

# SOUTH SHORE & METRO WEST SENIOR NEWS



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FREE

## Hank Phillippi Ryan, Bestselling Author and Emmy Winning Journalist, says, 'It's all about the story.'

By Marie Fricker



Hank Phillippi Ryan is used to confronting danger – both in her 38 years as a hard-hitting investigative reporter for Boston's WHDH TV, and in the pages of her 13 nail-biting mystery novels.

Ryan started a new chapter in her life at age 55 when she wrote her first book, *Prime Time*, featuring a main character named Charlotte McNally, who, coincidentally, is a Boston television reporter. Three more thrillers in the McNally series – *Face Time*, *Air Time*, and *Drive Time* – swiftly followed, and launched the Emmy Award winning Channel 7 reporter into a second career that has become her life's passion. Her newest novel of suspense, *HER PERFECT LIFE*, went into a second printing just two weeks after publication.

A USA Today bestselling author, Ryan's stories have earned numerous literary awards in her genre, including five Agathas (named for the great Agatha Christie), four Anthonys and the



coveted Mary Higgins Clark award.

Her desire to become a mystery writer or a detective started in a hayloft in rural Indiana in the early 1960s. Ryan (then Harriet Ann Sablosky) and her younger sister would ride their ponies from their secluded farmhouse to the town library to borrow books. "As soon as we

got home, I would climb the ladder to the loft of our old red barn and dive into the amazing worlds of Sherlock Holmes, Nancy Drew, and Hercule Poirot," she said. "I was nerdy and unpopular in school, but, in the hayloft, I could escape into the world of my mysteries, surrounded

*Hank Phillippi Ryan... continued on p.6*



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# Social Security Announces 5.9 Percent Benefit Increase for 2022

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022, the Social Security Administration announced today.



The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the an-

nual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$147,000 from \$142,800.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their personal my Social Security account. People may create or access their my Social Security account online at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Information about Medicare changes for 2022, when announced, will be available at [www.medicare.gov](http://www.medicare.gov). For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2022 are

announced. Final 2022 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit [www.socialsecurity.gov/cola](http://www.socialsecurity.gov/cola). ∞

## Bereavement Support Group: Grief and the Holidays



**South Shore  
Health**

This free online support workshop will be held on Thursday, November 18, from 5:30 p.m. - 7:00 p.m. Open to any person who is grieving the loss

of a loved one, this workshop will focus on grief and the bereavement experience during the holiday season.

\*Please bring a pencil/pen and paper to participate in some therapeutic writing exercises.

\*\*Please note: This support workshop will be held virtually via Zoom. Pre-registration is required. The Zoom link will be sent to participants once they are registered. To register, contact Daniel Brown, LCSW, Bereavement Coordinator, at [DBrown3@southshorehealth.org](mailto:DBrown3@southshorehealth.org) or call 781- 624-7046.

*South Shore Health is a not-for-profit, charitable health system that provides acute care, ambulatory care, and home health services to more than 1 million residents of Southeastern Massachusetts. It is the parent organization of South Shore Hospital, South Shore Medical Center, South Shore Visiting Nurse Association, Hospice of the South Shore, South Shore NeuroSpine, and other not-for-profit health organizations. ∞*

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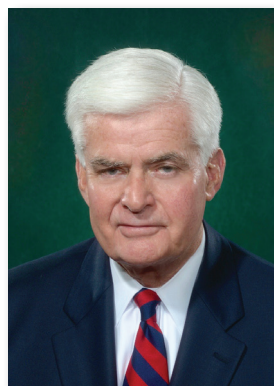
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# HOME EQUITY WEALTH MANAGEMENT

## Surging Need for Retirement Cash Increases Advisor Interest in Reverse Mortgages

Ongoing low interest rates and fixed income yields are increasingly inadequate to cover spiking living costs, leading retirees and financial advisors to search for alternative sources for reliable cash.



By George Downey

**BRAINTREE** - The quest for stable cash flow and liquidity in retirement is increasingly challenged by low bond yields and stock market volatility. To solve the dilemma, financial planning professionals are seeking alternative

sources of cash that can reliably increase and extend cash flow and financial security.

One obvious, and often overlooked, source is housing wealth (home equity), the largest single asset of most households. Short of selling, the home has traditionally been considered an illiquid asset, not a viable financial planning tool. That is no longer true.

### Reverse Mortgages - A Unique and Versatile Financial Planning Tool

Advisors and retirees are realizing reverse mortgage makes possible borrowing with exclusive features including: (1) no obligation to make payments, (2) no maturity date as long as one borrower lives in the home, (3) receive income tax-free distributions, (4) use funds for any purpose, (5) establish a guaranteed growing line of credit that can't be cancelled, (6) no personal liability, (7) no obligation to repay more than the property value at time of repayment, and more.

Savvy financial advisors are learning how reverse mortgage works and for whom it is suit-

of features and versatility provides advisors and clients the ability to monetize home equity. In so doing, they can unlock housing wealth to increase financial resources that will improve and extend retirement security - without selling the home.

### Reverse Mortgage Common Uses

- Pay off mortgage and other debt
- Establish scheduled distributions to supplement cash needs
- Create a guaranteed growing line of credit for future needs
- Pay health and long-term care costs
- Reduce retirement risks
  - Sequence of return risk
  - Health care and longevity risk
  - Fear of running out of money
- Fund contributions to family, church, and charities
- Purchase second home, RV, travel

### Enhanced Planning Potential

Integrating housing wealth into the financial planning process can be a game changer. The elimination of mandatory debt payments plus access to additional income tax-free funding provide homeowners and planners with more planning versatility and greater capacity.

### Borrower Obligations - It's A Mortgage - Just Different

Funding and loan terms cannot be frozen or cancelled as long as the loan remains in good standing. Borrower obligations are limited to:

1. Keeping real estate taxes, liability insurance, and property charges current.
2. Providing basic home maintenance



Photo credit: istock.com/ William Potter

3. Continuing to live in the property as the primary residence

### Good For Some - Not for All

Reverse mortgages are unique programs designed to improve and extend retirement security primarily for those who want to remain at home to age-in-place. Because they are different, they require comprehensive education to ensure understanding and suitability for near- and longer-term considerations.

Every situation is different. A reverse mortgage may, or may not, be a good fit based on individual qualifications, circumstances, needs, and preferences.

To learn more, consultation with a Certified Reverse Mortgage Professional (CRMP) is recommended. CRMPs are certified, experienced, and exam-tested professionals pledged to strict observance of the Code of Ethics & Professional Responsibility of the National Reverse Mortgage Lenders Association, Washington DC. More information on reverse mortgages and a list of CRMPs is available on NRMLAs consumer website [www.reversemortgage.org](http://www.reversemortgage.org).

**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) ∞*

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# Aging with Sass & Class

## Savor the Small Stuff

By Loretta LaRoche

Every time I teach a workshop I am confronted with individuals who seem to want to spend an inordinate amount of time focusing on what's wrong in their lives. They are usually the types that have spent years rehashing the same old stuff because they have become accustomed to seeing the world through a negative lens.

Our brains are trained to be on the alert for danger and to make sure that we get what we need to survive, i.e. food, shelter, clothing. This model was incredibly useful a million or so years ago since we could become a meal any minute for a hungry behemoth. Our ancestors survived harsh conditions through a negative bias. In other words, they learned from bad experiences, not necessarily good ones.

Unfortunately, we are still at the mercy of some of that training, which makes it difficult to learn how to install beneficial experiences. Oh, we can read lots of books on how to be more positive, see a therapist or coach, but taking action is what creates new neural pathways that can help change our behavior. Even more importantly is the practice of those actions. We learn through practice whether it's negative or positive.

Our chaotic, driven culture adds to the problem. Most people have become hostages to their schedules and their attachment to getting as much done as possible. They don't realize that within that framework lies precious moments that can be utilized to change the brain for the better. I don't know how many times I have heard individuals tell me they don't have the time to change a certain behavior. "Someday they will," they say. But when will "someday" come? Unfortunately, the longer we submit to feeling negative, the harder it is to change.

So what can we do? Believe it or not, most of us have experiences in our daily lives that can help reframe situations for the better. Developing the ability to stay with those experiences for a few moments throughout the day helps cultivate inner strengths that can help us cope with life. Life is not easy. No one has been promised a journey without ups and downs. But it can be made easier by growing the seeds of appreciation, gratitude, love, altruism, and humor.

Take time to savor what might even be fleeting moments of joy. A cup of coffee, a smile from a loved one or a colleague at work, someone who lets you into a line of traffic, a blue sky, a call from a friend that checks in to see how you are, a pet that looks up at you with adoring eyes. Don't just let these go, before you take the time to "savor them." Even a few minutes throughout the day will begin to make a difference, not only in your life, but in the lives of those around you.

**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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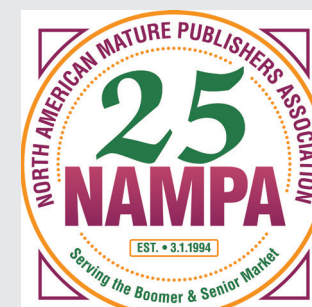
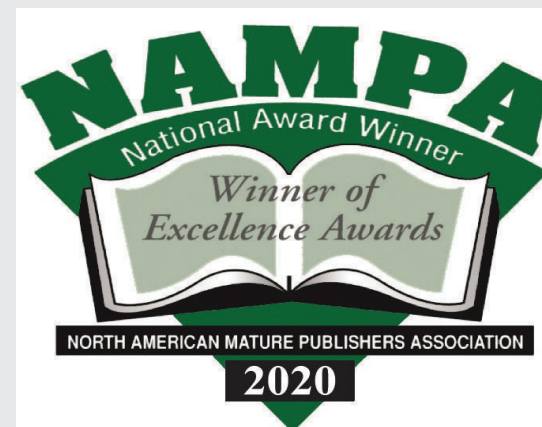
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# Elder Law & Estate Planning

## Why you need an elder law attorney sooner than later



By Patrick J. Kelleher, Esq.  
ElderLawCare.com

**HANOVER AND QUINCY** – Whether you have an older adult loved one in your life or you have concerns about health and financial welfare in the future, an elder law attorney can optimize your planning. Elder law is a highly specialized area of law focusing on the legal needs of older adults encompassing

more significant issues like long-term health care needs, quality of life, and financial well-being. Specific planning may include estate planning and administration, asset protection planning, Medicaid planning and applications, wills and trusts, probate, advance directives, special needs planning, and guardianships.

### How would you answer the following questions?

- Do you have a will, and has it been updated in the last five years?
- Are your assets protected in the event you require home care or nursing home care?
- Do you have a living will, including a health care proxy and durable power of attorney?
- Is your home protected, perhaps in a trust?
- Are you willing to spend half, or even all of your assets on the cost of your elder care?

If your answers are no to any of these questions, it is time to consult with an elder law attorney.

### The Importance of Medicaid Planning with an Elder Law Attorney

As you age, early planning is the key to enjoying a successful, secure, and less stressful lifestyle. Currently, the look-back period for Medicaid nursing home benefit qualifications is five years, and it is 2.5 years for Medicaid home care benefits. Early planning can protect many of your assets and still secure eligibility for government benefits.

The truth is, regardless of your age or wealth, you should have an estate plan. Your will sets forth instructions regarding which heirs will receive your property upon your death, name a guardian(s) for minor children, and protect assets in a special needs trust benefiting any disabled loved ones. An estate plan will tackle tax planning, power of attorney, health care proxy, and a living will in the event of unforeseen incapacity.

Engaging in Medicaid planning and asset protection can ensure you or your loved one will receive the care they need and be able to afford it. Medicaid planning can protect a healthy spouse who wishes to remain in your home with the financial resources to do so. Proper planning for Medicaid benefits can protect your assets from Medicaid's estate recovery program, genuine estate liens.

### How an Elder Care Attorney Can Help You or a Loved One

Hiring an experienced elder law care attorney can be the most significant financial safeguard a person can make for their life or the life of a loved one. Specific services of an elder care attorney include but are not limited to:

- Planning and managing of long-term care services – Your elder law attorney will compile financial information, insurance, and assets, including medical and housing needs, in addition to evaluating and implementing estate planning. Geriatric care, veterans' benefits, financial and tax planning and preparation.
- Planning and qualifying for Medicaid eligibility – Elder law attorneys understand the differences between Medicare and Medicaid. They can

- |                                |                       |
|--------------------------------|-----------------------|
| • Estate Planning              | • Retirement Planning |
| • Grandchildren                | • Senior Living       |
| • Guardianship/Conservatorship | • Social Security     |
| • Health Care Decisions        | • Veterans Benefits   |
| • Medicare                     | • Caregiving          |
| • Special Needs Planning       | • Financial Issues    |
| • Long Term Care Insurance     | • Long Term Care      |
| • Medicaid Planning            | • Elder Law           |
| • Medicaid Rules               |                       |

show how income levels and current asset holdings may affect your future benefits.

- Guardianships and conservatorships – In this process, a judge will appoint a person, known as a guardian, to manage another's financial affairs, particularly for those who can no longer care for themselves or have Alzheimer's or other forms of dementia. Elder law attorneys can guide a family through the process of obtaining guardianship for their loved one's benefit.
- Administration of the estate, probate and trust(s) – This service benefits the estate holder and the designated trustees or executors. An elder law attorney can outline the rights and responsibilities of those with fiduciary appointments.
- Estate and disability planning and preparedness – Many seniors have questions regarding the impact of their will on their family and other tax and legal issues. Your elder law attorney can explain these impacts and help guide choices that ensure your legacy and benefit your heirs.

A well-crafted estate plan is invaluable to you and your beneficiaries. Your elder law attorney will help guide you through the estate plan process, customizing it to meet your needs, and prepare the legal documents reflecting the laws of your state. Early proactive planning will yield the best results to protect your assets and your well-being. Contact an elder law attorney today to establish or review your existing estate plan.

To learn more, watch our next free educational virtual on-demand estate planning and elder law webinar at [www.elderlawcare.com](http://www.elderlawcare.com).

Call our Elder Law Care Center NOW at 781-871-7526 to register for our next free educational elder law workshop. When you attend the workshop, you will receive a \$500 coupon to use in your initial meeting with one of our elder law attorneys (available for a limited time).

**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>

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## Cover Story

# Hank Phillippi Ryan...

Continued from page 1

by the comforting fragrance of grass and saddle leather."

Instead of being named "Most likely to succeed" or "Most athletic" in her junior high yearbook, Ryan was voted "Most Individual," and her photo appeared upside down in the school newspaper, which devastated her.

"I went home crying, and told my mother that life wasn't fair," said Ryan. "My Mom's answer was, 'Listen kiddo, this world isn't fair, and you're going to have to get used to it.' But at that moment, at 14 years old, I knew I would never get used to a world that was unfair, and I would do everything in my power to make it better."

Ryan's broadcast career began with a stint as a political reporter at WIBC, a local radio station in Indianapolis. "I applied for the job admitting that I had majored in Shakespeare in college, and had no journalism knowledge or experience," she said. "At the end of the interview, the news director asked me to give him one good reason why I should get the job. That's when I reminded him that his station's FCC license was about to come up for renewal and he didn't have a single female reporter on his staff. I was hired the next day."

Before moving to Boston, Ryan held posts as a legislative aide for the US Senate Judiciary Committee in Washington, D.C. and as an assistant editor for Rolling Stone Magazine covering Washington politics right after Watergate. After turning down an offer to become the gossip columnist for the Washington Post, she moved to Indianapolis for her first job in TV, then to Atlanta, and then, in 1983, began her career as a general assignment reporter at WHDH TV in Boston. In 1989, she was appointed principal reporter for Channel 7's investigative unit.

In the course of her nearly 40 years at the station, Ryan's work has earned 37 Emmy Awards, and 14 Arthur R. Murrow awards for consumer advocacy and exposing injustices. Her team has chased felons and corrupt politicians, and shone the public spotlight on such problems as a 911 system that was sending emergency responders to the wrong addresses, a failing jury selection system, unfair practices by powerful contractors, and corruption in the mortgage industry.

"One investigative team can make a difference," said Ryan. "Our stories have changed laws and changed lives. We secured millions of dollars in restitution for victims, and even gotten homes out of foreclosure. It's complicated and difficult work, and incredibly gratifying."

Her experience as a journalist may not mirror the plots of her novels, but it certainly influences them. "Of course, I draw on my own field of knowledge for my crime stories," said Ryan. "As a reporter, I've been chased, pushed, threatened, and followed home. I've wired my-



self with hidden cameras, gone undercover and in disguise; and, in search of the greater good, made some powerful enemies.

"Like my investigations, each of my books begins as a completely blank page, and I'm never quite sure what I'm going to put on it. I start out with just one little gem of an idea – one unique problem to be solved. It's like tossing a pebble into a pond. You see the ripples coming out from it and the story gets bigger and bigger. I make those elements into puzzle pieces, move them, change them, rearrange them, and they become a whole new world. It's a true joy."

Ryan recently published her 13th mystery novel, *Her Perfect Life*, a fast-paced psychological thriller about fame, family, and revenge. The book has already received critical acclaim and glowing peer reviews. And she's writing book number fourteen right now.

Promoting her works has become a favorite part of her new career. "There's nothing I enjoy more than doing book tours around the country," she said. "I love it when people tell me they missed their train stop because they were so engrossed in my novel! The pandemic put a halt



to in-person tours for now, but through Zoom, I can visit four states in one day--without the driving, the airfare, or my high heels."

The little girl in the hayloft who wanted to be a mystery writer or a detective went on to achieve both of those goals as an author and an investigative reporter.

"I'm the poster child for chasing mid-life dreams," said Ryan, 71, who urges other seniors to do the same. If there is something you need to do, something that's in your brain and in your heart, there's no better time than now to pursue it. Use your knowledge, your passion, and your drive--and go for it!"

Hank Phillippi Ryan lives in the Boston area with her husband, Jonathan Shapiro, a nationally known civil rights and criminal defense attorney. For more information on *Her Perfect Life* and Ryan's other award-winning mystery novels, visit [hankphillippiryan.com](http://hankphillippiryan.com). ∞

## The Power of Belief in Healing



Can your thoughts and beliefs affect your body's health and resilience? Scientists from a range of fields are discovering more about the interplay between the mind and body and our ability to live well. This program is about belief and how it impacts health and recovery. It isn't particularly medical and it isn't especially religious. The conversation concerns our perspective and the influence of beliefs on our capacity to cope, heal and thrive.



**Presenter:**  
**Joan Borysenko, PhD**  
Mind/Body Health Sciences, LLC



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# Meaningful and Safe Visits with Immune-Compromised Loved Ones During the Holidays

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



We're heading into the holidays, a time when we all look forward to visits from family and friends. Those who are chronically ill, housebound, or on hospice cherish this time even more so. But these months are also the season of colds, flu, and viruses.

The exact timing of flu season varies year to year, but in our region, it is generally active between November and March. Although we are all hoping for a better winter than last, COVID-19 will also continue to be active, and it spreads more easily when people gather indoors.

The question we often get from friends and family of those on hospice: Is it safe to visit? This is a complicated time, but when people follow precautions to keep themselves and their loved ones as safe as possible, the answer is yes, yes, yes. It does take some planning and forethought, and there are number of things you need to keep in mind, but these visits can be done safely and they are so worth the effort.

The smiles, stories, and laughter mean so much. We see it every day at Old Colony Hospice & Palliative Care, just how precious these moments are for people.

"People need to see their loved ones," said Kathleen D., MSN, RN, and OCH's Vice President of Clinical Care. "They need to lay eyes on their family and friends, to share stories with them and enjoy their company. For our hospice patients, they often need to hold someone's hand, say I love you or convey that what we had was meaningful. For some, there are things that need to be said before they feel comfortable letting go."

Last year, although we at OCH did not suspend visitations, the pandemic forced many into isolation. We were all torn apart by the stories of people not being able to visit and those who had to say goodbye to loved ones over the phone or through a window. Some could not say goodbye at all.

Despite the pandemic, OCH kept, and even encouraged, visitation last year for our at-home patients and those in our Dr. Ruth McLain Hospice Home in Braintree. We were vigilant about safety protocols and able to keep everyone safe — and keep family and friends connecting.

"Almost nothing is more important for quality of life for our patient than spending time with family and friends," Kathleen D. said.

This year, with vaccinations, proper protective gear, and safety measures, we are all in a better position to find safe ways to visit.

First, talk with your loved one and their caregivers. Find out what they

feel comfortable with and, together, come up with a plan. Prescreening is crucial.

"One of the main things people forget about, but is so easy to do, is to take a moment and screen yourself," Kathleen said. "This preventive routine keeps people safe."

Have I or anyone I've been in close contact with been diagnosed with COVID-19 or any contagious illness in the last two weeks? If the answer is yes, do not visit.

Do I or anyone I've had close contact with have symptoms that could be a cold, flu or COVID-19? If the answer is yes, avoid visits until you are clear of symptoms and consider getting tested.

Have I been vaccinated against flu and COVID-19? Has the person I'm visiting been vaccinated?

"If you answer no to the first two and yes to the last, I think you're good to go," Kathleen D. said.

Be respectful of your loved one's wishes. Guests should follow the lead of those they are visiting. Some families may ask visitors to get tested for COVID-19 beforehand and most will request they wear masks during the visit. Hand washing and using hand sanitizer is also recommended.

People on hospice, those who are chronically ill or with vulnerable immune systems need to be careful of contracting illnesses. Symptoms such as coughing, congestion and fever can quickly complicate into dangerous bronchitis or pneumonia. Caretakers too need to exercise caution because their loved ones rely on them.

If you find that you cannot visit in person, remember, we've also learned a lot about virtual visiting, such as on Zoom. You can also call or send a note to let people know you are thinking of them.

"Even if you can't visit, reaching out means so much. What you are relaying is: I love you and I care about you. It's that simple," Kathleen D. said. "If you reach out, they will know and feel that care. It's that simple."

**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](http://www.oldcolonyhospice.org). ∞*

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## Science Supports Resistance Exercise for Joint Diseases



By Rita La Rosa Loud, B.S.

**QUINCY** – In 2020, 60 million Americans were diagnosed with and are afflicted with some form of arthritic joint ache or pain, particularly those individuals who are older. Surprisingly, arthritis it is not only associated with the senior population, but also with our younger populace. A variety of reasons, in addition to aging, can cause joint discomfort. These include present or previous participation in repetitive activities (work-related or sports-related), overweight or obesity, inflammation, or (regrettably) inherited issues. Along with an infirmity identified as fibromyalgia, the two foremost arthritic conditions are osteoarthritis and rheumatoid arthritis.

### OTHER CAUSES

Osteoarthritis is caused by deterioration of articular cartilage and subchondral bone. It accounts for about 95 percent of arthritic episodes typified by joint pain, weakness, and dysfunction.

Rheumatoid arthritis, an inflammatory, autoimmune disorder, makes up for the other 5 percent of arthritic cases. Like osteoarthritis (above), it negatively affects the joints. Also, individuals with arthritis can expect to see a decrease in lean (muscle) tissue and an increase in adipose (fat) tissue.

Fibromyalgia, the least understood of the three types of arthritis, appears to attack 3 percent of the American population, and for some reason, women are more likely than men to experience this debilitating condition. People afflicted with fibromyalgia tend to experience pervasive pain, muscle weakness, and overall fatigue, including sleep disorders.

Because all three arthritis disorders worsen due to muscle loss and fat gain, it made sense to my colleague, Dr. Wayne Westcott, and myself that resistance exercise may be an effective means for addressing at least some of the adverse aspects of these diseases. As a matter of fact, we were aware of many research studies in which people with osteoarthritis, rheumatoid arthritis, and fibromyalgia who engaged in supervised resistance (strength) training programs experienced significant improvements in their physical well-being.

### MAJOR ARTHRITIS STUDIES

#### Osteoarthritis Research Reviews

Here are a few examples of studies stating favorable results in improvement of knee osteoarthritis discomfort after participating in a resistance training program: (1) A study by Jan and Liau reported less arthritic dis-

## YOUNG AT HEART PROFILE

Bob Clark

Bob was 81 when he enrolled in our Quincy College Health & Fitness Center's Arthritis Resistance Exercise Program. According to Bob, his goal was to ultimately gain back the use of his left arm, which he injured in a serious automobile accident. He also wanted to improve his overall flexibility. After completing the ten-week session of strength training, aerobic exercise, and stretching, he showed remarkable progress. He not only was able to utilize his left arm to push himself up from a seated position, but he was also able to easily put on his socks and tie his shoes once again. In addition, he increased his stamina and was able to walk 2 miles in 40 minutes. In fact, Bob can be quoted as saying, "I am considered an old man; however, I don't feel like one, I feel great thanks to this program!" ∞



comfort when engaging in resistance exercise. (2) Another study by King and colleagues found increased knee strength with no intensified knee joint pain. (3) A study by Ettinger and associates related those seniors experienced greater strength, reduced infirmity, and less pain after engaging in both resistance and aerobic exercise. (3) An impressive study by Ciolac and Greg revealed that older women with this debility increased strength after only three months of strength training two times per week! (4) Utilizing a similar resistance training protocol, a follow-up study by Ciolac and colleagues was conducted with older women plagued with both knee osteoarthritis and total knee arthroplasty produced substantial increases in functional performance and unilateral balance (the ability to stand/balance on one leg). Simply amazing!

### Rheumatoid Arthritis Studies

Resistance training is also known to increase muscle strength and mus-

*Senior Fitness...continued on p.18*

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# 5 Questions to Ask a Home Health Professional in Today's COVID Environment

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



COVID-19 has changed the way we look and think about many things, including home health care. Indeed, COVID-19 was the impetus for many people to choose home health care, after witnessing the devastation and isolation endured by nursing home residents.

With the Delta variant spreading rapidly around the country, it's understandable if COVID-19 is still at the forefront of your mind when it comes to home health care. Here are five questions to ask a home health professional in today's post-COVID environment.

**1. Are You Vaccinated?** Whether or not you view getting the COVID-19 vaccination as a personal choice, you have the right to feel comfortable in your own home. The COVID-19 vaccine remains highly effective at preventing both severe disease and transmission of the virus.

Unfortunately, people who are immunocompromised may not build adequate immunity after receiving the COVID vaccination. And since that designation frequently applies to those needing home health services, it's quite reasonable to ask whether your home

health professional has been vaccinated to lessen the risk that he or she transmits the virus to you or your loved one.

**2. Will You Wear a Mask?** While many areas of the country have lifted mask mandates, the CDC recommends that fully vaccinated people still wear masks in areas of high transmission and around those who are immunocompromised. Along with vaccination, masks are an important tool to decrease your risk of contracting COVID-19.

It is, therefore, acceptable to ask your home health professional whether he or she is willing to continue wearing a mask in your home.

**3. Are You Caring for Clients With COVID-19?** It's understandable to be concerned about COVID-19 being brought into your home, and it's acceptable to ask your home health professional whether they are caring for clients with current COVID-19 infections.

Inquire what policies the individual professional or the professional's company follows when it comes to active COVID-19 infections. For example, you can ask whether they use PPE at all times, and whether they continue caring for other clients after a known exposure. If you are not comfortable with the policies, ask about alternative arrangements.

**4. Are You Being Tested for COVID-19?** Although masks and vaccines go a long way toward preventing the spread of COVID-19, the Delta variant is more than twice as transmissible as previous variants. Considering the immunocompromised status of many people needing home health care, it's fair to ask whether your



caregiver is being tested on a regular basis.

Ask about policies governing whether tests are given periodically, when a known exposure occurs, or left up to the caregiver's discretion. Feel free to discuss your concerns with your caregiver.

**5. How Can You Help Improve Quality of Life?** The impacts of living through a pandemic aren't only felt in physical health. There's a mental and emotional toll, too. Many seniors have lived through an unprecedented level of isolation. And if you or your loved one are immunocompromised, you may still need to avoid public places.

Ask your caregiver for ideas about activities that fill social, emotional, and intellectual needs despite COVID restrictions. A talent for creativity and thinking outside the box is truly a gift right now.

While there are undoubtedly new factors to consider when choosing a home health professional in today's post-COVID environment, you can feel confident that there are still caring, dedicated professionals who will be a good fit for your family. If you'd like to learn about our current COVID risk prevention and protocols, call us at 781-331-0062, and we'll be happy to answer your questions.



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Dear Maria,

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Kelly is a kind and caring person and I look forward to her coming on Tuesdays. My children are also happy that I have Kelly here to take care of me. It gives them such peace of mind to know if anything goes wrong with me, she will be there to take care of me and let them know.

Sincerely, Susan C.

[www.celticangelsinc.com](http://www.celticangelsinc.com)

**About the Author:** Maria Burke, RN, is owner and founder of Celtic Angels Home Health Care. Maria Burke was born in Midleton, 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. ∞



# November is National Alzheimer's Disease Awareness Month and National Family Caregivers Month



By Nicole Long,  
MSW, LICSW

Did you know that more than six million Americans are living with Alzheimer's disease? Not only that, but more people die from Alzheimer's than breast cancer and prostate cancer combined, according to the Alzheimer's Association.

Alzheimer's is a type of dementia with symptoms that interfere with daily tasks over time. Have you noticed memory loss or behavioral changes in yourself or a loved one? Are you or a loved one having difficulty completing tasks that are familiar, such as making a grocery list or paying bills? It's important to determine the cause of the change. It may be related to another disease, for example, diabetes, or a vitamin deficiency or medication side effects.

Often times, the individual with symptoms does not realize or understand what is happening. A loved one could recognize symptoms but not mention this to others for fear their loved one will be placed in a facility. This is not the

only option. It is important to note that individuals suffering from this disease can unintentionally bring harm to themselves or others. They could forget to turn off an oven or wander out with no recollection of where they are.

Learn how to recognize the signs. Visit the Alzheimer's Association website [www.alz.org](http://www.alz.org) to view the "10 Early Signs and Symptoms of Alzheimer's."

Diagnosing Alzheimer's requires a physical exam, neurological exam, mental cognitive tests, and lab or imaging testing, which help determine mental status. If you have concerns about yourself or a



loved one, talk to your doctor. Your doctor will determine next steps, which may include referral to a specialist, such as a neurologist or geriatrician.

Although the symptoms can be treated, there is no cure for Alzheimer's. Individuals diagnosed with Alzheimer's will need support from their care team made up of family, friends, medical professionals and community resources.

Are You a Family Caregiver?

Whether you're a caregiver providing support to a loved one with Alzheimer's or other dementia, or a caregiver who is a grandparent raising grandchildren, caregiving can be incredibly challenging. Support and resources are available to you!

Old Colony Elder Services (OCES) is a nonprofit agency serving older adults, individuals with disabilities and caregivers throughout Plymouth County and surrounding towns. OCES' Family Caregiver Support Program (FCSP) provides free one-on-one support de-



signed to assist not only those who are providing care to older adults, but also grandparents who are raising grandchildren. OCES recognizes that each caregiver's situation is unique and complex. There are many resources available, as the role of a family caregiver can change over time, particularly as Alzheimer's disease progresses.

FCSP provides a personalized plan for the caregiver, which outlines OCES' available resources, as well as community resources that are applicable to each caregiving situation. Caregiver support groups, educational workshops and programs all share techniques to help family caregivers of loved ones with Alzheimer's and grandparents raising grandchildren with stress reduction, time management, goal setting, problem-solving, relaxation and more.

OCES offers an Alzheimer's and Dementia Caregiver Support Group for caregivers. This support group offers practical advice, teaches coping skills, and provides strategies to help caregivers deal with common memory challenges. The group meets virtually on the second and fourth Friday of each month.

OCES' FCSP also provides a number of specific resources for grandparents who are raising their grandchildren. In addition to one-on-one support for grandparents, FCSP staff will create a personalized plan outlining available resources, which may include help with respite, summer camperships, technology, and more.

For more information about OCES' Family Caregiver Support Program or the Alzheimer's and Dementia Caregiver Support Group, or if you are in need of other services, contact OCES' Information and Referral Department at 508-584-1561.

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## CROSSWORD PUZZLE ANSWERS FROM PAGE 17

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**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) ∞





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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.

## Let there be Light?

By Phyllis DeLaricheliere, MS



WEYMOUTH – It's often been believed that a full moon brings out strange behaviors and unexplained events. This is referred to as the Lunar Effect with lunacy being the key word. Legends from the Middle Ages referred to it as the

Transylvania Effect.

With dementia, studies are published on the effects of light from a full moon on the behavior of those who suffer from dementia. They claim that a full moon can disrupt their environment. Consider that a full moon through its gravitational force can result in higher tides. With the earth's surface being 80 percent water, so is the human body. Question: Could the gravitational

pull have an effect on our bodies like an ocean? With dementia and the sensitivity to their environment, if the body (glands, organs) are funky due to the full moon, the mood could also be affected.

Many caregivers state that during a full moon, the behavior of the patient with dementia can be more agitated, restless, and anxious. Melatonin, which is the brain's natural sleep remedy, organically is produced while the sun goes down. During a full moon, Melatonin is produced at a much slower rate, having a negative effect on sleep and puts the brain in a more active state longer. This does not allow for a calmer progression into the night and can create agitation and other negative behavior.

Light does have an impact on dementia—the silvery light of the moon and the sun as it begins to fade into the night. The changing light of the sun as it sets creates a phenomenon called “sundowning.” As the natural light of the day fades into the evening, confusion, anxiety, aggression, and wandering are symptoms associated with sundowning. Light is energy, so low lighting can create fatigue, increasing shadows,



and, with the internal clock broken, an extreme sense of loss.

We are organic beings, and responsive to our environment. Reducing extreme light while we fall asleep, (for many of us that means shutting off the television), will assist the brain in moving into a restful state. Dementia needs assistance. Lighting simulating afternoon for example until bed, will help eliminate some of the confusion and behaviors. Easing our way into the night would make it manageable for those with dementia.

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

## How to clean out a home after the death of a loved one

By Natalie Ahern, Owner, All the Right Moves



I was lucky enough to have my very funny Dad alive for 82 years. He passed away this spring, and, as the executor of his estate, it was my job to clean out his home. My Dad lived in his dream home overlooking the stunning Atlantic coast of Maine. It was a large

house, outdated but well maintained, where he had lived for 35 happy years. (I've mentioned in previous articles that this downsizing specialist could not downsize her own father...)

Luckily, over the last few years, my Dad agreed to sort through and part with many items like photos, decorations, linens, and tools. But despite the many trips to donation centers and the dump, his home was still filled with clothing (My Dad was a true clotheshorse!), furniture, dishes, etc. and the remnants of his life that he left behind. Over the years, I have worked with many families to help empty a home after the death of a loved one, but, of course, this particular project was much more emotionally challenging for me.

Below I have included some tips to assist you if you need to empty a home for a death, or a move to skilled nursing or memory care.

Talk to family members about how you want to handle the possessions in the home. If the owner of the home has passed or is no longer able to make decisions, the proxy or executor will need to lead this process. For my sisters and me, we all took a few items from my dad's home that were meaningful. There were no arguments, just happy feelings that a family member (or friend) wanted some of the belongings that meant so much to my father. We were lucky; not all families are able to get through this process so easily. If you feel there will be difficult issues to overcome, you may want to develop a system of choosing items, one by one, for each family member.

Walk through the house, one room at a time. Make a list and mark each piece of furniture earmarked for family or friends. Make a separate list for items you may want to sell or consign and a list of donatable items. Make one final list of items to be put in a dumpster or taken by junk haulers.

Talk to local estate sale agents and consignment shops. Would your loved one's home be a candidate for an estate sale? Could you sell some of the items to an auctioneer or consignment shop or on social media? Facebook has many local “yard sales” where you can sell items.

Some donation agencies will pick up smaller household items and clothing at your door and some you will need to transport yourself. Furniture is more difficult to donate, but send photos of unwanted furniture to local charities to see if they are interested. Check with neighbors too!

Call local junk haulers to get an estimate of the haul away costs for the remaining items. I also am a big advocate of junk haulers who keep items out of the landfill by donating or recycling. Getting a quote from two companies will help you choose the best fit for you. You can also rent a dumpster for trash hauling, but you will need the muscle power to get items from attics, basements, etc.

Cleaning out a home after your family member has moved on is challenging, physically and mentally. Ask for help and hire insured companies to assist when you can. Be good to yourself; chances are you are still grieving and need time to process your loss.

**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 WICKED SMART INVESTOR"

## Smoots, Stocks, Benchmarks, and Bridges

By Chris Hanson



HANOVER – It really is a challenge. Each time I meet with a prospective client, I have about 20 minutes to explain why their best course of action may be evidence-based investing. Many prospects are new to investing and don't understand the basic metrics used to evaluate investment performance, which presents unique challenges. I am in no way being judgmental; I have spent many years studying investing and sometimes financial language is hard to comprehend. Admittedly, I have my limitations too. Ask me a question about physics, French, or philosophy and I won't have an answer. I'll also admit that I learned what the provincial Smoot measurement was 10 years ago. If I can learn what a Smoot is, then you can learn about common financial benchmarks.

So, what is a Smoot anyway? To answer this question, travel with The Wicked Smart Investor to the enchanted land of Cambridge, Massachusetts. This city is chock full of brilliant eggheads doing work that fuels an important economic engine for the entire region; some may argue the world. Boston would not be Boston without the inventions, knowledge, and technologies pouring out of Cambridge. One of these inventions was a new unit of length, a Smoot, which measures 5 feet 7 inches.

I can hear some of you thinking, "Only in

Cambridge," but let's explore the humorous history of the Smoot. Smoot was born from an MIT fraternity prank, when brothers at Lambda Chi Alpha fraternity decided to explain the length of the Harvard Bridge in terms of the height of a particular pledge, Oliver R. Smoot, chosen because he had the most memorable name. The poor soul had to repeatedly lie down on the pavement while his pledge brothers recorded the number of Smoots from one side of the bridge to the other. The physical toll of getting up and down tired Smoot so much that towards the end, the pledge brothers had to pick him up and move him. For the record, the bridge is 364 Smoots plus or minus an ear. Each semester the pledge class paints lines on the bridge denoting every ten Smoots.

Since, I have now educated you on some peculiar local folklore, let's turn our attention to a measurement that will help you understand your investments better: financial benchmarks. A benchmark is a standard against which the performance of a security, mutual fund or investment manager can be measured. There are hundreds, maybe thousands of benchmarks but let's focus on the THREE common benchmarks.

**Dow Jones Industrial Average – The DJIA** is a price-weighted index that tracks 30 large, publicly owned companies trading on the New York Stock Exchange and the NASDAQ. It includes big companies with stable earnings, such as Proctor & Gamble, Boeing, and Cisco. The "Dow," for short, is intended to serve as a proxy for the broader US economy.

**S&P 500 –** You see this on the news every night because with 500 stocks, the market cap-

italization weighted S&P 500 is widely regarded as the best gauge of large company growth. Be aware that this index is not an exact list of the top 500 companies. There are other criteria from inclusion on this list.

**Russell 2000 –** Things get a little tricky here as the Russell 2000 tracks the 2,000 smaller companies in the Russell 3000 index. This measure is also regarded as another useful bellwether as it tracks the performance of smaller companies in the US market.

As you sit down and review your quarterly investments statement, you should also review what the value of the benchmarks were as of the statement date. Work with your advisor to understand which benchmark is the best comparison to your current investments. It is also a good idea to ask about a suitable bond and international benchmarks. Keep in mind, these benchmarks do not grow or decline at the same pace.

I hope your investments reward you in a manner similar to how MIT honored Oliver R. Smoot. Mr. Smoot went on to become the chairman of the American National Standard Institute, along with many other personal successes. For being a good sport, in 2016, MIT named Smoot as the grand marshal of the parade marking the centenary of MIT's moving from Boston's Back Bay into Cambridge.

**About the Author:** Chris Hanson is the author of *The Wicked Smart Investor* blog and a Certified Financial Planner (TM) 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). ∞

## SOCIAL SECURITY UPDATE

### Social security SURVIVORS' benefits explained



By Delia De Mello,  
Social Security

We are here for surviving family members when a worker dies. In the event of your death, certain members of your family may be eligible for survivors'

benefits. These include widows and widowers, divorced widows and widowers, children, and dependent parents.

The amount of benefits your survivors receive depends on your lifetime earnings. The higher your earnings, the higher their benefits. That's why it's important to make sure your earnings

history is correct in our records. That starts with creating a my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). A my Social Security account is secure and gives you immediate access to your earnings records, Social Security benefit estimates, and a printable Social Security Statement. The Statement will let you see an estimate of the survivors benefits we could pay your family.

You may also want to visit our Benefits Planner for Survivors to help you better understand Social Security protections for you and your family as you plan for your financial future at [www.ssa.gov/planners/survivors](http://www.ssa.gov/planners/survivors).

Please visit [www.ssa.gov](http://www.ssa.gov) or read our publication Survivors Benefits at [www.ssa.gov/pubs/EN-05-10084.pdf](http://www.ssa.gov/pubs/EN-05-10084.pdf) for more information. You can also help us spread the word by sharing this



information with your family and friends.

**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) ∞



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# Art Matters XXV: Reflections on various art media

## Sculpture, Part 6 – History of sculpture, Ancient Near East through Classical Greece



By Janet Cornacchio,  
President Scituate Arts Association

In my last column, we continued an exploration of 3-D media with the modern sculptural concept of assemblage, which became possible with the invention of blowtorches. Today, let's look more consciously at the history of ancient and early classic sculpture.

Many of the earliest examples of sculpture were found in Europe and southwest Asia and date to the beginning of the Upper Paleolithic Era (c.40,000 years ago). Surviving prehistoric art is generally small portable sculptures, such as the Venus of Willendorf, along with the Three Fat Ladies mentioned previously from the Island of Malta.

In terms of the "Ancient" era of sculpture in the West, two regions dominate – Mesopotamia and Egypt. While successive waves of city-states/races arose and were replaced in Mesopotamia (Sumer, Elam, Babylon, Akkadia, Assyria are the most well-known), Egypt was a constant of the ancient world from the first Dynasty through the Ptolemys, who ruled until the arrival of Julius Caesar.

Both regions are among the earliest river civilizations dating to the beginning of the third millennium BCE. The sculptural art of the land between the Tigris and Euphrates ranged from exquisite carved seals and details on musical instruments, such as the Bull's head on a lyre, to relief work similar to that of Victory Stele of Naram Sin, mentioned previously, to the famous winged lion gates of Assyria.

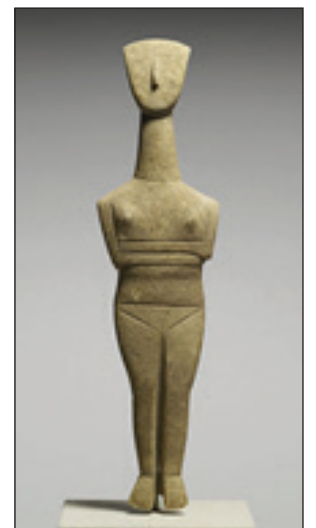
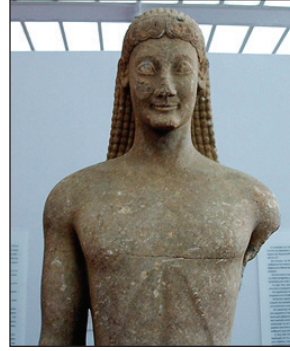
Ancient Egypt is world-famous for its monumental architecture, as much sculpture as building – the pyramids, the sphinx, the temples of Hatshepsut and Abu Simbel are a few examples. The ancient Egyptians adhered to very specific conventions in the presentation of the human form in their sculpture. Whether in the sunken relief (a relief in which the outlines of the modeled forms are incised in the surface beyond which the forms don't project) used on walls and columns, or in the round, as full sculpture, the human figure is shown with parted legs or seated, torso facing full front, and, in relief, the face is shown in profile. The objective was to choose characteristic angles to show the human figure.

The famous 18th dynasty, which overthrew these artistic conventions (and many other religious and social norms), was that of Akhenaton and his heir Tutankhamen. The head of Nefertiti is world famous and the wall painting of their daughters, which seems almost expressionist in style, is stunning.

The next major nation states to arise in the West were the cities of ancient Greece. During the Bronze Age (2600-1100 BCE), the Cycladic, Minoan and Mycenaean cultures emerged on mainland Greece and the islands of Crete and the Cyclades. The Cyclades produced early marble figures, usually female and small, which are represented with an elegantly simplified geometrical style reminiscent of the early Venus figurines of the Paleolithic era.

Minoan and Mycenaean cultures soon followed; both of these ancient Aegean civilizations were among the then-little-known cultures exhaustively chronicled by the early archaeologists of the Victorian era, including Heinrich Schliemann, who "dug" in both Mycenae and ancient Troy, and Sir Arthur Evans, who discovered the palace of Knossos in Crete. Indeed, this palace may have been the source for the legends of the Labyrinth and the Minotaur. The artifacts they uncovered, like the gold mask of Agamemnon and the Bull Leaper of Knossos, and the entire cultures they revealed have intrigued generations of nascent archaeologists, architects and artists.

The Archaic period of Greek sculpture was the next major development in the depiction of the human form. During the sixth century BCE depictions of free-standing nude male youths, often referred to as kouros, appear. The kouros form clearly descends in posture and proportion from those of Egypt, as does the female equivalent, the draped female form referred to as kore. Both the male and female figures have a dimpled curved smile, an "archaic smile." Most statues were marble, but they also



Some examples of sculpture throughout history. Pictured clockwise from left to right: Archaic Greek Kouros with characteristic "archaic smile"; Sobek, the Crocodile-headed god; Pharaoh Menkaura (Mycerinus) and his queen, Old Kingdom, 2490-2472 BC. The formality of the pose is reduced by the queen's arm round her husband; Bull's head of the Queen's lyre from Puabi's grave, the Royal Cemetery at Ur, Southern Mesopotamia, Iraq. The British Museum, London; Cycladic Female Figurine, c. 2500-2400 BCE; Peplos Kore, c. 530 BC, Athens, Acropolis Museum; Human headed winged bull gate, Assyria; Colossal bust of Ramesses II, the 'Younger Memnon' (1250 BC); Minoan Bull Leaper found at Knossos by Sir Arthur Evans, this is an example of lost wax casting.

were sculpted in limestone, wood, bronze, ivory and terracotta. They are typically life-sized; colossal variants can be as tall as 10 feet.

As is often the case with ancient history, their exact purpose has been determined more by logic and use than certainty. They most often represent deities and sometimes serve as funerary figures, representing the deceased. The styles vary more than those of their Egyptian predecessors (the Armana period excepted), but they are not portraits. Portraiture was to come later in the Classical and Hellenistic Eras of Greece and later that of Rome, which we'll explore next time.

**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](mailto:jcornacch@aol.com) ∞



# Hamel-Lydon Funeral Chapel honors 10 for compassionate health care

In the spirit of the compassionate service rendered by front-line health care workers, Quincy-based Hamel-Lydon Chapel & Cremation Service is granting the Compassionate Service Award to 10 dedicated health care providers who applied for the award.

Hamel-Lydon Chapel offers its Compassionate Service Awards annually and accepts applications on a rolling basis or throughout the year. Selected recipients for the award are announced in the fall of each year.

The 2021 award recipients and their respective organizations are Hui Qin Huang, of Greater Boston Chinese Golden Age Center in Boston; Kristen Thornton, of Atria at Marina Place in Quincy; Lilia Andronachi, of First Choice

Healthcare in Brookline; Marie Merisier, of Quincy Health and Rehabilitation Center in Quincy; Marion Kettell, of VNA Care in Needham; Paule R. Joseph Richard, of Queen Anne Nursing Home in Hingham; and Assumptah Mwai, Cynthia Berry, Sandra Guillen, and Unia Nabakooza, of Care Dimensions in Danvers.

Each of the recipients received a certificate recognizing their compassionate service and were awarded \$500 by Hamel-Lydon Chapel. Their respective health care organizations were also presented with a \$250 check in honor of each award winner.

Commenting on this year's awards process, Christopher P. Goulet Sr., president of Hamel-Lydon Chapel, said: "Our second annu-

al Hamel-Lydon Compassionate Service Award process brought more than a threefold increase in well-qualified applicants, making this year's selection process more arduous than last.

"Our heartfelt thanks to all of the applicants for their shared stories of compassion, respect, dedication, and tender care, which were exemplified in all of their shared stories. They truly represent the very best of their respective organizations and personify the spirit of compassionate service we hold dear at Hamel-Lydon Chapel & Cremation Service of Massachusetts."

For more information on Hamel-Lydon Chapel's community development programs, contact Lola Tom at 617-472-5888 or e-mail [Lola@HamelLydon.com](mailto:Lola@HamelLydon.com). ∞

## CROSSWORD CORNER

Crossword by Myles Mellor  
Answers on page 10

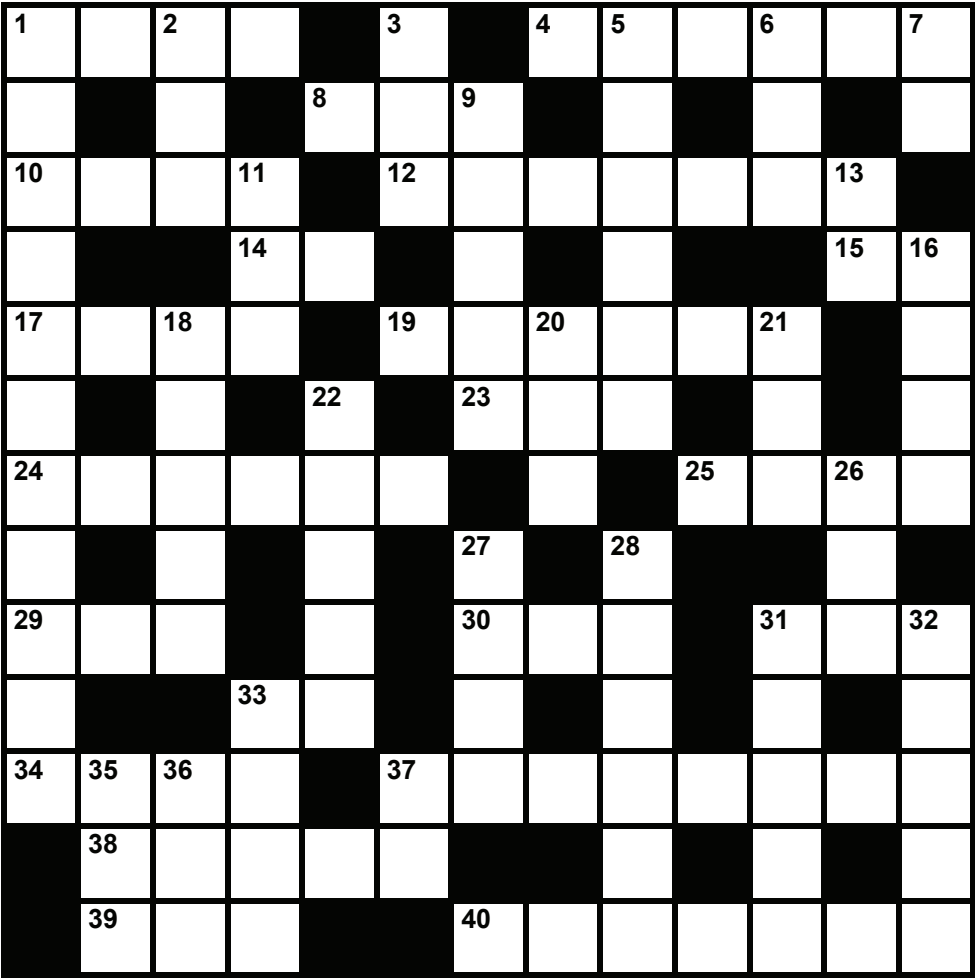
### ACROSS

- 1. Big 60's and 70's band, The Grateful \_\_\_\_
- 4. Movie starring Matthew McConaughey
- 8. "Stairway to heaven" singers \_\_\_\_ Zeppelin
- 10. Prestigious university
- 12. Patti who won several Grammy awards in 2007
- 14. Famous doctor in film
- 15. British sports car
- 17. \_\_\_\_ hogs
- 19. Co-star in "The Good Shepherd" (last name)
- 23. Watch
- 24. Mike Myers character, first name
- 25. Great guitarist: Jeff \_\_\_\_
- 29. Russell Crowe's middle name
- 30. Possess
- 31. As well
- 33. Laughter sound
- 34. "Chicago" star first name
- 37. "Tomb Raiders" star, first name
- 38. Played again
- 39. Bother

- 40. "Sex and the City" star, middle name

### DOWN

- 1. Aretha Franklin song
- 2. Giant internet provider
- 3. "Blazing Saddles" director
- 5. French romantic comedy
- 6. Everyone
- 7. Good grades in exams
- 9. "50 first \_\_\_\_"
- 11. Finale
- 13. \_\_\_\_ Forster, novelist
- 16. Techie
- 18. Where the Titanic was filmed (2 words)
- 20. Matrix character
- 21. Single
- 22. "Tidal" singer, Apple
- 26. Is able



- 27. "The dark side of the \_\_\_\_" Pink Floyd classic
- 28. Charlie's \_\_\_\_: TV series
- 31. Proof you were elsewhere, in CSI
- 32. British princess
- 33. Courageous man
- 35. Period
- 36. Simply \_\_\_\_, soft rock group
- 37. One



# THE GRAPEVINE



## A Twist on the Traditional

By Missa Capozzo



**SHARON** – A perfectly paired wine will have dinner guests talking long after the dinner itself. Wine creates memories, it brings family and friends together, and it is the ultimate condiment to enhance our food. Wine evokes all five of our senses, and when paired with the proper food choices, leaves a lasting impression on both our palates and our minds.

Thanksgiving is filled with tradition, both cultural and family. Warm and inviting side dishes, casseroles, and homemade pies are just a few of the food traditions we honor. The wine options can often get lost in that tradition, and we might tend to grab random bottles of Chardonnay and Merlot just to have fairly acceptable whites and reds available. Imagine stepping outside that traditional box for just a moment and providing your guests with wine selections that will dazzle their palates and bring out the absolute best flavors and textures of every dish on that table.

Typically speaking, any given Thanksgiving offers a myriad of flavors, from cranberry to sweet potato, pumpkin, and squash, to green beans and Brussels sprouts, corn dressing and sausage stuffing. The possibilities are endless. So how does one offer a great wine selection that will pair well with each of these foods? That is indeed the challenge for many, but it doesn't have to be.

It is my belief every celebration should begin with bubbly of some sort, but that does not limit you to Champagne. Prosecco is Italy's go-to bubbly, and offers a lighter, fresher, fruitier flavor than many Champagnes. Spain

brings us Cava, which can be a tad drier than Prosecco, but not as complex as Champagne.

When selecting white wines, I suggest considering wines with an aromatic quality and a medium to heavy body, such as Vouvray (the Chenin Blanc grape from the Loire Valley of France) and Condrieu (the Viognier grape from the Northern Rhone of France). Both regions produce wines of varying degrees of dryness/sweetness, so whichever your palate desires, you can thoroughly enjoy. You can also go the non-aromatic variety route with a Pinot Gris from either Oregon or Alsace, France. Each will offer a bit more weight and creaminess than a Pinot Grigio (same grape, different name) from Italy, but without the aromatics of the aforementioned grapes.

When choosing your red wines, you want to make sure they are not too overpowering for the dishes they will be served with so you create a nice balance of both flavor and weight. I suggest varieties with lighter tannins and more pronounced fruit, such as Pinot Noir in the form of red Burgundy, or Gamay in the form of Cru Beaujolais. You can find delicious Pinot Noirs outside of Burgundy, France as well. Russian River Valley in California is producing stellar Pinot Noirs that will leave lasting impressions.

Wine can enhance a dinner so much, it is truly worth a little extra effort to make a warm tradition, such as Thanksgiving, an exceptional experience. Cheers!

**About the Author:** Missa Capozzo is a noted Wine Educator/Sommelier for private events, corporate events, wineries, New England restaurants as well as Wine Consultant and Team Leader 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. ∞

## Senior Fitness...

*Continued from page 8*

cle mass for those suffering with rheumatoid arthritis. In addition to muscle strength, other significant improvements have been shown, such as in systemic inflammation and physical function, as well as an increase in lean tissue (muscle), and a decrease in adipose tissue (fat). Thus, research indicates that older adults with this joint disability should include resistance training in their exercise regimen.

### Fibromyalgia Studies

According to several studies, individuals with fibromyalgia reported positive results after participating in resistance exercise programming. In fact, women, with this condition, who participated in strength workouts twice weekly had an array of restorative results. One study by Ernberg and colleagues demonstrated pain intensity reduced after just four months of resistance training. Another study by Ericsson and associates of a similar duration reported improvements in physical fatigue. Notably, in a study by Larsson of 30 women with fibromyalgia, the group who strength trained made significant improvements in muscle strength, health status, and pain assessments compared to the control group that did not

strength train. Those are terrific outcomes! By the way, if you want to read about someone with fibromyalgia who successfully trains with us at our fitness facility, check out Young at Heart Profile Member, Jocelyn Hand's testimonial in the October 2021 issue of this publication, pages 8 and 18.

### RESISTANCE TRAINING PROGRAM

The American College of Sports Medicine (ACSM) Guidelines support the research that sensible resistance training is effective and should be incorporated for individuals who suffer with osteoarthritis, rheumatoid arthritis, and fibromyalgia. ACSM also recommends the following basic strength training exercises for these conditions, which we have included within our resistance exercise programs at Quincy College: (1) leg extension for the front thigh muscles, (2) leg curls for the rear thigh muscles, (3) chest presses for the chest, triceps, and shoulder muscles, (4) shoulder presses for the shoulder muscles, (5) biceps curls, for the front arm muscles, (6) trunk flexions, for the abdominal/midsection muscles, and (7) trunk extensions for the low back muscles. In addition, ACSM recommends that this population train at least two to three times per week, and engage in one or three training sets of a minimum of 8

and a maximum of 12 repetitions per set, utilizing slow, controlled movements speeds especially within a pain-free movement range.

If you have joint issues such as those described in this article, physician approval to engage in a highly supervised resistance training program, and would like to explore a fitness facility exercise program, please feel free to call 617.405.5978 and we will be happy to oblige. Our Quincy College Community Health and Fitness Center is located at President's Place, 1250 Hancock Street, Quincy Center, directly across from the Quincy T Station. Parking is readily available in the adjacent garage for a nominal fee and there are numerous free parking spaces on the surrounding streets.

**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 and Directs the COVID compliant, Community Health & Fitness Center at Quincy College. She can be reached at 617-405-5978. ∞



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