



'White Dove Foundation' to provide hope and holistic healing to cancer patients South of Boston



By Marie Fricker

They say everything happens for a reason. And yet that reason escaped Patti Abbate, co-owner, with her husband Thomas Foye, of the *Hull Times* and the *South Shore Senior News*, when she was diagnosed with pancreatic cancer in October of 2020.

Today, she knows at least one reason for the suffering she has endured – to help others who are also suffering. Patti and Tom have created a new charitable organization – the White Dove Foundation – to provide scholarships for cancer patients south of Boston who are seeking integrative therapies to lessen the debilitating side effects of traditional chemotherapy, radiation, and surgery.

"We want to help people afford the holistic and alternative modalities not covered by insurance," said Patti. "Our scholarships will fund things like acupuncture, meditation classes, hypnosis, yoga, tai chi, home exercise machines, massages, reiki, aroma therapy, nutrition counseling, and even quality hairpieces. These self-care initiatives are immensely comforting and therapeutic to patients who are in active treatment."

Since her diagnosis, Patti has undergone intensive chemotherapy, radiation, and one of the most invasive and complex surgeries for pancreatic cancer – the Whipple procedure. She was at her sickest point when she told her husband she wanted to start a non-profit to give back to the cancer community that was helping her.


"We thought of donating to the Dana-Farber or Mass. General Research fund," said Tom. "But Patti really wanted to help someone in our area right away. I have watched how cancer treatments wreaked havoc in her life in the last 17 months, but she always pulled herself up, never complained, and sought out ways to improve her health and mindset."

"Acupuncture sessions lessened her pain and boosted her immune system. Massages, skin creams, and Himalayan salt spas soothed her and she took physical therapy and bought a stationary bike that allowed her to build up her strength and lose her cane. We are blessed to be able to afford all of these holistic measures, but many

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South Shore Senior News publisher Patti Abbate is looking forward to the launch of The White Dove Foundation to help fellow cancer survivors.

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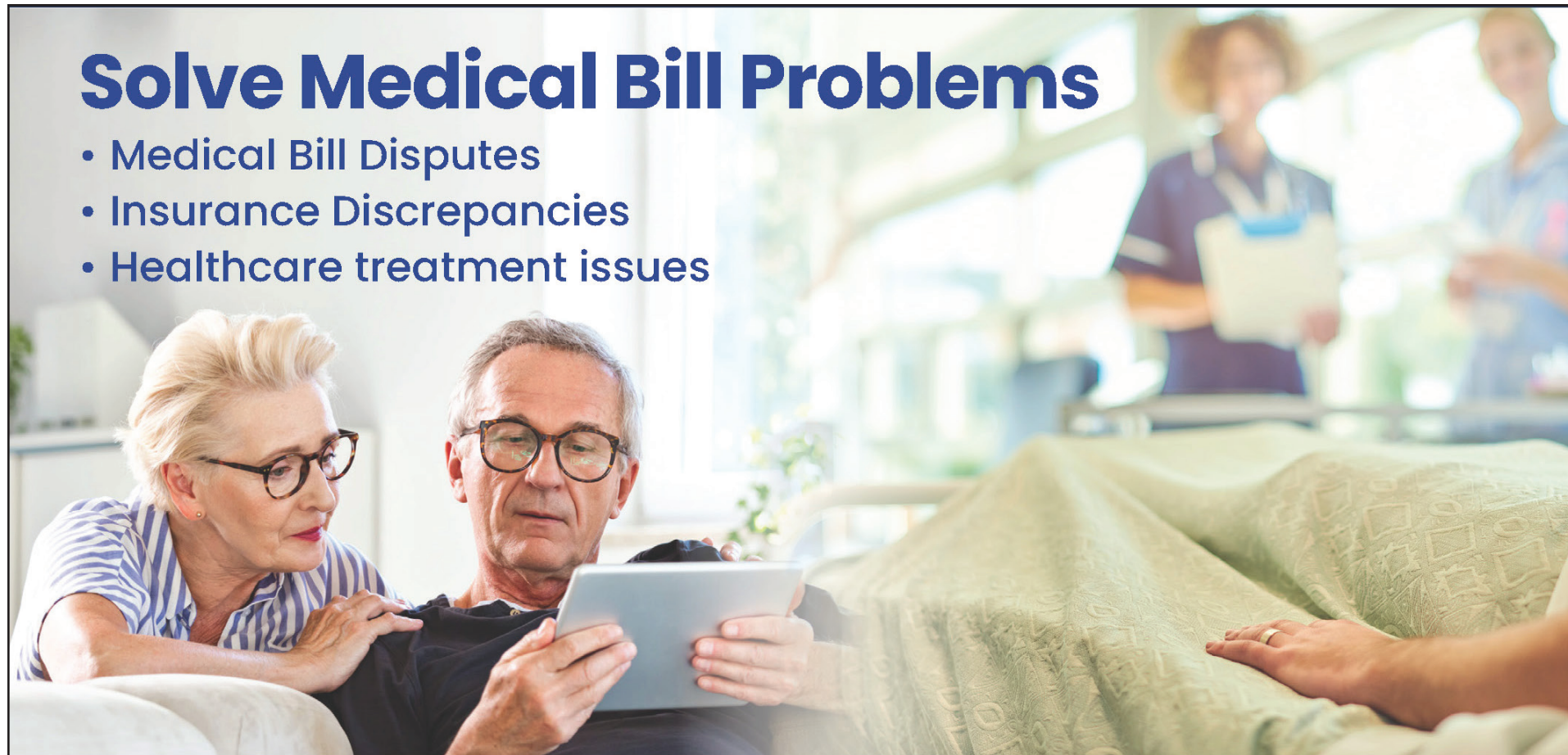
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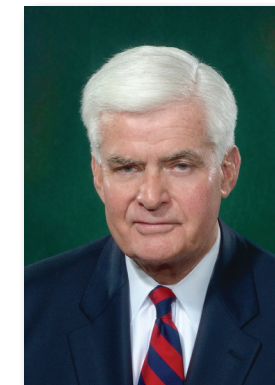
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HOME EQUITY WEALTH MANAGEMENT

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 cannot 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 provide 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:

- Keeping real estate taxes, liability insurance, and property charges current.
- Providing basic home maintenance.
- Continuing to live in the property as the primary residence.

Good for Some - Not for All

Reverse mortgages are unique programs de-



Photo credit: istock.com/kazuma sek

signed 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.

About the Author. George Downey CRMP (NMLS 10239) is the founder of Harbor Mortgage Solutions, Inc., Braintree, MA, a mortgage broker licensed in Massachusetts (MB 2846), Rhode Island (20041821LB), NMLS #2846. Questions and comments are welcome. Mr. Downey can be reached at (781) 843-5553, or email: GDowney@HarborMortgage.com

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Aging with Sass & Class

By Loretta LaRoche

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

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

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

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

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

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

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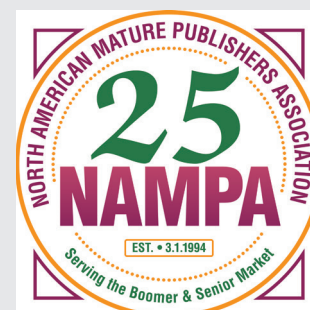
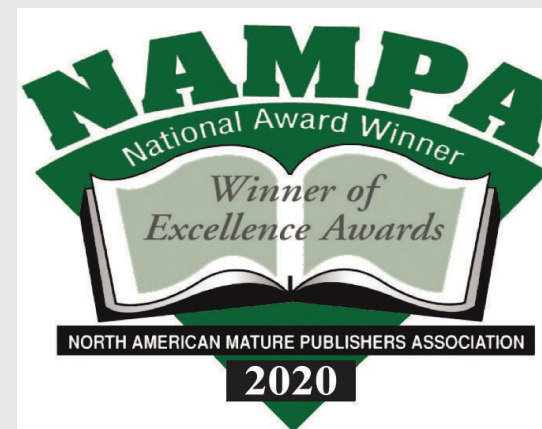
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Honoring and Caring for Veterans at End of Life

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



She knew her father had served, but it wasn't until he was dying that she understood. As with so many veterans, the man had said little to his daughter about his time in the military. Who were his friends? What were the battles? The heroes? The day-to-day life? What had he seen? How might it haunt him?

Today, as the world watches war play out on the international scene, I think of veterans like this woman's father. I think about their sacrifices. I think about the veterans of the future who will find it difficult to bring back their stories.

The We Honor Veterans program that Old Colony Hospice & Palliative Care and other hospices across the country facilitate is often when families learn about their loved one's service.

In this family's case, we arrived at the man's home to officiate the veteran pinning ceremony. It's a very personal and meaningful ceremony for many. His family was there. Our veterans' hospice volunteer was there, and a team from OCH.

After the ceremony, the volunteer stayed behind. The man talked about his service in a way he had never opened up before, and his daughter was amazed. For many veterans, their time in the military was a significant part of their lives during their formative years. Yet, when they return and try to reenter civilian life, these military memories often don't seem to fit into the society that sent them off to war.

Many experienced times, good and bad, that shaped them, yet they often do not share these

memories with family. Some do not want to burden their spouses or families. Others don't feel their service was appreciated or understood by society and so keep quiet. Some try to bury the stories because they are too painful.

The We Honor Veterans initiative is a program of the National Hospice and Palliative Care Organization in collaboration with the US Department of Veterans Affairs. It focuses on “respectful inquiry, compassionate listening, and grateful acknowledgment so that veterans can be guided toward a more peaceful ending.”

At the end of life, we find people often want to review their lives. We think it's important, especially at the end of life, for veterans to feel comfortable talking about their military chapter as well. The pinning ceremony is one of the ways we try to open that dialogue.

Janela S. is OCH's volunteer program manager and coordinator for the ceremonies. She said that last year OCH caregivers served 203 veterans: 32 Air Force; 88 Army; 6 Coast Guard; 26 Marines, and 51 Navy. We offer a pinning ceremony to all the veterans in our care.

Each ceremony starts with a reading of the Pledge of Allegiance and a poem, which ends with the words: Today, we do salute you. Then, we read from the veteran's service record.

The daughter listened as we read about her father's time in the military. She listened as the volunteer, and her father spent the afternoon talking about his experiences.

She said she learned a lot about her father that day. She had an epiphany of sorts. Many of the things that her father said and did suddenly made sense in the context of his service. She told us later that she had a better understanding of him as a person.

These pinning ceremonies are often incredibly moving as so many stories and emotions emerge.



“It means a lot to them. We want them to know that as a community and as a nation, we are grateful for their service,” Janela said.

We give each veteran a lapel pin, a certificate of appreciation, and a blanket with their branch insignia. We give each family a carved ornament to commemorate the veteran's service.

We want each veteran to know how thankful we are for their service and how honored we are for the chance to serve and care for them.

Over the years, I have led hundreds of these pinnings throughout Massachusetts, and the look of pride in the faces of the veterans and their families is worth every mile traveled.

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, veteran, and community leader to her insightful South Shore Senior News columns. 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 OldColonyHospice.org & PalliativeCare.org. ∞

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Does Your Senior Have an Active Social Life?



By Steve Carrier, Eldercare Advisor/Owner

The need for love, support, and company never goes away, no matter how much we age. For seniors, it becomes even more important that they maintain an active social life as this promotes their healthy aging and helps improve their quality of life.

Have you ever wondered about the importance of an active lifestyle for your older loved one? The following are four reasons seniors need an active social life.

- Reduces stress and lowers their blood pressure: Socializing with friends and hanging out at their favorite spots can reduce stress and lower blood pressure in seniors.
- Enhances their physical fitness: Social activities help seniors stay active by getting them up and moving around the house. This keeps their bodies strong and helps them stay active.
- Enhances cognitive health: Whether it's maintaining friendships or joining an activity group, it can have a great impact on seniors.
- Eases depression risk: Seniors who have an active social life are less likely to suffer from depression since they do not feel lonely or isolated.

If you are caring for an older loved one, you may find it challenging to ensure that they maintain a social life. However, considering the benefits listed, it would be a fantastic way to promote healthy aging. In assisted living communities, the residents enjoy an activity-packed calendar, which allows them to maintain an active life.

Seniors in living communities get to socialize better with their peers

and also enjoy security, personal care, and nutrition while maintaining their independence.

Assisted Living Locators is your partner in finding the right senior living option. Visit the link at www.assistedlivinglocators.com/semass, or call Steve Carrier at 508-681-3016, stevec@assistedlivinglocators.com ∞

White Dove Foundation... Cont. from page 1

people are not. That's why we created The White Dove Foundation."

Patti was diagnosed with pancreatic cancer just weeks before TV personality Alex Trebek lost his much-publicized battle with the disease. When her Mass. General oncologist delivered her diagnosis, she was afraid, but she was also a fighter, a business woman, and a pragmatist.

"I knew I was in for a battle, but I strapped on my Wonder Woman gear, and went at it," said the Hull newspaper publisher, former radio host, and award-winning photographer. "My cancer treatments have not succeeded long-term, but I am about to join a new clinical study, and I'm feeling hopeful. I am so lucky to have a huge group of friends and family around me, but for people who are going it alone, there are wonderful support groups through the American Cancer Society, and they are free of charge. There is always somewhere to turn. And one of those places is the White Dove Foundation."

A fundraising event for the new 501 (c) organization will be held within the next three months. The group is seeking preferred providers of integrative therapies, as well as donors and sponsors to help get the non-profit up and running and ready to receive scholarship applications from patients.

"Tom and I named our foundation 'White Dove' because this bird has long been associated with love, peace, and renewal," said Patti. "It is a fitting symbol of our mission to bring comfort and healing to those who are enduring the side effects of traditional cancer treatments."

Visit <https://thewhitedovefoundation.org> for more details. ∞

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SENIOR FITNESS

Reduce Low Back Pain with Strength Training... We Can Back It Up!

By Rita La Rosa Loud, B.S.

QUINCY – “*Oh, my aching back!*” Have you ever felt that way? I know *I* have! Many years ago, I joined the millions of men and women (more than 80 percent of American adults) who experience moderate to severe low back pain and discomfort. I first noticed I had a problem at the age of 25. It was likely due to an automobile accident occurring in my early 20s.

Yet, it first emerged during a federal career training program I was attending in Tennessee. One morning, in my room while showering, I reached for my towel that was hung outside the tub. Like a strike of lightning, I was on the floor in excruciating pain. I crawled into the bedroom to phone for help, then was assisted to the emergency ward. I never completed the course, and the flight home was unbearable due to severe back spasms.

Curiously, although I was physically active, I frequently experienced back issues forcing me each time to recuperate in bed. I speculated there was a missing link in my exercise history, which is why I pursued my education in the fitness field. At the same time, I learned about Wayne Westcott's fitness research programs that emphasized the importance of strengthening the entire musculoskeletal system with resistance exercise, and I joined his program which significantly improved my back situation.

As an example, of how resistance exercise can help alleviate back pain, the following are two low back studies we conducted at Quincy College that examined the effects of strength training on individuals with this debilitating condition.

LOW BACK STUDY RESULTS

First, the *University of Florida* conducted a study that revealed strength improvement only in the exercise range that was trained. Training just the first half of the low back extension movement range limited the strength

YOUNG AT HEART PROFILE

Joanne and Gary Smith

It was their 42nd wedding anniversary. The Smiths had taken a break from going to the gym and realized how much they missed it. Because of their health history, they decided to join the Back Study: Gary had heart and back issues. Joanne was struggling with osteopenia.

“What better place to spend our wedding anniversary than at Quincy College's Health & Fitness Center?” said Gary. “How romantic!” A year later they underwent a body composition evaluation. Although Joanne and Gary were in pretty good shape for being in their 60s (they walked, skied, hiked, and even did a little Zumba), it wasn't until they read an article written by Rita and Wayne that they realized the importance of strength training.

“The Back Study was perfect for us. As a matter of fact, we would recommend it for anyone who needs to strengthen their back safely and effectively,” said Joanne. “We discovered how muscles worked and what foods, like protein shakes, were best to eat after each training session. We lost body fat, gained muscle, and we felt great too! The Nautilus machine exercises provided us with more strength and energy than we could ever have imagined. I now can carry my own ski equipment without Gary's help. This program was probably the best wedding anniversary gift we could have given ourselves.” ∞

gains to that area, with almost no strength increase in the other half of the movement range. This was an important finding as only the full-range training program resulted in reduced low back pain. I, therefore, recommend that you perform low back exercises through the full-range of pain-free joint movement to effectively increase low back strength and to successfully address low back issues.

To back up this study, in two separate 10-week resistance machine training programs, we examined the muscle strength development and pain reduction for the erector spinae muscles (lower back) using full-range lumbar (trunk) extensions and full-range lumbar (trunk) flexion. One hundred percent of our study participants experienced significant improvement in low back strength, and 90 percent improvement in low back pain, by performing full-range lumbar (trunk) extensions.

LOW BACK STUDY ONE

In our first 10-week study, 80 subjects participated in our basic strength training program that included a circuit of machine-based exercises that included the low back extension, abdominal, and rotary torso machines. The low back extension specifically addresses the erector spinae muscles of the lower back resulting in stronger trunk extension movements. Subjects performed one set of 8 to 12 repetitions, at a slow controlled movement speed (3 seconds to lift the weight, 3 seconds to lower the weight), three days per week from a full-trunk flexion position to a full-trunk extension position (72 degrees movement range). The erector spinae muscle strength increased dramatically within the trained movement range.

LOW BACK STUDY TWO

In the following 10-week study, 77 subjects performed the same the exercises and training protocol as Study One performing one set of 8 to 12 repetitions, three days per week from the position of full-range lumbar

Senior Fitness... continued on p.14

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"THE WICKED SMART INVESTOR"

Make Mine a Treasure Chest



By Chris Hanson

HANOVER – The outgoing governor, international press, and local muckety-mucks all sat silently as the historical time capsule was opened at the Museum of Fine Arts. Originally placed in a cornerstone of the Massachusetts State House by our forefathers, the contents could provide more clues to our colonial past. The crowd was transfixed, what was in the box? The possibilities seemed endless that January, 2015 night.

Well, while historically significant, the artifacts left some people disappointed. Our colonial ancestors did not make much, so they did not have much to leave us. Observers hoping for a miniature swan boat, a prototype of the Jordan Marsh blueberry muffin, or maybe a coveted invitation to Kathryn White's birthday party were in the wrong place at the wrong time. What the time capsule held were coins, old newspapers and a silver plate. Only the history buffs were fascinated.

What does your time capsule hold? Before you say you don't have one, let me explain. Your time capsule is the box or desk drawer holding all your mutual fund statements that you never review. They may be IRAs, 401ks, 403Bs, etc., that you have not looked at because you think everything is just fine. But is that what you want to settle for, "just fine?" Take the advice of legendary money manager Peter Lynch: "You have to know what you

own and why you own it" and you will likely do better than "just fine."

The Wicked Smart Investor has unearthed many surprises when reviewing people's dust covered investment statements. I don't even have to lie on a wooden plank and chip away at stone like MFA conservator Pam Hatchfield did to remove the colonial time capsule. While some of the investments surprises I find have come out of left field, most of my discoveries usually involve three critical issues.

First, a frequent discovery is the investments are not proper for the investor's risk tolerance. The investments could be too risky; conversely the investments are not risky enough. The only way investors earn a return in the stock market is to take risks, but if the risk level is too high and causing lost sleep, it's not worthwhile. If you're not taking enough risk, then your investments' returns probably won't keep up with inflation. It's prudent for investors to assess their risk level first then select proper investments.

Next, a robust analysis proves investors are not as diversified as they think. You may own several mutual funds with glitzy names from Greek mythology or space age buzzwords and think you are diversified, but you're not. Managers at the larger funds frequently purchase the same stocks because the companies are deemed "hot stocks." Many times, the "hot stocks" don't live up to the hype. By not diversifying, you likely are missing out on the stocks that usually give the best performance over the long run.

Finally, a qualified advisor may point out that you are paying too much in expenses. Quick, without looking at anything, how much are you paying in expenses? Most investors have no idea, but the more you pay to the mutual fund company, the less goes into your time capsule. Over time, what seems like small dollars adds up due to the compounding math. I'm sure you agree that the money would look much better in your account.

It's all your choice. You can place your investment statements in a time vault and maybe do "just fine," or review your portfolio with a qualified advisor and maybe build a jammed packed treasure chest. Getting your financial house in order doesn't take the effort of an archaeological dig and it may be the best gift you leave for your future self.

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. ∞

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Sharpen Your Memory Skills and Have Fun While You're At It

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



Memory loss is a real concern for seniors. Whether you're having trouble remembering names and dates or you're worried about developing dementia in the future, it makes sense to keep your mind as sharp as you can. But that doesn't mean you have to do boring memory drills. Here are five mind-sharpening activities that can be fun, too!

1. Exercise. Exercise might not be at the top of your list when you think of things that keep your mind sharp, but maybe it should be! When you exercise, you increase blood flow to all areas of your body, including your brain. And your body releases endorphins, which make you feel good, too.

But you don't have to lift weights at the gym if you don't find that enjoyable. Pick something fun! Dance, take a swim, walk around the park, or play catch with your grandkids. As long as you're moving, you're exercising!

2. Eat! OK, we're not talking about cookies and donuts here, but eating is an enjoyable activity that sharpens your mind, as long as you're making healthy choices. Choose lots of fruits, vegetables, and whole grains. And con-

sider giving the Mediterranean diet a try. Research has found that people who adhered to the Mediterranean diet were almost 20% less likely to have memory problems than those who didn't!

And remember, healthy food doesn't have to be boring. Try cooking with family members or friends and put effort into plating your food. That way, it's an experience you enjoy!

3. Socialize. Keeping your social connections is more important than you may think when it comes to sharpening your mind. That's because when you're isolated, you're more likely to be stressed and depressed. And being stressed and depressed makes you more likely to suffer from memory loss.

So have a movie night with your family, spend time with your grandkids, invite friends over for an ice cream social, or join a book club. And if you have trouble leaving the house or live far from loved ones, take advantage of technology to video chat whenever possible.

4. Find a New Hobby. Trying something new is always a good way to sharpen your mind. Taking classes, learning to play an instrument, writing a story, and experimenting with art are all good choices.

Playing games can be excellent for your brain, too. There are many video games and puzzles designed to help keep your mind sharp. Or, if you prefer, you can start up a weekly bridge game with friends or simply do crossword puzzles at home. The important thing is to have fun and challenge your brain!

5. Use Mental Tricks. It's frustrating when you can't remember things like words and names. Thankfully, there are tricks that can help. And if you incorporate them into your daily life, they can become a fun challenge, too. Next time you need to remember someone's name, try to think of an object or image you can associate with it. For example, if your new neighbor's name is Tom, you can think of a "Tom cat."

Incorporating your senses can help keep your brain sharp, too. Smell has been found to be particularly helpful to memory. Use your senses to make a game out of trying to guess ingredients when you eat out, the types of birds you hear chirping, or even what might happen next on your favorite TV show. These mental tricks challenge your brain and create cues that help jog your memory.

Need help with mind-sharpening activities? We're happy to help. Check out some of our many services at www.celticangelsinc.com

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

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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.

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Downsizing with a partner on a different page

By Natalie Ahern, Owner,
All the Right Moves



My husband and I work in a different time zone – not literally, but figuratively. I move like the fabled hare, speedily working my way through life. I make decisions quickly and without great fear that I will miss out on anything I did not choose. My husband, in stark contrast, moves like the tortoise, methodically thinking about each step and decision ever so carefully. He also is confident that his choices were well made and I have yet to hear him say “I wish I had...”

You would assume we would never have survived 33 years of marriage, but we just roll our eyes at each other and plow on!

When we decided to downsize our family home, we took a tactic that I have used for years as a professional downsizer. We each took on our own areas of responsibility and left the other alone! Our divisions of labor were separated by our areas of interest; I took over the kitchen sorting, since I do most of the household cook-

ing, while my husband took charge of the workshop and all its mysterious tools. Of course, we had to consult each other about certain items within our designated spaces (Did he still want his waffle maker? Did I still want all the painting supplies?), but for the most part we left each other to make our own decisions.

I have discovered, when working with couples who are downsizing, that the key to surviving the process in good humor is to respect your partner and the choices he/she makes. There is always a strong possibility that your partner will take more (or less!) than you would, or that the large bin of paint rollers and brushes were a bit excessive. But as long as the process is moving along, try your best not to rock the boat.

Before you start the downsizing process as a couple, I suggest a few important tips:

- Decide in advance on a timeframe for completion. Agree you will check in once a week on progress.
- Talk about your different styles of decision making and avoid thinking your way is better (even if it is, wink, wink). Agree to respect each other.
- Talk about the monetary implications of bringing too much stuff to your new home, including paying a mover to move excess

items that really can't be used, or having to pay for a storage unit.

- If you find yourself struggling to make decisions, ask your partner, a good friend, or a professional for help. If your significant other asks you for guidance, be supportive.
- Reward each other with praise (“I can't believe you finished the basement so quickly.”) You will get much further with honey than vinegar.

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.* ∞



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Advance Care Planning – You can't control the future, but you can plan for it



By Nicole Long,
MSW, LICSW

Greek philosopher Heraclitus said “The only constant in life is change.”

One of the most common life-changes that individuals face is health status. It may not be possible to predict a specific change in

health, but you do have the power to plan ahead for future care if it is needed.

April 16th is National Healthcare Decisions Day (NHDD), a day that exists to inspire, educate, and empower the public and providers about the importance of advance care planning. It is an important initiative that encourages individuals to plan ahead of a health crisis. Each person can make health decisions and put them in writing for their families and providers to follow.

Each individual should have the information that is needed to make health care decisions that reflect their personal values and goals. Having a plan in place that reflects an individual's choices about how they wish to receive care, in the event they are unable to speak for themselves, can give them and family members peace of mind.

Putting a Health Care Plan in Place

Honoring Choices Massachusetts (HCM) is a non-profit organization focused on the rights of all adults to direct their healthcare choices. HCM empowers adults to make a personal plan to receive care that honors their values and choices throughout their lives. A personal plan can include these five documents to communicate your choices to others: Health Care Proxy; Personal Directive or Living Will; Durable Power of

Attorney; Medical Orders for Life-Sustaining Treatment (MOLST); and Comfort Care/Do Not Resuscitate Order (CC/DNR).

Many individuals have already named a Health Care Proxy to make health decisions on their behalf in the event that they are unable to make their own. Another important aspect of planning ahead is completing a Personal Directive and then keeping loved ones informed of those decisions. A written directive states what is important to the individual, and care instructions for what they do and do not want to be followed in the future if the person is unable to communicate.

Old Colony Elder Services (OCES) is a Community Partner of HCM and has staff trained as Honoring Choices facilitators. OCES can help individuals (and families, if desired) start a planning discussion, review and understand Massachusetts planning documents, and assist in creating a personal plan.

Healthy Living Programs

Living with a chronic condition such as diabetes, arthritis, COPD, or hypertension? OCES offers Healthy Living education, peer support, and Chronic Disease Self-Management Programs that can assist older adults in managing

chronic conditions.

Family Caregiver Support Program (FCSP)

For individuals caring for older adults, OCES' FCSP can empower caregivers by providing resources (available through OCES along with community resources) to help with caregiving. We can also assist grandparents caring for grandchildren.

OCES encourages all individuals to take control of their health care decisions. For more information about Healthy Living, FCSP) and Honoring Choices Programs, call OCES at 508-584-1561 or visit www.ocesma.org. To learn more about Honoring Choices Massachusetts, visit www.honoringchoicesmass.com.

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 ∞*

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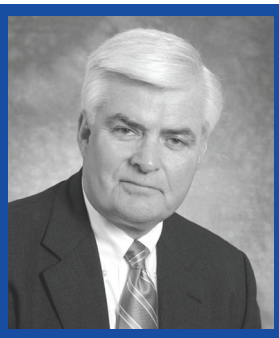
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ASK THE HIPPIE

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

Say Yes to NES – Nutrition, Exercise, Socialization



By Phyllis DeLaricheliere, MS

WEYMOUTH – The good weather is upon us and it's time to come out of hibernation, Covid, and darkness and embrace today. Let's start taking care of each other and this starts with taking care of ourselves. It's easy and here are the three steps to do it.

NUTRITION: "YOU ARE WHAT YOU EAT." Interestingly, the origin of this phrase dates to 1826 where a French lawyer and politician coined a phrase that had a similar meaning.

Over the years it was pared down and in the early 1920s, a nutritionist, Victor Lindlahr, published the phrase we know today. He believed that food controls our health and said, "Ninety per cent of the diseases known to man are caused by cheap foodstuffs."

How many of us truly buy into this idea that what we reap what we sow? How many of us apply that to nutrition and our bodies? Why is it so difficult to make the realization that we all have one body, one mind, and we should take the best care of it as we possibly can. Realistically, this is a very achievable goal and one of the easiest things we could ever do in our lifetime since we have complete control over what goes into our bodies.

I can imagine right about now some of you are saying to yourselves as you are reading this; "Can't teach an old dog a new trick," or "If it was good enough for my grandmother's generation then it's good enough for me." Is it? If our ancestors had access to the information we have today about nutrition, would they have changed? But since we do, It's never too late to make changes in our habits that could have long-term benefits.

We have all been told at one time or another by our physician that we are at risk of something medical, if we don't change the way we eat. Our body is our machine and how we take care of it directly affects the most essential organ contained within it – our brain. Weighing in at roughly three pounds, our brain hosts the human nervous system. It controls most of the activities of the body, processing, integrating, and coordinating information like a mainframe computer, performing a multitude of tasks, and making decisions that then send instructions to the rest of our bodies. With such a vital and vulnerable organ, how many of us eat for our brains?

There are easy nutritional steps to help make our organs stronger and give us a healthier life. And the blessing is, it's never too late. Research is being published that states a holistic nutritional lifestyle will support healthier bones, organs, and our brain. Creating a new foundation of treatment using foods is assisting with those suffering with chronic pain, arthritis, fibromyalgia, diabetes, heart disease and dementia. A common thread that I have found in so much of the research based on nutrition and disease is that eating foods that assist with eliminating inflammation can provide a defense in fighting against these diseases. Here are two highly recommended programs. I tend to not refer to them as diets, as this term, for some of us, has a negative connotation and psychologically makes a person feel vulnerable, deprived and/or punished.

DASH program (Dietary Approaches to Stop Hypertension) designed by the U.S. National Institute of Health. The goal is to reduce blood pressure, protect against heart disease and help with inflammation.

- Decrease intake of fats, red meats, sweets, sugared beverages and sodium.
- Consume whole grains, poultry, fish and nuts.

- Eat foods that are low in saturated fat, and cholesterol,
- Eat fruits, vegetables and low-fat dairy.

The second is recommended by the Alzheimer's Association (2017) and its one that some of us have heard of before.

The Mediterranean program. Stemming from food profiles found on the borders of the Mediterranean Sea, the goal is to reduce inflammation, and protect against heart disease and vascular disease.

- Eat fish and poultry at least twice a week
- Replace butter with healthy fats, like olive oil
- Focus on fruit, vegetables, nuts and grains
- Limit red meat
- Use herbs to flavor food rather than salt

It is noteworthy to also mention that many herbs and plants are helpful in brain health. Curcumin a component of turmeric, the root of a tropical plant found in the ginger family, is creating a buzz in the psychological scientific community. Researchers are starting to see test results showing that it assists with depression, anxiety, working memory, attention, inflammation, and neuroprotection. This is now being looked at since it seems to be stopping the formation of plaque that we see in Alzheimer's Disease. (*Psychology Today*, 2018)

The foundation here is what's good for your heart is good for your brain, or vice-versa. More and more research is suggesting that a heart-healthy diet assists in pain management and helps retain brain volume in older adults. Since every 66 seconds someone is diagnosed with Alzheimer's disease (Alzheimer's Association 2017) and the number one leading cause of death in women today in the United States is heart disease (American Heart Association, 2017), why wouldn't we want to give this new journey a try?

We all deserve a healthy, satisfying life and whatever we can do to make that happen, is worth the effort.

EXERCISE: "It's a NO-BRAINER!"

We all have great intentions to get fit and/or keep fit. We even make New Year's resolutions around it. Exercise! The word can excite, frighten, or even frustrate us. However, physical activity should be a major component of your life. It's a necessary commitment to taking care of your body, mind and spirit. Like committing to feeding our bodies with better nutrition, we need to add exercise as an important protective factor. Once again, GOOD NEWS – it's never too late to start.

Exercise helps us feel better and helps reduce the risks of chronic disease, disability, anxiety and depression. Not to mention it has few side effects, and can be inexpensive and enjoyable. Invest in yourself; you have nothing to lose and everything to gain. Physical fitness does NOT have to hurt or push you to discouragement. MOVEMENT is the key.

Regular physical activity may have benefits that can assist in the fight against Alzheimer's/dementia. Last month we learned nutritionally that a healthy heart diet feeds your brain as well. This applies to exercise too. It reduces risks of falling by improving strength and balance, which also can support keeping up with our activities of daily living (ADL). It improves cardiac efficiency and benefits brain cells by increasing blood and oxygen flow to the brain. This includes feeding our hippocampus (our memory bank). Just as importantly, it influences brain metabolism leading to protecting brain cells and further setting up prevention or defense against dementia.

Physical fitness is something a caregiver can share with someone who has dementia. It will help the person cope with disease by exercising the body, which in turn supports the brain's health. Studies are starting



Ask the Hippie... continued on p.14

Art Matters XXIX: Reflections on various art media

Sculpture, Part 10a – Byzantine Medieval Art, Constantinople and the Eastern Roman Empire



By Janet Cornacchio,
President Scituate Arts Association

Recently we looked at the change going on in the western half of the Roman Empire as it declined and reformed into smaller nation states as various migrating ethnic groups merged together, integrating their native culture with that of the Empire. Meanwhile, a similar process was going on in Byzantium where Eastern Christianity held sway.

The power shift in the Near East with the rise of Islam beginning in the 6th century was another factor in the art and life of the Early Medieval world. An understanding of the dynamics of history is an important factor in art's evolution with sculpture and architecture, as always, being the most lasting and readily apparent expression of a culture's artistic values and vision.

European history often barely gives a nod to Constantinople and the Eastern Roman Empire, which is the name by which that division of the Roman Empire called itself. In the West, it was often referred to as the Byzantine Empire. Ironically, it was the West which was ultimately responsible for the fall of Constantinople, which never fully recovered from the sack of the city during the Fourth Crusade in 1204 until the city fell once again, this time to the Ottoman Turks in 1453.

For over 1,000 years, from the moving of the Empire's capital by Emperor Constantine until its Fall, the Eastern Empire carried on much of the knowledge, literature and art of Europe and the Ancient Near East. Fortunately, by then, the torch had passed back to Venice and Rome and gradually the rest of Europe once again.

So, while in the West, art was evolving away from classic proportions, the art of Byzantium never lost sight of its classical heritage. The capital, Constantinople, was adorned with a large number of classical sculptures, although eventually the East, too, moved away from its classical heritage and followed a new aesthetic, which focused more on a symbolic representation of art rather than the path towards realism followed in the West.

Monumental Byzantine art generally combined two themes: religion and the imperium, exemplified in the portraits of the Byzantine emperors decorating the interior of Constantinople's Hagia Sophia, a landmark sixth-century church. Byzantine society was, by nature, pious and autocratic. The concentration of the empire's wealth in the Eastern Orthodox Church and the imperial government reinforced that tendency and it was these powerful bodies that awarded large artistic commissions.

It's worth noting that the Eastern Christian church initially followed the opposition to monumental religious sculpture and icons prevalent in the Western Church. Reliefs were the common sculpture, other than classic statues that were allowed to remain. Large statues never became important in the East, whereas in the West, as the first millennium neared, large-sized sculpture reappeared, both religious and political, i.e., rulers.

Byzantine religious art was not, however, limited to the monumental decoration of church interiors. Two other important genres were that of the icons and illuminated manuscripts. An icon was an image of Christ, the Virgin Mary, or a saint used as an object of devotion or meditation in both Eastern Orthodox churches or in home altarpieces. An icon's purpose was by nature more spiritual than aesthetic. For the faithful, it served to offer a pathway into a rapport with the saint or holy person depicted. That rapport was further heightened by specific canons dictating how that figure could be represented (reminiscent of those of the gods of Egypt and other early cultures) making it easier for the devotee to recognize that saint and meditate on his or her attributes.

Illuminated manuscripts feature texts decorated with initials, border and illustrations. Both ends of the Empire produced them. The term

"illuminated" refers specifically to the gold and silver leaf that literally lit them up; in addition, until paper-making became common, parchment was the base on which the manuscripts were created by skilled hands. Both religious and secular texts were illuminated. The history of John Skylitzes is one well known manuscript that tells of the reign of the Eastern Emperors from 811 to 1057.

Among the decorative arts celebrated in the East were hand-carved ivory reliefs, hardstone carvings, enamel work, glass, jewelry, metal work and silk. A large proportion of these art forms again represent religious themes, although secular and purely decorative elements were also used. Next time, having looked at the large picture behind the Eastern Roman Empire, it will be time to look at some specific examples of Byzantine art in the early years of the Empire.

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 ∞

Visit Scituate Arts Association's Annual Juried Show, April 8-May 1

The Scituate Arts Association is proud to announce its Juried Show to be held at its Front Street Art Gallery from Friday, April 8, through Sunday, May 1. Depending on Covid numbers at that time, awards presentation by invitation will take place Friday evening, April 22, from 6:30-8:00 p.m. or, alternately, a film presentation will be posted on YouTube or online. Jurors for the show are Eileen Casey, Sergio Roffo & Vcevy Strekalovsky.

Front Street Art Gallery, a juried cooperative gallery of over twenty local artists and artisans, is located at 124 Front Street, Scituate Harbor. Gallery hours are Wednesday through Sunday, noon to 5 PM or arrange for a private showing by appointment.

Telephone: 781 545-6150, Website: www.frontstreetartgallery.com, Facebook: Front Street Art Gallery. ∞



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Senior Fitness... Cont. from page 7

(trunk) flexion to the position of full-range lumbar (trunk) extensions (72 degrees movement range). The erector spinae muscle-strength increased markedly throughout the entire range of movement. In both studies, 157 subjects (average age 61.5 years) improved their body composition, increased muscle, decreased fat, increased low back strength, and experienced less low back pain.

STUDY SUMMARIES

Both *Study One*, and *Study Two* determined that full-range lumbar (trunk) extension increased muscle strength and reduced low back pain. Hence, according to the American College of Sports Medicine (2018), the American Council on Exercise (2014) guidelines, and the University of Florida’s study, performing resistance exercises within a full but *pain-free* movement range is the *ideal* training protocol for developing full-range muscle strength of the lower-back, erector spinae (lumbar) muscles, with the added benefit of reducing low back pain in individuals who suffer from low back problems.

Testimonial by Dr. Benedict Daly, a Boston University Medical Professor, U.S. Medical Consultant, and 7-year member of Quincy College’s Health & Fitness Center. Due to performing multiple years of surgery, Dr. Daly experienced severe, painful arthritis in his back. After having tried many treatment and exercise modalities, he says, “*The most effective intervention for relieving my back pain was regularly performing the Nautilus machine exercises, particularly the low back, abdominal, rotary torso, and pulldown machines. Nothing else I have done has helped my spinal condition as much as these four Nautilus machines.*”

If you are suffering with lower back pain and discomfort, consider participating in Quincy College’s Community Health & Fitness Center strength training program. We are located at President’s Place, Ground Level, 1250 Hancock Street, Quincy, MA across from the Quincy T-Station. To tour our facility and to receive a complimentary training session, just call 617.405.5978. Free one hour and two-hour parking spaces are available on Coddington and Washington Streets as well as an accessible parking garage next to our building for a small fee.

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 and is available for speaking engagements.

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 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 and is available for speaking engagements. ∞

Ask the Hippie... Cont. from page 12

to show that it can ease progression and symptoms. It will release endorphins providing positive feelings to be captured and felt. Exercising together will allow you to bond over perhaps a new activity. Most caregivers can’t find time to exercise because of the responsibilities they take on with their loved one with dementia. So no more excuses – do it together. If your loved one can’t safely walk, there are so many “chair” exercises that will allow both of you to still get a satisfying workout, keep strong and feel good.

So, pick what makes you move. Walking is a safe and amazing way

to stay fit, healthy, and get introduced or reintroduced to physical fitness and your body’s abilities. While cardio is important, so is maintaining muscles and bones. You can achieve this through strengthening your body using weights, taking Tai Chi, or even Yoga.

Things to remember: Listen to your body – if it doesn’t feel good, STOP! Consult your physician if medical conditions are a concern and remember, STAYING ACTIVE MEANS STAYING SHARP!

SOCIALIZATION: “Can we talk?”

No one likes to be alone all the time. I’m not questioning that peace is not bliss, but isolation is not good for your health. As a matter of fact, by nature we are social beings. Elizabeth Bemis, Massachusetts author of “The Importance of Socialization at Senior Living Communities,” states that “Human nature leads us to crave fulfilling relationships with other people.”

However, some circumstances of life may lead to isolation and finding ourselves alone.

Loneliness can lead to depression and anxiety – two negative impacts on our physiological health and wellbeing. With our current seniors making up a great portion of our U.S. population, by default, we will see changes in our economic and social shifts of our society. The majority of our current group of seniors grew up, got married and have been in the same house, the same area for 40 to 50 years. This means over that time, the neighborhood around them has changed and evolved, but for some of them, still in those houses, life stands still. Since they are living longer, they are witnessing more friends passing away, even family or children, and they find their nucleus, their inner sanctuary, dissolving and isolation setting in.

So, as important as it is for children to have positive interactions and social engagements, it holds the same critical weight for seniors. In having these social supports and experiences, research shows a reduction in stress, increase in physical health and a substantial decrease in psychological issues such as depression and anxiety.

Here is the best part! Talk is cheap!!!! It costs nothing. It can be as simple as saying hello to someone and asking how their day is. By initiating a social interaction, we are feeding our self-awareness and creating positive feelings for ourselves and others. We need to stay connected with other human beings. This also stands true when dealing with a loved one with dementia. Caregivers might find themselves starved for conversation if their loved one no longer speaks. What can you do? Remember, caregivers, you must place the oxygen on yourself first before you can help others. In other words, get out there and talk to someone.

Find a support group or go out with a friend. **Schedule this time like you were making an appointment at the doctors.** It’s just as important! Now you are getting oxygen; you are strong enough to help your loved one on their journey with dementia. Perhaps they have lost the ability to speak or they no longer understand your words; they can still find fulfillment. Like a newborn that recognizes its mother’s voice, the sound of your voice will bring them comfort. It will feel familiar. And the topic of conversation truly does not carry as much weight. Because having the connection with them and giving your loved ones the dignity and respect they deserve will bring the same health benefits and alleviate some of the depression and isolation dementia can bring.

So, get chatting! We have so many ways one can communicate now; there really is no reason why you can’t reach out and talk to someone. The power of human connection is strong medicine. And it doesn’t need a prescription, insurance doesn’t need to approve it and the benefits far outweigh the risk.

About the Author: Phyllis DeLaricheliere MS, author/columnist/lecturer/consultant is on a mission to help others understand compassionately the journey of Alzheimer’s/dementia. She is a welcomed educator for nursing programs and other clinical settings as well as a vibrant guest speaker to those caring for someone with Alzheimer’s and allows them to feel supported and to see the disease from another side. WEBSITE: www.askthehippie.com to learn more. ∞

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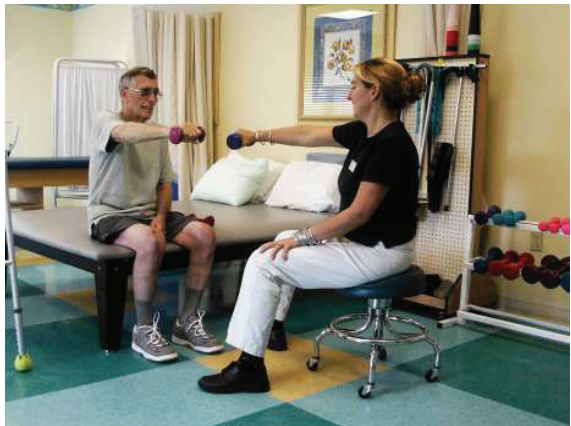
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