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Music is My Heart and Soul



By Marie Fricker

Church pianist Leona Mae Puckett and her husband Arlon, a saxophonist and WWII Army vet, wanted their oldest son to learn classical piano and go on to college to become a doctor. But the first tune that 6-year-old Gary Puckett pounded out on the ivory keys in 1948 was not the delicate notes of a Mozart concerto, but the foot-stomping strains of Little Richard's "A Whole Lotta Shakin' Goin' On."

"Music is my heart and soul," said Puckett, who rose to stardom in the sixties with his soft rock band, Gary Puckett and the Union Gap. "I can't say any one artist was my inspiration because I loved them all—Elvis, the Platters, the Beatles, Chuck Berry, The rolling Stones, the Temptations. I could go on forever."

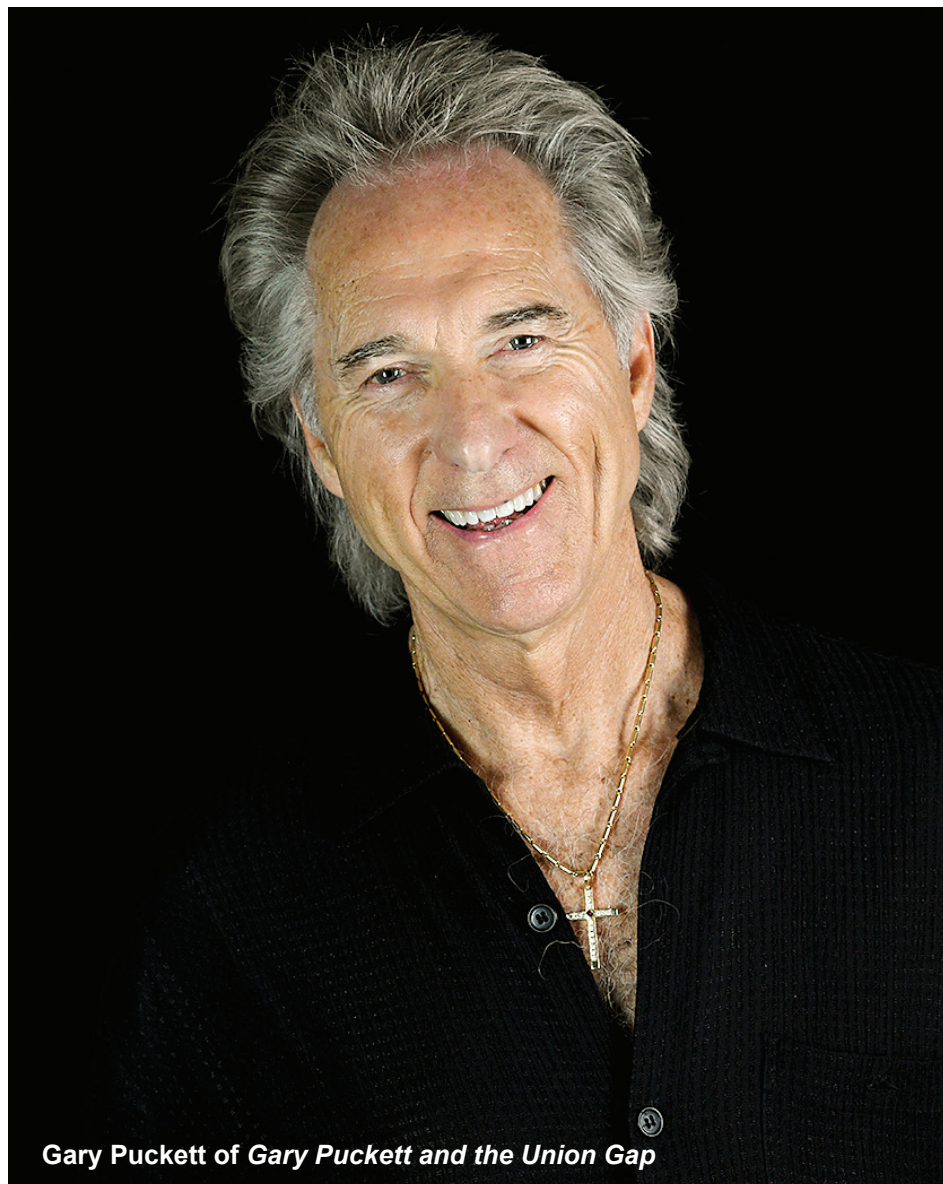
Puckett and his four siblings grew up in Yakima, Washington, near a little town called Union Gap, a name he would later adopt for his Civil-War themed band. From 1967 to 1970, the group topped the Billboard Charts with songs like "Woman, Woman," "Young Girl," and "Lady Willpower," and sold 17 million records.

Today, at a fit and healthy 77, Puckett lives in Clearwater, Florida with his wife Lorrie. They have two grown children and three much-adored grandchildren living just minutes away.

"Before the pandemic hit, my band was doing 50-60 dates a year," said Puckett. "And we definitely will be again. It's in my blood, and without it, I feel like something's missing."

Puckett's earliest brush with rock and roll began with the discovery of a

Gary Puckett... continued on p.21



Gary Puckett of Gary Puckett and the Union Gap



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Attorney Alexis B. Levitt re-elected to board of the Massachusetts Chapter of the National Academy of Elder Law Attorneys

NORWELL - The Massachusetts Chapter of the National Academy of Elder Law Attorneys (MassNAELA) has announced that Alexis B. Levitt has been re-elected as a Clerk of the organization for 2021.

Attorney Levitt practices Elder Law, Special Needs Planning, Veterans Benefits, and Estate Planning with offices at 167 Washington Street, Norwell, Massachusetts. Attorney Levitt has been a member of MassNAELA since January 2005.

Founder of the Law Office of Alexis B. Levitt, Attorney Levitt focuses on the areas of elder law, special needs planning, veterans benefits, and estate planning. She enjoys helping seniors, veterans, special needs individuals, and families of all ages find solutions to their most pressing problems. She is a VA-accredited attorney, sits on the Board of Directors of MassNAELA, sits on the Board of Directors of the Norwell Senior Center, and mentors new attorneys through MassNAELA and through the Women's Bar Association Elder Law Project.

She has won the MassNAELA President's Award twice, and she is the MassNAELA liaison to the Massachusetts Coalition for Serious Illness Care. To learn more about her, visit her website at www.alexislevitt.com.



Established in 1987, the National Academy of Elder Law Attorneys (NAELA) is a non-profit association that assists lawyers, bar organizations, and others who work with older clients, individuals with special needs, and their families. Members of MassNAELA are attorneys who are experienced and trained in working with the legal problems of aging Americans



and individuals of all ages with disabilities in Massachusetts. The mission of the National Academy of Elder Law Attorneys is to establish NAELA members as the premier providers of legal advocacy, guidance, and services to enhance the lives of people with special needs and people as they age. NAELA currently has more than 4,900 members in the US, Canada, Australia, and the United Kingdom. MassNAELA has over 450 member attorneys in Massachusetts. ∞



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Elder Law & Estate Planning

A Sad Legacy – Larry King! What Is YOUR Legacy?



By Patrick J. Kelleher, Esq.
ElderLawCare.com

HANOVER AND QUINCY – Larry King, the legendary talk-show host, married seven women and had five children with several of them. He died at age 87 on January 23, 2021, after contracting Covid and then succumbing to an infection. Immediately after his death, his estate went straight to probate court. If only he would have followed the advice that any estate-planning attorney could have given him. Estate plans should be regularly reviewed and competently updated, especially any time there are changes to the family.

King married his last wife, Shawn Southwick, in 1997. In 2015, the couple created an estate plan, in which Shawn was named King's trustee and in which the couple signed post-nuptial contracts that limited King's power to leave bequests to his children.

Four years later, in early to mid-2019, King had a stroke, in addition to suffering numerous other grave health problems. Later that year, after over 20 years of marriage, King filed for divorce from Shawn. The divorce was never finalized.

Then, after that, King handwrote a one-page will that purported to leave his property equally among his five children. The document is barely legible and contains words and phrases that were scratched out. Its language is ambiguous. It does not mention Shawn. Later, in 2020, after two of King's children died, he neglected to update the document, which he should have done to direct where the deceased children's shares should go.

On King's death, one of his children, relying on the handwritten document, petitioned to administrate the estate. Wife Shawn challenged, alleging that in later years King had become susceptible to undue influence and that he lacked mental capacity. To further complicate matters, California is a community-property state, meaning that Shawn could have an independent right to fifty percent of any assets acquired during the marriage.

The regrettable consequence of all this, which could have been avoided if King had consulted with an estate-planning attorney, is that the King estate will be tied up in a lengthy, costly, public battle. Not only must the family grieve the untimely deaths of two of the King children and the passing of the family patriarch, but they must also suffer the aspersions cast on King's abilities in his final years.

The moral of the story? If King wanted to change his 2015 estate plan,

he should have consulted an attorney. He never should have created a document that was open to such serious challenge, especially given the number of marriages and children involved, at a time when his health was frail.

King may have been a great and much-lauded figure, but he has left behind an object lesson in why responsible estate planning is so very important. And if you think it matters less for you because you haven't had as many spouses and don't own as much, think again. If you leave your estate open to this kind of happenstance, the money it will cost to fix it later will eat up a greater percentage of what should go to your family instead. Be sure to keep your plan current. Give us a call – we would be happy to help.

About the Author: Patrick Kelleher is an author and Estate Planning & Elder Law attorney and founder of the Elder Law Care Learning center in Hanover, Massachusetts. Patrick has been teaching free educational workshops for over 10 years at his learning center and in surrounding communities. Learn more at elderlawcare.com or follow Patrick Kelleher on Facebook because you will learn a lot! His offices are in Hanover and Quincy. You can find Patrick's new book "How to Avoid the Four-Headed Monster" of Estate Planning & Elder Law on Amazon at <https://www.amazon.com/How-Avoid-Four-Head-Monster-Financial-ebook/dp/B084MB96SK>


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Aging with Sass & Class

By Loretta LaRoche

Not a week goes by without some research being published on the current amount of obesity in the United States. As of today, 68.8 percent of the population is considered to be overweight or obese. Conversely, 795 million people worldwide do not have enough food to lead a healthy, active life. I am not sharing this information to point fingers at anyone about their weight since I have struggled with mine perhaps from the time I was in utero. My ability to transition from looking svelte to appearing box-like has been an ongoing process.

I, like so many others, have tried every diet under the sun; low carb, high carb, high protein, fasting, and on and on. I would lose the weight, exercise, and be so excited with my new self, but then old habits would creep in, or stress from a number of life challenges, and slowly but surely the weight came back on. It has been noted by researchers in the field of obesity that 90% of individuals who lose weight gain it back plus more, especially on so called quick weight loss programs.

I have found that when I attempt to follow what I consider to be a program that eliminates everything I love in lieu of food that tastes like bark, I am bound to fail. It is fascinating how many diet plans are akin to studying to be a hermit living in the woods. I come from an Italian background, so pasta, bread, cheese, and wine were part of almost every dinner. Sometimes there was sausage or meatballs. Vegetables were not omitted. No one was obese, but then no one overate. My grandmother in particular was one for moderation in all things.

Moderation is not rocket science, nor is the fact that most of us know that if we ate less and moved more we would more than likely not have to worry about gaining weight. Unfortunately, we have fallen prey to scams and schemes that seduce us to believe otherwise. We delude ourselves into believing that if we stop eating foods that are categorized as “bad” we are now being “good” and can consider ourselves practically saint like.

Id like to propose a new way of looking at losing weight, one that can help us become healthier and happier. Why not try an altruistic diet? Altruism involves “walking a mile in someone else’s shoes,” and can extend life. What if those of us who need to reduce our poundage consider it an act of “giving and receiving.” I intend to start donating money to an organization that feeds the hungry for every pound I lose. It can be whatever is affordable. But the reward will not only be about the pounds lost but also about the benefits that come from helping our fellow man.

About the Author: Loretta LaRoche is an internationally acclaimed stress expert, humorist, author, speaker, and star of seven one-woman television specials airing on 80 PBS stations across the country. She has spoken internationally to widely diverse clients such as NASA, The New York Times, Microsoft, and a host of other Fortune 500 companies, hospitals and organizations. She has shared the stage with former Presidents Bill Clinton and George Bush, Arianna Huffington, Anthony Robbins, Gloria Steinem, Laura Bush, Mia Farrow and more, before thousands of participants. She is author of seven books, including “Life is Short, Wear Your Party Pants.” Her career path has also included many one-woman shows across the country, and her passion for singing has led her to record and produce a jazz album. Recently, Loretta was on a stadium tour, The Power of Success, in Canada with Tony Robbins. She believes and lives her message, “Life is not a stress rehearsal!” Learn more at her website: www.LorettaLaRoche.com. ∞

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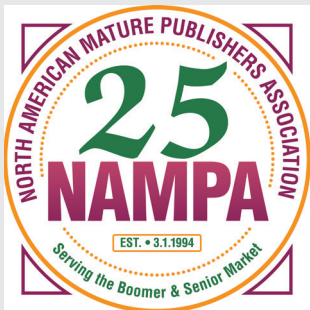
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The Publishers also host and produce a weekly talk radio program, *My Generation*, broadcast on 95.9 WATD-FM, aired Sundays from 7-8:00 PM, and can be streamed live at 959watd.com. Audio archives of each podcast can be found at SouthShoreSenior.com and on iTunes.



Smooth Transition: Knowing Where to Begin



By Wendy Oleksiak
Vice President,
Compass Real Estate

Let’s face it, transitions can be stressful, especially when leaving a house that’s been a home for many years. Whether downsizing or rightsizing, moving is a high-stress life event. There are many tasks that need to be accomplished along the way—organizing, packing, discarding, cleaning, paperwork to tend to—not to mention dealing with emotional ups and downs.

Advance planning is by far the best investment of your time you can make before your move. I suggest these plans are started six months or even a year prior to moving, as this is not too early to begin the process. Once you’ve checked off those planning tasks—decluttering, sorting and packing plans, finding and securing important documents, and getting your children’s stored items out of your house—you’ll be able to start the process in earnest.

Here are a few tips to help you get started.

- Make lists: Begin a separate notebook just for the move. Keep it with you, and whenever you think of something—anything at all related to

the move—write it down. Include to-do lists, a calendar/timeline, things you’re likely to forget, questions about the new residence, floor plans. Even anecdotes or historical notes about possessions, or offhand remarks like “Oh, Aunt Judy would love this tea set.” Although the notebook may not be particularly orderly, at least you’ll know where to find the information.

- Find and get estimates from moving companies. Some fees may be negotiable if you plan ahead and schedule the move for non-peak times.
- Set a firm date for the move.
- Make a floor plan or template of the new home, whether it’s one room or something larger. Be sure measurements are accurate, and reflect placement of doors, windows, appliances, built-in shelves, linen storage, and heater vents. You now know precisely how much space you will have; you don’t need to guess.
- Make a preliminary plan of where major furniture will go in the new place—bed, couch, table and chairs, TV, bookshelf, dresser, and desk, for example. Again, measure carefully. If pieces can serve more than one purpose, all the better.
- If finances allow, think about hiring an organizer. This person can help with all or part of:
 - sorting and decision-making
 - packing
 - arranging the move
 - arranging for charity pick up, garage sale,

- estate sale or consignment shops
- unpacking boxes and arranging new home.
- If pets are involved, be sure to have a plan for them to be moved and accommodated in the new home.
- If needed, change providers for utilities such as gas and electricity.
- Refill prescriptions in advance. It may be easier said than done, but try to stay as relaxed and comfortable as possible as you get started on this journey. Take breaks and reward yourself with a favorite beverage or snack. Listen to music, take a walk, read a book. Make sure you take care of you during this process!

If you have questions or concerns, please reach out by phone, 781-267-0400 or email wendy.oleksiak@compass.com.

About the Author: *Honesty, hard work and professionalism paved the road to Wendy becoming a top selling agent. Her extensive network within the real estate community provides her clients with the competitive advantage and outstanding results. She strives to offer the most personalized, sophisticated and confidential real estate support available. Wendy utilizes the most innovative tools to elevate and create far reaching marketing campaigns for her exclusive properties. As a former Registered Nurse, Wendy understands the importance of trust and accountability in creating a successful partnership. You can count on clear communication, efficiency, and integrity when you work with Wendy. You can reach Wendy at 781-267-0400 or email: Wendy.Oleksiak@Compass.com website: WendyOleksiak.com. ∞*

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SENIOR FITNESS

Get Your Youth On! A Resistance Exercise Reality!




By Rita La Rosa Loud, B.S.

QUINCY – Have you ever forgotten how old you are, then, suddenly, it pops into your head that you are older than what you thought, and it’s quite a shock to your system? I know ... It’s happened to me too! Wouldn’t you love to feel and function like the younger version of yourself again? Some of you may think that’s impossible. However, as someone who has trained older adults for most of my fitness career, I know it to be a reality.

So ... what could be holding you back from feeling like your old self? Is it your current health situation, your diet and eating habits, lack of physical activity (that’s a big one), current weight situation, or your attitude and mindset that are to blame? Perhaps there are some facts you are not aware of that could turn back the hands of time.

Fortunately, there are numerous health benefits seniors can obtain from regular exercise, particularly resistance training, that may help to prevent metabolic disorders and other diseases associated with physical inactivity. For one, did you know that muscle loss is a result of inactive aging and that it can cause bone loss, metabolic decline, fat gain, diabetes, heart disease, and even all-cause mortality? The good news is we can reverse this deluge of degenerative disorders with resistance exercise.

Allow me to present some evidence that might help you to feel young at heart, appear younger-looking, function younger, and conceivably recapture your youth. But first, we must understand the importance of muscle and being physically active.



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YOUNG AT HEART PROFILE

Meet, Jerry Ioannilli, age 70, a Vietnam veteran and an active older adult participant of our Community Health & Fitness Center at Quincy College. Jerry works from home doing ad work which involves sitting at his desk for long periods of time, approximately eight hours a day. When he is not working, he is very active tending his garden, doing carpentry and woodworking. Also, Jerry can be found volunteering on a retired Navy ship at Quincy Shipyard. As a result of being in the house in front of a computer most days, when he gets off work he often jumps into a new project moving or lifting heavy objects without warming up first, for example, in the winter months, shoveling snow. Unfortunately, as a result, Jerry ends up with back pain that lasts several days. According to Jerry, “The Quincy fitness center has been a valuable resource for me. Their professional fitness staff helped me to increase my strength and flexibility, particularly my core muscles, which include my abdominals and lower back. I have become more aware of the need to strengthen my muscles prior to engaging in vigorous activities, and then to stretch afterwards to increase my flexibility. I now feel better prepared to tackle yard work and miscellaneous tasks on the ship alongside the younger volunteers.”

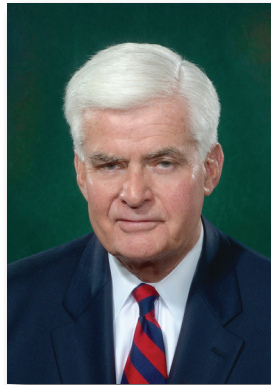


- Prevent Muscle Loss**
- Research has shown that unless you engage in regular resistance exercise, you will lose muscle at a rate of 6 pounds per decade. Sorry to say, if you are over age 50, it escalates to 10 pounds per decade, increasing your risk factor for obesity, diabetes and cardiovascular disease. It’s no wonder that 75% of adults over age 60 who are overweight or obese feel that these conditions are unavoidable and are the inevitable result of the aging process. “I’m not getting any younger,” is a common sentiment of many seniors. Not to worry, something can be done to reverse these depressing statistics!
- Boost Metabolism**
- Your resting metabolic rate—the number of calories you burn at rest—will also decline with the loss of muscle, and consequently, you will store more fat where you don’t want it (belly, hips, thighs, and buttocks). Again, that too can be rectified in a timely and manageable manner.
- Happily, research indicates older adults (up to 90 years) can build muscle and increase their metabolic rate as easily as a younger person. The basic and brief exercise program our older adult members participate in lasts roughly 45 minutes, twice a week where they perform one set of eight to 12 repetitions of approximately 10 basic resistance exercises for every major muscle group of the upper and lower body (20 minutes of resistance exercise, 20 minutes of cardiovascular exercise, and 5 minutes of flexibility exercise). Imagine how strong and energetic you would feel if you included this exercise program into your weekly activities.
- The Power of Protein**
- To build muscle, older adults require more than the recommended daily
- Senior Fitness...continued on p.22

HOME EQUITY WEALTH MANAGEMENT

How Savvy Homeowners Use Reverse Mortgages to Increase Financial Security – Others Not So Sure

Financial advisors, recognizing the need to increase retirement funding, are promoting the versatility and innovative solutions provided by reverse mortgages to make use of home equity. However, a legacy of misinformation and old myths prevails that continues to misguide the beliefs of some.



By George Downey

BRAINTREE - Mark Twain could have been talking about reverse mortgages when he wrote: “It’s not so much what they know or don’t know – it’s what they absolutely know for sure that just ain’t so!”

Often disparaged and misconstrued, the HUD/FHA insured Home Equity Conversion Mortgage (HECM) reverse mortgage was created to help aging homeowners utilize a portion of their home equity (housing wealth) to increase financial security. The HECM terms, uniquely designed to bolster retirement finances, are often misunderstood and thought to be inappropriate. That is changing as more financial advisors and homeowners are enlightened and learn the facts.

Reverse Mortgage Benefits

- No monthly payment obligations – prepayments are permitted without penalty but not required. Monthly charges are deferred and accrue.
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- No maturity date – repayment not required until no borrower resides in the property.
- Non-Recourse loan – neither borrowers nor heirs incur personal liability. Repayment of loan balance can never exceed the property value at the time of repayment. If loan balance exceeds property value at time of repayment the lender and borrower(s) are protected by FHA insurance.
- Access to funds and loan terms are guaranteed – cannot be frozen or cancelled as long as the loan remains in good standing.
- Borrower obligations (to keep loan in good standing) are limited to:
 - Keeping real estate taxes, liability insurance, and property charges current
 - Providing basic home maintenance

HECM FACTS VS. FICTION	
FICTION	FACT
Bank owns the home—borrowers must transfer title to the lender	Borrowers never give up ownership
Loan of last resort—only suitable for those who are desperate or not eligible for traditional financing.	A valuable financial resource to increase access to cash and extend retirement security without monthly payment obligations.
Home must be owned free and clear to be eligible	Most borrowers use proceeds to pay off existing mortgages and eliminate payment obligations
Loan costs are significantly higher—lenders charge excessive fees	FHA regulates costs, which include standard loan costs + FHA insurance premiums. Lenders cannot charge excessive fees.
If the loan balance grows to exceed the home value, the borrower or the estate is liable for the difference	Reverse mortgages are non-recourse loans—neither the borrower nor the estate will ever owe more than the property value at the time of repayment.
Funding can be reduced or frozen if/when financial or real estate markets decline.	Access to funds and loan terms are guaranteed by FHA insurance—can never be changed as long as loan remains in good standing

- Living in the property as primary residence

To Learn More

While reverse mortgages offer valuable and distinctive benefits, they are not suitable for everyone. To determine if one could be a good fit, consult a Certified Reverse Mortgage Professional (CRMP). Extensive information about reverse mortgages and a list of CRMPs is available at www.ReverseMortgage.org, the website of the National Reverse Mortgage Lenders Association, Washington, DC.

About the Author. George Downey CRMP (NMLS 10239) is the founder of Harbor Mortgage Solutions, Inc., Braintree, MA, a mortgage broker licensed in Massachusetts (MB 2846), Rhode Island (20041821LB), NMLS #2846. Questions and comments are welcome. Mr. Downey can be

reached at (781) 843-5553, or email: GDowney@HarborMortgage.com ∞

CROSSWORD PUZZLE ANSWERS FROM PAGE 19

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The Hazards of Stock Picking



By Chris Hanson

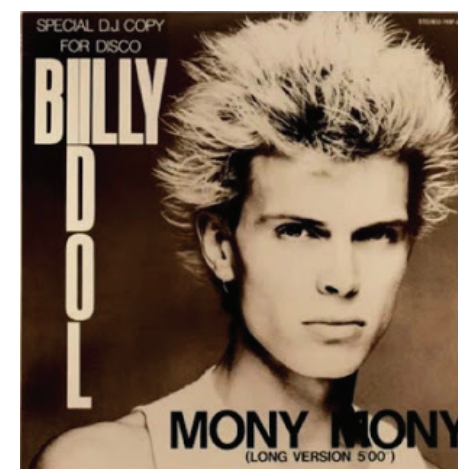
HANOVER – If you could accurately predict a future number one song or the next hot stock, it would be immensely profitable. You could invest early, watch the run up and maybe cash in for a hefty profit. But investing, like the music industry, is never easy. Trying to pick the next big stock is risky business.

Back in 1981, I successfully predicted a chart-topping song. Late one night, I fired up

my black and white TV and tuned into WCVB's "Five All Night Live All Night." I was instantly transfixed by the punk rocker appearing on the screen. He had spiked blond hair, snakeskin pants and a thick English accent. If that wasn't enough, the sneer on this rebellious hell-raising face would have caused the nuns at school to demand, "Get that look off your face, before I slap it off." Billy Idol was everything I wanted to be, but just couldn't.

After the interview, he got up and sang a rousing rendition of Tommy James and the Shondells' "Mony, Mony." I was smitten. The next day I ran down to Quincy Records where Jimmy sold me the "Don't Stop" LP. I took that home and played that song ad nauseum. I was convinced this awesome song was a certain number one hit.

I was somewhat correct. Despite a celebrated appearance on Solid Gold, Idol's "Mony Mony" peaked at number 107 on the US charts. The song was doomed to be slapped with a permanent "bubbling under" status. I turned my attention to other Billy Idol songs: "White Wedding" and "Rebel Yell," which were much bigger hits. Then, in 1987, something peculiar happened. Idol released a live version of "Mony Mony" that bolted up the charts. In a strange coincidence, it bumped Tiffany's "I Think We're Alone Now," another Tommy James



creation, out of the number one spot. Finally, my prediction was accurate.

Now, if I could only predict hot stocks as accurately as music, I'd be a billionaire. I know my limitations though; I can't accurately predict the future, and neither can anyone else.

Many investors still try and it's usually at their own peril. Investors could develop an emotional attachment to a stock after viewing an impressive interview with a CEO or seeing shoppers lined up for a company's products. They become convinced the stock is a blockbuster and invest heavily while failing to diversify their portfolio. Most investment research advises against this strategy. JP Morgan published the results of a study, "The Agony and the Ecstasy: The risk and reward of a concentrated stock position." The key findings are sobering. First, the study found that up to 40% of stocks have a catastrophic decline, falling 70% or more and never recovering. Yikes! Next, the study found two thirds underperformed the Russell 3000 over their lifetime. Last, the study found that 75% of concentrated holders' risk adjusted return would increase with diversification.

The Wicked Smart Investor feels these statistics speak for themselves and advises against stock picking, but not everyone will heed my advice. Some investors feel they have better insight than anyone else or they will be just as lucky as Billy Idol. It is possible, but highly unlikely.

You may have more luck, and profits, investing in a songwriter like Tommy James than a heavily hyped stock. In addition to his own recordings, two covers of James' songs went to number one. If you throw in Joan Jett and the Blackhearts' number 7, "Crimson and Clover," James could have spent the '80s cashing royalty checks. Maybe James was singing "Money, Money."



About the Author: Chris Hanson is the author of *The Wicked Smart Investor* blog and a CPA who specializes in financial planning at Cardea Capital Advisors in Hanover. He earned his BBA at the Isenberg School of Management University of Massachusetts and an MBA at Babson College's F. W. Olin Graduate School of Business. He may be reached at (978) 888 - 5395 and you can read his blog at wickedsmartinvestor.blogspot.com. ∞

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Celebrating OCES Volunteers for their Heroic Efforts



By Nicole Long,
MSW, LICSW

April is National Volunteer Month, a time to celebrate the individuals who generously donate their time and effort to make a difference in the lives of so many. At Old Colony Elder Services (OCES), a private, non-profit organization, we honor more than 700 volunteers who are dedicated to providing essential services to older adults, individuals with disabilities, and others throughout the 23 communities we serve. OCES volunteers are community members of all ages, ranging from retirees to employees of local businesses, seeking outreach opportunities to students and others.

Our volunteers support a number of programs. For example, we have over 400 volunteers in our Nutrition Program delivering “Meals on Wheels” to homebound recipients on a daily basis.

More than 60 volunteers support our Money Management Program and help older adults and individuals with disabilities balance their

checkbooks, reconcile bank statements and pay their bills on time.

OCES is also fortunate to have more than 250 volunteers in the Retired and Senior Volunteer Program (RSVP) of Plymouth County, part of the AmeriCorps Seniors network, which is the federal agency for volunteering, service and civic engagement. These volunteers help local agencies such as Beth Israel Deaconess Hospital Plymouth, the Brockton Public Schools Reading Program, South Shore Community Action Council, Food Banks, Veterans Services and others.

Volunteers also serve on OCES’ Board of Directors and the RSVP Community Advisory Council. As with many nonprofit organizations, the need for volunteers is ongoing. OCES offers a variety of volunteer opportunities to match a volunteer’s interests. We also recruit volunteers for programs at other nonprofits, schools and organizations throughout Plymouth County. For anyone who is 55 and older, OCES can provide information on RSVP of Plymouth County.

Over the past year, the COVID-19 pandemic has brought about many new challenges, but OCES continues to adapt and safely serve the needs of our consumers and the communities in which we serve. All of OCES’ programs, from Nutrition (Meals on Wheels) and Home Care to Protective Services,

remain in place and are operating.

We are truly grateful for the heroic efforts of our volunteers as they continue to provide important services—such as daily meal deliveries and more—to older adults and individuals with disabilities to keep them safe and independent at home. A heartfelt “Thank You” to all volunteers for the important contributions you make in the community each and every day.

For more information about volunteer opportunities throughout Plymouth County and the Southcoast, visit OCES’ website at www.ocesma.org/volunteer.

About the Author: *Nicole Long is the Chief Executive Officer of Old Colony Elder Services (OCES). Founded in 1974, OCES is a private, non-profit organization proudly serving greater Plymouth County and surrounding communities. OCES is designated as one of 25 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts. OCES’ mission is to support the independence and dignity of older adults and individuals with disabilities by providing essential information and services that promote healthy and safe living. The agency offers a number of programs to serve older adults, individuals with disabilities, their families and caregivers. For more information call 508-584-1561 or visit www.ocesma.org ∞*

Ready to get back in the gym?

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SOUTH WEYMOUTH, (March 18, 2021) – Tired of online virtual workouts? Ready for in-person training? South Shore Health’s Center for Physical Wellness is open and ready to help you safely get back to your fitness routine! Located at 780 Main Street in Weymouth, the Center for Physical Wellness offers a variety of in-person exercise programs, as well as personal training.

Below is just a sample of classes open for registration:

- Mindfulness in Movement: This relaxing, once-a-week program combines mindfulness, yoga, Tai Chi and balance. Tuesday, 4:30 p.m.-5:15 p.m.; \$35/month
- Movement and Balance: This class will help improve balance and functional strength. Monday and Wednesday, 2:00 p.m.-3:00



p.m.; \$60/month

- Core and More: Focus on core strengthening, back health, and functional movement in this resistance-based program. Monday and Wednesday, 4:15 p.m.-5:00 p.m.; \$60/month
- Women’s Stretch and Strengthen: This resistance and cardio based all women’s program targets improving bone density and overall endurance. Monday, 12:00 p.m.-1:00 p.m., Friday 11:00 a.m.-12:00 p.m.; \$60/month.

View the full schedule of in-person classes at www.southshorehealth.org/services-care/physical-therapy-and-wellness/community-exercise-programs.

To ensure your safety, all of our staff are required to wear a mask to help prevent the spread of illness and all equipment has been arranged and properly spaced to maintain social distancing. Participants will be screened by staff members and required to wear a mask during their class time. Classes have a limited capacity of seven participants.

To visit or register for a class or to speak with an exercise therapist about your specific fitness goals, call (781) 624-4367 or email jllogan@southshorehealth.org for more information.

South Shore Health is a not-for-profit, tax-exempt, charitable health system that provides acute care, ambulatory care, and home health services to the 700,000 residents of Southeastern Massachusetts.

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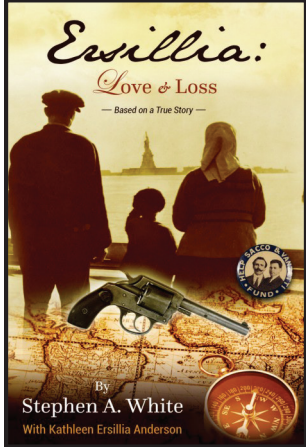
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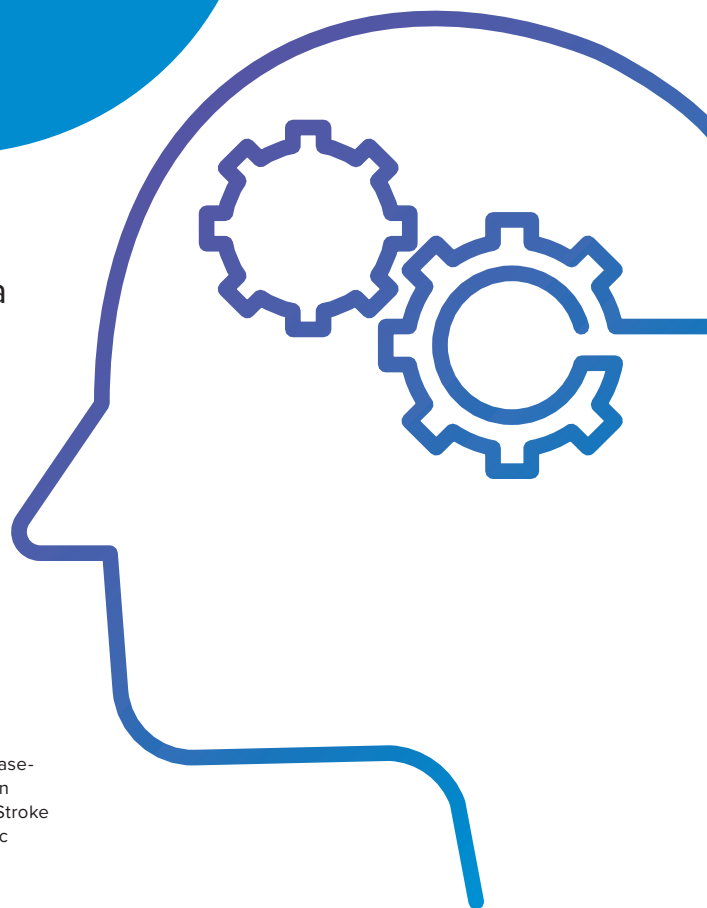
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Shift to Aging in Place After COVID-19 Pandemic



By Maria Burke, RN
Owner - Celtic Angels Home Health Care

The COVID-19 pandemic has impacted every area of our society and forced us to take a critical look at things we once took for granted. That includes decisions about how and where we or senior family members and loved ones age.

We have all witnessed the heartbreaking effects COVID-19 has had on the senior population— from outbreaks and so many residents passing away in nursing homes, to isolation from friends and family. As a result, seniors and their families have begun rethinking where they want to age.

To date, there have been more than 1.3 million cases of COVID-19 and more than 170,000 deaths in long-term care facilities. It's understandable if you or your loved ones have now preferred to age at home. If that's the case, there are many considerations you'll need to think about as you prepare to age in place. Here is a list of key ones to evaluate:

Where to Live

Many seniors prefer to stay in their own homes or apartments, while others choose to move in with family. You'll need to think about whether your home can be suitably accommodated to help you or your loved one age, or whether it would be best to move.

For example, many seniors prefer to live in one-story homes so that they have full access to their living space. If your home has multiple stories, you'll need to decide whether to transition to first floor living, move to a one-story home, or adapt your home so that the second floor

is more accessible.

If there is a step-down in your living area, you'll need to have railings installed. And if you want to live or sleep upstairs, you'll need a stair chair. You also need to think about how to get in the front door if there are steps. You may need to build a ramp for wheelchair accessibility.

Helpful modifications

Once you've decided upon a place to live, you'll need to make some modifications within the home. Good lighting throughout the house and grab bars in the shower and bedroom will reduce the risk of falling. There should be no rugs in the living area since it is easy to slip and fall on them.

Think about the medical equipment you or your loved one will need, and plan ahead for any needs that may come after operations. Make sure you have a backup power source to run medical equipment. And if you use oxygen, notify the power company that you'll need an auxiliary power source.

Medical and Social Needs

Seniors continue to remain at high risk for contracting the COVID-19 virus, so it's a good idea to have a reliable internet connection, along with a computer, iPad, or smartphone. That will allow you to have telehealth visits from home. You'll also be able to connect with family and friends, which is important for good socialization, isolation prevention, and overall sound mental health.

Look into organizations that may be able to help with your needs, such as Meals on Wheels or your local senior center. It's also helpful to find a pharmacy that delivers medication so you or your loved one doesn't need to leave their home.

Finally, you'll need to prepare for emergencies. Post emergency numbers on the refrigerator where they are accessible to anyone in your home. And make sure you have a healthcare proxy who can make decisions on your behalf.

Aging in place is a big decision, but with the right modifications, it can be a wonderful one.

If you need help aging in place, there are numerous in-home health care companies, senior organizations and community support centers that can help you make the right decision for yourself or your loved one.

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About the Author: Maria Burke, RN, is owner and founder of Celtic Angels Home Health Care. Maria Burke was born in Middleton, County Cork, Ireland. She is the eldest of six and immigrated to the United States in 1988 to pursue a nursing degree to become a registered nurse. She served as a visiting nurse and from there, launched her own home health care company. Celtic Angels has two offices; Weymouth and Needham and provides a full array of the highest quality in-home health care services with certified and skilled CNAs, HHAs, and RNs. ∞

Art Matters XIV: Reflections on various art media

Photography, Part 2: Digital Basics & History



By Janet Cornacchio

In our last column, we began an exploration of photography: the development of that medium from the camera obscura or pinhole camera through daguerreotypes and glass slides to film and then color film. Today, we will look at the revolution in photography with digital photos. Film photography, which took almost two millennia to go from a concept (camera obscura) to a convenience for artists in the late Renaissance where the pinhole camera allowed a physical copy on paper drawn by hand to daguerreotypes and other early photos to film, which saw barely a century of use, and today film, as a medium, is disappearing and being replaced by digital image storage!

For the purposes of most of us, a simple explanation of digital photography will suffice. First, just like film and earlier photography, digital photography relies on an image directed through a small pinhole and focused on a surface opposite the image. In traditional photography, that image hits a light sensitive surface creating an image (with film a negative) that can then be printed. On the simplest level, digital photography also sends light through a pinhole or lens where a light sensor translates



The first digital camera invented in 1975 didn't actually produce the first digital photograph. The first digital photo was made in 1957 when Russell Kirsch made a 176x176 pixel digital image by scanning a photograph of his three-month-old son. The low resolution was due to the fact that the computer they used wasn't capable of storing more information.

that image into digital (as in binary/computer) signals. These digital signals are then stored in computer files and can be translated back into an image viewed on a screen or printed.

The development of digital photography goes back to the late 1950s. The base technology was a scanner image used by the wirephoto/telegraph industry to send photos. Remember telegraphs and wire service news reports? An image was broken into black and white tones and from there a binary digital version was created. (Binary is the base language of original computers.) As with early computers, early digital cameras were unwieldy and impractical, and memory storage was limited until that technology also improved. By the mid-1980s, the news media adopted the earliest handheld electronic cameras. These weren't quite modern style digital but they allowed transmission of photos via telephone lines without a satellite link and were used during the protests in Tiananmen Square in 1989 and the Gulf War in 1991.

The last decade of the 20th century saw the arrival of true computer-based electronic digital cameras. These early ones were larger and comparable in size and features to a traditional film camera, and these digital cameras are also referred to as digital single-lens reflex cameras (DSLR). A single lens reflex camera (SLR), whether digital or film, refers to one in which the photographer looking through the viewfinder is also looking through the lens, which captures the photo image. The term reflex refers to the mirror and prism system that makes this possible.

The first decade of the new century continued the improvement of digital cameras and by mid-2000, cell phones incorporated digital cameras. Shortly after that (2010), small mirrorless cameras with interchangeable lenses became available. Instead of a mirror and prism system, in a mirrorless camera, an electronic viewfinder provides the photographer with the image that is being copied. If you are used to using a through-the-lens viewfinder, an electronic one can be tricky as the image being shot is not directly in line with where you are pointing the lens. On the other hand, the ability to switch lenses—wide angle, fisheye or zoom and lots of new ones—reintroduced a feature of traditional film cameras that earlier digital cameras lacked. Other desirable additions to the digital lexicon included autofocus and smaller size. Both styles continue to evolve.

During the past two decades, there has been a general improvement in image quality of digital cameras, and with cellphone cameras, pho-



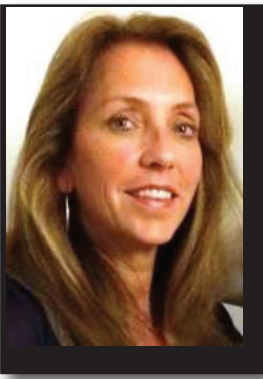
First digital camera ever built. It was created in December 1975 by an engineer at Eastman Kodak named Steve Sasson, now regarded as the inventor of the digital camera.

tos now can go directly to the internet. Then consider the advent and widespread expansion of social media and the rapid growth of the internet. Mix these two factors together and the use of photography and how we memorialize so many events has been altered significantly.

I remember a trip to Kauai in the early eighties, and being amused by a young couple who kept stopping at the same overlooks that my spouse and I were viewing. But instead of looking at the view and taking in the gorgeous greenery, the ocean and amazing cliffs, they were busy taking pictures with them in the shot to document they'd been there. I still don't get the urge to take photos of myself when traveling. A few shots, perhaps, but I want to document where I am, not what I'm doing.

Initially the film and camera industry were devastated by the advent of digital camera, and then smart phones appeared to be the final blow to the once-flourishing film and photography industry. The rapid expansion of digital camera sales peaked in the second decade of the new millennium. The high quality of smart phone photos, no doubt, contributed to the leveling of sales. Meanwhile manufacturers of traditional cameras and film reformed and reinvented themselves. Call it nostalgia, call it a niche market or call it the desire for a more artistic medium, cameras and film are still here with millennials now rediscovering the allure of film.

About the Author: Janet Cornacchio is an artist member of Front Street Art Gallery, President of Scituate Arts Association & a Realtor with Jack Conway. You can contact her at jcornacch@aol.com ∞



ASK THE HIPPIE

The journey that caregivers are on when caring for someone with Alzheimer's/Dementia is full of mystery, self-doubt, and loneliness. This column offers a chance to reach out, seek new ideas, and by reading about the experiences of others, learn that you are never alone.

‘THE UNKNOWN’

By Phyllis DeLaricheliere, MS

As the dark cloud of the pandemic slowly lifts, there are still so many uncertainties, and we are left with so many questions. Is it really subsiding? When, if, or how will it return? What are the long-term effects on us? This last question leads us to wonder about our physical, mental and emotional health.

Those with dementia are very vulnerable. It is well known that isolation, depression and anxiety feed the progression, and this trifecta certainly was present during COVID-19. For anyone who contracted the virus, scientists are alarmed by the behavioral consequences. Some of these are temporary but others could carry on after the patient recovers. In the severe stages of COVID, delirium, paranoia, hallucinations, and anxiety are some of these effects. Now add the diagnosis of dementia/Alzheimer's and one could question the damage the virus can do to an already bruised and decaying brain.

Equally as vulnerable are the personal caretakers of loved ones diagnosed with dementia. Many are family members who have to battle the depression and anxiety their spouse, or perhaps parent, is experiencing with their condition. Now comes the tornado of emotions packed inside the COVID-19 pandemic, and, with it, even more feelings of isolation, depression, and a sense of being trapped. The blessings, the joy and the life they had learned to adapt to with dementia are now being challenged by this COVID virus and there is no way to know the long-term effects on both involved.

What we do know is that we are seeing in dementia clients, a progres-



sion that is faster than would have been predicted under normal circumstances. For those in memory care facilities, we are finding them more disconnected and lost. Before Covid, when they had visitors, they might not remember who visited them, but they at least were left with a wonderful sense of connection, an emotional high and purpose. COVID-19 stole those familiar connections from them and they were left floating without a sense of routine and normalcy. With those still at home with a loved one, the struggle was more for the caregiver, which, in turn, affected the person with dementia. The caregivers themselves lost all sense of connection with the outside world; they felt lonely and helpless. Each day was uncertain, and their inability to get the things and support they had previously relied on was damaging.

There is so much still to learn. For all of you who went through this, feel proud. Continue to care for yourselves so you can care for your loved one with dementia. With spring here, take that walk, breathe in the air, and continue to acclimate to the “NEW/NEW Norm.” Dementia Caregivers are used to adapting and what you were asked to do last year was unfair and like nothing you had ever imagined facing. But you did it! Explore again, smile again, and begin to count the new blessings.

About the Author: Phyllis A. DeLaricheliere, MS, has made a career of working with seniors. She is a sought-after speaker/educator and author of *Embracing the Journey: Knowing your Inner Hippie*. To book her for a lecture, or receive a copy of her book, email Phyllis at knowyourhippie@gmail.com. *STAY TUNED – HER LIVE WEB CHATS ARE COMING SOON!* ∞

Memorializing a Loved One During the Pandemic

Submitted by Family Features

Among the many struggles of the pandemic are finding ways to grieve and honor a loved one who has died under the constraints of COVID-19. The missed opportunity for a traditional funeral or memorial service has left some at a loss for how to honor their loved one's life and start their grief journey.

Even if you are unable to hold a traditional service, there are still ways for families to remember a loved one and find support during this stressful and emotional time. Consider these four ideas from Remembering a Life, an online resource from the experts at the National Funeral Directors Association (NFDA).

Hold a Small Service Now.

While some communities are still limiting public gatherings, such as funerals, restrictions have eased in many areas and families may be able to have small services in a funeral home, a place of worship, at a cemetery or another meaningful location. A funeral director can provide guidance on what is permissible in his or her community and how a family can plan an intimate and meaningful service.

Consider Going Virtual.

While most people find in-person services to be more healing, there are many options for incorporating a virtual component into a service when public gatherings are limited. With almost half of NFDA-member funeral homes offering livestreaming options since the onset of COVID-19, this option provides family and loved ones the opportunity to attend services and gives out-of-town family and friends who may be concerned about

travel the chance to participate.

Host a Private Service with a Memorial Service at a Later Date.

Since the onset of the pandemic, many families have opted to postpone a loved one's service and hold some type of service once COVID-19 restrictions are lifted. A funeral or memorial service, regardless of when it is held, offers the opportunity to gather, support one another, share memories and say goodbye. While immediate family members may have been able to gather for a service and other family and friends could participate virtually, there are often many friends and family members who would appreciate being part of an in-person service to pay tribute to a loved one who died.

Remember Loved Ones with Small Tributes.

Sometimes even the simplest things can help recall fond memories of loved ones, whether by listening to their favorite music, eating their favorite foods or visiting places they enjoyed visiting. Remembering the things that were important to a loved one can help keep his or her memory alive.

No matter the circumstances around a death, funeral directors can help family and friends find ways to memorialize their loved ones in meaningful ways. Find support and resources for planning a funeral during the pandemic, including a free printable guide for planning a service in the future, at RememberingALife.com. ∞



THE GRAPEVINE

The ‘Real Deal’ with Sulfites



By Missa Capozzo

SHARON – I can’t tell you how many customers, students, and winery guests have dire concerns about sulfites, accusing them of everything from creating massive headaches to allergic reactions. But what are sulfites and what purpose do they serve in wine?

Sulfites are compounds that are found naturally in some foods, in the human body, and are antioxidants used as food additives and preservatives. Sulfites occur naturally in wine, so, to a degree, all wines have sulfites, even the ones labeled “sulfite-free.” The majority of winemakers do in fact use added sulfites for a variety of reasons, such as to intentionally stop fermentation at a certain point, and/or as a preservative to prevent oxidation, spoilage and bacteria.

Without sulfites, the shelf life of a wine would be almost nonexistent. Karen MacNeil, author of *The Wine Bible*, has been quoted as stating, “Sulfites are among the most helpful compounds around – and without them, some wines would taste like a microbial stew. Sulphur is a natural anti-microbial agent. It’s a terrific aid to winemakers – and ultimately wine drinkers – because it destroys bad microbes.”

In the US, it is required by law that any wine containing more than 10ppm (parts per million) of sulfites must have the words “CONTAINS SULFITES” on the wine label. If a wine does not have this on the label, it does not mean it is sulfite free; it simply means it contains less than 10ppm. There is no wine that is 100% free of sulfites. It is common to see a wine labeled, “No sulfites added,” which is simply a term used to mean that no additional sulfur has been added during the winemaking process,

but the tiny amounts of bound sulfites that are produced during the fermentation process still remain in the wine.

Now the million-dollar question: are sulfites the cause of “wine headaches?” It’s highly doubtful; isn’t that the best news ever? The more likely culprits are several other compounds found in wine, such as alcohol, histamine, tyramine, and flavonoids, all of which may contribute to headache symptoms. There are indeed people who have true sulfite allergies and must make serious lifestyle adjustments when it comes to everything they consume and products they use (such as the consumption of French fries and potato chips, dried fruit, various canned veggies, a variety of baked goods, many condiments, and much more). The FDA estimates that less than 1% of the U.S. population has a sulfite allergy, and those who do are most likely asthmatic. However, if you are simply suffering from a headache after a night of wine, I’m happy to report it is most likely not the sulfites at fault. If anyone feels they have a true sulfite issue, they should immediately consult his or her doctor.

Another noteworthy point to mention is that, in general, sweet wines tend to contain more sulfites than dry wines, and white wines tend to contain more sulfites than red wines. Therefore, a dry red wine would typically contain the least sulfites compared to others.

Cheers!

About the Author: *Missa Capozzo, CSW, WSET3, FWS, BWSEd is the EVP of Product Development and Sommelier at Worcester’s first and only urban winery, Sail to Trail WineWorks. Throughout her career, she has taught students of all levels of experience and interest in classes, wine dinners, and lifestyle experiences. She is a Certified Specialist of Wine (CSW) with the Society of Wine Educators, a certified French Wine Scholar (FWS), certified with the Wine and Spirits Trust, Level 3 Advanced (WSET), and a certified educator with Boston Wine School (BWSEd). Her unique combination of talent allows her to translate the nuances of wine for the everyday wine drinker in an accessible and fun way. Demystifying wine and removing the intimidation is her passion when sharing wine with others. When not fully immersed in the world of wine, Missa is a self-proclaimed “obsessed dog mom” to her Boston Terrier, Peyton. Visit her at www.winedowntastings.com and www.facebook.com/winedowntastings <http://sailtotrail.com> ∞*

- Paperwork related to your closing
- Phone and charger
- Laptop
- Snacks and water
- If you are moving long distance or will not receive your items from the moving truck until the next day, you will also need:
- Change of clothes
- Alarm clock (or phone)
- Toiletries
- Plants

Today’s second bit of advice for you: take as little in your car with you as possible.

Today’s third bit of advice for you: Ask a family member or friend to help you on move day. Your friend can stay behind at your former home to clean or supervise cleaning and you can follow the truck to your new home.

My Operations Manager and friend Lisa Patterson advised me to walk through my empty home and touch each wall and remember what each room meant to your family. I found that a wonderful way to say goodbye.

One last bit of advice today is to leave a note for the new owners of your home. I never met the buyer of my home but I hope the note I left behind will let her know that the house is filled with good karma.

About the Author: *Natalie has extensive experience in project management, home decorating and floor planning in homes on and around Boston’s South Shore. Whether a client is downsizing, relocating or aging in place, Natalie manages it all with calm efficiency. Her favorite part of the job is the lasting relationships she forms with her clients. “When you spend time going through a lifetime of personal belongings, you really get to know a person. It’s a gift to be able to share so many memories with my clients.” Natalie is a member of the National Association of Senior Move Managers, the leading membership organization for senior move managers. ∞*

Downsizing the Downsizer, Part 2



By Natalie Ahern
Owner, All the Right Moves

Last month I wrote an article about my personal downsizing experience. A few days ago, the Isaacs Moving truck pulled up to take my boxes, shrink-wrapped furniture, kayaks, bikes, garbage cans, shovels and a whole lot of things I didn’t know I owned and put them on a truck bound for short term storage. Alex, the foreman of the crew, has worked for Isaacs for 23 years and most of the men on the five-person crew had been with the

company for at least 10 years. They were soft spoken, respectful of my things and understood that this move was emotionally hard for me. That house had been my home for 23 years. I was grateful for their kindness and professionalism. Today’s first bit of advice for you: hire a good mover with years of experience. It is worth every penny.

After the movers drove away I was left with a mostly empty home (if you don’t count the tumbleweeds of dog hair). What was left were about 20 bags of items I had to “put in my car”. I wished I had thought more carefully about all the things I did not put on that moving truck. I had way too many items “held out”, which just made extra work for me.

What will you need to keep for after your move?

- Vacuum cleaner, broom and dustpan, cleaning supplies. If you have a cleaning service come in after you leave, this will save you from keeping all these items
- Safe deposit box, valuable jewelry. While I have never had a client claim any valuables were stolen while in the hands of movers, it is best not to put you or the mover in that situation.
- Prescription medication



Doreen’s Dinners

By Doreen Lang

Are you tired of cooking? Contact me, and, in the meantime, here is just one of my delicious easy and healthy secret recipes that you can enjoy winter, spring, summer or fall!

Mediterranean Chicken

Serves 4 (1 ½ cups each)

- 8 chicken thighs (or 4 large chicken breasts in quarters)
- 2 tbsp of olive or coconut oil
- 1 pint container of grape tomatoes
- 3 garlic cloves minced
- 3 peeled and chopped shallots
- 12 green olives
- 2 each zucchini and summer squash chopped in big pieces
- 1 tbsp Oregano
- Salt and Pepper to taste (easy on the salt, Feta has plenty)
- 1 cup crumbled Feta cheese

Ready in 1, 2, 3, 4

Heat oven to 365 degrees

1. Place everything (except Feta cheese) into a large bowl.

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2. Toss to completely cover chicken and vegetables with olive oil.
3. Place contents in a large cast iron skillet and put in the oven for 50 minutes.
4. When done, remove food, place food onto plate and sprinkle with Feta cheese.

Try it, love it; That’s my promise!

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When School Drama Requires a Rewrite

By **Toni L. Eaton, RN, BSN, MS**
President and CEO of
Old Colony Hospice & Palliative Care

Parents know all too well the many hats they have to wear: taxi driver, homework coach, social organizer, dietary technician, cheerleader, disciplinarian, financier, and so many more. Usually, the costume changes happen gradually, with parents working into new roles as children grow. Most parents, though, do not abruptly have to don an educator’s cap as well. At least, not until last year when the pandemic closed the world—and our schools. Suddenly, nearly every child was learning through some kind of home-schooling. Classes went remote and parents were pressed to become at-home proctors to supervise their kids and keep them on task in algebra, chemistry, English, social studies, and other school subjects. Many of the adults had been sent home also and were trying to work remotely. But, for our staff at Old Colony Hospice & Palliative Care and other frontline health care workers, the school shutdowns added an even more intense layer of chaos. How could they do the work of caring for hospice patients if their young children had to be at home, and even more complicated, had to be at home doing school remotely?

Life had turned upside down. Not only were we scrambling at our organization to find personal protective equipment such as safety masks, gloves and gowns, we now faced the crisis that many of our employees had another unexpected hat to wear. They had to care for young children during work hours. It wasn’t only parents in a pinch. Many of our staff are grandparents, and they too were being pressed to help out during this emergency.

“We knew we had to think outside the box,” said Kathrine K, OCH’s Vice President of Operations & Information Technology.

Kat was right. We had to think way outside the box to help care for our patients and our staff. What about if we – as an organization and a community – could help with the supervision?

We surveyed the staff. Would it be helpful if they could bring their children to work and have them do their remote learning under supervision? Even team members without children thought it was a great idea.

We looked around our premises and realized we had a large open space on the second floor not near any other staff offices. There was room for children to study and stay socially distant.

Now, all we needed was a teacher. As a hospice organization, we had doc-

tors, nurses, hospice aides, social workers, spiritual counselors, and administrative and office managers. We were not in the habit of hiring teachers.

Last fall, we made an exception. We posted, interviewed, and hired a teacher in October. Our supervised, remote-learning program is still with us this spring. The teacher runs the day-to-day remote supervised learning program that oversees about 15 children. Because of the hybrid programs at the public schools, with some days in-person and others remote, our program usually has about five students on any given day. To help offset the cost, parents contribute \$10 a day for each child.

Staff members drop their children off before their shift and head to work, knowing that the kids will be in a safe learning environment.

Kathrine K’s children attend.

“This has been a blessing,” she said. “I don’t know what I would do if we didn’t have the remote learning program. I have a demanding job and it’s wonderful to know my children are learning in a safe environment and that I don’t have to be a mom, VP, and teacher all at the same time.”

The teacher makes sure the children are attending their remote classes and helps them with their schoolwork. She also comes up with creative games such as scavenger hunts for when the students have completed their educational commitments.

“The supervised remote learning program has been a lifesaver for me,” said nurse Katie M., an RN Clinical Manager. “It’s given me the ability to continue to work full time while being sure my son is fulfilling his remote learning requirements.”

As the pandemic lifts, we will all celebrate its passing. But we will take from it some lessons on resilience, community, and caring. We had to be more creative to help each other get through these times, and we learned from that.

About the Author: *Toni L. Eaton, RN, BSN, MS, is the President & CEO of Old Colony Hospice & Palliative Care of West Bridgewater, a dynamic non-profit hospice serving more than 55 communities south of Boston. A native and resident of the South Shore, Toni brings her compassion and experience as a nurse, a veteran, and community leader to her insightful columns for South Shore Senior News. Her leadership has been honored by several groups, including the South Shore Women’s Business Network, and she currently sits on the boards of the Hospice & Palliative Care Federation of Massachusetts and the Brockton Hospital School of Nursing Alumni Association. For more information, call (781) 341-4145 or visit Old Colony Hospice & Palliative Care. ∞*

SOCIAL SECURITY UPDATE

Faster processing of disability claims for people with Alzheimer's Disease



By **Delia De Mello,**
Social Security

Today, more than 5 million Americans are living with Alzheimer’s disease. Since the onset of Alzheimer’s can occur in people before they retire, it may strike during an individual’s working years preventing gainful employment as the disease progresses.

As a result, people must come to grips with a devastating diagnosis while losing their sala-

ry and benefits. People with Alzheimer’s disease and their caregivers must figure out how they’ll pay for care. Our benefits and services are vital to people with early-onset Alzheimer’s who are unable to work and have no other source of income.

For over a decade, Social Security has included Alzheimer’s disease in our Compassionate Allowances program. The Compassionate Allowances program identifies debilitating diseases and medical conditions so severe they obviously meet our disability standards. Compassionate Allowances allow for faster processing of disability claims for individuals with Alzheimer’s dis-

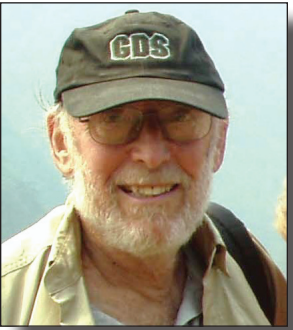
ease, mixed-dementia, and Primary Progressive Aphasia.

You can read more about our Compassionate Allowances program at www.ssa.gov/compassionateallowances. To learn more about how Social Security disability insurance works, visit our disability page at www.ssa.gov/disability. Please share these resources with friends and family.

About the Author: *Delia DeMello, metropolitan public affairs specialist, has been with the Social Security Administration since 1986. For information, call 800-772-1213 or visit www.socialsecurity.gov ∞*



Same Names, Different Towns



By **Victor Block**

An Eiffel Tower sports a cowboy hat on top. Places are named Berlin, neither of them in Germany.

Some towns throughout this country share the same name but little

else with other communities. For example, there are over 20 U.S. towns called Berlin and Middletown, and about two dozen known as Paris.

Let’s begin our journey at the Eiffel Tower in Paris, Texas, which was built in 1913. When a higher one went up in Paris, Tennessee later than year, a cowboy hat was perched on top of the Texas version to increase its height.

The setting is different in Paris, Maine, which is surrounded by dairy farms and apple orchards. The town’s historic district of Federal and Greek Revival architecture is a popular tourist attraction.

A former gold mining settlement in Nevada was named Berlin by German immigrants who settled it. Prospectors arrived in the 1880s but left about 30 years later when the mine closed. Today it’s a ghost town where well-preserved buildings contain the original furnishings.

The village named Berlin in Maryland occupies the site of a plantation which was established in 1677. Berlin’s historic residential areas feature nearly two centuries of architectural heritage, and 47 structures are included in the National Register of Historic Places.

What place other than Nashville, Tennessee could claim the nickname “Music City”? Since the 1920s, Nashville has attracted musicians and those who love country and other kinds of music. Entertainment venues range from the famous Grand Ole Opry to small clubs and nondescript bars. Other major attractions are the Country Music Hall of Fame and museums dedicated to leading musicians.

Sauropods rather than sounds of music are the attraction in Nashville, Arkansas. The small community (population about 4,600) is home to the largest dinosaur trackway in the world. A collection of up to 10,000 footprints serves as reminder of Sauropods that roamed the area some 200 million years ago.

Then there are towns that got their name because of their location between places. That includes Middletown, Connecticut, about halfway between Windsor and Saybrook, and California, which occupied the halfway point along the stage-coach route connecting Calistoga and Clearlake.

According to legend, when the ancient Greek scholar Archimedes came to understand the theory of water displacement, he ran naked through the streets yellowing eureka (“I have found it”).

CROSSWORD CORNER

Answers on page 7

Across

- 1 Cat’s scratcher
- 5 Madam sheep
- 8 Snoozing
- 12 Unthought-out
- 13 Mont Blanc, e.g.
- 14 Therefore
- 15 Represented
- 17 Prompts unpleasantly
- 18 Office wear, perhaps
- 20 Perform penance
- 23 In abeyance (2 words)
- 26 Creative
- 27 Traveled on snow
- 29 Shack
- 30 Dictation whiz
- 31 Razor-billed ____
- 33 Half woman half fish
- 35 Spore bearing containers
- 36 Not humble
- 37 Spruce up
- 38 Work up
- 41 S.A. tubers
- 44 Courtesy
- 48 Family member
- 49 .001 inch, for short

Down

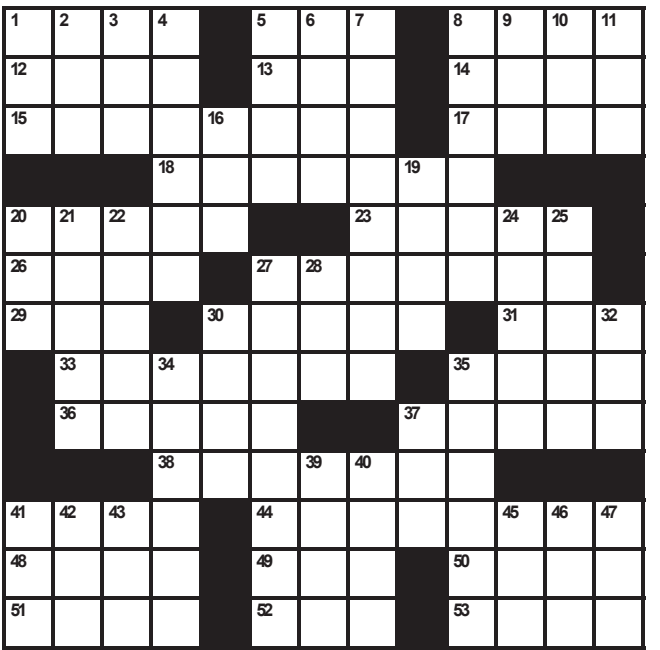
- 50 Stage solo
- 51 Singer, Alicia
- 52 Ethan Hunt, for one
- 53 Actor Green of “Buffy the Vampire Slayer”
- 1 Computer monitor, for short
- 2 Nonprofessional person
- 3 Cleopatra’s undoing
- 4 Neigh
- 5 Heroic
- 6 Half a fortnight
- 7 From first to last (3 words)
- 8 Poem by Virgil
- 9 Lingerie item
- 10 Grade A item
- 11 ____ and don’ts
- 16 Doctor’s charge
- 19 ____China
- 20 Expression of delight
- 21 The “Donald”
- 22 Aquatic mammal
- 24 Stop
- 25 Draw out
- 27 Sports areas
- 28 Garland
- 30 Complacent

However Eureka, Illinois is best known for its association with Ronald Reagan. He attended Eureka College and returned to town at least 12 times, including twice as President. The Reagan Museum and Peace Garden at the College is the largest center of his memorabilia after the Reagan Presidential Library in California

A much longer pathway passes through Eureka, Montana. The 1,200-mile Pacific Northwest Trail runs from the Continental Divide in that state to the Pacific Ocean. Ten Lakes National Scenic Area just outside the town is a wilderness setting of rugged Alpine mountain terrain and spectacular views all the way into Canada. A Historical Village includes a general store, school, church and other structures, some dating back to the 1880s.

This brief sampling provides an introduction to several places around the country that have the same name but very little else in common. There are many more which may be discovered by an Internet search.

About the Author: *After gallivanting throughout the United States and to more than 75 other countries around the world, and writing about what he sees, does and learns, Victor Block retains the travel bug. He firmly believes that travel is the best possible education, and claims he still has a lot to learn. He loves to explore new destinations and cultures, and his stories about them have won a number of writing awards. ∞*



- 32 Siblings
- 34 Coffees
- 35 Spheres
- 37 Mom-and-pop grp. for short
- 39 Cause to fall
- 40 With competence
- 41 Furniture tree
- 42 Pool tool
- 43 One or more
- 45 Incense
- 46 Small songbird
- 47 Exclamation of impatience

Catherine Kent appointed Senior Advisor at Bridges® by EPOCH

WESTWOOD – Catherine Kent has been named a Senior Advisor at Bridges® by EPOCH at Westwood, a memory care assisted living community located at 140 University Avenue.

As Senior Advisor, Kent will guide, educate and assist area families looking for support in their caregiving journey. She also builds relationships with senior services professionals seeking specialized memory care solutions for their clients’ long-term needs.

With a background in hospitality services, sales, and marketing for up-scale, high-profile hotels in New England and Los Angeles, Catherine is well-versed in identifying and delivering what families want, need and expect. This will allow her to effectively match families with the services to help their unique situation.

“Catherine brings high energy and a passion for improving life experiences,” says Barbara Harrison, Executive Director of Bridges® by EPOCH at Westwood. “She believes in the Bridges culture and mission and is eager to help area seniors with memory loss live fuller, happier and more comfortable lives.”

“I’m excited to be part of this fantastic Bridges team,” agrees Kent. “I have great respect for older adults and am thrilled to connect them and their families with the information and solutions that will enable them to live their best lives.”

To visit Bridges® by EPOCH at Westwood, meet the team and learn about the life-changing memory care programs and services available, call 781-725-2046.

About Bridges® by EPOCH. Bridges® by EPOCH at Westwood provides memory care assisted living that is comfortable, positive, safe, and engaging. Exclusively dedicated to caring for those with Alzheimer’s disease and other forms of dementia, Bridges® by EPOCH has created

a wellness-focused lifestyle that promotes dignity and individual preferences. Its memory care professionals receive specialized, ongoing training designed to help residents maximize their independence in a secure, welcoming, and purposefully designed environment. ∞

South Shore Happenings

• **Common Allergies and How to Treat Them.** Suffering from allergies? Looking for allergy symptom relief? On Thursday, April 15, from 6-7:30 p.m. learn about the most common allergens and current treatment methods during this FREE Zoom education class. The class is sponsored by The Friends of South Shore Health. To register, call 781-624-8520 or email cmoore@southshorehealth.org. The Zoom invite will be sent to registrants via email.

• **Virtual Class on Container Gardening.** Ever wish for a green thumb? This FREE virtual lecture/demo will encompass container and plant selection, lighting, plant combinations, soil condition, and nutrition. On Thursday, April 22, from 6-7:30 p.m. Chris Kennedy, a horticulturist, landscape designer, and owner of Kennedy’s Country Gardens in Scituate will teach you about the best plantings to attract bees and butterflies, adding brightness to a shady area, and arranging plants for a window, deck or patio. Get plenty of ideas, information, and inspiration through practical, easy-to-follow instructions. The class is sponsored by The Friends of South Shore Health. To register, call 781-624-8520 or email cmoore@southshorehealth.org. The Zoom invite will be sent to registrants via email. ∞



Cover Story

dusty acoustic guitar in his grandmother’s attic when he was 15. “I picked up the instrument, which was missing one string, and managed to plunk out ‘Honky Tonk’ and it was great,” he said. “After that, I started my first band, The Redcoats, in high school and we played at sock hops and local dances.”

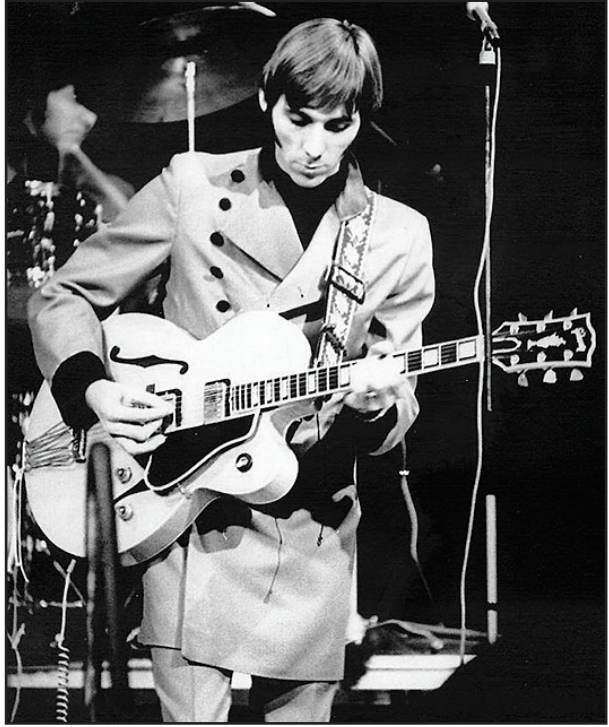
Puckett attended college in San Diego for two years, as his parents had wanted, but the draw of music was too strong to ignore. I joined a group called The Outcasts and then started Gary and The Remarkables, which later became Gary Puckett and the Union Gap, named for my old hometown and my interest in the Civil War.

“I was playing in night clubs after my day job at an auto supply store and picking up \$300 a week for the gigs,” said Puckett. “That was big money 50 years ago, so I quit the store job, telling my boss, ‘I’m sorry but I gotta go chase this music thing.’”

Chasing the “music thing” proved to be a way of life from that point on. The band toured the West Coast and the Pacific Northwest in the mid-sixties. With its new name of Union Gap, Puckett needed a gimmick to make the group stand out from the crowd.

“We came across this little costume shop in Seattle one day with a lot of Civil War Union Army clothes,” said Puckett. “That’s when the light bulb went on—Union Gap, Union uniforms! This could be just the hook we wanted. We couldn’t afford to buy the costumes, so I rented one and brought it to a guy in Tijuana, Mexico who duplicated it for much less money. To promote the new look, we did an action photo shoot in a ghost town in San Diego. The fans loved it!”

Something else that made the Union Gap stand out from the crowd was the clear tenor voice of its lead singer. “My parents were both singers and I was blessed to inherit those genes,” said Puckett. “God gave me the gift of song, and I am forever grateful for it.”



Back in 1967, Puckett, then 25, and his band—bassist Kerry Chater, keyboardist Gary

Withem, saxophonist Dwight Bement, and drummer Paul Wheatbread—signed their first recording contract with Jerry Fuller, a songwriter and promoter for Columbia Records, in a bowling alley night club where they were performing.

“I just wish somebody had thought to take a picture of us signing that contract with Jerry in that noisy bowling alley,” said Puckett. “That would have been a keeper.”

Another photo-worthy moment for the Union Gap came in August of 1967 when the group recorded its first single, “Woman, Woman,” in the Columbia Records studio on Sunset Boulevard.

“It was like something out of a dream,” said Puckett. “They brought in a whole orchestra with strings, horns, drums, and placed them in a circle all around me. When I heard those incredible instruments playing our song through my headphones, I broke down in tears and had to overdub the vocals later.”

“Woman, Woman” climbed to number 4 on the Billboard Top 100 and became a million-selling gold disc. Other hits would follow in the next two years, and while the band never had a Billboard No. 1 record in the U.S., “Young Girl” made it to number one on the UK singles chart for four consecutive weeks in the summer of 1968.

The band thrived during the late sixties, doing 268 concerts, and even earning a coveted spot on the Ed Sullivan Show. “Never in my wildest dreams did I think I would be on that show, performing live before 9 million viewers,” said Puckett. “After that, I got a little full of myself for about 20 minutes before getting knocked down pretty quickly by somebody better than me.”

Suffering the fate of many of the bands of the late sixties, there was no demand for the Union Gap’s soft rock style when the seventies ushered in a whole new genre of music with artists like Elton John, Janis Joplin, and David Bowie taking center stage.

Puckett had a moderately successful solo career for a short time and then began acting and dancing in Los Angeles theater productions. But once again, the urge to “chase this music thing” became too strong to ignore. And in the eighties, the oldies radio stations revived the interest of baby boomers in the songs of their youth.

Puckett reinvented his Union Gap band and had a comeback tour in Las Vegas in 1981. After that he became a regular on the national oldies circuit performing with groups like The Grass Roots and Herman’s Hermits on the Monkey’s



For a list of upcoming performances by Gary Puckett and the Union Gap, along with lots of information about Gary, please visit <http://www.garypuckettmusic.com>.

Great Reunion Tour in 1986, and with multiple other classic rock bands at concerts and cruises throughout the country.

In 2019, the band joined the “Happy Together Tour” appearing with the Turtles, the Buckingham, The Classics IV, and the Cowbells. Another gig for the Union Gap that same year was the Flower Power Cruise, a week-long musical extravaganza featuring groups like The Lovin’ Spoonful, the Yardbirds, Tommy James and the Shondells.

“Nostalgia counts for a lot these days, especially given the turbulent, topsy-turvy world we live in,” wrote Lee Zimmerman in an online review of the Flower Power Cruise. “Old mores seem to have been forgotten entirely. Nowhere is that more apparent than in the world of classic rock, where the artists and bands that helped create a soundtrack for our lives still carry on and bring those fond, musical memories to the fore.”

“At 77, I still love what I do and can’t wait to get back out there and do it again,” said Puckett. “Sirius XM has created a whole new audience for our music, so we are an oldies band that is also very current.

“I’ve been a very lucky man, and God continues to bless me. I have a wonderful wife and family, a deep faith in Jesus Christ, and the ability to do what I’ve always wanted to do—make music. I’m glad there are still so many people who want to hear it.”

Looking back on the Union Gap’s whirlwind years of 1967-1970, Puckett says he wouldn’t change a thing. “It was wild, exciting, fast, sometimes overwhelming, but always amazing,” he said. “And I’ve been told we sold more single records in 1968 than any other group, including the Beatles. The oldies tours we do today are a lot of fun, but I will never forget the magic of the sixties. How could I? We were on top of the world.”

Visit www.garypuckett.com for information on upcoming shows and Puckett’s new CD, “All the Love Songs.” The Union Gap is scheduled to perform at Moberg Sun on November 8, 2021. ∞

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Senior Fitness...

Continued from page 6

ly allowance of protein throughout the day—25 percent more to maintain muscle and 50 percent more to rebuild muscle. However, on workout days, 20-30 grams of protein is preferable either right before or immediately after exercising. How many grams of protein should you have? In our exercise and nutrition studies with older adults, we recommended 0.7 grams of protein for every pound of ideal body weight. Here is an easy formula to calculate how much protein an older adult would require if they would like to weigh, for instance, 135 pounds (135 pounds x 0.7 grams of protein = 94.5 grams of protein daily). For younger middle-aged adults, multiply 135 pounds x 0.6 grams for a total of 81 grams of protein daily. As a result, seniors after completing our basic resistance exercise program can be found saying that they feel fit as a fiddle!

Let's review some health benefits of resistance exercise.

Resistance Exercise Health Benefits
Improve Physical Function

Several studies have shown that seniors who engage in a basic resistance exercise program improve in the following physical functions: movement control, functional abilities, physical performance, and walking speed. Wouldn't you agree that if you were to experience any or all of these enhancements, you would feel a few years younger? Here's what an active older adult has to say about his resistance exercise experience.

Reduce Risk of Diabetes

According to Population Health Metrics (2010), by 2050, one out of three adults will suffer with diabetes. In spite of this, resistance training has been shown as an effective intervention for reducing the risk of type 2 diabetes. In our recent Quincy College exercise and nutrition program, participants experienced statistically significant reductions in their blood sugar and HbA1c readings (0.3 percent decrease). These lower blood sugar levels provide a major risk reduction for experiencing Type 2 diabetes, a positive adaptation to a basic exercise and nutrition program of resistance training, and aerobic exercise

that includes sufficient daily protein intake.

Cardiovascular Health

Considering how overweight and sedentary most Americans are, it is not surprising that 35 percent of adults have hypertension greater than 140/90 and almost 50 percent have hypertension greater than 130/80. To most, what is surprising is that resistance training is as effective as aerobic exercise for reducing some major cardiovascular disease risk factors. That's right! Resistance exercise reduces resting blood pressure and is similar to aerobic activity for blood pressure reduction. In our largest study of 1,644 subjects following American College of Sports Medicine's strength training guidelines (one set of 8-12 repetitions; 12 exercises for major muscle groups of the musculoskeletal system), we found significant reductions in resting blood pressure after only 10 weeks of training, three days per week. On average, the study participants reduced systolic blood pressure by 4.6 mmHg and diastolic blood pressure by 2.2 mmHg, as well as improved blood lipid profiles, increasing HDL cholesterol, decreasing LDL cholesterol and reducing triglycerides. Great news for 45 percent of adults who have adverse blood lipid profiles.

Bone Mineral Density

Approximately 54 million American adults have osteopenia (bone thinning) or osteoporosis. Sadly, one out of two women and one out of four men over age 50 will experience bone fractures due to osteoporosis. The fact is that adults who do not perform resistance exercise may experience 1-3 percent reduction of bone mineral density every year of life. Fortunately, several studies have demonstrated a significant increase in bone mineral density after four to 24 months of resistance training. In our osteoporosis study, the men and women who performed resistance training (supplemented with protein, calcium, and vitamin D) increased their bone density by 1 percent, while those who did not strength train, consume protein or take vitamin supplements decreased their bone density by 1 percent. Hence it would be advantageous to perform a basic strength training program in order to prevent this debilitating bone weakening condition.

Mental Health

Not only does resistance exercise produce beneficial results for many physiological factors,

it stimulates positive adaptations for enhanced mental health. Our studies have found that a basic program of strength training and aerobic activity significantly improved mood states and reduced feelings of depression.

Other Resistance Exercise Health Benefits

Additional health benefits of resistance exercise include reductions in pain and stiffness associated with arthritis, as well as low back discomfort and functional issues associated with fibromyalgia.

Summary

Resistance exercise is an effective means of increasing lean tissue (muscle) weight, decreasing fat weight, increasing resting metabolism, improving blood sugar levels and blood lipids, reducing resting blood pressure, increasing bone mineral density, reducing arthritic discomfort, reducing low back pain, and reducing risk of depression in inactive adults and older adults.

By participating in a consistent, comprehensive, safe, and effective exercise program of resistance, aerobic, and flexibility exercise, as well as eating nutritious foods, drinking water, and consuming adequate amounts of protein, you should lose weight, lower the risk of health issues, look and function like a younger person, and enjoy life more reminiscent of your younger years.

If you would like to schedule a complimentary training session at our highly supervised, COVID compliant Community Health and Fitness Center at Quincy College, at President's Place, 1250 Hancock Street (right across the street from the Quincy T Station), please call me or Dr. Wayne Westcott at 617.405.5978.

ABOUT THE AUTHOR: Rita La Rosa Loud holds a B.S. in Exercise Physiology with additional education in Sports Medicine and Athletic Training. She is NASM Certified and has been actively involved in the fitness industry for over 35 years. She is also an author and writes fitness-related articles for various fitness publications. Currently, she is a Fitness Researcher who Co-Directs the Health & Fitness Center at Quincy College with Dr. Wayne L. Westcott. ∞



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I am Elder Law Care Attorney and Author Patrick Kelleher. I would like to invite you to our **FREE** Educational Estate Planning & Elder Law Workshop on the **Four Headed Monster of Elder Law** and why you need to avoid it!

We will teach you how to protect what you have for the people you love the most!

Go to www.elderlawcare.com and register NOW.

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Main Office: Patrick J. Kelleher’s Elder Law Care Center

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