

FREE

South Shore Senior News



DECEMBER 2016

Helping Seniors Age Well And Enjoy Themselves While Doing It!

HAPPY HOLIDAYS!



Secret Santas spread holiday cheer and joy

"Be a Santa to a Senior" program brings gifts to isolated elders in South Shore communities

By Patricia Abbate

The holiday season is upon us, ushering in a renewed spirit of neighborly kindness, good will, and gratitude for simple blessings. Bright lights, warm hearts, loving families and the giving of gifts punctuate the days of December.

It can also be one of the most lonely, isolating, and melancholy times for others, especially seniors. Realizing that many of our older neighbors suffer through the winter holidays alone and often lonely, it is heartening to know that a program sponsored by Home Instead Senior Care in Norwell has been making a significant difference for more than a decade.

The "Be a Santa to a Senior" program was spearheaded nationally by Home Instead Senior Care headquarters in Nebraska, and Jennifer Moran, owner of the Norwell-based subsidiary, has championed this program since the beginning. She says, "this wonderful program spreads holiday cheer to lonely, isolated or financially-challenged seniors throughout the south shore communities, the population that needs to be remembered at this time of year."

The names of the deserving gift recipients are suggested by other care givers in the area including South Shore Elder Services in Braintree and Weymouth-based Elizabeth Catherine Rest Home and the Samuel Marcus Nursing Home.

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Secret Santa at Hanover Mall - Evelyn Thomas of Pembroke chose Frank A's ornament, then fulfilled his request for the gift of a flannel shirt, size medium.

Grab an Ornament! - Nancy Reynolds, Community Liaison for Home Instead Senior Care, Norwell, chooses an "ornament" from the "Be a Santa to a Senior" tree at the Hanover Mall. Each paper tag carries the name of a senior and a wished-for gift. Once you select an ornament, simply purchase the item and return it to the Mall security desk. Gifts will be picked up, wrapped and distributed by volunteers. Seniors who are alone and many never receive a gift this Christmas will have their presents delivered on December 19. New ornaments are added to the tree as others are taken and gifts are selected, as there are many seniors in our area who would welcome a wrapped gift during the holiday season. The tree, located outside the entrance to Sears and next to the Mall security desk, will be up until Friday, December 16. The program has been sponsored by Home Instead for the past 10 years.

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Is drug abuse an issue with older people?

By Diana DiGiorgi

BROCKTON AND PLYMOUTH - Yes. Little attention has been paid to the issue of substance abuse, both legal and illegal drugs, among older adults. Recent data demonstrates that drug abuse is increasing among elders, and is a larger proportion of all substance abuse among this population.

One study in 2011 reported that 6.3% of those age 50 to 59 reported they had used illicit drugs in the past month, more than twice the rate recorded in 2002. Baby boomers (born between 1946 and 1964) have a lifetime rate of illicit drug use higher than those of people older than them. The number of older adults needing treatment for substance abuse is estimated to increase from 1.7 million in 2000 to 4.4 million by 2020.

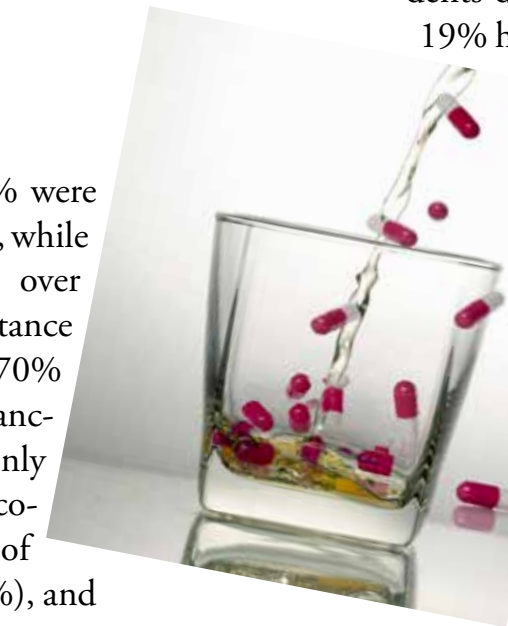
Nonmedical use of prescription drugs among people 50 years and older is predicted to increase to 2.7 million Americans by 2020, and one recent study of elderly men in hospital emergency rooms showed that 11.6% involved opioid use, a rate nearly 5 times higher than marijuana, and 6 times higher than cocaine.

One large study of emergency department admissions in 2008, for illicit substance abuse among adults over age 50 years, not-

ed that nearly 60% were aged 50 to 54 years, while only 1.5% were over age 75 years. Substance abusers were 70% male. The substances most commonly abused include cocaine (50%–60% of cases), heroin (25%), and marijuana (20%).

Researchers define “early onset users” as individuals with a long history of substance abuse who continue to abuse as they age. “Late-onset” substance abuse is a less common pattern, accounting for less than 10% of substance abuse. Some older adults who start abusing drugs do so because of medical factors, like higher rates of painful medical conditions that push the elder toward self-medication, and the development of psychiatric conditions, like depression or dementia. Older adults also suffer from higher rates of many of the same risk factors found in younger adults, like bereavement, social isolation, financial difficulties, or poor support systems.

Some studies suggest that in recent years prescription opioids have replaced heroin as the opioid of choice, including among elders. But among people who were early users of illicit drugs, heroin has been a drug of choice for so long that changing trends are not immediately reflected among older adult users.



cohol. Psychoactive prescription drugs come in third, and illegal drugs, like marijuana, cocaine, or narcotics, come in fourth. One study of alcohol use in assisted living found that 60% of residents drank alcohol, 34% drank daily, 19% had health impacts from drinking, and 12% had physical or psychosocial harm from alcohol. Alcohol abuse is a risk factor for psychiatric illness: older adults are 3 times as likely to develop a mental disorder if they have a lifetime diagnosis of alcohol abuse.

Some studies recommend that every 60 year old should be screened for alcohol and prescription drug use/abuse as part of their routine physical exam. But diagnosis of elder drug abuse is a challenge for primary care doctors. Older patients may feel compelled to hide their abuse. Doctors may become absorbed with other medical concerns and neglect to explore the possibility of substance abuse. Bringing more attention to elder drug abuse will hopefully encourage physicians to become more comfortable learning about treating older substance abusers.

About the Author


Diana DiGiorgi is the Executive Director 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 is designated as one of 26 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts. 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.

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Integrated Health Therapies



Carol Corio

This new column spotlights advances in alternative medicine as an integrative approach to healing. Therapies such as herbal remedies, reflexology, chiropractic, nutritional supplements, massage therapy, acupuncture, aromatherapy and much more will be covered. I am looking forward to sharing this information with you!

Carol Corio, CSA, Community Relations Liaison, Old Colony Hospice & Palliative Care

Aromatherapy making a difference in dementia and memory care



Research and science-based product now available

One of the biggest challenges in senior care today is finding the balance between quality of life and physical safety for those suffering with dementia/Alzheimer’s while keeping the need for pharmacological interventions at a minimum.

“In memory care, many folks develop more anxiety as their dementia progresses, which can lead to dangerous behavior and constant feelings of distress. Even with all the therapeutic interventions used in the habilitation therapy setting, medication is often necessary to preserve the quality of life for the individual,” reports Joanna Copp, Compass program Director, Cornerstone

at Canton. “At the same time, finding the right balance of pharmacological intervention for someone with dementia and anxiety can take time and can bring unwanted side effects” For those vulnerable to side-effects of psychotropic medications such as the elderly, aromatherapy may offer an alternative option.

New product backed by research and science

Therapeutic Aromatherapy was the focus of a recent special educational event. Organized by Carol Corio, a long-time advocate for integrating the benefits of aromatherapy with

Aromatherapy continued on page 6



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The Estate Tax is here to stay

By Alexis Levitt

NORWELL - With the Republicans winning the presidency, House, and Senate, you may have heard that they plan to repeal the estate tax. You need to know that a change in estate tax on the federal level does NOT affect Massachusetts law.

Estate tax is what your estate pays in taxes after your death, if your assets are over certain thresholds. There is a federal estate tax, and there is a Massachusetts estate tax. One has nothing to do with the other.

On the federal level, under current law, estate taxes are owed only if a single person dies with over \$5.4 million in assets, and, for married couples, if the second spouse dies with



over \$10.9 million in assets. There aren't too many people with that kind of money, so hardly anyone pays the federal estate tax as it is. The Republicans are discussing getting rid of it altogether.

Any repeal of the federal estate tax does NOT affect the Massachusetts estate tax. In Massachusetts, under current law, estate taxes are owed if a single person dies with over \$1 million in assets, and, for married couples, if the second spouse dies with over \$1 million in assets (yes, the same amount for both scenarios). This is not changing.

What this means for you is that you still need to be concerned about estate tax planning. Take a look at your assets and see if they exceed \$1 million. You'd be surprised. I've had several clients who don't have much savings in their bank accounts, but when we add up the house, IRAs, and life insurance, they are up over \$1 million.

If that is the case for you, then the next question is whether you would like for your estate to minimize estate taxes. If you would like to reduce estate taxes, then you should work with an elder law attorney to consider the pros and cons to various strategies.

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.

Senior Fitness

More muscle, denser bone, faster metabolism, and less fat...it can be done!

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

QUINCY - As we age, we lose muscle at a rate of approximately five pounds each decade before menopause and up to 10 pounds each decade after menopause. Muscle loss is accompanied by bone loss, which averages between 10 to 20 percent each decade before menopause and 20 to 30 percent each decade after menopause. Muscle loss also results in resting metabolic rate reduction of two to four percent per decade, which leads to fat gain of 10 to 20 pounds per decade. Maintaining our muscle mass as we age should be a high priority, because our muscles are the engines of our bodies. Stronger muscles (think 8-cylinder motor) provide more power and use more energy than weaker muscles (think 4-cylinder motor).

fat, improve physical performance, enhance cholesterol profiles, and lessen low back pain,

“Strength training can promote concurrent muscle gain and fat loss. Our study participants added 3 pounds of muscle and lost 4 pounds of fat after just 10 weeks of resistance exercise.”

Research demonstrates that our muscular condition has a major impact on our health and fitness. Resistance exercise, or strength training, has been shown to rebuild muscle and bone, increase resting metabolic rate, decrease

as well as to reduce the risk for type 2 diabetes, cardiovascular disease, and premature demise from all causes. Although all of the health and fitness benefits associated with strength training are impressive, perhaps the most important result of resistance exercise is better

body composition. Without question, a pervasive problem among older adults is the insidious shift

from a fit body to a soft body. For example, between the ages of 30 years and 60 years, the average woman loses 15 pounds of firm, functional muscle and adds 45 pounds of soft, non-functional fat. On the bathroom scale this shows as a 30-pound weight gain, but it actually represents a 60-pound change in body composition, physical ability, and personal appearance.

As you are undoubtedly aware, an appropriate combination of diet and exercise (e.g., walking, jogging, cycling) is an excellent means for reducing body fat. However, the only way to rebuild our muscles and recharge our metabolism is through regular resistance exercise. Our research with almost 2,800 men and women has demonstrated that strength training can promote concurrent muscle gain and fat loss. On average, our study participants added 3 pounds of muscle and lost 4 pounds of fat after just 10 weeks of resistance exercise. In another study with Dr. Caroline Apovian, the middle-aged adults who combined strength training with her higher-protein diet plan almost doubled the

More muscle continued on page 12

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SOUTH SHORE SENIOR NEWS

VOLUME 13 ISSUE 12

My Generation Media, Inc.

South Shore Senior News

P.O. Box 202, Hingham, MA 02043

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Publisher: Patricia Abbate

Business Manager: Thomas Foye

Sr. Account Executive: 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.

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Aromatherapy continued from page 3

the seniors she serves, the event was hosted by Ron Morganelli, Executive Director at Active Day of Norwell, MA. A new product created by Beekley Medical, Elequil aromatabs® was introduced there. Melissa Vibberts and Laura Smith of Beekley Medical spoke to the group about the science and research that led to the development of an aromatherapy product designed originally to help relax and calm anxious patients undergoing MRI exams, and how it came to be used in all areas of healthcare, including memory care.

Studies find aromatherapy therapy effective

Aromatherapy, or the use of plant oils, has been around thousands of years, in fact it is referenced many times in the bible. Although it had been considered for many years as a placebo or “folk medicine,” Vibberts and Smith demonstrated how scientists have been studying the effects of aromatherapy on different patient populations and showed how more documented studies of effectiveness are becoming available to support the effects.

One study, “Effect of aromatherapy on patients with Alzheimer’s disease” (Jimbo, Kimura, Taniguchi, Inoue, Urakami. Japan, 2009) found that aromatherapy may also have some potential for improving cognitive function in patients with Alzheimer’s.

And there may be some truth to this. Vibberts, who is the product manager for Elequil at Beekley, shared the story of Mary Merriman whose mother who had suffered from Alzheimer’s/Dementia for 10 years and how difficult it was on her and her family. Her mother had gotten extremely anxious and angry as her disease progressed, making it very challenging for people to take care of her and care for her. She tried therapeutic aromatherapy with her mom via Elequil® and noted that after just two days of the lavender aromatab being on her mom’s shirt she was pleasant and much calmer. “My mom has turned into a different person. For the first time in years she feels happy and converses. It feels like I have a little piece of my mom

back.” Elequil has been used in over 800 hospitals, but Vibberts started noticing skilled nursing facilities ordering for their residents. She visited a local customer, a non-profit skilled nursing facility, to better understand why and how they were using the product. The Director of Nursing there shared charts tracking behavioral outbursts such as yelling, hitting, combativeness, profanity, aggressiveness, resistive to care, and sleep patterns of 5 residents in their memory care unit for the same amount of days before the use of Elequil and after the use of Elequil.

While the incidents of behaviors didn’t disappear entirely, in 4 out of the 5 residents in the tracking study they were significantly reduced. Unfortunately, the fifth resident’s disease was very advanced resulting and showed no improvement.

Although the attendees at this event were familiar with aromatherapy, many were there to learn how to implement an aromatherapy program using Elequil aromatabs® for their residents.

Unlike diffusers that disperse essential oils into the air, Elequil is a more personal product that can be worn on clothing so that the benefits of the aromatherapy stay with the resident wherever they go, throughout the day. Its unique delivery system as a self-contained product requires no mixing of oils and contains only 100% pure essential oils, free of pesticides and synthetics. When offered to residents, families are pleased that the communities are looking for ways to comfort their loved ones as an alternative to antipsychotics.

Wanjiku DePina C.D.P., Special Care Residence Manager, Wingate Residences at Silver Lake in Kingston, MA, thought that “Elequil® has a real potential as a non-pharmacological treatment for

decreasing anxiety in individuals who have dementia – particularly for residents in special care neighborhoods who sundown. It is user friendly and easy to administer. Benefits may outweigh the costs, especially if you consider the cost of a resident calling 911 because they cannot find their family (which happens more than you would think) and subsequently being transported to the ER and going through unnecessary tests.”

“If we can avoid medication changes and the risks that entails, I would absolutely explore the natural therapeutic benefits of Elequil® for any of my residents,” added Joanna Copp. “This could very much alter the way that we approach whole-person care for individuals living with Dementia.”

To learn more about Elequil aromatabs®, visit www.elequil.com or call 1-844-ELEQUIL



About Carol Corio

Carol has been studying integrated health therapies for over 25 years with certifications in aromatherapy, polarity therapy, RYSE, Reiki, and Integrated Energy Therapy (IET) sharing her long-time passion for integrating the benefits of therapeutic aromatherapy with those served by Old Colony Hospice & Palliative Care, one of the first hospices in Massachusetts, an 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

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How to Get Along With Family During the Holidays



What will family gatherings be like as the holidays begin? “The presidential race has made it a tough year on relationships between family members who don’t agree on politics,” says Dr. Noelle Nelson, author of *The Power of Appreciation* and *Happy Healthy...Dead*. “That rawness is still going to be around during the holidays as we gather to celebrate the season.”

Nelson suggest that “the perfect holiday present we can give family this year isn’t one wrapped in sparkly red-and-green ribbon, but rather one lovingly wrapped in good intentions.”Nelson provides these guidelines to follow during the holidays to keep relationships—and gatherings--peaceful.

►Cease to complain or argue when you hear something that you don’t like. Period. Zip it, put a lid on it, change the subject, go to your happy place. Do whatever it takes to stop an argument before it starts. No one is going to change someone else’s mind.

►Take responsibility for your situation. If you don’t like what someone says and you feel your blood pressure rise, walk away. You may not have control over the words and actions of your crazy Uncle Harry, but you have control of what you say and do. And by the way, keeping your blood pressure under control is good for your cardiovascular system, which leads to a longer, healthier life.

►Find common ground. Focus on whatever you can genuinely appreciate. It could be great taste of your mom’s pumpkin pie, catching up on family member activities or celebrating the addition of a new baby niece or nephew. With just a tiny bit of effort, you can find something of value and joy that can be shared with others.

“Does this approach take patience, determination, persistence?” says Nelson. “Sure, but it’s well worth the try—and a small yet meaningful contribution toward peace on earth, goodwill towards all.”

Noelle C. Nelson, Ph.D. is an internationally respected psychologist, author and seminar leader. She believes that we can accomplish great things, whether in business, at work or at home, when we connect with the value in ourselves and in others. For more information visit www.noellenelson.com.

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Pictured (from left): Tom Foye,
Patti Abbate, and Michael
Schaus.



Navigating the Future

By Mark Friedman

Personal support combined with hospice provide specialized care for tender times

NORWELL - As owner of Senior Helpers Boston and South Shore, I am, in effect, connected to our clients and families. While I do not have the opportunity to meet all of them, I know something about each. Because of our nurse and case-centered approach to caregiving, every client in our care has a full case file of what we do for them every day. This is true regardless of the scope of care; be it something as simple as transportation and accompaniment to medical appointments, to complex physical care for an advanced Parkinson's diagnosis.

To ensure we provide the right care, at the right time, by the right caregiver, it is also my job and the job of my case managers to stay up to date on what is going on in the wider world of “care giving”. As you can imagine, it’s a broad and deep field, and changing all the time. New therapies are being developed in helping care in Alzheimer’s. There are emerging strategies for a successful “coming home” and recovery from acute care, technology tools are becoming more relevant. We also must manage the training and skill sets of our caregivers to ensure current expertise across a wide range of specialties.

End-of-life care is one of these areas where understanding the continuum of care and caregiver training are so very critical. End-of-life care is one of the most precious forms of caregiving, yet one aspect of it seems to be cloaked in myth and misunderstanding: Hospice.

Hospice care is complicated emotionally and “transactionally,” and I believe it is among the most precious forms of caregiving we provide to our seniors, families and loved ones. Hospice *is* misunderstood; often because medical and other professionals are unprepared in talking about it. Our medical environments are a crush of multi-tasking, and finding the right time to properly present the concept of hospice to families can be difficult.

Atul Gawande followed up his landmark “Being Mortal” with a documentary film about end of life. Promoted on PBS *Frontline*, the film posed five questions to ask that would allow

everyone to understand what is truly important when facing their own mortality. Riveting in their simplicity Gawande offers bold insights for bringing families and loved ones together during tender times.

Dr. Steve Landers, in his piece *Repeat After Me: Hospice Means More Care, Not Less*, openly acknowledges that the profession falls short in giving hospice its due.

As he puts it, “for us insiders, we have come to understand hospice is not about death. It is a practical and tangible way to live life to its fullest with dignity and comfort, more connected to family, friends and faith, more intentionally about one’s legacy.”

At Senior Helpers Boston and South Shore, we understand that seniors want to stay at home. And we help them do this by recruiting and training the best caregivers, and giving them expertise to provide the seniors in our care with a superior experience.

A select group of our caregivers are specifically trained in End-of-Life Care and how to work with Hospice providers because we understand this kind of care should be profoundly personal. We also know that it is highly specialized and requires a particular set of skills and backgrounds.

Old Colony Hospice & Palliative Care is one of the Hospice partners that complements Senior Helpers to provide seamless End of Life support for loved ones and family members in our care.

Carol Corio, Old Colony’s Community Relations Liaison, spends many of her days explaining the reality of today’s hospice. As she reminds us, “families who experience



Hospice care is complicated emotionally and “transactionally,”...it is among the most precious forms of caregiving we provide.

hospice for the first time are usually surprised to realize that hospice services provide an entire team of supportive services and are a Medicare-reimbursable benefit, free to the patient and available to those that meet the criteria.”

We interact and serve side by side with providers like Old Colony, and we stand in awe at the innovation of the breadth of medical and non-medical interventions they bring to each individual. From music therapy, spiritual counseling, empathic listening and readings, and other deeply personalized counseling, we have witnessed first-hand, the power of hospice to enable unique connections and comfort to families and loved ones.

As Corio hopes, “Families who have used our services marvel at what a difference it provided for their loved one. Hospice is so supportive to the entire family coping with the inevitability of losing a beloved member of their family. Patients and families hesitating and waiting too long rather than being open to activating hospice services sooner is one of the biggest misconceptions of our services.”

I have seen many seniors begin hospice along with support from Senior Helpers, and I find

Navigating the Future

continued on page 14

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“The Wicked Smart Investor” My Christmas stocking

seams and zigzag edges affirm its homemade origins. It was monogrammed in gold glitter cursive writing “Christopher,” as I wasn’t yet The Wicked Smart Investor. None of these characteristics is what made this stocking special; it was the women who made it made and the great joy it foretold.

Travel back in time with me to 1973 Braintree, Massachusetts. It was a far less harried time when most families had a stay-at-home mother. These particular women were treasures. Many of them went through both the Great Depression and World War II and knew how to survive extremely trying times by working very hard with little complaining. Somehow they found endless energy and channeled it for the good of their families and the community as a whole.

One example of their good deeds was managing the St. Francis Christmas bazaar. It was a huge, jolly, almost overwhelming affair. There were tables full of crafts made by these mothers: hand knit hats and mittens, ornaments made from Popsicle sticks, and peppermint candy wreaths. A friend’s mother used to decorate baby food jars then fill them with candy. I guess there were hundreds of jars inhabiting their kitchen all through November.



festive mob scene. Every reasonably priced toy, board game, dollhouse, racetrack, and Tonka truck fueled the yuletide mayhem. Many of these Parker Bros, Fisher Price, and Milton Bradley toys were

manufactured locally, making my memories even sweeter. Later in the day, neighbors and relatives would visit to play with the toys and view the wrapping paper enveloped aftermath. Ma spent a good amount of money, but all the presents under the tree were paid for. It was a blast.

So, Ma had Christmas on her terms and the St. Francis bazaar team had time to enjoy the fun stuff of motherhood. They earned these rewards. If you’re a regular saver, you’ve earned a reward too. Call it a cheat day from your financial diet. It doesn’t necessarily need to be for the holidays either. If you use a Christmas Club mentality of saving up for your rewards it can be any time of year. You won’t feel guilty and the stressors won’t mount. Long term self-denial can lead to financially calamitous spending. My stocking expenditure isn’t that large, but I could have saved by purchasing mass produced stockings. It wouldn’t be the same; I’d feel it belittled the work of the St. Francis mothers. At the last minute, I increased my order; one for me and one for Ma. However you choose to spend the holiday season, I wish you a joyous one.

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 can read his blog at wickedmartinvestor.com.

By Christopher Hanson

EASTON - I get treated like Ebenezer Scrooge at holiday time. After all, there is no investment advisor in Boston’s Enchanted Village. But rather than admonish my readers to rein in spending, I’m recommending you treat yourself this season.

My budget buster this year is commissioning a seamstress to recreate my childhood Christmas stocking for my nieces and nephews. Simply constructed out of red felt, the stocking’s exposed

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Swing with Sinatra!



PLYMOUTH - Experience the festive musical stylings of Sinatra tribute singer Michael Dutra for a holiday show on Fri., Dec. 2, 6-9 PM, at the Mirabeau Inn & Spa, 35 Landmark Dr., Plymouth. Hailed as one of the finest interpreters of Sinatra in the world, Dutra will get your holiday season swinging! Guests will enjoy Prosecco, followed by dinner and entertainment in Henri-Marie. \$85 per person. Make it a mini-get-away and book an overnight room at a special rate. Call 877-647-2328.

Festival of Wreaths

QUINCY - The Cancer Support Community is sponsoring a Festival of Wreaths fundraising event on Friday, December 2, at 7:00 PM at the Granite Links Golf Club, Quincy. Guest speaker is Boston Red Sox Manager John Farrell. The evening includes dinner, dancing, silent and live auctions. For tickets & info: 781-610-1490.



Holiday House Tour

SCITUATE - The Scituate Arts Association presents its Holiday House Tour on Sunday, Dec. 11, from 1 to 4 PM. Your ticket covers admission plus a Gala Reception at the Ellis House following the tour (3-5:30 PM). Purchase tickets at the Front Street Gallery or The Inn at Scituate Harbor, or email Janet at jcnacch@aol.com. Tickets: \$25 in advance, \$30 day of Tour.



Chanukah Party

MARSHFIELD - Congregation Shirat Hayam is hosting a Chanukah party on Sat., Dec. 17 from 6 to 9:00 PM. Please join them for a light dairy meal and latke bake off (bring your own to share if you know how to make them!). There will be dancing and singing to the live music of Paul Weller and Mark Elsner. \$10 per person, \$18 per family. Congregation Shirat Hayam is the South Shore's only Reconstructionist synagogue.

Space is shared with Sanctuary Church at 185 Plain St., Marshfield. Please RSVP by emailing info@shirathayam.net or calling 781-582-2700.

Christmas Around the World Concerts



MIDDLEBOROUGH, PLYMOUTH, DUXBURY- The Pilgrim Festival Chorus presents three Around the World Christmas concerts, each at 7:30PM on Friday, Dec. 2 at Central Congregational Church, 2 Webster St., Middleborough; Sat., Dec. 3 at St. Bonaventure Church, 803 State Rd., Plymouth; and Sun., Dec. 4 at First Parish Unitarian Universalist Church, 842 Tremont St., Duxbury. The chorus is conducted by Music Director William B. Richter. Tickets: \$20, \$18 for seniors. Call Gail at 781-826-8416 to reserve tickets. Visit www.pilgrimfestivalchorus.org to learn more.

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More muscle *continued from page 5*

rate of fat loss over the same 10-week training period.

Many people have the mistaken impression that strength training is difficult to perform and requires a lot of time in the gym. In fact, the participants in our studies do approximately 20 minutes of resistance exercise two or three days a week. The strength fitness programs that we have used in all of our research studies (including those for Dr. Apovian, Nautilus, General Motors, U.S. Air Force, and U.S. Navy) have employed the following training guidelines, which we highly recommend for beginning and intermediate participants.

Training Exercises: Perform eight to 12 basic machine or free-weight exercises that cumulatively involve the major muscle groups of the legs, hips, core, chest, back, shoulders, and arms.

Training Frequency: Perform resistance

training two or three non-consecutive days a week, such as Mondays and Fridays, or Tuesdays, Thursdays, and Saturdays.

Exercise Sets: Perform one set of each exercise, continuing until you cannot complete another repetition with correct form.

Exercise Repetitions: Use a resistance that you can lift for approximately ten repetitions. If you cannot perform at least eight repetitions, reduce the resistance accordingly. Whenever you can complete 12 repetitions with proper form, increase the weight load by about five percent.

Exercise Range: Perform each repetition through the full range of joint action, or through the largest movement range that you



can complete without discomfort.

Exercise Speed: Perform each repetition at a moderate movement speed, using controlled muscle force rather than momentum. Try to complete each repetition within four to six seconds.

Exercise Breathing: Exhale throughout each lifting movement and inhale during each lowering movement.

In summary, there are many health and fitness related reasons to perform sensible strength training, and there are very few barriers to doing so. Just 20 minutes of resistance exercise, twice a week provides essentially all of the physiological benefits in a time-efficient manner. Applying the above guidelines should ensure safe and productive strength training experiences, but be sure to check with your physician before beginning your exercise program.

About the Authors

Wayne L. Westcott, Ph.D., and Rita LaRosa Loud, B.S., direct the Community Health and Fitness Center at Quincy College. Dr. Westcott consults for the South Shore YMCA and has authored 28 books on physical fitness.



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Local News



TIC's 24th Wine Dinner a Success

MARSHFIELD, SCITUATE - With 136 guests in attendance and contributions from more than 100 businesses, institutions and individuals, the Talking Information Center's (TIC) 24th Annual Wine Dinner Fundraiser held at The Barker Tavern in Scituate, was a tremendous success.

The non-profit reading service broadcasts from their Marshfield studio, 24-hours a day to thousands of visually impaired and otherwise print disabled listeners and relies on the generosity of donors, sponsors and volunteers to support their programming. The Annual Wine Dinner event, which is TIC's major fundraiser, raised a net of \$34K, a 48 percent increase over last year's event.

"For over 38 years there have been thousands of blind and visually impaired individuals who have relied on TIC to keep them connected and informed on news and other critical information they need on a daily basis. Today, with the collaboration of five other State Reading Service studios and over 600 volunteers, we are delivering unique programs to a vast print impaired audience of all ages and disabilities," said Jim Bunnell, Executive Director.

Dr. Oce Harrison, Ed.D, Project Director of the New England ADA Center at the Institute for Human Centered Design in Boston, Brian Switzer from Team with a Vision, State Representative Jim Cantwell, and Collin Ryder of Masciarelli Wine Company were the evening's featured speakers. A silent auction, "Buy It Now" table and Ring Bling raffle was followed by a spirited live auction with auctioneer Paul Vercollone. Guests enjoyed a decadent four course meal. Each course was perfectly paired with wine donated by Masciarelli Wine Company.

TIC thanks the following: The Emilson Family as title sponsor; Sheriff Joe McDonald, Emerson-Swan, Inc., VERC Enterprises, The Clifford Family, Rockland Trust, Gilcoine & Burke Insurance Agency, Commonwealth Cooperative Bank and Tiny & Sons Auto Glass as table sponsors; Mike and Darlene Kelly, Charles David Salons and South Shore Senior News as benefactor sponsors.

TIC also thanks special donors Fred Williams, Inc., The Whalen Company, The Barker Tavern, Masciarelli Wine Company, Bond Printing Company, WATD, Jeff and Linda Dirksen, Bellestar Jewelry and Carol McClintock, along with their network affiliates in Mashpee, Pittsfield, Lowell, Springfield and Worcester and their incredible Board members. All proceeds from the Annual Wine Dinner directly benefit TIC, which serves the listening needs of thousands of visually impaired and otherwise disabled listeners throughout Massachusetts and the New England.



From left, TIC Producer John Shea, Assistant Executive Director Anna Dunbar, Dr. Oce Harrison, and TIC Executive Director Jim Bunnell enjoy the festive evening.



From left, Mike and Lucille Walsh from Marshfield, with Tom Foye and Patti Abbate. What a fun night we had bidding on wonderful items while enjoying a spectacular meal with friends. Thanks for your good work, TIC!



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Crossword Puzzle Corner

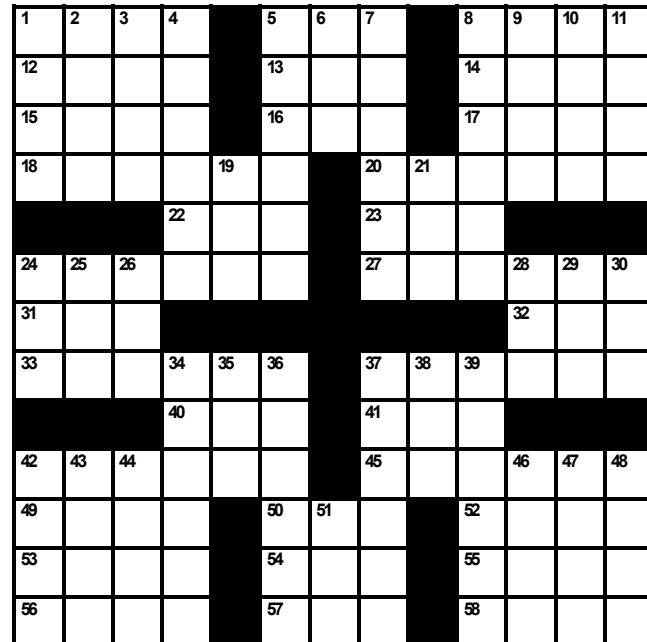
answers on page 19

Across

1. Strip
5. TBS rival
8. Junk pile
12. It may be guided
13. "Lucy in the ____ with diamonds" (Beatle song)
14. Compound
15. Voice level
16. Hasten
17. Mention
18. Fair
20. Winged
22. Mix breed dog
23. Thanksgiving spud
24. Renders unclear
27. Anticipate
31. Going on in years
32. Crowd disapproval sound
33. In shock
37. It might be cut by a politician
40. Another name intro
41. Street abbr.
42. Player on the links
45. Dictator, e.g.
49. Rephrase
50. Do-it-yourself ____
52. Still-life piece
53. Hubs
54. Roger Clemens' statistic
55. "____ the Nation"
56. Remnant
57. Misty May obstacle
58. Kindergartener

Down

1. Impale
2. Droop
3. Hatchback
4. Denver player
5. Bridal party members
6. Word with mask or doo
7. Nautical response, ____ captain (2 words)
8. Pack up your tent and leave



9. Division
10. Speck of dust
11. Implored
19. Turned over ground
21. Calif. airport
24. Slithery creature
25. Common street name
26. Federal health agency
28. Go back
29. Gentle sound
30. Large weight
34. Rubenesque
35. Live on the edge of existence
36. Shade
37. Short taps (2 words)
38. Brown, e.g.
39. Made desolate
42. Neuter
43. ____ Eaters
44. Human parasite
46. Traveling
47. Throat
48. Yard shader
51. Infuriate

Navigating the Future

continued from page 9

myself sharing these thoughts with family and loved ones. I urge them to stop being caregivers, cooks, drivers to endless medical appointments, medicine reminders. I urge them to let Senior Helpers provide the personal care, let hospice provide the medical and holistic support and *simply* be sons, daughters, husbands, wives, granddaughters, brothers, sisters, friends and partners.

Life with the combination of home care and hospice care can be life filled with intention, with seniors feeling more alive and more human than their illness or condition has perhaps allowed them to be in months, or even years. I always encourage families to share this incredible time with each other through photographs, story-telling, or just being in each other's presence. It is here that hospice can create rarefied connections and space for immense, undiluted caring.

If you are navigating End-of-Life Care, I hope you find these thoughts helpful. For more information please visit us at www.SeniorHelpers.com/SouthShoreMA or call our Norwell office at 781.421.3123.

At Senior Helpers Boston and Senior Helpers South Shore our roles as caregivers are always very clear. We are here for you, your families and your loved ones whether serving your needs alone or with our partners in care, there is certainly no myth or misconception about that.

This is the second in a series of articles I will be writing each month for *South Shore Senior News*. I hope to inform and encourage seniors and families to stay in charge of their aging. And I invite you to send me comments and suggestions for topics. You can contact me at: MFriedman@SeniorHelpersBoston.com.

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; secondly by becoming a significant connection for elders to resources and services in the 75 communities his company serves.

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On the Radio - Melissa Weidman, Director of Community Relations and Outreach at HopeHealth, was a recent guest on our radio show, *My Generation*, on WATD-FM 95.9. Tune in every Sunday night from 7-8:00 PM.

Pictured (from left): Melissa Weidman, Patti Abbate and Tom Foye.



Santa continued from page 1

The Hanover Mall provides space for the gift-giving tree that is decorated with white lights and ornament-shaped paper tags, each carrying the name of a senior and a requested gift. Hanover Mall security personnel receive and safely



store and monitor the gifts until program volunteers arrive to collect them.

Modest requests such as slippers, supermarket gift cards, mittens, socks, sweaters, towels, blankets, and gifts of food are common requests. Once a tag is selected by a "Secret Santa," the gift is purchased and returned (unwrapped), along with the accompanying tag, to the attendant at the Hanover Mall security desk, located next to the "Be a Santa to a Senior" tree across from the Sears entrance.



Volunteers collect the gifts on a regular basis, and then add new requests to the tree as other requests are filled. The faster the gift requests are filled, the faster more "ornament" tags will fill the tree, ensuring a gift will be delivered for more of our deserving neighbors.

By the Numbers

Since this national program began in 2003, more than 1.2 million gifts have been provided to seniors, a force of 60,000 volunteers have distributed gifts, and a deserving 700,000 seniors have had their holiday brightened with a gift from a Secret Santa.

The "Be a Santa for a Senior" tree will remain up and filled with gift request "ornaments" inside the Hanover Mall until Friday, December 14, and gifts will be delivered by volunteers on December 19.

This program makes it easy to bring a little joy and holiday spirit to our deserving senior neighbors. If you're visiting the Hanover Mall during the first two weeks of December, be sure to stop by the "Be a Santa to a Senior" tree, grab an "ornament," fulfill a wish, and share the spirit of the holiday season with a neighbor.



GOT NEWS TO SHARE? Send it along!

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

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South Shore Community Calendar



THINGS TO DO, PLACES TO GO

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 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 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.

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.



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

Publicize your group!

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SUPPORT GROUPS

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 Main 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.

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

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

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South Shore Community Calendar

Kingston COA expanding lifelong learning efforts



KINGSTON – The Kingston Council on Aging is expanding all health & Wellness and Lifelong Learning efforts. Now open every Monday, Wednesday, and Thursday evening, there is now access to new classes and events that folks cannot attend during the day. Their evening programs now include people who never came through the front door. However the daytime is still filled with many choices, including fitness and free health services.

Zumba, one of the most popular fitness classes for those who want to move fast, continues. Still there are many seniors who prefer Yoga, which will be an extension of classes that cater to those who appreciate deep breathing and relaxation. Recently, "Shake Your Soul Classes," sponsored by the South Shore Conservatory in Duxbury, attracted a large group of people for an eight week period of time, "Shake Your Soul" is a combination of stretch and movement with music. "Fall Prevention" is in its second run, and everyone seems to want more. Tai Chi and Aerobics have also proven to be popular and will remain accessible to all. In 2017 a "Live Well" day that covers everything that is pertinent to senior life will be offered.

The Kingston Council On Aging is a reflection of the growing number of people who are becoming seniors, Baby Boomers who now constitute more than two-thirds of the fifty plus population. From an author series to a history series, to fitness and meditation, genealogy, and memory classes, or just a place to stop by and say hello, the Kingston COA has grown to be more of a senior community center with strong network of friends and resources. For information call 781-585-0511 or email Marilyn Greenstein at Mgreenstein.KCOA@gmail.com

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___ Patricia Bloom-McDonald, Attorney at Law

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___ Old Colony Elder Services
___ South Shore Elder Services

Medical Services

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___ Suburban Hearing Aid Services

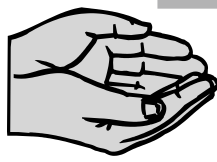
Memory Impaired Assisted Living

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___ Standish Village

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VOLUNTEERING OPPORTUNITIES

Snow Shovelers, Meals on Wheels Drivers, Medical Drivers, Activities Hostesses...and more! The Marshfield Council on Aging is seeking volunteers for a few hours weekly. Mileage reimbursement provided for medical and Meals on Wheels drivers. Contact the Senior Center/Council on Aging, 230 Webster St., Marshfield. Ask for Donna Weinberg, 781-834-5581, ext. 20, or visit www.townofmarshfield.org.

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.

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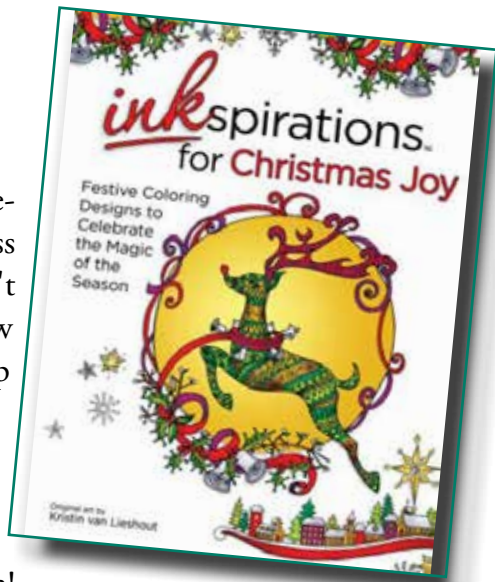
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'Tis the season to get "ink-spired!"

Coloring books not just for kids anymore

Just in time for gift-giving season, the new adult coloring book craze is in full swing. Coloring is a creative way to reduce stress, quiet the mind and ease the soul. Art therapy has long proven its effectiveness as an aid in emotional and mental restoration. Whether coloring with friends or loved ones, it doesn't take much to color your world a little brighter. A new line of adult coloring books and postcards is now available from the original publishers of *Chicken Soup for the Soul*, ready to encourage, inspire, and help worries fade.

These high-quality, affordable books feature a wide array of themes with loving quotes alongside unique and graceful images. The company website, www.inkspirations.com, is a portal to a more colorful world. Books are available to purchase at local retailers and online. Add some color to someone's life this season!



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MY GENERATION!
Radio Talk Show Brought to you by
South Shore Senior News

Recent guest David Humphrey, owner of Beacon Equity Advisors, and author of *The Art of Business Value Enhancement*. David (at right) in the studio with Tom Foye.

Tune in to 95.9 WATD-FM
Sunday evenings 7-8:00 pm
Great guests! Great topics! Live stream via the web!

Art of the Book exhibit and hands-on workshop

KINGSTON – Visitors to the Kingston Public Library in December can enjoy an exhibit of unique handmade artist's books made by Manomet author and artist Judith Campbell. On Sunday, December 4th from 1 to 3:30 pm, the Library will also host a hands-on workshop for those who would like to learn how to make their own artist's book.

In this workshop, participants will explore one or more simple bookmaking techniques to create a book that they can fill with whatever words and pictures they are inspired to use. The books can serve as personal treasure books, though at this season people may be equally interested in giving them as gifts. Basic materials will be supplied, but participants are encouraged to bring a pair of scissors, paper or magazines to cut up, bits of ribbon or lace, or other embellishments to enhance their creations. There is no charge for this workshop, but space is limited to 20, so advance registration is required.

Rev. Dr. "Judy" Campbell is an ordained Unitarian Universalist minister, and also a writer and artist. She is the author of the Olympia Brown mysteries, and she will be speaking at the Kingston Council on Aging on December 1st about the recently published latest entry in that series, *The Mission that Rocked Olde Plimoth*. For more information or to register, visit the library's online calendar at www.Kingstonpubliclibrary.org or call the library at 781-585-0517 ext 112.

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Local Scene



HAPPENING IN HANOVER - During a recent Health and Wellness Fair at the Hanover YMCA, Noel Constantino of Hanson stopped by our booth to pick up a copy of the November issue of the *South Shore Senior News*. Noel says she enjoys reading the paper every month and noted that she loves reading "the well written and diverse articles." Great to meet you, Noel. Hope to see you at a future event out in the community!



WELL READ - Tom Foye got a chance to meet another loyal *South Shore Senior News* reader attending the Hanover Y Health Fair, Peggy. The day was highlighted by lots of smiling faces and warm welcomes from the community and professional vendors alike.



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Holiday Pops Concerts in Plymouth December 10, 11

PLYMOUTH – Catch some holiday spirit during the Plymouth Philharmonic Orchestra's annual holiday pops weekend. Actor Neil McGarry will perform a mini, magical, musical retelling of A Christmas Carol set to live orchestral music, perfect for all ages. Two local children's choruses lend their angelic voices to all three holiday concerts, while the organization's annual March of the Toys charity toy drive and jolly guest from the North Pole round out the holiday spectacular. Two performances on Saturday, Dec. 10 at 3:00 PM and 8:00 PM, and a 3:00 PM performance on Sunday, Dec. 11. Concerts take place at Memorial Hall. Tickets are \$20-65 and senior and youth rates are offered. Call 508-746-8008 or visit plymouthphil.org for more information,

DID YOU KNOW?

The *South Shore Senior News* is published and distributed on or before the first day of every month to more than 400 locations on the South Shore. Papers are available free in thirty towns and communities from Milton to Plymouth. You can also catch up with our stories on our website at www.SouthShore-Senior.com and follow us on Facebook for current news and information.

If you don't see a paper in your area, please let us know. You can also subscribe to the paper for a nominal fee of \$20 (to cover postage) per year. We are more than happy to put you on our list! Please call us at 508-212-4862 or email info@SouthShoreSenior.com. Thanks for reading!

Crossword Puzzle Corner answers

1	S	2	L	3	A	4	B	5	U	6	S	7	A	8	D	9	U	10	M	11	P
12	T	O	U	R	13	S	K	Y	14	E	N	O	L								
15	A	L	T	O	16	H	I	E	17	C	I	T	E								
18	B	L	O	N	19	D	E	20	A	21	L	A	T	E	D						
					22	C	U	R	23	Y	A	M									
24	B	E	F	O	G	S			27	E	X	P	28	E	C	30	T				
31	O	L	D										32	B	O	O					
33	A	M	A	34	Z	35	E	36	D	37	R	38	I	39	B	O	N				
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42	G	O	44	F	E	R				45	T	Y	R	46	A	N	48	T			
49	E	D	I	T					50	K	51	I	T	52	E	W	E	R			
53	L	O	C	I					54	E	R	A		55	F	A	C	E			
56	D	R	E	G					57	N	E	T		58	T	Y	K	E			

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