

WESTWOOD COUNCIL ON AGING NEWSLETTER

Co-Sponsored by The Friends of Westwood COA

**60 NAHATAN STREET
WESTWOOD, MA 02090
781-329-8799**

JULY 2010

FROM THE DIRECTOR'S DESK

The 4th of July is here. It is a special time to remember our country and how lucky we are to live here. We certainly have a great deal to be thinking about. Our country is at war. Our young men and women are fighting to keep us safe and many paying a high price to do so. Unfortunately, history often repeats itself. This month, the COA is offering a four-part series, presented by Professor Gary Hylander, on World War II. The first session will be held on July 8th and will discuss Pearl Harbor. The second is scheduled for July 22nd – the subject will be D Day. Each session will explore war and how it impacts our lives. Please feel free to call 781-329-8799 to register for these sessions. I trust that you will enjoy this month and think of a young man or woman who now serves to keep our country free.

Sincerely,
Pat Carty-Larkin
Director, Westwood COA

HESSCO HOT LUNCH Served Monday to Friday

The Council on Aging serves a nutritious hot lunch Monday through Friday. This program is provided through H.E.S.S.C.O. A donation of \$2.50 per person is suggested. Transportation is available, but please call Rita at least 48 hours in advance to place your reservation. You can reach Rita at (781) 329-6514.

SHINE REPRESENTATIVE

SHINE representative Lorie Howell will be available to help you sort through the complexities of Health Insurance issues. This free service will be available the first **Tuesday** of every month. Be sure to call to schedule your appointment between 10:00 am and 12:00 pm.

SENIOR SUPPER

**The Senior Supper is sponsored by the
Westwood Young Women's Club**

July 28, 5:00pm

\$4.00

The menu will be announced. Seats are limited. Reservations will be taken on July 1st on a first-come, first-served basis.

CHECK THE EXPIRATION DATE ON YOUR DRIVER'S LICENSE

Reminders to renew your license are no longer being mailed. Check the expiration date on your license, and be sure to renew it before its expiration date.

Registration required for all events. To register, or for more information on any of these activities, please call (781) 329-8799

CLASS SCHEDULE

Computer for Beginners Westwood residents \$10.00
non-residents \$15.00
Tuesdays July 6, 13, 20, 27 10:00am-11:45am

Learn formatting, editing, create a simple table and a card using *Microsoft Word*; sample the Internet.

Surf the Internet FREE

This introduction to the many facets of searching the WEB is available to seniors who want to learn the Internet. This is a hands-on class. Bring your own laptop, or use our computers. **A variety of days and times are available!** Call to reserve your one-on-one session.

Book Club

FREE

Wednesday July 28 2:00pm
Book discussion is listed below
The African Queen C.S. Forester
Please come by to share your thoughts and meet some friends. We are always looking for people to join our group.

Writing Group

FREE

Wednesday July 14, 28 2:00pm
Share your thoughts and meet new friends.

EXERCISE, ETC.

Bowling League

Mondays July 12, 19, 26 9:30am
Join the Senior Bowling League, meet new friends, and have fun while exercising for your health! We meet at the Norwood Bowling Alley.

EXERCISE, ETC.

Low Impact Exercise \$2.00/session
Mondays July 12, 19, 26
Wednesdays July 7, 14, 21, 28 1:00pm
Low impact exercise class.

REIKI and FULL SPECTRUM HEALING

Thursday July 1 1st session Free
then \$25.00/session
Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of forty-five minutes on *the first Thursday of each month*. Clients are fully clothed and may either sit or lie down.

TAI CHI

\$3.00/session

Tuesdays July 6, 13, 20, 27 1:00pm
Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

Walk-Fit- Cardio-Strength Training

\$3.00/class

Tuesdays July 6, 13, 20, 27 **8:30 AM**

THURSDAYS July 8, 15, 22, 29
Join Eileen for this strength training class. Good for balance and posture, and to help increase your well being. Please bring water and a 1 or 2 lb weight.

Cleaning for a good reason ...

There are cleaning services that provide FREE housecleaning for any woman currently undergoing chemotherapy. They will come 1 time per month for 4 months while she is in treatment. Just sign up and have the doctor fax a note confirming the treatment. Cleaning for a Reason will have a participating maid service in her zip code area arrange for the service.

The web address is:

<http://www.cleaningforareason.org>

This organization is nationwide and currently has more than 500 partners to help these women. It's a newly formed non-profit, providing cleaning services to women with any type of cancer.

Time is a great teacher, but unfortunately it kills all its pupils ... - Louis Hector Berlioz

Last night I lay in bed looking up at the stars in the sky and I thought to myself, where the heck is the ceiling.
Anonymous

Chair Yoga **\$2.00/session**
 Tuesdays July 6, 13, 20, 27 9:00am
 Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited.

Outdoor Walking
 Tuesdays July 6, 13, 20, 27 9:00am
 Thursdays July 1, 8, 15, 23, 29
 Walk with friends at the Westwood High School track. Good for your health and happiness!

Registration required for all activities. Register at the Senior Center or call 781-329-8799

PROGRAMS

BOSTON AQUARIUM PRESENTATION
FREE

Wednesday July 7 10:00am
 John Masterson will present a lecture on the Boston Aquarium. John has volunteered there for 36 years and has many interesting pictures and stories about the thousands of creatures that live in and around the water. Please join us for this fun and informative talk.

GARY HYLANDER
FREE

Thursday July 8 10:00am
 Thursday July 22 10:00am
 Another wonderfully entertaining and informative presentation offered in two parts by Professor Gary Hylander. On July 8th Gary will discuss Pearl Harbor, and on July 22nd, he will discuss D-Day.

LEGAL ADVICE (by appointment, only)
FREE

Wednesday July 7 9:00
 Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors. She provides one-on-one counsel the first Wednesday of each month.

HOW TO TALK TO YOUR DOCTOR
FREE

Wednesday July 14 10:30am
 Learn how to use your time productively when visiting your doctor. Learn how to be prepared, and know what questions to ask first. Doctor's limit your appointment time and each minute is precious. This session will give you ideas on just how to prepare for your visit.

ENTERTAINMENT

BINGO

Thursdays July 1, 8, 15, 22, 29 1:15-2:45
 Seniors are invited to play Bingo every Thursday afternoon. Join us and bring a friend!

MOVIES

ALL MOVIES SHOWN AT 2:00 pm on TUESDAYS

July 6	A League of Their Own	Geena Davis Tom Hanks	1992
July 13	The Young Victoria	Emily Blunt	2009
July 20	Royal Wedding	Fred Astaire Jane Powell	1951
July 27	The African Queen	Humphrey Bogart Katharine Hepburn	1951

PLEASE LET US KNOW OF ANY MOVIES YOU WOULD LIKE TO SEE.

TRIPS

JULY TRIPS and EVENTS

LAKE WINNIPESAUKEE & LAKES REGION
One hour Scenic Cruise

Tuesday July 13 \$85.00 all inclusive
 Enjoy a 1-hour scenic cruise out of Weirs Beach; luncheon meal at The Lakehouse, Meredith, NH; and visit Castle in the Clouds. \$85.00 pp includes transportation, cruise, lunch & Castle in the Clouds visit.

SENIOR SUPPER

\$4.00

Wednesday July 28 5:00pm

Seats are limited. Reservations will be taken on July 1st on a first come, first served basis. This dinner is sponsored by the Westwood Young Women's Club.

A person with a new idea is a crank until the idea succeeds.

Mark Twain

TRIPS (continued)

AUGUST TRIPS and EVENTS

LOBSTERBAKE – SCARBOROUGH, MAINE

Thursday August \$75.00 all
26 inclusive

Savor a lobsterbake in Scarborough, Maine, then sit back and enjoy a bus tour of Kennebunkport's city of lovely gardens and shrines of the Franciscan Monastery. Also includes luncheon, city tour and transportation.

SEPTEMBER TRIPS and EVENTS

RAIL and SAIL

\$85.00

Thursday September \$85.00 all
16 inclusive

Board the Winnepesaukee Railroad for a 1.5 hr excursion...then come on board the M/S Mount Washington for a beautiful scenic cruise on the Lake. On board luncheon buffet and live entertainment: "Rock, Roll & Remember".

Meal choice buffet includes: Carved Prime Rib, Haddock, roasted potatoes, vegetables, salad, assorted dessert tray.

Meal choice: Baked Scrod,
Chicken Breast or Pork Loin
Salad, potato, vegetable
Dessert, coffee/tea.

What a way to spend a wonderful summer day!

Wish I'd said that.....

The man who smiles when things go wrong has thought of someone to blame it on. -
Robert Bloch

SENIOR CITIZENS and the INTERNET

Senior Citizens Reduce Depression with Internet Use

Getting more seniors Online could trim billions from US health costs, says Phoenix Center

Oct. 15, 2009 – If you are reading this story on a computer, chances are you are reducing your chances of depression. Spending time online reduces depression by 20 percent for senior citizens, the Phoenix Center reports in a new Policy Paper released today. In addition to the quality of life benefits, reducing the cases of depression through widespread Internet use among older Americans could trim the nation's health care bill.

"Maintaining relationships with friends and family at a time in life when mobility becomes increasingly limited is challenging for the elderly," says Phoenix Center Visiting Scholar and study co-author Dr. Sherry G. Ford, an Associate Professor of Communications Studies at University of Montevallo in Alabama.

"Increased Internet access and use by senior citizens enables them to connect with sources of social support when face-to-face interaction becomes more difficult."

The implications of the findings are significant because depression affects millions of Americans age 55 or older and costs the United States about \$100 million annually in direct medical costs, suicide and mortality, and workplace costs.

The Pew Internet & American Life Project estimates that only about 42 percent of Americans aged 65 or more use the Internet, far below the adoption rate of other age groups. Given the relatively low adoption rates by seniors, the study concludes that the

OCTOBER TRIPS and EVENTS

FALL FOLIAGE TRAIN RIDE

through NEW HAMPSHIRE'S MOUNTAINS and LAKE REGIONS

Friday October 1 \$95.00 all inclusive

Join us for a beautiful four hour foliage train ride and luncheon at the Common Man Inn. Your \$95.00 includes buffet luncheon featuring

roast beef & turkey;
homemade breads, salads,
cheese cake, coffee/tea.

All aboard for a memorable trip through New Hampshire's mountains and lakes region

SENIOR CITIZENS and the INTERNET

(continued)

the Elderly, examines survey responses of 7,000 retired Americans 55 years or older. (Editor's Note: people are generally considered to become senior citizens when they reach age 65. The author's of this study say age 55 is "the common age cut off for studies of the elderly.")

The data was provided by the Health and Retirement Study of the University of Michigan and screened to exclude respondents who were still working and also those living in nursing homes in order to limit possible variations that might skew the findings.

These limitations reduced the size of the sample from the initial 22,000 to 7,000, but that is still far larger than all previous efforts to consider the effect of Internet use on psychological well-being of the elderly population. Unlike many existing studies on the benefits of broadband, the statistical methodologies used in the analysis aim to determine causal effects and not simply measure correlations.

opportunity for better health outcomes from expanded Internet adoption is substantial. Further, with billions spent annually on depression-related health care costs, the potential economic savings also are impressive.

"Efforts to expand broadband use in the U.S. must eventually tackle the problem of low adoption in the elderly population," says study Phoenix Center Chief Economist and study co-author Dr. George S. Ford. "The positive mental health consequences of Internet demonstrate, in part, the value of demand stimulus programs aimed at older Americans."

The Policy Paper, Internet Use and Depression Among the Elderly, examines survey responses of 7,000 retired Americans 55 years or older. (Editor's Note: Phoenix Center President Lawrence W. Spiwak says, "This is the most advanced statistical analysis on the social impacts of broadband to date, and the most believable. If policymakers want better data analysis, they now have it. The study raises the bar for credible statistical analysis when formulating broadband policy."

Phoenix Center Policy Paper No. 38: Internet Use and Depression Among the Elderly, may be downloaded free from the Phoenix Center's web page at: <http://www.phoenix-center.org/pcpp/PCPP38Final.pdf>.

The Phoenix Center is a non-profit 501(c)(3) organization that studies broad public-policy issues related to governance, social and economic conditions, with a particular emphasis on the law and economics of telecommunications and high-tech industries.

Source: Phoenix Center for Advanced Legal & Economic Public Policy Studies - Web Site: <http://www.phoenix-center.org/>

DID YOU KNOW.....

The Ruby is the gem for July, and the water lily is the flower.

American troops occupied San Juan Hill in the Spanish-American War, July 1, 1898.

President James Garfield shot, July 2, 1881.

DID YOU KNOW..... (continued)

Thurgood Marshall, first black justice of the Supreme Court of the United States, born July 2, 1908.

Continental Congress adopted the Declaration of Independence, and John Hancock signed it, July 4, 1776.

Nathaniel Hawthorne, American author, born July 4, 1804.

HESSCO ELDER SERVICE - JULY MENU

Reservations must be made at least 2 days in advance. Call Rita at (781) 329-6514. Envelopes for your home-delivered meals' confidential donations will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
CONFIDENTIAL DONATION IS \$2.50 PER MEAL			REDUCED SODIUM HOT DOGS VEGGIE BAKED BEANS HOT DOG ROLL ROMAN BLEND VEG PINEAPPLE	PIER 17 FISH TARTAR SAUCE PARLSEY MASHED ESCALLOPED TOMATO >WHOLE WHEAT BREAD #PUDDING
			<i>CALORIES:403 SODIUM:1054</i>	<i>CALORIES: 340 SODIUM:486</i>
5	6	7	8	9
4th of JULY SENIOR CENTER CLOSED NO MEAL DELIVERY	GREEK MEATBALLS BUTTERED NOODLES JARDINIERE VEG >MULTGRAIN ROLL #STRAWBERRY ROLL	ROAST PORK APPLE GRAVY RED BLISS POTATO DICED CARROTS >FRUIT MUFFIN APPLESAUCE	MEATLOAF MUSHROOM GRAVY MASHED POTATO GREEN BEANS >WW BREAD FRESH APPLE	CHICKEN ALA KING FLUFFY RICE PEAS DINNER ROLL MANDARIN ORANGES
<i>CALORIES 383 SODIUM: 512</i>	<i>CALORIES:509 SODIUM:676</i>	<i>CALORIES:328 SODIUM:155</i>	<i>CALORIES:459 SODIUM:307</i>	<i>CALORIES: 490 SODIUM:285</i>
12	13	14	15	16
BEEF RIGATONI ITALIAN BLEND VEG >WW ROLL PEARS	TURKEY STEW WITH VEGETABLES GARLIC MASHED POT DINNER ROLL #PUDDING	SHEPHARD'S PIE MIXED VEGETABLE >WW BREAD #COOKIE CALORIES:503 SODIUM:368	Kale Soup Potato Salad Cole Slaw Chicken Salad Sandwich	LEMON DILL FISH CONFETTI RICE SUMMER BLEND VEG >FRUIT MUFFIN PEACHES
<i>CALORIES: 262 SODIUM:460</i>	<i>CALORIES:391 SODIUM:209</i>	<i>CALORIES:503 SODIUM:368</i>	<i>CALORIES: SODIUM:</i>	<i>CALORIES: 429 SODIUM:469</i>
19	20	21	22	23
PORK PATTY SAND HOT GERMAN SLAW SCALLOPED POTATO HAMBURG ROLL #PUDDING	MINISTRONE SOUP BONELESS ORANGE TARRAGON CHICKEN FLORENTINE RICE >WW ROLL FRESH APPLE	MACARONI & CHEESE ESCALLOPED TOMATO DINNER ROLL MIXED FRUIT	ROAST TURKEY/GRAVY MASHED POTATO >WHOLE ROLL # CUPCAKE	BEEF & BROCCOLI DIRTY RICE >MULTIGRAIN ROLL PEARS
<i>CALORIES: 359 SODIUM: 476</i>	<i>CALORIES: 399 SODIUM:376</i>	<i>CALORIES:483 SODIUM: 674</i>	<i>CALORIES:361 SODIUM:576</i>	<i>CALORIES: SODIUM:</i>
26	27	28	29	30
CHICKEN CACCIATORE BUTTERED PENNE GENOA STYLE VEG	AMERICAN CHOP SUEY TUSCANY BLEND VEG	HAPPY BIRTHDAY HONEY MUSTARD CHICKEN O'BRIEN POTATO	BEEF STEW MASHED POTATO >WW ROLL FRESH APPLE	FISH SANDWICH TARTAR SAUCE BEANS & RICE HAMBURG ROLL

WHEAT B READ MANDARIN ORANGES	>FRUIT MUFFIN #PUDDING	COUNTRY STYLE VEG >WW BREAD #BIRTHDAY CAKE		PEAS & CARROTS PINEAPPLE
<i>CALORIES: 393</i> <i>SODIUM: 293</i>	<i>CALORIES:209</i> <i>SODIUM: 330</i>	<i>CALORIES:385</i> <i>SODIUM: 198</i>	<i>CALORIES:442</i> <i>SODIUM:267</i>	<i>CALORIES:435</i> <i>SODIUM:518</i>

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.
Sodium and calories listed above are for entrees only. A donation of \$2.50 is greatly appreciated.
SYMBOLS: >High Fiber, *Added Salt, #Added Sugar, Modified Desserts are available.

**ACTIVITIES CALENDAR
JULY 2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:00 Outdoor 9:00 Walking 9:30 Reiki Healing 1:00 Wii Games 1:15 Cribbage 1:30 BINGO Knit & Crochet	9:30 Roche Bros 10:00 Coffee Hour 11:30 Rubber Bridge
5	6	7	8	9
4th of July SENIOR CENTER CLOSED	8:30 Walk-Fit 9:00 Outdoor Walking 9:00 Chair Yoga 9:00 SHINE REP. 10:00 Quilting 1:00 Tai Chi 2:00 Movie	9:00 Free Legal Advice 11:30 Dup.Bridge/Fox. 1:00 Exercise Class	8:30 Walk-Fit 9:00 Outdoor Walking 9:30 Wii Games 10:00 GARY HYLANDER 1:00 Cribbage 1:15 Bingo 1:30 Knit & Crochet	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rubber Bridge
12	13	14	15	16
9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group	8:30 Walk-Fit 9:00 Outdoor Walking 9:00 Chair Yoga 9:30 Braintree Mall 10:00 Quilting 1:00 Tai Chi 2:00 Movie	10:00 TRIP TO QUINCY HOUSE 10:30 HOW TO TALK TO YOUR DOCTOR 11:30 Duplicate Bridge at Foxboro 1:00 Exercise Class 2:00 Writing Group	8:30 Walk-Fit 9:00 Outdoor Walking 9:30 Wii Games 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Shaw's Mkt 10:00 Coffee Hour 11:30 Rubber Bridge 1:30 Bridge
19	20	21	22	23
9:30 Bowling League 10:00 Ladies Craft Grp 1:00 Exercise Class 1:00 Whist Group	8:30 Walk-Fit 9:00 Outdoor Walking 9:00 Chair Yoga 9:30 WALPOLE MALL and WALMART. 10:00 Quilting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 11:30 Duplicate Bridge at Foxboro 1:00 Exercise Class	8:30 Walk-Fit 9:00 Outdoor Walking 9:30 Wii Games 10:00 GARY HYLANDER 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Roche Bros. 10:00 Coffee Hour 10:00 Rubber 11:30 Bridge
26	27	28	29	30
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group	8:30 Walk-Fit 9:00 Outdoor Walking 9:00 Chair Yoga 9:30 Braintree Mall 10:00 Quilting 1:00 Tai Chi 2:00 Movie	11:30 Dup.Bridge/Fox. 1:00 Exercise Class 2:00 Book Club 2:00 Writing Group 5:00 SENIOR SUPPER	8:30 Walk-Fit 9:00 Outdoor Walking 9:30 Wii Games 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet	9:30 Hannaford's Mkt 10:00 Coffee Hour 11:30 Rubber Bridge

**BLOOD PRESSURE CLINIC,
SENIOR CENTER**

**Town Public Health Nurse –
(781) 251-2576**

July 21 – 9:00-11:30

SENIOR TRANSPORTATION SERVICES

Shoppers' Bus for Westwood residents is available on most Tuesdays to local Shopping Malls, and on most Fridays for food shopping. Participants are restricted to 4 shopping bags per person.

JULY	DATE	DESTINATION	PICK-UP	FEE
	2	Roche Bros	9:30am	\$2.00
	9	Hannaford's Market	9:30am	\$2.00
	13	Braintree Mall	9:30am	\$2.00
	16	Shaw's Market	9:30am	\$2.00
	20	Walpole Mall & Walmart	9:30am	\$2.00
	23	Roche Bros	9:30am	\$2.00
	27	Braintree Mall	9:30am	\$2.00
	30	Hannaford's Market	9:30am	\$2.00

The COA will make 2 trips daily for food shopping if we have more than 6 seniors registered. Seniors on a waiting list will go shopping at 10:30a.m. and be picked up at noon for return home.

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will only take two reservations per telephone call. This bus is basically for seniors who do not drive, and reservations are on a first-come, first-served basis. All Westwood Glen residents will be picked up at Building #2. Highland Glen residents will be picked up at the flagpole. Local residents will be picked up at their homes. Suggested donation for this service is \$2.00.

Council on Aging Board Members

Chairperson
Edie McCracken
Vice-Chairperson
Robert Folsom
Members
Betty Connors
Margaret Dullea
William Galvin
Mary Gens
Irene MacEachern
Colleen Messing
Patricia Davies Verzino

Director
Pat Carty-Larkin

Friends of Westwood
Council on Aging
60 Nahatan Street
WESTWOOD, MA
02090

NONPROFIT
ORGANIZATION
U.S. POSTAGE PAID
WESTWOOD, MA 02090
PERMIT #16

Transportation is available for residents who would like to attend the Blood Pressure Clinic at the COA Senior Center on the 3rd Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

If you are in need of a home visit, or have any questions about the program, please call the Westwood Board of Health office at 781 251-2576.

FISH volunteers are also available for some assistance to medical appointments. We have some volunteers available for local calls, but very limited service to Boston.

Medical Transportation for Westwood residents to medical appointments, within a 10-mile radius, is available between 9:30am and 1:30pm, Monday through Friday. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781 329-8799.

Medical Transportation to Boston: Rides are available through the Foxfield Taxi Service, 1-800-585-8294, for \$25.00. Twenty-four hours notice is required, and the rides are available only on Mondays and Wednesdays.

Westfare Taxi Vouchers are available to eligible seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. Jean Stahl, COA Outreach Worker, administers this program. For more information, call Jean on Monday, Tuesday or Thursday at (781) 329-8799.

COME VISIT THE QUINCY HOUSE

The COA van trip will leave at 10 AM on Wednesday, July 14th, for a ½ day trip to visit this historic house. We will have about a 1-hr tour, stop for a light snack (cost on our own), and then return to the senior center at about 1:30 PM. SEATS ARE LIMITED and cost of the trip is \$5.00 per person.

Built as a country estate in 1770, the Quincy House was originally surrounded by fields and pasture overlooking Quincy Bay. Its elegant architectural details, including a Chinese fretwork balustrade and classical portico, befit the status of the man who built it, the Revolutionary War leader Colonel Josiah Quincy.

Among the house's unusual features is its “monitor,” or half-story space above the roof with small windows on all sides. From this prospect Colonel Quincy had a clear view of shipping lanes in and out of Boston Harbor, and during the months leading up to the Revolution, he spent hours watching troop movements. On October 10, 1775, he scratched “Governor Gage sail'd for England with a fair wind” into one of the windows of the monitor roof. That pane of glass was carefully preserved by the family, and is on display in the Quincy House today.

For generations, the Quincys, like the Adamses, to whom they were related, played important roles in the social and political life of Massachusetts. The family produced three mayors of Boston and a president of Harvard. Much of the historical information pertaining to the house and family was documented in the early 1880s by Eliza Susan Quincy. She kept journals, inventoried the contents of the house, commissioned photographs of the interior, and persuaded relatives to return heirlooms so that the house could become a repository of Quincy family history.