

FREE

South Senior

APRIL 2017



Shore News

FREE

Helping Seniors Age Well And Enjoy Themselves While Doing It!



BIRTHDAY CHEER! Helen Fuller, who celebrated her 97th birthday on March 8, was surprised with a bouquet of spring flowers on a recent trip to Shaw's in Randolph. As a regular customer of the supermarket for more than 40 years, store Manager Lee Bissonette recognized her decades of loyal shopping with the colorful gesture. According to Fuller's daughter, Jeanne Fuller-Jones, "it really made her day, and all the other shoppers enjoyed it as well. Mom lives independently in Randolph and has been a volunteer at St. Bernadette's for many years." Happy Birthday, Helen! (photo: Jeanne Fuller-Jones)

Windrose at Weymouth celebrates re-opening in grand fashion

SOUTH WEYMOUTH - On the heels of a major renovation along with new ownership and management, Windrose at Weymouth celebrated with a grand re-opening event on March 8. More than 60 well-wishers crowded into the revamped and stylish public areas of the property to enjoy food, drink, music and camaraderie.

The memory care assisted living community is now owned by Focus Healthcare Partners and managed by LCB Senior Living. Event attendees included LCB associates from the company home office and several of their communities, representatives from local senior living and care providers, community investors, local media and town and state officials. Speakers included State Rep. James Murphy, State Senator Patrick O'Connor's Chief of Staff Gregory Denton, President of LCB Senior Living Stephen Puliafico, and Windrose at Weymouth Executive Director Susan Sheehan. The event ended with a ribbon-cutting ceremony to signify the official re-opening and new management of the community.

Executive Director Sheehan notes, "Our grand re-opening was such a wonderful opportunity to reconnect with all of our community partners in healthcare. We appreciate the outpouring of support from local officials." You can learn more at <http://www.windroseweymouth.com>. ■



Weymouth Mayor Bob Hedlund presents Windrose Executive Director Susan Sheehan with an official congratulatory citation from the Town of Weymouth.

Photo: WWW.HRRPHOTOGRAPHY.COM



SENIOR CELEBRATION

MAY 23, 2017

SHAW'S CENTER, BROCKTON

SAVE THE DATE!

Don't miss the 25th Annual Senior Celebration!



More than 600 older adults enjoy **FREE:**
Entertainment - Seminars,
Workshops - Exhibitor Information
Refreshments

Page 13

MY GENERATION!

Tune in on Sunday nights, 7-8:00 PM
95.9 WATD-FM - or stream online!



95.9 WATD
THE SOUTH SHORE'S RADIO STATION

April 2- Peter Smith,
host of the WATD-FM Antiques Air Show
and owner of the Plymouth Exchange
is our guest!

Get in front of your target audience!
Be a guest! Sponsor a show!
Call 508-212-4862 for details.

INSIDE THIS ISSUE:

Does staying fit matter as we age?... page 2
Reverse Mortgage Review...page 3
Manage arthritis and fibromyalgia...page 4
The Wicked Smart Investor...page 5
Reasons for a Caregiver Contract...page 7
Eighty is the New Forty, a poem...page 7
How does your garden grow?...page 8
"Checklist" for recovering at home...page 9
Aromatherapy: quality matters...page 10
Perspective: Why emigrate to Israel...page 12
Crossword Puzzle Corner...page 14
Matters of the Mind...page 14
Social Security Update...page 15
Community Calendar...pages 16-17
Local Resources...page 17
Dare to Downsize: Trim it!...page 19



As I get older, does it really matter to stay physically active?

By Nicole Long, MSW, LICSW



BROCKTON AND PLYMOUTH - Absolutely. Regular physical activity and exercise are important to the physical and mental health of almost everyone, including older adults. There are many benefits from physical activity including:

- Maintains and improves your physical strength and fitness.
- Improves your ability to do the everyday things you want to do.
- Improves your balance.
- Manages and improves diseases like diabetes, heart disease, and osteoporosis.
- Reduces feelings of depression and may improve mood and overall well-being.
- Helps you fall asleep faster and deepen your sleep but don't exercise too close to bedtime.

If you feel out of shape, but want to remain physically active, the key to success, according to the National Institute on Aging, is to build up slowly from your current fitness level. Health experts suggest you consult your doctor before you start any new exercise program.

Start by determining your fitness level. Begin by asking these questions:

- How much time do you spend sitting?
- How much time and how often are you active?
- When you are active, what kinds of activities are you doing?

Here are 5 ways you can test your own fitness:

1. Measure your endurance by picking a fixed course. Once around the block or from one end of the mall to the other. Time how long

it takes you to walk it.

2. Test your upper-body strength by how many arm curls you can do safely in 2 minutes.
3. Test your lower-body strength by how many times you can stand from a seated position safely in 2 minutes. If you are unsteady, have someone there with you.
4. Test your balance by how long you can safely stand on one foot. (Stand next to something sturdy that you can hold onto if you lose your balance).
5. Test your flexibility by sitting toward the front of a sturdy chair, and stretching one leg straight out in front of you with your heel on the floor and your toes pointing up. Bend the other leg and place your foot flat on the floor. Slowly bend from your hips and reach as far as you can toward the toes of your outstretched foot. How far can you reach before you feel a stretch?

Write down your results. If these exercises were hard to do, just do what is comfortable and slowly build up. If they were easy, you know your level of fitness is higher. Now you can be more ambitious and challenge yourself. You can do these simple fitness tests once a month, and measure your progress at each session.

If you feel any pain or dizziness while exercising, stop. Muscle soreness lasting a few days and slight fatigue are normal, at least at first. After a few weeks, you will probably not be sore after your workout. For some exercises, you may want to start alternating arms and work your way up to using both arms at the same time. Breathe out as you lift or push, and breathe in as you relax. Don't hold your breath during strength exercises. Holding your breath while straining can cause changes in blood pressure. Breathe in slowly through your nose and breathe out slowly through your mouth. Talk with your doctor if you are unsure about doing a particular exercise, especially if you have had hip or back surgery.

Some exercises for older adults, or those who are sedentary, include: brisk walking, stationary bike riding, low impact aerobics, swimming, and water aerobics. Safety during exercises is always important. Walk during the day or in well-lit areas at night, and be aware of your surroundings. Try not to walk alone or in secluded areas. To prevent injuries, be sure to use safe equipment. If you are exercising outdoors, dress in layers so you can add or remove clothes if you get cold or hot. Drink plenty of liquids when doing any activity that makes you sweat. Before and after you exercise, do a little light activity to warm up and cool down.

Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries. You can learn exercises that will improve your balance and make you steadier on your feet. You can see pictures and short videos of any of these exercises, plus get more fitness tips by going to the National Institute On Aging website: <https://go4life.nia.nih.gov/exercises>. **Go4Life** is an exercise and physical activity campaign from the National Institute on Aging that is designed to help you fit exercise and physical activity into your daily life. Useful sites for you to explore include:

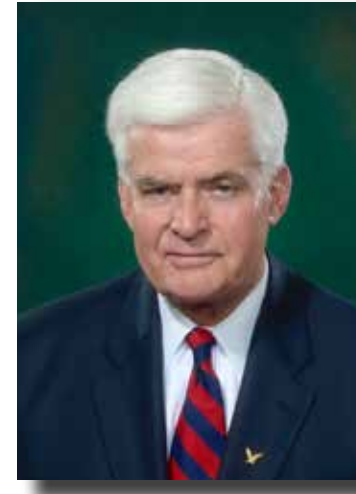
www.healthline.com/health/fitness-exercise-for-seniors.

www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm

About the Author

Nicole Long is the Chief Executive Officer of Old Colony Elder Services (OCES). Founded in 1974, OCES serves greater Plymouth County and surrounding communities. OCES is a private, non-profit organization headquartered in Brockton with a second office in Plymouth. OCES' mission is to support the independence and dignity of elders and people with disabilities by providing essential information and services that promote healthy and safe living. The agency has 245 employees and operates more than 15 programs serving older adults, individuals with disabilities, their families and caregivers. For more information call 508-584-1561 or visit www.ocesma.org. ■

Reverse Mortgage Review



By George A. Downey

Reverse mortgages: Good for some, not for all

Commonly seen as "loans of last resort" the often maligned reverse mortgage has gained new respect and acceptance among prominent retirement experts and financial advisors

BRAINTREE - Today, reverse mortgages still head the list of "most misunderstood" mortgage programs, and are generally perceived negatively. However, consumers and financial advisors are quickly changing this status as they learn of recent reverse mortgage program improvements and new insights from academics and retirement researchers. The reverse mortgage is now recognized, not only as an important resource for seniors in need, but also as a unique and valuable financial and estate planning tool for more affluent seniors.

Program Improvements That Make Reverse Mortgages a Better Option for Senior Homeowners

The dominant reverse mortgage program is the HUD/FHA insured Home Equity Conversion Mortgage (HECM), which accounts for more than 95 percent of all reverse mortgages nationally. Since the Great Recession (2008 – 2013) the FHA has implemented a number of program changes that have increased consumer protections, limited costs, and improved terms to make the HECM program a more sustainable resource for seniors who want to remain in their home and age in place.

Academic and Research Endorsements

The recent Great Recession impacted seniors most severely, causing the average senior to lose 40 percent of their savings through market losses along with broad-based declines in home values, which significantly reduced retirement nest eggs. Further, the baby-boom generation has entered their retirement years and now 10,000 boomers turn 65 every day – the great majority without sufficient retirement savings or pensions. Moreover, this trend is projected to continue each year through 2030.

This alarming reality moved retirement and academic researchers to declare **a retirement crisis is now present and growing**. In response, the search for solutions has focused renewed attention on using home equity to strengthen seniors' financial resources. Customary methods of extracting home equity relied primarily on traditional mortgage refinancing, or sale of the home. However, the unique terms and provisions of the HECM reverse mortgage provide different and more suitable solutions unmatched by any of the alternatives. These observations have resulted in an in-depth investigation and a series of research reports, which have documented the value and need for the HECM reverse mortgage, especially among seniors with limited income and savings.

Understanding that the HECM is not "the loan of last resort" is the first step to opening minds to objective examination and evaluation of all alternatives. The recommendation now is that everyone age eligible (62 or older), who own and reside in a qualified property should learn about the HECM program and determine if it may be a fit for their particular circumstances. Bottom line, this should be a fundamental consideration included in all retirement planning procedures, regardless of economic status (affluent or not).

Just as important as knowing if a reverse mortgage would be a good fit for you is knowing if it would not be a good fit and why. The answers to eligibility and suitability questions may lie deeper than a superficial

Reverse mortgage continued on page 13

Sometimes "reverse" is the right direction...



And sometimes it is NOT!

We help point you in the right direction, even if it is not our direction. Your home is often your largest asset. Could a reverse mortgage strengthen your retirement plans?

Explore all options. Contact us for more information or schedule a free confidential consultation in your home or our office in Braintree.

Ask for the **FREE "Reverse Mortgage Self-Evaluation: A checklist of Key Considerations."**

Contact (781) 843-5543
GDowney@HarborMortgage.com

HARBOR MORTGAGE SOLUTIONS, INC.
Family owned and family focused.

100 Grandview Road, Suite 105, Braintree, MA 02184
NMLS# 2846, MA #MB2846, RI #20041821LB, Individual NMLS #10239



George Downey
Founder and CEO



Home Care Partners, LLC

Private Duty In-Home Care Services on the South Shore



- Live-in or Hourly Care Staff
- Personalized In-Home Assistance
- Highly Competitive Rates
- Agency Bonded & Insured

Ask us about Veteran's financial assistance!

www.homecarepartnersma.com (781) 378 - 2164

Yes, you can manage arthritis and fibromyalgia with sensible exercise and nutrition

By Wayne Westcott, Ph.D. and Rita La Rosa Loud, B.S.

Julie, age 58, has arthritis and fibromyalgia with symptoms ranging from swelling and aching joints to inability to function from acute flare-ups of her knees and hips. Thus, she is often bedridden. Every day she feels exhausted and fatigued, and although she enjoys gardening, kneeling down and planting in her garden is no longer possible. Does this sound all too familiar?

QUINCY - Unfortunately, too many of us of all ages are suffering with a debilitating disease that affects the joints, muscles and tendons namely arthritis (arth = joint; itis = inflammation). In fact it is the leading cause of disability in the United States. Would you believe that there are more than 100 different forms of arthritis? In this article, we will focus on the most prevalent, that is, osteoarthritis, rheumatoid arthritis as well as the malady, fibromyalgia. Have faith though, we will share with you how these incapacitating and devastating conditions can be managed with sensible exercise and nutrition.

Arthritis Symptoms

Arthritis symptoms in the joints include recurring pain or tenderness, morning stiffness, inability to move, swelling, and/or redness and warmth. Simple daily activities like walking, dressing, and even bathing can be a struggle for many with this disease. Equally disconcerting, work schedules and family life can be disrupted by flare-ups that result in decreased joint mobility and functional limitations.

Along with genetics, an individual's lifestyle can contribute to the development of certain types of arthritis, for instance, excess weight can increase the risk of osteoarthritis in knees, hips, and hands. In addition, trauma to the body and surgeries to joints can also contribute to the onset of arthritis conditions.

Arthritis Treatments


Although rest is considered necessary to recover from arthritic flare-ups, research indicates that regular exercise can make a difference in limiting the impact of this disease. For example, flexibility exercise, aerobic activity and strength training have been shown to help lessen the pain and stiffness of arthritis. Each of the three fitness components (aerobic, strength, flexibility) has positive effects on both osteo- and rheumatoid arthritis as strong muscles support the joints, absorb stress and strain, and allow joints to be more mobile. The combination of rest, a healthy diet, appropriate exercise, and a positive outlook can help individuals

lead a full and active life.

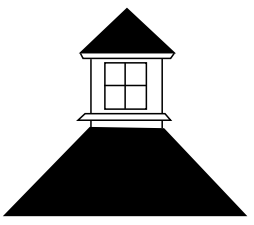
Fibromyalgia Symptoms

Fibromyalgia (fibro = fibrous tissue; myo = muscles; algia = pain) is a condition commonly thought of as a rheumatic disorder and characterized by (1) severe pain at specific tender points, (2) deprivation of restorative sleep, (3) depression, (4) anxiety, (5) migraine headaches, and/or (5) chronic fatigue. This disease limits people's ability to function and feeling powerless over their body. Although the cause of fibromyalgia is unknown, not well understood, and difficult

Senior Fitness continued on page 6



SOUTHWOOD



at Norwell
Nursing Center

*Exceeding Expectations
in Healthcare*

501 Cordwainer Drive, Norwell, MA 02061
TEL: 781.982.7450 • FAX: 781.982.7451

SOUTH SHORE SENIOR NEWS

My Generation Media, Inc.

South Shore Senior News

P.O. Box 202, Hingham, MA 02043

(508) 212-4862

www.southshoresenior.com

www.facebook.com/SouthShoreSeniorNews

info@southshoresenior.com

Publisher: Patricia Abbate

Business Manager: Thomas Foye

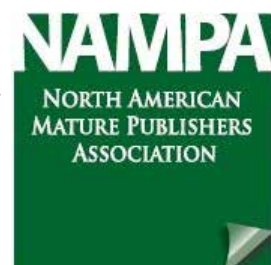
Advertising Manager: Jacqueline Smith

We have been serving the communities south of Boston in more than 30 cities and towns since 2002. Published every month and available to more than 100,000 seniors (the over 50 population) via controlled circulation. My Generation Media, Inc., publisher of *South Shore Senior News*, assumes no responsibility for errors, but will reprint in a subsequent edition corrections to that portion of an advertisement or article in which an error occurs.

All advertisements are run at the discretion of the publisher. Reproduction of the contents of *South Shore Senior News* is prohibited, without the permission of the Publisher. Reprints are available. All editorial and advertisements within this newspaper

are provided for general information only and should not be treated as a substitute for the medical advice of your doctor or other health professionals or licensed legal or financial advisors.

The Publisher is not liable for the contents of any external Internet sites listed, nor does it endorse any product or service mentioned or advised on any of the sites. Always consult your doctor if you are in any way concerned about your health.



"The Wicked Smart Investor"

Keep your eyes on the prize, not on the status quo

By Chris Hanson

EASTON - We all remember "The thrill of victory and the agony of defeat" from ABC's "Wide World of Sports." The host Jim McKay left this tidbit out: many winners were once losers who decided to change course. It's too bad the average investor doesn't embrace needed change; he lets a status quo bias dictate his investment decisions.

To explore this topic I turn my attention to someone eminently special to me, Braintree born marathon runner Sean Quigley. The Wicked Smart Investor had the privilege of witnessing his first steps.

The significance of that milestone only became apparent when he started running track at Archbishop Williams High School. Sean was fast and won many awards. His most prestigious award was the 2003 National Scholastic 500M trophy. I was elated for my fellow Bishop.

Sean continued to rack up successes at La Salle University and beyond. He placed well in the 2008 US Olympic trials. The next year, he won the Boston Mayor's Cup during our beloved "Mumbles" Menino's tenure. Now that Sean is running in the Boston Marathon as an elite runner, I'm beaming with pride. After all, I changed his diapers so I can somewhat lay my claim to him.

He put in a lot of hard work and sacrifice to get to this point. It took a bit of trial and error for him to optimize his training program. Sean only thinks of winning. If something isn't working, he puts it far, far behind him.

The average investor finds making changes harder to do. This is called the status quo bias and it can be dream crushing like Heartbreak Hill. Simply put, investors have an innate preference for the current state of affairs. Furthermore, they perceive any change from the status quo as a loss even if that change is beneficial. Humans frequently make emotional, irrational investment decisions

that can damage their financial well-being. I realize 'them are fighting words' in Wicked Smart Boston. But before you get mad, remember I didn't call anyone stupid; I simply called them "human."

Let me offer some proof, and I'll shrink it down to a nutshell. In 1991, a group of behavioral economists led by Daniel Kahnmann created experiments that reliably reproduced the status quo bias. They asked a group of research subjects what they would do in the following scenario: An uncle left you some cash that must be invested in company A, B, C, or D. The subjects had some financial knowledge so they were comfortable selecting investments. The resulting choices were somewhat evenly distributed among the choices. Now, there was a second group and they were told that the funds were already invested in company B. They could change to invest in any of the companies. Guess what? Although they could make any choice, most of them decided to stay with company B. That is the status quo bias.

I see this bias often and it can be quite harmful. Investors have different risk tolerances and time horizons as they go through life and it's prudent to adjust investments accordingly. When I suggest changes I can almost see, taste, hear, feel and smell investors' defense

mechanisms. Think really hard before rejecting changes suggested by your advisor. Changing it up is what made Sean an elite marathoner.



I wish we could change recent marathon history but that's impossible. We'll never forget what happened because we're a city overflowing with compassion. But a strong finish by a likable local would further assuage enduring wounds and upgrade Boston Strong to Boston Stronger. Let's root, root, root for the home team and cheer on Sean Quigley.

About the Author

Chris Hanson is the author of "The Wicked Smart Investor" blog and a CPA specializing in financial planning. He earned his BBA at the Isenberg School of Management University of Massachusetts and an MBS at Babson College's F.W. Olin Graduate School of Business. He may be reached at 978-888-5395. Read his blog at wickedmartinvestor.com. ■



When you're looking for the best hospice care

Look to Hope.

Hope Hospice has provided care and support for those facing serious illness for 35 years. Our dedication, respect and compassion help provide the best quality of life possible. That's why so many families look to Hope for hospice care.

To learn more, call 508.957.0200 or visit HopeHealthCo.org.



Part of the HopeHealth family of services

Hope Hospice | Hope HouseCalls

Hope Dementia & Alzheimer's Services | Hope Academy

Visit us on the web at www.southshoresenior.com • 5

SPRING INTO HEARING!

WIDEX UNIQUE has a family of hearing aid products offering quality solutions. UNIQUE's hearing system is revolutionary, and provides automatic adaptation to any listening situation, no matter how complex. UNIQUE features include:

- Four technology levels and models to suit every hearing loss, every preference and every budget.
- Ability to hear an incredible range of sounds, from the highs to the lows and from the softest to the loudest.
- Captures, purifies and processes more of the sounds in the wearer's dynamic listening environments. No other hearing aid provides such a wide range of comfortable, audible sound.
- The hearing industry's best wind noise reduction system that dramatically reduces the intensity of wind noise while preserving speech sounds, even soft speech.



With 35 years of experience and owner of my own office, I can offer you:

- Significant savings on the purchase of new, state-of-the-art digital hearing aids.
- Hearing aid services and repairs on ALL MAKES!
- First floor handicap accessibility.
- Provider for: all State GIC plans and various Unions who offer hearing aid benefits.
- Fed BC/BS, Carpenter's Union provider.



Gary R. Rachins, BC-HIS
Licensed & Board Certified
Hearing Instrument
Specialist - Lic # 53

SUBURBAN HEARING AID SERVICES

The Future of Hearing Aid Technology is Here!

197 Rockland Street • Hanover
Located next to CVS at Rt 139 & 53
(781) 826-4711 • 1-800-357-7712
www.suburbanhearingaid.com

EVERYDAY BATTERY SPECIAL

\$3⁹⁹ Pack of Six Batteries
(in office) Zinc Air Sizes: 312A, 13A, 10A
(Limit 4 packs per visit / One coupon use every 6 months)
Expires 4/30/17



Senior Fitness continued from page 4

to diagnose and treat, we are including this syndrome since many women who have been afflicted with fibromyalgia have also been diagnosed with arthritis.

Fibromyalgia Treatment

Exercise is recommended in an effort to bring back some sense of control over fibromyalgia. Components of a fitness program for individuals with this condition include a warm-up to prepare the body for exercise, cardiovascular activity to improve endurance, stretching to improve joint flexibility, strength training to improve muscle strength and function, and a cool-down to gently return the body to resting level feeling invigorated rather than exhausted.

Arthritis, Fibromyalgia and Strength Training

There have been several studies conducted with people with arthritis who have participated in resistance exercise programs. For example, a study with seniors who had knee osteoarthritis and knee joint replacement reported less knee discomfort and pain, greater muscle strength, and improved balance after training a minimum of two times per week. Many studies have also shown that individuals with fibromyalgia have responded favorably to strength exercise, including less pain and fatigue, increased muscle strength, and greater overall health.

Summary

Strength training, cardiovascular exercise and flexibility have been shown to have positive effects with people who have arthritis and fibromyalgia, and considered a safe and effective exercise intervention plan.

FREE INFORMATION MEETING: MONDAY, APRIL 3

For more information about our addressing arthritis and fibromyalgia through appropriate exercise and nutrition programs, we invite you to attend our **Information Meeting, Monday, April 3rd, 5:15 PM, Quincy College, Room 019, President's Place, 1250 Hancock Street, Quincy, MA.** There is no charge to attend the information meeting, but please call Wayne or Rita at **617.984.1716** to reserve your seat.

About the Authors

Wayne L. Westcott, Ph.D., is professor of Exercise Science at Quincy College, Quincy, MA, and author of 28 books on strength training. Rita La Rosa Loud, B.S. helps direct the Community Health & Fitness Research Center at Quincy College. ■



Dr. Wayne Westcott



Rita La Rosa Loud, B.S.

In honor of
National
Poetry
Month...

Eighty is the New Forty

by Kate MacLeod Emery

We met one day walking along by the sea,
I threw him a glance, he smiled back at me.
We stopped to chat, our words spoken so free.
I asked him to join me for afternoon tea.

Our loved ones were gone in the autumn of our years.
We shared our memories through our weeping tears.
Is this all there is, will the stars be bright again in time?
The nests are empty, the children are gone, yours and mine.

On a snowy night, our children walked us down the aisle.
Our families and friends were greeting us with their smiles.
The stars are shining bright and the sun is out again.
We thank the Lord each day for the new life we'll begin.

Retired now, we will be thinking of working with each other.
Dreams and talents put on hold, being father and mother.
Let's write a book and make children smile.
Muffy MacMouse was created for the pleasure of each child.

Now we are the seniors, at the top of the class.
We live each day as if it were our last.
Publishing our third book to put in every house,
So every child will laugh reading Muffy MacMouse.

We awake each morning with a kiss to start the day.
We thank the Lord for our beautiful home by the bay.
We cuddle together and sometimes get a little naughty,
Well, why not, for Eighty is the New Forty!



Llyod and Kate Emery

About the Author

Kate MacLeod Emery began writing children's books several years ago when she was 75. She is author of the popular Muffy MacMouse book series and is now completing her memoirs. She and her husband, Lloyd Emery, live on the bay in Hull.

They love working together and are often found at the Paragon Carousel selling their books. For more information visit www.MuffyMacMouse.com, or find them on Facebook.

OCES is your resource for information, advice and solutions about aging and disability issues.

144 Main Street
Brockton, MA 02301

508-584-1561
TTY: 508-587-0280
Fax: 508-897-0031

info@ocesma.org
www.ocesma.org



Old Colony Elder Services
Providing services to the community since 1974

Top five reasons to write up a Caregiver Contract

By Attorney Alexis Levitt



NORWELL - Many elders I meet want their kids to care for them, and many children agree that they want to care for their parents. Sometimes that means that the senior stays in his own home with kids coordinating meals, care, visits, and doctor's appointments, and sometimes it means that the parent moves in with her child.

Whatever the physical arrangement, the fact is that a child is now spending many hours per week caring for her parent – it becomes a job. And if it's a job, let's treat her as an employee. Here are the top five reasons why a parent and child should establish a "caregiver contract" if the child is going to spend substantial time caring for her parent:

1. Quite often a child simply can't afford to quit her job to take care of her parents. But if the parent can pay the child, the child is now free to care for the parent, and the parent is happier with a child providing care rather than hired help.
2. Usually it's the daughter that is caring for the parent, and typically she spent many years out of the workforce caring for her own children, so the Social Security checks that she will receive at her own retirement will be small. Let's take this opportunity to have the daughter invest in her own retirement by increasing her earnings for Social Security purposes.
3. When you have an employee on the payroll, she has worker's compensation insurance. Being covered by worker's comp is critical for anyone caring for an elder. It's pretty easy to hurt your back with one improper lift from a chair or one slip in the shower.
4. Should the parent eventually need more care than the child can provide and needs to move to a nursing home, the child is now unemployed. If you become unemployed after being on a proper payroll system, you are entitled to collect unemployment while you seek out your next job.
5. Paying your child under the table will come back to haunt you if you ever need to apply for MassHealth (Medicaid) to pay for your nursing home care. MassHealth will look at your bank records of the five previous years and see your under the table payments to your child. It doesn't matter how much work your child did for you – without a contract in place, MassHealth will call those payments "gifts," and as you know, MassHealth penalizes applicants who have made gifts.

While it may feel awkward to draw up a contract with your own child, it will be well worth it. Both she and you will benefit from having done everything "on the up and up."

About The Author

Alexis Levitt practices elder law, special needs planning, estate planning, and Veteran's benefits. She sits on the board of the Massachusetts chapter of the National Academy of Elder Law Attorneys. Her office is in Norwell, and she frequently meets with clients in their homes. You may reach Alexis at (781) 740-7269 or visit her website and blog for more information at www.alexislevitt.com. ■



How does your garden grow?

By David Kelman

Most of us will do some spring cleaning and/or projects around the house as the weather is warming up. Winter gear is stored away and spring and summer gear is brought out. Some of this clothing is out of style or no longer fits. Everybody is different but I use this time to cull out some of this gear and dispose of it. Rather than throwing it away, I usually bag it up and give it away to one of the charitable organizations that send me post cards via the mail. Its a great way to help those in need while de-cluttering and possibly gaining a small tax deduction in the process.

As the temperatures rise, my garden tools come out and I start cleaning up the garden space. It helps make the area a little more attractive and allows room for plants to find their way above the soil again. It also reveals places in the garden that need replanting. Very often, I will buy plants offered for sale by local garden clubs. These plants usually thrive and it's good knowing the purchase helps the clubs beautify various community projects with the proceeds. These suggestions may seem small compared to the other things we do at home, but even the smallest gestures can brighten our home in a big way.

About the Author

David Kelman is Realtor with Keller Williams Realty Showcase Properties. An avid gardener, he maintains a small yard featuring a wide variety of native plants and two bee hives. Reach David at 617-388-0793 or at dkelman@kw.com ■



Life Insurance for Seniors

We are a Catholic Life Insurance company helping our members achieve financial security while supporting our community through fraternal outreach

- ✓ A trusted, 137-year-old Catholic insurance benefit society
- ✓ AFFORDABLE Life Insurance for seniors
- ✓ 3,700 Members
- ✓ Low cost premiums with guaranteed cash value
- ✓ Extremely competitive rates--call for a quote
- ✓ Smoker or non-smoker? Same rate

LIFE INSURANCE

Financially solid,
we can cover
final expenses at low costs

See how you and your family
can benefit from our affordable
insurance programs.

Call Phil for a quote today!
(800) 282-2263 or email:
phil@m catholicforesters.org

Catholic Association Of Foresters
Braintree, MA | 800.282.2263 | www.catholicforesters.org

Quality care for
your loved one.
Peace of mind for you.

Senior Helpers stands ready to serve
your family's needs with personalized
in-home care, and expertly trained,
professional caregivers.

Your in-home care initial assessment is the first step
to peace of mind. Call today to learn more.
(781) 421-3123
www.seniorhelpers.com

Visit us on facebook (keyword: Senior Helpers) or at www.youtube.com/seniorhelpers.
Bonded and insured. Senior Helpers locations are independently owned and operated. ©2011 SH Franchising, LLC.

**SENIOR
Helpers**
Care and comfort at a moment's notice.

Compassion. Excellence. Reliability.

BAYADA provides:

- Nursing and assistive care
- Thoroughly screened care professionals
- Support 24 hours, 7 days



Bayada Nurses is now BAYADA Home Health Care.

Nursing and therapy 617-472-1333 | Assistive care 617-773-0012

**First Choice for Hearing Healthcare
on the South Shore**

Over 30 years in practice providing exceptional patient care
Call us now for a free consultation 781-337-6860

**Diagnostic Hearing Evaluations
Balance Evaluations
Tinnitus Evaluations &
Management
Latest Hearing Aid Technology
with Wireless Connectivity**

**Hearing Aid Purchases
include a 60 Day
money back guarantee**

Education of a provider
makes a difference!
Our Doctoral level Audiologists
and caring staff will go above
and beyond to ensure we are a
provider you can trust.

**South Shore
Hearing
Center**

Trusted Credentials | Innovative Solutions
Personalized Care

Stetson Medical Center 541 Main Street, Suite 418 Weymouth, MA 02190



Navigating the Future

By Mark Friedman

"The Checklist" for recovering at home

Essentials of control, communications, care, and constancy



Last December I wrote an article for this publication about the critical nature of “recovery care” and how to successfully transition home after a hospitalization or discharge from acute care. I got several calls from seniors and professionals about the specifics of what a game plan actually looks like.

Today, there is more pressure than ever on the healthcare industry to coordinate care, be transparent in all dealings with patients within the systems, and to control and keep healthcare costs down. The fact is that approximately 17-20% of seniors end back up in the hospital after returning home. Every provider along the healthcare continuum is eager to do its part in minimizing re-admissions. A checklist to support this goal seems totally reasonable.

I will not crush you with the medical acronyms, project names and models that have been reviewed and tested, but will explain the critical elements that can impact your success!

1. Transition Planning. Using the newest industry tools, great discharge plans include a 360° profile of the senior going home, including levels of risks due to chronic diagnoses, recovery issues following surgery, Alzheimer's and dementia management, and other red flags. This profile is supported by a comprehensive and HONEST Care-at-Home plan. This is the “heart” for every other action item, answering the basics of who, what, when, why and how.

2. Patient & Family Engagement and Education. Tremendous influence is placed on understanding and enhancing the role of family and family caregivers in the discharge process, and beyond. Two critical elements: Is the primary caregiver capable of providing the required support? Does the primary caregiver know when and where to turn for specific services when additional support is needed? This process includes “what if” scenario planning PRIOR to leaving the

hospital or post-acute care facility.

3. Medication Management. One of the biggest readmission triggers involves medication management: missed medications, wrong dosages, forgetting to get new prescriptions filled, knowing which of the pre-hospital medications should be eliminated, are all critical reviews that need to take place. Day-one set-up and reconciliation is just the first step, and medication routines and directions must be religiously maintained.

4. Follow-Up Care. Your plan needs to include a calendar of follow-up appointments you cannot miss. This follow-up is to make sure things are on track and manage your recovery risk. These 15, 30, 45, 60 day-out appointments are critical to your full recovery. Your calendar is control-central.

5. Care in the Home (“Mind the Gaps”). Call this a warm hand-off. Once we have a clear picture of any risks, the medication routine, upcoming doctor appointments, visits from occupational and physical therapists. You are now ready to figure out the gaps that need to be covered and a plan for care in the home can be put in place.

#5 is about making a conscious, honest evaluation of support needs and how outside support (like that of a Home Care agency) can provide gap or full time coverage to serve your needs. This is how you tailor your home environment to replicate the critical aspects of the controlled environment you had in the hospital or acute care.

6. Healthcare Provider Engagement. Just because you are recovering at home does not mean you lose engagement with your team of doctors. Your team of healthcare providers are still on your team. Call in advance and speak with your doctor's staff to make sure you know what information to bring to that first appointment.

7. Shared Accountability Across Providers & Organizations. Your providers are your team. Don't let artificial barriers stand in the way of your successful recovery. Request they speak to you when necessary, review files and charts where possible.

So what do all the things on this list have in common? As I see it, four things that really matter:

1. Be pre-emptive and take charge of your own care.
2. Get and maintain control of your environment; the fewer surprises the better.
3. Keep the lines & flow of communication open, between you, your family, your caregivers and your healthcare providers.
4. Use information to decide where and how to fill in the gaps of support in the home. Better to over-invest up front, then reduce the support.

This list may seem like a lot, but when organized in a Work Plan, like the one we provide each of our clients in our “Going Home Safe” Program, everything is laid out with responsibilities, timetables, and support information easily understood.

As the owner of Senior Helpers Boston and South Shore I am incredibly biased when it comes to seniors being able to recover at home; but they must do it safely and comfortably. Which means they need to take control of it in a smart and knowledgeable way. I hope this list helps.

About the Author

Mark Friedman is the Owner of Senior Helpers Boston and South Shore. Passionate about seniors and healthcare, the goal of his agency is to set a new standard in home care in Massachusetts. First by delivering an exceptional home care experience in a combination of highly trained and high-touch caregivers. And secondly by becoming a significant connection for elders to resources and services in the 75 towns his company serves. You can contact Mark at MFriedman@SeniorHelpersBoston.com ■

Integrated Health Therapies



Aromatherapy: Part IV Assurance of the highest quality

By Carol Corio



In Part I, we offered an introductory to aromatherapy, including history and how essential oils are extracted. Part 2 covered sense of smell and the safe use of oils. Part 3 discussed the difference between synthetic fragrances and therapeutic aromatherapy. In Part 4, we will discuss how distillation is used to extract the oils and assure the quality.

Uses for Essential Oils

Essential oils absorb into the fluid surrounding the cells beneath the skin's surface for deep cleansing, nourishing, rejuvenating, balancing, and antiseptic benefits. Essential oils diffuse into the air for purifying, refreshing, calming, stimulating, and antibacterial benefits. They perform their healthy work both topically through gentle massage and internally through inhalation.

Essential Oil Extraction Methods

In order to extract essential oils in the most effective and therapeutic manner, different types of methods are used.

Distillation is the oldest and most widely used method for producing essential oils. Other methods include cold pressing, absolute through enfleurage, absolute through chemical solvent, resinoid, and carbon dioxide. All of these require extensive study and explanation. Here we will expand on the most common method: distillation.

Distillation

Distillation is the most common method of producing true essential oils. The distillation process moves from heated water to vaporized water combined with essential oils to the end products of pure essential oils and floral waters. Many parts of the plant can be used. Low pressure steam distillation, as compared to high steam pressure commercial distillation, preserves the maximum number of active components in the essential oil. Many plants require a longer time to distill in order to extract the entire spectrum of active beneficial substances in the essential oil. Low pressure, longer time methods (lower/slower yield a richer more therapeutically effective essential oil.

Direct distillation involves placement of plant materials in water and bringing to a boil. Steam distillation involves placement of plant material on a grid or screen and steam passes through. Steam may be in a vacuum or under pressure, which causes the walls of

the plant cells to break down and release the essence in the form of a vapor. The vaporized essences, along with steam and other substances, pass into a pipe through cooling tanks. The vapors return to liquid form as floral water and essential oil. In most cases, the oil floats on top and is siphoned off, leaving floral water with many benefits of its own.

Assure The Quality

Not only do the essences change composition from one part of the plant to another, but the location, time of day, weather, and seasons dictate the best time to extract the essences. The quality, price, and intensity of essential oils vary according to the variety

Aromatherapy continued on page 12

Award Winning Care IS HAPPENING HERE!

Webster Park's foremost Rehabilitation Program delivers Physical, Occupational and Speech Therapy **7 DAYS A WEEK**. Our Rehab Professionals craft individualized Rehab regimens utilizing the most advanced technology and latest treatment modalities.



New!
Pulmonary Program with full-time
Respiratory Therapist on staff!

WEBSTER PARK
Rehabilitation & Healthcare Center

781.871.0555
56 Webster Street, Rockland MA 02370
www.websterparkhealthcare.com



PERSONALIZED HOME HEALTH CARE

Call today for a **FREE** initial consultation with an RN!



MEET OUR ANGELS!

CelticAngelsInc.com

231 Washington St., Weymouth, MA

781-331-0062

April is National Jazz Appreciation Month!

Heating and Air Conditioning

Locally owned and operated!



617-281-7703 LedgesHeating.com

Your neighborhood tobacco store



Locally owned and operated!

Abington: Rt. 123
S. Weymouth: Rt. 18
Hanson: Rt. 27
Rockland Center
Whitman: Rt. 18
Pembroke: Rt. 139

NEW LOCATION: HANOVER MALL

Smoke & Ashes Tobacco Co.

781-878-7662

www.smokeandashes tobacco.com

Pope Rehabilitation & Skilled Nursing Center



Exceptional Post-Acute Rehab & Skilled Nursing Care!

- ◆ On Call Physicians
- ◆ Post Surgical Rehab
- ◆ Alzheimer's Residents Welcome
- ◆ 24 Hr Nursing Coverage
- ◆ Respite Stays Welcome
- ◆ Hospice & Support Services

(781) 335-4352

140 Webb Street, Weymouth, MA 02188

www.rehabassociates.com/pope



From My Perspective

Emigration (Aliyah) to Israel: Why?

By Shirley Miller Stein, MSW

We recently returned home from our 29th trip to Israel. Why? Five of our ten grandchildren, two of their spouses, a wedding, visits to a sick friend (bikkur cholim) and memorial services for dear friends. We thought it was high time to return.

To date, three grandchildren have served in the IDF (Israeli Defense Forces). Two others, 20-year-old Akiva and 18-year-old Rafi plan to serve this year. Only 18-year-old Ariella, now studying in Israel for her “gap year” plans to return to the US. Elana, married mother of two, plans to return to Israel after she completes her nursing degree. What makes middle class American kids leave our cushy US to settle in a small embattled land far from family and friends?

While I have no glib answers, all the kids attended Jewish day schools, were imbued with a fierce spirit of Zionism and seem motivated to use their skills, energy and resources to

contribute to the good of our unique “start-up” nation. Facing ongoing daily challenges they amaze us with their resilience, optimism, confidence and survival skills. They seem remarkably independent; still when the going gets tough they “have each other’s backs.”

While my husband I struggle with Hebrew and find it stressful to live in Israel feeling like American outsiders, the kids exude comfort and ease in negotiating the daily ups and downs of Israeli life.

Still, I’m ambivalent about the grandchildren making aliyah. While both proud and worried for their safety, I also feel they’ve shortchanged themselves. As I see it, America’s medical, educational and cultural resources outweigh that of any other nation. Many foreigners seek citizenship risking life and limb to reach our shores.

I’m not sure of all the reasons for the kids’ aliyah but a primary mover is likely their desire to live fully as Jews in a way that’s not possible elsewhere. Although Jewish communities abound, nowhere else is Judaism an integral part of the rhythm of daily life. The Sabbath (Shabbat) and other holidays are celebrated nation-wide. Xmas is hardly a blip on the screen but for

Purim, Passover (P e s a c h) and Shevuot preparations and celebrations abound with verve, creativity and countrywide observance.

For centuries Jews suffered persecution, dispersion and, of course, untimely death. In the US, assimilation seems to be our greatest threat to survival. Current rates stand at 71% of American Jews “marrying out.” While no guarantees exist, chances for our grandchildren remaining Jewish and marrying “in” seem much greater in Israel. We’ll be delighted to welcome more Jewish great grandchildren into our family.

It wasn’t even on our “radar screen” when my husband and I got married almost 60 years ago to live anywhere but America. Now we can choose which place to call home. For millennia Jews prayed to return to Jerusalem (Yerushalayim). Now it’s become a precious reality for increasing numbers of our youth. We wish them all good luck (hatzlacha) May they all be blessed with peace (shalom), good health and Jewish pride. Israel lives! (Am Yisroel Chai!)

About the Author

Shirley Miller Stein, MSW, lives in Sharon. ■



Reverse mortgage *continued from page 3*

observation may reveal. Research is needed to acquire the understanding needed to make an accurate determination.

A good place to begin research is www.ReverseMortgage.org, the consumer website of the National Reverse Mortgage Lenders Association (NRMLA). NRMLA is the central resource for consumer information and education about reverse mortgages. Next, a consultation with a Certified Reverse Mortgage Professional (CRMP) is recommended to get specific information and guidance relative to the details and suitability for individual situations. CRMPs are the reverse mortgage industry’s elite professionals as they have fulfilled demanding requirements including education, experience, exam testing, continuing education, and are pledged to fulfill NRMLAs rigorous Code of Ethics and Professional Responsibility.

Conclusion

The combination of changing times and the new realities confronting retirement security have changed everything. The retirement crisis is real, ongoing, and the scale is staggering. Traditional pensions are all but gone, Social Security is limited and under siege, and individual retirement savings are woefully inadequate. Solutions for today’s seniors will not come from government – they will come from each individual who effectively plans and provides for their own destiny.

Since home equity is the largest asset most people have, it only makes sense to thoroughly investigate the best ways to use it, or not to use it. Clearly, each of us is different, but most of us share a common desire – to enjoy our retired years with security and peace of mind. That can be realized knowing that you have investigated all options, consulted competent advisors, and made the best decisions based on your circumstances, resources and objectives. Simply hoping things will work out is not a strategy.

About the Author

George Downey is the CEO of Harbor Mortgage Solutions. As a family-owned and operated firm, Harbor Mortgage understands how mortgage financing and refinancing can affect your family’s future. Founded over 25 years ago, Harbor Mortgage remains committed to providing exceptional mortgage services to families in Massachusetts and Rhode Island. Let us help you find the right solution when you’re considering refinancing your current home, or purchasing a new one. And, if you’re a senior (62 or older, or are assisting one) and want information on reverse mortgages, you definitely should contact us... this is our specialty. For more information please visit our website at harbormortgage.com. George and can be reached at (781) 843-5553 or gdowney@harbormortgage.com. ■

Aromatherapy *continued from page 10*

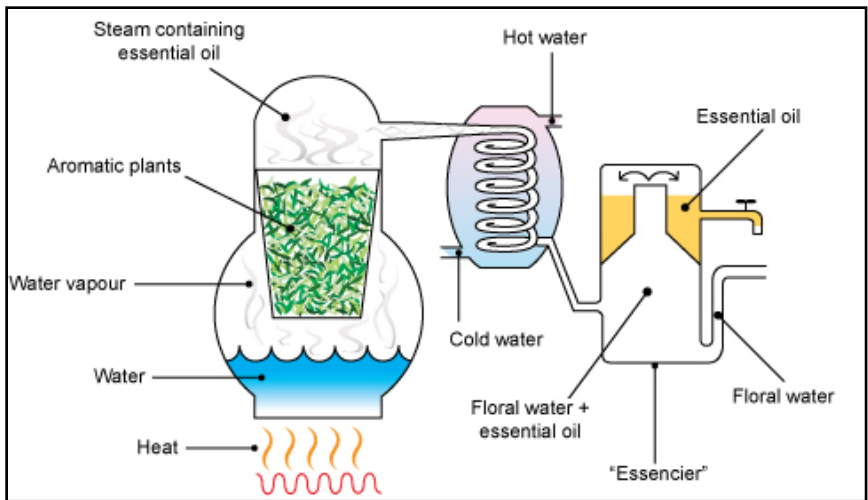
of the plant, the part of the plant used, the time of harvest, the richness of the soil, the quality and length of the cultivation methods, the process of distillation, and the reliability of the company providing the oils.

There is a wide variety of essential oils available on the market ranging from synthetic adulterations to the finest organically grown and distilled oils. The price of each essential oil is directly related to the amount of plant material needed for distillation or extraction. The more plant materials needed during the distillation process (graphic illustration of distillation process at right), the higher the price of the extracted pure essential oil.

For therapeutic purposes, it is important to locate a high quality oil that is pure, preferably wild crafted or organically grown and distilled through low pressure techniques which preserve the valuable chemical properties.

About the Author

Carol Corio has been studying integrated health therapies for more than 25 years with certifications in aromatherapy, polarity therapy, RYSE, Reiki, and Integrated Energy Therapy (EIT) sharing her long-time passion for integrating the benefits of therapeutic aromatherapy with those served by Old Colony Hospice & Palliative Care, and independent, private, non-profit, Medicare certified CHAP-accredited, family centered, dedicated team of professionals providing excellent care services on the South Shore since 1979. For information, call 781-341-4145, visit www.oldcolonyhospice.com, or email Carol at: ccorio@oldcolonyhospice.com ■





South Shore's Preferred Nursing & Short Term Rehabilitation Center

50 Recreation Park Drive
Hingham, MA 02043
TEL: (781) 749-4982
FAX: (781) 740-4283

25th Annual SENIOR CELEBRATION

Tuesday, May 23, 2017 9:30 a.m. - 2:00 p.m.

FREE EVENT FOR SENIORS AND CAREGIVERS

Giveaways, Raffles, Refreshment

40 Exhibiting Companies & Door Prizes Given Away Every Hour!

Shaw's Center - 1 Lexington Ave., Brockton, MA 02301

*Reservations Not Required. For additional information call American Health Resources, Inc. at 508-588-7700
Or Email Lisab@ahrevents.com*

Stay Healthy with Free Screenings

• Vascular Screening* • Cholesterol • Blood Pressure • Body Fat

*Members of the Signature Healthcare Vascular team will be providing a series of vascular screenings. These include ultrasound of the carotid arteries, Peripheral Arterial Disease (PAD) evaluation and an ultrasound of the abdominal aorta (AAA).

Enjoy Live Entertainment

9:30 - 2:00 DJ Joe Martini- Join the fun while Joe spins your favorite tunes!

11:00-11:30 Zumba Gold Fitness Demo - Lori Hunter and her group will show you just how fun and easy this international dance exercise can be.

12:00 - 1:30 Cranberry Jam Band Enjoy live music with Paul and his band.

1:30 - 2:00 Exhibitor Raffle Winners Announced....but you must be present to win!

Attend Informative Seminars

10:30 a.m. Importance of Prevention

Learn about Cancer Prevention and what you can do to reduce your risks and increase your odds of staying healthy. A review of the types of screenings to take advantage of, risk factors and more will be discussed. Presented by Nicole Delano, MSN, RN, Patient Navigator from Signature Healthcare

11:30 a.m. Aches & Pains: Causes, Treatment and Therapy

Do you have pain in your hands and wrists? Suffer from Arthritis? If so, come hear from Dr. Federico Martinez, Hand Surgeon from Signature Healthcare. He'll review causes, treatment options and therapies while providing an overview of orthopedic pain in adults over age 55.

Marquee Sponsor:



Contributing Sponsors:



Interested in exhibiting?
Contact Lisa Bronstein at American Health Resources
call 508-588-7700 or email
lisab@ahrevents.com



WINDROSE at weymouth
Specialized Memory Care Assisted Living

Call to schedule
your visit today:
781-331-5555

670 Main Street • South Weymouth, MA • windroseweymouth.com

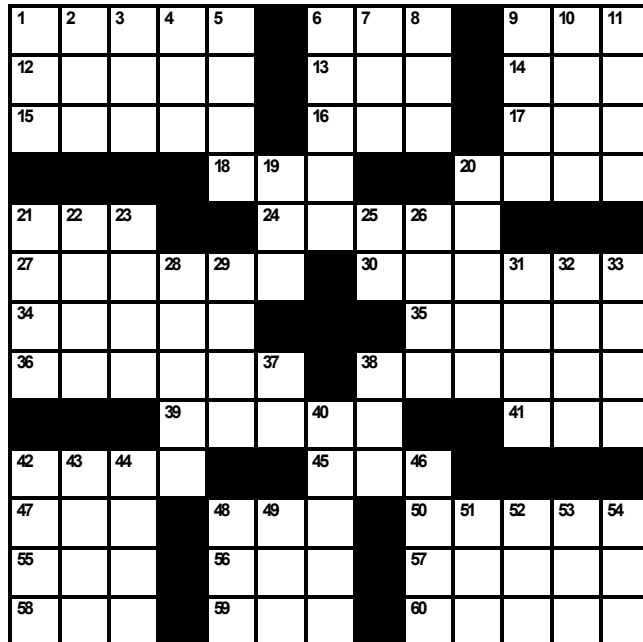
Visit us on the web at www.southshoresenior.com • 13

Across

1. Fab Four drummer
6. Hip-hop
9. Old time Dad's
12. No-no
13. Capitalize
14. Coffee holder
15. S. American cassava plant
16. Gas guzzle rate
17. Can be open or choppy
18. Swindle
20. Fellow
21. Behave affectedly
24. Beeper
27. Dry red wine
30. First act
34. Some reality show winners
35. Butterfly
36. Hindu festival
38. Perfume base
39. "Get your ___ running....." Steppenwolf
41. Keats creation
42. Finale
45. "___ show time!"
47. Bother
48. Peruvian coin
50. ___ and desist
55. "Forget it!"
56. 5th for one
57. Operatic solos
58. If at first you don't succeed, ___ again
59. Protective covering
60. Get a new tenant for

Down

1. Messy place
2. Greek letter
3. 1970 Jackson 5 song
4. Bird of myth
5. Jungle sound
6. Cuban dance
7. Egyptian snake
8. Hit the nail on the head
9. Word on a door
10. Kind of rug
11. Zest



19. Select
20. Thick liqueur
21. Involved with
22. Ghana money
23. Suppose (old way)
25. Decision to move forward
26. Grandiose
28. Pack carrier
29. Norway seaport
31. Alliance acronym
32. Relative of "Oh, no!"
33. Character
37. Player, in tag
38. Gallery display
40. Lubed
42. "Out of the question"
43. Skunk's defense
44. Decayed
46. Lasting effect
48. Fall guy
49. Fertility clinic stock
51. "Maid of Athens, ___ we part": Byron
52. Have a bug
53. Returnable envelope, for short
54. Approx.

GOT NEWS TO SHARE? Send it along!

Have news? Send it over! Email: info@southshoresenior.com or mail: South Shore Senior News, P.O. Box 202, Hingham MA 02043

PBM Patricia Bloom-McDonald, Attorney at Law
 1017 Turnpike Street, Suite 23, Canton, MA 02021; and
 1105 State Road, P.O. Box 858, Westport, MA 02790
 Phone: (781) 713 - 4709 or (508) 636 - 6097 web: www.McBloomLaw.com

Estate Planning, including Wills, Special Needs Trusts;
Probate, including Guardianships and Conservatorships;
Real Estate, including Reverse Mortgages; Refinances; Purchase & Sales;
Elder Law, including Medicaid Planning and Application Assistance

Matters of the Mind...



Red Flags for family members to explore...

By Beverly Moore, RN, CS

QUINCY - Family members often wonder if the often subtle changes they see in an elder family member are signs of dementia. When the person you care about demonstrates any of the following as a new behavior, it may indicate a memory disorder.

In activities:

- Decreased participation in usually enjoyable activities
- Withdrawn and isolative; stays in his apartment/room/home more
- Shadowing (following their caregiver)
- Unwilling to be separated from spouse or other family member
- Gets lost going to familiar places (i.e. grocery store, hairdresser, church or even their own apartment/home)
- Gets lost or confused while performing previously easy tasks
- Inappropriate dress or inadequate attention to hygiene
- Loses items (may accuse others of stealing from him)

In relating:

- Increased or decreased conversation
- Difficulty expressing himself, especially feelings
- Unable to follow conversation
- Difficulty controlling his emotions
- Atypical angry or aggressive behavior
- Repetitive story telling or repeated questions
- An atypical vacant look on his face

One caveat; make sure the symptoms are explored by a reliable clinician. Many of these signs are those seen in other diseases (diabetes, heart disease, depression),

Mind Matters continued on page 15

Mind Matters continued from page 14

conditions (poor vision, hearing loss) or life circumstances (a move, a death, job loss). Don't assume; have the person get a complete physical and neurological workup.

About the Author

Beverly Moore is owner of StilMee, an Alzheimer caregiver service based in Quincy and serving Massachusetts and southern 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 on her company website www.StilMee.com. She can be reached at StilMee@comcast.net. ■

As Tax Day approaches, get your benefit statement online

Social Security is with you through life's journey, putting you in control of your finances and future. With this in mind, we have made getting a replacement Social Security Benefit Statement even easier. Now you can instantly print or save a replacement any time you want. That's control!



Social Security Update

DELIA DE MELLO

The Benefit Statement, also known as the SSA-1099 or the SSA-1042S, is a tax form Social Security mails each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. An SSA-1042S is for a noncitizen who lives outside the United States and received or repaid Social Security benefits last year.

If you currently live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and get an instant, printable replacement form with a *my Social Security* account at www.socialsecurity.gov/myaccount. If you already have a *my Social Security* account, you can access your online account to view and print your SSA-1099 or SSA-1042S. If you don't have a *my Social Security* account, creating a secure account is very easy to do and usually takes less than 15 minutes.

Keep in mind, your Social Security benefits may be taxable. Visit www.socialsecurity.gov/planners/taxes.html if you have other substantial income.

Securing today and tomorrow doesn't have to be difficult, and Social Security continues to improve our customer service with easy-to-use online features. Find out more about what you can do online at www.socialsecurity.gov.

About the Author

Delia DeMello, metropolitan public affairs specialist, has been with the Social Security Administration since 1986. For information, call 800-772-1213 or visit <http://www.socialsecurity.gov>. ■

Paragon Carousel Opens for 89th Season on Easter Weekend



HULL - The Paragon Carousel, the historic merry-go-round that's been delighting generations of the young and young-at-heart on the shores of Nantasket Beach since 1928, will begin its 89th season on Easter Weekend, April 15-16. Photos with the Easter Bunny are available on Saturday from 12 noon until 3 PM, and on Sunday the popular "Egg Dash" begins promptly at 12:30 PM on the carousel lawn.

Open weekends throughout the spring, the carousel will be open daily during the summer, when the Paragon Park Museum will also be open for visits. Take yourself back in time with a nostalgic spin on the antique amusement and check out the museum exhibits for a special treat. For more information call 781-925-0472, visit www.paragoncarousel.com, or stop by one of these warm spring weekends to rekindle fond memories and create new ones.

WE'RE MOVING

George Weir

"The Moving Coach"



Over 50 years serving the South Shore!

(339) 788 - 9699

George@weirmoving.com www.weirmoving.com

John Adams HealthCare Center

Specializing in:

Short-term rehabilitation in a homelike setting.



- 24-Hour Skilled Nursing Care
- Respite Care
- Hospice Care

For more information call:

Deb Ring
Director of Admissions
(617) 479 - 0837

"Care Is Our Business"

211 Franklin Street, Quincy, MA 02169

South Shore Community Calendar

Moving Heels for Meals on Wheels 5K Road Race and Walk, Sunday, April 2



KINGSTON --On April 2, 2017, Old Colony Elder Services (OCES), is hosting their Second Annual “Moving Heels for Meals on Wheels” 5K road race and walk. The 9:00 am start is located at the Silver Lake Regional High School in Kingston, Massachusetts. Run, walk, push a baby stroller, complete the course with your dog – enjoy the day any way that fits your lifestyle. Children under 12 and dogs (on a leash) are encouraged to wear a fun costume that reflects healthy eating.

Come as a pineapple, or banana, or green salad – let your imagination run wild. There will be prizes for the winning runners, best children's and best dressed dog costumes. Free T-shirt, refreshments, gift bag and a wonderful time for the whole family to come out and support a great cause--helping OCES deliver 1,600 nutritious meals a day. To register and see more detailed information, visit www.southshoreracemgmt.com/2nd-annual-moving-heels-for-meals-on-wheelwheels-5k—april-2-2017



CarePro
Health Services®

Adult Day Health Center
Homelike Setting • Medically Supervised • Transportation

Home Health Services
Private Duty Certified Home Health Aids • Companions
RN's • LPN's

Call for FREE in-home assessment by a Registered Nurse
781-340-7811
www.careprohealth.com



SOUTH SHORE RESIDENTS

Do you have a spare room or in-law apartment for rent?

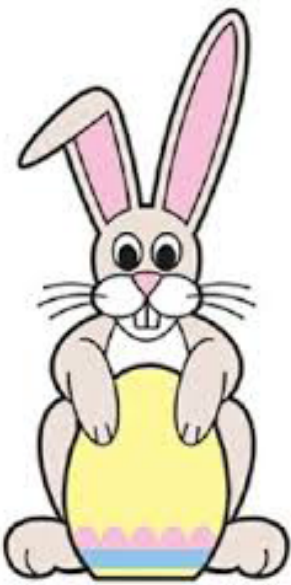
Former male teacher and senior citizen, who does not drink or smoke, will pay \$800 per month.

Call 617-365-2646



Community Seder Saturday, April 8

MARSHFIELD --Congregation Shirat Hayam is holding a pre-Passover community Seder on Saturday, April 8, at 5:30 PM. The Passover Seder is an ancient ritual meal that retells the story of the ancient Israelites emancipation from slavery in Egypt. The Seder will feature a reenactment of the Israelites' perilous flight to freedom through song, storytelling and symbolic foods while reflecting on contemporary related issues. The Seder and dinner cost is \$18 per person, \$36 per family, and free for members. RSVP by April 1 by email: info@shirathayam.net or call: 781-582-2700. Congregation Shirat Hayam is the South Shore's only Reconstructionist synagogue, and shares space with Sanctuary Church, 185 Plain St., Marshfield.



Food Pantry. For more information please call 781-331-5555.

Egg Hunt and Easter Bunny Photos

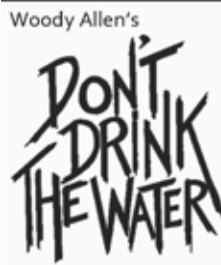
WEYMOUTH --Bring the family for an Egg Hunt and photos with the Easter Bunny on Sunday, April 2, from 1-3:00 PM at Windrose Weymouth, 670 Main St., South Weymouth. Children ages 12 and younger are welcome to participate in the egg hunt and must be accompanied by a parent. The event is open to the public. If you plan to participate, please bring along one item to donate to the Weymouth

CAREGIVER SUPPORT GROUPS

BUZZARDS BAY -- A support group for caregivers is held the second Monday of the month, 5:30-7:00 PM, at Keystone Place, 218 Main St., Buzzards Bay. Facilitated by Sonja Brewer of the Alzheimer's Family Support Center. To reserve a space call 774-302-4539.

WEYMOUTH - An Alzheimer's and Dementia Support Group for caregivers is held the first Saturday of the month, 10:00 AM, at Windrose at Weymouth, 670 Main St., South Weymouth. RSVP to Executive Director Susan Sheehan, 781-331-5555 or ssheehan@windroseweymouth.com

South Shore Community Calendar



North River Theater: April 22-30

NORWELL -- Woody Allen's madcap farce, Don't Drink the Water, is being presented by the North River Theater April 22-30. Written in 1966, a family of American tourists end up in an Iron Curtain country accused of being spies. The zany comedy weaves romance and intrigue, providing an evening of memorable entertainment. Cabaret-style seating, cash bar. Tickets \$20. Performances Fri./Sat., 8PM, Sun. 2PM. 513 River St., Norwell. Call 781-826-4878 Northrivertheater.org



Sheriff's Dept. April Talk Series

KINGSTON -- Take a trip back in time to the old days of Plymouth County Corrections. Learn about the history of the County jails, some of Plymouth County's more infamous inmates, and the story of the Plymouth County Sheriff's Department.

Deputy Liisa Budge-Johnson, Outreach Coordinator for the Plymouth County Sheriff's Department, will talk about the history of Plymouth County Corrections on Monday, April 3, at 6:30 PM at the Kingston Public Library. The program will run 45 minutes, with enough time for a question and

answer session following the talk.

This program is the first of three talks by the Sheriff's Department. On April 10th, the topic will be Household Highs: The Dangers of Prescription Drugs and Inhalants in the Home. The final program on April 24th is Identity Theft and Scams.

The program is free, but registration is requested. For more information or to register, visit the library's online calendar at www.KingstonPublicLibrary.org, or call the Library at 781-585-0517 x112.

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, P.O. Box 202, Hingham, MA 02043

Adult Day Health Centers

- ☐ CarePro Health Services
- ☐ Active Day Center

Alzheimer's Coaching Services

- ☐ StillMee - The Leader in Alzheimer's Coaching

Home Care Services

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

Home Services / Repair / Modification

- ☐ Paul Foley Electric / Generator Company
- ☐ Top Notch Transitional Services
- ☐ Lift & Care Systems, Inc.
- ☐ Dirty Deeds Done Dirt Cheap

Hospice

- ☐ Hospice of the South Shore
- ☐ Norwell VNA & Hospice
- ☐ HopeHealth

Independent and Assisted Living

- ☐ Compass on the Bay
- ☐ Standish Village
- ☐ Stafford Hill
- ☐ Laurelwood at the Pinehills
- ☐ Cornerstone at Canton

Insurance

- ☐ Catholic Association of Foresters

Elder Law Services

- ☐ Patricia Bloom-McDonald, Attorney at Law
- ☐ Law Office of Robert Romano

Local Elder Service Agencies

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

Medical Services

- ☐ King Optical Company
- ☐ South Shore Hearing Center
- ☐ Suburban Hearing Aid Services

Memory Impaired Assisted Living

- ☐ Compass on the Bay
- ☐ Standish Village
- ☐ Windrose at Weymouth

Physician Groups

- ☐ Harbor Medical Associates

Relocation Services

- ☐ Weir Moving

Reverse Mortgages

- ☐ Harbor Mortgage Solutions, Inc.

Custom Poems for all Occasions

- ☐ Words Everlasting

Skilled Nursing & Rehabilitation

- ☐ John Adams Health Care Center
- ☐ Pope Rehabilitation & Skilled Nursing Center
- ☐ Life Care Center of the South Shore
- ☐ Queen Anne Nursing Home
- ☐ Southwood at Norwell Nursing Center

Transitional Services

- ☐ Top Notch Transitional Services

Veteran's Financial Assistance

- ☐ Home Care Partners, LLC

Please mail my free, no obligation information to:

Name: _____

Address: _____

City: _____

State: _____

ZIP: _____

Tel (optional): _____

Email (optional): _____

WHEN IT'S MORE THAN A CHANGE, IT'S A TRANSITION

TOPNOTCH TRANSITIONAL SERVICES

Can Address All Your Transitional Needs from A-Z



Top Notch Transitional Services Can Help You With:

- ✓ Home Improvement
- ✓ Transition Evaluation Assessment
- ✓ Hoarding Clean Up Help
- ✓ Liquidation
- ✓ Selling Your Distressed Home
- ✓ Senior Transition Planning
- ✓ Home Safety Relief
- ✓ Move Management
- ✓ Cleaning & Sorting
- ✓ Transitional Advisement

Whether you simply just need to speak with a transition expert or need assistance renovating your home, our one-stop shop approach will relieve the stress of looking for multiple contractors. Our licensed Contractors, Transition Experts, and Clinicians are here to help you.

We Service all of Massachusetts, Vermont, Cape Cod, New Hampshire, Maine, Connecticut, New York, and Rhode Island.

TUFTS  Health Plan
No one does more to keep you healthy.

In partnership with Tufts Health Plan, TNTS provides discounted rates for all Tufts Health Plan Subscribers.

SCHEDULE YOUR ASSESSMENT TODAY!

1-877-273-7810

Or Visit Our Website for more information:

www.tntshelp.com



In-home care for a better quality of life.

Right at Home offers caregiving services for almost any family and practically any situation.

In-home care is the perfect choice for those who want to remain independent but are challenged by activities of daily living.

Services We Provide

- Safety Supervision
- Family Respite Care
- Med Reminders
- Meal Preparation
- Alzheimer's Care
- Assist with ADL's
- Custom Care Plan
- Transportation
- Shopping & Errands
- Light Housekeeping



866-681-3545
www.rightathome.net/southshore
800 Hingham Street Rockland, MA 02370



Standish VILLAGE
Dorchester/Milton
617.298.5656



Compass ON THE BAY
South Boston
617.268.5450



Cornerstone AT CANTON
Canton
781.821.3616



SENIOR LIVING RESIDENCES
The Right Values

ASSISTED LIVING & COMPASS MEMORY SUPPORT
Boston, the South Shore and Beyond

*Reserve your apartment this month and
WE'LL HELP PAY FOR YOUR MOVING COSTS!*

Visit SeniorLivingResidences.com for more info

Dare to Downsize!



Tiny monthly articles regarding moving to a smaller place designed to motivate, educate and entertain!

By Randy Veraguas

Dare to trim it!

NORTH QUINCY - How many times do you think you're going to hear, April Showers Bring May Flowers? I hear it too often. So I didn't want to start off this article with such a cliché....oops. Guess I did! HA ha Ok Ok, so I'm not perfect. And neither is any move! What we plan to do is just that. It's a plan. What ends up happening can be something completely unexpected. Let's think about a way to mitigate poorly executing a plan to downsize.

April is National Lawn and Garden Month, so I thought we could focus on "Trimming." Oh no, I'm not concerned with your garden, I'm talking about trimming down your things. After all, this is the tiny article about downsizing. Last month if you read this article, you may have started labeling things. So, you know where your things are and they're all organized and labeled now.

How many do you have?

How many?? What I am trying to get you to think about is quantity. How many people live in your house? In my house we have three people. My husband, my son and myself live happily under one roof...but we don't have 3 forks, 3 plates and 3 cups. I'm embarrassed to say, we have way too many forks, plates and cups. If we were going to downsize soon, I'd have lots to trim. I'd get rid of the mismatched, chipped, and least popular or never used things. Moving professionals will tell you if you haven't

Crossword answers from page 14

1	S	2	T	3	A	4	R	5	R	6	R	7	A	8	P	9	P	10	A	11	S
12	T	A	B	O	O	13	U	S	E	14	U	R	N								
15	Y	U	C	C	A	16	M	P	G	17	S	E	A								
						18	R	O	B		20	C	H	A	P						
21	A	22	C	23	T		24	P	A	25	G	26	E	R							
27	M	E	R	28	L	29	O	T		30	O	P	E	N	32	E	33	R			
34	I	D	O	L	S					35	I	M	A	G	O						
36	D	I	W	A	L	37	I			38	A	C	E	T	A	L					
						39	M	O	T	40	O	R			41	O	D	E			
42	C	43	O	44	D					45	I	T	46	S							
47	A	D	O			48	S	49	O	L					50	C	E	52	A	53	S
55	N	O	T			56	A	V	E						57	A	R	I	A	58	S
58	T	R	Y			59	P	A	D						60	R	E	L	E	T	

TUNE IN!

95.9 WATD-FM
Sunday 7-8 PM
MY

GENERATION!
Radio talk show brought to you by
South Shore Senior News

Great guests!
Interesting topics!






but you're new smaller bedroom will look bigger without all those pillows. Ironically, trimming will help you feel like you have a BIGGER place.

I didn't say it'd be easy. Trimming involves work. But keep in mind that April 7th is OFFICIALLY No Housework Day! (I would kiss the person who got that passed!) So that means you have 29 days of April's wet weather to trim around your home in preparation for a most successfully executed downsize. However, even if you're not planning a move, trimming is going to give you space-more room to display May's flowers.

...Is that smoke I smell? "Hey, Glenn!!!"

About the Author

Randy Veraguas is the Sales Director at Atria Marina Place, a senior living community in North Quincy. She is also the Creative Producer of the TV Pilot, Dare to Downsize, www.daretodownsize.weebly.com. You can reach Randy at 781-635-5414. ■



Live vibrantly.

Compassionate care in a home-like environment: short- and long-term rehabilitation, skilled nursing, respite care and Medicare and Medicaid certified.

Life Care Center
of the South Shore
Joint Commission accredited

781.545.1370 • 309 Driftway | Scituate, MA 02066 • LCCA.COM

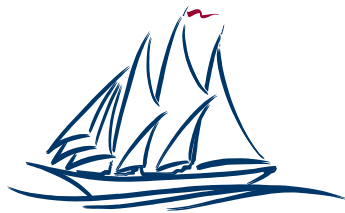
Choices...

Northbridge Companies offers the finest choices in Senior Living in the Plymouth area.



All Northbridge Communities offer a variety of apartment styles, fine dining, social, cultural and recreational activities, scheduled transportation, exceptional personal care and a commitment to providing the highest quality of life for our residents. **Visit us today!**

————— NextGenerationSeniors.com —————



STAFFORD HILL

A Northbridge Senior Living Community

60 Stafford Street
Plymouth, MA
508.830.9990



at The Pinehills

A Northbridge Senior Living Community

10 Golf Drive
Plymouth, MA
508.927.6346



INDEPENDENT LIVING | ASSISTED LIVING | AVITA MEMORY CARE