



# SOUTH SHORE SENIOR News

## AND METRO WEST

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## On the road again: Gary Lewis & the Playboys still touring



By Marie Fricker

Girls in mini-skirts with white go-go boots stood from their seats and screamed in the audience of the Ed Sullivan Theater in January of 1965 as the fledgling band,

Gary Lewis & the Playboys, took the stage. With Lewis on drums and singing lead, the group performed "This Diamond Ring," which went on to sell one million records and kick the Beatles out of the #1 spot on the Billboard Hot 100 List.

The band ended its meteoric run in 1970, but Gary Lewis, 75 is still touring with his reinvented nostalgia band, doing from 30 to 40 gigs a year in the U.S. and abroad. Lewis is the eldest of six sons of the late comedian and philanthropist Jerry Lewis, and Patti Palmer, a former singer with the Jimmy Dorsey Orchestra, who will turn 100 this year.

Lewis and his ever-changing cast of "Playboys" continue to perform in front of live au-



*The reinvented Playboys at Eastman Theater, Rochester, NY. (from l.) Mike Gladstone, Nick Rather, Gary Lewis, Willy O'Riley, and Bobby Bond. [Courtesy photo]*

diences with the songs that made the original group a phenomenon on the rock and roll scene from 1964-1970.

"There was absolute bedlam in the pop and rock world during the British invasion, but it

was the greatest period in American music and we loved being part of it," said Lewis, whose group had eight gold singles, 12 Top 40 hit singles and four gold albums.

*Gary Lewis... continued on p.21*



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# New AARP Analysis Shows Rate of COVID-19 Deaths and Cases in Nursing Homes Has Increased in Three Months

Massachusetts Nursing Homes are in Crisis; 47.6% Report at Least One Resident Case in Most Recent Four-Week Period

By Mike Festa  
State Director, AARP Massachusetts



The latest release of AARP's Nursing Home COVID-19 Dashboard depicts a worsening crisis from coast to coast, including Massachusetts. In the four-week period ending December 20, 47.6% of nursing homes in the Bay State reported residents with confirmed cases of coronavirus, and 84.8% with at least one staff member diagnosed.

In Massachusetts, the rates of COVID-19 cases and deaths in nursing homes have increased. Since January 2020, 3,939 nursing home residents have died of COVID, representing 34% of all COVID-related deaths in Massachusetts.

From November 23 to December 20, Massachusetts nursing homes had:

- 5.7 new COVID-19 cases per 100 residents,

up from 4.9 in the previous four-week period

- 1.0 COVID-19 deaths per 100 residents, up from .59

- 5.4 new staff COVID-19 cases per 100 residents, up from 4.8

Shortages of personal protective equipment (PPE) have declined slightly over the same period, from 12% of nursing homes without a one-week supply in December to 8.2% in January. Meanwhile, staffing shortages remain a concern, with 6.5% of facilities reporting a shortage in the most recent dashboard, and little change going back to June 2020.

Almost a year into the pandemic, nursing home residents and staff remain trapped in a petri dish, nearly defenseless against coronavirus. While vaccines will not make nursing home residents safe overnight, this dashboard underscores the urgency of vaccinating residents and staff as quickly as possible. Also, given that nearly every nursing home reported staff infections and resident cases, it is alarming that so many facilities still do not have adequate PPE.

The continuing coronavirus crisis in nursing homes also spotlights the life-and-death need for fundamental reforms now. For years, the

nursing home industry in Massachusetts has struggled with poor infection control, understaffing, and quality care issues.

AARP continues to urge elected officials to act immediately, focusing this year on:

- Enacting or making permanent the components of AARP's five-point plan
  - Prioritizing regular and ongoing testing and adequate personal protective equipment (PPE) for residents and staff – as well as inspectors and any visitors.
  - Improving transparency focused on daily, public reporting of cases and deaths in facilities; communication with families about discharges and transfers, and accountability for state and federal funding that goes to facilities.
  - Ensuring access to in-person visitation following federal and state guidelines for safety, and requiring continued access to virtual visitation for all residents.
  - Ensuring quality care for residents through adequate staffing, oversight, and access to in-person formal advocates – called long-term care Ombudsmen.

**AARP...** continued on page 22



## PROTECT YOUR HEALTH AND YOUR WALLET

Coronavirus scams are spreading nearly as fast as the virus itself. The AARP Fraud Watch Network's team of fraud fighters offers real-world tips and tools to help protect you and your loved ones during this uncertain time and beyond.

Visit [aarp.org/FraudWatchNetwork](https://aarp.org/FraudWatchNetwork) to learn more, or call the **AARP Fraud Watch Network Helpline** at **1-877-908-3360** to report a scam or for help if you have fallen victim.

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**AARP**

Fraud Watch Network



# Elder Law & Estate Planning

## Can You Trust Your Executor, Personal Representative or Trustee?



By Patrick J. Kelleher, Esq.  
ElderLawCare.com

**HANOVER AND QUINCY** – You may be asked to be power of attorney for a family member or friend. Your person/s may be planning for when they might become unable to take care of their affairs. For example, they might become disabled or incapacitated, and they would need a trusted person to

step in and manage for them. This is also necessary if the person is writing a will, and his or her estate must go through the probate process.

If you are named as a helper, guardian, personal representative, executor of a person's will, trustee, or power of attorney, the law calls you a "fiduciary." You must act in the best interests of the person who has named you—"selflessly," in other words. You must act loyally and in good faith.

You are not allowed to use the person's property for your own profit. You cannot give gifts to yourself or others if the person has not authorized you to do that. You cannot mingle your person's property with your own. If you spend the person's money, you must carefully document the amount you spend and for what purpose.

The "fiduciary" relationship imposes the highest duty in law. If you violate that duty, you may become personally liable. Or, if you are the one who is thinking about whom you would like to name as your power of attorney (or the like), you must be sure you trust that person absolutely.

A recent New Jersey probate case shows what can go wrong. Mother Christine named Patricia, one of her daughters, to be executor of Christine's will. On Christine's death, her other daughter, Diane, received a check from Christine's estate for \$10,000—yet Christine's house had sold for nearly \$230,000.

The judge ordered Patricia to produce an "accounting" of where all that money had gone. An accounting is an inventory of estate assets and a record of all income and expenses. Patricia would not do so. Examination of the estate's inheritance tax return revealed that despite a gross estate value of \$319,368, the estate bank account contained only \$6,886.

Patricia had spent \$40,000 on what she claimed were home repair expenses, but she could produce no building permits. She had also given herself \$110,000 as "fees" for her executor duties, plus a "gift" to herself of \$27,000. No wonder she pled the Fifth Amendment.

The judge entered a judgment against her of \$200,422. The judgment was affirmed on appeal, but with the requirement that the trial judge calculate the damages more specifically.

The case is *In re Cenaffra*, and can be found here: <https://law.justia.com/cases/new-jersey/appellate-division-unpublished/2020/a5731-17.html>

Most people are not like Patricia. If you are named as guardian, power of attorney, or executor, follow a few simple principles. Make sure you don't personally benefit from what you do with the other person's property. You might be compensated fairly for your work, but refrain from doing anything that might look like a conflict of interest. If there are other beneficiaries waiting to receive their inheritances, be transparent. Keep the beneficiaries informed. Write down why you acted as you did, at the time you acted. Document everything. Keep receipts.

If you have questions, or would like to discuss your particular situation, please don't hesitate to reach out. We help people determine who should


act in their best interests, and we can help those who are already named. We welcome the opportunity to speak to you.

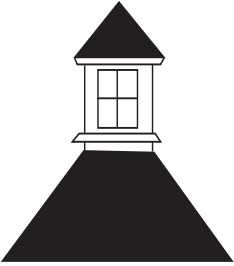
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**About the Author:** Patrick Kelleher is an author and Estate Planning & Elder Law attorney and founder of the Elder Law Care Learning center in Hanover, Massachusetts. Patrick has been teaching free educational workshops for over 10 years at his learning center and in surrounding communities. Learn more at [elderlawcare.com](http://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-Headed-Monster-Financial-ebook/dp/B084MB96SK>

Our Elder Law Care Team ([www.elderlawcare.com](http://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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# Aging with Sass & Class

## Laugh at what you hold sacred, and still hold it sacred

By Loretta LaRoche

Whenever I gave a workshop or a lecture, I never failed to encourage participants to read "Man's Search for Meaning" by Victor Frankl. He was a psychiatrist who survived the Nazi concentration camps during World War II and who developed a form of psychotherapy called Logotherapy as a result. His book profoundly shows how individuals can survive the most horrific situations through grace, dignity, and humor.

In the preface of the book, Gordon Allport writes: "Hunger, humiliation, fear, and deep anger at injustice are rendered tolerable by closely guarded images of beloved persons, by religion, by a grim sense of humor, and even by glimpses of the healing beauties of nature—a tree or a sunset." I've heard many accounts of how this type of humor, called "gallows humor," has helped many people in difficult jobs, particularly health-care professionals. Anyone overhearing some of the conversation between nurses or doctors might be deeply offended, but for them it becomes a way to get relief from the horrors they witness. One of the most popular shows on television was "Mash" which was the quintessential example for "gallows humor."

The great humanitarian psychologist Abraham Maslow once said, "We must laugh at what we hold sacred and still hold it sacred." This is often difficult for individuals who are heavily invested in thinking that their way is the way. Not being able to take the position of "the witness to your thinking patterns can lead you down the path to fanaticism." When we are fanatical about how we must live our lives, and how others must also follow suit, we are embarking on trying to become the leader of a cult.

I have listened to thousands of people describe situations that they deplore but cannot change due to their inability to explore options. Their story becomes like an old TV series that plays over and over and they can't seem to change the channel. What always fascinates me is that they lack a healthy sense of humor. Humor helps us to see the light and when you become fanatical the light is very dim or essentially non-existent.

I was very fortunate to be brought up in an irreverent family. As a child, I was dragged to many an Italian funeral, which often resembled a Federico Fellini movie. There was high drama as a plethora of black clad women showed up to wail and moan. Then there would be bursts of laughter as people recalled stories about the dearly beloved. And, of course there was the inevitable discussion about the food that was to follow.

In today's world we must all try to maintain the ability to laugh at what we hold sacred and to still hold it sacred. It will not only help maintain our sanity by also our ability to tolerate one another.

**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](http://www.LorettaLaRoche.com). ∞



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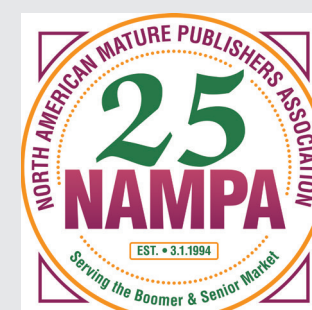
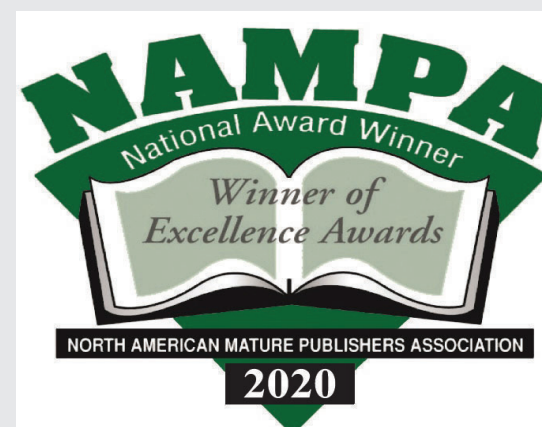
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# Time for a change?



**By Wendy Oleksiak**  
**Vice President,**  
**Compass Real Estate**

Change is stressful, and something that we naturally want to avoid. The word home is symbolic in so many ways. It's not only a place but also a feeling,

and offers us both physical and mental peace. As we move through the different chapters of life, it is inevitable to arrive at a housing crossroads. I've created a mini road map to help you determine both when and how to make a move.

## **Clues that it's the right time to downsize:**

- Home upkeep becomes overwhelming
- Paying for ongoing maintenance of household items, including landscaping, cleaning gutters, snowplowing, cleaning, help with groceries
- Rooms in your home that you no longer use
- You need a different layout, too many stairs and other safety hazards
- Feeling concerned about safety, or loneliness

If any of these are true about you, downsizing or "rightsizing" is likely the best choice.

## **Housing Options:**

### **55 plus communities**

- Maintenance-free living
- Community event calendar: book clubs, walking groups, golf groups, game night, service projects
- Focus on active senior living with walking trails, fitness centers

### **Assisted Living**

- On-site help with daily living activities, including prepared meals, medication assistance, daily check-ins
- Home-like setting
- Varying levels of specialized care, if needed

### **Planned Communities**

- Choice of new construction
- Tend to attract buyers who are looking to socialize
- Offer amenities such as onsite grocery store, bakery, pharmacy, hair salons, restaurants

### **Multigenerational Living**

- Moving in with children or relatives
- Focus on either in-law suite or first floor bedroom suite options
- Builders are beginning to understand that this is an important and growing segment of buyers

## **Next on the list, sorting belongings:**

### **Create 4 categories -**

- Keep

- Store
- Sell/Give Away
- Trash

Start with a small goal, tackle one dresser or one closet. Small completed goals eventually lead to a packed house!

## **How to prioritize what you are taking with you:**

- Never made it out of the box
- No longer fits your style
- "I might need this someday" category
- It's old or out of date
- You won't read it again
- It's an abandoned project, i.e., sewing, assembling, hobby supplies
- Hasn't been touched in a year
- Furniture that won't fit in new space

## **Items that may require a storage plan:**

- Paperwork and documents
- Items with sentimental value
- Family heirlooms
- Holiday decorations
- Seasonal supplies, i.e., gardening tools, ornaments

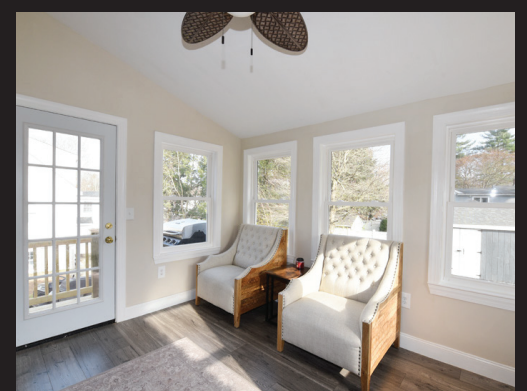
## **Now that you've become a "super sorter," what's next?**

- Time to decide who is packing... are you hiring a mover or family to help?

*Time for change?...continued on p.22*

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## The Case For a Strong Neck



**By Rita La Rosa Loud, B.S.**

**QUINCY** – Most people are unaware of how much their head weighs and what effect this 16-hour per day weight has on the neck muscles, shoulders, upper back, and overall posture. The weight of our head is between 12 and 16 pounds, which is largely supported by our neck muscles whenever we are not lying down. As we age, our neck muscles gradually become weaker due to muscle loss (sarcopenia) and our neck vertebrae gradually become less dense due to bone loss (osteopenia). Consequently, we become less able to maintain our head in a desirable upright position, and typically experience a head-forward, head-downward, rounded-shoulder, curved-back posture that may result in progressive discomfort, as well as difficulty looking forward, swallowing, speaking, and even breathing normally. These are important reasons to perform regular neck strengthening exercises, as doing so may prevent or reverse poor posture, as well as reduce the risk of head and neck injuries from falls or automobile accidents. Quite simply, unless we strengthen our neck muscles, they, as well as our cervical bones, gradually become weaker and less functional.

### STRENGTH TRAINING RESEARCH

A few years ago, we conducted a 14-week strength training study with elderly nursing home residents (average age 88) at John Knox Village, a large residential facility in Orange City, Florida. The basic and brief strength training program consisting of five resistance machine exercises (leg press, triceps press, compound row, low back, and neck flexion/extension), that were performed for one set of 8 to 12 repetitions, two days each week. In addition to rebuilding four pounds of muscle, reducing three pounds of fat, increasing their leg strength by 80 percent, and increasing their upper body strength by 40 percent, the study participants experienced better posture, less forward-downward head positioning, and less neck-shoulder-upper back discomfort. Strengthening the neck extensor and flexor muscles enabled these older individuals to look better, to feel better, and to function better in essentially all of their daily living activities. They also had a significantly lower incidence of falls following this 5-exercise strength training program.

### MEMBER EXERCISE EXPERIENCE

In September of 2018, at the suggestion of his physician, philosophy professor Steve Mastropole

joined our Quincy College fitness program (open to all adults). With heart disease widespread in both sides of his family, Steve wanted to improve his blood pressure, blood cholesterol and blood sugar levels to reduce his risk of potential cardiovascular issues. He also wanted to avoid drifting into what he termed “progressive inaction and sedentariness.” After three months of single-set strength training on the resistance machines and basic aerobic activity on the endurance equipment, Steve experienced desirable reductions in his blood pressure, blood cholesterol, and blood sugar levels. While we were all pleased with Steve’s excellent physiological improvements, there was still another area of concern.

Steve noted that, over the years “through negligence and bad habits” he had developed an undesirable (and hard to change) posture. After performing some simple and specific muscle strengthening and stretching exercises, Steve recounted the following observations. “I became very mindful of my tendency to look down at the floor, and since incorporating the shoulder and neck exercises suggested, within a few weeks I was very much aware of my improvements and began to appreciate the benefits of an upright position. Plus, I am astonished that noticeable development is still possible in a person over age seventy!”

Steve became more determined to correct his forward head posture after taking the Wall Test. Due to weak and tight muscles, he was unable to touch the back of his head against the wall while standing upright. “Rita demonstrated the extent of my regression by having me place my head, neck, shoulders, and back against a flat backdrop. I flunked the test, but this test underscored a goal for me to work toward.”

### TIPS TO CONSIDER

- First, become aware of your head placement.
- With professional guidance, strengthen the weak muscles and stretch the tight muscles.
- Begin with body conditioning exercises that require no equipment.
- Eventually, strengthen these muscle groups on well-designed resistance machines.
- Perform each exercise in a slow-controlled manner.

Do one set of 8 to 12 repetitions to reasonable muscle fatigue.

When 12 repetitions are completed with correct technique, gradually increase the exercise resistance.

### BREATHING TECHNIQUE FOR BETTER POSTURE

- Place one hand on your belly and the other on top of your chest.
- Take a deep breath and watch your belly ex-

pand, chest rise, head lift, and eyes focus ahead. You should feel a little taller.

- Hold this upright position as you exhale and contract your abdominals.
- Practice this breathing technique whenever you find yourself leaning forward or looking downward, and especially when you are exercising.

Here are four sample exercises that can help correct forward-downward head posture.

### DOOR CHEST STRETCH

Tight chest muscles can contribute to a downward/forward head posture.

With one foot in front of you, place both arms at a 90-degree angle against the door frame. As you breathe in and out, gently shift your weight forward to stretch your chest; at the same time squeeze your shoulder blades together. Hold the stretch for 15-30 seconds. Switch feet and repeat the exercise.

### NAUTILUS NECK MACHINE

The Nautilus Neck Machine isolates neck muscles and enhances balanced neck development.

**Neck Flexion** – Adjust seat height so forehead/cheeks press comfortably against head pad. Place hands on upright handgrips to stabilize upper body. Keep torso erect throughout. Push head pad forward and downward until neck flexor muscles are fully contracted. Slowly return to starting position. Use full range of movement unless there is a functional limitation. Perform one set of 8 to 12 repetitions in a slow and controlled manner.

**Neck Extension** – Maintain same seat height as the neck flexion exercise. Face the opposite direction and place back part of head against head pad. Begin exercise in neck flexed position with your eyes facing the floor. Then gently extend the neck backward and upward until your eyes are facing the ceiling. Perform one set of 8 to 12 repetitions in a slow and controlled manner.

### SUMMARY

Sadly, many middle-aged and older adults suffer from chronic neck problems. However, with a sensible, supervised program of strengthening and stretching exercise it is usually possible to correct many years of posture deterioration. Doing so requires a commitment to perform the recommended exercises regularly, but the exercise protocol may be completed in a relatively short time period, two or three days per week.

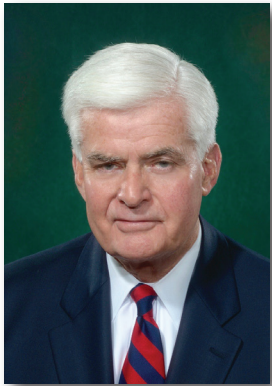
**ABOUT THE AUTHOR:** Rita La Rosa Loud holds a B.S. in Exercise Physiology with additional education in Sports Medicine and Athletic Training. She is NASM Certified and has been actively involved in the fitness industry for over 35 years. She is also an author and writes fitness-related articles for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



# 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.
- 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

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

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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](http://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](mailto:GDowney@HarborMortgage.com)*

### CROSSWORD PUZZLE ANSWERS FROM PAGE 10

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Nikki lives in Walpole with her husband John, son Steven and dog, Loki

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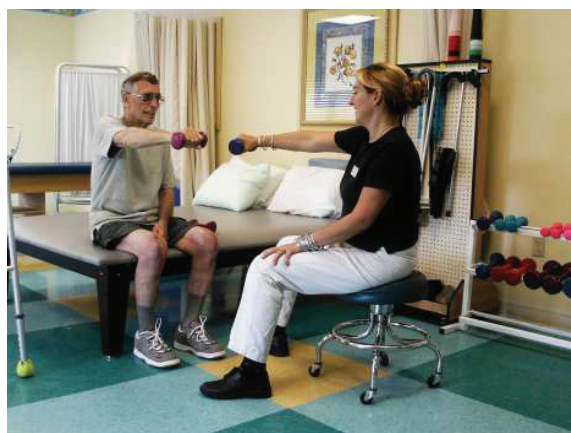
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# "THE WICKED SMART INVESTOR"

## Safeguarding your Sports Memorabilia



By Chris Hanson

HANOVER – It was a simple headband but it caused such a stir. Long ago, at the opening of the Boston Symphony Orchestra, Isabella Stewart Gardner notoriously wore a

headband that read "Oh you Red Sox." The fuddy-duddies had a fit, such a bunch of hoity-toity wet blankets! If the headband still exists today, I bet it is a valuable piece of someone's sports memorabilia. Let's hope the owner is doing a better job protecting this artifact than the Gardner Museum did protecting its creator's art collection.

If you were a stick in the mud, Mrs. Gardner was easy to dislike. Descending from early Scottish royalty, she was born to a wealthy New York family. After years of studying art, music and dance she married a wealthy Bostonian, John Lowell Gardner, the offspring of old money, and a true Boston blue blood. The clannish upper crust did not instantly warm to the woman they called "Mrs. Jack." Some of her antics, like walking her pet lion down the street on a leash, caused her to be branded cuckoo for cocoa puffs. She took it all in stride and gave her adopted city a wonderful gift. She created the museum from her Italian Palazzo home and huge collection of priceless art. It's open to everyone including pimply faced teenagers doing projects for Mrs. Parz's art class. The Wicked Smart Investor was one of the students, acne and all.

By sending us to the museum, Mrs. Parz was simply doing what great teachers do. She opened up our world. Our assignment was to write a 5 page paper about our visit. At a secu-

rity guard's suggestion, I wrote a paper on the painting "The Storm on the Sea of Galilee." It's the only seascape of Dutch artist Rembrandt. The painting depicts Christ and His apostles crossing the sea in a sailboat during a violent storm. You can see the panic on some faces, determination on others, and one face getting ready to vomit. The brush strokes in the painting were incredible. I almost felt sea spray on my face from the life like seascape. Sadly, this was the last time I would see this painting.



In the early morning of March 18, 1990 thieves dressed as policemen infiltrated the museum, tied up the guards and stole 13 works of art including Rembrandt's seascape. A lax security system and improper training of the security guards contributed to this travesty. While it is hard to believe, the museum only had a couple of locked doors and one silent alarm securing the collection. Since the artwork was priceless, it was uninsurable. Let's be clear; the thieves did not just steal the paintings from the museum, they stole them from humankind.

I hope such a travesty does not hap-

pen to your sport memorabilia collection. It is up to you to take preventative measures. You should certainly buy insurance coverage, but it is prudent to physically safeguard the items as well. Helmet, baseballs, hockey pucks, baseball bats etc. should be displayed in a case with UV protection. Jerseys should be framed. If you have paper items, protective sleeves are a good idea. Overall, keep your collection away from sun, water, food, and small children. While you're at it, keep an eye on the pimply-faced teenagers too. With proper protections, your memorabilia can be enjoyed for years to come.

Mrs. Jack's missing artwork is represented by empty frames on the museum walls. I say those empty frames represent an open wound on the soul of the great City of Boston. If you have any information on the missing art, please contact the FBI immediately

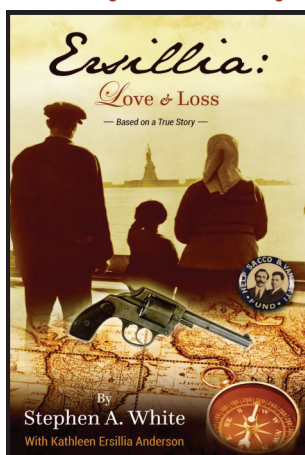
**About the Author:** Chris Hanson is the author of *The Wicked Smart Investor* blog and a CPA who specializes in financial planning at Cardea Capital Advisors in Hanover. He earned his BBA at the Isenberg School of Management University of Massachusetts and an MBA at Babson College's F. W. Olin Graduate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

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# February is Friendship Month



By Nicole Long,  
MSW, LICSW

Friendship blooms from a place of support, compassion and trust. Friends often enjoy similar interests and activities, and feel comfortable sharing their triumphs as well as their setbacks with each other.

Social distancing and being apart from friends during the COVID-19 pandemic has been challenging, but it has been particularly difficult for older adults and individuals with disabilities, especially individuals living independently in their own home who are already at risk for social isolation.

### The importance of social connections

Maintaining positive social connections plays a key role in overall health as studies have shown. Those who lack social connections are at greater risk of experiencing depression and cognitive decline.

It is possible to spend time together, although apart. Take a creative approach. Perhaps take a page from those who have successfully maintained long-distance friendships prior to the pandemic. Despite being many miles (or even time zones apart) long-distance friends tend to



remain friends because they are dedicated to staying connected and do so in a variety of ways:

- **Regular mail.** From annual holiday letters to fun postcards and greeting cards, the letter writing tradition is carried on.
- **Email/Text.** Whether it's through a long email or a short text, day-to-day thoughts or funny moments can be shared instantaneously, complete with pictures and emoji's.
- **Telephone call.** A phone call remains one of the easiest ways to stay in touch with friends. And, it's a little more personal than mail, email or text because you are able to hear them laugh and express themselves.
- **Video chat and conferencing.** From FaceTime to Skype and Zoom, make the most of technology to get together virtually with friends. Don't know how to Zoom? Consider asking a tech-savvy friend or relative to guide you through it over the phone.
- **Drive-by greetings.** Similar to a drive-by birthday parade, drive by a friend's home to smile, beep and wave from your vehicle while they remain at their front door. Even though

it's a distanced approach, you get to see each other and it's a way of brightening their day and letting them know you care.

Remember that friendships must be nurtured. Maintain those important connections. Be sure to make time for friends on a regular basis. Haven't heard back from a friend in a while? Don't be discouraged—try to reach out again. Looking to reconnect with old friends but not sure what to say or how to begin? Reminisce about holidays past or times spent together, places you have been, and people you know. Talk about activities you enjoyed together or accomplished since you last connected with them. Or, you might simply start the conversation with "Remember when..."

February is Friendship Month. Celebrate by letting friends know you are thinking of them and care.

**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](http://www.ocesma.org) ∞

## Crossword Puzzle Corner

Answers on page 7

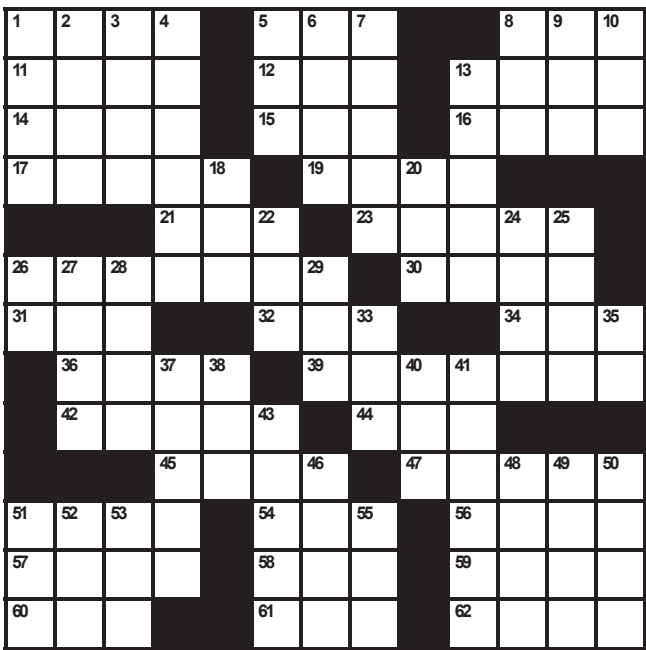
### ACROSS

- 1 Wood cutters
- 5 "60 Minutes" network
- 8 "\_\_\_ Robinson" Simon song
- 11 Glow, in a way
- 12 Quaint dance
- 13 Saturate
- 14 Spanish for house
- 15 Earlier
- 16 Small rabbit
- 17 Book keeper
- 19 Stringed toy
- 21 Big fuss
- 23 60's fashions, for example
- 26 Mint family member
- 30 Good looker
- 31 It's a wrap
- 32 BYOB part
- 34 \_\_\_ now brown cow!
- 36 Auspices
- 39 Spy novelist, John (2 words)
- 42 Wheeled transporter
- 44 Roll of dough
- 45 Rhone river city
- 47 Sacred song
- 51 "What \_\_\_ can I say?"
- 54 Outfit
- 56 Hodgepodge
- 57 Four quarters

- 58 Direction
- 59 Civil Rights heroine, Parks
- 60 Oval shaped item
- 61 Shepherd's locale
- 62 Lick

### DOWN

- 1 Instants
- 2 Female servant in India
- 3 Knowing
- 4 Prison camp in Russia
- 5 Dance, when doubled
- 6 Unidentified aircraft
- 7 Animal trail
- 8 Farm noise
- 9 Governed
- 10 "Vanilla \_\_\_" movie
- 13 "Party Down" star, Adam
- 18 Govt. agency
- 20 Agreement word
- 22 Kim follower?
- 24 European coal area
- 25 Stench
- 26 Joan \_\_\_ Arcadia
- 27 Felt sorry about
- 28 Thus in Latin
- 29 Night bird
- 33 Fresh, in terms of paint
- 35 \_\_\_, the people



- 37 River in Bavaria
- 38 Elusive
- 40 Limit
- 41 Collect on a surface
- 43 Country guy
- 46 Number of Supreme Court judges
- 48 Cream additive
- 49 A Simpson
- 50 Water barrier
- 51 Evaluating quality
- 52 Shake a \_\_\_!
- 53 Hang
- 55 Leaves in a bag



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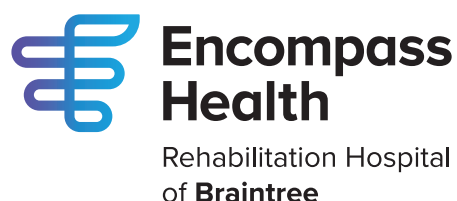
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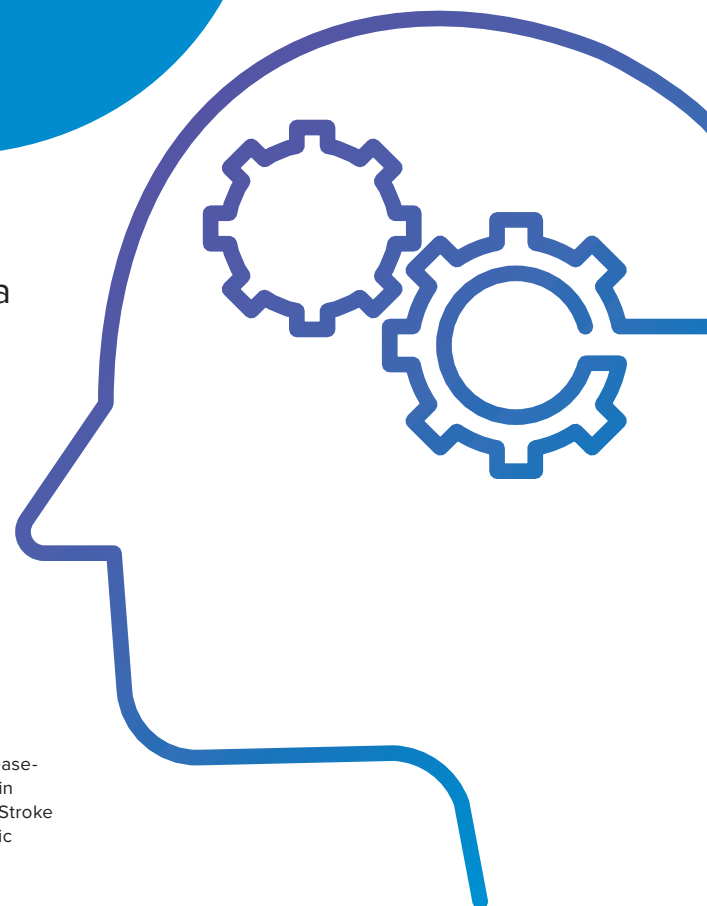
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# Caregiving During COVID-19



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

If you are responsible for the care of a loved one right now, there are things you should know and do to protect yourself against contracting the

COVID-19 Virus.

As of this week, there were more than one million cases of the virus reported in just seven days. That says this virus is still very much present and spreading at extremely rapid speeds. Here's how it spreads:

- People who are physically near (within 6 feet) of a person with COVID-19 or have direct contact with that person.
- Exposure to respiratory droplets when a person is in close contact with someone who has COVID-19. When people with COVID-19 cough, sneeze, sing, talk, or breathe, they produce respiratory droplets. These droplets can range in size from larger droplets (some of which are visible) to smaller droplets. Small droplets can also form particles when they dry very quickly in the airstream. Respiratory droplets cause infection when they are inhaled or deposited on mucous membranes, such as those that line the inside of the nose and mouth. As the respiratory droplets travel further from the person with COVID-19, the concentration of these droplets decreases. Larger droplets fall out of the air due to gravity. Smaller droplets and particles spread apart in the air. With passing time, the amount of infectious virus in respira-



**A very special thank you to the Celtic Angels Home Health Care caregivers this month for staying vigilant and committed to following all risk prevention protocols that continue to keep our patients safe. Pictured from left to right: Kristina Bean-Robichaud, Carla Derosa, Jandira Gomes, and Justice Kamulegeya.**

tory droplets also decreases.

While you're caring for your loved one, please continue to follow the same basic risk prevention steps you've heard and read so much about:

## Indoors:

- Wear protective gear – mask, face shield, gloves and, if possible, full PPE equipment.
- Wash your hands with soap and water frequently and don't touch your face, eyes, or mouth.
- Wash and disinfect all surfaces.
- Minimize the number of utensils and other items in their home.

## Outdoors

- Wear a mask that fully covers your nose and mouth.
- Stay at least 6 feet apart from people.
- Avoid crowds at all cost; remember, the more people you're exposed to, the more chance you have of being exposed to the virus.
- Wash your hands many times throughout the day; preferably with soap and water but if that's not available, use hand sanitizer.

If the person you're caring for is over 65, they fall into a high-risk category for getting very sick from COVID-19. If they have certain underlying medical conditions, again, they are at a higher risk

for getting very sick from the virus.

If you're loved one that you're caring for gets sick, you'll need to take the following steps:

- Make sure they stay home except to get medical care.
- Isolate them from you and other members of their family to prevent the spread of the virus. Remember, just because someone doesn't feel sick doesn't mean they can't spread the virus.
- Seek emergency care if your loved one is showing warning signs like trouble breathing, pain or pressure in their chest.

**Getting Tested**—visit your state or local health department website for information on COVID-19 testing in your area. If your loved ones are exhibiting symptoms of COVID-19 call their primary care physician or healthcare provider immediately.

## Coping with Stress

As a caregiver to an elderly loved one or senior citizen during a worldwide pandemic, you will probably experience higher levels of stress. Learning new ways to cope with stress can help you through these trying times and keep you healthy.

- Try one small thing each day to care for yourself.
- Unwind by doing yoga, listening to music, or going out for a walk.
- Connect with loved ones, family members and friends.
- Reach out to the myriad of support groups now available on-line.
- Drink lots of water or healthy fluids; eat good nutritious foods.
- Read a good book.
- Start a new hobby.
- And most importantly, rest

Pandemics can be stressful, especially when you are caring for someone else and at the same time, staying away from others. During this time, it's important to maintain social connections and care for your mental health.

**About the Author:** Maria Burke, RN, Owner, 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 services hundreds of elderly people across Massachusetts with a variety of services including skilled nursing, homemaking services and home health aide and CNA care services. ∞



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# Art Matters XVI: Reflections on various art media, Egg Tempera



By Janet Cornacchio

In a number of past columns, I've discussed basics of composition and a number of 2-D media. Today let's look at egg tempera, which is one of the oldest painting media extants. Examples of this medium from the first century

BC are still in good condition. Egg tempera is a permanent (2,000 years is pretty permanent), fast-drying medium, which mixes a water soluble binder (usually an egg yolk) with color pigments. Paintings done with the mixture are also called "Tempera." This was the primary painting medium until oil media replaced it after 1500.

Tempera painting has been found on early Egyptian sarcophagi decorations. Many of the Fayum mummy portraits (wooden coffin tops painted with very realistic portraits during the Roman Empire period in Fayum, Egypt) use tempera, sometimes in combination with encaustic (a wax coating mixed with pigments and heat over the tempera). A related technique has been used in ancient and early medieval Indian paintings found in several caves and rock-cut temples—the Bagh Caves done between the late 4th and 10th centuries AD and in Ravan Chhaya rock shelter, Orissa created in the 7th century AD, are two examples.

In the classical world, egg tempera replaced encaustic painting, becoming the medium of choice for panel painting and illuminated manuscripts in Byzantium and Europe up through 1500. For example, every surviving panel painting by Michelangelo is egg tempera. Oil painting gradually spread across Europe during the



Clockwise: Encaustic portrait of woman on panel; Pietro Lorenzetti's Tarlati polyptych, Tempera and gold on panel, 1320d; Madonna and Child by Duccio, tempera and gold on wood, 1284, Siena; Whispers of Summer by Betsy Bennett (1997); The Mummy of Demetrios, 95-100 C.E., 11.600a-b, Brooklyn Museum.



16th century, replacing tempera. Egg tempera use was revived by different art movements of the 19th and 20th century—the Pre-Raphaelites and Social Realists, among others. In Greece and Russia, it has remained the traditional medium for Orthodox icons.

Traditionally, egg tempera is created by mixing hand-ground dry pigments into a binding agent. It is the use of an inner liquid of the yolk, minus the membrane, which gives egg tempera its name. Other binding agents, which can be mixed in included glue, honey, water, milk (in the form of casein) and various plant gums. Pigment types determine the amount and types of the binders required. Since egg yolk dries rapidly, an added binding agent, such as vinegar, is required to increase the medium's drying time and flexibility. Egg tempera requires that the artist remains constantly aware of the mixture's consistency, adjusting the balance between watery and greasy by adding water to thin, and yolk to thicken, the medium. Egg tempera must be used in one sitting; it dries and cannot be stored. Egg tempera is rigid and must be applied to an equally stiff ground or base. If applied to canvas, it will flake and crack. Before the modern era, wood panels were the base of choice, and then, as today, a white gesso base was layered on that hard panel. Today, masonite and composite boards are also used as a base.

The rapid drying time of tempera means that the most effective way of working is by applying the paint in thin, semi-opaque layers. It is well suited to a precise style of brushwork with re-

**Art Matters..continued on p.22**





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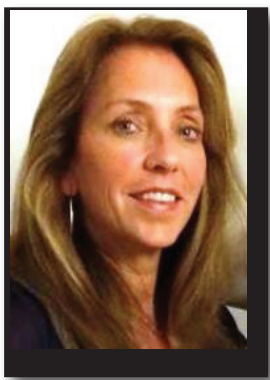
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## ASK THE HIPPIE

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.

### I've got a secret By Phyllis DeLaricheliere, MS

We have all had them, kept them, or at least attempted to. Secrets are as unique as a snowflake and as personalized as those keeping them. A secret; (Noun) is something that is kept or meant to be kept unknown or unseen by others.<sup>1</sup>

So very often when our loved one is diagnosed with Alzheimer's/dementia we first contemplate what we are going to do. Even though there is so much information around us, we feel completely at a loss and frightened of what lies ahead. Next, a lot of us decide as we try to figure all this out, to keep it to ourselves for a while, and not tell our friends and family. At times denying the truth can be easier than accepting it and facing the stigma that comes along with Alzheimer's is something you are not ready for. So you keep it a secret.

But keeping secrets is hazardous to your health. Let me explain. First, keeping a secret immediately establishes a goal that has been set. The goal is to keep THE SECRET. With any goal we set, we constantly are thinking about it and making sure it stays on our radar. However, in this case, the goal of keeping a secret is not only stressful-because we are constantly reminded that we have a secret-but we are reminded we are hiding something from others. This stress can cause anxiety and even depression-both hazards to our mental and physical health. Now some secrets are ok because they have a short life span, and the goal is reached quickly, such as keeping a surprise birthday party a secret, for example.

Let's explore this even further. We are wired to tell the truth. The "Logical Lobe" signals other regions of the brain to share information so it can move on to more important functions, like learning, according to



Gina Roberts-Grey.<sup>2</sup>

Therefore, keeping a secret goes against how our brain naturally functions, resulting in our brain becoming stressed. Our brain will then produce more stress hormones (cortisol) that respond to the fight or flight reaction, triggered by feelings of anxiety/fear as a result of keeping a secret. Too much cortisol can present serious consequences such as impacting our blood pressure, gastrointestinal tract, and our memory.

Alzheimer's/dementia patients should never be a secret. Your loved one is fighting a battle and you need to be strong and healthy for them and yourself. There is safety and strength in numbers, so tell your family, friends, and seek the support, love, and advice from anyone and everyone you can. This is a better goal to set. There is no shame in what you as a caregiver are facing. It takes a village. And "The Truth Will Set You Free!"

If you have a question, or want to suggest a topic, email me at [knowyourhippie@gmail.com](mailto:knowyourhippie@gmail.com).

<sup>1</sup> Merriam-Webster; 2019

<sup>2</sup> Roberts-Grey, Gina, "Keeping Secrets can be Hazardous to your Health"; Next Avenue, October, 2013.

**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](mailto:knowyourhippie@gmail.com). STAY TUNED – HER LIVE WEB CHATS ARE COMING SOON! ∞*



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# THE GRAPEVINE

## Prosecco Goes Pink



By Missa Capozzo

**SHARON** – Prosecco Rosé has officially launched in the US, after much anticipation in the wine world. Sparkling rosé is not a new thing, but sparkling rosé coming from the Prosecco region of Italy is, having just been approved by the Italian National Wine Committee in May of 2020 when they approved these long awaited changes to the Prosecco DOC.

The Prosecco we all know and love is a sparkling white wine produced primarily (85% minimum) from the Glera grape in the Veneto region of northeast Italy (more specifically, the Prosecco region within Veneto). For a wine to qualify as Prosecco Rosé, it must include at least 85 percent Glera grapes, the remainder Pinot Noir. Prosecco Rosé must age for a minimum of 60 days, whereas regular Prosecco traditionally ages for 30 days.

The vast majority of Prosecco is made using the tank or Charmat method, in which a second fermentation occurs in a large stainless steel vat, before it is bottled under pressure. In comparison, the second fermentation of Champagne occurs in the very bottle it will be sold in. The Charmat method produces a wine with fruit-forward, simple freshness. A typical bottle of Prosecco will offer notes of melon, peach, apple, pear, and honeysuckle.

You can expect the addition of Pinot Noir in the new Prosecco Rosé to

balance the crisp floral and stone fruit flavors of traditional Prosecco with fresh notes of strawberry, red cherry, and raspberry. This easy drinking, refreshing bubbly will pair beautifully with fried seafood, salty cheeses, poultry, and sausages. A creamy risotto would be an absolute delight alongside a glass of Prosecco Rosé.

Prosecco has surpassed Champagne in global sales, becoming the world's best-selling sparkling wine, with a volume of 544 million bottles in 2018. This trend has continued since, and the addition of Prosecco Rosé is sure to add to the growing numbers. Prosecco's crisp, fruit-forward, easy drinking style combined with its inexpensive price tag continue to make this sparkling wine more approachable and affordable than Champagne, which certainly contributes to its rise in popularity and consumption. Most Proseccos are available for under \$20 a bottle, many even closer to \$10. They are also available in a range of sweetness levels, from the driest Brut to the sweeter Extra Dry and Dry versions. Prosecco's simple fruitiness makes it ideal for sparkling wine cocktails such as mimosas.

**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](http://www.winedowntastings.com) and [www.facebook.com/winedowntastings](http://www.facebook.com/winedowntastings) <http://sailtotrail.com> ∞

## Starting the packing process



By Natalie Ahern  
Owner, All the Right Moves

Lucky you! You've found a new place to move to and you are looking forward to your new adventure.

Unlucky you! Now you have to pack! Yes, it may seem intimidating, but the good news is I have some tips that can make the process a little less daunting.

1. Clear a place to put your boxes. If you have an attached garage, that is usually an excellent space. Ideally, having one location for all your boxes is easiest, but if you have more than one floor, create a staging space on each floor so you can avoid lugging boxes up and down the stairs.
2. Work on one room at a time. I recommend a spare bedroom if you have one, or your dining room. Your starting place should be a room that contains items you don't use every day. Don't mix things from different rooms into one box. It will make unpacking much harder!
3. Label each box on the top and at least one side. The label should contain where the box is going to go (this makes it easier for the movers as they are unloading), as well as what is inside.
4. Cushion your belongings well with paper. I do not recommend newspaper as your hands will be black and you will get newsprint everywhere! I prefer rolls of packing paper that can be purchased at Home Improvement Centers. You can also use towels, table linens and pillows as cushioning for your boxes. Put the heaviest items on the bottom, and lighter objects on the top.
5. If you have hired a professional moving company, consider having them pack your china and crystal. Remember, they are professionals

and will carefully handle your very precious items.

6. You can often find used boxes with a little patience. Your mover may have used boxes you can pick up. You can also find used boxes on social media sites like Facebook or at your town's recycling center (just ask one of the workers if they have any moving boxes). Use sturdy and clean boxes only!
7. Even though we pack many boxes, I always ask our movers to pack certain items: TVs, computers, special artwork, etc.
8. Pack as early as you can to avoid last minute stress. Packing is hard work, so plan on just a few hours each day.
9. Create an "Open First" box and ask your movers to load last and unload first. The box should contain hand soap, toilet paper, paper towels, all-purpose spray, some first aid essentials, and snacks. Personally, peanut M&Ms can keep me going all day!
10. Hopefully, your refrigerator is almost empty on the day of your move. If you are moving locally, I find it easiest to transport remaining food in a cooler. The movers can take this or you can put in your car. It's also nice to bring along some cold water for yourselves and your movers.

Remember, pack for just a few hours each day so you don't get overtired, take frequent rests, drink plenty of water, and treat yourself to snacks to keep yourself going. Congratulations on your move and good luck on your packing!

**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. ∞





# Doreen's Dinners

By Doreen Lang

Using just 7 ingredients you can make a wholesome, satisfying, easy, low calorie, filling, and soul warming 30-minute soup. Here is my tried-and true recipe that my clients ask me to make over and over again. Try it, love it, that's my promise!

**Tortilla Soup (Serves 4)** Lasts a week in fridge.

- 2 Tbsp. of olive or coconut oil
- 1 Large, diced Onion
- 1 Tbsp. of ground Cumin
- 2 14 oz. cans of \*bone broth or reduced sodium chicken broth
- 1 28 oz. can fire-roasted, diced tomatoes
- 4 Cups of chopped, cooked chicken  
(*Rotisserie chicken from your local grocery store is an excellent shortcut.*)
- 2 4 oz. cans of diced green chile peppers

In a 5-6-quart Dutch oven cook onion and cumin in hot oil on medium heat for 5 minutes or until tender.

Add broth, tomatoes, chicken, and chili peppers. Simmer 30-minutes on low.

Options: You can also add 1 can of rinsed black beans or corn. Serve as is, or with corn tortilla chips, a dollop of sour cream, chopped cilantro.

*\*My business is based on cooking comfort meals with a healthy spin to maintain optimum health and weight control. Bone broth is worth the effort to make*

at home, roast and boil the bones like I do to extract the nutritious collagen. You can also purchase organic bone broth at your local grocery. Bone broth is delicious and excellent for your bones and skin.

Contact me to make your life easier, healthier and tastier. [www.doreensdinners.com](http://www.doreensdinners.com) or 339-526-2049. ∞



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# Palliative Versus Hospice Care

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

When families and individuals are facing serious medical questions, especially during the stress of a chronic illness or end-of-life decision-making, there are dozens of questions to ask. One that we hear often is about the difference between palliative care and hospice care.

Frequently, the terms are used interchangeably, or people get confused on what the differences really are. But palliative care and hospice care are very distinct services, and it's worth it to take the time to understand the difference.

Hospice care comes as part of the end-of-life journey. Palliative care can be provided, regardless of the diagnosis, or when a patient is facing a serious illness. Palliative care is based on the patient's needs, not the patient's prognosis and it is appropriate alongside curative treatments.

Usually, hospice caregivers are invited in by patients and their families to help make the end-of-life journey in comfort and with dignity. With most hospice agencies, hospice caregivers form a team for each patient. At Old Colony Hospice and Palliative Care, our teams are customized for each patient and each team draws on doctors, nurses, hospice aides, social workers, spiritual counselors, volunteers, and palliative care specialists. The team offers a wide range of support to supplement the care that families give their loved ones.

But a lesser-known fact is that we also have patients who just receive that one part of our name – palliative care. I've found in conversations with the public that many don't realize that palliative care is a piece of hospice, but also a stand-alone service. It is there for people who suffer with chronic illnesses or are in treatment for diseases such as cancer. These conditions, unfortunately, often bring excruciating pain, and palliative care's most simple definition is "pain management." Palliative care offers pain relief interventions so people can navigate their lives in the least pain possible.

One of our patients, a middle-aged woman who came to this country from Haiti, was diagnosed with metastatic breast cancer. She and her adult son, who lived with her and was her constant, loving caregiver, worked with her medical team on curative measures, and hospice care was only

a distant thought as she battled the disease in hopes of remission. Her family wanted to try every treatment option available. Our palliative care nurse practitioner organized a care plan to help manage her pain every step of the way as she fought, not only the illness, but also the side effects of treatments such as chemotherapy.

Sadly, despite her bravery and her family's dedication, the patient's cancer did not go into remission. She and her son had long conversations with our palliative care nurse practitioners about next steps. When the family felt she was ready, they decided to embrace the larger umbrella of hospice care. Our team was there, ready to support and provide care and comfort.

Palliative care is a comprehensive treatment of the discomfort, symptoms and stress of serious illness, and palliative caregivers work with whatever primary treatment you have chosen. The goal is to prevent and ease suffering. Some patients ask us, if they need palliative care, does that mean they're dying? No. It only means that they are addressing symptoms of pain, such as breathing difficulties or nausea, that often accompany a serious illness and its treatment.

Palliative care can help those living with such illnesses as heart disease, cancer, dementia, lung disease, kidney failure and so many other conditions. Recent studies, including one published in the New England Journal of Medicine, have shown that the improvements provided with palliative care are life giving. Patients with serious illness who received palliative care lived longer than those who did not receive the care.

What is certain with both palliative and hospice care is that you will have the guidance and experience of a team of medical professionals – people who have done this many times before and are committed to what they do – helping you on every aspect of pain treatment, home care, diet, and emotional and psychological care.

Talk to your hospice and palliative care provider, your family members, and your doctor about your goals of care and how palliative care and/or hospice might best improve your quality of life.

**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

### Workers in your home and social security



By **Delia De Mello, Social Security**

Do you plan to pay a cleaning person, cook, gardener, babysitter, or other household worker at least \$2,300 in 2021? This amount includes any cash you pay for your household employee's transportation, meals, and housing. If you will pay at least \$2,300 to one person, you have some additional financial responsibilities.

When you pay at least \$2,300 in wages to a household worker, you must do all of the following:

- Deduct Social Security and Medicare taxes from those wages.
- Pay these taxes to the Internal Revenue Service.
- Report the wages to Social Security.

For every \$2,300 in wages, most household employees earn credits to-

ward Social Security benefits and Medicare coverage. Generally, people need 10 years of work to qualify for:

- Retirement benefits (as early as age 62).
- Disability benefits for the worker and the worker's dependents.
- Survivors benefits for the worker's family.
- Medicare benefits.

You can learn more about reporting household worker income by reading Household Workers at [www.ssa.gov/pubs/EN-05-10021.pdf](http://www.ssa.gov/pubs/EN-05-10021.pdf).

**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](http://www.socialsecurity.gov) ∞*





# CARE FOR THE CAREGIVERS: "R.I.C.E." Your Life



By Leigh-Ann Larson, LMHC

The acronym "R.I.C.E." stands for "Rest, Ice, Compression and Elevation." I learned of this acronym years ago, firsthand, as the survivor of numerous sprained ankles. It has become one of my favorite mantras as a Licensed Mental Health Counselor. It applies well in the area of hurt feelings (sprained emotions) and self care (for burned out clients).

As a caregiver for an aging or elderly parent, spouse, or relative, you are at high risk for getting your feelings hurt by ill and aging loved ones (no fault of your own, of course) as well as from the sheer exhaustion that comes from caregiving in addition to tending to the other responsibilities in your life. I believe "Rest, Ice, Compression and Elevation" offer wisdom to the weary and hope to the heartbroken.

For "Rest," it's important for you as a caregiver to schedule some "you time." It might involve reading, watching a movie, taking a nap, taking a walk in the woods, or making a decision to order out instead of cooking. This can be tricky for caregivers, so it may require some advance planning. I encourage caregivers to write out a list of resources (human and otherwise), that they can lean on to help create rest time on a regular basis. This may include taking advantage of offers for help, resources for respite, or creative ways to automate tasks in life, such as electronic banking, or grocery delivery. If your financial situation allows for it, consider getting help with light housekeeping, meal preparation, dog walking, etc. Utilizing support will allow you to create space for rest.

Regarding "Ice," I am thinking of "emotional ice," meaning to take a mental break to "chill out." The challenge here is to stay in the moment and not borrow trouble by worrying about an unseen future. When you are on high alert and stressed because of your thoughts, you lose mental strength. Mental strength is integral to your health while providing optimal care to others. Minding your thoughts is like putting your oxygen mask on first during an airplane emergency. You cannot be there for others if you don't have your own air. If you struggle with worry and stressful thoughts, a helpful strategy is to try out a phone application for guided meditation and mindfulness strategies.

Some of my favorites include: "Head Space," "Calm" and "Slumber." YouTube also offers free guided meditations. If you are struggling with thoughts that make you anxious or irritable, try journaling or getting a CBT (Cognitive Behavioral Therapy) workbook to work on during your rest time as well. Neuroscientists have discovered that prayer, meditation, yoga, and creativity can all improve our cognitive function by improving brain function and decreasing stress hormones released into the body. Any of these activities during rest time or compression time will lend itself to quality care for you, the caregiver. Mindfulness materials abound and I encourage you to explore this as an option for increasing your time "on ice" as you chill your thoughts.

As I write this, we are 10 months into the COVID-19 pandemic. Many of us are feeling "hug deprived." Hugs are definitely helpful when we need some compression. But we just can't go around getting hugs from people right now, like perhaps we could before. Substitute options for compression include a weighted blanket. They can weigh around 15-20 lbs and feel cozy and safe. A weighted blanket, a warm cup of tea and novel by your favorite author may be a lovely substitute for some compression. Other ideas include bodywork provided by allied health professionals, who follow CDC recommendations for providing in person services, such as massage, Reiki, acupuncture or foot reflexology. Of course, you can always increase your hugs from your loved ones that are in your daily life. A nice goal to aim for is four hugs per day.

When it comes to caregiver self care, "Elevation" encourages us to look at the big picture of this moment in time. Are you able to take a step back, look at the current relationship dynamic you are in with your loved one through the lens of the length and development of your life together? What was your relationship like at the beginning of this journey, the middle of it and now? How have you changed, grown and evolved? What have you learned about yourself, love and being loved?

You know a lot about life right now. Your wisdom adds so much value to the world and to all the people around you. Is now the time to scrapbook pictures of your loved one and your relationship? Perhaps a bullet journal can help you organize your thoughts for a memoir that you may want to write. There is much value in your life and this journey as a loved, loving and beloved caregiver.

Elevate yourself and you will find a higher perspective that can invigorate, give hope to and refresh your soul in the midst of the daily challenges and struggles. I thank you for all that you do, all that you are, and all that you give. R.I.C.E. shows ways that you can also thank yourself for this beautiful life that you are building.

(Editor's note: Leigh-Ann Larson is founder and CEO of Elevate Counseling (<http://elevate-counseling.com>, a private practice with locations in Middleboro, South Easton, and Bellingham.) ∞



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## Gary Lewis...

Continued from page 1

"I never really felt like we were competing against the Beatles and the other British bands. In fact, I was surprised when Casey Kasem, who was hosting one of my Dad's MDA telethons in the eighties, came up to me and said, 'Hey, Gary, do you realize that you were the only American group that stayed up there in the top 10 during the British invasion?' I had never realized that."

Lewis started his first band at age 18 with four classmates at his theater arts college in Pasadena, CA. His family had moved from New Jersey to L.A. when his father started making movies with Dean Martin and was on his way to box office stardom.

"My mother was our biggest supporter and our #1 cheerleader," he said. "She paid for our equipment, rehearsal halls, and instruments, but made me promise not to tell my Dad. She said, 'You better be good, Gary, because if this thing doesn't pan out, I'll have to explain to your father what I did with all that money.'"

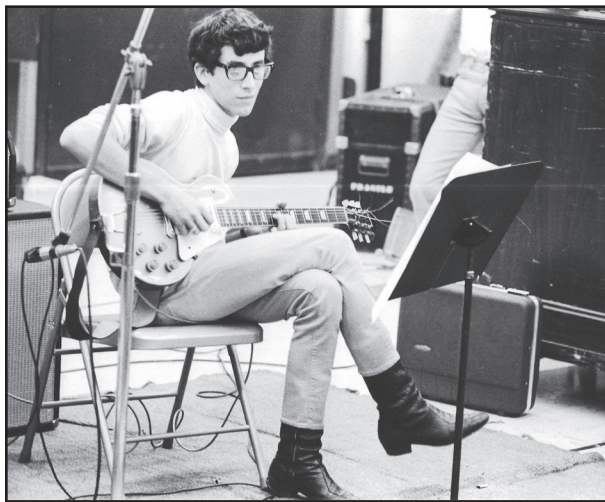
Luckily, the band took off quickly after landing a hugely popular summer stint at Disneyland in 1964 under the name of "Gary and the Playboys."

"I didn't use my last name when we first started out because I wanted the band to be hired on its own merit, not because I was a famous person's son," said Lewis. "We got the job and soon were playing to a full house every night. Snuff Garrett, a staff producer for Liberty Records, came to our show one night and said he liked our sound. It was Snuff who suggested adding my last name to the band because he thought it might sell more records, if people knew I was Jerry's son."

Garrett brought the band to a recording studio (the session was paid for by Patti Lewis) to listen to a demo song that he wanted them to try. It was called "This Diamond Ring," and he had plans for the Playboys to work with an ar-



*An early family photo with young Gary on drums, Jerry, Patti, and Ronnie Lewis*



*Gary at a studio session in 1966*

ranger named Leon Russell on this and all of their songs.

"At the time, we didn't know who Leon was; nobody did," said Lewis. "He hadn't even started his career, but musically, he was brilliant. He arranged everything, and played keyboards, guitar, and horn, and that's how we got started."

In January of 1965, Jerry Lewis used his contacts to get his son's band a spot on the Ed Sullivan Show, and Gary Lewis & the Playboys

became an instant sensation.

"My father told me, 'Most performers work 10-15 years before they are able to get on the Ed Sullivan Show. I'm giving you this one shot, but to get back on, you will have to be good and do it on your own.'"

Gary Lewis & the Playboys went on to appear on the Ed Sullivan Show five more times in the next two years, performing such Billboard Hot 100 hits as "Count Me In," "Save Your Heart for Me," "Everybody Loves a Clown," "She's Just My Style" and "Sure Gonna Miss Her."

At the peak of their popularity in 1967, an envelope in the mail brought the Playboys' skyrocketing musical career to a grinding halt. "It was a draft notice from the U.S. Army during the Vietnam War, and I felt like I had hit a brick wall at a hundred miles an hour," said Lewis. "I fully expected to pick up the band where we had left off after my discharge two years later, but it didn't work out that way. The music industry in the U.S. had changed radically, and we were up against people like Jimmy Hendrix, Led Zepelin, and Janis Joplin. We recorded again, but there was no more market for Gary Lewis & the Playboys, and that ruined me emotionally."

Disbanding the group in 1970, Lewis bought a music shop in L.A. and ran it for 12 years, teaching guitar and drum lessons, but struggling with a 10-year addiction to drugs and alcohol.

"In 1984, Jeff Hubbard, an independent agent from Indiana, came by my shop and said, 'Hey man, the sixties are coming back, and I can book you 60 to 100 gigs a year.' I said, if you can do that, then I'll do it, and I've been performing ever since."

Clean and sober for many years, Lewis has been living a quiet lifestyle with his wife Donna since Covid restrictions began last March. All of his band's scheduled engagements have been canceled or postponed, but he is eager to hit the road again with the latest incarnation of his group. There have been hundreds of new Playboys through the years, but always the original lead singer.

Lewis is no longer vying with the Beatles for top spots on the Billboard chart, but he brings the songs of an amazing era in rock and roll to audiences throughout the country and the world. His groupies today may not wear go-go boots or mini skirts, but they still clamor for autographed photos of their favorite band, and he still has his number one fan, who turns 100 in November.

"Even though she can't speak anymore, I know my Mom is in there and she's rooting for me," said Lewis. "I will continue to perform, even if I have to go on stage with a walker because I love it. After all, what do my legs have to do with singing? ∞



*Gary met his second wife Donna at one of his gigs in Rochester, NY in 1997, and he never left.*



*Jerry Lewis gets into the picture with his son's band: (from l.) Al Ramsey, John West, Gary Lewis, Dave Costell, Jerry, and Dave Walker [Courtesy photos]*



# Time for a Change...

*Continued from page 5*

- Obtain boxes and moving supplies, including an indelible marker to label boxes.
- Consider renting a storage pod or storage locker.
- Create a “moving file” to keep track of receipts, contracts and other relocation paperwork.
- Cluster packing: pick the time of day that you are most energetic and tackle one area per day, taking breaks as needed.
- Call moving companies to obtain quotes. Certain dates are less expensive. August 31 is the most expensive day of the year due to the school calendar.

## **Time to Make arrangements for items that are in the Sell/Give Away Category:**

- Selling/Giving away items can be posted on your town Facebook site. If you are uncomfortable or unfamiliar with this method, ask friends or family for help.
- Yard Sale
- Estate sales can be done for a fee through companies. They will come into your home to look at the designated items to be sold, set up display tables, advertise and conduct the sale.

## **Organize**

- Use or dispose of frozen food, cleaning solutions and aerosol cans that can't be safely packed.
- Obtain medical records to transfer, including dentist, optician and veterinarian if you have a pet.
- Order new ID tags for your pet with your new address.

- Cancel subscriptions, transfer mail and don't forget to update your Amazon account!

## **Electronics**

- Take photos of how computers, TV and other electronics are connected to use as reference when reconnecting.
- Place parts in labeled Ziplock baggies.

## **Transfer Utilities**

- Cable
- Internet
- Gas/Oil
- Electric
- Water
- Trash Removal
- Recycling
- Telephone: Landline and/or cell
- Security System
- Lawn Care
- Housekeeping

## **Preparing for Moving Day**

- Pack a suitcase with personal items, including shoes, clothing, important documents, pajamas, toiletries, medications and pet items.
- Pack a moving box with scissors, tape, paper towels, toilet paper, bed linens, tools, light bulbs and trash bags.
- Arrange for trash pickup.
- Plan to pace yourself; consider asking a family member or friend to be with you.
- Have all keys, manuals, security codes and garage door openers labeled and organized for the next homeowner.
- Alert your neighbors to expect a moving truck.
- Arrange a spot where you can comfortably sit as needed.
- Do a final sweep of all closets, cabinets, attic

and shed.

Remember that it will all be worth it. Stay positive throughout the selling process by keeping your eye on the prize. You decided to move for a reason. Change can bring unexpected opportunities; you deserve to be in a place that feels 100 percent like home!

“It would be my pleasure to send you my free moving guide complete with timelines and lists to help organize your move. Please reach out by phone, 781-267-0400, or email, [wendy.oleksiak@compass.com](mailto: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](mailto:Wendy.Oleksiak@Compass.com) website: [WendyOleksiak.com](http://WendyOleksiak.com). ∞*

# AARP...

*Continued from page 2*

- Rejecting immunity for long-term care facilities related to COVID-19.
- Establishing minimum nursing staffing standards.
- Ensuring progress is made so that in-person visitation can safely occur and facilitating virtual visitation.
- Creating a pathway for single occupancy rooms in nursing homes.

The AARP COVID-19 Nursing Home Dashboard analyzes federally reported data in four-week periods going back to June 1, 2020. Earlier this year, AARP fought for public reporting of nursing home COVID-19 cases and deaths. Using this data, the AARP Public Policy Institute, in collaboration with the Scripps Gerontology Center at Miami University in Ohio, created the dashboard to provide snapshots of the virus' infiltration into nursing homes and impact on nursing home residents and staff, with the goal of identifying specific areas of concern at the national and state levels in a timely manner.

The full COVID-19 Nursing Home Dash-

board is available at [www.aarp.org/nursing-homedashboard](http://www.aarp.org/nursing-homedashboard). For more information on how COVID is impacting nursing homes and AARP's advocacy on this issue, visit [www.aarp.org/nursinghomes](http://www.aarp.org/nursinghomes). ∞

# Art Matters...

*Continued from page 14*

peated small strokes. Dry tempera has a smooth matte finish. While egg tempera does not produce the intense color saturation of oil paint, its pastel level of color intensity remains constant and is not subject to the yellowing and darkening with age of oil media.

Some of the traditional pigments used in mixing egg tempera were highly toxic. They included cinnabar (contains mercury), orpiment (contains arsenic), or lead white (contains lead) and modern artists have replaced them with synthetic pigments, which have similar color properties without the toxicity. Even so, precautions must be used, including keeping pigments wet to avoid breathing their dust. Recently, egg tempera sold in tubes have become available, although a slight amount of oil is present to enhance durability within the container. Marc Chagall used Sennelier egg tempera tube paints extensively.

My exposure to egg tempera is two-fold: the marvelous Byzantine and Medieval European altarpieces found in museums and the works of a local Cape artist, Betsy Bennett. Duccio's Madonna and Child comes to mind with its gilding and its sculpted face of the Madonna. The infant Jesus resembles more of a miniature adult than a child, but Duccio still conveys the depth of the mother and child's bond.

Betsy's work was shown regularly for years at Tree's Gallery in Orleans. It's always been one of my favorite galleries. They'd have great receptions and I remember speaking with her about her medium of choice. She loved it because she would work on two or three works at a time, letting one dry and turning to the next. It forced her to be patient and take her time. Her colors are exquisite and her touch delicate and expressive. Betsy mixed her own pigments and created beautifully detailed works that caught the essence of the Cape. Egg tempera was perfectly suited to her chosen artistic style, just as watercolor suits mine.

**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](mailto:jcornacch@aol.com) ∞*



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