

# South Shore Senior News



**FREE**

**JANUARY 2016**

**HELPING SENIORS AGE WELL AND ENJOY THEMSELVES WHILE DOING IT!**

## Passing Along The Vision

By Greg Porell

**SHARON** - Activities and services provided at the local “adult” center continue to change and adapt to meet the requests of a new generation of patrons. The evolution of the senior center, or council on aging,

has been an on-going process that has been led by a number of forwarding thinking directors over the past quarter century.

Many of these early visionaries reshaped the day’s activities and support services offered to a town’s adults. Now, many early leaders are starting to step aside for the next generation to continue the progress in a number of South Shore cities and towns including Pembroke, Weymouth and recently Sharon.

After 25 years on the job, Norma Fitzgerald retired from her role as Executive Director at the Sharon Council on Aging. Fitzgerald led the efforts to help the town secure new accommodations in the Sharon Community Center overlooking Lake Massapoag, while developing programs and introducing a range of new offerings to attract aging baby boomers.

*Vision, continued on page 8*

## Senior Sports

## Is The Bathroom Scale Telling The Truth?

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



**QUINCY** - As we age, we tend to add bodyweight at the rate of 10 pounds per decade throughout young and middle adulthood.

Unfortunately, the 10-pound per decade weight gain actually represents five pounds less muscle and 15 pounds more fat, for a 20-pound change in body composition. Consequently, what the bathroom scale indicates is a 10-pound problem is in reality a 20-pound problem.

*Scale, continued on page 7*



*Over 25 years, Norma Fitzgerald (left) developed an entertaining collection of programs and valuable services, with help along the way from Office Manager Nancy Weiner (right).*

## Help Not Geography Based

By Delia De Mello

For many of us, preparing for winter involves pulling out heavy coats from the closet and making sure our vehicle is ready for intense weather. Whether your winter brings snow, ice, or flooding, you need to be prepared. Preparing for a possible physical or mental disability is the same.

*Geography, continued on page 5*



## Top 10 Ways To A Happier Pet

*2016 Milk Bone Survey Results*

Owners know that pets require a certain amount of effort, making sure they are fed, taken outside when nature calls, vet appointments, grooming and making them a part of the family. Taking care of all these chores can fill up a day. Most pets, especially dogs, also require exercise and loving attention, as they are very social animals.



*Happy Pet, continued on page 2*



# Happy Pet

continued from page 1



Being conscientious pet owners, many people resolve to take the best care of their pet they can. According to the recent 2016 Milk-Bone Canine Resolutions Survey of 3,000 U.S. “pet parents,” more Americans than ever before have dog-related resolutions for the coming year. At the top of their list is to “provide the best for their pet.”

## Top 10 Resolutions

The survey asked respondents what they thought they could do in 2016 to create a happy and healthy pet. Making the pet feel like more a part of the “family” was at the top of the “to do list.” These are the top 10 resolutions survey respondents selected from the multiple choice question. Multiple answers to this question were allowed.

1. “I will spend more time with my dog.” **52%**
2. “I will help my dog to have better health and wellness.” **42%**
3. “I will take my dog on trips with me.” **34%**
4. “I will brush my dog’s teeth regularly.” **31%**

5. “I will help my dog get essential vitamins and nutrients.” **30%**
6. “I will help my dog become less anxious and stressed.” **29%**
7. “I won’t feed my dog food from the dinner table.” **25%**
8. “I won’t leave my dog home alone for quite so long.” **23%**
9. “I will help my pet lose weight.” **21%**
10. “I will take my dog to dog training class.” **15%**

## Do Things Together

Because New Year’s Resolutions (and doggy “Ruff-olutions”) are easier said than done, the Milk-Bone study also fetched the top five most effective ways for both humans and canines to actually stick with their new year’s goals - often by doing them together.

### 1. Have a ‘Resolutions Buddy’

Because dogs follow through with rituals even better than humans – 55% of dog parents say their dog helps them exercise more. For instance, you can better stick to your personal health and wellness goals by including your “furry buddy” in them, too.

### 2. Say ‘Good Morning’

Since it’s easier to keep resolutions before you have other demands during the day, develop a morning routine that reinforces positive habits. If you and your dog aren’t getting all of the important nutrients you need from regular meals, why not give yourself a morning vitamin and your dog a daily vitamin treat?

### 3. Create Nighttime Rituals

Because nighttime rituals help calm and relax both you and your dog before bed, try to stick with a regular sleepy-time routine that focuses on stress-reducing resolutions (like a soothing petting session while watching your favorite program).

### 4. Think Healthy Fun

Make important health-related resolutions more fun by exercising outside with your dog or even brushing your teeth together. Milk-Bone has a line of Brushing Chews Fresh Breath for your pup.

### 5. Give Yourself a Reward

Just like dogs love treats when they exhibit good behavior, make sure to regularly reward yourself and your dog with something pleasurable for following through on your resolutions.

# Cold Weather Safety As We Age

By Andrew Schneeloch

**ROCKLAND** - When winter’s beauty turns more beast with arctic winds, mounds of snow and bone-chilling temperatures, the season’s harsh side can prove especially dangerous. Even snowbirds escaping to warmer climates still can encounter dips in the thermometer, dampening rains and icy navigation.

Colder weather is not particularly kind to seniors. Slick sidewalks lead to falls; colds and the flu escalate; and depression looms because of indoor confinement and less social interaction. To counter the wintertime risks for older adults, basic planning and prevention can make the cold weather manageable and actually enjoyable.

To help families ensure their seniors stay warm and safe during winter months, take the following precautions:

**Stay warm indoors.** A comfortable thermostat setting in winter is 68° to 70° F. Many push their thermostats to higher temperatures, but this promotes over-dry skin and nasal passages, and raises the heating bill. Instead, consider wearing thicker socks, fleece slippers and a thin, thermal undershirt and leggings. Today’s lightweight “long johns” trap body heat, wick away moisture and layer well beneath outer clothes. Wearing a scarf around the neck and a knit hat also can increase one’s warmth around the house.

### Beware of slick outdoor conditions.

Inclement weather can create a buildup of snow, ice and mud on walkways and driveways. Outdoor fall prevention includes these tips: wear nonskid boots, get help with snow shoveling, use ice melt or sand for traction and watch diligently for black ice.

### Wear appropriate clothing outdoors.

To prevent heat loss or hypothermia when body temperature drops too low, those who venture into the cold should wear light, layered, loose-fitting clothing under an insulated, waterproof winter coat. Outerwear with a fleece lining and windproof shell is a plus. A hat is a must since as much as 50 percent of body heat is lost through the head. Weatherproof, lined gloves or mittens that still allow for flexibility are also a smart answer to the cold.

**Stay current on immunizations.** Those with a weakened immune system are more vulnerable to catching colds and the flu or more severe illnesses including pneumonia. Older adults should consult with their doctor about seasonal and year-round immunizations that are best for their individual overall health.



**Consume a balanced diet.** Individuals who remain indoors more during winter find it tempting to eat starchy convenience foods and skip fresh fruits and vegetables. Adding vegetables to soups and fruits to smoothies is an easy way to add vitamin-enriched foods to a diet. With less natural sunlight during winter to boost a body’s vitamin D level, eating Vitamin-D fortified foods including grains, milk and seafood can help.

**Keep well-hydrated.** Although you may not feel as thirsty in cooler weather, drinking six to eight glasses of liquid a day is still advised. Hot tea, apple cider and cocoa are fun additions to a wintertime beverage list, but stay mindful of the extra sugar and calories.

*Brrrrr!, continued on page 4*

## 5 Ways to check on Mom's well-being this winter.

- ✓ **Give a Hug:** Do you notice weight changes, increased frailty?
- ✓ **Observe Her Social Life:** Are there signs of active friendships, or isolation?
- ✓ **Open the Medicine Cabinet:** Is Mom taking her medications as prescribed?
- ✓ **Check the Mail:** Look for unopened mail or unpaid bills
- ✓ **Inspect the Kitchen:** Look for expired food, broken appliances

Use this checklist to look for warning signs during your holiday visits. If your mom isn't doing well at home alone, **Cornerstone at Canton**, **Compass on the Bay** or **Standish Village** may be the perfect solution. We offer an innovative enriching approach to senior living and alzheimer's care.

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Ward off isolation and depression. Harsh weather invites less social interaction, and for many, can put a damper on mental health. To prevent loneliness and the winter blues, schedule regular outings, personal visits, phone calls and social networking.

Staying connected with others helps trigger the body’s natural mood lifters including dopamine, serotonin and endorphins.

Be prepared for power outages and other emergencies. Every home needs a year-round emergency preparedness kit that includes a flashlight, batteries and first aid supplies. For a comprehensive list

“To prevent loneliness and the winter blues, schedule regular outings, personal visits, phone calls and social networking.”

of what to do and not do during a power outage, visit the Department of Homeland Security’s website at <http://www.ready.gov/power-outage>.

Don’t forget the car. For safe wintertime driving, good wipers and tires with plenty

of snow-gripping tread are essential. Always keep the gas tank near full and carry an ice scraper, windshield washer fluid and a safety

kit. Before getting on the road, it is smart to share travel routes and expected arrival times with family or friends. Traveling with a charged cellphone and a car charger is another safety tip for any season of the year.

About The Author

Check in daily with elder loved ones who are living alone. With safety steps in place, aging adults can enjoy more beauty in winter than beast.

Andrew Schneeloch is CEO/Owner of Right at Home – South Shore headquartered in Rockland. Right at Home serves families throughout the South Shore by providing companion, homemaker and personal care services that enable seniors and those with disabilities to remain in the comfort of their home for as long as possible. For more information, you may call (781) 681 - 3545, or request additional information via email at [info@rah-southshore.com](mailto:info@rah-southshore.com).

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Help Not Geography Based

Geography, continued from page 1

Many people don’t think of disability as something that could happen to them. Statistics show the chances of becoming disabled are greater than most realize. Fifty-six million Americans, or 1-in-5, live with a disability. Thirty-eight million Americans, or 1-in-10, live with a severe disability. A sobering fact for 20 year-olds is that more than a quarter of them will become disabled before reaching retirement age. Disability can happen to anyone. But who is prepared?

When disability does happen, Social Security can help people meet their basic needs. Our disability programs provide financial and medical benefits for those who qualify to pay for doctors’ visits, medicines and treatments. You can learn more about how you might be covered if you are disabled at [www.socialsecurity.gov/planners/disability](http://www.socialsecurity.gov/planners/disability).

Social Security pays benefits to people who worked and paid Social Security taxes, but who can no longer work and whose medical condition meets the strict definition of disability under the Social Security Act. A person is considered disabled under this definition if he or she cannot work due to a severe medical condition that has lasted or is expected to last at least one year or result in death.

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While extreme winter weather may not affect all of us, the risk of being disabled and needing help isn’t based on geography. Chances are you know someone who is disabled or perhaps you live with a disability. If you wish to help a friend or family member — or need to plan for disability yourself — visit [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

ABOUT THE AUTHOR

Delia M. De Mello, metropolitan public affairs specialist, has been with the Social Security Administration since 1986. For information, call (800) 772-1213 or visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

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# Notes From The Editor's Desk

## Remembering

The passing of David Bowie hit hard. If you grew up with him during the early seventies, and liked the music, it changed your life. This summation by Telegraph music critic Neil McCormick of the early fans reaction to Bowie's music was the best I read over the past two weeks:

*"There's a starman waiting in the sky..." he promised, and was as good as his word. I was transported across space and time with Ziggy Stardust, struck by the lightning bolt of Aladdin Sane, hounded through apocalyptic ruins by the Diamond Dogs, seduced by the Cracked Actor, alienated by the Thin White Duke, and dumped, frozen and bewildered in electro paralysis in Berlin.*

From the early days of being a fan, to 2016, the singer now impacts my life as a reporter on aging issues. His son, Duncan Jones, shared

an open letter written in the British Medical Journal by a palliative care doctor which shed light on the musician's preparation for death, and thanked him for his contribution to music.

According to an article by Alice Vincent, also in the Telegraph, "It has been reported, although not officially confirmed, that Bowie's "courageous 18-month battle" was with liver cancer."

Mark Taubert, a Palliative Care Consultant at Velindre NHS Trust, Cardiff, wrote that "[Bowie's] story became a way for us to communicate very openly about death,



something many doctors and nurses struggle to introduce as a topic of conversation," and he says he discussed a number of difficult subjects with a patient with terminal cancer as a result.

According the Vincent's article "Taubert praised Bowie for the supposedly "final pictures" that were taken of him, wearing a suit and smiling. He wrote: "You looked great, as always, and it seemed in direct defiance of all the scary monsters that the last weeks of life can be associated with."

*RIP Bowie!*

While we are discussing music stars of the 1970's with staying power over the years, PBS premieres a new documentary on Carol King. **American Masters – Carol King: Natural Woman** will air Friday, February 19<sup>th</sup> at 9 p.m. This year marks the 45<sup>th</sup> anniversary of King's landmark solo album.

## Senior Fitness

### Scale, continued from page 1

While it is not advisable to add fat, it is even more problematic to lose muscle. Muscle loss leads to bone loss and musculoskeletal weakness. Less muscle tissue also results in a lower resting metabolism, which means that fewer calories are used throughout each day and that more calories are stored as fat. Because muscles function as the engines of our bodies, reduced muscle mass is closely associated with reduced physical capacity to perform activities of daily living.

After age 50, the rate of muscle loss increases up to 10 pounds per decade. For example, between ages 50 and 60, a post-menopausal woman could lose 10 pounds of muscle and add 10 pounds of fat without experiencing any change in her bodyweight. That is why we place much greater value on body composition assessments than on body weight measurements or body mass index (BMI) calculations. In the example above, comparisons of this woman's body weight at ages 50 and 60 would show no difference, even though a 20-pound detrimental change in her body composition has taken place. The same is true regarding the popular BMI calculation. Assuming no change in height, this individual's BMI reading would remain the same as BMI calculations consider only height and weight, not how that weight is comprised.

### Body Composition

Basically, body composition consists of two components, namely lean weight and fat weight. Lean weight includes all of our vital tissues, such as muscle, bone, skin, blood, and organs. Ideally, lean weight makes up approximately 75 percent of a woman's total bodyweight

and about 85 percent of a man's total bodyweight. The other component, fat weight, should make up about 25 percent of a woman's total bodyweight and about 15 percent of a man's total bodyweight.

Body composition is far more relevant to health and fitness than body weight. For example, Mary and Nancy are both 5 feet 5 inches tall. Mary weighs 120 pounds and is 33 percent fat. She therefore has 40 pounds of fat weight and 80 pounds of lean weight. Nancy weighs 140 pounds and is 25 percent fat. She therefore has 35 pounds of fat weight and 105 pounds of lean weight. Although Nancy weighs 20 pounds more than Mary, she has less fat and more muscle for a much better body composition and personal appearance, not to mention greater potential for good health and physical fitness.

Any reader who would like a body composition assessment in our Quincy College Exercise Science Center may call me at (617) 984 - 1716 to set up an appointment. We use a computerized ultrasound assessment system that causes no discomfort and is completed within two minutes. There is no charge for the assessment, which will provide a printout with your



**Rita La Rosa Loud and Wayne Westcott**

percent fat reading, actual fat weight, actual lean weight, and a recommended daily calorie intake to maintain or reduce your present body weight. We will also be pleased to provide information for safely and successfully reducing fat and rebuilding muscle through appropriate exercise and proper nutrition.

### ABOUT THE AUTHOR

Wayne Westcott, Ph.D., teaches exercise science at Quincy College and consults for the South Shore YMCA. He has authored 28 books on physical fitness and strength training. Rita La Rosa Loud, B.S., directs the Community Health & Fitness Center at Quincy College.



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# Passing Along The Vision

*continued from page 1*

“The number of people that come is increasing,” Fitzgerald said when asked about some of the significant changes she has seen over the years. “Our new location has helped attract people, we have increased staff and expanded our programs and services to meet these new visitor’s needs.”

Today, programs address the whole person, from yoga and meditation, nutrition, continuing education, painting, support groups for grandparents raising grandchildren and men’s clubs.

“We have a men’s club now,” laughed Fitzgerald. “It was a struggle to start it, but now there are 300 members from Sharon and other area towns. They meet once a week and take part in a number of activities. The group has truly been a life saver for some of the men.”

Back when senior centers consisted of an office in a municipal building, with

limited space and staff there was only so much that these centers could provide the community. That has changed.

We have seen the planning and development of spacious, well featured buildings that now house senior centers in towns like Cohasset, Duxbury, Hanover, Kingston, Marshfield, Plymouth, Rockland and a complete remodeling of the Beachwood on the Bay school in Quincy into the new Kennedy Center, which brought together all of the programs and services provided at multiple locations though out the city for 17,000 annual visitors under one roof with plenty of space.

Fitzgerald believes communities need to continue investment in building adult centers as a way to handle the increased number of visitors they now host on a daily basis and to make it possible to provide all of the programs and services now in demand.

## Tax Relief

Fitzgerald played an integral part in the coordination of early efforts across a number of towns in southern Norfolk County, working with Hessco Elder Services, town officials in Sharon and surrounding towns and the Massachusetts Association of Councils on Aging (MCOA).

Fitzgerald served as Co-Chair of this regional group and on the advisory board for MCOA, eventually taking a role as a board member. One of the most significant achievements for the regional group took place 10 years ago with foundation of a senior tax relief committee started in Westwood by former Executive Director Pat Larkin.

“The regional group looked into what might be done for senior tax relief,” said Fitzgerald. “It started as a task force

under MCOA and worked with legislators and assessors, representatives and tax committees from different towns. We looked at ways for seniors to continue to live in their town.”

The Property Tax Taskforce was successful in two important areas of legislation. The efforts increased the income levels for the property tax deferral, which allows more seniors to defer their taxes until the senior moves or the house is sold and lowering the age requirement from 65 to 60 years of age for tax deferral or exemption qualification.

“We worked closely with Senator (Cynthia) Creem on these tax relief efforts when she was co-chair of the joint revenue committee in the legislature,” said Fitzgerald as she explained the coming together of municipalities, town officials and state politicians.

The efforts of the group resulted in exemptions created under Massachusetts General Law, under Clause 41 which provides “exemptions to seniors who meet specific ownership, residency, income and asset requirements.”

“Clause 41C, the senior tax exemption, started at \$350, went to \$500 and a town or city can opt to increase it to \$1,000,” explained Fitzgerald. “The city or town sets the exemption levels, so it varies by community.”

**“The efforts of the group resulted in exemptions created under Massachusetts General Law, through Clause 41 which provides “exemptions to seniors who meet specific ownership, residency, income and asset requirements.”**

Another benefit area seniors have received from Fitzgerald’s task force efforts includes the Senior Circuit Breaker, which provides senior residents with either a tax credit or with actual cash reimbursement for those that are eligible.

“I’d love to say we (Property Tax Taskforce) had some influence on the Circuit Breaker,” said Fitzgerald. “What helps is that it allows the towns to offer this benefit without a negative impact on the town’s finances, as is it’s paid for by the state, so it doesn’t cost the city or town directly.”

## The Future of “Adult” Centers

The Sharon center is now receiving visitors that have moved to the town from many parts of the world, including new residents from Russia, China and south east Asia. The result has been an expansion of English as a Second Language (ESOL) programs and expanded staff responsibilities.

When asked about future issues of importance for senior centers to continue their mission, Fitzgerald says transportation remains at the top of the list. “We need to look at what can we do to improve transportation, including services between towns and in town.”

Housing expense and shortages are also frequent problems visitors bring with them to a senior center, often looking for assistance or guidance on what help is available.

*Vision, continued on page 10*



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# Passing Along The Vision

*continued from page 9*

Fitzgerald notes zoning issues covering the addition of “in-law” units to existing homes and the need for accessible units as priority issues.

“We worked with town departments to better understand how this might work, addressing water usage and other concerns town officials have with home additions,” said Fitzgerald. “We need to continue to make Sharon more age friendly.”

“We are now known as the adult center, not senior center,” said Fitzgerald. “We have created extensive policy and procedure manuals that are important to carry on the programs that have been established. I am proud of the services and programs, with their huge and diverse offerings, we have set up.”

Fitzgerald is also proud of the center’s ability to communicate with the towns seniors,

including print and web information that has been developed during her tenure. She also believes that future leaders will need to be able to communicate effectively with patrons, town officials and state leaders as an important ingredient in the continued growth of local senior centers and an ability to keep up with changing demands.

“It always struck me that years and years ago, people would describe the Council on Aging as the focal point of the community,” said Fitzgerald. “But I wondered how this could be. We were in one room, providing social services, helping people with rents, housing questions and service requests with a staff of just 1.5 people, me full time and a staff member part time.”

“It has become a focal point now and we are very fortunate to have a place that is appealing and the ability to provide the programs our community needs,” said Fitzgerald.

**“Future leaders will need to be able to communicate effectively with patrons, town officials and state leaders as an important ingredient in the continued growth of local senior centers and an ability to keep up with changing demands.”**

These retiring visionaries of senior service requirements have laid a great foundation for these ‘adult’ centers to continue to play an integral part in the well-being of their town’s older adults. The new generation will do well to follow the shining example of these retiring leaders.

# Eyes Need Exercise Too

By Diana DiGiorgi

**BROCKTON** - Is Watching TV or Reading Bad for My Eyes? No. The Massachusetts Commission for the Blind (MCB) says our eyes are meant to be used, and they can benefit from “exercise” like reading or watching television. But, if your eyes feel tired or “strained,” you can refresh them with rest.

To maintain healthy eyes, you need to be your own health advocate. You rarely will feel pain with eye disorders, but there are some vision changes to notice; these may come on very gradually over months:

- You find yourself sitting closer and closer to the TV.
- You need to get stronger eyeglasses more often.
- You find it harder to read the newspaper.
- You are bothered more by bright lights.
- You no longer see as well at night.
- You trip over curbs and steps, or bump into chairs and doors.

There are four major eye diseases that are common in older people:

**1. Glaucoma** - A condition described as “tunnel vision,” like looking at the world through a straw. Glaucoma can cause a vague ache in your eyes, or watery eyes and halos around objects, and affect your vision in dim light, so-called “night blindness.” If diagnosed early, this disease can be controlled with special eye drops.

**2. Age-Related Macular Degeneration** - The central area of your retina, known as the macula, which gives you sharp focus, begins to degenerate, leaving your “straight-ahead” vision blurry. This is the most common eye disease among older people.

**3. Diabetic Retinopathy** - A complication often caused by early childhood diabetes. This disease can change the level of vision from day to day, resulting in vision that fades or sharpens irregularly.

**4. Cataracts** - A clouding of the clear lens of the eye, causing blurred or dim vision. Cataracts are usually age-related. Some cataracts never require surgery, and do not progress to any significant level. But a defective lens can be removed; this is one of the simplest and most successful eye operations currently known that can restore good vision using special lenses after surgery.

## Low Vision

There is a difference between having “low vision,” and being “legally blind.” Low vision means that even with regular glasses, contact lenses, medicine, or surgery, you find everyday tasks hard to do including reading your mail, shopping, watching television or cooking. Vision changes

like these can be early warning signs of eye disease. Regular dilated eye exams should be part of your routine health care. A specialist in low vision is an optometrist or ophthalmologist who can prescribe visual devices.

There are many services for people who have been determined “legally blind.” When your vision with the best eyeglasses leaves you with 20/200 vision or less in your better eye, or your peripheral vision is 10 degrees or less, you will be diagnosed as legally blind. State law requires all eye care providers to register legally blind people with the MCB within 30 days. If you do not want to be contacted by the Commission, you can ask your eye care provider to put a “Do Not Contact” on your legally blind report.



Diana DiGiorgi

*Eye Exercise, continued on page 14*

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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.

**Start Training Now:** The 5<sup>th</sup> Annual Mick Morgan's St. Patrick's 5k run to benefit HESSCO Elder Services is set for Saturday, March 19<sup>th</sup>. The run starts at Mick Morgan's Restaurant on Route 1 in Sharon. HESSCO Elder Services provides a wide range of helpful services for seniors in south Norfolk County. Call (781) 784 - 4944 for more information on how to enter the run, volunteer or become a sponsor.

**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. Non-members welcome. The Live Y'ers program also takes place at the new Quincy YMCA. Call (781) 829-8585 ext, 368.

**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 every first Saturday of the month at Monarch Homes in Weymouth, beginning at 10 a.m. The group is free and open to the public. Refreshments are served. Call (781) 331 - 5555 for additional information.

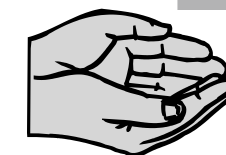
**Men's Support Group:** Group provides men the opportunity to explore specific issues and concerns about their cancer experience with other men. Discussion topics include the impact of cancer on work and relationships. Group meets every first and third Tuesday of the month at the Cancer Support Community MA South Shore at 120 Longwater Drive in Norwell from 6 - 8 p.m. For information, call (781) 610 - 1490.

# South Shore Community Calendar

**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. For more information, call the Duxbury Senior Center Outreach Program at (781) 934 - 5774, ext 5730.

**Widow, Widowers & Partner Bereavement Support Group:** Ongoing support group for those who have experienced the loss of a spouse or partner meets Mondays from 12 noon to 1:30 p.m. at The South Shore Hospital Home Care Division offices in Rockland. Program is free and all welcome. Pre-registration required. Call (781) 624 - 7046 to register.

**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.



## 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.

**Help Out In Marshfield:** The Marshfield Council on Aging has a number of fun and helpful volunteer positions open, from fun and many more helpful roles, . Contact Donna at (781) 834 - 5581, ext. 20 for more information. All welcome to help, mileage reimbursements for drivers.

## Got News?

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

South Shore Senior News  
14 Youngs Road, Suite 2  
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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  
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# Eyes Need Exercise Too

continued from page 11

Being legally blind does not mean you are totally blind, because most people keep a significant degree of useful vision.

But there are dozens of services available if you become legally blind --- from “talking books” to assistance in leading an independent lifestyle, increased Social Security payments, state and federal income tax exemptions/deductions, and an auto excise tax exemption.

Many people who are blind are able to live alone, and remain capable of caring for themselves. There are “Independent Living Social Services” to help a legally blind person with home management skills, or a referral to elder home care services, as well as orientation and mobility supports.

There are also services for people who are deaf-blind, and for those who are blind and have cognitive impairments.

**“There are “Independent Living Social Services” to help a legally blind person with home management skills, or a referral to elder home care services, as well as orientation and mobility supports.”**

For any eye concerns, ask your doctor for a referral to an eye care specialist, or call the Mass Commission for the Blind at 1-800-392-6450.

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

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## Being “Mortal”

PLYMOUTH-Beacon Hospice, in collaboration with Brookdale Plymouth Beach, will present the ground-breaking PBS documentary, “Being Mortal” on Wednesday, January 27<sup>th</sup> at 5 pm. The screening will be hosted at Brookdale Plymouth Beach (formerly Emeritus at Plymouth Beach) at 97 Warren Avenue in Plymouth.

“Being Mortal” follows the renowned New Yorker writer and Boston surgeon Dr. Atul Gawande as he explores the relationships doctors have with patients who are nearing the end of life and how the medical profession can better help people navigate the final chapters of their lives with confidence, direction and purpose.

This program is free of charge and is open to anyone in the community. To R.S.V.P. please call (508) 746 - 9733. Light refreshments will be served. Admission is complimentary.




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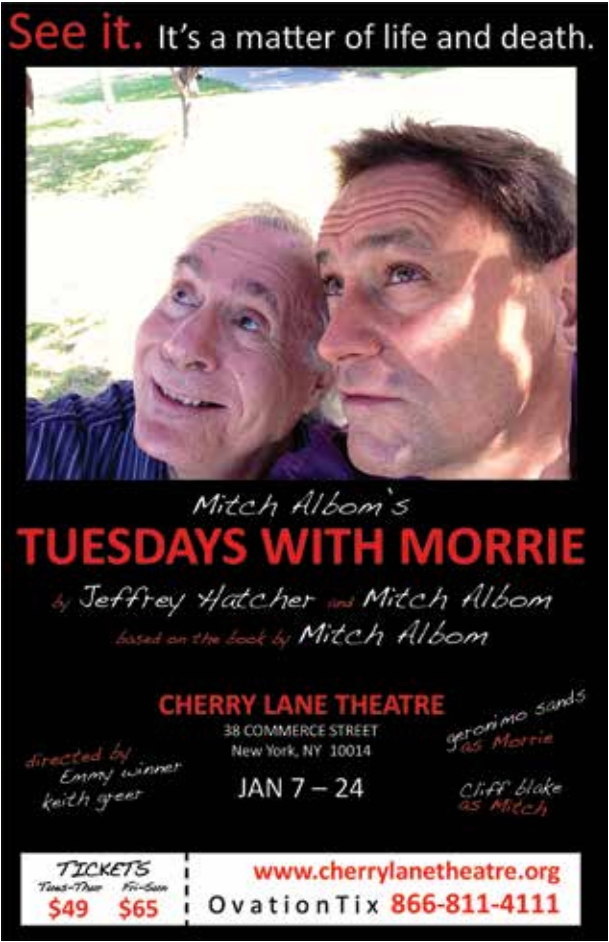
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Geronimo Sands stars as Morrie in the off Broadway production of the popular tale.

PLYMOUTH – Geronimo Sands, the longtime Artistic Director and former proprietor of the Priscilla Beach Theatre at White Horse Beach, is enjoying a run in the off Broadway production of Tuesdays with Morrie this month in New York City. Sands is starring as Morrie in the stage production of Mitch Albom’s phenomenal best seller at the Cherry Lane Theatre in New York, NY.

“There’s a magical, healing grace about Morrie,” said Sands recently. “It’s time to dust off and take to heart his penetrating message, so sorely needed in the world today.”

Sands has been a driving force for the arts on the South Shore, starring in and producing a number of productions at the historic Priscilla Beach Theatre. The historic Plymouth play house recently opened its fully rehabilitated “barn” theatre and will host a full slate of performance this season. For the 2016 schedule, visit [www.pbtheatre.org](http://www.pbtheatre.org).



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## OCES Promotions

BROCKTON - Old Colony Elder Services (OCES), the regional agency that serves older adults and individuals with disabilities throughout the greater Brockton and Plymouth county area, has recently promoted two senior staff members.



**Nicole Long**, MSW, LICSW, who has a decade of tenure with OCES, has been promoted to Assistant Executive Director, and will work alongside Diana DiGiorgi, Executive Director, on strategic and operational areas. Christine McLaren has been promoted to Community Programs Director. Ms. McLaren will continue to manage OCES’ Nutrition and Healthy Living Programs and will chair the OCES Cultural Competency Committee.



**Christine McLaren**

For more information call (508) 584 - 1561 or visit [www.ocesma.org](http://www.ocesma.org).

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# 25<sup>th</sup> Annual *Walk for Hospice*

**SOUTH WEYMOUTH** – The year was 1991. The average cost of a new house was \$120,000 and a gallon of gasoline cost \$1.12. The web browser was introduced but it would be years before anyone ever heard of iPhones, Facebook or Amazon.

Another important event happened that year – 100 walkers gathered at the Hanover Mall to raise funds for Hospice of the South Shore. Fast forward 25 years. The annual *Walk for Hospice* to benefit Hospice of the South Shore has become a fixture on the South Shore calendar and one of the most important fundraisers in the region, now raising well over \$200,000 each year.

The South Shore Hospital Charitable Foundation announced that the 25<sup>th</sup> annual *Walk for Hospice* is scheduled for Saturday, March 19<sup>th</sup>, beginning 7 a.m. at South Shore Plaza in Braintree.

Hospice of the South Shore provides end-of-life care and bereavement services to more than 500 South Shore families annually. Hospice care also teaches family members to comfort and care for their loved one and for each other. No patient is turned away, regardless of ability to pay.

Many families that have experienced Hospice care like to get involved. This year's Walk for Hospice Honorary Family is the Connolly family. Marie Connolly of Marshfield passed away on September 23, 2015 one month after turning 80. Marie and her husband Paul were married for almost 59 years. Although she was very sick in her later years, the devoted couple spent their time together, in their own home, thanks to Hospice of the South Shore. She was cared for by Hospice for almost two years.

"Whatever the nurses told my father was like gold," said son Stephen Connolly, one of the couple's seven children. "My father felt safe with the instructions they gave him, and that's why my mother did so well and was able to stay home. It was a peaceful last few years thanks to Hospice of the South Shore."

"*Walk for Hospice* proceeds enable us to continue to care for all patients, regardless of ability to pay," said Brenda Karkos, Director, Hospice of the South Shore. "The Walk has become more important than ever as the healthcare landscape continues to change and cost constraints tighten."



*The 2016 Walk for Hospice Honorary Chair Family from left to right, standing: Stephen Connolly, Nancy Connolly, Paul Connolly, Susan Connolly Calvo, Liz Connolly Gilmore, David Connolly, and Carolyn Connolly Riggs. Seated: Marie and Paul Connolly.*

There are many ways to get involved in this year's Silver Anniversary *Walk for Hospice*:

Form a team. Sign up online at [giving.southshorehospital.org/WalkforHospice](http://giving.southshorehospital.org/WalkforHospice) and email your contacts for support. Registration is free. Ask your employer to match what you raise. Volunteer for community service; students are welcome. Become a corporate sponsor and inspire your employees to be on your team.

If you would like to join a team or start your own, contact Meghan Canal at [meghan\\_canal@sshosp.org](mailto:meghan_canal@sshosp.org) or (781) 624-8142, or visit [giving.southshorehospital.org/WalkforHospice](http://giving.southshorehospital.org/WalkforHospice).

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