

# South Shore Senior News



APRIL 2016

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## Choosing Where You Recover

By Rebekah Levit

**MILTON** - After a hospitalization for a serious health event, many seniors need additional care or rehabilitation services, such as physical or occupational therapy. Often they are discharged to a skilled nursing facility or rehabilitation center for a short visit to receive these services. If they do not need rehab or continued intensive medical care they are sent home where they may still require assistance with daily activities such as bathing and preparing meals, or nursing care such as wound dressing.

The burden of securing all of the necessary post-hospital services and assistance most often falls on the family. The discharge planning process can be overwhelming, leaving little time for families to digest their options and make the best informed decisions for their loved one.

*May is Better Hearing Month*

## Don't Miss The Signs of Hearing Loss



Janice Powis

By Janice Powis

**QUINCY** - It's so frustrating! Why don't people just slow down and talk more clearly? What on earth are they saying?

If you ever feel this way during conversations, you're not alone. The truth is, not understanding speech is a common sign of hearing loss – one of the world's most common health problems. In fact, most people experience some degree of hearing loss in their lifetime. Because hearing loss is usually a gradual process, it often goes unnoticed or ignored.

**Hearing Loss**, continued on page 6



## Seven Things You Should Know

1. **If your loved one does not require 24-hour medical care, they may be sent home to recover.** If they need to continue rehab started at the hospital, you can bring in therapy services. However, successful recovery often requires adherence to an exercise, diet or medication regimen when the therapist is not around. An assisted living community might be the better environment to recuperate with staff reminders and peer support, along with 24-hour oversight. Just like at home, seniors can contract for therapies paid for by Medicare.

**Choosing**, continued on page 2

## More Love Please

By Sofia Milan

*While most would respond with an emphatic "yes" if asked if they would like more love in their lives, I suspect few people welcome the extent of "work" required to achieve that outcome. Of course, the amount of work involved depends on how far away one feels they are from the level of love they desire. Just like achieving a diet, fitness or career goal, elevating the amount of love in your life requires commitment, change, vision and patience - with yourself and with others.*

**More Love**, continued on page 9



## Be Summer Ready

By Wayne Westcott & Rita La Rosa Loud

**QUINCY** - With summer fast approaching, many of us are thinking about getting into better shape and losing a few pounds that we typically add during the winter. Fortunately, losing unnecessary fat and improving physical fitness go hand-in-hand. Please consider how exercise and weight loss work together. To stay alive, we must provide fuel for our essential body functions, such as thinking, breathing, circulating blood, digesting food, speaking and moving.

**Summer Ready**, continued on page 12



2. When recovering at home there may be extra responsibilities for family members, or you may need to bring in services. Is your family equipped and/or available to help provide personal care, medication assistance and household care? If you need professional help, you can contract for non-medical “home care” services such as bathing, dressing, meal preparation, housekeeping, shopping, assistance with medications, exercises and transportation to medical appointments. These may not always be covered by insurance. You can also bring in skilled medical “home health care” services, such as nursing care, physical, occupational, speech and respiratory therapies and hospice care.
3. If your loved one needs rehab they may be discharged to a skilled nursing facility (SNF) or rehabilitation center. The environment at these types of facilities often feel like a hospital; keep this in mind if you think your loved one would do better socially in a more home-like environment. Although SNFs are appropriate for patients

who require intensive 24-hour medical care, rehab can be completed in assisted living. Families can also choose to have their loved one complete their initial post-hospital rehab in a SNF and then transition to assisted living for additional rehab and care before returning home.

4. Post hospitalization, short-term rehabilitation stays at a SNF may be covered by Medicare for up to 100 days. Not all post-hospitalization care is covered by Medicare or insurance. Check directly with the hospital, your insurer and/or Medicare.
5. An interim respite in assisted living can provide the extra care and support one needs to recuperate, and can give families extra time to organize post-hospital care. You may also consider a respite stay even if medical care or therapy is not necessary, but your loved one is not strong enough to be home alone. Just like

at home, you can bring in services, generally paid for by Medicare, in order to provide the specific therapies and nursing services medically required.

6. At an assisted living community, seniors who are regaining their strength can receive



personal care services, proper nutrition and help managing medications, along with other benefits like

camaraderie, a daily calendar of activities and a private fully furnished apartment. Personal care is provided discreetly in the privacy of their own apartment.

7. A respite stay can provide an opportunity to test out life at a senior living community to see if it is a good fit. This can make a transition to permanent residency, if necessary, much easier.

When making a decision, it will be important to consider not just the recommendation of the hospital, but what your loved one would want and how they actually feel. For example, the hospital may recommend your loved one be released to their home and yet you know that they do not feel confident or strong enough to handle being on their own. Be sure to discuss all options and preferences with the hospital's discharge planning team.

About The Author

Rebekah Levit is Executive Director at Standish Village, an assisted living and Alzheimer's care community located on the Dorchester / Milton line in the heart of the Lower Mills. If you are interested in assisted living or memory support and would like to learn more, or if you are beginning the research process and have questions, you are invited to call Rebekah directly at (617) 298-5656.

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# A Year On.....

QUINCY - Last year this month I wrote about living mindfully; that is to slow down and enjoy each moment. The older I get (I will be 75 in May; unbelievable!) the more important this



Matters of the Mind

BEVERLY MOORE, RN, CS

concept is to me. Friends are getting sick and people I've known in work and professionally are leaving this earth forever.

I am coaching much younger dementia caregivers in their 50s and 60s, mourning the loss of their dreams of retirement. Some waited to retire like I am and wonder if that was a good decision after all.

A diagnosis of Alzheimer's, a progressive terminal illness, alters life for a couple. Hopes of travel, a move to a vacation home must be reconsidered. What will a change do to the spouse who has a hard time with the familiar?

No one plans on being a caregiver to their spouse; we marry promising better or worse, richer or poorer and in sickness and in health 'til death do us part. Who thinks illness will fill the later years?

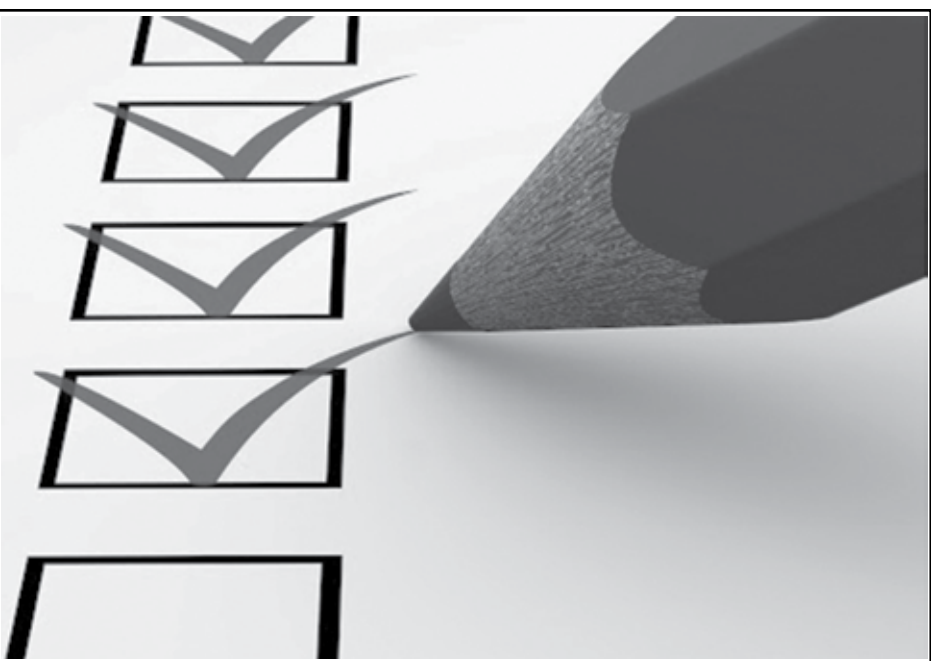
It challenges a marriage. Some spouses get angry, resentful, others sad and disappointed. These are normal reactions to unexpected unwelcome change. So what is the answer?

Live each day as if it were your last. I went to a seminar a long time ago named Death, the Final Stage of Growth. I listened as people who were living with a terminal illness talk about the joy they found in each day. I was in my 30s at the time but it still impacted how I approached accident, illness and an untimely death that interrupted my plans.

These days I sleep past 6 a.m. most days, make sure my husband and I eat most meals together, and plan times together playing golf (pretty poorly I must say of my game), enjoying a board game many evenings, and simply sharing our day at dinner (without the TV). If perhaps when illness strikes I won't be so disappointed. I hope so.

About The Author

Beverly Moore is owner of StilMee, an Alzheimer caregiver service based in Quincy and serving Massachusetts and southern parts of New Hampshire and Maine. She is author of two books on Alzheimer caregiving, Matters of the Mind...and the Heart and New Trends in Alzheimer Care; Finding the Spirit Within. Both books are available on Amazon.com, Strategic Publishing Company and [www.StilMee.com](http://www.StilMee.com). Visit Beverly's blog at [www.StilMee.com](http://www.StilMee.com). Beverly can be reached at [StilMee@comcast.net](mailto:StilMee@comcast.net).



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Judith M. Flynn



# All I Need is a Good Night's Sleep

By Diana DiGiorgi

**BROCKTON** - Do older people need less sleep than younger people? No. Older adults need about the same amount of sleep as younger adults: seven to nine hours each night. But seniors tend to go to sleep earlier and get up earlier than when they were younger.

Older people also may nap more during the day, which can sometimes make it harder to fall asleep at night.

How many times have you heard someone say, “All I need is a good night’s sleep?” There’s no question that getting enough sleep helps you stay healthy and alert. But many older people don’t sleep well. You shouldn’t wake up every day feeling tired.

There are two kinds of sleep: Rapid eye movement (REM) sleep and non-REM sleep. Our dreams occur mostly during

REM sleep, and we have the deepest sleep during non-REM sleep. As you get older, you spend less time in deep sleep, which may explain why older people are often light sleepers.

If you are not getting enough sleep, you can feel irritable, have memory problems, feel depressed, have more falls or accidents, and feel very sleepy during the day.

According to the National Institute on Aging, there are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep and some medicines can keep you awake.

The most common sleep problem in older adults is insomnia: having trouble falling asleep and staying asleep. It may take you a long time to fall asleep, or you may wake up several times in the night, or wake up early and not be able to get back to

sleep, or wake up feeling tired. Insomnia can last for days, months, or even years. Sometimes insomnia may be a sign of other problems. Or, it could be a side effect of a medication or an illness. Being unable to sleep can become a habit.

Here are some tips for getting a better night’s sleep:

- Take time to relax before bedtime each night. It’s ok to watch television, read a book, listen to soothing music, or soak in a warm bath.
- Go to sleep and get up at the same time each day, even on weekends. Avoid napping in the late afternoon or evening, as it may keep you awake at night.
- Keep your bedroom dark, not too hot or too cold, and as quiet as possible. Have a comfortable mattress, a pillow you like, and enough blankets for the season.

- Don’t exercise within three hours of your bedtime, and try to get outside in the sunlight each day.
- Large meals close to bedtime can keep you awake, but a light snack in the evening can help you get a good night’s sleep. Avoid caffeine (coffee, tea, soda, or hot chocolate) late in the day. Alcohol will not help you sleep, and drink fewer beverages in the evening.
- After turning off the light, give yourself about 20 minutes to fall asleep. If you’re still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.
- Have a good lamp within reach that turns on easily, and put a glass of water next to the bed in case you wake up thirsty. Put nightlights in the bathroom and hall.
- Remove area rugs so you don’t trip on your way to the bathroom.
- Try counting slowly to 100, or relaxing your body by telling yourself that your toes feel light as air, and then work your way up the rest of the body saying the same words.

If you feel tired for more than two or three weeks, you may have a sleep problem. Talk to your doctor about changes you can make to get a better night’s sleep.

Some seniors who have trouble sleeping turn to over-the-counter sleep aids; but

medicines are not a cure for insomnia. Developing healthy habits before bedtime may help you get a better night’s sleep.

Another sleep disorder is sleep apnea---or short pauses in breathing while sleeping. These pauses can happen many times during the night. As a result, the quality of your sleep is poor, which makes you tired during the day. Sleep apnea is a leading cause of excessive daytime sleepiness and can lead to other problems like high blood pressure or stroke.

Most people who have sleep apnea don’t know they have it because it only occurs during sleep. A family member might be the first to notice signs of sleep apnea.

You may need to learn to sleep in a position that keeps your airways open, or sleep with two pillows to elevate your head. There are also medical devices that could help. But start off by asking your doctor how to determine if you have sleep apnea.

Alzheimer’s disease often changes a person’s sleeping habits. Some people with Alzheimer’s sleep too much, others don’t sleep enough. Some people wander or yell at night.

Caregivers may have sleepless nights too. If you are caring for someone with Alzheimer’s, make

sure the floor is clear of objects, lock up any medicines, install grab bars in the bathroom and place a gate across the stairs.

For more information, contact the National Sleep Foundation at [www.sleepfoundation.org](http://www.sleepfoundation.org), or Better Sleep Council, [www.bettersleep.org](http://www.bettersleep.org)

### About the Author



Diana DiGiorgi is the Executive Director of Old Colony Elder Services (OCES). OCES serves 20 towns in Plymouth County as well as Avon, Easton and Stoughton. OCES offers a number of

programs to serve seniors, individuals with disabilities, their families and caregivers. For information call (508) 584-1561 or visit [www.ocesma.org](http://www.ocesma.org).



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# Don't Miss The Signs of Hearing Loss

continued from page 1

You may attribute your difficulty in hearing to other factors. Or, maybe you don't even notice your hearing loss, but others around you do.

If you're not sure, the following questions can help:

- Are the “sh,” “th” and “f” sounds more difficult to hear?
- Do you often ask others to repeat themselves?
- Do you turn up the TV or radio louder than others prefer?
- Is it particularly difficult to understand conversation when there is background noise?
- Does it seem as though others are mumbling when they speak to you?
- Do you have difficulty following group conversations?
- Do you find it difficult to identify from which direction sounds are coming?

If you answered yes to any of these questions, you may have a hearing loss. But don't worry, there is plenty of help. Today's digital technology is providing advanced hearing aid options that offer great sound quality, reduce background noise and can be customized to meet your specific needs.

## Now What?

Hearing loss: it happens to most of us to some degree. After all, it is a natural part of the aging process. Between the ages of 30 and 40, the cells in our inner ears begin to die, and this gradually takes a toll on our hearing. For approximately 1 in 10 people, that hearing loss reaches a point where a hearing aid is required.

The great news today is advances in technology have made hearing aids much more sophisticated and discreet than they used to be. So, if you've decided it's time to overcome perceptions, knock down roadblocks and get back into a life full of glorious sounds, here's where you can get help.



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As you can see, there's plenty of help out there. Getting your hearing evaluated and learning all you can about hearing loss and treatment options is an easy step. And, it could really make a big difference in your life.

Ready to start? Contact your neighborhood audiologist and get your hearing evaluated today!

## About The Author

*Dr. Janice Powis is a clinical dispensing audiologist who completed her clinical fellowship year at Brigham and Women's Hospital, a teaching affiliate of Harvard Medical School. She holds an AuD degree from the University of Memphis in Tennessee. Quincy Hearing, is an audiology and hearing aid dispensing practice located in Quincy and serving the South Shore. Dr. Powis can be reached at (617) 773-0900.*



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# What to Expect as a New Caregiver

By Chrissy Bowlin

**BRAINTREE** - Finding yourself in the role of a new caregiver can be devastating, unnerving and distressing. There is no real way to prepare for a loved one receiving a frightening diagnosis such as a terminal illness or for a debilitating disease like dementia. A new caregiver often finds his or herself making major life decisions without a road map containing all of the right answers. While every situation warrants developing its own specific plan, there are several things all new caregivers should consider in order to navigate their own individual road maps.

## Take a Deep Breath

As a new caregiver, this is something you are going to inevitably hear frequently no matter how many times you habitually and automatically nod along in an attempt to quiet your friends and family. Pausing to take a deep breath can actually help you clearly organize your thoughts and manage what you need to do successfully.

According to Psychology Today, abundant levels of stress initiate our instinctual “Fight or Flight” response, which is a defense mechanism we have developed to react to fear. This response increases our body's adrenaline and blood flow, and while this response is helpful in an instance of reacting to danger, it is not so helpful when it is constantly triggered due to being in an ongoing state of stress.

Entering the role of a new caregiver is often unexpected, and caregivers usually have spouses, children, grandchildren, jobs, their own health complications, and other various obligations to balance when becoming a new caregiver. While it may not seem productive on the surface to focus on something as basic and automatic as breathing, ensuring the body and brain are receiving enough oxygen will slow an elevated heart rate and will activate relaxation responses that will relieve some of the apprehension and anxiety.

Focusing on breathing for ninety seconds at the beginning of the day or prior to making

a stressful caregiving decision helps properly organize exactly what you are going to do, and can help you avoid entering a situation feeling shaky and unsure. Relaxing the body through various breathing techniques, stretching, and meditating can also benefit poor sleeping patterns and an unhealthy appetite. While these tasks may seem of minimal importance in comparison to all of the other daily life stressors, there are direct correlations between eating and sleeping habits and both short and long lasting health effects.

## Recognize What You Feel

As a new caregiver, you may not be used to processing a daily rollercoaster of emotions. Caregiving can often be a thankless job, and juggling the task on top of everything else with little gratitude or support can leave caregivers feeling helpless, frustrated, afraid, angry and isolated. Caregivers often express feeling guilty about experiencing these emotions, and will try to ignore what they are feeling.

**What to Expect,** continued on page 14





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## Passover

## Lasting Peace, Good Health and Joy

By Shirley Miller Stein

**SHARON** - Passover and out of town guests go together like chicken soup and matzo balls. Boston attracts many folks who combine holiday visits with great sightseeing. *Pesach* is a little like winning the lottery. Suddenly you have more relatives than you realized. When company lands at your house, do you fly into orbit?



Shirley Miller Stein

When family and friends merge, personalities sometimes collide. The holiday evokes strong feelings, some that lurk beneath the surface. Fear, anger, joy, sadness and jealousy seem to tumble inside us like popcorn in a microwave. Grudges surface. We tend to grieve for the departed. Sometimes, the harder we try to put on a happy face, the more we squirm in "Stress City."

This year, the war in Iraq coupled with its impact on America and Israel causes ongoing anxiety. Worry is familiar to many of us. How can we capture the joyous essence of our Festival of Freedom without turmoil?

In traditional homes, Passover requires lots of work and attention to detail. Enlist the family. If possible, splurge on professional help. A little goes a long way. Avoid "victimitis." Take time out. If Pilates, pedicures or pinochle is on your calendar, keep on track, especially during the week before the Seders.

Holiday foods and rituals promote nostalgia and evoke strong feelings. Whether to serve rice, dip a finger in wine or add an orange to the *Seder* plate can raise eyebrows. What time do we start and end? When do we EAT? Who asks the Four Questions? Hebrew, English, *Yiddish*, Spanish? Do little kids sit at a separate table? "But in our house, we *always* ..." is a familiar refrain. If you are relaxed and confident, your happy vibes should elicit smiles of consensus.

Reunion with loved ones can be precious, memorable, even fun! Create your own traditions. Blend the old and new. If time permits, dig out old photo albums. Kids love to see relatives, friends and themselves in their "younger days" from long ago. Laughter goes a long way!

At Passover we often take stock of our lives. Hopefully, we treasure our many blessings. Births, deaths, losses, disappointments and dreams for the future come into sharp focus.

May this Passover be the start of a year of lasting peace, good health and joy. Happy Holiday! (*Chag Sameach!*)

#### About The Author

Shirley Miller Stein, MSW lives in Sharon.

## More Love, continued from page 1

Toward this end, it's entirely possible for sentiment-seekers to create a personalized plan to achieve love goals, no matter how short or long of a journey that lies ahead. In the weight-loss analogy, if you want to lose five pounds or 50 pounds, your personal trainer would have different advice for you. Similarly, if you want to increase the amount of love in your life by 5% or 500%, the means to achieve this would be different.

To help get you started, here are seven things that may be undermining your love goals no matter how far along you are on the jubilant journey.

I ♥ ME

**1. Not vetting the VIPs.** Who is the most important person in your life? Did you say "me"? If not, it's time to practice self-love and move yourself to the top spot on your

VIP list! The most important person in your life *must* be you. Only you can choose a side

salad over French Fries. Only you can choose to react calmly instead of angrily at the driver who cut you off. Only you can choose to surround yourself with positive people who enrich your life versus toxic people who break you down emotionally. I'm not suggesting that narcissism is good or giving you a license to be selfish. Just take a lesson from the flight attendants who instruct, "put your oxygen mask on first, before helping others."

**2. Failing to train your brain.** Perhaps you've heard about how

**TRAINING**

athletes and other competitors imagine themselves successfully executing their craft with perfection prior to the moment they are expected to perform. Top competitors practice, watch videos of themselves, mentally visualize their success and practice some more. Similarly, a powerful tool is to visualize the love that you desire, and

imagine it in a way so that you can actually feel it. Imagine the warmth and security of an embrace. Feel the joy of spending time laughing with dear friends. Just like an athlete, this will train your brain to make it happen and to manifest what you desire.

### 3. Holding steadfast to your "filter."

Do you know someone who can always cite a litany of reasons why something won't work? Or the cynical person who thinks everyone has a clandestine ulterior motive? Or the conspiracy theorist that really thinks everyone is out to get them? How many people do you know truly see only the goodness in other people and the world overall? How would you rate? Does your own perception "filter" need an upgrade?



More Love, continued on page 10

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More Love, continued from page 9

In today’s crazy and stressful world, whose doesn’t? Whether it’s with respect to romantic interests, friends or family members, rather than focusing on the flaws and shortcomings with a critical eye, instead try to see the person’s goodness. Consider the positive reasons you have crossed paths with this person and practice seeing their good qualities when you interact with them. A critical eye can always find something wrong. We’re all human after all. Not only will you feel better just by making this small shift in the way you regard and relate with others, but they will also sense the favorable shift in you.



4. Lacking a “Love Action List.” Make a list of “Love Actions,” which are specific things that special someone

in your life can do that would make you feel loved. Make sure that small, no-cost gestures are included as well as bigger items.

For example, this list might include things like, “bring me coffee in bed,” “whisper in my ear and make me blush when we’re out,” “plan an outing for us to look forward to,” “send me flowers for no reason” and other sweet or spicy gestures. Obviously some of these are not so easy to do for yourselves. However, you can buy yourself flowers and plan things to look forward to! Making the list—and even acting on it for yourself—will be a message to the universe that you wish to attract someone willing and capable of doing all of these things and more.

If you do choose to do this exercise and share your list with your significant other, it’s imperative that you do not judge the items on their list! Do make sure you understand them, as the list represents the key to their happiness. Be thankful that you no longer are expected to be able to read his or her mind. Also, do not keep score. If you choose a “Love Action” from his or her list to show that you care, do so lovingly rather than regarding it as yet another chore and,

case for remaining a l o o f , building those proverbial walls up around your heart and not letting people “in” to experience the real you. If you wish to experience the kind of deep-seeded love you’ve trained your brain to imagine, there is likely some work that you need to do to remove whatever self-limiting beliefs, fears, pain or negative feelings are lurking in the dark recesses of your psyche. These are your emotional roadblocks and you need to figure out how to step over, get around or completely annihilate these barriers.

To do so, you’ll first need to identify what is blocking your ability to love fully and fearlessly. Then you can do the internal work needed to transform those negative thoughts into positive ones. For example, a current belief of, “my first marriage was a waste of time and energy and my spouse was a cheating, lying, selfish jerk.” These thoughts are essentially agreements to attract yet another person who is and does the same thing. Instead, you should say out loud daily, until you truly believe it at your core, an affirming statement such as: “My first marriage taught me a great deal about myself, how deeply I can love someone and demonstrated that I have the courage and strength within me as well as the support around me to recover from painful circumstances. Thank you for the lessons I needed to learn. I am strong, loving and deserve true love.”

5. Raising roadblocks. There are probably plenty of examples in your life, or in the lives of those dear to you, that make a good



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6. Foregoing fun. Many of us are very busy doing things for others—work, family, community. Imagine if all of those people who are siphoning your time and energy not only stopped, but also instructed you to do something that makes you truly happy. Imagine them all saying in unison, “We give you permission to take time to do whatever makes your heart happy.” What would you do? Take a long walk in nature? Dance? Sit by the river and read? Go to a jazz club and let the music wash over you? You might be surprised how difficult it can be to identify what exactly will make you feel happy and fulfilled.

Look at your calendar over the next month and commit to doing whatever it is that brings you joy. If you need to practice more self-love, plan to go solo, so that someone else’s “stuff” does not interfere with your experience and you can truly connect with your own needs. If being alone feels uncomfortable to you, consider why and wonder if that is exactly why you should go by yourself. And barring

some major league disastrous circumstances, commit to your event like you would to the most important person in your life. Do it without guilt, as it is for your own health and well-being. The more connected you are to your authentic self and the better you feel inside; the more positive energy you have to devote to others.

7. Not gifting unconditional love.

A key word in this strategy is “gift,” and this is one you must give to yourself as well as others. In giving a gift to others from your heart, you must do so with no expectations of a positive response or a gift or gesture in return. And loving unconditionally, truly and literally means that you love with no conditions—physical, financial, spiritual, intellectual, emotional or otherwise. For example, I will still love you if you gain weight or get sick, if you are rich or poor, if you switch



religions, if you make more money than I do and when you are crying when I don’t understand it. What is sometimes harder is to fire your internal critic, banishing it from your psyche, and replacing that pessimistic voice with a more loving one that says “I love and value myself no matter what. I am proud of who I am, what I’ve learned and who I’m becoming.”

If you apply these seven proactive strategies, you are sure to attract more love into your life and realize the happiness and fulfillment you’ve always dreamed of. And remember, you deserve it!

About The Author

Sofia Milan is America’s spiciest and sweetest relationship expert dedicated to helping people have amazing relationships. Her relationship blog on Facebook regularly realizes engagement in the tens of thousands, serving as a credit to the honesty, vulnerability and witty insights she offers. Milan may be reached online at [www.SofiaMilanBooks.com](http://www.SofiaMilanBooks.com).

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## Senior Fitness

### Be Summer Ready

continued from page 1

At rest, we use calories at a relatively constant rate, resulting in heat production that maintains our body temperature at approximately 98.6 degrees F. If you are a sedentary senior, your resting caloric utilization (known as resting metabolic rate) accounts for about 75 percent of your daily energy requirements. Of course, the more active you are, the more calories you burn every day.

Whenever you move your body (internal resistance) or objects (external resistance) you use additional calories for the extra energy production.

Quite simply, the higher the exercise intensity the higher the energy expenditure, and the lower the exercise intensity the lower the energy expenditure. For example,

**“Clearly regular exercise can be a major factor in fat loss and weight management, especially if you perform both strength training and aerobic activity.”**

a moderate-paced run may use about 14 calories per minute, whereas a moderate-paced walk may use about 7 calories per minute. Therefore, a half-hour of running may use approximately 400 calories, and a half-hour of walking may use approximately 200 calories.

Other things equal, if you ran 30 minutes, three days a week, you would use 1,200 additional calories per week, and if you walked 30 minutes three days a week, you would use 600 additional calories per

week. You would actually use even more energy due to the after-burn effect, as your metabolism remains elevated for a relatively short period of time following endurance exercise.

Strength training is another means of moving your body (e.g., sit-ups, push-ups), or moving external resistance (e.g., dumbbell squats, elastic band pulls). When you perform a circuit of resistance exercises (e.g., 10 Nautilus machines) your energy requirements parallel those for moderate-paced walking (about 7 calories per minute).

However, because strength training involves both the aerobic and the anaerobic energy systems, your metabolism remains elevated for a relatively long period of time after your exercise session (after-burn effect).

Even more important, resistance exercise causes beneficial micro-trauma to your muscle



**Resistance training with free weights can increase resting metabolic rate, resulting in daily energy use by more than 100 calories.**

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## Senior Fitness

tissue which must be remodeled during the days following your weight workout. Research with both younger and older adults reveals that consistent strength training (e.g., Mondays, Wednesdays and Fridays) causes a 7 percent increase in your resting metabolic rate every day.

So, if your resting metabolic rate is 1,500 calories per day, regular strength training will raise your daily energy use by more than 100 calories.

That totals an extra 3,000 calories each month due to your increased resting metabolic rate. Add that to the 2,400 calories each month used during your 30-minute weight workouts, and the resulting calorie use is 5,400 calories.

This is equivalent to a 1.5-pound fat loss each month, which is precisely what we find in our

research studies. More importantly, our strength training program participants increase muscle and bone for a stronger musculoskeletal system.

Of course, if you combine three weekly strength training sessions and three weekly endurance exercise sessions, your total energy utilization would be even higher, your fat loss would be even greater, and you would most likely experience significant reductions in resting blood pressure.

Clearly regular exercise can be a major factor in fat loss and weight management, especially if you perform both strength training and aerobic activity.

Please keep in mind that these are merely examples, and you may want to begin with shorter and less frequent exercise sessions, especially if you are just starting out. Also,



Rita La Rosa Lound (left) and Wayne Westcott

be sure to attain your physician's approval before beginning an exercise program.

### About The Authors

Wayne L. Westcott, Ph.D., teaches exercise science at Quincy College and consults for the South Shore YMCA. He has authored 28 books on exercise and fitness. Rita LA Rosa Lound, B.S., directs the community fitness center at Quincy College and has co-authored fitness books with Dr. Westcott.



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Guilt is not only counterproductive in that it will consume your much needed energy, but is not going to help process and manage these emotions. Experiencing a variety of emotions is normal, and recognizing what you are feeling is the first step in addressing feelings that may weigh you down and lead to feeling depressed and anxious.

You Are Not Alone

Caregivers will often seem embarrassed that they are experiencing various emotions or if they are not sure what to do. Caregiver support groups offer a sense of unity, and many caregivers find that sharing these experiences with others who truly understand can help these feelings subside to an extent.

Support groups offer problem solving skills and strategies that can teach survival tips, and it can be helpful to have a fresh set of experienced eyes to look at your problem with you. “Venting” about your stress and focusing on yourself can be refreshing, and support groups are compiled of people who are there for the purpose of listening and contributing. While support groups take place at various times of the day, there are also online support resources for those that may not be able to easily get out. You have access to live chat and discussion boards, blogs about others’ experiences, tools and applications, coping strategies, activity ideas, and numerous other resources all easily accessible online.

It is also important to remember to ask others for help. Sometimes family members or friends will want to offer help, but will not know where to start. Caregivers are often surprised at the help they receive after directly asking for it. If you are feeling burnt-out and overwhelmed in managing your emotions, professional therapy is also a very positive option.

Check All Resources

After collaborating with a new caregiver, more often than not I will hear the response “I had no idea something like that existed.” This will apply to various available programs, benefits, funds, or options that you may not be aware that you or your loved ones are eligible for. Collaborating with your loved one’s physicians, hospital social workers, town hall, council on aging, and local community agencies such as Aging Service Access Points can help lead you in the right direction.

New programs are continuously being developed and the criteria and eligibility for these programs can change, so it is imperative to continue to reach out and ask questions.

Understand as Much as You Can

If your loved one has received a new diagnosis, it is important to develop realistic expectations about the disease. While researching the disease may be difficult, understanding the expected trajectory of the disease and what it will mean in the future for your loved one will help you care for him or her in the best way that you can.



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material, information, and resources to help you understand the best way that you can help the person. Forming a list of questions for your loved one’s primary physician and specialist doctors can also help you gain an understanding of exactly what is going on.

It is also essential to understand upfront what it is that you are committing to. It is necessary to have an honest conversation with your loved one, your family and other support systems, and yourself about what is realistic for you to manage and what you are going to need help with.

Remember Why You Do This

While caring for someone you love is challenging and requires incredible strength and resilience, it is important to remember that you are offering this person your care for a reason. You are giving them a gift that they will never be able to thank you for by giving them care at a level no one else can, and are providing support for someone when they need it the most.

Your loved one isn’t the only person whose life you are making a difference in, as you will develop listening and time management skills, and will probably develop a new level of patience and compassion. Spending time caring for someone offers the chance to create precious memories with your loved one that you will cherish long after they are gone, and you will likely learn a lot about your own strength during this rewarding yet difficult process.

About The Author

Chrissey Bowlin is a Family Caregiver Specialist at South Shore Elder Services. For more information, you may call (781) 848 – 3910 or visit [www.sselder.org](http://www.sselder.org).

New Program for Brain Injury Patients

With approximately 1.7 million people sustaining brain injuries annually (Acquired Brain Injury), there is a continued need for head injury assistance programs. Skilled care and rehabilitation services are usually required and vary on type and location of services provided, depending on the level of injury and the person’s age.

To address this growing need, CareWell Adult Day Wellness Center has introduced an Acquired Brain Injury (ABI) – Adult Day Program to provide support for adults who are at least 18 years or older and have moderate to severe ABI. Clients for the program must be medically stable, have a family physician and either living in or preparing to return to the community.

Acquired Brain Injury refers to a traumatic or non-traumatic brain injury that occurs



after birth. Traumatic Brain Injury (TBI) is caused by an external force. Non-traumatic brain injury occurs as a result of disease or illness.

Program activities at CareWell’s wheelchair-accessible facility support participants’ goals, enhances their strengths and enable them to learn new skills. The program focuses on recreational activities, social support and skills training. Group sessions address challenges for clients and their families. The program also provides caregiver support, including ongoing communication with staff and education on managing behavior.

CareWell’s Therapy Plus program, is directed by Merideth Donlan, PT, DPT who has more than 15 years of ABI

and geriatric therapy experience. Donlan will provide skill assessments and create an individual treatment plan tailored to the needs of the participant. Services provided include:

- Gait and Balance training
- Strengthening
- Stretching/Flexibility
- Conditioning/Endurance
- Functional Mobility Training
- Wheelchair Mobility
- Manual Therapy
- Home Exercise Program
- Home and Community Safety

For more information, you may contact Ron Morganelli, Executive Director of CareWell Adult Day Wellness Center at (339) 788 – 9635. CareWell is located at 141 Longwater Drive in Norwell.

"Home Care Now" Rally, continued from page 19

The elder population is growing at an ever increasing rate and the systems in place need to be ready for an estimated 40% growth by the year 2035. ElderLobby Day kicked off with a few words from the event’s coordinators. They were the first to ask the crowd to raise their voices and call for action. There were countless elder care agencies represented from all over the Commonwealth, including home care workers, many house and senate members and Secretary of Elder Affairs Alice Bonner, who delivered an impassioned speech on the necessity of elder home care. These messages were also presented to South Shore legislative leaders, and all in all, this was another very successful Elder Lobby Day. South Shore Elder Services was proud to attend the event, and once again help the Massachusetts legislature take a giant “leap” forward. For more information on South Shore Elder Services, you may call (781) 848 – 3910 or visit [www.sselder.org](http://www.sselder.org). *Article contributed by Chris Coleman of South Shore Elder Services.*

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# South Shore Community Calendar



## THINGS TO DO, PLACES TO GO

**Sixth Annual Marshfield Health Fair:** The Sixth Annual Health Fair is set for May 10<sup>th</sup> at the Marshfield Council on Aging and everyone is invited! Health screenings, workshops, vendor give-aways and a lot of great information on local services to assist with aging will be included in the event which runs from 10 a.m. to 12:30 p.m. Call (781) 834 - 5581 for more information.

**Weekly Senior Dance:** South Shore Widow/Widowers & Associates. Every Tuesday 7:30 -11:00 p.m. (doors open at 6:30 p.m.). Viking Club, 410 Quincy Ave., Braintree, Tickets \$10 per person at the door. Membership is \$10 per year. This fee will be waived for two (2) weeks. If you enjoy the dance, you may then pay this annual fee of \$10. Dance fee includes raffle. A bar is available. Call Jerry Walker at (781) 335-3171 ext. 82. All are welcome.

**Monthly Senior Dance:** Join the Friends of the Norwood Seniors at their monthly dance, held the third Friday of every month from 7 - 10 p.m. at the Norwood Senior Center, 275 Prospect Street in Norwood. Tickets are \$10/person at the door which includes refreshments and a raffle. Call Anne with any questions at (781) 762 - 5625.

**Walk To Wellness:** The Home Care Division of South Shore Hospital sponsors a Walk to Wellness program at the Hanover Mall (Hanover) and South Shore Plaza (Braintree) seven days a week before shoppers arrive (8 - 10 a.m. Monday through Saturday and 10 a.m. to 12 noon Sundays). All are welcome. No fee and registration forms are available at the Mall's Public Safety Center (Hanover) and Guest Services Desk (Braintree). Call Kelly at (781) 624 - 7423.

**Men's Fitness Class:** South Shore Hospital is offering a men's only exer-

cise program to increase cardiovascular endurance, strength and flexibility. Meets Mondays and Wednesdays from 3 - 4 p.m. and Fridays 8 - 9 a.m. at the 780 Main Street gym in South Weymouth. Call (781) 624 - 4367 for details.

**Pembroke Dull Men's Club:** If you are feeling house bound or stuck in a routine, expand your horizons with laughter, foolishness and sometimes serious discussion at the Pembroke Dull Men's Club every Wednesday morning, 10 - 11 a.m. at the Pembroke Council on Aging. All are welcome.

**Granite City Stamp Club:** Meets at Tufts Library in Weymouth on the first and third Wednesday from 6:30 - 8:45 p.m., All welcome. Call Frank at (781) 331-0371.

**Golden Bee Stamp Club:** Meets at the Ventress Memorial Library in Marshfield on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday each month from 5:30 - 8 p.m. New stamp currents available at each meeting. For more information, call John at (781) 834 - 8157.



## SUPPORT GROUPS

**Grandparent's Raising Grandchildren:** Groups for grandparents raising grandchildren. Open to all. Information, resources and group support. The Plymouth Council on Aging host a meeting at the Plymouth COA every Thursday from 10 - 11:30 am. Contact Conni at (508) 830-4230. Weymouth area residents are welcome to join the grandparents support group held at the Fogg Library, 1 Columbian Street in South Weymouth on Monday nights from 7 - 8:45 p.m. Call Judy at (781) 706 - 7535 for more information.

**Is Someone Hurting You:** The South Shore Women's Resource Center's Older Women's Program provides domestic violence services for wom-

en 55 years of age and older. Emergency safe home; 24/7 toll free support line (888) 746 - 2664; counseling; advocacy; information; referrals. Free and confidential. Call (508) 746 - 2664.

**New Saturday Alzheimer's Caregiver Support Group:** For those caring for a loved one with dementia and may feel overwhelmed or depressed managing their loved ones changing behaviors. Meets first Saturday of the month at Monarch Homes in Weymouth at 10 a.m. The group is free and all are welcome. Refreshments are served. Call (781) 331 - 5555.

**Men's Support Group:** Group provides men the opportunity to explore specific issues and concerns about their cancer experience with other men. Discussion topics include the impact of cancer on work and relationships. Group meets every first and third Tuesday of the month at the Cancer Support Community MA South Shore in Norwell from 6 - 8 p.m. Call (781) 610 - 1490.

**Caregiver Discussion Group:** The Duxbury Senior Center offers a Caregiver Discussion Group on the first Tuesday of the month from 2 - 3 p.m. at the senior center located on Mayflower Street. Contactat Donna Ciappina at (781) 934 - 5774, ext 5730 for more information.

**Learning To Care:** StilMee Alzheimer's Coaching Services facilitates support groups for those providing care to a loved one with Alzheimer's. Education on how to better understand interactions with the loved one and support provided. Beverly Moore leads group at Carney Hospital the second Wednesday of each month from 6:30 - 8 p.m. Call (617) 328 - 3440 for details.

**Loss Support Group:** The Duxbury Senior Center offers a Loss Support Group the first Monday of the month from 1 - 2 p.m. Call Ellen Gillis at (781) 934 - 5774 ext. 5731 for more information.



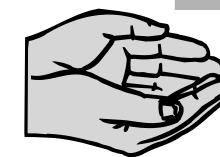
## INFORMATION SEMINARS

**National Poetry Month:** Celebrate at Paul Pratt Memorial Library in Cohasset on Sunday, April 24<sup>th</sup> at 4 p.m. featuring Boston Poet Laureate Danielle Legros Georges. Call (781) 383 - 1348 for more information.

**Powerful Tools for Caregivers:** An educational seminar designed to provide caregivers with the tools needed to care for themselves. Program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources. Free workshop held at the new Cohasset Elder Affairs building on Sohier Street in Cohasset. Program will take place on Wednesdays, beginning May 25<sup>th</sup> through June 19<sup>th</sup> (1-2:30 p.m.). Call (781) 383 - 9112 for more information.

**Saturday Afternoon Memory Screenings:** Noted Neurologist Dr. Anil Nair will lead a discussion on Alzheimer's disease, current treatments available and the role of clinical research, including a new research opportunity. The event takes place Saturday, May 28<sup>th</sup> beginning at 2:30 p.m. Free memory screenings will be offered. For more information or to save a spot call Randy at (617) 770 - 3264 or email her at Randy.Veraguas@atriaseniiorliving.com. The event is free of charge and all are invited.

**Writing Your Memoirs:** Join in on the creativity every Monday morning at the Rockland Council on Aging's Memoir Writing Program. The group meets every Monday morning from 10 a.m. - 12 p.m., and all area residents are invited to participate. The program is free of charge. For more information, call Peggy at (781) 871 - 1266 or stop by the Rockland COA located at 317 Plain Street, in Rockland.



## VOLUNTEERING OPPORTUNITIES

**Help Feed Your Neighbor:** South Shore Elder Services, Old Colony Elder Services and Hessco Elder Services need your help to prepare or deliver meals to area residents age 60 and over. The Meals on Wheels and Nutrition programs are critical to those unable to get out or prepare meals. Opportunities in all communities. Call South Shore at (781) 848-3910 ext. 430; Old Colony at (508) 584-1561 or Hessco at (781) 784-4944, ext. 204. If you call one of the agencies and they don't represent your city or town, they can tell you which agency does.

### Got News?

Email it to [info@southshoresenior.com](mailto:info@southshoresenior.com)  
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Dedham MA 02026

## We Connect You With Local Resources

Check the company or companies you would like to have send you free, no obligation information. Your request will not be used to contact you for any other reason. Mail your completed form to us at: South Shore Senior News, 14 Youngs Rd., Suite 2, Dedham, MA 02026.

### Adult Day Health Centers

☐ CarePro Health Services  
☐ CareWell Adult Day Wellness Center

### Alzheimer's Coaching Services

☐ StilMee - The Leader in Alzheimer's Coaching

### Home Care Services

☐ Bayada Nurses  
☐ CarePro Health Services  
☐ Home Care Partners  
☐ HopeHealth  
☐ Norwell Visiting Nurse Association  
☐ Right At Home  
☐ South Shore Visiting Nurse Association  
☐ Senior Helpers

### Hospice

☐ Hospice of the South Shore  
☐ Norwell VNA & Hospice

### Independent and Assisted Living

☐ Compass on the Bay  
☐ Standish Village  
☐ Stafford Hill

### Legal Services

☐ Elder Law Attorney Judith M. Flynn  
☐ Patricia Bloom-McDonald, Attorney at Law

### Local Elder Service Agencies

☐ Hessco Elder Services  
☐ Old Colony Elder Services  
☐ South Shore Elder Services

### Medical Services

☐ King Optical Company  
☐ South Shore Hearing Center  
☐ Stephen Tobias Hearing Center  
☐ Suburban Hearing Aid Services

### Memory Impaired Assisted Living

☐ Compass on the Bay  
☐ Standish Village

### Physician Groups

☐ Harbor Medical Associates

### Relocation Services

☐ Weir Moving

### Skilled Nursing & Rehabilitation

☐ John Adams HealthCare Center  
☐ Life Care Center of the South Shore  
☐ Queen Anne Nursing Home  
☐ Southwood at Norwell Nursing Center

**Please mail my free, no  
obligation information to:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

ZIP: \_\_\_\_\_

Tel (optional): \_\_\_\_\_

Email (optional) \_\_\_\_\_



# SENIOR CELEBRATION

## Exhibitor Opportunities...

Educate hundreds of consumers about your products and services. Be part of the **24th Annual Senior Celebration** to be held on **Tuesday, May 24, 2016** at the **Shaw's Center, Brockton.**

*This highly successful event is enjoyed by over 600 older adults who are treated to...*

Free Entertainment, Free Seminars  
Free Workshops, Free Exhibitor Information  
Free Refreshments

### Interested in Exhibiting?

Contact Lisa Bronstein at  
American Health Resources, Inc  
(508) 588-7700  
lisab@ahrevents.com

## Advertising Opportunities...

Reach 10,000 with your message in the Senior Celebration Exhibit Guide & Program. South Shore Senior News will produce a 4-page, 4-color insert in the May issue. Special discounted pricing is available.

### Interested in Advertising?

Contact Greg Porell  
South Shore Senior News  
(508) 212-4862  
gporell@southshoresenior.com

### Sponsors:



## Local News



## Fund "Fore" the Needy Golf Classic



**PLYMOUTH** - The Annual Golf Classic to benefit the Fund for the Needy (FFN) of St. Bonaventure Parish in Manomet will be held at Waverly Oaks Country Club in Plymouth on May 26<sup>th</sup>. All are welcome to attend an exciting day of 18 or 9 holes of golf on Championship courses, and post-tournament festivities including a helicopter ball drop, dinner and a silent auction.

The Golf Classic is the only fund-raising event for the FFN, a non-profit organization. For 36 years, FNN has offered emergency help with food, heating fuel, electricity and other urgent needs to financially struggling residents in the Manomet / South Plymouth area. All of the money raised by the tournament supports the efforts of the Fund.

Register on-line at [www.stbonaventureplymouth.org](http://www.stbonaventureplymouth.org) and click on the FFN link for the Golf Classic. Donations may be made payable to St. Bonaventure FFN and mailed to: Fund for the Needy, P.O. Box 996, Manomet, MA 02345. In addition, you may contact John Lombardo at (508) 224 - 4906 or via email at [stbonffn@verizon.net](mailto:stbonffn@verizon.net) for more information.

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## Local News



## "Home Care Now" Rally



**BOSTON** - "Home Care Now!" shouted the crowd and a roar rose up from the Massachusetts State House recently as hundreds of dedicated individuals gathered by the Grand Staircase to let their voices ring in support of elder home care. Though there were many voices to be heard, they all were delivering the same message; the need for increased elder home care services. **Turn to page 15**

## South Shore Visiting Nurse Association Hospice of the South Shore Home & Health Resources

### Advanced Options For In-Home Care

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- ♦ More than 400 nurses, therapists and aides
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- ♦ A private-pay program offering home health aides and nursing care



Call (781) 624-7001 or visit [southshorehospital.org/homecare](http://southshorehospital.org/homecare) to learn more.

30 Reservoir Park Drive, Rockland, MA 02370



# WHY YOU SHOULDN'T TRANSFER YOUR ASSETS

## Has someone told you, you need to give your assets away to protect them?

If you transfer your assets, you will:

- ☒ Lose control of them forever.
- ☒ Be dependent on those you transfer them to.
- ☒ Create additional taxes to those you transfer to.
- ☒ Risk losing them to your children's bankruptcy, lawsuits, or to your children's spouses in divorce.
- ☒ Lose significant tax advantages.
- ☒ Risk becoming ineligible for Medicaid for 60 months or more.

Asset protection planning includes many complex laws, including tax law, trust law, Medicaid law, probate law and contract law.

Make sure your attorney is qualified to protect you.

**Learn about asset protection trusts that:**

- ☒ Allow you to control your assets until death.
- ☒ Allow you to retain all income from your assets.
- ☒ Enable you to protect your assets from the nursing home.
- ☒ Ensure you qualify for Medicaid, in the shortest period of time.

## UPCOMING WORKSHOPS

### "ESTATE PLANNING ESSENTIALS"

**Quincy Council on Aging  
(Kennedy Center)**

440 E. Quantum Street, Quincy, MA  
Friday, April 29, 2016  
10:00a.m. - 12:00p.m.

**Thayer Public Library**

798 Washington Street, Braintree, MA  
Thursday, May 5, 2016  
10:00a.m. - 12:00p.m.

### Reservations Required

Seating Limited to 20 Seats Per Session  
No Cost or Obligation • Refreshments Served

**Call 617-769-9843 to reserve your seat today.**

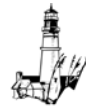
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# Clash of the Grandmas!

**HOLLYWOOD** – The Food Network is looking for grandmothers to participate in its new series, Clash of the Grandmas. The cable network station is accepting nominations of grandmas with the “wit of Betty White and the skills of Betty Crocker” to prove that their favorite recipes can “stand the test of time.”

From tasty entrees to delectable desserts, the Food Network is looking to host grandmas and their best dishes in Los Angeles to tape the series. The series will tape in late spring / early summer for four to five days. Travel and accommodations will be provided and the winner will receive a cash prize.

Do you have a grandma to nominate? Are you a grandma who loves to cook? To nominate a grandma that you know or to apply yourself for the series, email [grandmothercasting@leg-corp.com](mailto:grandmothercasting@leg-corp.com) with your location (city, state) in the subject line and include the following information:

- 1.) Your and/or your nominee's name
- 2.) Contact info for you and/or nominee (phone number, email address)
- 3.) Your or nominee's occupation (or former occupation, if retired)
- 4.) Your or nominee's location (city/state)
- 5.) Describe your or your nominee's cooking or chef experience, cooking style, signature dishes and why you believe that you or your nominee would be perfect for the show
- 6.) Attach photos of you/nominated grandma (including photos with the kids and/or grandkids and photos of her food if possible)



*Participants in last season's Clash of the Grandmas on the Food Network.*

Grandmas age 50 and above are eligible to nominate themselves or be nominated. The network's Clash of the Grandmas was a one-episode cooking competition special that aired last year that the network is now taking to series. Each episode will feature four different Grandmas competing to win a cash prize and bragging rights.

Don't delay and enter today to represent the South Shore!

**Standish VILLAGE**  
Dorchester/Milton  
617.298.5656

**Compass ON THE BAY**  
South Boston  
617.268.5450

**Cornerstone AT CANTON**  
Canton  
781.821.3616



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