



The Painted Veil
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Volume 32 Number 4

East Bridgewater Council on Aging

Happy
New Year

January 2008

East Bridgewater Council on Aging

137 Central Street
East Bridgewater,
Mass. 02333

Phone: 508-378-1610
*(Please try to call before
1 pm for appointments)*
Fax: 508-378-1611

Hours:
Mondays
8 am—6 pm
Tuesdays-Thursdays
8 am—4 pm
Fridays
8 am—12 pm

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- B. John Morawski**
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- Beverly A. Fanning**
- Susan Frazier**
- Jul Homer**
- Edith Imlach**

Take advantage of the programs we offer

*By Jane A. Haines
Director*

The following are some programs to consider. If you are ever in need of any of them, please give us a call.

There are four very important programs that we would like everyone to know about. You may not need any of them right now, but please read the information and file it away in case you or someone you know could use it in the future.

Are You Okay? is a computerized telephone reassurance system provided at no cost by the Plymouth County Sheriff's Department. Participants receive a call every morning at a time of their choosing between 6 am and noon. You would hear the question, "Are you okay?"

If you answer "yes," you would not be called again until the next day at the same time. If you were to say "no," a human being would come on the line and determine what kind of help you needed. If the line is busy or you do not answer the first phone call, the computer will call back a few minutes later. If you do not answer the phone or the line is busy, the computer will call back within a few minutes. If there is still no answer, the communication officer will call the person you have designated as a contact. **You choose the contact person.** It can be a family member, friend or neighbor. If you are not going to be home on a certain day or are on vacation, you just call the "Are You Okay?" number, which is available 24 hours a day. The best part of this

program is that there is no equipment to buy and no cost to you. In addition to making you feel a little safer, knowing that you are getting this call each morning is also reassuring to people who care about you. Applications are available at the Council on Aging office or you can call the sheriff's department at 800-622-4300.

Prescription Advantage is the state's prescription insurance program for people over 65 or who are disabled and qualify for Medicare. There is no premium for single people with an income of up to \$30,630 or married couples with an income up to \$41,070. Depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all

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East Bridgewater Council on Aging Mission Statement:

The East Bridgewater Council on Aging serves older persons, disabled persons of all ages and their caregivers, and others in need of services and referrals. Programs that enhance dignity, support independence and encourage general wellness are developed, coordinated and promoted to meet the needs of these individuals.

Some programs to consider

(Continued from page 1)

or part of your Medicare prescription drug plan's monthly payments and drug payments. Enrollment for the Medicare Part D prescription drug plans ended December 31, 2007, but Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November. For more information, call the Council on Aging or the Prescription Advantage Customer Service line at 1-800-AGE-INFO, 1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

Fuel Assistance: There are several types of fuel assistance available, but the largest is the federal Low-Income Home Energy Assistance Program. This program can also help with weatherization. If you are having trouble paying your fuel bills, call to see if you fall within the income guidelines. If you do, you will need to make an appointment to come in and apply. If you do not qualify for that program, there may be other help available.

East Bridgewater Food Pantry: The food pantry is open to East Bridgewater residents who are having trouble feeding themselves or their families. The pantry is open on the second and last Wednesdays at 12:30 pm at the Union Congregational Church, 105 Pleasant St. For more information call 508-378-2874. If you are out of food, please call the Council on Aging. We may be able to obtain emergency help for you.

I often hear people say they do not want to ask for help, but anyone can need a helping hand. Most people have worked hard, paid taxes and contributed to charities for many years, but circumstances can occur that were completely unexpected. Fuel bills are at an all-time high and retirement plans that looked quite adequate 20 years ago have not kept up. Please call the Council on Aging if you need help. We cannot promise to solve all problems, but we can often help people through an emergency.

Wishing Everyone a Happy and Healthy New Year. ♦

Your Stories

"No one comes from the earth like grass. We come like trees. We all have roots." - Maya Angelou



For The Boys: Life on the Home Front during World War II

By Virginia E. White

Editor's note: This essay comes to us from my mom, who lives in Quincy, not here in East Bridgewater, but I wanted to share it with you. She grew up in Dorchester and has the Irish "gift of gab," which is, I realize now as she gets older, a wonderful thing. What a wealth of knowledge and experience our seniors bring to us! Please share some of your stories with us, so we can publish them in this newsletter for everyone's enjoyment.— Christine White

You had to have been there. Everything and anything that could be utilized had to go toward helping the War Effort.

Everyone had one of those little flags in the window: red border, a white square in the middle, and a blue star for any family member in the service. All too often, a blue star would be replaced by a gold star indicating a tragic loss to the family. These flags were on sale at the "5 & 10" store: F.W. Woolworth's, W.T. Grant, or S.S. Kresge.

Because silk came from Japan or Malaysia, it was unobtainable. Nylon had just been developed by the Dupont Company, whose slogan was "Better Living through Chemistry."

Nylon Stockings were on sale for only a few months, but after Pearl Harbor, all the nylon went for parachutes. So, we painted our legs with a beige dye and painted a line up the back to simulate a seam. After a few days, (nobody showered every day back in those days), the dye turned a bilious shade of orange and began to rub off!

Shortages. No coffee! There was a nasty bogus coffee made from chicory. No sugar! I guess you could get saccharin, but nobody did. No butter. This was the start of oleomargarine, which was in a bag and was white like lard. A little capsule of orange dye was included which you could crush and try to work through but it was never successful. It looked and tasted yucky, but, *never mind!* Better that *The Boys* in the service should get the butter.

Meat was rationed. The only thing that was not rationed was chicken. Even hamburger was in short supply and used up your ration coupons. To buy a roast, beef, pork or lamb would use up your ration coupons for a



Before there was e-mail, there was "V-mail," a microfilm system used during World War II to send massive amounts of mail to servicemen overseas. *Library of Congress photo*

month. No turkeys were available for Thanksgiving or Christmas Dinner. That was okay. We would just buy a bigger chicken.

Clothing and shoes were rationed because all the clothing and shoe manufacturers were making uniforms and Army boots. You were allowed only three pairs of shoes a year. There was no rubber for boots or rubbers (rubber overshoes). Winter was very hard on shoes, as they were not made of leather or rubber and could not be repaired; they fell apart very quickly. A new winter coat would use up all your clothing coupons for about two years, so you wore the one you bought in 1939. Styles didn't matter much because the fashions didn't change until 1946 when the "New Look" came in after the War ended. There was very little fabric to be had so we wore our skirts really short, about two inches over the knee. Imagine how we looked with our orange dyed legs with the crooked painted seams up the back!

No one complained if the fabric was being used for *The Boys*.

Gasoline was very strictly rationed and only those needed in vital emergencies (doctors, ambulances, fire apparatus, police vehicles) could get "A" stickers for the windshield. There was no rubber for tires, so everybody rode the bus or the trolleys or subway. There was no problem like there is today of disposing of old used tires. There just weren't any. When we opened a tin can of soup or vegetable, we opened both ends, stepped on the can to flatten it, inserted both ends, and collected them for the War Effort. We also saved newspapers and Magazines, bundled them, and put them out with the flattened cans for trucks other than the usual trash collection trucks to come around and collect. Recycling had never been heard of back then. All we knew is that the War Effort needed that stuff, and we didn't care what they did with it as long as it helped *The Boys*.

Here on the East Coast, we had a strict blackout, and all of our windows had blackout curtains. We had no streetlights, and any proper vehicles on the road at night had only a two inch slit around the headlights. Older men patrolled the neighborhood, and if there was a slit of even a 40-watt bulb showing through a window or a door, they had the power to be quite aggressive in pounding on the door with threats of dire punishment! Needless to say we would correct the situation post haste! During the winter, when it got dark early, once you got back from work or school, you stayed home behind those blackout curtains until the dawn's early light. Saturdays and Sundays were very busy during daylight hours when most of our errands had to be taken

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©2006 Warner Independent

Naomi Watts and Edward Norton both produced and starred in the 2006 film adaption of W. Somerset Maugham's novel *The Painted Veil*, set in 1920s China during a cholera epidemic.

Movie Day

The EBCOA will be showing the critically-acclaimed 2006 drama, *The Painted Veil* on Wednesday, January 16 at 1 pm. Naomi Watts portrays Kitty Fane, a selfish and aging socialite. Despite her lack of love for him, Kitty impulsively marries a mild-mannered bacteriologist, Walter (Edward Norton), who is headed to China to help villagers stave off a horrendous cholera epidemic. Once there, she embarks on an affair with the English Vice Consul Charles Townshend. Walter discovers the betrayal, setting off a chain of events that will forever change Kitty's life and her values. The Chinese scenery is breathtaking in this excellent adaption of the W. Somerset Maugham novel. Diana Rigg plays a supporting role of a French nun running an orphanage. ☞ The EBCOA van is available for transportation to this event.

January office hours

The EBCOA office will be closed on Monday, Jan. 21 in observance of Martin Luther King Jr. Day. Please schedule Dial-a-BAT rides for Tuesday, Jan. 22 by 11 am on the preceding Friday. There is no Dial-a-BAT service on holidays.

Senior lunches

The Senior Lunchs at the Middle School will take place every week at 12:45 pm this month, unless there is a school cancellation due to inclement weather. ☞ The EBCOA van is available for transportation to this event.

EBCOA Van shopping trips

The EBCOA van goes on two weekly group shopping trips: On Tuesdays, the van takes seniors to run errands at Carriage Crossing and surrounding locations in East Bridgewater. On Thursdays, the van goes to Johnnie's Foodmaster in Whitman. Once monthly, the van goes to a local mall. ☞ Call the EBCOA for more information or to sign up.

Mall Trip

The EBCOA van will be taking a trip to the Independence Mall in Kingston on Wednesday, January 23, with a stop for lunch on the way home. Call the EBCOA to sign up. Pick ups begin at approximately 9:30 am.

Senior Citizen's Club

The Senior Citizen's Club will not meet for the months of January and February. The meetings will resume in March.

Inclement weather policy

On days that school is cancelled, all activities at the EBCOA are cancelled and the Thursday Senior Lunch is also cancelled. The EBCOA office will be open, weather permitting. If the town offices are closed because of inclement weather, the EBCOA will be closed.

Happy Birthday

Barbara Matthews **January 12**





Matilda Raynard **January 26**

William Peters **January 28**



If you would like to be included in our monthly birthday listing, please contact the EBCOA office with your name, birth month and date.

January 2008

Monday	Tuesday	Wednesday	Thursday	Friday
	Happy New Year 1  COA OFFICE CLOSED	Blood Pressure Clinic 2 1—2 pm @ Prospect St.	Regular Thurs. Schedule 3 (see January 17) SALT meeting 9:30 am @ Town Hall	Bowling 4 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA
7	Errand Van 8 Blood Pressure Clinic 11-12 @ EBCOA Busy Hands COA Meeting 6:45 pm @ EBCOA	Food Pantry 9 12:30 pm @ Union Cong. Church Friends of Seniors 7 pm @ Town Hall	Regular Thurs. Schedule 10 (see January 17)	Bowling 11 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA
14	Errand Van 15 <i>(pick-ups begin @ 9:30)</i>  Caregiver Support Group 10 am @ EBCOA Busy Hands 1 pm @ EBCOA	Movie Day: 16 The Painted Veil 1 pm @ EBCOA 	Shoppers' Van 17 <i>(pick-ups begin @ 8:15 am)</i> Exercise/Dance Class 10 am @ Riddell Road Senior Lunch 12:45 @ Middle School Tai Chi 2:30 @ Riddell Rd.	Bowling 18 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA
No Senior Citizen's Club Meeting this month 21  Martin Luther King Jr. Day COA OFFICE CLOSED PODIATRY CLINIC Food Pantry 3—4 pm @ St. John's	Errand Van 22 <i>(pick-ups begin @ 9:30)</i> Busy Hands 1 pm @ EBCOA	Mall Trip: Independence Mall, Kingston 23	Shoppers' Van 24 <i>(pick-ups begin @ 8:15 am)</i> Exercise/Dance Class 10 am @ Riddell Road Senior Lunch 12:45 @ Middle School Tai Chi 2:30 @ Riddell Rd	Bowling 25 9 am @ Viking Cost: \$5.25 Cribbage 9 am @ EBCOA
28	Errand Van 29 <i>(pick-ups begin @ 9:30)</i> Busy Hands 1 pm @ EBCOA	Food Pantry 30 12:30 pm @ Union Cong. Church	Shoppers' Van 31 <i>(pick-ups begin @ 8:15 am)</i> Exercise/Dance Class 10 am @ Riddell Rd. Senior Lunch 12:45 @ Middle School Tai Chi 2:30 @ Riddell Rd.	

Coins for the Community



It's not too late to contribute to our annual "Coins for the Community" drive to give aid to those in our community who are in need of assistance. Please save your spare change and dollars and consider donating them to help our program

assist our neighbors in need. Our goal is to beat our previous record and collect more than \$2446 in donations. Please help us reach our goal. This is a great opportunity for children, youth groups and your group or organization to make a contribution to our own hometown community members.

Donation bottles are located at all Town Hall departments, the Council on Aging, East Bridgewater Savings Bank and the Town Library. Make checks payable to: Town of East Bridgewater. For more information, contact EBCOA Director Jane Haines at 508-378-1610 or Theresa McNulty at 508-350-9811.

Working together, we do make a difference!

Did you miss the Part D Open Enrollment?

Enrollment for the Medicare Part D prescription drug plans ended December 31. Fortunately, Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November.

If you are concerned about added cost, you will be happy to know that there is **no charge** for Prescription Advantage for members with an annual income less than \$30,630 for a single person and \$41,070 for a married couple. And, depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all or part of your Medicare prescription drug plan's monthly premium, deductible and drug co-payments.

There is no reason not to have coverage for your prescription drugs. Call Prescription Advantage today for an application form.

You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

Alzheimer's Association educational presentation

The Alzheimer's Association is sponsoring a lecture titled "Getting Started: What to do when your family member has memory loss" at the Middleboro Council on Aging on March 12 from 6:30—8:30 pm. The program is free of charge, but pre-registration is required. Call 800-272-3900 for more information.

SeniorNet Open House

On Monday, Jan. 7 Massasoit Community College's SeniorNet program is sponsoring an open house titled "Where Do I Go From Here?" at the Brockton campus Student Center. SeniorNet is a free computer literacy program for adults 50 and over. An overview of course offerings will be explained. Courses include: "Intro to Computers," "Internet," "Windows," "Buying and Selling on Ebay," and many more. Call 508-588-9100 x1063 for more information.

Duval's Pharmacy now in East Bridgewater

Duval's Pharmacy announces that they are now open in East Bridgewater at the Southeast Medical Center. Duval's offers free delivery of prescriptions and 24 hour emergency service. Call 508-350-2900 for further information.

Caritas Good Samaritan Medical Center lectures

Caritas Good Samaritan Hospital in Brockton is sponsoring several free lectures in January of interest to older adults: "A Guide to Better Diabetes Management" on Jan. 8; "Mom, Dad—Can We Talk?" on Jan. 15; "Winter Blues" on Jan. 29. All lectures are from 6:30—8:30 pm at the Moakley Center Conference Room. Call 1-800-488-5959 x27 to pre-register and for more information.

Fuel Assistance appointments

The EBCOA is assisting residents of any age with fuel assistance applications by appointment only. Contact the office to see if you meet income eligibility levels and for a list of necessary documents.

Join our email list

If you would like to receive our newsletter via email, contact Jane Haines at jahaines@ebmass.com. The newsletter is also available at www.townofeastbridgewaterma.org. Click on "Town Departments" and then on "Council on Aging."

Friends of Seniors raffling quilt



The Busy Hands quilting group that meets every Tuesday afternoon at the EBCOA is donating its wonderful Log Cabin Quilt to the Friends of Seniors. The Friends of Seniors will be raffling off the quilt to benefit the Council on Aging in its efforts to provide services to the seniors of East Bridgewater. The fabrics, circa the 1950s through the 1970s, and some of the completed squares were sent from Salinas, California in 2001 to one of the quilters. After many hours of meticulous needlework, the quilt was finally completed this past year by the group. The vibrantly colored Log Cabin Quilt measures 55" x 104" and is on display at the EBCOA, where you may also purchase raffle tickets. **Tickets are \$1 for one, \$2 for three and \$5 for nine and are available at the EBCOA office, where the quilt is on display.**

Life on the Home Front During World War II

(Continued from page 3)

care of, shopping . . . and movie-going, of course.

During those long, dark evenings at home, time was spent writing letters. We wrote to anyone and everyone away from home in the Service: husbands, boyfriends, cousins, brothers and boys from the neighborhood. We tried to keep the letters newsy and cheerful and to let them know they were not forgotten and that we loved them and appreciated what they were going through to save the world for us.

We had to use this special paper on which the whole letter was just on the front of one page. These sheets were not in envelopes but just folded in half and mailed. We mailed it to the proper address and then somewhere in some distant

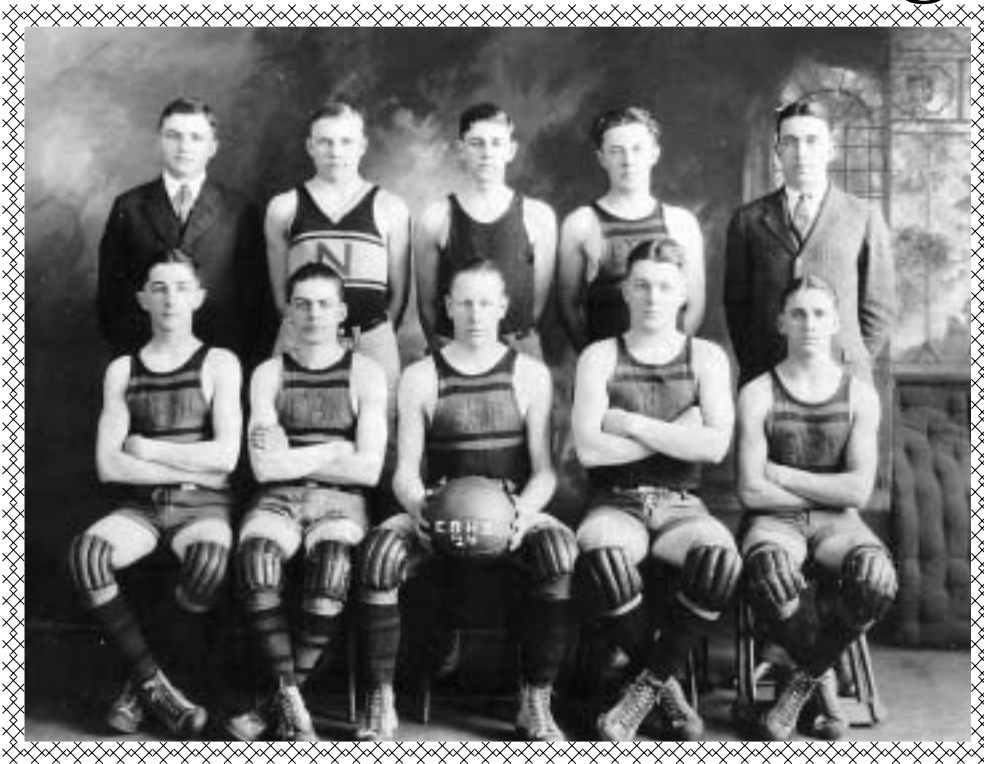
Army or Naval Post Office the letters were put on microfilm and the rolls of microfilm with thousands of letters on each were sent overseas. They were then printed on small squares about 2"x 3" and sent to the addressee. Sometimes we would get an answer in the same format, but only when the serviceman could get access to the filmy sheet of paper. This whole process was called V-Mail. ♦



Servicemen like Virginia White's future husband Clayton (Christine's dad, far right, driving a landing craft like the one he drove during both the Okinawa and Iwo Jima invasions) received letters via V-mail.
Photo courtesy of Virginia White

Source: <http://mary-loukirshon.net>

A blast from East Bridgewater past



This strapping group of young men is the East Bridgewater High School Basketball Team of 1924. The wonderful old photograph comes to us courtesy of Rosemary Corayer, whose father, Tommy Lowell, was a member of the team. Recognize anyone?

If you have an historic photo you would like to share with us, contact newsletter editor Christine White at 508-378-1610. We'll scan it and return it to you promptly.

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Happy New Year from the East Bridgewater Council on Aging