

# SOUTH SHORE & METRO WEST SENIOR NEWS



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## Weymouth Fitness Center Makes South Shore Seniors Feel 'Young-at-Heart'

By Marie Fricker

Cover story on page 6



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# Prepare for Winter Now

By Michelle Woodbrey

I couldn't believe my eyes.

It was mid-August and I was shopping in the supermarket with my daughter, Fiona, when we turned the corner and suddenly found ourselves face-to-face with a HUGE display of Halloween stuff: ghosts, witches, skeletons, candy... the whole thing.

Frankly, I found it a bit unnerving. I hadn't even really begun thinking about back to school and there I was with Halloween staring me in the face?

So, I understand why talking about winter in October may be unsettling for you. I do apologize. But here's the thing: it's coming and if you wait until the weather turns bad, you may have a hard time finding a memory care apartment for your loved one when you really need it.

**Unprecedented Demand.** My sister, Alyson, and I have been working in the senior care industry for over 15 years – the last 10+ as owners of 2Sisters Senior Living Advisors, [www.2sisters-sla.com](http://www.2sisters-sla.com). Never before have we seen such high levels of demand. Staffing shortages in the home care industry are making staying at home even more challenging and so apartment availability in memory care neighborhoods is increasingly hard to find, especially on short notice.

So, we are raising the alarm! If you have a loved one who has memory impairment, now is the time to prepare for their care. You do not have to move them into a memory care apartment if you have been on a wait list and one be-

comes available, but it is better if that choice is yours. Needing to move a loved one into a care community but not being able to because there's no availability is a harder position to be in.

**What Is a Memory Care Neighborhood?** Some memory care communities stand alone, but most are "neighborhoods" – separate and secure areas within a traditional assisted living community. "Secure" means that a code or fob is required to enter or exit and residents need to be accompanied by another adult whenever they leave.

Most traditional assisted living communities and home care companies can accommodate people with memory impairment or cognitive decline. But, if the safety of an older adult becomes a risk due to wandering – going out in cold weather without being dressed properly; visiting the dining room in the middle of the night; walking to the store on a busy, unsafe street; etc. – they need the safety of a secure memory care environment.

This level of safety risk is almost always a catalyst for a move and that almost always requires putting down a (usually refundable) deposit and getting your name on a wait list. But don't worry – getting on a wait list simply means you have the option to move should something become available. You will not "lose your place in line" if an opening materializes that you are not yet ready for.

**Three important tips regarding wait lists:**

**Tip #1: Develop an interim plan.** We often recommend in-home care to clients who may be on wait lists in case their needs increase.

While waiting for an appropriate space to become available, your loved one may continue to need increasing levels of support. With winter approaching, now is the time to look into home care options, based on the type of services needed.

**Tip #2. Once on a wait list, stay proactive.** Yes, priority is given to those higher up on the wait list. But it's more complicated than that. Some people want a particular apartment size or style. Some want – or don't want – a shared, companion apartment. Still others may not be ready to move in when an apartment becomes available and will wait for the next one.

**Tip #3. Be open to compromise.** Recently, we had a client who was considering two assisted living communities, both of which are in very high demand. Against our recommendation, she passed on an apartment in one of these because it looked out onto the parking lot. She is not happy where she currently lives and is eager to make a move. It could be many months before another apartment opens up.

A better strategy might have been to move in now and upgrade to something more appropriate or desirable later, since current residents are almost always given preference as new openings occur.

**Summary.** Winter in Massachusetts can already be a difficult time for older adults; managing during COVID on top of that only adds to the stress. Take steps now to plan ahead of changing weather. If you need to make a move, you'll be glad you did and your loved ones will thank you.

Oh, and Happy Halloween, too! ∞

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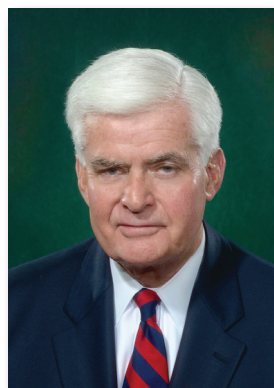
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# HOME EQUITY WEALTH MANAGEMENT

## How To Eliminate Mortgage Payments and Increase Financial Security Without Selling the House

Record home prices and low interest rates provide senior homeowners the ability to increase financial security without moving or selling the home.



By George Downey

**BRAINTREE** - The dream of being financially secure in retirement boils down to two basic realities—sufficient cash flow and liquidity. Cash flow (having enough revenue to cover monthly expenses) is essential to

maintaining one's lifestyle and protecting savings for future needs. Liquidity includes having access to enough funds to meet anticipated and unexpected expenses that inevitably will occur. Clearly, a plan is needed that will maximize all financial resources (including home equity) to meet individual needs and objectives.

### Reverse Mortgages - A Financial Planning Tool

Most financial plans focus on the utilization of guaranteed income sources along with savings and insurance resources to meet planning objectives. However, housing wealth (home equity), the largest single asset most people have, is commonly overlooked as a financial planning tool. Properly considered, home equity can have a dramatic effect on increasing and extending financial security.

For homeowners (age 60+) who wish to age-in-place, innovative programs are now available that facilitate the use of home equity without selling the home or taking on unwanted monthly payments. The most prominent equity release program is the reverse mortgage. Among the

benefits reverse mortgages provide is the potential to improve near- and longer-term cash flow and liquidity. Other benefits include:

- Current mortgage/liens are paid off - eliminating current debt and payment obligations.
- Title ownership does not change - it's just a different type of mortgage loan.
- Monthly or periodic payments are not required - voluntary payments are optional.
- Guaranteed line of credit can not be canceled or frozen.
- Funds disbursed are not taxable income and won't affect Social Security or Medicare benefits.
- Non-recourse loan - neither borrowers nor heirs incur personal liability
- No maturity date - repayment not required until no borrower resides in the property.

### Improved Cash Flow and Liquidity

Integrating the consideration of adding 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 provides homeowners and planners with more planning versatility and greater capacity.

### Borrower Obligations

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



Photo credit: istock.com/kazuma seki

### 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 concerns.

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

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 NRMLA's 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

## Don't Get Bent Out of Shape

By Loretta LaRoche

My career has taken me on many adventures, which have involved different modes of travel. On one such occasion I was asked to speak on Captiva Island in Florida. I traveled with a friend of mine, first by air and then we rented a car to get to the Island.

Sandy is somewhat of a control freak and so she wanted to drive. I was fine with that since I really don't care if I drive or not, and so we set out in our rented convertible, which we felt would make the trip even more enjoyable. The day was exquisite and the scenery was beautiful. However, I could tell Sandy was uptight.

I asked her if she was alright and she answered rather tersely that she had to pay attention to the road and the signs so she wouldn't make any mistakes getting us to our destination. The word "mistake" is not an option for my friend.

As we headed down a curving stretch of the road, she spotted a sign that said: TOLL BRIDGE, THREE MILES, THREE DOLLARS. Urgently, Sandy asked if I had any money. I replied, "I don't know. Don't worry. We've got plenty of time before we get to the toll to find it." In my mind, three miles is three years away. "I need to know if you have three one-dollar bills," Sandy said. "Why? Won't a five do?" I replied. "No." Sandy was starting to get irritated. "That will take too much time. Just look in your purse, will you?"

Well, now we were in trouble. My purse is not just a purse. It's an abyss. It's a large leather object that weighs about fifteen pounds. I have enough stuff in it to do electrolysis, open heart surgery, and cook a pizza. Attempts to hastily retrieve any particular item quickly is a joke. But since Sandy's face was turning purple, I dug in, looking for the elusive three one-dollar bills.

"Well, do you have them?" she asked. At that moment, my fingers touched bottom and slid around a trove of coins. "I've got lots of change," I said happily.

Sandy groaned. "We can't give them that much change! What are we going to do?" Her inability to go with the flow was about to give her a stroke. I casually responded that we could pitch a tent and wait for someone to give us the three one-dollar bills, or just pull a Thelma and Louise to end it all. She was not amused. However, she finally lightened up enough for us to enjoy our time together. The toll person could have cared less what I gave her, and Sandy finally relaxed!

Ultimately, we can control nothing. Learn to be flexible. Flexibility is the ability to not get bent out of shape!

**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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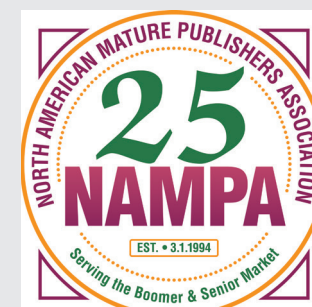
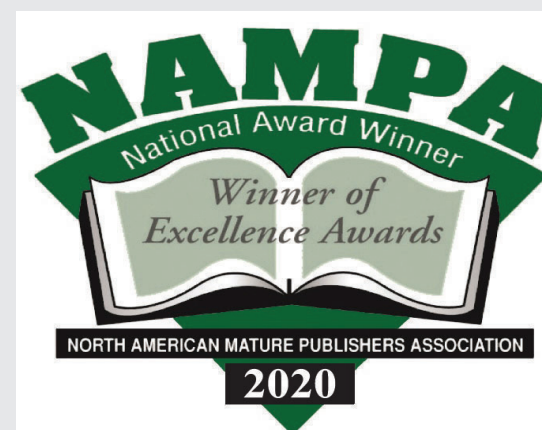
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# Elder Law & Estate Planning

## Choosing and Appointing Your Legal Representatives – ‘Helpers’

By Patrick J. Kelleher, Esq.  
ElderLawCare.com



**HANOVER AND QUINCY** – If the coronavirus pandemic has taught us anything, it is that life is uncertain. Too many aging Americans found themselves with a life-threatening COVID-19 illness in 2020 without legal documents naming trusted love ones to make decisions for their well-being while they were incapacitated. Family caregivers are generally given the task of some medical and financial coordination on your behalf, and they will operate on your behalf most effectively with documents that afford them legal authority.

Without these important documents appointing them as legal representatives, they will wind up in the court system trying to sort things out to act on your behalf. Decisions will be up to your state’s proxy, conservatorship, and guardianship laws, and you may have a court-appointed representative instead of someone you prefer. Even young and healthy individuals need to identify their legal representatives. Unexpected accidents and illnesses do not discriminate by age.

An elder law or estate planning attorney can explain about naming executors and trustees and health care surrogates and power of attorney agents for your state. Each of these roles constitutes a type of caregiving, and while your attorney can advise you, the final decision is up to you as the client. Careful selection of representatives is crucial as they will have control over the medical care you receive, your property and assets, and even where you live and how you spend your time.

One person does not have to fulfill all roles. A sister might be very responsible with money, while a brother might be more of a day-to-day caregiver. The individuals appointed can change in time as a good choice today might not be in ten years. Choose your representation with current circumstances

in mind and update your documents as life goes on and things change. Some of the most important attributes for all representatives to have are trustworthiness, responsible behavior, and a willingness to be ready and able to serve.

Your agent or attorney-in-fact, if you are married, is often your spouse. If not a spouse, it is useful to choose someone nearby and discuss your decision with the family to avoid potential conflicts or hurt feelings. If you have a living trust, name your trustee and if you need an institutional representative, name the person, not a bank. When your agent starts, their role is dependent on what type of power of attorney you choose. An attorney can explain the differences between the five types of attorney-in-fact: general power of attorney; durable and nondurable power of attorney; medical power of attorney; limited (special) power of attorney, and springing power of attorney.

Whichever type, your agent will have a tremendous amount of power over your well-being, property, and assets. It is often best to distribute the power of attorneys amongst competent, trusted family members or friends. This approach does not bog down one individual with an overwhelming number of tasks. By law, your agent will have a “fiduciary standard” to adhere to as they must act in your best interest or potentially be held civilly or criminally liable. Encourage the use of professional guidance to carry out their duties successfully.

Your executor, as

named in your will, will administer your estate after you die. The purpose is to take an inventory of your estate assets, retain an attorney, and pay your final taxes and any creditors with a valid claim. If you set up a trust, your trustee can act on your behalf if you are alive, after you die, or both. The trustee controls your assets according to the terms and conditions as put forth in the trust. When appointing a trustee, identify someone dependable and trustworthy, good with money, and efficient as they will adhere to the same fiduciary standards as your powers of attorneys.

Don’t overlook naming a neutral professional if you feel you do not have good choices within your friendship or family circles to handle these important roles. You can select a caregiver advocate, accountant or attorney, or someone within a financial institution or trust organization to fill these roles. These individuals are a solid alternative as they will operate with a high degree of competence and professionalism. They will earn a fee for their services, but the higher cost can ensure your interests remain protected and your wishes followed. A professional appointee

*Elder Law...continued on p.17*

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Members of a “Young At Heart” class at the Weymouth Club pose with their instructor Suzanne Higgins (5th from left standing) and Program Director Jessica Montrond (front row center.)

## Weymouth Fitness Center Makes South Shore Seniors Feel ‘Young-at-Heart’

By Marie Fricker



Thirty baby boomers in a pool at the Weymouth Club sing along to the rhythmic beat of “Staying Alive” while their aquatics instructor Kristen Palmer urges, “Reach, stretch, pump those arms.”

Legs that may need canes or walkers on land move effortlessly beneath the water in this Arthritis Foundation-approved aerobics workout. Later the class will wind down to the tune of John Denver’s “Country Roads.”

“I can’t tell you how great it is to start your day this way,” said Marian Jeffries, 67, of Hingham who takes the aquatics class three times a week with her husband Ron, 70. “This program has been a huge help to Ron, who took a fall last year and was in leg casts for three months. And my own balance and stamina have improved considerably. We honestly didn’t know what we would do when the club was closed during the pandemic. We’ve been going here for 30 years, since our kids were little, and now we bring our grandchildren.”

Owners Sally and Steve Goldman purchased the Weymouth Club (then a tennis center) in 1988 and expanded it into a 220,000 square foot health, recreation and fitness facility on 12 acres of land. The club serves all ages from babies to

baby boomers, with free on-site childcare, and a popular program for seniors called “Young at Heart.”

Directed by Jessica Montrond, Young at Heart consists of five group exercise classes – Chair Yoga; Sculpt—a slow, total body workout; Zumba Gold; Therapeutic Yoga, and a Cycle and Balance Class.

“Most seniors take one class a day for five days, and they are thrilled to be back at the club in person,” said Montrond. “It’s not just the 55 minutes of exercise, it’s also the chance to be social again. It’s a huge benefit for people who have been housebound for so long.”

The Weymouth Club offers many other activities of interest to its older members, including pickleball, a senior tennis division, water aerobics, and the new Mind Body Studio for Yoga and Meditation. An adult tap class has also been added to the club’s award-winning “Dance with Energy” program. The one-hour tap session is taught by Roberta Minichiello, a former Marshfield dance studio owner and professional dancer.

“I enjoy working with seniors because I can relate to them,” said Minichiello, 70, who offers small classes with lots of individual attention. “My students learn to tap in a low-key way with music from their era like Frank Sinatra, Dean Martin and the Big Bands. It’s a lot of fun with absolutely no pressure.”

The Weymouth Club also offers a 90-day Medical Wellness Program, which is run by a registered dietician and a certified fitness train-



Marian and Ron Jeffries of Hingham are longtime members of the Weymouth Club.

er, and is covered by certain forms of insurance. “Most of the people in this group are between the ages of 40 and 70,” said Executive Director Jeff Lin. “Once a week, they listen to an expert give an hour-long talk on nutrition, stress management and behavior modification, and then they do an hour of exercise. They sample strength training, take a cardio tennis program and then are brought into the water. People gain knowledge and strategies that may help them lose weight, lower their blood pressure and cholesterol, and adopt a healthier lifestyle.”

Like other South Shore gyms, the Weymouth Club screeched to a grinding halt as Covid-19 closed its doors for 16 weeks in the spring of 2020. During the shutdown, the owners took proactive steps to safeguard their clients by purchasing and installing 20 airPHX purification units in their facility.

“As Sally and I have always done during tough times in our lives, we rolled up our sleeves and went to work,” said Steve Goldman, 74. “We made a heavy investment into airPHX, an electronic system used in hospitals for air and surface sanitization, and that had a huge impact on how people felt about returning to the club. We also installed Viking Pure generators, built partitions around all of our fitness equipment, and invested in two outside winterized tents for fitness and cycling.”

It was important to the Goldmans to assure their members that the club would be a safe place to return to after the shutdown. “Steve and I are seniors ourselves and we understand how vulnerable people in our age group are to Covid,” said Sally, 64. “We want all of our clients, but especially our seniors, to know they are in a clean and sanitized environment.”

The Goldmans, are not only the Weymouth Club’s owners, but also active members of their gym. Steve works out daily with cardio and weights, and Sally exercises four or five days a week on the step mill, elliptical, and tread mill.

“We have equipment in the club that is designed for easy use by seniors,” said Sally. “Our oldest client is 96 years old, and she is working with one of our personal trainers and doing great. There is no age limit to fitness.”

For more information on the Young At Heart Program, call 781-337-4600 or visit [www.weymouthclub.com](http://www.weymouthclub.com). ∞



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



Often, the latter, more emotional experience is what it is like for those dealing with demen-

11 Sadly, the reverse situation can also be true: dementia often pushes many powerful negative feelings to the fore, and as people decline, they often find themselves caught in frustration, fear, insecurity, annoyance, and anger. If you have or have had a loved one struggle with Alzheimer's or another dementia, you may have seen these negative emotions overtake them. Many seniors with dementia strive to communicate and cannot articulate what causes them discomfort. Knowing how to redirect these patients into more positive emotional states can be key.

Mike C. heads up our Forget-Me-Not program, and he understands the complications of patients with dementia, and how important it is for us to support these patients and their families during the end-of-life journey. Most hospices, including ours, have a heavy caseload of patients with dementia, often up to half. While medications can be helpful, they can also

Many dementia patients are non-verbal or have difficulty verbalizing, but they respond positively to sensory triggers such as compassionate touch.

Music can also soothe during difficult times. Our hospice teams often try to discover the musical tastes of patients, their favorite genres, instruments and songs.

“When we can, we burn a CD to play at the bedside to help with fear and anxiety. Music can take people out of a bad state. You look over and they are tapping their feet, humming along, sometimes even singing the words,” said Mike C.

Other forms of sensory stimulation can draw on sight or smell. Cooking a meal from someone's childhood or going through old photographs can release moments of happiness.

Even when memories are hard to reach for patients, their emotional centers remain. If they become agitated, fearful, or angry, they can stay in that state unless they can be helped to move into a more positive, joyful frame of mind. The good news is that they will often stay in that better space for hours, or even the rest of the day.

**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). ∞

“We were, at age 87, very apprehensive about moving, but Gail and her team managed the coordination of all the decluttering, staging, packing and moving out of our condo, and into our new place at Linden Ponds in Hingham.. all with grace, precision, careful attention to all the details, and prompt follow-through when needed. We were amazed at how well the move was orchestrated; and how easy it was to get connected to Gail and her team if we had questions or needed assistance. We were truly fortunate to have had The Gail Bell Group’s “no worries” experience.”

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# SENIOR FITNESS

## STRETCH ... To Be Strong AND Flexible



By Rita La Rosa Loud, B.S.

QUINCY – I think it is fair to say that when we think about stretching, the main purpose of this essential, but often overlooked, fitness component is to improve and increase joint flexibility, wouldn't you say? Although as a fitness researcher, I am very much aware that stretching is the best way to increase joint flexibility and is a critical component of overall physical fitness,

my colleague, Dr. Wayne Westcott, our professional team and I discovered that adding stretching exercise to a strength training program resulted in an unexpected added benefit.

The subjects in our resistance training program stretched after each strength exercise, and as you may have surmised, increased their joint flexibility more than those who did not engage in the stretching exercises. In fact, research has demonstrated that performing full-range strength exercise enhances joint flexibility as well as improves muscle strength. When training opposing muscles groups, let's say, biceps and triceps (front arm muscles and rear arm muscles), while one muscle group (biceps) fully contracts, the opposing muscles (triceps) fully lengthens (stretches).

So ... if both stretching and strengthening enhance joint flexibility, then what is the other benefit of combining stretches with a strength training program that we found surprising? Have I piqued your interest yet?

### COMBINED STRETCH AND STRENGTH RESEARCH STUDIES

We learned via three separate research studies of 155 participants that our study subjects who performed both strength training and stretching exercises also increased their muscle strength over and above those subjects who only performed strength training. As a matter of fact, those individuals who stretched experienced approximately 20 percent or greater strength gains than those who did not stretch. Incredible!

The following is the breakdown of three studies we conducted examining the effects of combined stretching exercise and strength training on muscles strength.

### STRENGTH AND STRETCH STUDY PROTOCOL

The average age of our subjects was 51 years. They performed a set of 12 basic machine-based strength exercises for major muscles of the upper and lower body, spine, and midsection, each at 8 repetitions to 12 repetitions, 2 or 3 days per week for 10 weeks as follows: (1) leg extension (front thigh), (2) leg curl (rear thigh), (3) leg press (hips, thighs, buttocks), (4) chest cross

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

## YOUNG AT HEART PROFILE

Jocelyn Hand

Jocelyn Hand, age 78, has been retired for seven years, and currently lives in Stoughton. She attends the Quincy College Community Health and Fitness Center two days per week for 1-2 hours.

Jocelyn says: "I absolutely love it and truly look forward to going. My training here began in 2012 when I was still employed full-time and a year from turning 70! I had joined another facility closer to home, but my attendance was sporadic, so I was less than motivated to go. I told myself that regular walking was good enough.

"But the fear of losing strength at my age kept gnawing at me, so one day, at the suggestion of my friend, Janet Carlson, I took her up on her offer to introduce me to Quincy College's facility. My health issues are fibromyalgia, osteoporosis, scoliosis, sciatica, and arthritis. The benefits of this program for me are numerous. The Nautilus machines have built my strength, the cardio workouts (treadmill, bike, rowing machine) result in immediate relief from my fibromyalgia pain, and my most recent bone density test showed no increase in bone loss!

"I added the Center's elastic resistance bands to my physical therapy regimen, and I end each workout session with total body stretching on the StretchMate, which feels wonderful. I have never, until I joined this Fitness Center, enjoyed exercising at a gym. The workouts are fun, everyone is kind, friendly, and welcoming; the staff are well-trained, professional, and helpful. Workouts always include socialization and much laughter. I feel this is a significant bonus to my improved health and I look forward to many more years of active participation."






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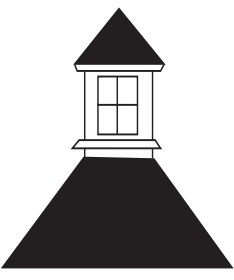
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# Take Time to Be You

By Maria Burke, RN

Owner - Celtic Angels Home Health Care



Whether you are a caregiver or a senior in need of care, it's easy to get lost in that relationship. Caring for a loved one is a beautiful and kind thing to do, but it's important to remember that we are all individuals, and

we're happiest when we are able to be our authentic selves.

Remember, you are valuable, and your life has purpose outside of caregiving needs. Take time to be you.

**Explore Self-Reflection.** As caregivers, it's easy to get burnt out. We're pouring all our energy into helping our loved ones, and we can sometimes become stressed or even bitter because we aren't carving out time to recharge. We're not making the time to do the things we

love. And we're not able to be the best version of ourselves.

Conversely, if we are the ones receiving care, it's easy to feel like a burden when those caring for us are stressed and irritable, or to feel neglected when our caregivers are busy with work and don't notice our needs. It can feel like an imposition to ask our caregivers to help us engage in our hobbies or take us places we don't strictly need to go. And we may grieve our loss of autonomy.

Your feelings are valid. If you find yourself feeling down, it's crucial to take a break and reflect. Where are your feelings coming from? What can you do to help build your self-esteem and bring more joy into your life?

**What Do You Like About Yourself?** Self-esteem is important. Take time to consider the qualities you like about yourself. Are you smart? Kind? Generous? Do you have a great sense of humor? Are you awesome at knitting or golf or chess? Are you a dancer, artist, or writer? Witty or creative? Can your smile light up a room?

You're pretty wonderful, right? Now, what can you do to nourish those qualities?



**Develop Yourself.** It's so easy when we are in a caregiving relationship to focus on the other person's needs and feelings at the expense of our own, but it's essential to take time for yourself. You don't have to be everything for everyone.

Stop focusing quite so much time on others and spend a little more time developing your own strengths and gifts. That can mean

going on a walk, meditating, doing yoga, spending time on your hobbies, or simply taking some time to chat with friends. Whatever makes you feel good, spend a little more time on it. We promise it's okay.

**Ask for Help.** As you're reading this, you may be thinking, But I can't take time for myself. That's where we come in. If you are a caregiver needing a break, we can step in and care for your loved one while you recharge. And if you are a senior who wants to spend some time on hobbies, events, or outings, we are happy to help.

Placing an infinite amount of pressure on yourself doesn't help anyone—not you and not your loved ones. When you have good self-esteem and get to spend time doing things that bring you joy, you are happier, and your relationships are better. Take time to be yourself. And if you need help, we are only a phone call away.

**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. ∞



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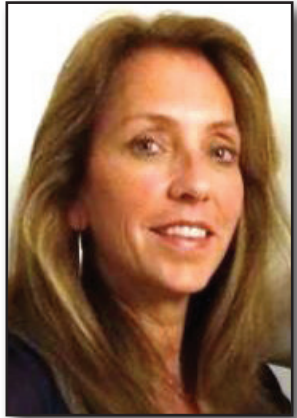


# ASK THE HIPPIE

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.

## Circle of Life

By Phyllis DeLaricheliere, MS



**WEYMOUTH** – The following expression of feelings is very familiar to me, as I hear it quite often – “My mother had Alzheimer’s for five years and just passed away. I’m relieved, in a strange way, because mourning her loss all this time has simply exhausted me.”

When our loved one begins progressing down the journey of Dementia/Alzheimer’s, we begin to experience loss. That loss can translate into grief.

Grief is defined as an emotional or mental distress, even suffering, caused by regret or loss. It is often connected to a death. The big difference is our loved ones are still with us physically, perhaps not in the same mental capacity we associate with them. But they are NOT gone. We should embrace our feeling of loss, and then look at how to turn it around so we do not lose the moments we are given, avoid

having any regrets, and be grateful they are still in our lives.

Within the Hippie Philosophy we always search for the gifts that our loved ones give us as they travel the road of Dementia/Alzheimer’s. Let’s explore the five stages of Grief (Denial, Anger, Bargaining, Depression and Acceptance) and their definitions. They will appear similar to what one might feel when faced with someone on the journey of Dementia/Alzheimer’s. Let’s see how we can translate these feelings into something more positive, look for the gifts and embrace the journey.

- **Denial:** When we lose someone, we tend to want to deny at first that they are really gone. We want to avoid the reality. We can isolate to avoid having to face the truth.

- **Gift:** First, they have NOT left us. They have simply taken a different path. When you avoid the denial of the diagnosis, and instead choose to share, you will realize that you are NOT alone. The feeling of telling others who care and love you will liberate you and soon a village will start to form that will support both you and your loved one on this journey.

- **Anger:** Once reality has hit, one can feel angry – angry that this happened to you and wondering what you did to deserve it.

- **Gift:** Realize that no one signs up for Alzheimer’s! And just as you are dealing with the diagnosis, so is your loved one. Get angry at the disease but prepare to fight the fight. Live in the moment and don’t waste any time.

- **Bargaining:** Negotiating with the universe or God, and trying to find answers to perhaps change the circumstances. You’re trying to take back control and not feel so helpless over the loss.

- **Gift:** Hope! When all else fails, you have hope. Your loved one is still with you, they are



still experiencing life (just in a different way), but how lucky are we to share in these moments, regardless of whether or not they know it’s us. We are given these opportunities.

- **Depression:** FULL sadness over the loss of a loved one, feeling the weight of the emptiness.

- **Gift:** Fill your heart with new experiences. Memories from the past are yours and can not be taken away but moments with your loved one on the journey of Dementia are gifts and can be enjoyed. Depression clouds our joy. Don’t let anything steal your joy. The gift of life.

- **Acceptance:** Coming to terms with the loss of a loved one and accepting does not mean grieving is over, it’s just not as frequent.

- **Gift:** Acceptance of the diagnosis will bring peace to both you and your loved one. You need not mourn someone that is still in front of you, and memories are to be cherished, not quizzed. We can respect where someone is, even if we wish differently.

The Journey you are on with dementia is very personal, and you will experience all sorts of emotions – even a sense of loss. So, I leave you with this thought: **WASTE NOT, WANT NOT!**

**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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# Raising Awareness - Substance Abuse Prevention And Domestic Violence



**By Nicole Long,  
MSW, LICSW**

October is National Substance Abuse Prevention Month and Domestic Violence Awareness Month. Raising awareness to prevent substance use disorder and domestic violence is crucial as numbers are on the rise. Both can drastically alter

a household and threaten the health, safety and well-being of everyone in the home.

When parents with substance use disorder are unable to care for their children, grandparents often step up to keep the family together and provide a sense of security. The number of grandparents raising grandchildren continues to increase.

In 2017, the opioid epidemic was declared a public health emergency. Across the nation, more than 2.7 million grandparents are raising grandchildren. Essentially, grandparents who may need care themselves, have become the caregivers. No matter how much grandparents love their grandchildren, taking them into their home requires many adjustments. Grandparents become responsible for daily care along with homework, sports, recreational activities and other commitments. It can be incredibly challenging to these older adults as they may also be struggling with their own health, mobility, financial and/or other issues.

Another household crisis is domestic violence; this can affect anyone regardless of age, race, gender, sexual orientation, ethnicity or socioeconomic status. Domestic violence is perpetrated by a current or former intimate partner and involves behavior meant to control, scare

or harm. It often occurs in the home and can include emotional abuse as well as psychological, physical, and/or sexual violence. Domestic violence may emerge when a current or former partner struggles with substance use disorder. Intimidation, verbal abuse and accusations, financial abuse, social isolation, shoving, hitting, kicking, stalking and cyber-stalking are only a few examples of domestic violence. According to the National Coalition Against Domestic Violence (NCADV), in the U.S., an average of 20 people per minute are physically abused by an intimate partner.

## **Supporting and Protecting Older Adults**

As a nonprofit agency serving older adults, individuals with disabilities and caregivers throughout Plymouth County and surrounding towns, Old Colony Elder Services (OCES) provides services and programs to both support and protect older adults.

OCES' Family Caregiver Support Program is designed to assist and support those who are providing care to older adults, but the program also helps grandparents raising grandchildren. Recognizing that each caregiver's situation is unique and complex, OCES provides resources through OCES programs and other services in the community to help with caregiving. OCES provides one-on-one support to grandparents and creates a personalized plan outlining available resources appropriate to each caregiving situation. This may include help with respite, summer camperships, technology and more. Other resources for grandparents may include caregiver support groups as well as educational workshops or programs that share techniques to help family caregivers with stress reduction, time management, goal setting, problem-solving, relaxation, and more.

Older adults who are at risk of harm from others can receive assistance to keep them safe

in their own homes. OCES' Protective Services staff can advocate for older adults in abusive situations and provide resources to resolve these difficult matters. OCES' Protective Services team works confidentially with older adults or their designees to prevent, eliminate or remedy situations involving emotional, physical or sexual abuse, neglect by a caregiver, financial exploitation and/or self-neglect.

Help OCES raise awareness of elder abuse and domestic violence. If you see something, say something. The signs of elder abuse and domestic violence are not always obvious and can be difficult to recognize. Visit the National Coalition Against Domestic Violence (NCADV) website at [www.ncadv.org](http://www.ncadv.org) for comprehensive information.

If you have a Protective Services concern, call the Massachusetts-based Elder Abuse Hotline (centralized intake) at 1-800-922-2275 or visit [www.ocesma.org](http://www.ocesma.org) for more information.

For more information about OCES' Family Caregiver Support Program, visit [www.ocesma.org](http://www.ocesma.org) or call 508-584-1561.

Source: Anderson, L. (2019, April 22). States with High Opioid Prescribing Rates Have Higher Rates of Grandparents Responsible for Grandchildren. Retrieved from <https://www.census.gov/library/stories/2019/04/opioid-crisis-grandparents-raising-grandchildren.html>

**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) ∞*

## South Shore Conservatory presents Breakfast with Ashley Campbell

### Country music star comes to Duxbury to perform and share personal reflections

**HINGHAM AND DUXBURY** – South Shore Conservatory's (SSC) Creative Arts Therapies Department presents Breakfast with Ashley Campbell, Friday, October 22, 8:30 to 10 am, at SSC's Ellison Center for the Arts in Duxbury. The event features a performance by country music sensation Ashley Campbell. Campbell will also reflect on her legendary father Glen Campbell's very public journey with Alzheimer's, and the positive impact music had on her family.

Keynote speaker Dr. Joy Allen, Chair, Berklee College of Music, Music Therapy Department and Director, Music and Health In-

stitute, will share her views on the power and importance of music and creative arts therapies for the aging brain. Allen is an accomplished clinician, researcher, and educator with extensive experience in psychological health, pain management, and trauma-informed education and supervision, will examine the role creative arts therapies play for all of us as we emerge from the pandemic.

Campbell is a songwriter, singer, banjo player, and consummate performer. She was her dad's banjo player, keyboardist, and harmony vocalist for his final tour, and has since gone on to garner international acclaim as a singer-songwriter. Glen Campbell's longtime fans may hear something familiar in Campbell's melodies as she embraces these similarities while distinguishing herself as a talented frontwoman.

South Shore Conservatory's Creative Arts

Therapies (CAT) programs use the arts and creative processes to help individuals of all ages and abilities maximize their abilities and improve health and wellness. Therapies offered include Music Therapy, Dance Therapy, and Accessible Yoga. All CAT programs, such as SSC Memory Cafe are designed to maximize independence and are provided in the least restrictive environment. Many of these programs rely heavily on contributed revenue to sustain them. Learn more at <https://sscmusic.org/cat/>.

Tickets to Breakfast with Ashley Campbell are \$125/person and go on sale September 30. Sponsorships start at \$500 and are available now. To learn more, visit [sscmusic.org/breakfast-with-ashley-campbell/](https://sscmusic.org/breakfast-with-ashley-campbell/), call 781-934-2731, x23, or find South Shore Conservatory on Facebook or Instagram. ∞



# "THE WICKED SMART INVESTOR"

## Having an estate plan can prevent family conflict

By Chris Hanson



HANOVER – Estate planning is frequently an uncomfortable process and, if it involves a blended family, things could get a little scary. And worse, if that blended family doesn't get along, well, then the process may involve some blood curdling screams; New England's storied history has an internationally notorious example of estate planning gone horribly awry.

Recall this schoolyard rhyme: "Lizzie Borden took an ax and gave her mother forty whacks. And when she saw what she had done, she gave her father forty-one." Well,

let's delve into this horror story.

Back in 1892 prominent Fall River businessman Andrew Borden was living in a cramped house with his second wife, his two unmarried adult daughters and an Irish maid. Known for his Yankee parsimony, (that's a sophisticated way of calling him cheap) Andrew would not buy a larger

house. He had plenty of money yet he would not pay for indoor plumbing, and his daughters, Lizzie and Emma, resented living under such circumstances; They wanted to live in the more fashionable neighborhood called The Hill where their wealthier cousins lived. Andrew refused their costly request because he was spending money on their stepmother's family, which simply incensed the daughters as they suspected that Andrew was going to leave her all his money. These strained family dynamics may have had spine chilling consequences.

Cue the eerie Halloween music...

On August 4th of that year, the Irish maid, Bridget "Maggie" Sullivan, was taking a late morning nap. Her slumber was disturbed by Lizzie's frantic call, "Maggie, come quick! Father's dead. Somebody came in and killed him." Upon the authorities' arrival, his fresh head wounds were still bleeding and his wife Abby was found similarly bludgeoned in the guest room. Police quickly determined the Borden's were hacked to death with a hatchet. The only plausible suspect was Lizzie, a retiring Sunday school teacher.

The crime and resulting trial garnered unrelenting attention from the international press. Long before crime TV, there was a quarterly newsletter about Lizzie and the murder that was published for decades. A 1980s Boston punk rock band, Lizzie Borden and the Axes, paid homage to outwardly demure Lizzie. The Borden House was even turned into a bed and breakfast. About 20 years ago, The Wicked Smart Investor visited the rooms where the bodies were found and later viewed the bloodstained bedspread at the historical society. But let me make one thing completely clear: While Lizzie was acquitted at trial, I can only allege she committed these murders.

Maybe these murders could have been prevented with proper estate planning. Assuming the trust and estate laws were the same as today, a QTIP trust could have prevented the unspeakable crimes. I know what you're thinking, but no, a QTIP trust has nothing to do with cleaning your ears. Rather, it is a Qualified Terminable Interest Property Trust. Created upon death of the first spouse, the trust allows the remaining spouse a lifetime right to income of the trust, then, the remainder goes to individuals named by the trust's creator. So, Andrew could have created the trust leaving a lifetime income to Abby, then upon her death, remaining assets would go to his daughter. As long as the sisters, especially the alleged hatchet girl, knew of this arrangement, maybe the tension in the family would be reduced and Andy and Abby would have lived to a good old age.

Maybe such a trust would make sense for your estate. If you work with a qualified financial planner, he or she may ask you to consider such a trust. Be aware that unless the financial planner is an attorney, he or she cannot prepare trust documents; That would be an unauthorized practice of law. Also, estate planning is a much more comprehensive process than creating trust. Ask your planner to recommend a reputable estate planning attorney. It will cost you some money in legal fees, but don't be penny wise and pound foolish. Maybe that was Andrew's fatal mistake.

After Lizzie was acquitted of the murder, she purchased the Maplecroft mansion on The Hill in Fall River. For the rest of her life, she was ostracized by society. I think it is safe to assume no one asked to borrow a cup of sugar from her!

**About the Author:** Chris Hanson is the author of *The Wicked Smart Investor* blog and a Certified Financial Planner<sup>(TM)</sup> 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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SÃO PAULO, BRAZIL 1:42 PM



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CHICAGO 11:55 AM



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# Art Matters XXIV: Reflections on various art media

## Sculpture, Part 5 – Assemblage and other 20-21st century sculpture forms



By Janet Cornacchio,  
President Scituate Arts Association

In my last column, we continued an exploration of 3-D media, and discussed works made with metal. Wood and stone sculpture can be done by removing material or carving, and traditional metalwork is done by casting. In early 20th century, a new sculptural form developed – assemblage which is the 3-D equivalent of collage.

This new medium, as the base word “assembly” suggests is a sculptural form that involves the construction of a work of art by the uniting of various “found” objects, either organic or man-made, into a pleasing form or into a piece that makes a statement that challenges the viewer.

Assemblage sculpture originated with the cubist constructions of Pablo Picasso, an art which evolved along with all his art forms across the course of his long career. Picasso, Duchamp, Alexander Calder and other modernist artists of the 20th century worked with found objects creating everything from ballet costumes and set design to sculptures to public art, such as the massive Chicago Picasso, the designing of which the artist donated to the city. As with much of Picasso’s work, it was controversial, but the sculpture has become accepted, admired, and is a major public landmark.

These artists and many others combined metal scraps, wire, and found metal objects constructing smaller 3-D works and massive public art with bright colors and whimsical design elements. They developed art forms such as today’s well known suspended moving sculptures, aka mobiles, which were first created by American sculptor Alexander Calder. Calder’s works led to a new art form – kinetic art and sculpture.

The traditional realistic sculpture forms, which we looked at with stone and wood carving and metal casting, expanded into many movements and materials from the fifties through the early decades of the 21st century. There were so many “isms” as to be dizzying – modernism, abstract expressionism, minimalism, environmental sculpture, light, street, snow and ice sculpture have all been recognized as art forms in the last 70 years. Abstraction, abstract imagery with anthropomorphic (human) bases, progressed into collaborative landscape design and architecture. Isamu Noguchi, who specialized in landscape design and created the Unesco Peace Garden in Paris, along with Alexander Calder, known for his striking sculptures and other works, are two well-known sculptors and artists from that period.

In the 1960s, a variety of movements predominated that focused on



sculpture that was reduced to describing the essentials. Welded steel works (remember the mention of metalwork that was not cast?) often on a monumental scale and environmental installations prevailed. Many of you may remember a recent environmental installation done in Central Park, NYC by the artist Christo and his wife Jeanne-Claude. One of his first installations was a line of fences that was run across the hillsides of California farm lands. It was in my college intro art textbook and I’ve followed his work for years – wrapping a coral atoll was another

work of his. Works like these may seem silly at first, but they force us to examine our environment more closely, to look at the world with fresh eyes and realize that the natural world and our interaction with it can be an artistic experience.

Classical art training almost disappeared from art education in the mid-to late 20th century. Basics such as perspective and vanishing points in drawing, composition and design skills were taught in some instances, but others emphasized experiential art or extremes of the modernist movement, which often seemed like following a tree limb to the end of the branch. Where to now? Today, schools are returning to teaching the basics and modern students are mixing classical training with contemporary computer graphics and design with fascinating results.

Next we may explore more on the history of ancient and classic sculpture or another 3-D art form such as ceramics. Meanwhile, here are a few more photos of some interesting contemporary sculpture movements which may be of interest. South Bank Circle by Richard Long, a British contemporary artist, is an example of a work that was created on site and made from found pieces. And here’s one last one, Cubi VI by David Smith, an American abstract expressionist who experimented extensively with these large steel geometric sculptures. His works shows the influence of Picasso and Mondrian, among others.



**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) ∞

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Elder Law...

Continued from page 5

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

ning & Elder Law on Amazon at <https://www.amazon.com/How-Avoid-Four-Headed-Monster-Financial-ebook/dp/B084MB96SK>  
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CROSSWORD CORNER

Answers on page 5

ACROSS

- 1 "Troy" actor, Brad
- 5 Idea of oneself
- 8 Not up
- 12 Light beige
- 13 Hasty escape
- 14 Humdinger
- 15 Base for sauces
- 16 Back again
- 17 Reverse
- 18 Prepare to be knighted
- 20 Canned meat
- 22 Watery film
- 24 Adherent of an Indian religion
- 27 80 year old
- 31 Fraternity letter
- 32 Daybook
- 33 Pen part
- 35 Tender
- 40 As a result of (2 words)
- 41 Street abbr.
- 42 Unpleasant guy
- 44 Birch family tree
- 48 Toward dawn
- 51 U.N. arm, for short
- 53 Fountain order
- 54 Dog pest
- 55 Not a thing

- 56 Bookie's quote
  - 57 Greenish blue
  - 58 Word on a quarter
  - 59 Wyle of "ER"
- DOWN
- 1 Benefit
  - 2 Desktop symbol
  - 3 Real
  - 4 Promgoer's rental
  - 5 Imp
  - 6 Needlefishes
  - 7 The eating of raw food
  - 8 College graduates
  - 9 Hair style
  - 10 Vulcan's mind m\_\_\_ in "Star Trek"
  - 11 Two singers
  - 19 Part of a relay race
  - 21 Balloon filler
  - 23 Very cordial
  - 25 \_\_\_ Point, California
  - 26 Troop group
  - 27 Connective word
  - 28 Neighbor of Libya
  - 29 Vegetarian staple
  - 30 "\_\_\_ so fast!"
  - 34 To stay the same
  - 36 Merry

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19		20		21				
			22		23		24			25	26	
27	28	29				30						
31					32					33		34
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			42			43		44		45	46	47
48	49	50			51		52		53			
54					55				56			
57					58				59			

- 37 Old verb ending
- 38 Fertility clinic stock
- 39 English admiral in history
- 43 Assortment
- 45 Unfashionably dressed person
- 46 Icelandic poem collection
- 47 Precipitate
- 48 Bank method of funds transfer, for short
- 49 Pub pint
- 50 Large quantity
- 52 Long used



# SOCIAL SECURITY UPDATE

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**By Delia De Mello,  
Social Security**

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**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) ∞*

## Senior Fitness...

*Continued from page 8*

(chest), (5) super pullover (back), (6) lateral raise (shoulders), (7) bicep curl (front arm), (8) triceps extension (rear arms), (9) back extension (low back), (10) abdominal curl (front trunk), (11) neck flexion (front neck), and (12) neck extension (rear neck). Static stretches were performed either on the strength machine (At-Machine Stretch) in a distributed fashion after each strength exercise or in a consolidated fashion, six stretches on a flexibility apparatus, (StretchMate). Muscle strength was evaluated during the second and final week of the studies.

### FIRST STUDY

Fifteen subjects did 12 strength exercises without stretching. Nineteen subjects did the identical strength program and followed each strength exercise with a 20-second static stretch on the strength machine for muscles just worked. Subjects who strength trained only increased rear thigh (hamstring) strength by 16.6 lbs. Subjects who strength trained and stretched increased rear thigh (hamstring) strength by 20.5 lbs.

### SECOND STUDY

Twenty-one participants did 12 strength exercises with no stretching. 21 participants did the identical strength training program followed by a 20-second static stretch of each strength exercise on the machine for muscles just trained. Participants who strength trained only improved rear thigh (hamstring) strength by 16.3 lbs. Participants who strength trained and stretched improved rear thigh (hamstring) strength by 18.6 lbs.

### THIRD STUDY

Thirty-two subjects did 12 strength exercises followed by a 20-second static (distributed) stretch at the machine for muscles just worked. Forty-seven subjects did the same strength program of six 20-second static (consolidated) stretches on a StretchMate apparatus after their strength workout. The subjects who strength trained and performed distributed stretching gained 19.6 lbs.

in rear thigh (hamstring) strength. Subjects who strength trained and performed a consolidated stretch approach, gained 19.8 lbs. in rear thigh (hamstring) strength.

### COMBINED STUDY RESULTS

After completing these studies, we were curious what we would find if we combined the data of all three: Of the total 155 exercisers, 36 exercisers did strength training only, and 119 exercisers did strength training plus either distributed or consolidated stretching. We found that subjects who did not stretch experienced, on average, a 16.4 lbs. strength gain. Exercisers who did stretch experienced, on average, a strength gain of 19.6 lbs., resulting in almost a 20 percent greater strength gain by those who did both the strengthening and stretching exercise. Apparently, stretching, combined with resistance exercise, may cause muscles to be more receptive to strength-building stimuli.

Although evidence demonstrates that performing strength exercise is advantageous for enhancing both muscle strength and joint flexibility, when it comes to building strength, rather than strength training alone, why not include stretching in the mix? Adding an additional 20 percent increase in strength, in our estimation, is worth the added improvements in joint flexibility and muscle strength. Hey! Every little bit counts! Plus, it really doesn't add much time to the workout session. I think we can find time for the extra five minutes that it takes, don't you agree? According to our members, they are most definitely in favor of this strength training and stretch exercise protocol.

### BENEFITS OF STRETCHING

According to the American College of Sports Medicine, static stretching is very safe, effective, time-efficient, and should be performed two or three times per week for optimal results. Hence, it is our preferred stretching protocol for seniors at Quincy College's Community Health and Fitness Center. Yet, regrettably, many older adults do not take advantage of this mode of activity. Not only does

stretching increase their flexibility, but they are also missing out on other benefits, which include minimizing and/or reducing risk of injury as well as relieving muscle tension.

Also, most skip stretching altogether due to the time restrictions of a typical 60-minute workout session, where the stretching tends to be reserved for after completing a workout routine. Consequently, we place our timesaving stretches between strength exercises. That is, our subjects perform a 20-second static stretch for the muscle group just trained right on the strength machine. For example, after training the front thigh muscles (quadriceps) on the Leg Extension Nautilus machine, we immediately stretch the quadriceps muscles right on the machine.

Moving to the next station after working the rear thigh muscles (hamstrings) on the Leg Curl Nautilus machine, we immediately stretch the hamstring muscles at the machine. Inserting stretching into the strength training program works out quite nicely. It does not add substantial time to the session, becomes an integral part of a strength workout, and is doubtful the exerciser will omit this key fitness component.

If a Strong and Flexible Fitness Program interests you, Quincy College's Community Health & Fitness Center is located at President's Place, 1250 Hancock Street, Quincy Center, directly across the Quincy T Station. For more details and to schedule your tour and complimentary training session, call 617.405.5978. Parking is available for a nominal fee in the garage or there is 1, or 2-hour parking found in the surrounding area.

**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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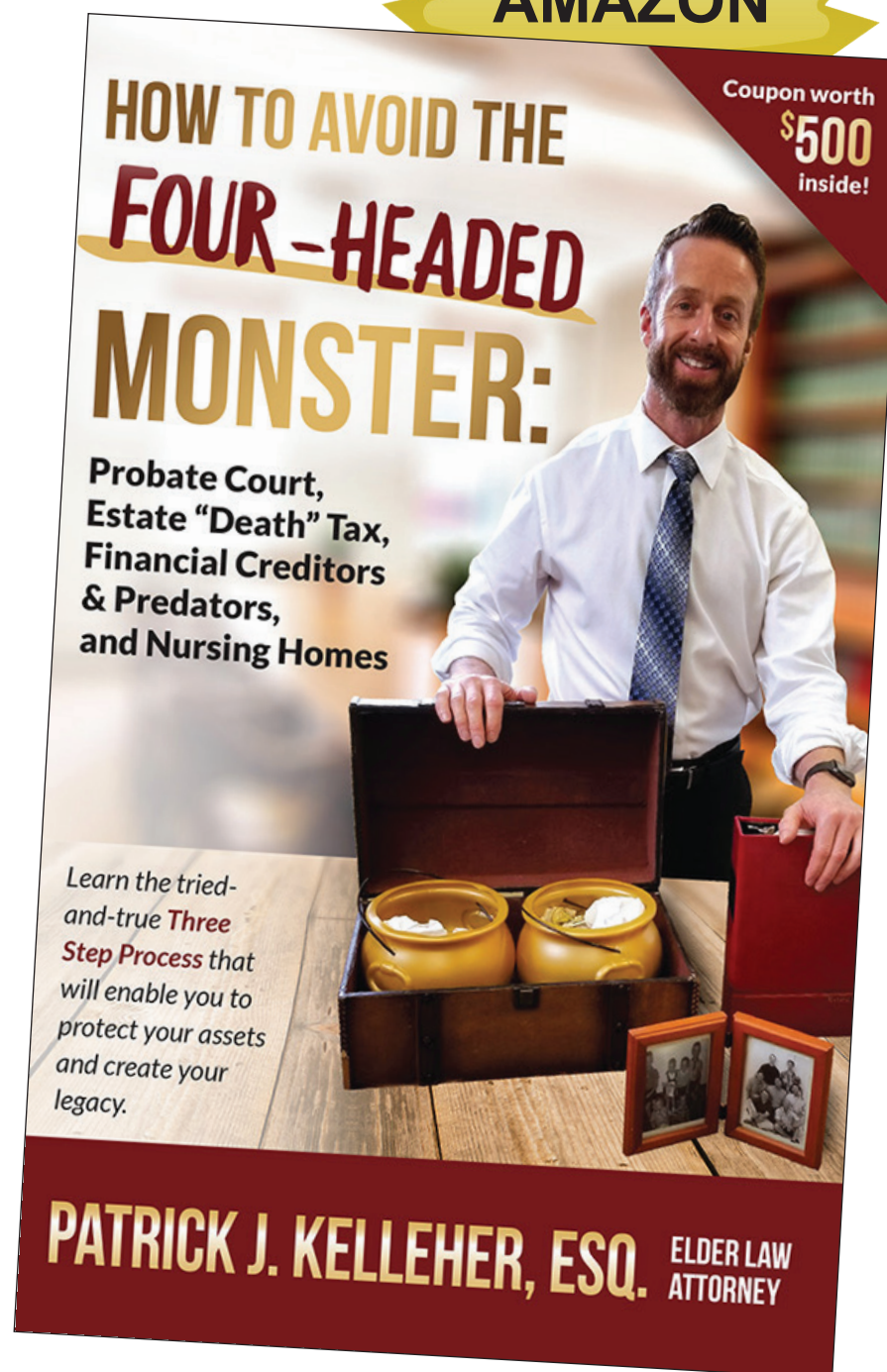
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