



# East Bridgewater Council on Aging

June 2008

Volume 32 Number 9

## East Bridgewater Council on Aging

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Mass. 02333

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*(Please try to call before  
1 pm for appointments)*

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

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## On our way to a real senior center

*By Jane A. Haines  
Director*

**W**e are on our way to a real senior center.

At the annual town meeting, voters approved funding for architectural and engineering plans for the construction of a senior center at Sachem Rock Farm. This is only the first step in the process, and there are more hurdles ahead, but this vote was a very important commitment by the town. The funding was supported not only by a majority of voters, but also by the Finance Committee and the Capital Planning Committee. This means that many people recognize that older people in our community need and deserve an appropriate facility where they can socialize, exercise, learn new skills and information, teach others, and benefit from information and services that will help them stay healthy

and independent.

The vote also shows that the Senior Center Building Committee made the right choice more than a year ago when it decided, based on an outpouring of public support, that Sachem Rock Farm is the best place to build the center. The center will be located in what is the historic heart of the town in a place where the entire community will be able to benefit from it.

The presence of so many of you at the last two town meetings was an important part of why we were successful, but we cannot forget that we also have a lot of support from younger people. It is very important that we continue to move forward together as a whole community that values the contributions and recognizes the needs of all our residents from the tiniest tot to the eldest among us. ♦



*Photo courtesy of Justin Graeber*

Theresa McNulty and Sandra Ockers braved the wind gusts at the Friends of Seniors table at the "Community Spring Fling" on May 17. The event brought together area non-profit groups and raised money for various causes. *See page 6.*

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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.

***Economic Stimulus Open House June 19***

The EBCOA is holding a Tax Stimulus Open House for seniors on Thursday, June 19 from 9–12. A volunteer tax preparer will be on hand to assist seniors who are eligible for the stimulus payment and who otherwise have no need to file a federal income tax. The deadline to file for the Economic Stimulus Payment from the federal government is October 15, which is also the deadline for all tax filers who applied for an extension to the April 15 deadline. To receive a stimulus payment, taxpayers must have a valid Social Security number, \$3,000 of income and file a 2007 federal tax return. The IRS will take care of the rest. Eligible people will receive up to \$600 (\$1,200 for married couples), and parents will receive an additional \$300 for each eligible child younger than 17. Millions of retirees, disabled veterans and low-wage workers who usually are exempt from filing a tax return must file a federal tax return this year in order to receive a stimulus payment. No appointment is necessary, as the form to fill out is quite brief. Seniors will be assisted on a first-come, first-serve basis.

***Early Stage Alzheimer's Disease Support Group Meeting***  
Emmanuel House Residence Assisted Living in Brockton hosts an Alzheimer's Disease support group on the second Thursday of every month to discuss: personal feelings and experiences related to receiving a diagnosis; recent developments in treatment; coping skills; local research projects; pharmaceutical trials; community resources. The group also invites speakers to present up-to-date information related to Alzheimer's Disease. All meetings are free of charge and refreshments are served. For more information, call 508-588-5334 and speak with either Valerie Lomus at x613 or Susan Sheehan at x626.

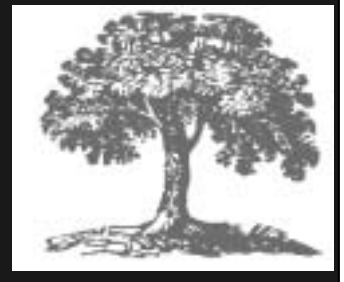
***Group tours offered***

Fresh Tour Group is offering two fall tours. The Branson, Missouri tour departs on October 3 and is a five-day, seven-meal trip that includes six shows in various exciting venues. The cost per person is \$1329 for twin, \$1509 for single and \$1319 for triple. The reservation deadline is June 26. The Atlantic City, New Jersey tour departs November 3 and is a four-day, three-night trip that includes a stay at Caesars Hotel & Casino, \$30 slot bonus and three \$5 food credits. The cost is \$219 for twin, \$309 for single and \$219 for triple. Call John Fresh at 508-238-4620 for more information. Deposits are required with reservations.

# Your Stories

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

*Seniors share their stories in this column.*



## Duke

*By Mary MacPherson*

*This month's essay comes to us from East Bridgewater resident Mary MacPherson.*



Mary and her sister Lorraine proudly pose with their puppy, Duke.



Lorraine and Mary grew, and so did Duke!

1950:

The sun was shining through my bedroom window as I awakened from a dream about our dog, Duke, returning home.

It all started when Queenie, a dog belonging to one of our neighbors, the Moors, had just given birth to a litter of puppies. Mom took one of the pups, which was blonde in color, and named him Duke. Tim, my oldest brother, had just been born, and Duke was Tim's protector. As Duke grew, he was kind, loving, and he would even let the cats cuddle up to him. We all cared for him and showed him we

Duke to go to be with Eddie on his farm. I will never forget that morning. There we were at kitchen window: Mom, my sister, my brother and I, all crying, as Eddie took Duke away. Our hearts were broken, but we loved Duke and wanted what was best for him.

Eddie's farm was situated on the other side of town. A few days had passed as I awakened from my dream about Duke, and I went downstairs. There was Duke in the kitchen with our family's arms around him. I could not believe that he was

*"This has been a difficult story for me to write, because even though 58 years have gone by, the tears still come to my eyes."*

home again. My dream had become a reality! I kissed and hugged him with tears in my eyes. Dad gave Duke something to eat and drink after his long journey. Our happiness would be ended too soon.

Eddie was driving up to our door with his pick-up truck. How Duke ever found his way back home we'd never know. I think that the separation from us must have been worse for him. Many tears flowed again at our kitchen window as Duke was taken away. This time, Eddie put a chain around his neck, but to our surprise, Duke broke it and came home again. "Can't we keep him, Mom?" we all pleaded. As much as Mom wanted to, she had to let Eddie take him again, as many more tears were shed at our kitchen window.

Duke never returned to us. Eddie took good care of him, but had to put a stronger chain on him until he came to realize that the farm was his new home. Over the next few years, Mom would often slowly drive by Eddie's house so that we could see Duke on the farm, and that he was content and happy. As we passed by, with our faces pressed to the side window of the car, we looked at Duke and wanted to stop and hug him, but we

did with our loving hugs. How gentle he was with all of us.

Eddie, a nearby farmer, had told my Mother that if she ever wanted to give him to someone, he would love to have Duke for his dog. Little did we all know what was ahead, and how hearts can be broken, even at an early age.

Duke had grown into a very large dog, and unfortunately he loved to chase cars as they drove by our house. Mother tried to discipline Duke, but he wouldn't stop chasing cars, and she was afraid that eventually he would be hit by one of them. It was a blessing that traffic was light in those days.

Eddie was a wonderful, soft-spoken man, with a gentle spirit. Mother decided that it was time for

*(Continued on page 6)*



The celebrated novel by British writer Ian McEwan "Atonement" was made into a movie last year, receiving numerous awards. The film stars James McAvoy and Keira Knightly as tragic lovers Robbie Turner and Cecelia Tallis. The story is set against the backdrop of World War II Britain and includes a stunning visual depiction of the evacuation of Dunkirk, France.

### Movie Day: *Atonement*

An adolescent crush and a heinous crime lead to the destruction of a young couple's dream of a future. One languid summer day just prior to England's entrance into World War II, a precocious young teen with a vivid imagination, Briony Tallis (portrayed by 3 different actresses as she ages, including Vanessa Redgrave) witnesses a crime on her parents' estate. Briony accuses Robbie Turner, the son of the gardener for whom she has nursed a crush and who is — Briony has recently discovered — her older sister Cecelia's lover. As the years pass and war rages, Briony must find a way to atone for her childish misdeeds. Adapted from the novel by Ian McEwan.

*(Rated R for sexual situations and war violence.)*

**Showing on Wednesday, June 18 at 1 pm at the EBCOA.**

☑ The EBCOA van is available for transportation to this event.

## COMMUNITY YARD SALES



### *Partners in Education Yard Sale*

East Bridgewater Partners in Education (P.I.E.) is holding its first yard sale/silent auction/family festival on June 7 from 9—3 on the Town Common and High School. The organization is seeking donations of raffles, silent auction items, food and talent (such as Dee Jay service, face painting, balloon making and pony rides). Volunteers to help with the activities are also needed. Yard Sale item donations will be collected on June 6. For more information contact Paula Lewis at 508-690-1004, Melissa Gorman at 508-690-2304 or Brenda Mitchell at 508-378-9179.

### *Riddell Road Yard Sale*

The Riddell Road residents are holding a yard sale at the Riddell Road Community Building on Saturday June 21 from 9—4. Come out for some super deals!

### *White Pine Village Yard Sale*

The residents of White Pine Village off Central Street (near Route 27) are holding a yard sale on Saturday, June 21 from 9—3. Lots of great stuff!

### *Senior lunches*

The last Senior Lunch at the Middle School before the summer will be on Thursday, June 5. The lunches will resume in September when school is in session.

### *Mall Trip*

The EBCOA van will be taking a trip to the Hanover Mall on Wednesday, June 25, with a stop for lunch on the way home. Call the EBCOA to sign up. Pick ups begin at approximately 9:30 am.







## Happy Birthday

William O'Connell	June 2
Hubbard Jordan	June 14
Mary Brooks	June 19
Virginia McCarthy	June 19



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

June 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Food Pantry</b> 2 3- 4:15 pm @ St. John's Catholic Church</p>	<p><b>Errand Van</b> 3 <b>Busy Hands</b> 1 pm @ EBCOA</p> <p><b>Melodians Rehearsal</b> 1-3 pm @ Riddell Road Community Bldg</p> <p><b>COA Meeting</b> 6 pm @ EBCOA</p>	<p><b>Blood Pressure Clinic</b> 4 1-2 pm @ Prospect St.</p>	<p><b>Shoppers Van</b> 5 (Pick-ups begin @ 8:15 am)</p> <p><b>Exercise/Dance Class</b> 10 am @ Riddell Road</p> <p><b>Last Senior Lunch for Summer</b> 12:45 @ Middle School</p> <p><b>Tai Chi</b> 2:30 @ Riddell Rd.</p>	<p><b>Bowling</b> 6 9 am @ Viking Cost: \$5.25</p> <p><b>Cribbage</b> 9 am @ EBCOA</p>
<p><b>Congratulations EB High Graduates!</b>  Sunday, June 1</p>	<p><b>Errand Van</b> 10 <b>Blood Pressure Clinic</b> 11-12 @ EBCOA</p> <p><b>Busy Hands</b> 1 pm @ EBCOA</p>	<p><b>Food Pantry</b> 11 12:30 pm @ Union Cong. Church</p>	<p><b>Shoppers Van</b> 12 (Pick-ups begin @ 8:15 am)</p> <p><b>HORIZON'S EDGE CASINO CRUISE</b></p> <p><b>Exercise/Dance Class</b> 10 am @ Riddell Road</p> <p><b>Tai Chi</b> 2:30 @ Riddell Rd.</p> <p><b>Friends of Seniors</b> 7:30 pm @ Library</p>	<p><b>Bowling</b> 13 9 am @ Viking Cost: \$5.25</p> <p><b>Cribbage</b> 9 am @ EBCOA</p>
<p><b>Food Pantry</b> 16 @ St. John's</p> <p><b>Senior Citizen's Club</b> 11:30 @ Comm. Club</p>	<p><b>Errand Van</b> 17 Pick-ups begin @ 9:30</p> <p><b>Caregiver Support Group</b> 10 am @EBCOA </p> <p><b>Busy Hands</b> 1 pm @ EBCOA</p>	<p><b>Movie Day: Atonement</b> 18 1 pm @ EBCOA</p> 	<p><b>Shoppers Van</b> 19 (Pick-ups begin @ 8:15 am)</p> <p><b>TAX STIMULUS PAYMENT OPEN HOUSE</b> 9-12 @ EBCOA</p> <p><b>Exercise/Dance Class</b> 10 am @ Riddell Road</p> <p><b>Tai Chi</b> 2:30 @ Riddell Rd.</p>	<p><b>Bowling</b> 20 9 am @ Viking Cost: \$5.25</p> <p><b>Cribbage</b> 9 am @ EBCOA</p>
<p><b>Happy Father's Day</b> Sunday, June 15 </p>	<p><b>Errand Van</b> 24 <b>Blood Pressure Clinic</b> 11-12 @ Riddell Rd.</p> <p><b>Busy Hands</b> 1 pm @ EBCOA</p>	<p><b>Mall Trip Hanover Mall</b> 25 Pick-ups begin @ 9:30</p> <p><b>Food Pantry</b> 12:30 pm @ Union Cong. Church</p>	<p><b>Shoppers Van</b> 26 (Pick-ups begin @ 8:15 am)</p> <p><b>Exercise/Dance Class</b> 10 am @ Riddell Road</p> <p><b>Tai Chi</b> 2:30 @ Riddell Rd.</p>	<p><b>Bowling</b> 27 9 am @ Viking Cost: \$5.25</p> <p><b>Cribbage</b> 9 am @ EBCOA</p>
<p>23</p>	<p>30</p>	<p>29</p>	<p><b>Flag Day</b> Saturday, June 14 </p>	<p><b>Summer begins</b> Saturday, June 21 </p>

## Many thanks . . .

to all who participated in the S.A.L.T. Council's "Community Spring Fling" on May 17. Despite the "iffy" weather in the early morning, there was a terrific turn-out of community non-profit organizations, town officials and East Bridgewater residents.

Very special thanks to our corporate sponsor, Sachem Skilled Nursing and Rehabilitation Center and Nicole DeCoffe for organizing a team that provided lunch for sale as well as many donated raffles to benefit the Council on Aging.

Also special thanks to Dee Jay Gerry Lapierre and to performer and karaoke host Tom Quigley, who donated his time to the event.

Our appreciation goes out also to Friends of Seniors that donated money from raffled items.

EBCTV Executive Director Russ Hannagan deserves a round of applause for creating public service announcements on-the-spot for the or-

## "Duke" by Mary MacPherson

(Continued from page 3)

drove on so that he would not see us. Eddie kept in touch with us; Duke was adjusting to his new home, but we really missed him.

This has been a difficult story for me to write, because even though 58 years have gone by, the tears still come to my eyes.

As time passed, we had other dogs, but none captured my heart as Duke had.

Some dreams do come true, but hearts can be broken and sometimes never fully heal. ♦



Duke smiles for the camera along with Lorraine, Mary, some neighborhood friends and Mary's brother, Tim (to the left of Duke).

ganizations. The PSAs will air regularly in between programming on the local cable channel.

As always, the Commercial Club amazed us with its generosity and graciousness in allowing us to use its facility and resources.

It is our sincere hope that the many organizations present will benefit from their participation in the event. The S.A.L.T. Council (Seniors and

Law Enforcement Together) plans on making the "Community Spring Fling" either an annual or bi-annual event. ♦



Photo courtesy of EBCTV



Photo courtesy of Justin Graeber

Among the more than 20 non-profit organizations that participated in the "Community Spring Fling" were the Girl Scouts, the Garden Club, the Arts Council, Plymouth County Genealogical Society, Wheels of Time Antique Car Club and the Old Colony YMCA.

Above left: A member of the EBCTV High School Cable Club does some face painting. The event was open to all ages.

Left: The organizations present were able to film public service announcements on-the-spot courtesy of EBCTV. Russ Hannagan (far right) poses with his Cable Club from the High School.

### 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 \$31,200 for a single person and \$42,000 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 the EBCOA 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. The EBCOA has a SHINE counselor (Serving the Health Information Needs of Elders) available by appointment only. Call Nancy Hill at the EBCOA to make an appointment.



NEW TRIP  
ADDED!

## Upcoming Daytrips

Sponsored by the East Bridgewater COA

### Horizon's Edge Atlantic Casino Cruise from Lynn, Mass.

SEATS STILL AVAILABLE! Thursday, June 12

Cost: \$40 per person ~ \$10 CASH BACK; Pick up: 9 am; Return: 6 pm

Featuring onboard entertainment, \$10 cash bonus, luncheon buffet, casino gambling.

### Martha's Vineyard Excursion

Tuesday, July 15

Cost: \$70 per person; Pick up: 9 am; Return: 7 pm

Featuring Island Queen Ferry, Martha's Vineyard island tour, shopping in Edgartown, dinner at Country Buffet.

### NEW: Maine Lobsterbake @ The Clambake Restaurant

Thursday, August 14

Cost: \$60 per person; Pick up: 8:30 am; Return: 5:30—6 pm

Featuring a scrumptious lobster feast in Scarborough (chicken may be substituted), shopping and a visit to Nubble Lighthouse in York.

### Mohegan Sun Casino, Uncasville, Connecticut

Tuesday, August 19

Cost: \$25 per person; Pick up: 7:30 am; Return: 5:30—6 pm

Featuring \$10 meal voucher, two \$5 bets & shopping.

### New Hampshire Turkey Train

Thursday, September 25

Cost: \$63 per person; Pick up: 8 am; Return: 5:30 pm

Featuring a scenic train ride through autumnal White Mountains, a full course turkey luncheon onboard, local sightseeing and foliage tour.

### A Salem Cross Christmas, Western Massachusetts

Wednesday, December 10

Cost: \$60 per person; Pick up: 9 am; Return: 7:30 pm

Featuring luncheon at Salem Cross Inn, shopping at Oakwood Farm Christmas Barn, Bavarian Christmas Village (Yankee Candle) & Bright Nights Display

Call the EBCOA office to sign up for any of these trips. •Please note: There will be no seats available on the buses on the day of a given trip for those who have not pre-registered and prepaid. All attendees must be pre-registered and prepaid. All pick-ups and drop-offs will be at the **Commercial Club on Neilson Avenue**. Ample parking provided.

# Homemade Dollhouse Raffle to be held June 29

**E**ast Bridgewater senior artisan John Hartry has created a beautiful dollhouse that will be raffled off to benefit a local team participating in the Susan G. Komen Three Day Breast Cancer Walk. Mr. Hartry is sponsoring the BC Angels. He has created a lovely work of art that will be the pride of any child or adult who owns it. The house comes with three rooms of furniture. Raffle tickets are \$1 each or six for \$5 and are available at the EBCOA office where you may also view color photographs of the dollhouse. The raffle will be held on June 29 and the winner will be notified by telephone. ♦



*A dollhouse created with love and care by John Hartry*



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*To the home of:*