

South Shore Senior News



FEBRUARY 2016

FREE

HELPING SENIORS AGE WELL AND ENJOY THEMSELVES WHILE DOING IT!

Senior Care Directions: Special Report

Robots Are In Your Future

Ok. No looking back now. Health care reform continues to establish its roots on the South Shore with provider consolidation and the establishment of the omnipresent Accountable Care Organizations (ACO) to manage a person's journey through almost all healthcare services. One of the goals of this consolidation and ACO's is to reduce health care cost, while maintaining, or improving, the care services a person receives.

The acceleration of care automation through technology is poised to help providers reduce their cost. Healthcare technology integration will create an experience similar to that which took place in the manufacturing industry, with automated systems replacing the role of people to attain the Holy Grail of lower cost.

This special report looks at the changes our readers can expect when they go to the doctor's office, find themselves in a hospital or remain in their homes. The 2016 Senior Services Directory, available to our readers on March 1st will expand this look at technology and its impact on each step along the continuum of care. Turn to page 8 for a preview of the in-depth Directory report.



The automation of healthcare is upon us. From on line doctor's visits to the remote monitoring of an aging loved one in their home, technology will replace human interaction in an attempt to lower cost and serve a growing number of South Shore seniors.

Love Those Dark Chocolates

By Joan Wright

Norwell - If you're like most folks, you're just coming off the overeating of the holidays to land smack into Valentine's Day chocolates.

But feel no guilt about the chocolate – if it's dark. More and more studies show the positive health values of dark chocolate, making it even more appetizing to add to the diet.



Actual science-based health benefits include boosting energy and improving longevity. Who doesn't want that?

Charity in the Couple

By Diane Simoni

MANSFIELD - Many find delight in giving to charities. The delight is the "carrot" that might keep them doing "good." People generally enjoy supporting the causes they find dear. And, perhaps they feel good because they did their duty or had a spiritual experience by their "involvement in something larger than they are."

Yet, when it comes to charity in the home or in our relationships, barriers can exist and limit the practice of charity and the good feeling that can come from being generous.



Charity in couples means:

Giving the benefit of the doubt on the intention behind what our significant other did that hurt or bothered us. This includes allowing that they would take it back if they really knew how much it hurt us.

Giving up the desire for things to be our way so that we can give others a sense of "it's ok what you did" (even if it did mess up our plans).

Couple, continued on page 2

Chocolate, continued on page 4

Charity in the Couple

continued from page 1

Exploring the Barriers

Here are some questions to ponder as to what might be hindering you from charity towards your partner:

- Does your partner not give to you and your sense of fairness is holding you back
- Are you feeling too stressed because of life circumstances and/or not taking care of your own health and well-being?
- Do you think if you give then your significant other will keep on taking and you won't have anything left?
- Has your loved one hurt you in a way that makes it hard to have feelings of endearment towards him or her? In other words, your partner is not a "cause you find dear"?

- Are you needing to reconcile first over some hurts within the relationship before you can exercise your generosity muscles?

Exploring well the barriers is the first step to making things more pleasant at home. Addressing the barriers is the next step.

Often, merely exploring them deeply is enough to allow us to step over them. Contemplating strategies to overcome the barriers can be done alone or with your spouse, a friend, a pastor, rabbi or therapist.

Fortunately, just practicing charity within the couple can give us enough "carrots" to keep on going. And, when our partner senses our efforts, he or she may be encouraged by our example to do the same.

"Exploring well the barriers is the first step to making things more pleasant at home."

About The Author

Diane Simoni, LICSW, is a clinical social worker who provides counseling to couples, caregivers, families and adults with signs or symptoms of depression or anxiety facing overwhelming stressors, chronic illness or disability. She can be reached via email at Info@caringandcopingwell.com or by cell phone on (508) 243 - 7481. For more information, visit www.caringandcopingwell.com.



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Medicare Assistance With Prescription Drug Costs

By Diana DiGiorgi

BROCKTON – The Extra Help program is available to help South Shore Medicare beneficiaries with payment for their prescription drugs if certain income and resource limits are met. Eligible Medicare beneficiaries with limited income can receive financial assistance with prescription drug costs — roughly \$4,000 a year – associated with their Medicare drug plan. This program can reduce or eliminate the premium and deductible for Medicare prescription drug coverage.

You may qualify for Extra Help if your annual income and resources are below these limits:

- Single person with income less than \$17,655 and resources less than \$13,640 per year.
- Married person living with a spouse and no other dependents with income less than \$23,895, and resources less than \$27,250 per year.

“Resources” means money in a checking or savings account; stocks; bonds; mutual funds; IRAs and second home(s). Your primary residence, vehicle, household items, burial plot, irrevocable burial contracts, life insurance policies, and a maximum of \$1,500 for burial expenses per person are not counted as resources.

If you qualify for Extra Help and enroll in a Medicare drug plan, you can get help paying your monthly premium, deductible, coinsurance and copayments. You will have no coverage gap, also known as the “donut hole,” or late enrollment penalty.



Diana DiGiorgi

You automatically qualify for Extra Help if you are enrolled in MassHealth Standard, CommonHealth or a Medicare Savings Plan. You also qualify if you receive Supplemental Security Income (SSI) payments. If you automatically qualify, Medicare will send you a purple letter; you will not need to apply if you receive this letter. If you are not already in a Medicare drug plan, you will need to join one to use Extra Help. If you don't join a plan, Medicare may enroll you in one, and will send you a yellow or green letter telling you when your drug coverage begins.

Different Medicare drug plans cover different drugs. Check your plan's “formulary” (list of drugs) to see if the drugs you use are covered, what their price is, and if the pharmacy you prefer is part of the plan. If you don't like the Medicare drug plan you are in, if you are in Extra Help, you can switch your Part D plan each month.

In order to see what assistance you'll receive from Extra Help, you'll need to send to your Medicare plan some form of documentation indicating you qualify for Extra Help. In 2016, drug costs for most

people who qualify are less than \$2.95 for each generic, and less than \$7.40 for each brand-name covered drug.

If you have employer or union drug coverage, and you join a Medicare drug plan, you may lose your employer or union coverage even if you qualify for Extra Help. Call your employer's benefit administrator before you decide to join a Medicare drug plan.

If you don't automatically qualify for Extra Help, you can apply by calling Social Security at 1-800-772-1213 or visiting their website at www.ssa.gov. You can also call your area SHINE (Serving the Health Insurance Needs of Everyone) Counselor for assistance at 1-800-243-4636, then press option 3.

About the Author

Diana DiGiorgi is the Executive Director of Old Colony Elder Services (OCES). OCES serves 20 towns in Plymouth County as well as Avon, Easton and Stoughton. OCES offers a number of programs to serve seniors, individuals with disabilities, their families and caregivers. For information call (508) 584-1561 or visit www.ocesma.org.

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Chocolate, *continued from page 1*

The magic ingredient is cacao; the higher the cacao levels, the more beneficial antioxidants in the chocolate. From enhancing blood flow (including the flow to the heart and the brain) to lowering blood pressure and bad (LDL) cholesterol, dark chocolate seems to be a tasty elixir. It also reduces inflammation and can enhance cognitive function.

But before busting out the pound box, the suggestion is that you limit yourself to a smaller portion every day. The recommended “dose” is up to ½ ounce – or one to two squares from a large dark chocolate bar (72% or higher of cacao).

Speaking of eating – and boosting energy, do you know that the best time to get up and move is one to two hours immediately after eating? Maybe there is something to doing cleanup right after dinner? Standing at the sink washing dishes or loading the dishwasher keeps you from prolonged sitting, which is never good for one’s overall health but particularly bad immediately

after eating. So get up and move, take a walk outside or if weather is an issue, walk around the inside of your house after each meal. Eating at your desk at work? Get up and move afterwards. Throw your trash out down the hall in the office kitchen or another space that forces you to walk a distance after you eat.

Prolonged sitting should be avoided as much as possible. Even just standing and stretching every 50 to 60 minutes is beneficial to one’s circulation and joint relief. On the phone a lot? Stand while you’re talking, walk around the space you are in (work or home) while on the phone to keep moving. When watching television, get up and move each time a commercial comes on. If you’re able, throw in a few jumping jacks or rotate your arms in circles. Go up and down the stairs a few times. The point is move!

Of course, safety is number one when choosing how one is going to exercise or move. Use tools like stairs judiciously and don’t jump right out of the chair and move quickly if you



Living Smart

JOAN WRIGHT

have blood pressure issues. Likewise, use caution if you have limited or low vision.

And, speaking of low vision, encouraging news comes out of Mass General Hospital and Harvard Medical School where researchers have found some promise of improvement with dry macular degeneration through high dosages of statins. For more information on the study, visit <http://lowvision.preventblindness.org/research-and-developments>. The site, Living Well with Low Vision - <http://lowvision.preventblindness.org> - is a wonderful resource for products, programs, and connections to improving quality of life.

ABOUT THE AUTHOR

Joan Wright, CDP, is a certified dementia practitioner who leads Norwell VNA and Hospice’s Alzheimer’s Specialty Team and facilitates a number of caregiver support groups. For more information on NVNA and Hospice and its programs, call (781) 659-2342 or visit nvna.org.



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Rebuilding Your Bones

By Rita La Rosa Loud & Wayne Westcott

QUINCY - We are presently in our second month of our large weight loss research study. However, it is not just a weight loss program. The study participants are training to rebuild muscle that they have lost during the aging process as well as to reduce fat that has accumulated over the years due to lack of resistance exercise.

Based on our previous research results, older adults can regain about six pounds of muscle and lose about nine pounds of fat over a six-month training period. This represents a 15-pound improvement in body composition, physical fitness and personal appearance. Of course, more muscle and less fat reduces the risk of many degenerative health issues such as high blood pressure, high blood cholesterol levels, type 2 diabetes, cardiovascular disease, certain types of cancer, low back pain and arthritis.

A few years ago, we conducted a nine-month study with older adults who wanted to reduce their rate of bone loss. The control group, who did not change their nutritional habits or perform an exercise program, experienced a one-percent decrease in bone mineral density.

Over the same period, the exercise group, who performed our combined program of strength and endurance training, maintained their initial levels of bone mass. That is, they did not experience any reduction in their bone mineral density.

Our third study group performed the same program of strength and endurance exercise and enhanced their nutrient intake. They took 500 mg of calcium every day, took 1200 IU of vitamin D every day, and drank a protein shake (about 25 grams of protein) immediately after every exercise session (two or three days per week). At the end of nine months, the individuals in this exercise and nutrition group experienced a one-percent increase in bone mineral density. In other words, the older adults who supplemented their normal lifestyle with appropriate exercise and nutrition not only reduced their rate of bone loss, they maintained their bone mass and actually added bone mineral density at the same rate that the inactive control group lost bone mineral density.

The combined exercise program consisted of 12 Nautilus machine exercises performed for just one set of 8 to 12 repetitions with a moderate resistance, as well as 15 to 20 minutes of aerobic activity (e.g., stationary cycling, treadmill walking, etc.). The entire training session was typically completed within 45 to 50 minutes, and was performed two or three days per week depending on personal preference.



Rita La Rosa Loud and Wayne Westcott

If you are not presently engaging in a regular exercise program that includes an appropriate strength training component, please consider doing so at a local YMCA, fitness center, hospital health center, senior center or at your home. If you live near Quincy College, you are always welcome to participate in our ongoing exercise programs. You may contact Wayne or Rita at (617) 984 - 1716.

About The Authors

Wayne L. Westcott, Ph.D., and Rita La Rosa Loud, B.S., direct the Community Health and Fitness Center at Quincy College. They have written several books on strength and fitness.

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Notes From The Editor's Desk

Trending

In March, **Meals on Wheels** holds its annual celebration to honor the collaboration of local community organizations, businesses, government branches and compassionate individuals that help ensure seniors are not forgotten and receive healthy and nutritious meals in the homes. Americaneagle.com has worked with Meals on Wheels officials to develop a new web site to recognize this important month. **MarchforMeals.com** will help promote the organizations good works and educate the public about Meals on Wheels, recognize participating sponsors and encourage concerned individuals to get involved. It's also a resource for participating Meals on Wheels programs with tools, templates, graphics and support materials to help make their local Meals on Wheels celebration a success.

Grandparents continue to be an important part of the American family, and increasingly involved in the care and upbringing of grandchildren. Great resources continue to be available here on the South Shore, with meeting and support groups hosted at the Plymouth Council on Aging and a newer group in Weymouth meeting at the Fogg Library. A new web site has launched, being called "the first social media hub and shopping site for grandparents," by its developers. **Camp Nana Papa** (www.campnanapapa.com) provides grandparents with a "solution for grandparents seeking to make smart purchasing decisions for their grandchildren, while learning new ways to connect and stay close, no matter how many miles separate them." The site contains tips on gift ideas by a child's age, event ideas, activities to share and tips on today's technologies grandparents can use to enhance their relationship with their grandchild.

Many boomers will be interested in the 35th Steinbeck Festival set for May 6 – 8 in

Salinas, CA. The event includes speakers, tours, musicians and a craft beer festival. This year's theme is "**From Salinas to the Sea of Cortez: Steinbeck on Land and Sea,**" honoring the 75th anniversary of Sea of Cortez published in 1941. Get the details at www.steinbeck.org or call the National Steinbeck Center at (831) 775 – 4721.

Health Info

Good news on the women's health front with the opening of the new drug treatment unit for women at Taunton State Hospital. This is a shift from the policy of sending female addicts to a state prison in Framingham for detox services. The Women's Recovery from Addiction Programs (WRAP) will create 15 beds for women who are ordered by the courts to undergo treatment for alcohol or drug dependency. An additional 30 beds are expected to be available later this year. The unit comes about after Governor



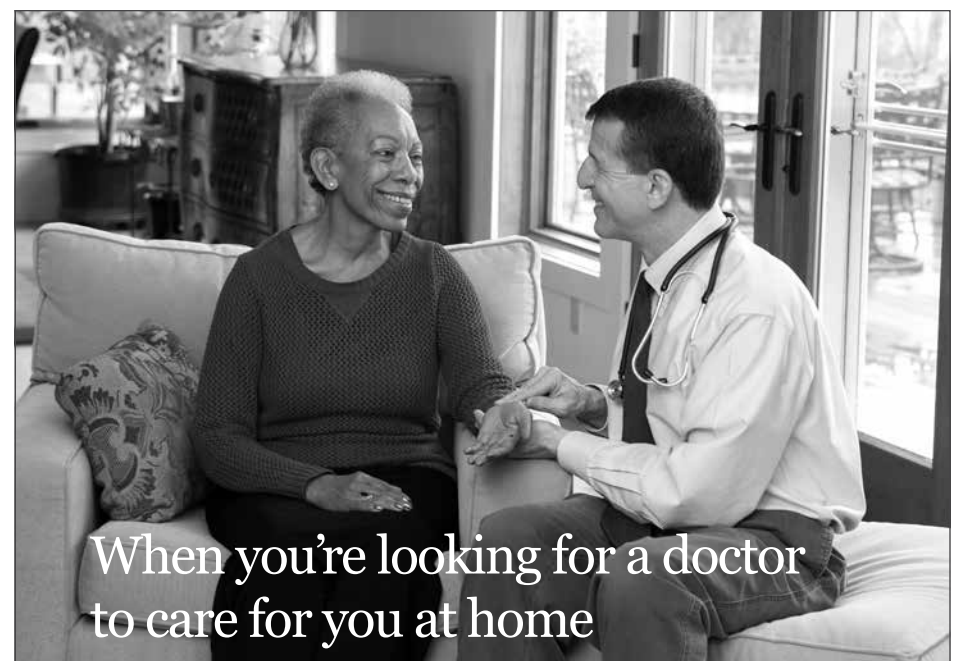
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Touching Lives

Charlie Baker signed a bill that sends women who are civilly committed for treatment receive services in a more therapeutic setting instead of a prison.

It was interesting to read when **Tom Brady's** family chef said he avoids feeding them all "nightshade vegetables," and then finding out this category of vegetables includes tomatoes, bell peppers and eggplant, according to a recent report in OneCape Health News (www.onecapehealthnews.com) published by Cape Cod Healthcare. Most of us have always believed vegetables were good for us and we couldn't get enough of them on our plates.

According to the chef, "Brady draws the line at nightshades because "they're not anti-inflammatory and that tomatoes cause inflammation." The report goes on to state that some "holistic practitioners say nightshade fruits and vegetables can worsen arthritis, an inflammatory disease."

However, the Arthritis Foundation calls that "a myth and says the vegetables contain essential

nutrients that lowered blood markers for inflammation in healthy men."

OneCape goes on to say that tomatoes, eggplant and peppers are all part of the Mediterranean diet, which is consider a healthy approach to eating. The report concludes that "except for specific health conditions, much of this comes down to individual choice, if Tom and Giselle feel good, it seems like they're getting a well-balanced diet."

Aging in Place

The U.S. Department of Housing and Urban Development (HUD) is making approximately \$15 million available to test a new housing and services model for low-income seniors to age in their own homes and delay or avoid the need to relocate. HUD's **Supportive Services Demonstration for Elderly Household in HUD-Assisted Multi-Family Housing** will offer three-year grants to eligible owners of HUD assisted senior

housing developments to cover the cost of a full-time Enhanced Services Coordinator and part-time Wellness Nurse. The program will test the effectiveness of the enhanced supportive services model and evaluate the value of enhanced service coordination paired with affordable housing for seniors. More information is available at www.grants.gov in case you want to let your housing management know!

The American Senior Housing Association (ASHA) launched a new web site to help understand the senior housing landscape and make informed decisions. **"Where You Live Matters"** (www.WhereYouLiveMatters.org) looks to "expand the awareness of senior living through consumer education," with web and social media tools. The web site is part of a five-year strategic initiative launched by ASHA to provide seniors, adult children and others with "clear, straightforward information related to senior housing."

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Robots Are In Your Future

By Greg Porell

Some of the most significant technology advancements are the result of innovation developed by the military. The U.S. Department of Defense (DoD) developed the Global Position System (GPS) to improve its navigational capabilities.

Now the technology can be used to keep track of a loved one who has Alzheimer's disease and help prevent wandering.

The Internet began with the development of electronic computers in the 1950s and the initial concept of "packet networking" originating in several computer science laboratories in the United States, Great Britain and France. When the U.S. Department of Defense awarded contracts in the early 1960s for packet network systems, the Internet was born.

Today, start-ups and traditional consumer electronics companies are building on these military technology developments and introducing new products that are poised to change the way many South Shore residents receive their care services.

As these new technologies move forward, there will be a reduction in the number of human workers required. A Harvard Business Review study claims that as many as 40 million Americans may soon have job skills no longer required as the work is done by automated systems.

In the future, there's a very good chance a mobile robot will deliver your bedside medications when you find yourself in the hospital, skilled nursing or assisted living setting. Imagine a "mini-drone" getting your medications and bringing them to

you, on a regularly scheduled "in home" flight. Changes may be something as simple as a robotic cat to keep grandma company. Hasbro has them available today in Orange, Tabby or Silver and Creamy White for \$99. And they won't tear the sofa to pieces or use a litter box.



Today's Healthcare Network

More than ever, people need to take charge of their healthcare planning and follow through. There are tools to help, including care navigation services, primary care doctors and insurance provider's case management teams.

The "silo syndrome" where information is contained in one location can no longer ensure the best services. A patient's information must be available across the continuum of care to check history, current condition and insurance coverages.

Electronic portable medical records are becoming the norm. These records are shared across secure networks within a hospital or care organization via a computer network.

And patients now have the ability to capture some of their medical records on personal smart phones or other devices and have them at the ready. The medical records will follow a person and be a part of their care plan and help determine the services delivered, now and in the future.

Interaction with Providers

The days of making a long trip into the doctor's office on a snowy day in New



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England may become much less frequent. Telemedicine has been in place for more than a decade now and has allowed visiting nurses to monitor and care for their clients without visiting the home. This has allowed greater frequency of contact, though only in person when the situation requires, and reduced cost.

A nurse can check in with the patient via the telemedicine technology through voice, text and now video. The virtual visit can address monitoring simple daily vital signs to helping gauge the client's well-being through observation during a video chat.

These communication platforms will also be used by doctors in the future, to visit people in their homes, or perhaps in a skilled nursing facility. This Internet communication will allow doctors and patients more flexibility and frequency in their interactions, which should result in better patient monitoring and care.

Technology will also allow family members to "keep an eye on" loved ones who remain in their homes as they age. While it is yet to be determined how open people are to having these 24/7 eyes on them in their home, the capability to do it is available now.

Sensors will be able to report on the elder's movements in the home, and if there is a disruption in normal daily movements, an alert can be sent to the smart phone of a responsible party. If concern grows, resources can be sent to the home to determine the elder's status.

And the opportunity has attracted the attention of major telecommunications and computer vendors like Comcast, Verizon and Apple. They are betting that technology can help delay the elder's move to a residential setting that can run from \$40,000 to \$90,000 year. HeyMomDad, a recently introduced home monitoring solution is based on a monthly fee ranging from \$40 to \$90 per month.

"Changes may be something as simple as a robotic cat to keep grandma company. Hasbro has them available today in Orange, Tabby or Silver and Creamy White for \$99. And they won't tear the sofa to pieces or use a litter box."

When not in the home, wearable technology can provide a solution for monitoring, as well as the ability to store electronic medical records. Tracking of a loved one's location and movement, fall detection and reminders to take medications at set times are all features wearable technology currently offer.

Robots, continued on page 10

Are You at Risk for A Heart Attack or Stroke?

FREE Cardiovascular Screening throughout April at the Hanover Mall

South Shore Hospital's Cardiovascular Center knows that your heart health matters. Throughout April, we will be offering a peripheral arterial disease (PAD) screening. PAD is a circulatory condition that puts you at a heightened risk for a heart attack or stroke.

Who Should be Screened?

You should be screened if you are over the age of 45 with any of the following risk factors:

Smoking • Diabetes • Hypertension • High cholesterol • Family history

To learn more about PAD or to schedule your screening in advance, visit southshorehospital.org/PAD-Screening or call (781) 624-8272.

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Robots Are In Your Future

continued from page 9



The ability to have electronic medical records available through this technology at all times can also help medical professionals understand a patient's history and condition and act more quickly and well informed should an emergency arise.

Beyond Healthcare

It is now well known that socialization and continued challenging of the mind are important to a senior's overall health. Isolation can have a detrimental impact on the home bound senior.

Technology is now allowing them to stay in touch with family members and friends, with video conferencing services such as Skype, or social networks, including Facebook. A recent Pew Research survey found that 31% of all seniors age 65 and above are on Facebook.

Online hubs like the "Virtual Senior Center" can help a person exercise their brain, while enjoying the ability to learn and connect with course leaders and other students. Virtual Senior Center offers 30 on line courses, music selections, and more through a touch screen computer. The learning center is a collaboration between Microsoft and the City of New York.

The "Brain Training Industry" is estimated as an over \$1 billion dollar per year market but caution is urged. It has been shown that these "games" improve performance on simple tasks, but experts conclude there is no more compelling evidence that games reduce or reverse cognitive decline.

Elder Law and Planning

By now, most everyone realizes the importance of having the right legal documents in place in case of emergency or sudden death. A number of on line resources now offer easy to fill out forms for wills, health care proxies or powers of attorney, but beware, they may not address important State laws.

Like most things on the Internet, it is buyer

"The ability to have electronic medical records available through wearable technology at all times can also help medical professionals understand a patient's history and condition and act more quickly and well informed should an emergency arise."

beware. Poor planning can impact retirement, care when necessary, and what you are able to leave your loved ones if these documents are not done correctly.

These are but a few example of how technology is changing the healthcare landscape. The 2016 Senior Services Directory will review every aspect of the continuum of care, and how technology is reshaping the services client receive, and where they receive them.

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Caring for Those With Mental Illness

PEMBROKE – An education program for family caregivers of a loved one with severe mental illness will take place in several South Shore cities and towns beginning February 23rd in Pembroke.

Family-to-Family is a free, 12-week course addressing discussions related to the clinical treatment of these illnesses and educate caregivers on helpful coping skills.

Caring

Family-to-Family offers the audience access to resources, insights, coping skills and support for caregivers and care recipients.

Volunteers trained by the National Alliance on Mental Illness (NAMI) of Massachusetts will lead the programs. These volunteers are people who have experienced and lived through a similar journey. The volunteers will provide the participants with the knowledge needed to navigate the mental health system.

The 2016 Winter/Spring schedule includes presentations at the following South Shore locations:

- **Pembroke:** February 23rd, 7 – 9:30 p.m., Contact Kathleen Considine at (508) 209 – 1124 or kconsid@att.net
- **Quincy:** March 16th, 6:30 – 9 p.m., Contact Molly at (617) 657 – 9055 or mollygarrity@gmail.com
- **Dorchester:** April 1st, 6 – 9 p.m., Contact Roy at (857) 342 – 2810 or royjlynch@gmail.com

For more information, please contact Ilya Cherkasov at (617) 580 - 8541 or by email at icherkasov@namimass.org.



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South Shore Community Calendar



THINGS TO DO, PLACES TO GO

A Meal With Others: The Glastonbury Abby welcomes all to their Sunday Supper at The Abby Conference Center. The monthly supper offers all those living alone or in difficult circumstances to gather with others and enjoy a meal. Begins at 4:30 p.m. at the Abby Center in Hingham. Call (781) 749 - 2155.

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

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.

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.

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.

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



SUPPORT GROUPS

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

Is Someone Hurting You: The South Shore Women's Resource Center's Older Women's Program provides domestic violence services for 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 at 120 Longwater Drive in Norwell from 6 - 8 p.m. For information, call (781) 610 - 1490.

Alzheimer's Caregiver Support Group: Meets the first and third Tuesday of each month from 1:30 - 3:30 p.m. at the Duxbury Senior Center. Group is for caregivers caring for a family member or friend afflicted with Alzheimer's disease or another form of dementia. Group facilitated by Hope Dementia and Alzheimer's Services. All caregivers are welcome to attend and do not need to be a Duxbury resident. Call (781) 934 - 5774, ext 5730.

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.

South Shore Community Calendar



INFORMATION SEMINARS

Making Sausage - The Italian Way: The Italian American Cultural Organization of the South Shore invites everyone to joining them and learn how to make Italian sausages on March 7th at Grove Manor Estates in Braintree. The art of making Italian sausages will be shared and the evening will include a buffet dinner of Italian sausage sandwiches, pizza and salad. Admission is \$15, with proceeds to benefit scholarship fund. Contact Richard at (781) 843 - 5095 or rmleccese@beld.net for more information.

Caregiver Wellness Workshop: Wingate at Silver Lake in Kingston will host a workshop focused on topics to im-

prove the wellness of the caregiver on Wednesday, March 24th from 5 - 6 p.m. Sponsored by Right at Home South Shore, workshop topics will include: learning how to relieve stress; mindfulness practice; making time for yourself; personal well being and care and information on caregiver support groups. Wingate at Silver Lake is located at 19 Chipman Way in Kingston. For more information or to save your spot, call (781) 585 - 4101.

A Matter of Balance: The Marshfield Council on Aging will begin its Falls Prevention Program, presented by Norwell VNA and Hospice on Friday, March 18th from 1 - 3 p.m. This eight-week class will meet on Fridays and will address strategies and techniques to reduce the likelihood of falls. Program is free of charge and all are welcome. Call Karen at (781) 834 - 5581, ext 13 for more information or to save you spot!



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
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We Connect You With Local Resources

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

Adult Day Health Centers

- ☐ CarePro Health Services
- ☐ CareWell Adult Day Wellness Center

Alzheimer's Coaching Services

- ☐ StilMee - The Leader in Alzheimer's Coaching

Home Care Services

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

Hospice

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

Independent and Assisted Living

- ☐ Compass on the Bay
- ☐ Standish Village

Legal Services

- ☐ 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

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Adult Computer Ed Classes In Abington

ABINGTON - The Senior Computer Learning Center (SCLC) begins its new education series on February 29th at the Abington Senior Center. Low-cost, hands-on computer and technology classes are offered to students 50 years of age and above.



Classes will address a range of topics, including computer basics to the new Windows 10 operating system. Detailed information on the program and the courses offered is available at www.seniorcomputerlearningcenter.org. Additional classes will cover the use of tablets and smartphones, ecommerce with EBay, digital camera basics, genealogy searches, how to use Email, backing up files online and more.

Class registration forms may be printed out from the group's web site. Completed forms may be mailed or dropped off at the Abington Senior Center (441 Summer Street). Registration is possible on a space available basis at the course's first class. For additional information, call (508) 521 - 4008 Monday through Saturday and leave a message.

Celebrate Sugarin' in the Blue Hills

CANTON - It's sugarin' time in the Blue Hills. Join the Department of Conservation and the Mass Audubon's Trailside Museum at the annual demonstration of maple syrup harvesting and the process of turning it into

sweet syrups and candies. The Maple Sugar Festival takes place March 19th and 20th from 10 a.m. - 4 p.m. each day. Program admission is \$6 per person. For more information, call (617) 333 - 0690.

Talk of the Towns

MARSHFIELD - The Talking Information Center (TIC), is taking its message to South Shore communities with the announcement of a Speakers Bureau and a request for volunteer ambassadors. TIC is the non-profit reading service broadcasting from Marshfield 24 hours a day, 7 days a week, to thousands of print and visually impaired listeners.

Newly appointed Executive Director James Bunnell along with volunteer ambassadors are available to speak to various audiences - from business and fraternal organizations to civic groups. Topics range from an overview of TIC's operations and benefits to the community; expanding demand as the senior population grows and how hundreds of volunteers help make TIC successful in its mission.

TIC is also currently seeking additional volunteers to serve on their speaker's bureau. Volunteer ambassadors would be responsible for attending senior fairs, fraternal organization meetings and actively seek additional opportunities to speak on TIC's behalf. For more information on scheduling a presentation, becoming a volunteer or ambassador, call Bunnell at (800) 696 - 9505.



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Soup-A-Bowl Party

PLYMOUTH – A soup extravaganza will feature the five previous winners of the Soup-A-Bowl sampling challenge at the Center for Active Living / Plymouth Council on Aging on Thursday, March 24th from 1 – 3 p.m. Sponsored by the Friends of the Plymouth COA, soups from local restaurants will be available for sampling and all are welcome. Entrance fee is \$2 if you sign up at the Plymouth Council on Aging, or \$3 at the door on the day of the event. The Soup-A-Bowl will also feature live entertainment. For more information, call the Plymouth COA at (508) 830 – 4230. The Center is located at 44 Nook Road in Plymouth.



Author of “13 Hours” to Speak In Kingston

KINGSTON – Mitchell Zuckoff, the author of “13 Hours: The Inside Account of What Really Happened in Benghazi” will open the Kingston Spring Author Talks on March 1st at the Kingston Council on Aging. The film 13 Hours: the Secret Soldiers of Benghazi was adapted from the book and was released as a film in January of 2016.

The spring series will also feature visits from Robert Knox, author of “Suosso’s Lane,” a novel based on the Plymouth roots of the tragic Sacco-Vanzetti story of the 1920s; Kate Clifford Larson, author of “Rosemary: The Hidden Kennedy Daughter”; and Stephen Kurkjian, author of “Master Thieves: The Boston Gangsters who pulled off the World’s Greatest Art Heist,” the story of the Gardner Museum art heist 25 years ago.

Light refreshments will be offered and the program is free, however reservations are requested. For more information or to register, visit the library’s online calendar at www.kingstonpubliclibrary.org or call the library at (781) 585 - 0517.

Community Resource Seminar

WEYMOUTH – Monarch Homes will host Bobby Kay Davis from South Shore Elder Services (SSES) to discuss services available to help people age well on Tuesday, March 22nd at its assisted living residence in Weymouth.

Davis will discuss the agency’s resources “to promote and maintain an optimal level of elder independence through the coordination of resources, advocacy and caregiver support.”

SSES is the designated Aging Services

Access Point and Area Agency on Aging for eleven communities on the South Shore, providing services to older people and their caregivers in Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Norwell, Quincy, Randolph, Scituate and Weymouth.

The program begins at 5:30 p.m. and all are welcome to this free event. Seating is limited and light refreshments will be served. Save your spot at rsvp@monarchassistedliving.com or call (781) 331 – 5555.

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A Farm Fresh Winter

MARSHFIELD - Farm fresh produce and seasonal shell fish highlight the list of available products at six South Shore in-door markets this winter. A new winter market opening in Weymouth at the Southfield development will take place on Saturdays during February and March. Massachusetts grown and produced farm products in season during the winter months include dairy, cheeses, eggs, honey and syrups, meat and poultry, beans, mushrooms, sprouts and an array of shell fish and trout species.

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Feb 20
Mar 19
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Here's a list of in-door markets that can make for a nice day out and provide the chance to support local South Shore farms while purchasing healthy foods:

- **Carver Farmers' Market** / 1st Sunday of the month / 12 – 4 p.m. / Frosty Dog, Carver
- **Marshfield Farmers' Market*** / 3rd Saturday of the month / 10 a.m. – 2 p.m. / Marshfield Fair Grounds
- **Plymouth Farmers' Market*** / 2nd Thursday of the month / 2:30 p.m. – 6:30 p.m. / Plimoth Plantation
- **Southfield Winter Farmers' Market** / Saturdays during February and March / 11 a.m. – 2 p.m. / Shea Fitness Center
- **Original Easton Farmer's Market*** / Every Saturday / 10 a.m. – 2 p.m. / Oakes Ames Memorial Hall
- **Simpson Spring Winter Marketplace** / Every Saturday / 10 a.m. – 2 p.m. / Simpson Spring, South Easton

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