro residents until March 8th, Appointments will be scheduled Mondays, Tuesdays, Thursdays and Fridays, 8:30 a.m. to 11:30 p.m. No walk-ins will be accepted. Please call the COA at 508-946-2490 to schedule an appointment. Please bring last year’s tax returns with you to your appointment.

### CAN YOU HELP?

Please drop off at the COA front desk  
 Thank you for your support

- Laundry Soap—SOS Pads
- Aluminum Lasagna Pans
- Coffee—Regular and Decaf
- Plastic wrap and Aluminum foil
- Lemonade and Juice drink mixes
- Cooking Spray



### FOOD PANTRY NEEDS

- Sugar free fruit cups & pudding cups
- Canned meats and chicken
- Canned macaroni products ( Chef Boyardee for example)
- Hannaford or Trucchi’s gift cards are always welcome

### Are you safe?

Domestic Violence Program services for women 58 years and older.  
 Confidential.  
**Hotline 888-746-2664**  
**Office 781-582-0078**

### COA GIFT SHOP

Open Monday– Thursday, from 9:00 AM to 1:00 PM

The COA is now on Facebook– visit our page!



**Bay State Textiles is now at the Brook Street Landfill** Turn your textile throw-outs into revenue for the Town of Middleborough. Bay State Textiles offers a rebate to the town of \$100 per ton. Donated items are accepted in any condition as long as they are clean and dry. Visit [baystatetextiles.com](http://baystatetextiles.com) for a list of acceptable items including clothing, shoes, pocketbooks, bedding, draperies and stuffed animals.

AD

AD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p align="center"><b><u>STORM POLICY</u></b></p> <p>When the Middleboro Public Schools <i>are closed</i>, <b>ALL COA ACTIVITIES AND PROGRAMS ARE CANCELLED</b>. No Lunch- No Day Program- No Transportation- No Activities. The COA office phones will remain open. Watch the TV for school closings or call the COA. When the Middleboro Town Hall is closed, the COA is closed. Do not drive to the COA before confirming that we are open. <i>Stay safe and warm!</i></p>		
<p>Menu is subject to change. Coffee, tea or milk is served with all meals. Please make reservations</p>	<p align="center"><b><u>LUNCH CANCELLATIONS</u></b></p> <p>PLEASE REMEMBER TO CALL AND CANCEL if you cannot come in for lunch. Many times we have a waiting list. With our budget cuts, we do not want to lose money by wasting food. Thank you.</p>			<p><b>1</b> Tuna Noodle Casserole Green Peas Garlic Bread Jell-O</p>
<p><b>4</b> Beef Stroganoff over noodles Green Peas Dinner Rolls Assorted Pastry</p>	<p><b>5</b> Chicken Parmesan over Ziti Green Beans Garlic Bread Mixed Fruit</p>	<p><b>6</b> Roast Beef Sandwich Macaroni Salad with veggies Pudding</p>	<p><b>7</b> Cheese Ravioli Garden Salad Chilled Peaches</p>	<p><b>8</b> Broccoli and Cheese Quiche Roasted Potato Croissant Fruited Jello</p>
<p><b>11</b> BBQ Chicken Spinach Rice Focaccia Bread Chilled Pears</p>	<p><b>12</b> Stuffed Crust Pizza Garden Salad Mixed Fruit</p>	<p><b>13</b> Grilled Hot Dog on a Roll Bepop Beans Pudding</p>	<p><b>14</b> Corned Beef Boiled Dinner w/ Cabbage, Potato and Carrots Rye Bread Lucky Leprechaun Pudding</p>	<p><b>15</b> Lasagna Roll ups Green Beans Garlic Bread Assorted Pastry</p>
<p><b>18</b> Cheeseburger Plate with Lettuce and Tomato Potato Salad Fruited Jell-O</p>	<p><b>19</b> Roast Turkey with Gravy Mashed Potato Carrots Rye Rolls Grapenut Pudding</p>	<p><b>20</b> Roasted Chicken Rice Pilaf Mixed Vegetable Rye Bread Assorted Pastry</p>	<p><b>21</b> Roast Pork Dinner with gravy Scalloped Potato Broccoli French Bread Strawberry Shortcake</p>	<p><b>22</b> Egg Salad Sandwich with Lettuce &amp; Tomato French Fries Chilled Peaches</p>
<p><b>25</b> American Chop Suey Green Peas Garlic Bread Mixed Fruit</p>	<p><b>26</b> Open Face Turkey Sandwich with Gravy Stuffing Butternut Squash Brownie</p>	<p><b>27</b> Chicken Cutlet with Gravy Rice Broccoli Corn Bread Fruited Jello</p>	<p><b>28</b> Meatloaf w/ gravy Mashed Potato Green Beans Assorted Rolls Pudding Parfait</p>	<p><b>29</b> Fresh Fish Bake Baked Potato Cole Slaw Bread Pudding</p>

Advertisement Available

Advertisement Available



MIDDLEBOROUGH COUNCIL ON AGING NEWSLETTER  
558 PLYMOUTH STREET  
MIDDLEBOROUGH, MA 02346

ADDRESS SERVICE REQUESTED

Presorted Standard  
US Postage  
**PAID**  
Permit #41  
Middleborough  
MA 02346



**COUNCIL ON AGING**  
**BOARD MEETING**

Second Wednesday  
of every month  
at 7:00 PM at the COA

No meetings in  
July and August.

**COUNCIL ON AGING**

**BOARD OF DIRECTORS**

Sarah Jigerjian, Chairman  
Arthur Turcotte, Vice Chairman  
Sim Bullard, Treasurer  
Barbara Chadwick, Secretary

Robert Burke  
Marilyn Chammas  
Geoff Hebert  
Annette Holmes  
Anders Martenson, Jr.  
Betty Murphy  
James Waite

**THE COST OF MAILING THIS NEWSLETTER HAS BEEN PAID BY THE MAXIM FOUNDATION**