

# South Shore Senior News



AUGUST 2016

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## Walking to a New Way of Living

By Wayne Westcott and Rita La Rosa Loud

QUINCY - Whether performed indoors at a Mall, or outdoors at the beach or park, there are several healthful benefits to walking, such as burning calories, increased energy, improved physical conditioning, and a more efficient cardiovascular system. Certainly walking is far better than sitting at home or at work.

Sitting is an inactivity which can lead to feelings of malaise, a lack of energy, and eventual weakening of the body. When compared to running, walking is easier on the musculoskeletal system because there is less pounding on the pavement and less stress on the joints.

*Walking, continued on page 12*



## The Places We Can Go

By Beverly Moore

QUINCY - Summertime is a season of family gatherings and enjoying the outdoors in all its beauty. Caregivers of those with dementia look forward to being out of the confines of the home and enjoying time with their family member.

Parks are open; ponds with duck feeding are plentiful, ice cream stops for a refreshing treat after a walk top off a good time. Here in the Boston area, activity in pleasant surroundings abound; Castle Island, DW Field Park, the Common, and World's End to name a few.

*Places, continued on page 9*

## Late Summer Offerings: A Baker's Dozen

By Patti Abbate

*Don't let the summer season slip by without taking advantage of the many events and activities offered from Quincy to Plymouth this season. Late summer brings cooler weather, thinner crowds and a host of exciting activities to choose from. From traditional farmers' markets to high tea, you'll find it happening on the South Shore. Here are just a few to consider as summer winds down.*

### Quincy Food Truck & Craft Beer Festival:

Saturday, Sept. 17, Merrymount Park, Food Truck Festivals of America is coming back to Quincy. If you enjoy craft beers, you'll have more than 50 to sample along with delicious food. Live music and other entertainment await, so bring your lawn chairs, sit back and enjoy. For tickets and information: <http://www.foodtruckfestivalsofamerica.com/#!quincyfoodtruckfestival/e2dc9>



### QUINCY

#### 2<sup>nd</sup> Annual River South Center Arts Festival:

Saturday, August 20, 1 - 5:00 pm  
Enjoy live musical performances and local and (not so local) arts and crafts, for viewing and for sale. The River Church, Quincy. For more information: <http://theriversouthcenter.org/arts-festival/>



Credit: theriversouthcenter.org

### 19<sup>th</sup> Annual Arts Fest: Saturday, Sept. 17 (10 am – 5 pm) -18 (10 am -4pm) (free)

The signature event of the Quincy Art Association is one of the best family oriented arts shows in and around Boston and the South Shore. Enjoy the juried and members' show featuring more than 500 pieces of artwork and photography. You will also find crafters and a full line-up of talented entertainers. Held the 3<sup>rd</sup> weekend in September at Adams Field.

*Late Summer Offerings, continued on page 10*



# Special Report - Skilled Nursing Centers

## Adapting to a Changing Care Landscape

*The skilled nursing center has long been a staple of the American health care system. These centers served as long term rehabilitation resources, and in many cases, the final “home” for many aging seniors who were too incapacitated to remain in their own home. Many of them relied on Medicare to help them remain in the skilled care center right up to the end of life.*

*Today, the skilled care centers and the people they care for are facing changing times. The Affordable Care Act may have helped some gain insurance coverage, it has come with a price. Reduced reimbursements, tricky qualification barriers and an increasing number of seniors in need of long term rehabilitation have put a tremendous strain on the skilled care center.*

*Despite these difficult conditions, skilled nursing centers continue to adapt to their patient’s needs, while working within the changing financial circumstances of operation. Significant improvements have been implemented in the skilled care center’s plan of care, service delivery and building and room designs, all designed to continue the important role skilled care centers play in the health care system, especially for our readers as they age.*

By Greg Porell

The traditional “nursing home” has evolved into the skilled care and rehabilitation center, with a mission of getting you up and running and on your way home with the right assistance in place when you get there. Changes in reimbursement rates, some attributed to the financial model imposed by the Affordable Care Act (ACA), are reshaping the skilled nursing center experience and what services are being provided.

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### Make A Plan

Choice and greater comfort is available for those who plan well. And it is important for people to realize, they do have a choice when selecting their skilled care setting.

Changes in Medicare reimbursement has made it important for patients and loved ones to understand the qualifications to receive care coverage. This is especially critical for a person that goes to the hospital and a decision is made to either admit the person, or to term the services “observation status.”

If a person is not admitted to the hospital, and has to enter a skilled care facility, they may not be covered by Medicare and end up paying for their stay out of pocket.

Some of the Accountable Care Organizations (ACO) serving eastern Massachusetts have secured waivers that allow them to place a person in a skilled nursing home without the required three night hospital stay.

### Patient Centered Care

Skilled nursing and rehabilitation centers have improved their physical settings, the foods served and the daily schedule to provide a more home-like feel and provide a more personalized approach for the patient.

# Special Report - Skilled Nursing Centers

A ‘home-like’ setting is now part of the vernacular when consumers visit with admission directors before selecting a skilled nursing and rehabilitation center.

A movement has taken place to get away from the more institutionalized medical mode and to treat each patient as an individual with choices and say in how they are cared for and how they receive that care.

It includes simple changes such as having longer breakfast service times so residents do not have to get up early if that doesn’t meet their lifestyle as well as allowing them to stay up late if that is what they like to do. Services and treatments are worked around these schedules for the individual.

### Adapting to the Change

Skilled nursing and rehabilitation centers are adapting to this changing landscape with technology, staff and programs. Electronic medical records make it possible to have a complete profile of a new patient upon arrival and have allowed admissions 24/7, every holiday, and weekends.

There is now a great deal of effort to plan for a smooth discharge. There are meetings at admission, follow up at the center, and then the development of a plan to take care of a person when they return home.

Medical services that once required a patient to leave the center can now be provided on site, including X-Rays, wound care and other medical services. Treatment plans include more services, including hospice, to address pain management, spiritual needs and family support.

Telemedicine programs allow communication with a doctor over the Internet and enables them to be in a patient’s room via a video connection. This technology provides instant access during a critical emergency.

With the emergence of high definition TV’s and diagnostic imaging tools, telemedicine has become very important. If patients have questions they want to ask their doctor, or a nurse has a question for the doctor, the telemed system allows easy communication.

### Alzheimer’s Care

Skilled care centers are adding secure Alzheimer’s care units and are seeing a growing demand for this service. Centers have trained staff to address the behavioral changes resulting from the disease.

*Skilled Care, continued on page 4*

## "Jimmo" Allows Medicare Appeal

By Alexis Levitt

**NORWELL** - Every day, families of nursing home patients are told that Medicare coverage will be ending in a day or two, because the patient is no longer “improving.” Well, that has never been what the Medicare regulations say, but somehow, that has become the common practice across the country.

Alexis Levitt

In 2012, the good folks at the [Medicare Advocacy Project](#) (a national nonprofit, nonpartisan organization) brought these infractions to court and won. In 2013, a federal judge in Vermont, whose order applies to the whole country, clarified that nursing homes can no longer cut off Medicare just because a patient has “plateaued.”

Instead, the (old) new law is: So long as the patient needs skilled care, whether to improve, maintain her condition, or prevent or slow deterioration of her condition, she is entitled to Medicare payment for up to 100 days. Period.

Looked at it another way, if the patient needs skilled care on a daily basis, or if she needs physical, occupational, or speech therapy five days per week, then she is entitled to Medicare coverage for the full 100 days.

Many South Shore nursing homes have begun to implement the Jimmo ruling, but some have not. If you find that Medicare services are stopping for “failure to improve” or something along those lines, but if you think that you need care as directed by Jimmo, then appeal.

*"Jimmo," continued on page 4*

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# Special Report - Skilled Nursing Centers

## Adapting to a Changing Care Landscape

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The units are secure and residents are able to “wander” within the unit safely. There is 24/7 nursing care.

### Outpatient Centers

Outpatient centers are some of the more common places people continue their recovery that requires physical, occupational or speech therapies after a discharge from a skilled care center.

Outpatient centers, as well as in home services, are providing a critical component in the continuation of rehab care. Evidence based research highlights the importance of a rehabilitation plan that can span a long period of time to achieve maximum recovery.

### Seven Questions to Ask

*This article was excerpted from the 2016 Senior Services Directory and these were the recommendations for readers when looking into a skilled nursing center:*

1. Ask for a tour of the skilled care center if time allows before an admission.
2. Ask about a provider’s certifications and accreditations.
3. Ask about flexibility in schedules for meals, wake up and bed times.
4. What legal documents, such as a health care proxy, does the skilled

**“Changes in reimbursement rates, some attributed to the financial model imposed by the Affordable Care Act (ACA), are reshaping the skilled nursing center experience and what services are being provided.”**

care center require to be in place at the time of admission?

5. Is there a specialized unit for those that have a memory impairment disease, like Alzheimer’s, and what training has the staff received to deal with the impact of the disease on behavior?
6. Are they affiliated with any outpatient rehabilitation centers close to your home where you can continue treatments?
7. Discuss payment and insurances accepted.

## “Jimmo” Allows Medicare Appeal

continued from page 3

The doctor is the most important person for you to work with on this. If she agrees that you need daily skilled care or therapies, then a written statement from her will help you win the full 100 days of Medicare coverage.

See the Medicare Advocacy Project’s website ([www.medicareadvocacy.org](http://www.medicareadvocacy.org)) for a further understanding of the end of the “improvement standard,” and then review their self-help packets.

These are straight-forward, easy to read packets that will help you explain to the nursing home administrator that the rules have changed, so that she will feel comfortable submitting the claim to Medicare and continuing the patient’s coverage.

P.S. These rules also apply to home care and outpatient therapy, as well.

Thank you, Medicare Advocacy Project!

### About The Author

*Alexis 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](http://www.alexislevitt.com).*

## “The Wicked Smart Investor”

# Inflation: An Economic Fireball

By Chris Hanson



Chris Hanson

**MARSHFIELD** - A trip to the Green Harbor General Store is my favorite summer tradition. The small town atmosphere and interesting merchandise mix reminds me of Braintree’s Smiley Pharmacy. My niece and nephews only care about the penny candy section.

They dart across the wooden floors, grab a red bucket, and then the tough decisions begin. Will it be three Cow Tails or five sleeves of Smarties?

I give them a budget and sometimes I’ll bring a calculator as a deterrent to youthful fuzzy math. One nephew will try any trick to score an extra Banana Split or Squirrel Nut. I’m on to him.

After the candy is selected, I’ll post a picture on FB and get the usual responses. My friends tell me I’m a good uncle and ask “Is there really penny candy anymore?” The answer is no. This is one of the few occasions I can get people to talk about a major economic evil, inflation.

Plenty of older retirees only wish they could forget inflation. Their standard of living has declined because they failed to adequately plan for the effects of inflation over a long period of time. At age 65, the life expectancy of a man is 19.3 years and the average woman could live another 21.6 years. These are merely averages. You must plan for inflation early in your retirement.

Let’s consider this example. Jane Smith retired at age 65 in 2006 with a substantial nest egg invested in bank CDs. As CDs pay virtually nothing, every day she’s losing money in real terms. Food, fuel and health care costs are the worst culprits.

As the average annual inflation since 1913 is 3.22%, Jane will certainly notice the budget squeeze 10 years into retirement. Her \$4,000 monthly withdrawal in 2006 dollars will have the purchasing power of \$2,880 in 2016 dollars.

In other words, inflation has handed Jane a 28% benefit cut in 10 years. Her financial situation will only get progressively worse. At a 3.22% annual inflation rate, prices double every 20 years.

Inflation news seldom comes with the melodrama of a stock market decline, because it’s gradual and boring. Yet, its steady erosion of your savings is much more damaging than short term market declines. Imagine this scenario. January 1<sup>st</sup> you place \$100,000 in

a safe. Since it is not invested at all, you’re losing \$3,220 per year or \$8.22 per day in real terms. What if I rang your doorbell every evening and told you “your money is now worth” in successively declining amounts.

How long would you let this continue? At the end of the year you will have \$96,780. Would this make you uncomfortable and prompt you to reconsider your financial strategy?

After 10 years you’ll have \$72,839, but I’m sure you would have used a pitchfork on me by then.

Recognize that you must be proactive about inflationary dangers. If you only appreciate the peril in your twilight years, it’s too late to take action. Consider allocating some of your savings to inflation beating investments early in your retirement.

### About The Author

*Chris Hanson is the author of The Wicked Smart Investor blog and a CPA who specializes in financial planning. He earned his BBA at the Isenberg School of Management University of Massachusetts and an MBA at Babson College’s F. W. Olin Graduate School of Business. He may be reached at (978) 888 - 5395 and you read his blog at [wickedsmartinvestor.blogspot.com](http://wickedsmartinvestor.blogspot.com).*



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# Technolgoy Can Help Aging in Place

By Andrew Schneeloch

**ROCKLAND** - The proverbial “an apple a day will keep the doctor away” is today more likely “an app any time of day will keep the doctor away.” The latest in remote healthcare innovations can instantly connect a person with not just a doctor but an entire medical team, and all right in the comforts of home.

The upsurge in health-monitoring technology is particularly beneficial to older adults as the world’s population over age 60 is expected to reach nearly 1.2 billion people by 2025.

To respond to an increasing demand in caring for these seniors, home-monitoring devices and systems are redefining the landscape of “aging in place,” the decision to continue living in one’s home of choice as independently and safely as possible. AARP reports that nearly 90 percent of seniors want to stay in their own homes as they age.

Even with certain health challenges, older adults now have a number of more affordable and user-friendly advancements to help them live in their homes as long as they can.

From data-compiling motion sensors to Bluetooth connectivity, aging home dwellers and clinicians can stay in communication around the clock. Special apps also equip family caregivers with

**“The behavioral changes displayed via an intuitive on-line dashboard alert the off-site Right at Home care staff to intervene earlier during a health complication or before a more serious medical event..”**

visual check-ins with their loved one or allow adjustment of home controls for their senior from thousands of miles away.

Often family caregivers do not live close by their aging loved one, so personal at-home care coupled with high-tech remote health monitoring offers continued oversight of the senior and tremendous peace of mind to caregivers.

Right at Home, a leader of the in-home care industry, is partnering with global health technology innovator Philips to beta test a flexible and affordable blend of in-home and remote care options for seniors.

The CareSensus well-being monitoring features unobtrusive, camera-free sensors placed strategically in the home to watch out for older adults 24/7.

Data from the connected sensors process unusual patterns of activities, such as a senior taking much longer to get out of bed in the morning, and delivers the personalized blueprint of behavior to the Right at Home remote care team.

The behavioral changes displayed via an intuitive on-line dashboard alert the off-site Right at Home care staff to intervene earlier during a health complication or before a more serious medical event.

Family caregivers also can access the dashboard to periodically review their loved one’s care.

Seniors also have the option of being provided with a tablet equipped with video chat technology, so the remote care team can schedule regular check-ins customized to meet the senior’s needs.

Video visits can range from a casual discussion about dinner, to reminders for the senior to take their medication or blood pressure.

The CareSensus well-being monitoring and remote check-in pilot program continues in 25 Right at Home U.S. locations until December 2016.

In addition to the Right at Home/Philips blended care solution for older adults, a number of other home health innovations

designed to keep elders safe while living on their own include:

- Wearable health devices such as wristbands, biometric shirts, goggles and more measure and collect data on everything from blood pressure to vision.
- Mobile device apps remind older adults to take their medication or can measure on the spot vital signs such as glucose and skin temperature.
- Sensor mattress mat tracks air-pressure fluctuations to monitor a person’s sleep patterns, heart rate and breathing. The thin pad fits under a mattress.

- Telemedicine features in-home movable robotic devices to allow doctors to complete real-time medical appointments or track health conditions.
- Home automation auto-sets smart devices to simplify daily tasks such as opening or securing windows and doors, turning off appliances, adjusting the home’s temperature, and lowering countertops and shelves.

When hands-on care is not always possible for seniors who choose to age in place, assistive health technology may do more than keep the doctor away. In many cases,

the “always on” remote care services prove to be life-saving measures.

**About The Author**  
*Andrew Schneeloch is CEO and owner/ operator of the South Shore office of Right at Home serving the communities of Abington, Braintree, Bridgewater, Carver, Cohasset, Duxbury, East Bridgewater, East Brockton, Hanover, Hanson, Hingham, Holbrook, Hull, Kingston, Marshfield, Middleboro, Milton, Norwell, Pembroke, Plympton, Plymouth, Randolph, Rockland, Scituate, Wareham, Weymouth, and Whitman. For more information, you may visit the agency’s web site at [www.rightathome.net/south-shore/](http://www.rightathome.net/south-shore/), call them at (781) 681 - 3545, or by email at [info@rah-southshore.com](mailto:info@rah-southshore.com).*

## South Shore City & Town Veterans’ Affairs Contacts

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**Avon**  
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Richard J. Walsh  
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**West Bridgewater**  
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**Marshfield**  
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**Norwell**  
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**Pembroke**  
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**Rockland**  
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(781) 545-8715 / [veterans@town.scituate.ma.us](mailto:veterans@town.scituate.ma.us)

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# Community Dining Programs Promote A Healthy Life

By Christine McLaren

**BROCKTON** - Have you heard of the Community Dining Program offered at your local Council on Aging (COA)? The Community Dining Program offered by Old Colony Elder Services (OCES) provides a unique opportunity to enjoy a nutritious meal while socializing with friends and neighbors at various COAs throughout the greater Plymouth County region.

There are many benefits to the Community Dining Program offered through OCES. The meals provide 1/3 of the Recommended Dietary Allowances and the menu is developed by a Registered Dietitian Nutritionist. Nutrition information on the menu includes the entrée (protein, starch, and vegetable), dessert, milk, bread and margarine.

The sodium level of each food item is also listed. Meals include good sources of

**“The Community Dining Program offered by Old Colony Elder Services (OCES) provides a unique opportunity to enjoy a nutritious meal while socializing with friends and neighbors at various COAs throughout the greater Plymouth County region.”**

vitamin C daily and vitamin A three days per week. OCES does *not* add table salt to the meals and the meals are cooked by a chef at a local caterer.

The OCES nutrition staff works closely with our caterer to ensure consumer satisfaction; here’s what people are saying about the Community Dining Program: “The meals are well balanced,” “The meals keep us socially active,” “The meals taste really good!”.

For more information, please call OCES at (508) 584 - 1561, or call your local Council on Aging.

**About the Author**  
*Christine McLaren is Community Programs Director at Old Colony Elder Services. 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. You may learn more about OCES by visiting [www.ocesma.org](http://www.ocesma.org).*



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## The Places We Can Go

continued from page 1

*Matters of the Mind*  
**BEVERLY MOORE, RN, CS**

Introducing these times to the person with confusion, fear of the unknown and time distortion can present problems in convincing them to join you on these ventures. Apathy and an inability to structure time with enjoyable things to do are two challenges in dementia care.

Anxiety about a change in routine is another challenge. So how do you present an outing to such a person?

1. Do not ask him if he *wants* to; ask him to join you. “It is a beautiful day, let’s take a walk early today before it gets too warm,” will yield better results than, “It is a beautiful day; do you want to go for a walk?”
2. Avoid planning an event with the person with memory loss in advance. Tell him just before you need to ready yourselves to go. He will not remember what the plan was but will retain anxiety about what the plan will require of them. He is likely to refuse to go even to a pleasurable event when the time comes to go. This is hard to remember as we are used to including the other in plans, but that has to change in light of his memory loss.
3. Plan well what to do if the person wants to leave the event before it is over. A person may say, “I want to go home,” simply because he is overwhelmed with the busyness of too many people. He is really saying, “I am feeling confused and am lost.” Give the person a task such as helping in the kitchen (if it is quieter there) or taking a dog out for a walk with one of the guests. Give the person respite from the noise. Noise and busyness confuse. If he suffers hearing loss that only exacerbates the uneasiness in a busy environment.

With all of this in mind, make use of this lovely season. Enjoy!

### 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). 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.

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# Late Summer Offerings: A Baker's Dozen

continued from page 1



<http://www.pembroke-ma.gov/recreation-department/events/37223>



Credit: Cohasset Farmers Market

Cohasset Farmers Market, and has been for the past 20 years. You will find locally grown produce and fruit, artisan crafts, pony rides, baked goods, home-made foods, along with local troubadours adding a magical, musical vibe to the experience. For more information: <http://cohassetfarmersmarket.com>

## PEMBROKE

**Sunday Night Summer Concerts:** 6 - 9 pm. (free)  
Live entertainment on the Green Sunday nights through August 28. For more information:

## COHASSET

**Farmers Market:** Thursdays, 2 - 6:00 pm (free event)  
Every Thursday right through the end of September, Cohasset's historic common is alive with the sights and sounds of an old-fashioned farmers' market, and has been for the past 20 years. You will find locally grown produce and fruit, artisan crafts, pony rides, baked goods, home-made foods, along with local troubadours adding a magical, musical vibe to the experience. For more information: <http://cohassetfarmersmarket.com>

## HINGHAM

**Farmers Market:** Saturdays, 11:30 am – 5:30 pm. (free)  
Saturdays are special along the banks of the Hingham Bathing Beach, where you'll find the third oldest farmers' market in the state. Up to 40 vendors offer a wide assortment of locally grown and sourced produce, meat and poultry, fresh seafood, plants and cut flowers along with artisan crafts. For more information: <http://hinghamfarmersmarket.org>



Credit: Hingham Farmers Market



Credit: Hull Nantasket Chamber of Commerce

**HULL 12<sup>th</sup> Annual Endless Summer Waterfront Festival:** Saturday, Sept. 17. 12 noon - 5:00 pm (free)  
The best late summer beach party takes place along the shores of historic Nantasket Beach. Enjoy a late summer afternoon full of live music with popular bands, delicious food, dozens of vendor booths, lots of fun contests, an art show and sale, and lots more. For information: <http://www.hullchamber.com/endless-summer/>

## SCITUATE

**First Friday Nights,** Friday, Sept. 2 (free)  
On the First Friday of each month the lights are on late, as the many merchants of Scituate Harbor keep their doors open and host special events with music, authors, musicians, and more. Enjoy a true celebration of the vibrant Harbor community. This even happens every "First Friday," rain or shine, year-round. For information: <http://www.scituateharborma.com/events.html>



Credit: scituateharborma.com

## MARSHFIELD

**149<sup>th</sup> Marshfield Fair,** Friday, Aug. 19 – Sunday, Aug. 28  
This popular Agricultural Fair draws hundreds of competitors in 4-H, arts and crafts, agricultural and horticultural events. Enjoy live music (North River Blues Festival), demolition Derby, rides, games, food and much more. Check out the jam-packed schedule of events and plan your visit to this iconic South Shore fair. For information: <http://www.marshfieldfair.org>



Credit: marshfieldfair.org

Late Summer, continued on page 13



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## Senior Fitness

### Walking to a New Way of Living

*continued from page 1*

Unlike runners, walkers always have one foot in contact with the ground which appreciably reduces landing forces, shock absorption and injury incidence. Indeed, dedicated walkers have a low rate of injuries and a high level of cardiovascular fitness.

Although stopping along the way is one way to enjoy the scenery or smelling the roses, to have an impact on your fitness level, you must walk at a moderate pace without many interruptions for at least 20 - 40 minutes. Of course, it is important to take into consideration your current fitness level to determine how fast and how far you should walk. We recommend that you walk fast enough to maintain your heart rate about 70 percent of maximum, which is about 100 - 115 beats per minutes for people in their 60s and 70s. You can easily check your pulse (using the wrist) during your walk to see if you are training within your target heart rate exercise zone.

Begin your walking program with about 10 minutes of steady walking at a moderate effort. At this level, you should be able to speak in short sentences while still breathing at a good rate. Increase your walking pace and distance by adding five minutes of walking each week with the objective of walking about two miles in

40 minutes within two months of regular training. Here are a few guidelines: (1) Walk three to six days per week. (2) Begin by performing knee lifts, shoulder shrugs and arm circles to warm up, and end with static stretches for the thighs and calves to cool down. (3) Use good posture (walk tall), keep eyes focused ahead, and be aware of your surroundings to avoid tripping. (4) Forestall eating a large meal prior to going out for your walk to prohibit digestive issues. (5) Wear cool, loose fitting, non-restrictive clothing to prevent your body from overheating. (6) Wear appropriate, well-designed walking shoes for walking comfort and cushioning support. (7) Drink plenty of water, before, throughout, and after your walking session to avert dehydration. (8) Find a walking companion, if you can, and (8) Include diverse and more invigorating terrains to avoid boredom.

#### Interval Training

Another means you may wish to consider to spice up your walking regime is interval training. This protocol requires a little more effort than steady walking, as you alternate higher effort walking with lower effort walking. Consider performing an

interval walk at least twice a week. We suggest alternating five, three-minute periods of higher effort walking (faster pace) with five, three-

minute periods of lower effort walking (slower pace) in place of your 30-minute steady walk (walking at an even pace). Although the total walking time is the same (30 minutes), the interval walking session provides more cardiovascular conditioning due to the higher effort segments that require an increased cardiovascular response.

Whether you are doing steady pace walking or interval walking be sure to increase your walking sessions and intensity levels gradually. By not doing too much too soon, you will find your walking program, no matter what approach you choose, an enjoyable activity for enhancing your personal health and fitness.

#### About The Authors

Wayne L. Westcott, Ph.D., is Exercise Science Professor, Program Chair, and Senior Research Director at Quincy College. Dr. Westcott has authored 28 books on strength training and physical fitness. Rita La Rosa Loud, B.S. is an adjunct instructor and directs the fitness research programs at the Health & Fitness Center at Quincy College.



Rita La Rosa Loud, B.S. (left) and Wayne L. Westcott, Ph.D.

### Miss an issue?

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

Sign Up for our free news alerts!

## Late Summer Offerings: A Baker's Dozen

*continued from page 11*



Credit: danielwebsterestate.org

**Generational Victorian Tea:** Sunday, Sept. 18, 2 - 4:00pm, Daniel Webster Estate (\$15)

This popular event attracts generations of women and sells out quickly, so make your reservations! Three courses will be served during the Tea along with a tour of the mansion. For information: <http://www.danielwebsterestate.org/events-2/upcoming-events/>

#### PLYMOUTH



Credit: plymouthairshow.com

**Air Show 2016:** Saturday, Aug. 20, 10 am – 2:00 pm, Plymouth Airport (\$10 per car)

A spectacular event for all ages, the Plymouth Air Show features airshow displays with local star performers.

Helicopter demonstrations, airplane ground displays and exhibits as well as rides. For more information: <http://www.plymouthairshow.com>

**Antiquarian Summer Fair:** Saturday, Aug. 27, 10 am – 3 pm (free)

Attic treasures, jewelry, homemade goodies, and bargains galore are some of the delights of this old-fashioned New England fair, held under a big tent overlooking Plymouth Harbor. For more information: <http://www.seeplymouth.com/events/antiquarian-summer-fair>



Credit: seeplymouth.com

**3rd Annual Redbrook Harvestfest:** Saturday, Sept. 17, 10am-3pm

This event kicks-off the cranberry harvest season. Harvestfest opens the first harvest of the fall to the public with guided bog visits, live wet and dry harvest viewing, wagon rides, music, kayak tours, entertainment, refreshments, and vendors. For information: <http://www.seeplymouth.com/events/3rd-annual-redbrook-harvestfest>

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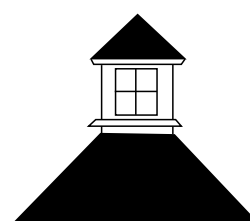
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# Books to Go

**COHASSET** – If you can't get to the local library, chances are good that it can come to you! The Paul Pratt Memorial Library in Cohasset has a Home Delivery Program which will bring paperbacks, large print books, regular print books, audiobooks, DVDs and magazines to town residents unable to make the trip to the library.

Requested materials will be delivered on a weekly basis by a staff member or a volunteer from the Friends of Cohasset Library. Items ready for return will be picked up at the same time. The services is free and overdue fines are not charged. The library's standard fee schedule will apply for damaged or lost items. The Home Delivery Program even provides in-home library card



signup services on the first visit to a home. If your community library does not offer home delivery of printed materials, most have extensive on-line eBook selections, as well as audio and video programming easily downloaded to your computer or tablet reading device.

For more information on the Paul Pratt Library Home Delivery Program, call Gayle Walsh, Adult Services Librarian or Kristin Norton, Circulation Supervisor at (781) 383 – 1348.

## Fall 2016 Lifelong Learning Catalog

**BOSTON** – The Fall 2016 Catalog for the Osher Lifelong Learning Institute (OLLI) at UMass Boston is available on-line and in many public libraries throughout the South Shore. OLLI is a membership-based community of mature adults who enjoy learning and want to spend time with like-minded people.

The fall lineup includes programs in the arts; business and technology; culture and travel; history and current events, literature, language and writing; philosophy and sociology and health and sciences. Membership is \$195 per person or \$365 for two living at the same residence and allows members to select any of the classes or discussion lunches. No specific background is required to join, just an interest in learning, and the desire to participate actively with peers.

Programs are held at the UMass Boston campus, with some programs also being offered for the first time in Braintree at the Thayer Public Library, as well as continuing at the Hingham Public Library. Look for a catalog at your library's resource center, visit [www.OLLILumb.edu](http://www.OLLILumb.edu), email [ollireg@gmail.com](mailto:ollireg@gmail.com) or call (617) 287 – 7312.

## CAREGIVERS...

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**Last Sunday of the month, 11:30 am– 12:45 pm**

This is an interfaith setting, open to anyone of any (or no) church affiliation.



*Meg Doherty to retire after 30 years of Leadership*

## NVNA AND HOSPICE ANNOUNCES LEADERSHIP CHANGE

**NORWELL** - Just weeks before stepping down as CEO of Norwell VNA (NVNA) and Hospice, Meg Doherty was honored by the Home Care Alliance of Massachusetts as the 2016 Home Care Champion. The award caps nearly 30 years of dedication to home healthcare, and prompted a standing ovation by home healthcare leaders from across the state and region at last week's annual meeting. Nominated by the NVNA and Hospice senior leadership team, Doherty was cited for her advocacy, commitment, and leadership in home care.

Doherty turns over the CEO reins of NVNA and Hospice at the end of this month to Renee McInnes. In announcing the change in leadership at the non-profit agency, Tom O'Mara, President of the Board of Directors notes that Doherty's award as Home Care Champion follows decades of honors and accolades accumulated by the CEO.

"Meg Doherty has always been a visionary, said O'Mara. "Her intelligence, business acumen, and most importantly her dedication and commitment to ensuring every patient and family's comfort, has always been her primary focus. I know she will continue to promote innovative and creative growth within the healthcare profession."

Doherty has led the non-profit agency since the mid-1980s when it was a one-room operation in Norwell's town hall to its present status as a multi-million-dollar operation serving over 27 communities on the South Shore. She oversaw the development of a hospice division, private duty company, and the opening of the first non-profit hospice residence on the South Shore as well as the absorption of the only



*Renee McInnes and Meg Doherty (left to right) are flanked by some of the Home Care Alliance board members at the recent Home Care Alliance annual meeting and award ceremony where Doherty was named 2016 Home Care Champion.*

**Credit: NVNA and Hospice**

Cancer Support Community chapter in New England to prevent it from closing. Her recognition as a healthcare leader regionally and nationally has been noted through ten consecutive HomeCare Elite awards as well as being named last year as one of the Top 100 Women leaders in business in Massachusetts. In recognizing Doherty's

contributions, the board also announced that Renee McInnes will succeed Doherty as CEO at NVNA and Hospice. McInnes has wide-ranging experience with the agency, most recently as Vice President of Business Development, as well as in other external clinical arenas. Her clinical experience encompasses acute care (Tufts Medical), geriatric care management, home care case management, and several nurse leadership roles. McInnes launched the private duty division (NVNA Works) of the agency in 2010, which she directed for two years.

McInnes will take over leadership of the agency this summer. "I have very big shoes to fill," said McInnes. "But I share Meg's enthusiasm and passion for home care and its necessary place at the healthcare table. I'm looking forward to leading the next chapter for NVNA and Hospice."

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# South Shore Community Calendar



## THINGS TO DO, PLACES TO GO

### Senior Day at Marshfield Fair:

All area seniors are invited to attend Senior Day at the 149<sup>th</sup> Marshfield Fair free of charge on Tuesday, August 23<sup>rd</sup> for a day of music, food and a tent featuring senior service providers available to discuss their services. Gates open at 12 noon. Music program will feature Reminiscence at 2 p.m. Fairgrounds are located at 140 Main Street in Marshfield.

### Sunday Supper with Friends:

Glastonbury Abbey in Hingham welcomes all those living alone or in difficult circumstances to its Sunday Supper on August 28<sup>th</sup> in the Abbey Conference Center at 4:30 p.m. No registration required for this evening of good food and camaraderie. For more information, call (781) 749 - 2155, ext. 300.

### Cultural Council Openings:

The Town of Rockland is reaching out to community members interested in serving on the Rockland Cultural Council, which is a part of a grass roots network of 329 local councils that serve every city and town in Massachusetts. A great way to get involved and work with a vibrant group of interested citizens. Call Sara Hologitas at (781) 871 - 8405 or email her at shologitas@rocklandschools.org.

### 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 exercise 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.

### Active Older Adults:

Weekly meetings Thursdays at 12 noon. Speakers, light exercise/stretching, luncheons (bring your own) and at local restaurants. Live Y'ers is a club for those 55 years plus, meeting at the South Shore YMCA in Hanover and at the Quincy YMCA. Non-members welcome. For more information on the Hanover program, call (781) 829-8585 ext. 368, or (617) 479 - 8500 for the Quincy program.

### 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.



## SUPPORT GROUPS

### Avon Caregiver Support Group:

The Avon Council on Aging hosts a support group for people caring for a parent, relative, spouse or close friend with Alzheimer's disease or dementia symptoms. All are welcome to attend on the second Thursday of every month from 5:30 - 7 p.m. at the Avon Senior Center, 65 East Maint Street. Contact Louise at (508) 559 - 0060 for more information.

### 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 women 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.

### 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. Contact Donna Ciappina at (781) 934 - 5774, ext 5730 for more information.

### 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

### Total Joint Replacement Seminar:

Free seminar will provide attendees with an opportunity to meet members of South Shore Hospital's Total Joint Replacement care team and listen to presentations on joint replacement on Thursday, September 22<sup>nd</sup> from 5:30 - 7 p.m. at the Center for Orthopedics, Spine and Sports Medicine in Hingham (2 Pond Park Drive). Each member of the team will discuss their role in the joint replacement journey and a former patient will talk about their experience. Light refreshments will be served. Registration is required. Call (781) 624 - 6673 or visit SouthShoreHealth.org/orthopedic to save our spot.

### Living Well with Diabetes:

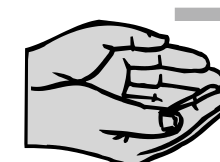
Attendees at the Diabetes Expo will learn how it is possible to live well with diabetes. Workshops on meal planning, managing stress, exercise and eye health are some of the topics discussed. Saturday, October 15<sup>th</sup> at Lombardo's in Randolph. Call (781) 624 - 6673 to register.

### 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. No fee to attend. Call Peggy at (781) 871 - 1266.

### A Gentlemen's Breakfast Club:

Join The Chanticleers, a group of retired businessmen, tradesmen, professionals and military personnel to enjoy good food and conversation every Wednesday at The Red Parrot at Nantasket Beach. Guest speakers featured. Call Lloyd at (781) 544 - 3626.



## 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)  
South Shore Senior News  
14 Youngs Road, Suite 2  
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
- ☐ Cottage Caregivers
- ☐ 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:**

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

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

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

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





## SCITUATE HIGH CLASS OF 1966 50<sup>TH</sup> REUNION

SCITUATE - The Scituate High School Class of 1966 will gather to celebrate its 50<sup>th</sup> Reunion October 7<sup>th</sup> – 9<sup>th</sup> 2016, with a number of activities scheduled throughout the weekend. The reunion also is open to family and friends from other class years, as well as “class of ‘66” members who attended elementary and/or junior high with the class and then went on to VoTech, BC High or other private schools, or those who moved out of Scituate.

The committee is still looking for a number of classmates; please visit the reunion website at [shsclassof1966-ma.com](http://shsclassof1966-ma.com), “Where Are They Now?” page for the list, and send any contact information to [1966reunionshs@gmail.com](mailto:1966reunionshs@gmail.com).

The weekend will kick off with a “Drop In” Cocktail Party at P.J.’s Country House, Scituate, on Friday, October 7<sup>th</sup>, with light snacks and a cash bar. The “Main Event” is set for Saturday, October 8<sup>th</sup>, at Scituate Country Club. Many more weekend events are planned.

For more information, visit the reunion web site at [shsclassof1966-ma.com](http://shsclassof1966-ma.com); the Facebook page—Scituate High School (MA) Class of 1966; or contact Nancy Murray Young at [1966reunionshs@gmail.com](mailto:1966reunionshs@gmail.com).

## Shipyard Celebrates Two Year Anniversary



**HINGHAM** – Local home care agency Shipyard Home Health Care, which employs a unique approach to helping seniors function well around their home, is celebrating a two-year anniversary of serving the South Shore.

“We are an agency owned by a therapist,” said Lauren Gregory, founder of the Hingham-based provider. “Shipyard takes a unique approach to care in the home, we think function first. We look at how to keep a person in their home and safe. We look at simple but important things, like which side of the bed to get out of, should everything be moved to a counter space from cabinets.”

This approach is designed to make a person’s home more functional, based on their physical and mental well-being. With these enhancements, a person is able to move more efficiently around their home and remain in the community for a longer period of time.

Shipyard Home Health Care provides a wide range of services including companionship, meal preparation, errands and appointments, hygiene assistance (bathing, grooming, dressing) toileting and incontinence care and more which enhance the safety and comfort of the home for the aging resident.

You may contact Shipyard Home Health Care at [www.shipyardhhc.com](http://www.shipyardhhc.com) or by calling (781) 740 – 1180.

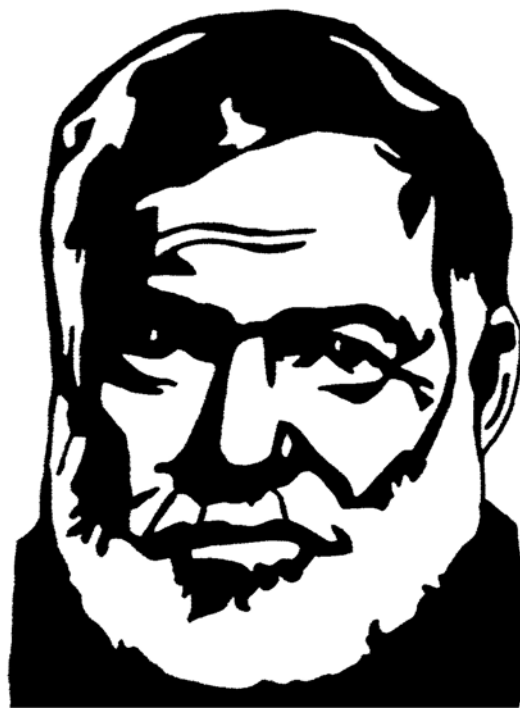


Lauren Gregory

## ERNEST HEMINGWAY — LIVE!

**COHASSET** – The Life, Language and the Pursuit of Happiness - Ernest Hemingway Live will be performed by actor Richard Clark, on Thursday, September 15<sup>th</sup> at the new Cohasset Elder Affairs center at Willcutt Commons beginning at 1:30 p.m.

This fun filled event will present the story of a remarkable life, a rough-and tumble journey into the soul of one of the twentieth century’s most important literary figures, heralded by the New York Times as “the greatest writer since Shakespeare.” Tickets are \$5. Please RSVP to Cohasset Elder Affairs, Willcutt Commons, 91 Sohler Street, Cohasset by calling (781) 383 - 9112.



## Rare Anne Frank Signature on Display at WWII Museum in Natick

**SOUTH NATICK** – A 1925 German edition of Grimm’s Fairy Tales (*Auf Grimms Märchen*), signed on the title page by Anne Frank was recently acquired by The Museum of World War II in South Natick. The Museum purchased the book at auction in New York.

The book was accompanied by a 1977 letter written by her father Otto Frank, explaining that the book had been left behind in the family’s apartment in Amsterdam before they went into hiding in the secret annex.

Kenneth W. Rendell, the Museum’s Founder and Executive Director, said that genuine signatures of Anne Frank are extremely rare. This is only the third time that something signed by Anne Frank has been sold. The Museum also has letters by Anne Frank’s father on getting her diary published, her grandmother about how Anne died and from others around her, but until now, there was nothing of Anne Frank herself.

"Anne Frank is a human symbol of the Holocaust," said Rendell. "Her diary is read by students everywhere in the world. Seeing this book, which belonged to her, with her



handwriting on the title page, is as direct a personal connection as we can have with her."

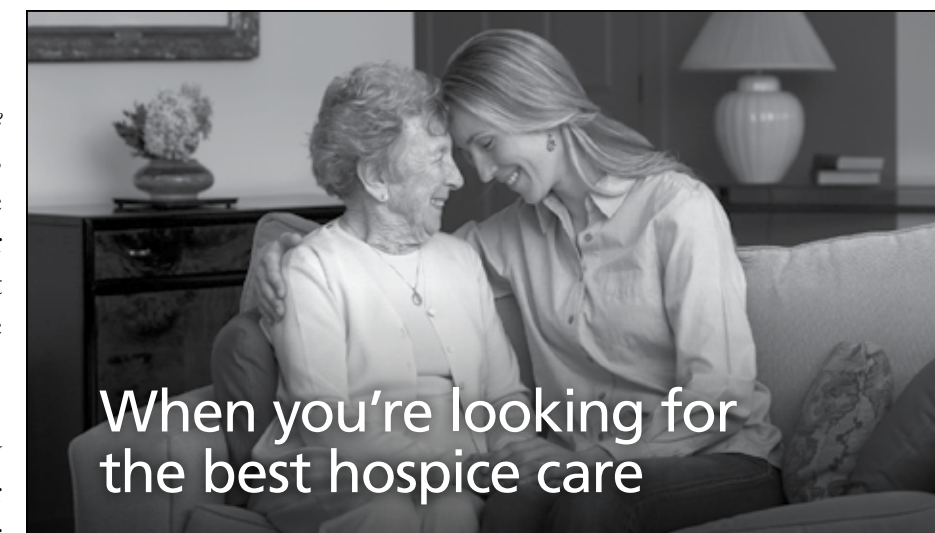
Anne Frank’s diary is on permanent display at the Anne Frank House in Amsterdam, and according to the South Natick Museum announcement, only three other museums have examples of her handwriting.

To schedule a visit to the Museum of World War II, visit [www.museumofworldwardii.org](http://www.museumofworldwardii.org) or call (508) 651 – 1944.

## Emotions, Rivalries, Aging & Laughs

**NORWELL** - North River Theater will present the comedy, *A Bench in the Sun*, which features a look at the timeless bonds of friendship, emotions and rivalries as we age. Set on a bench outside their retirement home, the two friends hold court daily, packed with banter, wit and insults. Enter the lovely, retired famous actress Adrienne, who's arrival reveals that emotions and rivalries do not change much with age, as the two men vie for her attention.

*A Bench in the Sun* is a charming comedy allowing that even though the body may age, the bonds of friendship are timeless. Production runs September 16<sup>th</sup> - 25<sup>th</sup>. North River Theatre is located at 513 River Street -in Norwell. For more information, visit [www.northrivertheater.org](http://www.northrivertheater.org) or call (781) 826 - 4878.



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# Summer Meditation

**HINGHAM** – Glastonbury Abbey is hosting a Meditate at Dusk program through the month of August on its grounds at the Abbey in Hingham. The program offers a “spiritual escape from hectic lifestyles and a time to offer peace, love and compassion during chaotic times.” The group will meet Tuesday nights from 6:45 to 7:30 p.m. through August 30<sup>th</sup>.

The Abbey ask that all participants bring blankets, lawn chairs, meditation pillows/chairs or whatever is comfortable to sit on during meditation. Program organizers encourage



all participants to also bring insect repellent. If the case of inclement weather, meditation will be held in the Abbey church. Participants are also invited to join the Abbey’s monks for Compline at 7:45 p.m. in the church. For more information, contact Annabelle at (781) 749 - 9878.

# Finally, Learn to Use the Internet!

**ABINGTON** - The Senior Computer Learning Center (SCLC) will hold an open house and on-site registration for its Fall program on September 7th at the Abington Senior Center from 10 a.m. to 12 p.m. Programs begin the week of September 19th. Classes are open to all area residents, fifty years of age and above.



Courses range from Basics of Using a Computer to the new Windows 10 operating system. Additional programs include: Exploring the iPad/iPhone, Sharing and Editing Photos on your Device, Cyber Security, Facebook, Skype, Genealogy, Using the Internet, and Email. Visit [seniorcomputerlearningcenter.org](http://seniorcomputerlearningcenter.org) or call (508) 521 - 4008.

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- Mary Ellen RN,  
Resident Daughter



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