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The Red Sox will Always be my Team

– Hall of Famer 'Gentleman Jim' Lonborg

By Marie Fricker



It's the stuff dreams are made of. A sandy-haired, 10-year-old pitcher on a West Coast Little League team called the Kiwanis Red Sox, becomes the 1967 Cy Young Award winner for the American League just 15 years later. And, coincidentally, the team he plays for is also called the Red Sox. As the ace pitcher for the "Impossible Dream" season of the Boston Red Sox, longtime Scituate resident Jim Lonborg pitched 22 wins and 246 strikeouts to bring the American League pennant to Fenway

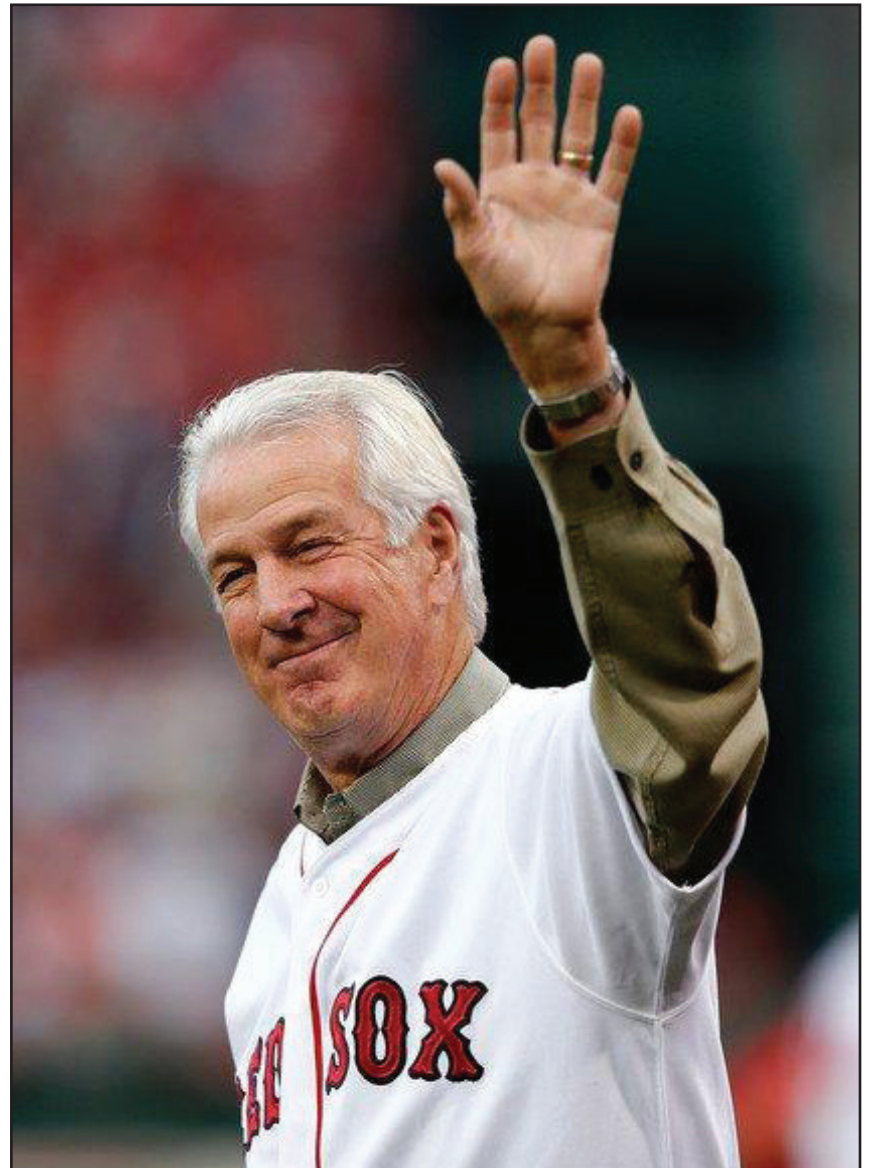
Park for the first time since 1946.

In the crucial final game of the series against the Minnesota Twins, 25-year-old Lonborg came up to bat in the home half of the sixth inning with the Twins leading 2-0. He hit a surprise bunt, making it to base, which jump started a five-run Red Sox streak.

"I saw the third baseman, Cesar Tovar, was playing back, and I thought the element of surprise might work, and it did," he said. "So, I dropped down the bunt, and in those days, I could run pretty well."

The Twins scored a run in the eighth inning, making it 5-3, but with two down in the ninth, and nearly 35,000 Fenway fans on their feet, batter Rich Rollins turned Lonborg's final fastball into a harmless pop up, which landed

Jim Lonborg... continued on p.6



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2021 JOHN LEVIN MEMORIAL CONFERENCE



GETTING TO YES: A PRAGMATIC APPROACH TO DEMENTIA CARE WITH TEEPA SNOW, OTR/L

Friday, August 20, 2021
8:30 AM - 4:00 PM EST

Via live Zoom Videoconferencing

Presented by
Alzheimer's Family Support Center
Until there's a cure, there's a community.

Join nationally-known dementia care specialist, Teepa Snow, OTR/L, who will present pragmatic strategies for managing the care of adults with dementia. This live videoconference is intended for persons effected by or involved in the care of adults living with dementia.

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We are grateful to our 2021 John Levin Memorial Conference Sponsors!



Alzheimer's Family Support Center offers annual free teleconference for professionals & caregivers

"It's a fallacy to think that until there's a cure for Alzheimer's, there's nothing that can be done – there is so much more we can all do," says Dr. Molly Perdue, co-founder and Executive Director of the Alzheimer's Family Support Center of Cape Cod (AFSC). "Most importantly, we can learn skills and techniques that reduce the stress of dementia caregiving for both professional and family caregivers."

Towards this end, the AFSC is offering a free live online conference on Friday, August 20th, from 8:30 a.m. – 4:00 p.m. entitled "Getting To Yes: A Pragmatic Approach to Dementia Care." This Annual John Levin Memorial Conference features renowned national trainer Teepa Snow, MS (Master of Science), OTR/L (Occupational Therapist, Registered and Licensed), FAOTA (Fellow of the American Occupational Therapy Association). She is well-known in the health-care community as an innovator and extraordinarily interactive speaker. There is NO CHARGE to attend this live videoconference.

Snow will present pragmatic strategies for managing the care of adults with dementia. This live videoconference is intended for persons employed in memory care, skilled nursing facilities, and adult day programs, as well as family and in-home caregivers and others involved in the care of adults living with dementia.

Conference topics will include: Sorting Out the Three Ds: Delirium, Depression, and Dementia; Changing Resistance to Care to Participation in Care; Why Do They Do That? Understanding Symptoms and Situations of

Dementia; Dealing with Distress: Using Empathy and Support; Improving Your Hands-On Skills for Providing Care. A special panel discussion on Alzheimer's and the Arts will take place during the lunch hour.

Five continuing education credits (CEs) have been approved for: Nurses, Psychologists, Social Workers, Licensed Marriage and Family Therapists/Licensed Mental Health Counselors/Licensed Professional Counselors, Activity Directors, CDP, CDCM, and CADDCTs. For information about obtaining CEs for this event, please email us at info@capecodalz.org

All attendees **MUST** be registered to attend this **FREE** event. To register, copy and paste into browser: <https://www.eventbrite.com/e/getting-to-yes-a-pragmatic-approach-to-successful-dementia-care-tickets152925992761>. **Questions?** Call (508) 896-5170 or email info@capecodalz.org.

In alignment with the AFSC's motto "Until There's A Cure. There's Community," this conference is offered free of charge due to the generous support of many individual donors and business partners.

Created by caregivers, the Alzheimer's Family Support Center is an independent 501(c)3 non-profit that provides free support referrals, education and social connection services for the Cape's Alzheimer's/dementia community. For more information, please contact Melanie Braverman at (508) 896-5170 or email at support@capecodalz.org. ∞

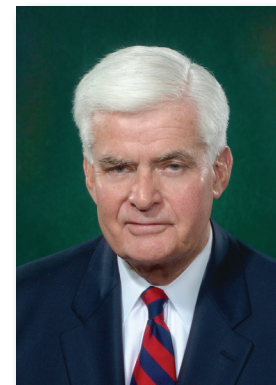
HOME EQUITY WEALTH MANAGEMENT

Draining Retirement Savings to Pay Debt is Dangerous – There May Be a Better Way

Protecting and increasing retirement savings is critical to retirement security. Using savings to pay mortgage or other debt is a formula for failure. Smart use of housing wealth may provide a solution.



By George Downey



BRAINTREE - Financial advisors agree, the primary fear among aging Americans is fear of running out of money in retirement. Unfortunately, the majority transition into retirement with accumulated debt, reduced incomes, and insufficient savings to last lifetimes that are increasing as life expectancies continue to rise.

Debt Payments – A Serious Threat to Retirees

Making timely mortgage and other debt payments is an established priority to maintain financial wellbeing and creditworthiness. Considering the consequences, when income levels decline, borrowers naturally default to spending savings to meet payment obligations. Cannibalizing savings to make debt payments may solve the immediate need, but it significantly increases the dreaded risk of running out of money.

Potential Solution – Smart Use of Home Equity

Home equity (housing wealth), easily the largest asset of most individuals, constitutes two-thirds of the average senior's net worth, but it is not liquid. Smart use of home equity requires: (1) selling and relocating, or (2) refinancing the home to a mortgage program that meets their needs and financial circumstances without jeopardizing retirement savings.

Surveys consistently show the majority want to age-in-place in their current home. However, financial and other circumstances may determine the best solution is to sell. If so, action plans to address the physical and emotional considerations for change need to be developed. For those who do not want to sell, refinancing to a reverse mortgage may be a better choice.

Reverse Mortgage –

A Solution for Some, Not for All

Reverse mortgages were developed to enable older homeowners (age 60+), who want to remain in their homes, the ability to access a portion of their home equity without the obligation to make mortgage payments. The terms are uniquely designed to accommodate retirement finances as well as certain legal considerations homeowners encounter as they transition into retirement. Most importantly, among other options, funds can be used to eliminate mortgage and other debt payments to preserve savings and extend financial security.

Reverse Mortgage Overview

- No monthly payment obligations – prepayments are permitted without penalty but not required. Monthly charges are deferred and accrue.
- Credit line growth – the undrawn balance of the credit line grows (compounding monthly) at the same rate charged on funds borrowed.
- 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
- Living in the property as the primary residence

TO LEARN MORE

Get the facts and determine if, or how, the various options to utilize housing wealth may enhance your individual needs and circumstances. For more information, visit the National Reverse Mortgage Lenders Association (NRM-LA) website www.ReverseMortgage.org, or feel free to contact me for a private consultation. **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* ∞

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Aging with Sass & Class

It's all about moderation

By Loretta LaRoche

In the last four years I have had three joint replacements and have spent countless hours in physical therapy working hard to regain strength and mobility. It's definitely not easy and necessitates a warrior mentality. I have finally reached the point where I'm going back to the gym to do what I have always loved to do; workout. The irony is that I got into trouble by always trying to push myself into doing more and more exercise.

I started dancing when I was four and never stopped until I was married. Then I taught aerobics for years as a single mom but also cycled and played tennis. When I reached the ripe age of 60, I decided to start playing racquetball. However, I being who I am, cannot just play for fun. Oh no, I have to try to ace out the teacher who has been playing all her life. I did get good at it, but my joints were already starting to try to warn me I was getting into trouble. But I was not into listening; instead I went to the gym and did weights and stretched. Once again, I could not just do some moderate weight lifting. It had to be similar to what a Sumo wrestler might do to train. I also did my stair master and cycled.

Well, by now you must realize I do not go "gently into the night!" I have to keep at something relentlessly so that I can be the best at it. This mentality can be a blessing and a curse depending on the situation. It worked beautifully for creating my career. I would spend hours coming up with creative ideas, networking and pursuing my dream of being a lecturer and author. Because of my tenacity in this area of my life I was able to manifest a career that has lasted for over 35 years.

My ability to be tenacious is one of my strengths, however, like many other strengths we may have, it can also have a dark side. When you don't know when to let go of something, being tenacious can be your undoing. Being humble is endearing and so much better than arrogance. However, too much humility can make you appear weak and vulnerable. People can easily take advantage of you. Empathy is a wonderful trait but it too can become problematic if you have more empathy for others than for yourself. Helping others until you have nothing left to give can make you ill.

The magical word to live life as fully as possible is "moderation." Unfortunately, it is easy to say but difficult to incorporate into our lives. Oscar Wilde said it best, "Everything in moderation, including moderation."

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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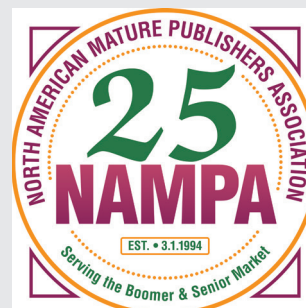
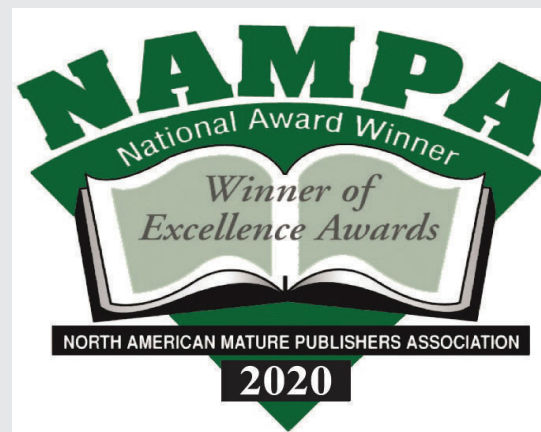
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Elder Law & Estate Planning

Estate Planning Tips for Parents of Children with Special Needs



By Patrick J. Kelleher, Esq.
ElderLawCare.com

HANOVER AND QUINCY – Children with a wide variety of special needs (disabilities) can live more productive lives than ever before with today's medicine and health care advancements. Many scientists regard the term special needs as a euphemism for disability.

Yet, the difference between the two terms is primarily one of acceptance and preference as both terms describe the four major types of disability: physical, developmental, sensory impaired, and behavioral/emotional.

When you have a child with special needs, it is crucial to plan their future with the utmost care as they will meet additional challenges to care for themselves and their lives. According to the US Census Bureau, between the years 2008 to 2019, the biggest increase in special needs was the experience of cognitive difficulty, which saw a large jump in prevalence.

Careful estate planning for parents of children with special needs is necessary to ensure government benefit access remains without foregoing family support. Below are some basic planning tips to consider to protect your child with special needs. If you would like to explore these options in more detail, please give us a call to set up a confidential meeting.

While your child is a minor, be sure you and anyone caring for your child has signed appropriate directives that specify who should care for your child in the event you are unable to. You may also consider preparing legal documents that name a guardian for your child, again if you are unable to care for your child or in the event of your death.

Once your child is an adult and has the legal capacity to sign documents, that child should have their own set of advance directives naming a trusted agent.

There are several types of special needs trusts. A **First Party Special Needs Trust** receives its funding from the special needs person as long as they are under 65. The funding mechanisms may be lawsuit proceeds, inheritance, or lump sum disability benefits. This trust can be established by the special needs child, parent, grandparent, or guardian and, when drafted properly, will not affect eligibility for the special needs person's government benefits.

A **Third Party Special Needs Trust** permits family members to use their assets to fund a trust to benefit a person with special needs without negatively impacting that person's eligibility for government benefits. The funds in this trust type do not have a payback provision, allowing any remaining assets to pass to other beneficiaries as designated by the trust maker and can be created during a lifetime or under the instructions of a will.

Finally, a **Pooled Trust** is a community trust that a non-profit organization manages to fund the needs of many special needs beneficiaries. In essence, the non-profit acts as a trustee and can be a good option for small families or those who seek non-family member trustees. The property held by pooled trust for the beneficiary should not affect eligibility for government benefits.

If you have a life insurance policy or are considering one, you can make the proceeds payable to your third party special needs trust. Leaving permanent and term life insurance policies to this trust type will not affect the child's government benefits. If you have retirement accounts, those may be payable to the third party special needs trust as well if there is a balance at the end of the account holder's life.

It is not advisable to leave property for the care of your special needs child to a third party, such as another child. This third-party designate has no legal obligation to follow your wishes, leaving the use of your money to the discretion of that third party. As this type of arrangement is not legally enforceable, your child with special needs will be wholly unprotected after you die.

Create an **Achieving a Better Life Experience** or **ABLE** account. This type of account is not unlike the idea of the 529 College Savings Plan. An individual experiencing their disability before 26 years old can deposit up to \$15,000 per year into their ABLE account. The account grows tax-free and can pay qualified expenses to maintain or improve quality of life. An ABLE account can also receive funds from parents, other family members, or friends who want to contribute to the account. Most government benefit programs are not affected by ABLE account funds.

There are many intricacies to consider when creating an estate plan that involves a special needs child. We help clients with their estate planning needs and would be happy to meet with you at your convenience to discuss your situation and determine the best plan for you and your family.

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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> Our Elder Law Care Team (www.elderlawcare.com) serves families in Boston, Milton, Canton, Randolph, Dedham, Norwood, Westwood, Quincy, Weymouth, Braintree, Weymouth, Hingham, Norwell, Hanover, Hanson, Marshfield, Duxbury, Pembroke, Scituate, Hull, Cohasset, Abington, Rockland, Holbrook, Kingston, Carver, Plympton, Bridgewater, East Bridgewater, West Bridgewater, Plymouth, Barnstable, Sandwich, Wareham, Pinehills, Sharon, Avon, Brockton, Easton, Mansfield, Franklin, Newton, Wellesley, Needham, Bedford, Concord, Lexington including Suffolk County, Norfolk County, Plymouth County, Barnstable County, Bristol County, Middlesex County, Essex County, South Shore, North Shore, MetroWest suburbs, Cape Cod and surrounding communities. ∞



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Jim and Rosemary Lonborg met at a party in a Boston restaurant in 1970. “Rosie,” A New Jersey native, was working as a hostess there while attending Garland Junior College. She didn’t recognize the sports celebrity who asked her to go to dinner with him that night. She never followed baseball, even though she was in Kenmore Square at the Somerset Hotel on the day the Sox won the pennant.

“I saw Rosie at the front of the restaurant and asked her to go to dinner with me after the party,” said Lonborg. “But she wouldn’t go unless her roommate came with us, so I took them both out. Six months later we were married.”

Lonborg suffered a knee injury in the off season following his victory in the 1967 series. He spent a total of seven years with the Red Sox, but was traded to the Milwaukee Brewers in 1971. “I have to admit that came as quite a shock to me,” he said. “I didn’t see it coming, and I really loved the Sox. I still do.”

In the eight years that followed, the former ace pitcher suffered a number of other injuries, and ended his career in 1979 after being released by the Philadelphia Phillies. In 2002, amid a standing ovation from tens of thousands of Fenway Fans, he was inducted into the Boston Red Sox Hall of Fame.

Unlike the multi-million dollar paychecks of today’s professional athletes, Lonborg, now 79, never made more than \$150,000 as an annual salary during his 15 years in baseball. “I left the game at age 37 with a family and a mortgage to pay, so it was obvious my working life could not be over,” he said. “Rosie and I took a trip to our place in Vermont one weekend to talk about what I should do, and she said, ‘Why don’t you become a dentist? You were always interested in health care.’”

Lonborg, who had been a pre-med student at Stanford before signing with the Red Sox, took his wife’s suggestion, got a degree from Tufts, and opened a Hanover dental practice, which he ran for 34 years. Retiring at age 77, he enjoys spending time with his family, his classic 1957 red and white Chevy Belair, and, of course, watching baseball. Rosie works as a child life specialist at the Dana-Farber Cancer Institute in Boston and volunteers at the Cranberry Hospice out of Beth Israel Deaconess in Plymouth. The Lonborgs are involved in fundraising for the Jimmy Fund and other charitable causes. They have six grown children and 13 grandchildren.

A former California boy, Lonborg loves the changing seasons of New England. “When we first got married, Rosie and I had a condo on Marlboro Street in Boston, and then we came to a Christmas party in Norwell one year,” he said. “Snow was falling, all the lights were on down Main Street, and it was just beautiful. We came back the next week and started looking at houses, and bought an antique home in Scituate on the spot.

I drove Rosie and our daughter Phoebe to the new house the day after closing, and immediately left for spring training. I suggested she go into the center of town and establish some credit. She called me that night and said, ‘Jim, you won’t believe this. We live by the ocean!’”

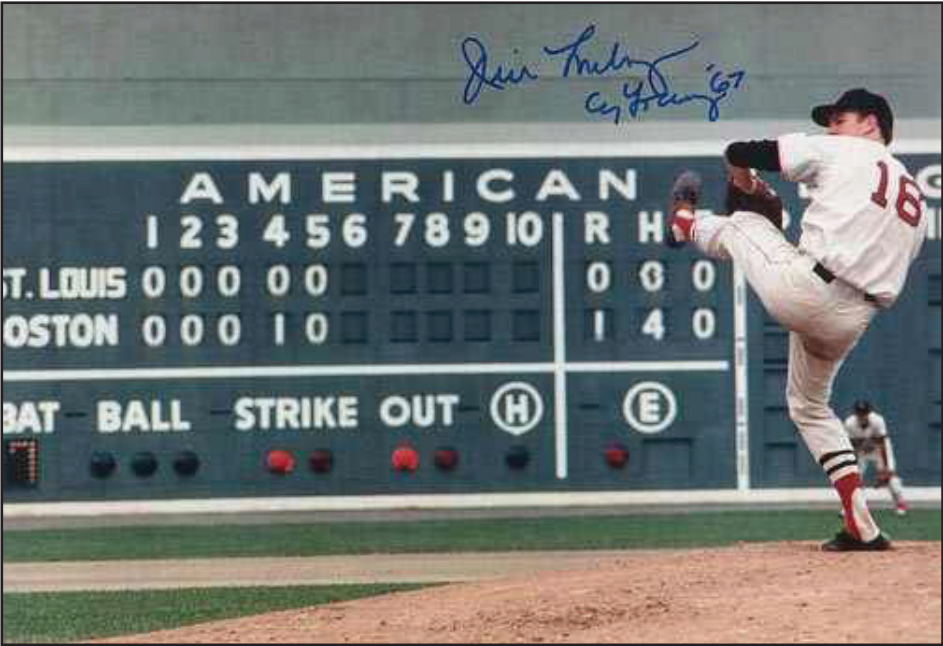
There have been many highpoints in the life of Cy Young winner Jim Lonborg, but one moment will always stand out.

“I will never forget that final game with the Twins in 1967,” he said.

easily in the glove of Rico Petricelli and sent thousands of cheering fans pouring onto the field.

Many believe that the American League victory that year brought Boston fans back to the ballpark after decades of lagging interest. Attendance soared as soon as it became apparent that the Sox were actually contenders for the pennant.

“1967 created the Red Sox craze and the Red Sox Nation that we have today,” said TV sportscaster Jerry Remy. “They reinvented baseball in New England.”



The Lonborg family enjoys Jim's Hall of Fame day at Fenway. From left: Nora, Nicholas, Jordan, Claire, Phoebe, Rosemary, John, and Jim.

“Of course, marrying Rosie was the best thing that ever happened to me, but that last out at Fenway, when 10,000 fans came running onto the field delirious with joy, that was really something.”

It was the stuff dreams are made of... *Impossible Dreams.* ∞

SENIOR FITNESS

Body Composition: Why it Matters!



By Rita La Rosa Loud, B.S.

QUINCY – Have you ever dieted, lost weight then noticed you gained it back and then some? After numerous dismal attempts, I bet you even gave up on losing weight altogether. If you relate to this, you are not alone! Incidentally, have you ever wondered how much is being spent to drop that excess weight only to repeat the diet process over and over again?

Here are some shocking statistics

According to the United States Weight Loss and Diet Control Market Report, in 2019 Americans were spending a whopping \$78 billion every year on weight loss programs, products, and services. Then, in 2020 the weight loss market, as a result of the COVID-19 pandemic, suffered a 21 percent decline. Apparently, by reason of consumer weight gain, the weight loss industry expects to be bouncing back now and in the near future. Yikes!

Everywhere you turn there are countless fad diets, programs and products claiming to have discovered the solution for a permanent, thinner, slimmer, you. Yet, statistics indicate that the majority of us are getting heavier. Just look around you! Greater than 70 percent of Americans are overweight or obese, and cannot seem to keep the weight off subsequent to dieting. What’s wrong with this picture?

But first, picture this

Here we have two female seniors 65 years of age who are both five feet four inches tall. The first woman, Andrea, weighs approximately 140 pounds. The second woman, Beatrice, weighs roughly 120 pounds. Andrea is a regular member of a health and wellness facility and she exercises on a regular basis, strength training two or three times per week, including cardio and stretching. She is also a health nut and eats three square meals per day comprised of wholesome food choices (fruits, veggies, whole grains, nuts, legumes, lean meats, dairy, healthy fats, and limits processed and sugary foods and beverages).

On the other hand, Beatrice feels that she is too busy to engage in physical activity of any kind and relies on fast-food much of the time. She also frequently goes on calorie restricted diets (less than 1,200 calories per day) to reduce her body weight. As soon as she is off the diet, Beatrice goes back to her old eating habits and puts the weight right back on. Oh boy! Although both women are the exact same height, Beatrice weighs 20 pounds less than Andrea, yet apparently Andrea looks, feels and functions much better than Beatrice. Why is that?

Body Composition Matters

Curious as to why Andrea looks better than Beatrice despite Beatrice’s lower weight, both seniors decide to undergo a body composition assessment. This process specifically measures how much of an individual’s total

Young at Heart Member Profile.

Henry Lamb, age 80, pictured on the Nautilus One, Chest Fly Machine, joined our Quincy College community health and fitness facility FALL of 2014. Years ago, Henry weighed over 250 pounds. His initial reason for joining our program was to lose weight, but he was also concerned about the aging process. Although Henry lost some weight after retiring as a Mass Maritime Academy professor in 2013, since he joined our center he’s lost an additional 20 pounds. After undergoing a body composition assessment, Henry was happy to learn that he lost fat and gained muscle with this resistance training program. “I would highly recommend other seniors to strength train. As my trainers often quoted to me, the body needs to keep moving!”



body weight is derived from lean mass (muscle tissue), and how much is derived from body fat (adipose tissue). In other words, it tells them what percent of their body is muscle and what percent is fat. Thus, a clear benefit of having a body composition analysis, which discloses percentage of both muscle and fat, may well offer an insight into a person’s health and disease risk.

After having completed the assessments, Andrea’s body fat measurement is in the ideal range of 20 percent. Amazingly, at 140 pounds, she wears a size 6! On the other hand, Beatrice’s body fat reading unfortunately is in the unhealthy range of 35 percent; at 120 pounds, she wears the larger size 12. Although Andrea is obviously considerably heavier than Beatrice, she actually has more muscle tissue and less body fat than Beatrice. This is very evident and reflected in their respective appearance and clothing size (refer to chart).

Senior Fitness...continued on p.18

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Transition support services help with the move back home from hospital or rehabilitation facility



By Nicole Long, MSW, LICSW

As individuals age, they may experience health status changes that sometimes necessitate an admission to a hospital, rehabilitation or skilled nursing facility. Upon discharge from a facility, individuals often need additional support to navigate their care plan and any community services as they return home. For many older adults, it is a comfort to know that assistance is available to help them transition from one care setting to another, with the end goal being that they return home safely and avoid readmission. Old Colony Elder Services' (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. OCES has a Transition Support Program that works with individuals to ensure they have all of the necessary services they need upon discharge from a facility before reentering the community. **How does it work?** Individuals are often referred for OCES' Transition Support services by facility social workers, other OCES team members, or family members. OCES' Registered Nurses (RNs) and Transition Support Advisors meet with an individual

and his/her family members at the hospital, rehabilitation or long-term care setting and work with them and facility staff throughout the discharge planning process. The program builds upon existing facility discharge planning and serves as a natural extension to support individuals being successful at each care setting and at home. A Transition Support Advisor will meet the individual, starting with a hospital visit, a skilled nursing facility and/or rehab visit, if applicable, a home visit, and three follow-up calls. In the process of transition, OCES Transition RNs and Advisors communicate directly with individuals (and their caregiver/family members) to learn about their needs, concerns, and services in place, as well as any possible barriers to successful transition, and will offer suggestions on how they may be addressed. The Transition RN or Advisor provides education about in-home supports and community services as well as direct referrals to these resources. For example, individuals are educated on Mass Health Home and Community-Based Waivers, home modification loan programs, adaptive equipment, services to meet complex medication management, and a wide range of additional community resources. OCES' Transition Support Program also provides a tracking service for individuals with existing Home Care service plans who have entered a hospital or other facility. This service consists of making contact with facility social workers to discuss care plans, need for changes in services and maintaining awareness of possible discharge plans. A patient information network, Patient-Ping, is linked with the electronic health record

systems of facilities and provides OCES' Transition Team with up-to-date information on an individual's admissions and discharges. With this system, the Transition Team is able to inform the Home Care department of admissions so services can be suspended as needed, and it also aids in the prompt notification of discharges, eliminating gaps in the reactivation of services. **Actively Engaging Individuals and their Caregivers.** Intervention from the Transition Support Program staff can help reduce hospital readmissions by 20-50 percent, while improving the health and quality of life of patients. These individuals and their caregivers learn medication management skills, how to identify red flags in their care management, planning primary care provider and/or specialist follow-up appointments, and maintaining a personal health record. Most importantly, individuals become more engaged, activated and empowered in their own self-care management skills. For more information on the OCES Transition Support Program, contact OCES at 508-584-1561. **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*

their timeshare in Aruba. Then COVID-19 set in. Because of quarantining, they were going to have to stay an extra two weeks – but they had no accommodations! The couple cancelled their plans but the airline refused to refund the money for the tickets. Due to their age, they said they wouldn't be traveling anywhere outside the United States until the pandemic was over. They contacted me and asked if I could help. Problem solved! Within four days, the money was back in their credit card account. They were astounded! At Problems Solved, we find a way to get your money back. If we agree to take your case, we will get results – or you pay nothing. It's as simple as that. We're not lawyers, but lawyers send us their clients who have problems that don't require a lawyer. We find a way to resolve an issue through proper inquiries and polite discussion. Need a problem solved? Call me, Nancy Muckle of Problems Solved, at 781-258-9050. Visit my website at www.probsolved.com for details. ☺

What COVID taught us about priorities

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



Dealing with the COVID-19 pandemic has been difficult and often frightening, particularly for those of us who are elderly or caring for elderly loved ones. We faced lockdowns that often separated us from those we loved. And far too many seniors died. Many lost loved ones residing in assisted living facilities, and they never got to say goodbye. It has been a very difficult and emotionally challenging experience. To date, more than 130,000 nursing home residents have died due to COVID in the US, likely without the comfort of being with the people they loved. It's not the way any of us would wish our loved ones to spend their last days. **Think About What's Important** Being apart from friends and family and witnessing so much loss places a spotlight on what's really important in our lives. Maybe we don't have to take on that extra project—maybe having a perfect body, or a perfect house

isn't so important; and maybe friends and family are. I learned to slow down and take personal time for personal care. What about you? What have you learned about yourself during this time? I encourage you to think about what is really important to you. Place more time and emphasis on that. COVID taught us that our lives can change in a flash. Time is precious. Spend more of it on the things you find truly fulfilling and with the people you love. **Set Boundaries** It's all well and good to say we're going to spend more time on the things we love, but actually doing it? That can be harder, can't it? It's not always easy to say no. No, I can't stay late tonight. No, I can't change my plans for you again. No, I can't make an extra trip today. It sometimes feels unkind, but isn't it also unkind to ourselves and our loved ones when we are stretched too thin and don't have time to nourish ourselves and our relationships? That's where setting healthy boundaries comes in. It's okay to take time for yourself, and that's true even when you're a caregiver—maybe especially then. Caring for a loved one is honorable and rewarding, but there are times when you'll need a break. Take it.



Ask for Help Asking for help can seem difficult, but it's important. It's so much better to let someone else step in for a bit so you can rest and come back refreshed than to wear yourself out and develop your own physical ailments or become irritable with the ones you love so much. At Celtic Angels Home Health Care, we are happy to help take some of the burden off you and provide your loved one with the quality care he or she needs. And if you, yourself, are the senior, your needs and wants matter, too! Have an outing you'd like to go on, but your family is too busy or you need extra assistance? We can help. Or do you just want companionship, perhaps to play games or celebrate a birthday? We're happy to be there for you. We have lived through one of the most difficult times in recent history, and it gives us all

Stepping up to help a couple that couldn't step out because of COVID-19

By Nancy Muckle, Founder/CEO of Problems Solved



It's a situation I come across frequently in my line of work: an elderly couple planned a nice vacation to an exotic location, then COVID-19 hit and they couldn't get their money back. The pandemic disrupted a lot of plans. People couldn't take the trips they wanted, do the things they hoped to do, or had to hold back because of the threat of getting sick from this terrible disease. In some cases, they couldn't get their hard-earned money back after canceling their plans. That's where I come in. As the owner of Problems Solved, I help correct these problems. Whether it is a big trip, health or elder care, car

insurance, real estate or dealing with a contractor, I work to resolve these issues and get whatever finances involved returned. With COVID-19, many deposits for cruises, airlines and hotel stays – not to mention weddings, bachelor parties and rehearsal dinners – were not returned. Most individuals made one call, didn't find success and gave up, thereby losing the money. These problems occur often in the everyday world. Misunderstandings, confusion or just inexperience are usually what prevent a company from resolving these issues and coming to terms with an upset customer. Often, solving the problem depends on knowing who to go to. Finding the right manager or director is crucial in handling these situations. I've worked for decades in the corporate setting and know how the game is played. I have the contacts and understanding of business hierarchy to come up with a mutually agreeable solution. That's what happened in this case. This senior couple from Massachusetts told me how they purchased two airline tickets to travel to



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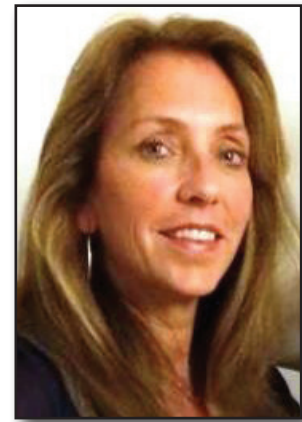
About the Author: *Maria Burke, RN, is owner and founder of Celtic Angels Home Health Care. Maria Burke was born in Middleton, County Cork, Ireland. She is the eldest of six and immigrated to the United States in 1988 to pursue a nursing degree to become a registered nurse. She served as a visiting nurse 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. ☺*

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.

Dementia Care... At what cost?

By Phyllis DeLaricheliere, MS



Why do I write? Why do I lecture? It's my privilege to have an opportunity to educate, and to challenge your thinking around Alzheimer's/Dementia. Knowledge is power, and the more you know, the more you can understand, find compassion, and become part of the solution to curing the disease. Whether you are directly impacted by it or not, it has an effect on us all. This month we are going to explore the financial world of Alzheimer/Dementia care.

Today, worldwide more than 50 million people have dementia and every three seconds another human being is diagnosed. Globally it's

the 5th leading cause of death. In the U.S., we now have 5.7 million Americans living with dementia and it has become the 6th leading cause of death, surpassing breast and prostate cancer combined. As this disease grows each year, so will its care needs. Are we prepared? As a nation, are we ready to take on this challenge.

According to the Alzheimer's Association (2017), 83% of the care that is given to those diagnosed comes from family, friends, and UNPAID caregivers here in America. In 2017, these angels (approximately 16 million) provided 18.4 billion hours of unpaid care. If we placed a value in dollars on this care, it would be approximately \$323 billion!

How can these unpaid caregivers possibly do what they do and at what cost? Not just financially but emotionally, spiritually, and physically. Doing my research, 74% of those caring for someone with Alzheimer's/Dementia took ill or pass away first. We know these amazing family members, friends, and other unpaid caregivers are delivering compassionate, loving care to the best of their ability, but for so many it's at the cost of themselves. How? They forgo their own doctor's appointments, become nutritionally compromised and financially challenged. STRESS.

According to Genworth Financial report on Alzheimer's care in communities (GNW; 2016), the average cost for a semi-private room for a loved one with the diagnosis is \$82,125 per year. A private room, on average, will cost \$90,000 per year. With 41% of households with someone diagnosed falling under \$50,000 per year, they are facing unachievable options for their loved one. Further, Medicare does not cover "custodial care." **Custodial care** is defined by personal **care** that provides assistance in bathing, dressing, getting out of bed, eating, medication management, and other activities of



daily living (ADL). So, they are left to care for their loved one themselves or try to qualify for Medicaid, which is very challenging.

With all these unpaid caregivers, the Alzheimer's Association still reports that in 2018, 5.7 million Americans fighting the disease will still cost the nation \$277 billion. The projected number of diagnosed Americans for 2050 is a staggering 14 million with an associated cost to the country at \$1.1 trillion dollars!

Alzheimer's is an epidemic that will leave nothing untouched. What do we do? How can we support our caregiving angels? The psychology field is seeing more and more caregivers presenting with anxiety, depression and heart conditions. The medical field is already tasked and we wonder if there will be enough nurses, doctors, specialists not to mention facilities to treat both the person diagnosed and their caregiver.

Let the discussions begin, we need to come up with affordable ways for our Caregivers to provide the appropriate care needed for this disease, maintain their health, and leave them with finances that can be there for themselves as well.

If you have a question, or want to suggest a topic, please email me at knowyourhippie@gmail.com.

Source: Alzheimer's Association (2017-2018); AARP (2018); Genworth Financials (2016); Alzheimer's and Dementia; The cost in the private sector; Guidelines for Psychological Practice With Older Adults. (2004).

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. STAYTUNED – HER LIVE WEB CHATS ARE COMING SOON! ☺*





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Veteran-to-Veteran Cafés – Serving Those Who Served

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



Dedicated days, such as Memorial Day and Veterans Day, mark formal remembrances in honor of veterans, as they should, but as a veteran myself, I know that informal gatherings can be just as significant, sometimes more so.

When the holidays pass, some veterans can be overlooked and forgotten. This feeling can be especially acute as people age and enter their end-of-life journey, which is why we've launched a new initiative called Veteran-to-Veteran Cafés, which are open to all veterans in the community.

"It's been so meaningful and lovely. We've met some great veterans, and we make sure to thank them for their service. But what has been most important is that the veterans have found other veterans to talk with and share their stories with," said Janela S., volunteer program coordinator for Old Colony Hospice & Palliative Care. "They've asked for us to do more of the cafés and come back as soon as we can."

These coffee hours are in appreciation of the service veterans have made, but the gatherings are also a way to connect veterans with one another. The coffee hours are open to veterans who are OCH patients, but also to any veteran in the community. We've begun holding the cafes

in the region, and it's been heartwarming to see the men and women who turn out connect with their fellow veterans.

At OCH, twenty percent of our patients are veterans. To recognize them and the special circumstances they encounter, we are part of the pioneering "We Honor Veterans," a program of the National Hospice and Palliative Care Organization in collaboration with the Department of Veterans Affairs. The Veteran-to-Veteran Cafés are designed to support organizations such as hospices, health care groups, funeral homes, assisted living, and skilled nursing facilities, as they help guide veterans and their families through the end-of-life journey.

So far, we've organized a few Veteran-to-Veteran Cafés—one was held in West Bridgewater and one in Norton—and they were received with enthusiasm. We have an upcoming café planned for September at the Dr. Ruth McLain Hospice Home in Braintree. We bring coffee and doughnuts, and the veterans bring their stories, their jokes, and their gentle ribbing about rivalries between the military branches. Several of our volunteers are veterans themselves, and they are helping to create the cafés, which attract veterans from the varied branches.

Janela S. said the veterans enjoy the companionship and feel at ease telling their stories or just chatting with each other.

"They understand each other, and they don't have to explain what they've been through," she said.

One woman who attended a Veteran-to-Veteran café is in her 90s. Ethel Naddaff served in the U.S. Army, married, raised five children while a working mom, and six years ago, she wrote a book titled *Fallen Branches*.

"We have met amazing veterans – ones who spent their time stateside, ones who traveled the world, and yesterday, we met Murphy, who was stationed in Guantanamo Bay during the Cuban Missile Crisis," Janela S. said.

The goal of the We Honor Veterans program is to care for and honor those who have served when they reach the end of life. Compassionate listening and grateful acknowledgment are at its core.

"On Veterans Day and Memorial Day, everyone seems to remember veterans with parades and speeches," said Janela S. "But the cafés are just simple events, about sharing a cup of coffee, about comradeship—about expressing our true gratitude."

For more information about the Veteran-to-Veteran Cafés, please email Volunteer Program Coordinator Janela S. at jshtylla@oldcolonyhospice.com or call 508 562-9257.

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. OCH also runs the Dr. Ruth McLain Hospice Home in Braintree. A native and resident of the South Shore, Toni brings her compassion and experience as a nurse, a veteran, and a 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. She currently sits on the boards of the Hospice & Palliative Care Federation of Massachusetts and the National Hospice and Palliative Care Organization Regulatory Committee. For more information, call (781) 341-4145 or visit Old Colony Hospice & Palliative Care at www.oldcolonyhospice.org. ∞

The Downsizing Dilemma for Artists

By Natalie Ahern, Owner, All the Right Moves



Recently I was taking a walk with my very arthritic and deaf dog when I ran into a neighbor. We started chatting about downsizing (what else???). She is an artist and mentioned to me how difficult it will be when she needs to move to downsize her collection of paintings. For some

unknown reason, many of my clients are artists. Their mediums are as varied as their personalities but all struggle with how to part with their creations. I have worked with professional and amateur quilters, photographers, painters and sculptors. Here are some things I have learned.

- Create a space in your new home for your creative mind to continue its magic. Most of my

clients have been lucky enough to have a second bedroom or den where they can set up their potter's wheel, quilting tables, easels and palettes. However, I worked with one client who turned a walk-in closet into his photography studio. It was wonderful! Another client did not have an extra room to create her painting studio, but used her "dining room" space and blocked it off with tall Asian screens. Take into account sunlight, artificial light, flooring (for paint or clay spatters).

- Just like any bit of memorabilia, you can't take it all. Choose the pieces that mean the most to you and take pictures of the rest.

• Use your creative powers to think out of the box when it comes to displaying your work. We have utilized tops of kitchen cabinets for sculptures and smaller paintings. We have created incredible gallery walls filled with photos and drawings. Filling one wall in a room with art and leaving the other walls with minimal art is stunning. I also love utilizing bookshelves by mixing creative works with books.

- Despite your best efforts, you will probably

find you still need to dispose of some of your creations. Take photos of your work and ask local thrift/consignment shops if they are interested in any of your pieces. Ask family members and friends if there are any favorites they might like; any remaining pieces that are framed can be donated to charities such as Savers, Wellspring, or Boomerang. You could even post on social media for free artwork. Gifting or donating your art is a way to spread the joy of creativity!

I have been fortunate to work with so many artists over the years. Know that just because you are downsizing, you will continue to create and inspire those around you with new pieces or the beautiful works you have already made.

About the Author: Natalie Ahern, founder and principal of All the Right Moves Boston, 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. She is a member of the National Association of Senior Move Managers. You can reach her at 781-724-1681 or visit alltherightmovesboston.com for more information. ∞

THE GRAPEVINE

Pairing the New England Clambake

By Missa Capozzo



SHARON – As a lifetime New Englander, I basically grew up on everything you'd find at a traditional clambake: a variety of steamed quahogs and littlenecks, mussels, boiled lobster, crab legs, corn on the cob drenched in melted butter, boiled red potatoes, clam chowder, potato, macaroni, and green salads – the list goes on and on. To me, this is the epitome of summertime dining in New England. Little did I know as a child, this culinary tradition would only get better once I was an adult and had a working knowledge of wine to add even more enjoyment to the experience.

Clams (quahogs, littlenecks, cherrystones) and mussels are absolutely delicious steamed and dipped in melted butter. Often times I'll grab an oaked, buttery Chardonnay for that melt-in-your-mouth experience, or I'll grab a zesty and lively Sauvignon Blanc with a bit more crispness and acidity than a Chard. It's really a matter of my particular mood and preference that day, but either one provides a homerun pairing that is sure to please.

I recently posted an entire blog for Lobster Day, highlighting various lobster dishes and my favorite varietals. There are so many delicious choices for perfect pairing, although my absolute favorite is a dry sparkling wine, particularly Crémant de Loire from France, which provides the perfect note of salinity to complement shellfish, or even a Cave Rosé Brut from Spain, for an extra touch of red fruit notes.

King crab legs are one of my favorite choices, although a bit interactive. When I don't mind getting my hands dirty and working for my food, I grab my nut and seafood cracker and get to crackin' those spiny bad boys. Next to my plate of crab legs and pool of melted butter is a perfectly chilled glass of dry Riesling from Alsace, France, or a fruit forward, fuller bodied Pinot Gris.

Clam chowder all year long... comfort food in the winter, beachy goodness in the summer. My suggested wine pairing is equally as versatile. Two of my favorite varietals, Viognier and Chenin Blanc, both offer a beautiful balance of refreshing fruit and lively acidity with a weightier mouthfeel appropriate for both summertime and wintertime dining.

The sides can be half the delicious fun of a clambake: corn-on-the-cob, boiled potatoes, salads of all sorts. Every wine mentioned above would pair beautifully with all of these sides. Have fun with the experimenting! No clam bake would be complete without a dry rosé, and a couple more notable suggested wines would include a Pinot Noir from Oregon for all you die hard red wine lovers, and a Grüner Veltliner from Austria. Happy pairing!

Cheers!

About the Author: *Missa Capozzo is the EVP of Product Development and Sommelier at Worcester's first and only urban winery, Sail to Trail WineWorks and a Wine Consultant with WineShop At Home. 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. ∞*

SOCIAL SECURITY UPDATE

Three retirement planning tips for women



By Delia De Mello, Social Security

One day in 1939, Ida May Fuller stopped by the local Social Security office in her hometown of Rutland, Vermont to inquire about Social Security benefits. She knew she had been paying into Social Security, and wanted to learn more. The following year, she received the nation's very first Social Security benefit payment—\$22.54—arriving as check number 00-000-001. Ida's story still holds lessons for women today, and it started with her getting the information she needed.

Today, signing up for a personal my Social Security account at www.ssa.gov/myaccount can help you get information tailored for you to plan for your retirement. It's never too late to start planning. Ida was 65 years old when she started receiving benefit payments, but she lived

well beyond her life expectancy of 65 years, 4 months. In fact, Ida lived to be 100 years old, and received Social Security benefit payments for 35 years.

It's important to create your personal my Social Security account as soon as possible. With your account, you can view estimates of future benefits, verify your earnings, and view the estimated Social Security and Medicare taxes you've paid. Verifying earnings is important because your future benefit is based on your earnings history.

Your Social Security benefit payments will provide only a portion of your pre-retirement income. You may have to save more to have adequate income for your desired lifestyle in retirement.

Savings need to be an active part of your

plan to take care of yourself and your family's financial future. Ida never married. She supported herself. However, you may find yourself widowed or divorced and having to provide for yourself for several more years. Unlike in Ida's day, you can go online to see if you're eligible at www.ssa.gov/retirement to receive a current, deceased, or former spouse's benefits. It might make financial sense to claim those benefits instead of your own, since the payments could be higher based on the individual's own earnings history.

We encourage you to follow Ida's example and plan for your financial future. Please share this information with your friends and family, and help us spread the word on social media.

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 ∞*



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Art Matters XXI: Reflections on various art media

Sculpture, Part 3: Wood



By Janet Cornacchio

In my last column, we continued an exploration of 3-D media, specifically sculpture. Sculpture can be done by removing material or carving, most often in stone or wood, or by modeling or forming using clay or glass or plaster of Paris, for example. Wood sculpture is primarily done by removal and carving combined. Wood, by the very nature of the material, is probably the most widely practiced sculptural medium, but it is also one of the more vulnerable (insects, decay, fire); hence, very few examples of prehistoric or ancient to medieval works are extant.

For example, the tradition of totem poles, found in North America, has similarities with some works in Japan and Oceania, but since works are lost, there is no easy way to trace style developments and cross-cultural influences, as can be done with bronze or stone works worldwide. China, Japan, Oceania and Africa all had a large tradition of wood carving, particularly since wood is easier to work, light, and takes fine details.

All of these were traits highly suitable for masks and other sculpture intended to be worn or carried and popular in these regions. In the West, the earliest examples of European wood carving commonly found are from the Medieval era and generally are examples of German, Russian, Italian and French Christian iconography.



The wood carver may use a cutting tool such as a knife or chisel in one hand, a two-handed chisel stroke, or a chisel and mallet similar to the motion used in masonry carving to create figures, ornamental objects or delicate tracery (not all strictly sculpture but examples of wood-work).

The carver's sculpture is limited by the nature of the piece of wood selected, just as the hardness of stone and its fault lines affect stonework. Wood is anisotropic, meaning it's stronger in one direction than another. The more

familiar term, "grain," is the stronger direction and grain's appearance can be described as straight, interlocked or wavy, to name a few patterns. Design is generally done with the grain, not across. However, delicate carved parts should take into account multiple weak points and avoid carving details on the end grain. (Think of how wood splits when mishandled in construction projects and imagine the issues with a finely detailed piece of sculpture.) If grain isn't factored into the carving of a work – beaks, figure tips, hair curls, for example, can split and disappear.

As with most art, the sculptor begins with a piece of wood appropriate in size, shape and wood type for the concept to be executed. For large pieces, several pieces of wood laminated together may be required. For wood types, the choice is between hardwoods, whose density makes them harder to carve, but gives them more luster and longevity, and soft woods that carve easily but are more prone to damage and rotting.

Two common woods for sculpting in North America are basswood (aka tilia or lime) and tupelo. They are both hardwoods yet remain relatively easy to work. Chestnut, butternut, oak, American walnut, mahogany and teak are also other hardwood choices; for fine work Italian walnut, sycamore, maple, apple, pear, box, or plum, are also options. For simple decorative work or work that is to be painted, pine is both softer and inexpensive.

Once a wood type and piece are selected, the general shaping process can begin using gouges of various sizes. This curved blade can remove large portions of wood. The type of wood dictates the tool choice; for the hardest woods, a mallet may be required. Chisels, which technically have a flat blade, are also employed. These terms are often used interchangeably. A smaller piece may require the use of a knife, while larger pieces may use a saw. In all cases, work must be done either with or across the grain, never against the grain.

Having roughed in the general shape, the sculptor may employ a variety of tools to create details. When finer details have been added, final finishes of the surface remain to be done. Again, the desired final result dictates the finish techniques. If the final tool marks are left on the work, they express the sculptor's interaction with the wood and give "life" to the piece's surface. A smooth surface requires the use of "rasps," similar to the toothed tools used on stonework, and other ones used in the finer detailed areas.

Polishing with successively finer abrasive paper yields a surface slippery to the touch. Last-



ly, the artist may choose to seal and color the wood using natural oils. Walnut or linseed oil protects vulnerable wood from dirt and moisture and imparts a sheen, which highlights the details of the work. High gloss varnishes are generally rejected as artificially shiny, and urethanes are awful as they are not reversible! Another option is a layer of wax (suitable for indoor use), which serves to protect the art while imparting a soft luster.

Next time – metal cast sculpture!

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

Doreen's Dinners



By Doreen Lang

If you're too busy to cook or need help making dinners, contact me! In the meantime, here is one of my delicious easy-peasy, healthy secret recipes that you can enjoy this summer!

Antipasti Dinner Salad

Total: 20 minutes. Servings: 4-6

Ingredients:

- A splash of red wine vinegar
- A long drizzle of extra virgin olive oil
- Dash of salt and pepper
- Package of turkey pepperoni, chopped
- Package of grape tomatoes, chopped
- One large cucumber, peeled and chopped
- Small red onion, peeled and chopped

- Can of small white beans, drained and rinsed
- Dozen calamata olives, chopped
- Flat leaf parsley, rinsed and chopped
- Small package of crumbled feta cheese or any other favorite cheese

Whisk vinegar, oil, salt and pepper together in a large bowl. Add the rest of the ingredients, but add olives, feta, parsley last, toss to coat. Refrigerate, stirring once or twice, for at least 1 hour. Serve with pita bread or just as is!

For more information, visit www.doreensdinners.com, email doreenalang@gmail.com, or call 339-526-2049. ∞



CROSSWORD CORNER

Answers on page 18

ACROSS

- Clothing
- Santa's little helper
- Fellow
- Wing-shaped
- In addition
- Greet
- Centers of activity
- Dove's sound
- Go around in circles
- Charger
- Kind of bargain
- In place of
- Aug. follower
- Place where stars change (2 words)
- Engine need
- Sticky stuff
- Row
- Henry Ford invention (2 words)
- Austen novel
- Batman and Robin, e.g.
- One of ____
- Dead, as an engine
- "Casablanca" cafe owner
- Tawny, for example
- Plunder
- Part of a plot
- Police detector test
- Goes quickly

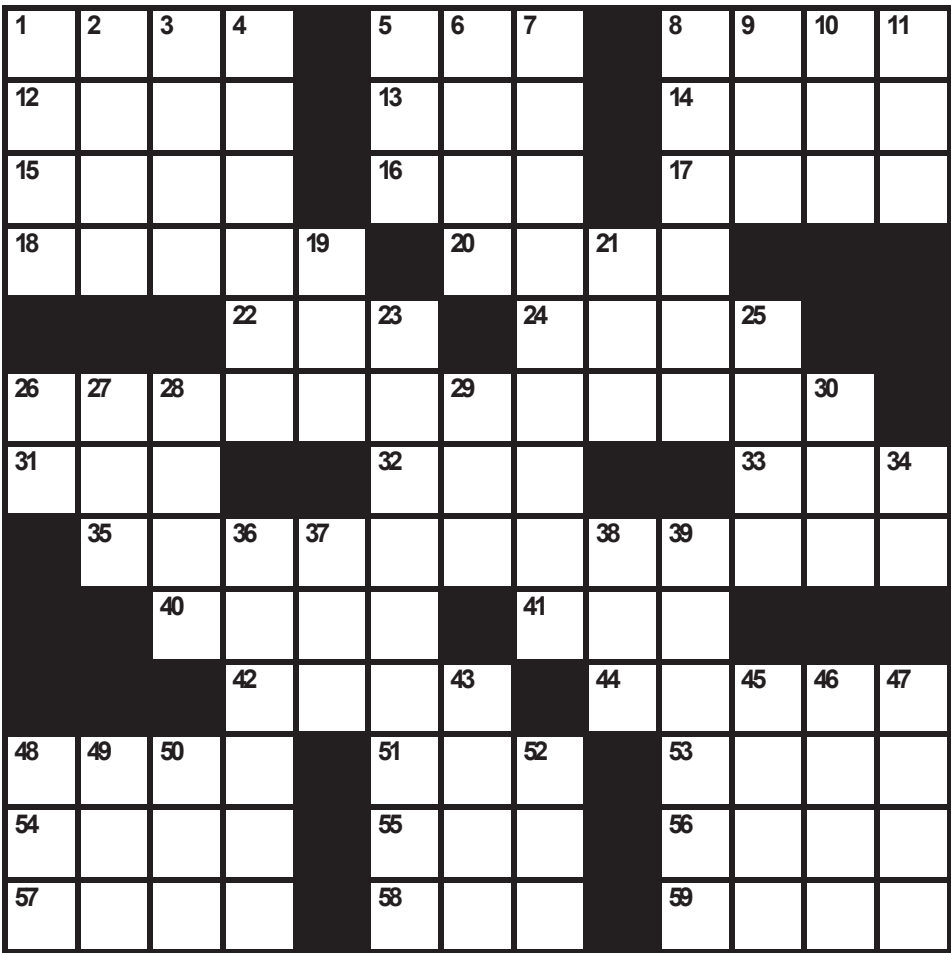
57 Spat

58 Scrambled or fried

59 Previously

DOWN

- Misses
- Very much (2 words)
- Derby event
- Legal documents
- List abbr.
- Aerial maneuver
- Iron pyrite (2 words)
- Like a miser
- Ate
- Help
- Carry on
- Affairs
- Always, in verse
- A set of confused and meaningless statements
- Indian helmet
- Complete
- Narrow inlet
- Besides that
- San Francisco's ____ Hill
- They are Blue in Vegas
- "__ are the champions"
- Prepared salmon



37 Down Under bird

38 Ugh!

39 Detest

43 Draft

45 Brace

46 Luau strings

47 Beta

48 Brit heroes in WW II

49 Gretzky's milieu

50 Wine class

52 Table part

Andrea – Age 65	Beatrice – Age 65
140 lbs.	120 lbs.
Height 5'4"	Height 5'4"
20% Body Fat	35% Body Fat
Ideal Range	Unhealthy Range
Size 6	Size 12
Exercise Program	Exercise Program
Strength Training	Sedentary Lifestyle
Aerobic Exercise	
Stretching	
Eating Plan	Eating Plan
Balanced Diet	Fast Food
	Yo-Yo Diets
Body Composition	Body Composition
28 lbs. Fat Weight	42 lbs. Fat Weight
112 lbs. Lean Weight	78 lbs. Lean Weight

Senior Fitness...

Continued from page 7

But Beatrice has maintained the same weight for the past twenty years. So, why doesn't she look as good now as she did several years ago at the same weight? And, why is she wearing larger size clothing if she only weighs 120 pounds?

Muscle Facts

As we age, we experience a progressive muscle loss and a fat gain if we do not exercise, in particular strength exercise (Refer to my article, Get Your Youth On! A Resistance Exercise Reality, April 2021 Issue). Muscle tends to weigh more than fat, so when Beatrice was younger, her 120 pound body weight naturally was comprised of more muscle and less fat, which helped her to look better, and to wear smaller size clothing. Also, because muscle is denser than fat, 20 pounds of muscle takes up less space, thus giving a slimmer, fitter, physical appearance.

Muscle is also very active tissue. In fact, metabolically more active than fat, and burns lots of calories, so the more muscle Beatrice has, the more calories she will burn, even at rest. Alas, losing muscle over the years as a result of her being inactive means ending up with a slower metabolism, which leads to fewer calories burned each day.

As published in an ACSM, American College of Sports Medicine Journal, a pound of untrained muscle burns 6 calories per day if you do not regularly strength train, while a pound of trained muscle burns 9 calories per day if you strength train on a regular basis. Andrea preferred the latter signified by her healthier body composition measurements in comparison to Beatrice.

The occasional fad dieting Beatrice tried did not work in her favor either. Although dieting does result in fat loss, I am sorry to say, it also causes muscle loss. Fad diets are often very low in calories, and result in rapid weight loss. When the body is deprived of food and essential nutrients in such a quick manner (as most fad diets tend to require), muscle tissue, unfortunately, is broken down for energy. This means the body is losing

muscle as well as fat. Beatrice would be much better off following a sensible, healthy nutrition plan, than following fad diets to lose weight. In order to lose fat and maintain the muscle tissue that provides Beatrice's body shape and form, she should follow the current recommendation of losing no more than one to two pounds per week.

Resistance Training Research

So, how can someone in the same situation as Beatrice maintain or even build more muscle? Resistance (strength) training is important as it can help people of all ages to lose fat and regain muscle loss due to both poor nutrition and a sedentary lifestyle. It is the lean muscle mass that may keep Beatrice from gaining even more weight as she gets older. The good news is, engaging in a sensible resistance training program may result in an increase of at least one pound of muscle per month. The added muscle gained through a strength training program will rev up Beatrice's metabolism and help her to burn more calories all day long!

In research studies conducted at our Quincy College fitness facility, we have shown that previously sedentary older adults, like Beatrice, can add two to four pounds of muscle tissue after only two or three months of resistance exercise. Based on a Campbell (1994) study, a three-pound increase in muscle produces a seven percent increase in resting metabolic rate, and burns an impressive 108 more calories per day or 736 calories a week.

A couple of our other studies to consider are our longer, 24-week, basic resistance training study (Westcott et al. 2008), where we reported almost a six-pound increase of lean mass, as well as our shorter, 10-week resistance exercise study (Westcott et al. 2009) of over 1,600 subjects (age 21 to 80) where we concluded an increase of greater than three pounds of lean muscle.

Resistance training is an important activity for people of all ages to achieve better health and fitness. It is an effective means to attain and maintain a healthy body weight, and body composition. Among many other benefits (refer to my article, Impact of Muscle Strength in Our Golden Years, July 2021 Issue), it also boosts resting metabolism. Imagine, as a senior, you can achieve this in 20-30 minutes, twice weekly, in a well-designed and properly performed resistance training program of just 10-12 standard strength exercises.

Here at our health and fitness facility, we offer combination exercise programs in resistance training, cardiovascular fitness, stretching exercise, and nutrition information. The one-hour group sessions are highly supervised by our certified fitness staff. All of our fitness program participants receive a complimentary, ultrasound body composition assessment, which shows how much muscle and fat they have and how they improved their muscle/fat ratio after completing resistance training. If you

would like to schedule a visit, please call me at 617.405.5978 on Tuesday or Thursday between 2 p.m. and 7 p.m., or feel free to leave a message with our fitness staff, and I will return your call just as soon as I can. We are located at President's Place, 1250 Hancock Street, in Quincy, directly across from the Quincy T-Station. There is a parking garage available for a nominal fee and plenty of free on-street parking spaces.

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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CROSSWORD PUZZLE																								ANSWERS FROM PAGE 17											
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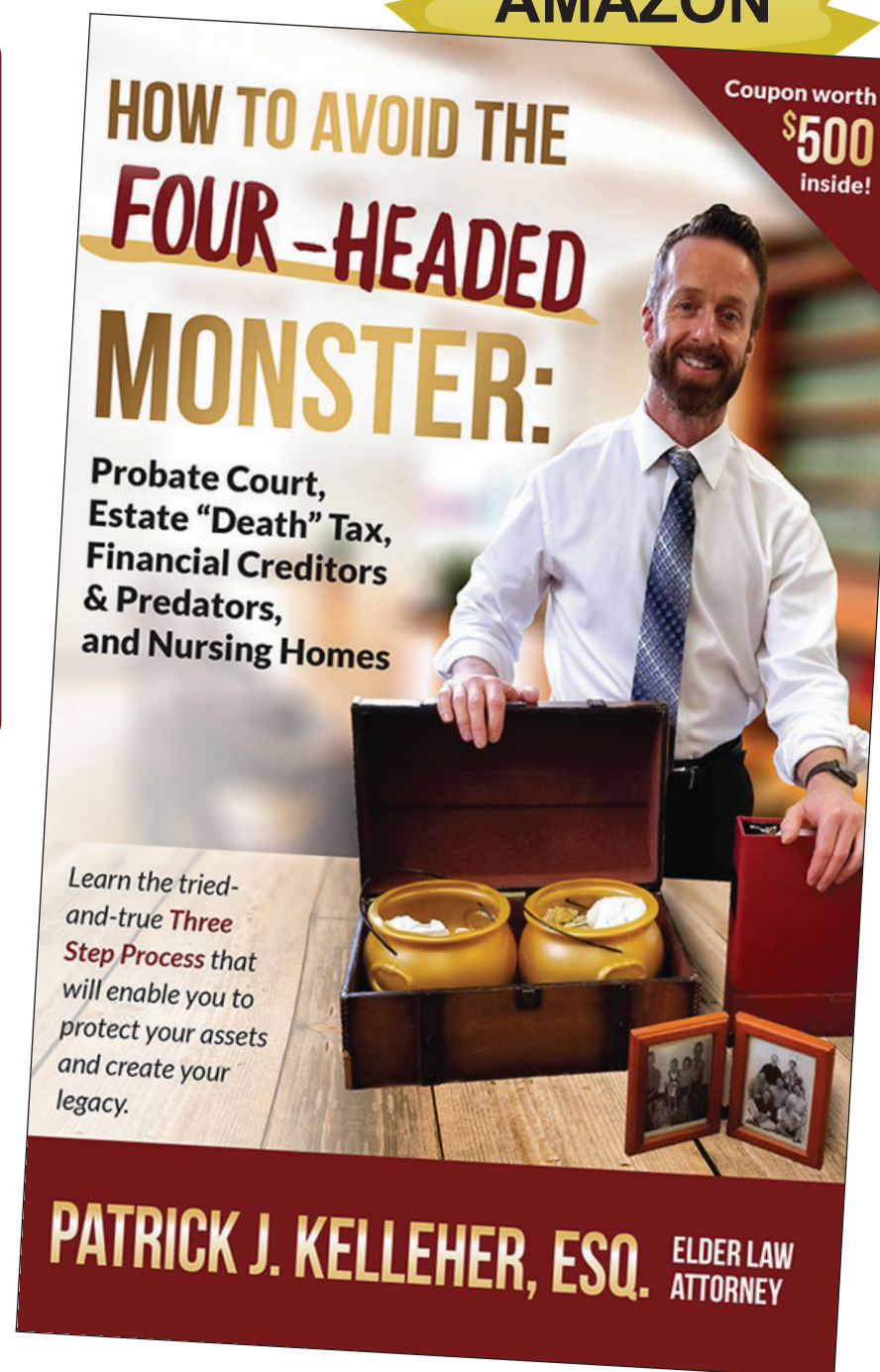
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