



SOUTH SHORE SENIOR News

For Boomers and Beyond

FREE

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Vol. 16 Issue 1

"Be yourself.
Everyone
else is taken!"

Loretta LaRoche,
PBS star, stress
management expert,
author and humorist,
reflects on her path
to authenticity, the
importance of social
connections and
becoming a
jazz singer

Cover story page 8

*Photo by Nancy Green
www.NancyGreen.com*

Aging with Sass and Class

New column begins next month by Loretta LaRoche

2018
Happy New Year!



By Gail M. Samaha

Top 10 Caregiver tips for 2018

This year, as you care for your elder--either living with you or still in their own home--find the balance you need each day to continue to provide great care for your loved one and yourself.

SCITUATE - As we enter a new year, it is always smart to re-evaluate your life, business, and systems in place. As an elder care professional, daily I see caregivers and families struggle to find the balance needed in their lives to continue to provide their aging parent(s) or loved one with the best possible care. This year, whether a caregiver, elder or a trusted elder care advisor, remember to look at steps necessary to provide yourself or your clients with peace of mind and a well-balanced lifestyle.

1. Take good care of yourself

Before anyone else, you need to take care of yourself first. Eat well; get some exercise; get enough sleep; and be sure you're also getting your annual physicals. It's not an indulgence - it's a necessity!

2. Plan for winter safety

This is a time when caregivers' concerns accelerate as their loved ones are negotiating the challenges of another winter. A checklist would include:

- Fall prevention - inside and out. Remove scatter rugs and secure handrails at all entrances of the house. Be sure they have the proper snow shoes/boots when walking outside.
- Arrange for snow removal of driveway, walkway, and the mailbox located away from the house.
- Adequate heating - automatic delivery of heating oil (elders have priority for reinstatement of electricity if power goes out).
- If still driving, the car is set with an overall winter protection (e.g. oil change, tires, battery, blankets, water, AAA membership). Also need to determine if they should still be driving.

3. Ensure emotional well-being

The first of the year is when the blues are very prevalent with the let down of the holiday as the family returns home, sunshine is at a premium and getting out every day can be a challenge. You can help doing the following:

- Make sure they're getting some exercise (walking in a mall, neighborhood, exercises at a local senior center)
- Check B-12 (if low, could impact memory), Vitamin D, and thyroid levels
- Schedule a weekly event they can look forward to (movie, dinner out, or a visit by you or a friend)

4. Schedule fun time for yourself on a regular basis

You also need something to look forward to - whether it's time with a good friend or spouse, a weekend away, a family game night or just being alone.

5. Plan ahead for doctors' appointments

If you're unable to assist your loved one, make arrangements with a sibling, friend, aide or neighbor. Afterwards, have them communicate to you the doctors' feedback and next steps.

6. Ask for help when you need it

Know that you don't have to do it all -- whether it's taking your loved one to a doctor's appointment, concerned about what to do next or just feeling overwhelmed. Know there are many resources to support your caregiving needs through websites, books and groups.

7. Seek family support

Maintaining open communications with immediate family members and siblings gives you a chance to ask for help with various tasks. Plan a weekly check-in via e-mail or phone to give updates and get the help you need, reducing your caregiving workload and alleviating some stress.

8. Reassess your loved one's situation

This is a good time to take an inventory of their overall health, financial picture, and living needs. Now is the time to begin compiling a to-do list to be implemented over a period of time. Medical information should include your loved one's health conditions, prescriptions and their doctor's names and contact numbers. A financial list should contain property ownership and debts, income and expenses, and bank account and credit card information. You should also have access to all of your parent(s) vital documents that could include their will, power of attorney, birth certificate, social security number, insurance policies, deed to their home, and driver's license.

9. Hire an elder care professional

First and foremost always remember why you are assisting your parent(s) and know that you are doing the best that you know how by providing your love, patience and support. Don't be afraid to ask for help, as it may be time to contact an elder care consultant who will make caregiving easier for you. An elder care consultant will provide tools and resources to develop a personal plan that outlines manageable next steps to ensure the best possible care. Be certain to look for an elder care consultant who partners with an extensive group of trusted advisors (geriatric

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New column from Loretta LaRoche, Aging with Sass and Class, next month!

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care managers, home care specialists, living facility directors, visiting nurses, living financial planners and elder law attorneys) to provide you with comprehensive planning solutions and services well beyond your loved one's medical needs as well as peace of mind.

10. Let go of the guilt

There's no room or energy for any guilt. You're no longer a child but instead, an adult trying to care for an aging parent while trying to live your own life. Remember, your parent was able to live their life and it's okay to want to do the same.

About the Author

Gail M. Samaha is founder of GMS Associates, an independent, objective, knowledgeable resource regarding all aspects of elder care, located in Scituate. GMS Associates is familiar with and can help identify the needs of the elderly in all areas: financial, legal, living options, family & support, home health care, and health assessment. GMS Associates offers solutions for elders and caregivers including coaching, education, and resources. For a free consultation and more information, please contact 781-545-3055, gail@GMSAssoc.com, or visit their website: www.GMSAssoc.com.■



Navigating the Future

By Mark Friedman

When it comes to Home Care: The beauty of Keeping it Simple

One of my jobs as Owner of Senior Helpers Boston and South Shore, is to keep on top of trends in our industry that can influence care to our clients. I am a voracious reader and student, always eager to learn new strategies from medical professionals.

While I am ready to take it all in, I am also conscious of keeping it all simple. I have learned that while delivering world class home care is serious business, it does not have to be complicated. Because keeping home care simple for families to understand, access, and benefit from is ultimately what matters.

No time is it more important than to take a deep breath and keep it simple than over the holidays, which we often refer to as “OMG” times. This is the returning home of adult children and “sandwichers” to find parents and family elders not aging well in place. For months they have been perched their respective distance from hundreds or thousands of miles away. What they hear during Sunday calls and in energetic emails is “everything is just fine,” when in fact, it is the opposite of what they see when they walk through the front door.

Then, it’s “OMG, what has happened to Mom and Dad!!”

Surviving “OMG” with The Simple Art of Listening

I like to call this “listening between the lines” because sometimes seniors say one thing and are revealing a whole host of “others.” By asking simple questions and listening with true intention, it is amazing what can be gleaned from easy conversations.

Asking about neighbors, foods you know your Mom loves, weekly games, and outings you know Dad enjoys, are intentional ways of discovering the patterns of their daily lives. Do they get out of the house with frequency? Are they engaged in the community they love? Do they see long standing friends?

I guarantee you will begin to see a pattern of daily life that will or will not include a solid diet, an engagement in the world around them, and a general contentment for being at home. Or not.

If you are concerned about the “or not,” then perhaps it is time to consider a plan for support.

Keeping the Plan Simple

When it comes to setting up a plan of support for a parent (who is at best skeptical) I tell clients that a simple plan is usually the smartest plan.

At Senior Helpers Boston and South Shore, we encourage our clients to keep their support plans simple by focusing on four ingredients.

1. Making Home a Safe Place to Be

Safety at home is an often overlooked and underrated aspect of aging in place successfully. I’m convinced it’s because we tend to stop

looking at our surroundings because they are all too familiar to us, and we don’t see our daily environs with the critical eye towards “safety.”

If a loved one has ever been hospitalized and in rehab after surgery, your antenna is heightened to details like stairs and steps, ramps, floor surfaces, gates,, beds, curbs, grab bars, doorways, beds, toilets, showers, and bathtubs.

At Senior Helpers Boston and South Shore we can serve as a third party expert and inspect the safety of your home. Armed with this intelligence we can connect you with durable equipment suppliers. The end game is a safe home, preventing accidents that send seniors to the ER.

2. Managing the Medical “Self”

“Self-Care Management” is the bold new thinking in senior care. Although it is pretty self-explanatory, it is not necessarily easy to execute. So what does this really mean?

The “Medical Self” includes a variety of activities. In addition to understanding and complying with medications, it involves exercise, proper diet and nutritional habits, and making and following up with doctor appointments.

If your Mom or Dad are in control of their medical self, you would instinctively know they are doing well while aging in place at home. Perhaps you have concerns?

During your holiday visit you might notice Mom’s confusion over medications and recent trips to the doctor. She might need support in the short term to establish routines and better communications. At Senior Helpers Boston and South Shore we often ensure our clients get to their scheduled medical appointments and follow-up to ensure care plans are kept current, and caregiver instructions are updated.

3. Supporting Autonomy and Independence

If we have learned anything from our elders, it is that they hate to lose their autonomy and independence. Anything we can do to support them in retaining and maintaining both, we must do. With a little bit of structure around the house, hands-on care and support, I have seen our clients re-energized in amazing ways. If there is a “secret sauce” to successfully aging in place at home, supporting these important activities is it.

During your holiday visit, you might see your loved one has issues with one or more basic “activities of daily living,” or ADLs and IADLs, the very activities they fiercely protect because they symbolize independence. In the short term, help might be required in: dressing and grooming, toileting, bathing, managing finances, transportation, shopping and meal preparation, housecleaning, and home maintenance. Providing support as opposed to

taking over, will ensure they maintain control and independence, albeit with a helping hand.

4. Engaging in Life

The holidays bring a rush of energy and excitement into the family home and as adult children and “sandwichers” we forget that after we are gone, life returns to “normal” for loved ones. So what IS normal? What do her hours, days and weeks look like? How does he fill up his time and stay busy and engaged? Planning and taking charge of their “medical” lives are one thing, but just as important is the plan for daily life engagement.

Countless studies have revealed that busy, involved, occupied, and absorbed minds and hearts are happier and more content. We know from our work with seniors that successful aging in place at home means finding ways to bring the world into it; or getting out of it every now and then. And like everything else, it takes a plan.

We have seen with Parkinson’s clients, as example, how specific exercises like Rock-Steady-Boxing can build power, strength, flexibility and speed, as well as lessen symptoms of this disease. It is why we have local relationships with fitness centers and make arrangements for our clients to tone-up in offered classes. The fact is, we have deep ties to senior centers and organizations in all 75 communities we serve because we understand the importance of their role in helping elders successfully age in place at home.

A Simple Plan Yields Beautiful Results

We help families structure a support plan around these four ingredients for one major reason: it works.

We start by structuring realistic goals for helping loved ones successfully age in place at home: What does Mom or Dad really want to do? Get back to normal activities after surgery? Re-engage with friends at the senior center on a regular basis? Eat more nourishing meals to gain strength for gardening outdoors or return to walking in the dog park?

Secondly, we don’t take broad brush strokes in establishing support plans, but a surgical approach. We address the specific issues that will get in the way of success, without straining the overall family dynamic, or “ecosystem.”

A plan might involve a combination of managing medications, better nutrition and life-engagement activities. It could be one that addresses safety issues at home in combination with a few days a week of hands-on care or other support. Each client plan is customized and we recognize it can change at a moment’s notice.

We have nurses and experts needed to

Home Care continued on p.6



Do you know about Veterans Directed Home and Community Based Services?

By John D. Miller

The Veterans Administration offers a broad range of benefits to its veteran constituents. Many of these benefits are not well known, such as the Veterans Directed Home and Community Based Services ("Independence Plus") program, which is a unique benefit designed to allow veterans who are potential candidates for nursing home placement to manage their own care. The program provides veterans with a budget and allows them to choose their own care providers in place of receiving care services from the VA health care system.

With "Independence Plus," veterans prioritize their own care needs, select their own care providers, and act as an employer instead of receiving nursing home care from the VA directly. Enrollment is open to eligible veterans of any age.

Benefit Amounts & Limits:

The monthly budget allocated for a veteran's care depends on their individual requirements and is determined during the development of their Care Plan. The maximum amount may actually vary from state to state. Further, not all states even offer this program. However, it is offered in most New England states, including Massachusetts, Maine, New Hampshire, Vermont, and Connecticut. Typically the cost of this care cannot exceed the cost for the same care were it provided by the VA in a skilled nursing facility. In real dollar terms, budget maximums rarely exceed \$4,000/month. Veterans do not incur any costs to participate in the program.

Unfortunately, the time period to prepare and receive approval for a Care Plan can be lengthy. Participants should expect several months before actually beginning to receive care services at home. The process can be accelerated if a participant begins the hiring process for care providers (after submitting their Care Plan) while waiting for its approval. However, no payments can be made until the Care Plan has been approved.

"Independence Plus" can cover a range of goods and services, but there are limitations. The following are **not** covered through "Independence Plus"

- Any service duplication. That is, a service benefit which the veteran already receives from the Veteran Administration
- Monthly rent, mortgage payments, or room and board
- Personal items, living expenses, and services not related to one's disability or independence
- Experimental treatments which have not been medically approved by the Veteran Administration

Participants in the "Independence Plus" program receive a monthly budget to use for their personal care and relevant supplies in place of receiving the same from the VA Health Care system. To be clear, the veteran authorizes the agency to pay service providers on his or her behalf, but does not personally receive the cash payments.

"Independence Plus" is a program still in various stages of development in different states across the country. As is often the case, participation requirements may change as the program matures. Any veteran applicant should contact their local VA Medical Center to learn more specific details concerning their care requirements, and to determine final eligibility.

About the Author

John D. Miller is the founder/owner of Home Care Partners, LLC, a Massachusetts business providing private duty, personalized in-home assistance and companion care services to those needing help in daily activities and household functions. He can be reached at: (781) 378-2164; email: jd-miller@homecarepartners.biz ; or online at: www.homecarepartnersma.com. ■

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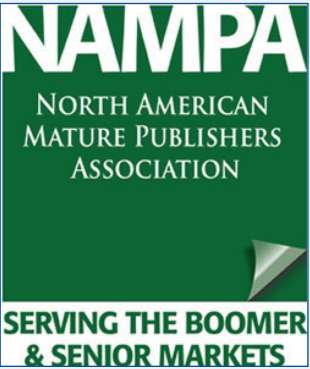
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HOME EQUITY WEALTH MANAGEMENT



The overlooked asset that is changing retirement planning

By George A. Downey

BRAINTREE - A recent Forbes article (June, 2017), *Retirees Uncertain about Tapping Home Equity but Want to Age in Place*, highlighted conclusions from research conducted by The American College of Financial Services. Their report, The Home Equity and Retirement Income Planning Survey, upholds the findings of other senior surveys confirming the great majority (83%), nearing or in retirement, want to stay in their homes and age in place.

The financial resources needed to age in place, however, become increasingly stressed as life events occur and conditions change. Ongoing funding challenges to Social Security and Medicaid, uncertain market conditions, and skyrocketing medical costs are but a few of the head-winds confronting seniors, especially those living on limited savings and fixed income. Researchers further warn this problem extends far beyond the less affluent to affecting more well-to-do retirees, principally due to lack of knowledge, inadequate planning, and failure to take appropriate early action.

Achieving the goal of aging-in-place with financial security requires: (1) knowledge and effective planning with well-informed decisions at every turn, and; (2) consideration of utilizing home equity wealth with financial wealth to generate more income and liquidity to meet expected and unexpected needs.

Home Equity Wealth Utilization

The decision to utilize home equity wealth should be made after consideration of available choices. This is especially important for seniors as this decision will most likely be final. Clearly, every situation is different and each contains a myriad of factual as well as emotional issues. There is no one-size-fits-all solution. The right choice requires an understanding of the individuals, their circumstances and desires, available options, and scrutiny of the solutions that best meet their needs. Examples include:

- 1.Sale. Sell property to downsize, upsize, or relocate to be near family or move to different property type or location, and to increase savings.
- 2.Sale-leaseback. Sale to a family member, or other buyer, willing to lease back the property to the senior seller. Provides upfront cash to the senior seller avoiding the need to move by renting for an agreed period of time.
- 3.Partial Sale reserving a life estate. Sale, usually to a family member or heir, that conveys partial title to another owner(s) (called remainder men) for monetary consideration, or not, as agreed. Generally, the remainder men are responsible for property obligations and maintenance. The senior seller retains the right to reside in the property for life. This technique is most commonly used in conjunction with formal estate and/or financial planning.
- 4.Conventional mortgage. Traditional single purpose loan provides lump sum cash and requires income, asset, and credit underwriting approval, and the obligation to make monthly payments.
- 5.Home Equity Line of Credit (HELOC). A line of credit up to an approved limit requires monthly payments (commonly interest only minimum payments during the initial period). Funds can be drawn and repaid during the initial period, usually up to 10 years. After the initial term, access to funds is closed and fully amortizing payments are required for the remaining term.
- 6.Reverse Mortgage. Home Equity Conversion Mortgage (HECM) is the HUD/FHA insured reverse mortgage developed exclusively for senior homeowners (62 and older) who want to remain in their home



and utilize home equity wealth to increase financial security. Features include special and unique provisions including a guaranteed and growing line of credit and optional monthly payments to name a few. Requirements include mandatory consumer counseling and complying with FHA financial assessment guidelines.

7.Home Sharing. Renting one or more rooms to boarders, or participating in the recently developed AirBnB lodging service to generate additional income.

The American College of Financial Services also noted that, although 83% of respondents indicated a strong preference to age-in-place, only 44% ever considered using home equity in retirement, and only 25% felt comfortable using home equity as a retirement income tool. Additionally:

1. Only 14% had reviewed a reverse mortgage as a potential retirement tool.
2. 49% of all respondents had a comprehensive written retirement plan in place.
3. 40% of respondents that had financial advisors did not have a comprehensive written plan.

Their report concludes: "A good comprehensive retirement income plan should take into account where the retiree wants to live in retirement and should also discuss home equity as either an income or legacy tool, depending on the individual client's goals, desires, and needs. Doing some homework on the potential advantages of using home equity wealth in retirement would benefit retirees and their advisors, especially if aging in place is the desired outcome."

Conclusion

Retirement planning and preparation is not a good idea – it is a necessity. However, the data tells us that too few appear to be aware or understand this reality, or the potential they have to fortify financial security with home equity wealth. The only certainty now is that our retirement will be dramatically different than previous generations experienced. To retire successfully with financial security and dignity requires effective planning and action – including making the right decisions on when to retire, when to start collecting Social Security, how to manage savings, and how to manage and use home equity wealth.

About the Author

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

For information, please visit our website at harbormortgage.com. You can reach George by phone at (781) 843-5553 or via email at gdowney@harbormortgage.com. ■



"The Wicked Smart Investor"

The hazards of stock picking

By Chris Hanson

HANOVER - If you could accurately predict a future number one song or the next hot stock it would be immensely profitable. You could invest early, watch the run up, and maybe cash in for a hefty profit. But investing, like the music industry, is never easy. Trying to pick the next big stock is risky business.

Back in 1981, I successfully predicted a chart-topping song. Late one night, I fired up my black and white TV and tuned into WCVB's "Five All Night Live All Night." I was instantly transfixed by the punk rocker appearing on the screen. He had spiked blond hair, snakeskin pants and a thick English accent. If that wasn't enough, the sneer on this rebellious hell-raising face would have caused the nuns at school to demand "Get that look off your face, before I slap it off." Billy Idol was everything I wanted to be, but just couldn't.

After the interview, he got up and sang a rousing rendition of Tommy James and the Shondells's "Mony, Mony." I was smitten. The next day I ran down to Quincy Records where Jimmy sold me the "Don't Stop" LP. I took that home and played that song ad nauseum. I was convinced this awesome song was a certain number one hit.

I was somewhat correct. Despite a celebrated appearance on Solid Gold, Idol's "Mony Mony" peaked at number 107 on the US charts. The song was doomed to be slapped with a permanent "bubbling under" status. I turned my attention to other Billy Idol songs: "White Wedding" and "Rebel Yell" which were much bigger hits. Then, in 1987, something peculiar happened. Idol released a live version of "Mony Mony" that bolted up the charts. In a strange coincidence it bumped Tiffany's "I Think We're

Alone Now," another Tommy James creation, out of the number one spot. Finally, my prediction was accurate.

Now, if I could only predict hot stocks as accurately I'd be a billionaire. I know my limitations though, I can't accurately predict the future, and neither can anyone else.

Many investors still try and it's usually at their own peril. Investors could develop an emotional attachment to a stock viewing an impressive interview with a CEO or seeing shoppers lined up for a company's products. They become convinced the stock is a blockbuster and invest heavily while failing to diversify their portfolio. Most investment research advises against this strategy. JP Morgan published the results of a study "The Agony and the Ecstasy: The risk and reward of a concentrated stock position." The key findings are sobering. First, the study found that up to 40% of stocks have a catastrophic decline, falling 70% or more and never recovering. Yikes! Next, the study found two thirds underperformed the Russell 3000 over their lifetime. Last, the study found that 75% of concentrated holders' risk adjusted return would increase with diversification.

The Wicked Smart Investor feels these statistics speak for themselves and advises against stock picking but not everyone will heed my advice. Some investors feel they have better insight than anyone else or they will be just as lucky as Billy Idol. It is possible, but highly unlikely. You may have more luck,



and profits, investing in a songwriter like Tommy James than a heavily hyped stock. In addition to his own recordings, two covers of James' songs went to number one. If you throw in Joan Jett and the Blackhearts' number 7 "Crimson and Clover," James could have spent the '80s cashing royalty checks. Maybe James was singing "Money, Money."

1 J.P.Morgan Eye on The Market, Special Edition

About the Author

Chris Hanson is the author of The Wicked Smart Investor blog and a CPA who specializes in financial planning at Lindner Capital Advisors in Hanover. He earned his BBA at the Isenberg School of Management University of Massachusetts and an MBA at Babson College's F. W. Olin Graduate School of Business. He may be reached at (978) 888 - 5395 and you can read his blog at wickedsmartinvestor.blogspot.com. ■

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Social Security Update



Ex-spouse benefits and how they affect you

By Delia DeMello

Just like during tax season, it's good to have all the information you need early so you can prepare and get any money you are due.

If you are age 62, unmarried, and divorced from someone entitled to Social Security retirement or disability benefits, you may be eligible to receive benefits based on his or her record. To be eligible, you must have been married to your ex-spouse for 10 years or more. If you have since remarried, you can't collect benefits on your former spouse's record unless your later marriage ended by annulment, divorce, or death. Also, if you're entitled to benefits on your own record, your benefit amount must be less than you would receive based on your ex-spouse's work. In other words, we'll pay the higher of the two benefits for which you're eligible, but not both.

You can apply for benefits on your former spouse's record even if he or she hasn't retired, as long as you divorced at least two years before applying. If, however, you decide to wait until full retirement age to apply as a divorced spouse, your benefit will be equal to half of your ex-spouse's full retirement amount or disability benefit. The same rules apply for a deceased former spouse.

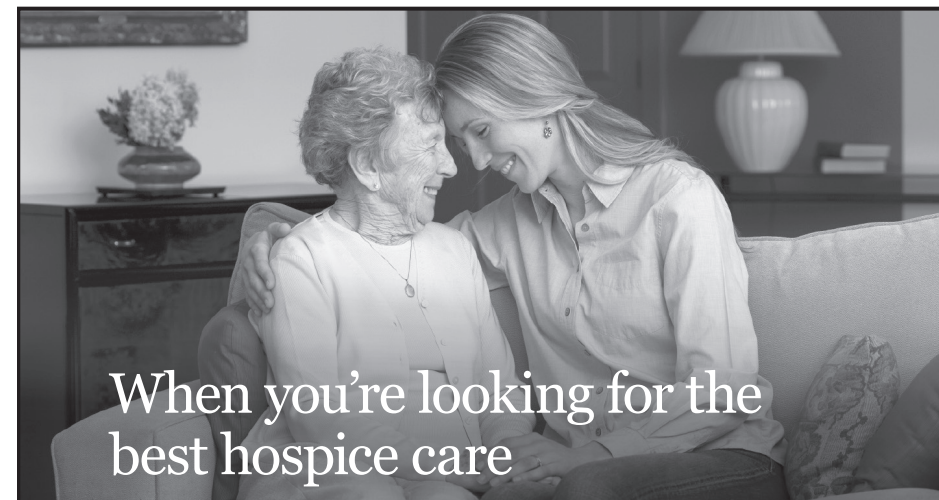
The amount of benefits you get has no effect on the benefits of your ex-spouse and his or her current spouse. Visit Retirement Planner: If You Are Divorced at www.socialsecurity.gov/planners/retire/divspouse.html to find all the eligibility requirements you must meet to apply as a divorced spouse. Our benefits planner gives you an idea of your monthly benefit amount. If your ex-spouse died after you divorced, you may still qualify for widow's benefits. You'll find information about that in a note at the bottom of the website.

Visit www.socialsecurity.gov/planners/retire/divspouse.html today to learn whether you're eligible for benefits on your ex-spouse's record. That could mean a considerable amount of monthly income.

What you learn may bring a smile to your face ... even on tax day!

About the Author

Delia DeMello, metropolitan public affairs specialist, has been with the Social Security Administration since 1986. To review more information about Social Security and your benefits, please call 800-772-1213 or visit <http://www.socialsecurity.gov>. ■



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Weymouth chooses new ambulance service

WEYMOUTH - The Town of Weymouth announced that South Shore Health System has been awarded Weymouth's Emergency Ambulance Service (EAS) contract. Mayor Robert Hedlund and the EAS Committee made the announcement at Town Hall last month.

President and CEO of South Shore Health System, Gene E. Green, MD, MBA, said he is grateful and proud of the new venture, noting the partnership advances the Health System's mission to offer high-quality care to the people on the South Shore.


"Extending our Health System out into the community starts right in our home town," said Green. "We have transformed from South Shore Hospital to an independent community Health System that delivers state-of-the-art care in many disciplines. This is the future of health care for better patient outcomes."


The award is the culmination of a two-year effort by the Town of Weymouth, starting with the development of a comprehensive Request for Proposal (RFP) and ending with an extensive review of three proposals received, submitted by Fallon Ambulance Service, Brewster Ambulance Service and South Shore Health System.

Under the new partnership, South Shore Health System will continue to train and educate Weymouth Fire on the delivery of emergency medical services. Weymouth Fire will have access to required training through the South Shore Hospital EMS Training Division, emergency vehicle operator courses, bleeding control programs, Narcan training and more.

"This is a tremendous opportunity to continue our legacy of service to the people of Weymouth," said Jason Tracy, MD, Chair of Emergency Medicine for South Shore Hospital.

South Shore EMS is currently made up of 70 EMS professionals, two simulations laboratories (one mobile and one fixed) and 10 physical ambulances, which transport over 11,000 patients annually.



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Be yourself. Everyone else is taken!

Loretta LaRoche, PBS star, stress management expert, author and humorist, reflects on her path to authenticity, the importance of social connections and becoming a jazz singer

By Patricia Abbate

PLYMOUTH - Loretta LaRoche’s advice for the New Year is clear. “Be yourself,” she jokingly implores, as “everyone else is already taken,” a quote she loves from Oscar Wilde. This directive, delivered with her signature brand of sass and class, could not be more relevant. Not only is she offering this advice to others, she is also acting on it herself.

For more than 30 years she’s delivered keynotes, workshops, and training seminars on stress management all over the world. Her audiences have included US presidents, heads of state, celebrities, and Fortune 500 executives. Audiences have incorporated her entertaining and insightful teachings via numerous Emmy-nominated PBS programs and seven books she has authored, including *The Joy of Stress*, *Life is Short Wear Your Party Pants*, and *Juicy Living, Juicy Aging*. LaRoche’s innate sense of the absurd along with her common-sense view of life leaves her audiences inspired, motivated, and wiping tears of laughter from their eyes.

I recently had the chance to meet with the stress management guru at her Plymouth home to discuss her new ventures as well as the path she’s traveled to reach a place in her life where she’s still saying with excitement, “What’s next?”

Her home is a peaceful, Zen-like retreat, surrounded by quiet woodlands. A wall of windows overlooking the Asian-inspired outside

landscape serves to expand the inside living area, creating a contemplative, creative space. A large sign that reads “Laugh” is affixed to the front of the house. Even with the absence of a street number, this calling card revealed the property’s owner.

A dampened spirit

It’s ironic that when we discussed the importance of authenticity, of “being yourself,” LaRoche found this ability alluded her for years. Raised in Brooklyn, her early childhood was spent singing, laughing, being funny, performing skits, having fun, and in general, being free to be her authentic self. But, at seven years old, things changed. “I was sent away to spend the summer with my Godmother. When I came back home, my mother had remarried.” Her mother and new husband had a tempestuous relationship, would argue every day, with some becoming “nasty.” The household unrest and uncertainty caused LaRoche to experience fear and anxiety for the first time. “This was the beginning of not being myself, and not being myself changed my spirit. I would navigate that fear and anxiety, but then I began having panic attacks at age 11. So my humor became more about self-preservation during this time,” she says.

“I found myself always being nice to people, making sure they liked me,” she says with a loud chuckle. “My mother was very controlling. She was bright and savvy about culture and was well educated, but there was a lot of fear and anxiety.” LaRoche was sent to Catholic boarding school, where she would act out skits about the arguments she witnessed at home. “I was always the class clown, and always in trouble. The nuns would call my mother, saying, your daughter is bright but foolish. I was always getting in trouble. I was not being myself.”

The fear-based behavior



Loretta LaRoche

did eventually stop, but it took a long time. LaRoche married at 19, and says in some ways it was to “get away from my mother.” She quickly had a child, finished degrees in speech therapy and communications at Hofstra University, and was a full-time mom. Eschewing a career while raising her child, LaRoche delayed working until she was divorced and in her 30s. “I didn’t have an idea of what it meant to be autonomous financially, so I had to learn the ropes. I was a single mom and would do anything and everything to make a living—clean houses, cook for people.” It was during this time that LaRoche met a woman with a similar situation and interests. “We started teaching exercise classes to music, which was highly innovative in the late 1970s. People had a good time and laughed when I taught.” This experience prompted LaRoche to study yoga, then start teaching credit courses at Massasoit Community College, which was one of the first extension courses offered in yoga and aerobics.

Celebrity status

Before hitting it big with her first PBS special, the Joy of Stress in 1992, LaRoche had teamed up with a nurse and launched a business. “I started out teaching communications skills, but then I started reading about how laughter is a healing agent. Norman Cousins’s writings on the subject inspired me. The seminars we produced together on laughter and healing were truly pioneering, as hospitals were only fixated on illness.” LaRoche generated attention from this cutting edge work and was invited to participate in a PBS special. This first five-minute segment airing at the end of a program was enough to convince producers that LaRoche should have her own show. “With a \$40,000 budget, the show was aired live, with no edits allowed. My mother was at the show, so there I was a nervous wreck, and she says to me, ‘now don’t embarrass me,’ and that’s who she was,” she recalls with a chuckle.

The show was an immediate hit and the offers started to pour in. Hyperion press contacted LaRoche and a book deal was signed. “I was an anomaly in those days. Using humor to show

Loretta LaRoche continued on p. 13

Senior Fitness



Renew function in hands and feet with simple exercises

25% of adults in the U.S. are coping with arthritis or related joint issues in their hands and/or feet, especially during the winter months. The right exercises may result in renewed functional abilities and reduced discomfort in these important joints

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

QUINCY - Although we normally present exercises for the major muscle groups of the legs, midsection and upper body, many older adults experience problems and pain in their feet and hands. To address these important body parts, you simply need two tennis balls. Let’s begin with the feet, which can experience considerable discomfort (particularly if you have plantar fasciitis or similar foot structure symptoms).

A basic exercise is the tennis ball foot roll, in which you roll the tennis ball under your bare foot. Do one foot at a time and hold onto a chair as you perform this exercise. Begin with the tennis ball under your toes, then slowly move your foot over the ball until it is under your heel. Slowly roll the ball back to your toes, and repeat this procedure 15 times. Use a light foot pressure for the first few 5 foot rolls, apply a moderate foot pressure on the next 5 foot rolls, and exert a heavy (but not painful) foot pressure for the last 5 foot rolls. If you would like an additional exercise for your feet, crumple a piece of paper and place it on the floor. With your bare foot, pick the crumpled paper off the floor by grasping it under your toes. Do this procedure 5 times with each foot.

Try this gentle massage to relax and stretch the arch areas of your foot. Remove your shoes and socks and find a place where you can sit comfortably. Using your thumbs in an up-and-down motion, gently massage the arch of your foot 2-3 minutes prior to going to bed, while watching TV, or listening to your favorite tunes.

To strengthen your hands (fingers, thumbs, and forearms) stand tall with a tennis ball in both hands, arms extended downwards. Squeeze the tennis balls 15 times in a slow and controlled manner. Like the foot roll, use a light force on the first 5 squeezes, a moderate force on the next 5 squeezes and a high force on the final 5 repetitions. Place the tennis balls on a table and relax (shake out) your forearms for 30 seconds. Now hold the tennis balls in both hands with your elbows flexed at a right angle (forearms parallel to the floor). Again, squeeze the tennis balls 8 times in a slow and controlled manner, progressing from light, to moderate, to high force repetitions.

Place the tennis balls on a table and relax (shake out) your forearms for 30 seconds. Next, hold the tennis balls in both hands with your arms straight out to your sides in a T-position. Squeeze the tennis balls 15



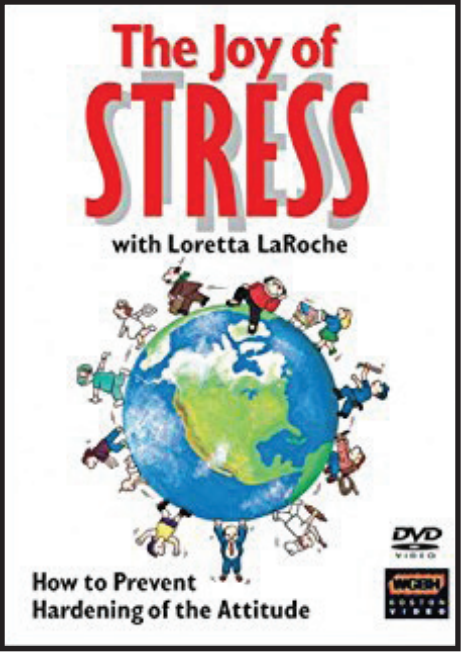
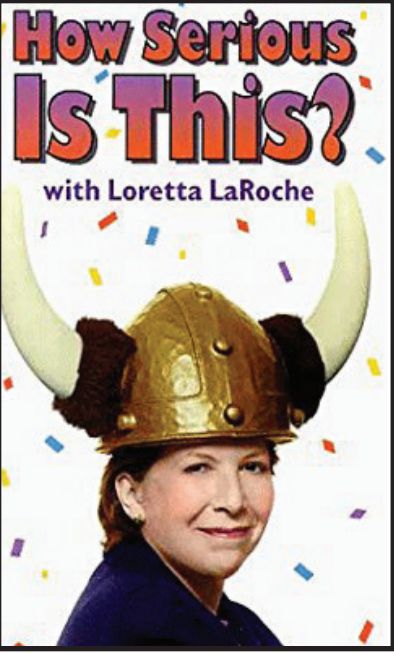
times, again applying progressively greater force with each repetition. Place the tennis balls on a table and relax (shake out) your forearms for 30 seconds. You should find this a very effective exercise for strengthening your forearm muscles and increasing your gripping ability.

To stretch your hands and your forearms after squeezing the ball, (1) simply open the palms of your hands, then separate and extend your fingers. Hold this stretch for 5 seconds, and repeat. (2) Now is a good time to stretch your forearms. Sit upright with your back against the chair. Straighten your arms and place your palms down on the sides of the chair with fingers facing the front of the chair. Hold this stretch for 5 seconds, and repeat.

You may perform the tennis ball exercises every other day, perhaps doing the foot and hand exercises on alternate days. Although you will spend little time doing the tennis ball exercises, they may make a big difference in how these most used body parts feel and function.

About the Authors

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



Through her keynotes and workshops, books and PBS programs, Loretta LaRoche has helped people deal with everyday stress for more than thirty years. With irreverent humor and an innate sense of the absurd, Loretta helps people see how needlessly complex and stressful our lives can become. Loretta's wit, wisdom and humor is a common-sense view of life that leaves audiences inspired, motivated and roaring with laughter. Often irreverent, and always hilarious, Loretta helps people discover how thoughts, feelings and behaviors can affect work performance, relationships, success and self-worth.



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Maintaining resolutions in the New Year

By Andrea Luttrell, RDN, LDN

About half of Americans make New Year's resolutions, with approximately 8% achieving their goals. Why such low success rates? Often-times, goals are set without looking at the long term. So, while attending an aerobics class five days a week and not eating sweets might seem attainable now, it might not be sustainable over time. Instead, focus on small shifts to make big impacts.

Plan ahead. If leaving meals and snacks up to chance, odds are choices may be less than ideal. Think about what you'll prepare for meals and snacks then create a weekly shopping list. By knowing you have sliced turkey with veggies on whole grain bread, fruit and yogurt for dinner, eating out at your favorite restaurant won't be as tempting. Also keep in mind what a balanced plate looks like. Half filled with fruits and veggies, half with whole grains and lean proteins and a side of dairy. Modeling your plate this way is an easy way to moderate calorie intake.

Be mindful of beverage choices. Do you feel full after eating a cheeseburger at your favorite fast food joint? What about when you drink a medium flavored latte? You should – because you're consuming more calories from the latte (330 calories) than you are from the cheeseburger (300 calories). Instead of weighing yourself down from sugary drinks without noticing, make the switch to calorie-free options like home-brewed coffee, tea, water and seltzer.

Incorporate movement. Being active doesn't have to mean becoming a triathlete or going to the gym for hours a day. It simply means adding in 10 minute bouts of movement at least three times a day, when you might otherwise be sedentary – after receiving approval from your doctor. Instead of sitting down to have coffee with friends, enjoy conversation while walking the mall. Used to sitting on the couch after dinner? Spend 10 minutes lifting small weights or doing stretches. While it might not feel like much at first, little nudges toward health make big differences over time.

Prioritize stress management and sleep. These two areas are often overlooked, though they're incredibly important when it comes to weight. When the body is under continuous stress, hormones are released which increase appetite. Additionally, stress also seems to affect preference for higher-calorie foods. In regard to sleep, most people need between 7 to 8 hours each night. More or less than that and hormonal changes occur, which increase appetite and calorie intake. Individuals who don't get enough sleep each night also tend to exercise less and drink more alcohol than those people who do, which also contributes to weight gain.

About the Author

Andrea Luttrell is a registered dietitian nutritionist for the Living Well Eating Smart program at Big Y Foods. Have a nutrition question? E-mail or write Living Well at 2145 Roosevelt Ave, Springfield, MA 01102. ■



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Dare to Downsize!



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

By Randy Veraguas

NORTH QUINCY - Happy New Year!

This month's story is dear to me. Meet my parents! William and Deanne Zella, who decided years ago it was time to give away the stately nine bedroom family home nestled on

easier on the knees and back with less house and grounds maintenance. They went from three stories with old steep stairs to one easy to get



top of a hill with amazing Winter Views, and settle down near the beach and shopping center in a colorful 900 square foot home. Bill is a working psychologist and Deanne is a happily retired teacher.

Why did they downsize? They simply wanted to pay off some debt and keep the house in Florida, too. And they have health reasons. It's much

around level. It's way easier to keep clean they say looking around their sparkling home. And now most days they don't even need a car, they brag! This happy little home is so manageable and affordable.

What were the challenges? They both agree that it was finding the property. It had to meet

their specifications. They wanted one story, a fenced yard for the dog (a downsized dog, too! They went from an Airedale terrier to a Chihuahua.) They desired a home within a short walking distance to the beach and the stores. They wanted something sunny and happy.

They found this home...and needed to gut it to make this work. My mother redesigned the entire interior to fit their standards. My son enjoyed sharing the demolition task! My sister loved sharing her interior design ideas that it even sparked a new business: Anthony Dawson Design! We five kids all chipped in with suggestions and advice! All the while, my mother remained the wise manager (not her first time with home renovations).

How did they overcome these challenges? Perseverance! Bill and Deanne were fortunate to not have to hurry. They were able to stay in their old big home that one of my sisters ended up buying from them. So they were able to be patient and find and use the best contractors.

What kind of professionals were used? They both laughed and said, "Everyone of them!" Kind and patient real estate agents who listened to them, electricians, plumbers, sheet rock folks, general contractors...I think the only profession they really didn't need was a landscaper.

Are you happy now? My father said, "Wicked Pissah Happy!" and laughed! He said that was the ultimate way to say one was happy back in his youth and living in this newly remodeled sunny home, he feels young again! My mother looked around and just smiled that "of course I am" smile.

What's your advice? "Don't be afraid!" Dad says. "Wade through it and you'll come out on the other side with a small manageable home that suits all your needs and makes you happy." Mom says, then adds, "and gives you time to relax!" Then a very enthusiastic second comes from my father, "Just buy a Nike hat and Just Do It!" We all laughed....

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

5 Ways to check on Mom's well-being this holiday season.

- ✓ 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

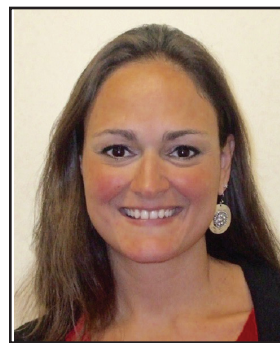
Use this checklist to look for warning signs during your holiday visits. If your mom isn't doing well at home alone, Cornerstone at Canton, Compass on the Bay or Standish Village may be the perfect solution. We offer an innovative enriching approach to senior living and alzheimer's care.

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Are a lot of eligible elders not getting food stamps?

The SNAP gap is real

By Nicole Long, MSW, LICSW

BROCKTON AND PLYMOUTH - Yes. More than 40 percent of low-income older adults, eligible for the federal Supplemental Nutrition Assistance Program (SNAP), commonly known as “food stamps,” are not on the program.

SNAP provides food and nutritional benefits to one out of every nine people in Massachusetts, including older adults and individuals with disabilities. A recent study by Mass General Hospital found that participation in SNAP reduced annual health care costs by \$1,400 per person per year. Seniors with poor nutrition are at greater risk for health conditions like chronic heart disease, depression, diabetes, and asthma. Another study showed that access to SNAP benefits reduces the likelihood of admission to a nursing home by 23 percent.

The SNAP program is also good for the Massachusetts economy. The \$1.2 billion in SNAP benefits, spent annually at grocery stores, supermarkets, and farmers markets throughout the Commonwealth creates an economic stimulus of around \$2 billion into the local economy. An additional \$1 billion in SNAP spending would generate 8,900 full-time jobs.

Each October, the federal government makes adjustments to SNAP benefits. This year SNAP

benefit levels were slightly reduced due to the drop in the consumer price index for food costs. The minimum benefit for one person decreased from \$16 to \$15, and the maximum benefit for one person fell from \$194 to \$192.

SNAP advocates in Massachusetts have been working hard to close the “SNAP Gap,” which is the number of people who are eligible for SNAP, but are not on the program. Over 150,000 adults in Massachusetts age 60 and over receive SNAP, which is roughly 10 percent of the older adult population. Nearly half (48 percent) of Massachusetts SNAP households include members who are older adults or individuals with disabilities.

According to the Massachusetts Law Reform Institute, and confirmed by a data match conducted by the Baker Administration, in 2016 there was a “SNAP Gap” of over 600,000 people who were on Medicaid, but not on SNAP; including 106,000 older adults, most with incomes below 100 percent of the federal poverty level.

Under federal rules, older adults and individuals with disabilities can claim out-of-pocket medical expenses as a deduction to raise their SNAP benefit, but the majority of these SNAP recipients in the Commonwealth who

qualify for this medical deduction do not use it. In addition to insurance and any hospital or doctor costs, they can claim out-of-pocket costs like vitamins, eye glasses, hearing aids, “over the counter” medicine items, and mileage from driving to doctors and pharmacies. Older adults can also use private or public housing costs, utility costs, and dependent care costs to raise their SNAP benefits.

To learn how to apply for SNAP benefits, call the state Department of Transitional Assistance at 1-877-382-2363. If you want to appeal a SNAP decision, local legal service offices may be able to provide advice or representation. This website contains legal information <http://www.masslegalhelp.org/>

About the Author

Nicole Long is the Chief Executive Officer of Old Colony Elder Services (OCES). Founded in 1974, OCES proudly serves greater Plymouth County and surrounding communities. OCES is a private, non-profit organization headquartered in Brockton with a second office in Plymouth. OCES is designated as one of 26 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts. OCES’ mission is to support the independence and dignity of elders and people with disabilities by providing essential information and services that promote healthy and safe living. The agency has 245 employees and operates more than 15 programs serving older adults, individuals with disabilities, their families and caregivers. For more information call 508-584-1561 or visit www.ocesma.org. ■

Loretta LaRoche continued from p. 8

how stress invades the thought process was new and different, and it worked,” she says. LaRoche was a sought-after lecturer and trainer. Contracts with NASA, the Federal Aviation Administration (FAA), the US Senate, various government agencies and organizations, Fortune 500 firms, and with corporations and governmental agencies in Canada were on her plate. She shared the stage with the likes of Quincy Jones, Gloria Steinem, Presidents Clinton and Bush, and other high-profile individuals in government, entertainment, and sports. Looking back, LaRoche says, with a laugh, “Been there, done that. I was like fertilizer...I was everywhere!”

Still on the lecture circuit today, and blogging and writing on a regular basis, she delights at finding something new to satisfy her curiosity and appetite for the next thing, saying, “I have to do something new, I don’t want to become my own Ground Hog Day, repeating myself over and over.”

This desire to stay fresh and challenged brought her down another creative path when she decided to sing. A jazz lover, she made a CD a few years back, produced by Perry Rossi, a jazz musician and friend, and was accompanied by seasoned musicians. LaRoche covers standards such as I’ve Got You Under My Skin, Too Marvelous for Words, and I’ve Got the World on a String. Creating the album put her in the right place at the right time to meet acclaimed jazz musician Kenny Wenzel, who is now her partner and musical collaborator. You can catch him every Tuesday night performing with his band at

Martini’s Bar and Grill in Plymouth, where LaRoche takes the stage on occasion. She finds performing jazz not only feeds her creative soul but also reduces stress. “It’s the juicy life that keeps us going,” according to LaRoche.

Just recently LaRoche and Wenzel put together another group of accomplished, seasoned musicians, wryly calling themselves the I’m Not Dead Yet Quartet. Band members have regular practice sessions at LaRoche’s home and are now booking gigs. The youngest band member, 64, is decades younger than the others.

The culture of reinventing oneself

In today’s world of better medical care and a focus on healthful living, many of us find ourselves in reinvention mode after raising a family or retiring from a career, as we are living longer and healthier lives. LaRoche says that, “the Baby Boomers have exemplified this culture of reinvention. I couldn’t have explained this concept to my grandmother, she wouldn’t have understood it. This reinvention is analogous to how the brain functions. Every time you learn something new, you force yourself into a new pathway that’s called neuroplasticity, creating new dendrites and connections in the brain. So, to just

keep on keeping on, with the same things, doesn’t help your brain. Growth continues throughout life, it doesn’t stay the same. It’s a place that can continue to grow.”

With an eye to the coming year, LaRoche’s schedule is filling up, but she still would like to connect with people on a personal level. “I really want to do more intimate workshops with people,” she says. “So many of us spend our lives questioning ourselves, who we are, what we should be doing, why did I do that,” she laughs out loud. “It’s not about becoming selfish, we will extend ourselves and do the best for those around us, but unfortunately, we are not given a lot of ways to be ourselves and what we truly desire from the get go. Wouldn’t it be great if we could encourage people from a very young age to go after and develop their innate abilities?



I’m not putting down the educational system, but how many of us are allowed to be what we want to be?”

What are you thinking?

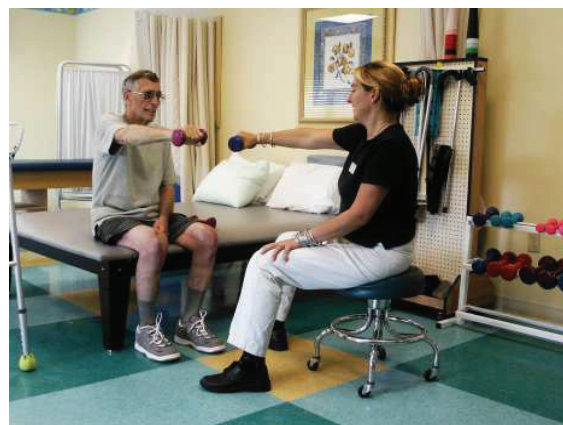
LaRoche wants to know what people are thinking. “Everything is about your thinking,” she says. “I want to know, why are you thinking that? Where did that come from? How many thoughts are real and how many are based on what you were told as a child? We have 60,000 thoughts a day. How many are real? Where do our fears come from? What dampens our spirit?”

LaRoche credits one of her mentors, Austrian neurologist, psychiatrist and Holocaust survivor, Viktor Frankl, for her passion on the subject. “His book, *Man’s Search for Meaning*, is the quintessential tome on how to survive life. He invented the concept of Logotherapy (based on the premise that we are motivated by an inner pull to find meaning in life) and survived the concentration camps.

“If we can take a step back and really hear the things we say to ourselves, now that’s a Seinfeld routine,” she laughs. For example, “we’re driving and say to ourselves, where did all this traffic come from? Well, you’re on a road, and that’s where the cars are. This is what I riff off of. I hold up a mirror and say, have you really examined your thoughts, and the possibility that you are a joke?” she laughs some more. “The message is, lighten up, you’re going to die anyway (laugh)! You’re only here to distract yourself until you die, so what do you want to do with that time? You only have time. Everything you do has some kind of benefit or a problem, it depends on how you choose to look at it.”

Loretta LaRoche continued on p.14

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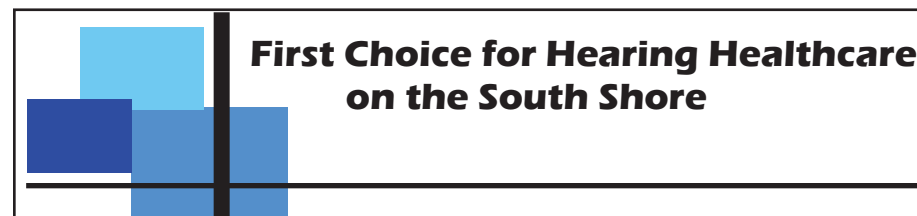
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Loretta LaRoche continued from p. 13

Being mindful

LaRoche also has strong feelings about living in the moment and appreciating where you are, right now. She says, "I love mindfulness. Be present to the present, if you're absent from the present, where are you? You're in a future that isn't here yet, and that exacerbates stress. It's a hurry mentality. It's what this culture is about. Let's hurry and go someplace else we don't like. Let's take a picture of this moment we're in so we can look at that moment later and be absent from the moment we're in. (she laughs) This phone fondling and picture taking! When are you really here? I used to go to a doctor's office or other place while waiting and would actually chat with people next to me. Now people don't even look up. There is a very serious side to this behavior. It's rearranging the brain and we're losing social interaction. Loneliness is now linked to people dying too early. Loneliness is epidemic. How many people are on antidepressants just because they are lonely?"

Social connections, Changing times

LaRoche stresses the importance of keeping connected through social interaction. With a culture that is youth-centric, it can be challenging for older folks to find meaningful engagement. LaRoche is a fan of the recent HBO documentary, If You're Not in the Obit, Eat Breakfast, that focuses on living into your 90s. "I thought it was wonderful to showcase the abilities we have into our 90s and beyond, our culture absolves itself from the culture of youth. Where did the older people go?" she laughs. "We all have those days when we don't feel well. But, we rise to the occasion if we have something interesting going on, it's the endorphin effect. It lets us overcome and forget the aches and pains." She advises, "Find something—a group, an activity, anything that is of interest to you. Don't get mired in the darkness. Keep yourself engaged, Social connections are so important."

LaRoche laments some of the cultural changes she observes, but remains optimistic. "We are living in very difficult times. Things

Loretta LaRoche continued on p. 15

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BEST NURSING HOMES USNews

5 STAR RATED CMS

Loretta LaRoche continued from p. 14

change, but also our values seem to be changing, values that were intrinsic to the cohesiveness of a family. People don't want to cook any more, they just watch a food show. There is no one to leave all of our stuff to, because they don't want it, but that's not a bad thing. Less is more. You don't need that much stuff."

"Social interaction, a sense of humor, a light-hearted attitude, and being socially engaged, overrides everything. These are more important than kale smoothies. But, if you're angry and alone, you're going to die sooner. What's the end point? Live, laugh, love."

Age has its benefits. LaRoche explains, "The older I get the more I try not to be so judgmental and controlling. I now travel with duct tape (laughs). Duct tape therapy is the best thing! Just get a piece and put it over your mouth. You have to figure that you don't have very much time on this planet so why do you have to fix everything? My mother used to say, 'You'll see!', and it's so true!

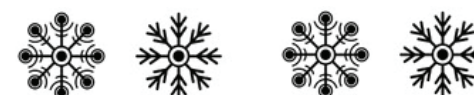
Now my son does this to me. He tells me I have work on my core. I tell him that I've had two knee replacements. If I get on the floor, I'll have to call an ambulance to get me up. To him I say, you'll see!"

Despite the challenges that come with aging, experience and wisdom can ease and even make the journey enjoyable. And, there is no substitute for being your authentic self and adding some pleasure into your life. "Understanding your thinking is one of the greatest gifts you can give yourself," LaRoche says. "Go out and buy the book, Cognitive Thinking for Dummies. You may be distorting many things. Traffic is not the end of the world."

Live. Laugh. Love.

"It's funny, our culture thinks our longevity and health are predicated on what you eat like kale smoothies that look like green slime. I'd much rather have a meatball smoothie," LaRoche enthuses.

"Social interaction, a sense of humor, a light-hearted attitude, and being socially engaged, overrides everything. These are more important than kale smoothies. But, if you're angry and alone, you're going to die sooner. What's the end point? Live, laugh, love." And LaRoche does just that. Often, and with great enthusiasm, and juiciness. ■



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Crossword Puzzle Corner

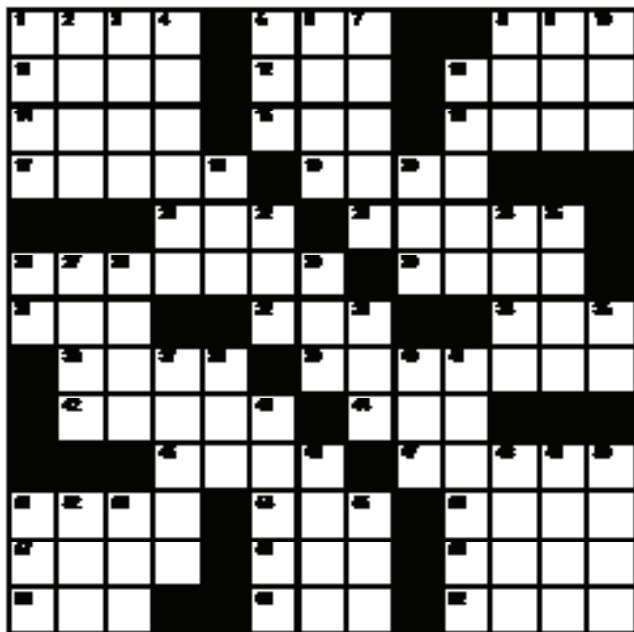
answers on page 22

Across

- 1 Wood cutters
- 5 "60 Minutes" network
- 8 "___ Robinson" Simon song
- 11 Glow, in a way
- 12 Quaint dance
- 13 Saturate
- 14 Spanish for house
- 15 Earlier
- 16 Small rabbit
- 17 Book keeper
- 19 Stringed toy
- 21 Big fuss
- 23 60's fashions, for example
- 26 Mint family member
- 30 Good looking
- 31 It's a wrap
- 32 BYOB part
- 34 ___ now brown cow!
- 36 Auspices
- 39 Spy novelist, John (2 words)
- 42 Wheeled transporter
- 44 Roll of dough
- 45 Rhone river city
- 47 Sacred song
- 51 "What ___ can I say?"
- 54 Outfit
- 56 Hodgepodge
- 57 Four quarters
- 58 Direction
- 59 Civil Rights heroine, Parks
- 60 Oval shaped item
- 61 Shepherd's locale
- 62 Lick

Down

- 1 Instants
- 2 Female servant in India
- 3 Knowing
- 4 Prison camp in Russia
- 5 Dance, when doubled
- 6 Unidentified aircraft
- 7 Animal trail
- 8 Farm noise
- 9 Governed
- 10 "Vanilla ___" movie



- 13 "Party Down" star, Adam
- 18 Govt. agency
- 20 Agreement word
- 22 Kim follower?
- 24 European coal area
- 25 Stench
- 26 Joan ___ Arcadia
- 27 Felt sorry about
- 28 Thus in Latin
- 29 Night bird
- 33 Fresh, in terms of paint
- 35 ___ the people
- 37 River in Bavaria
- 38 Elusive
- 40 Limit
- 41 Collect on a surface
- 43 Country guy
- 46 Number of Supreme Court judges
- 48 Cream additive
- 49 A Simpson
- 50 Water barrier
- 51 Evaluating quality
- 52 Shake a ___!
- 53 Hang
- 55 Leaves in a bag



Just For Fun!

The month of January has many obscure "official" designations that offer opportunities for celebration and observance. Some are serious, some are fun, and all are "official." Here's a partial list to refer to when you're looking for a reason to celebrate!

Monthly

National Bath Safety Month
National Black Diamond Month
National Blood Donor Month
National Braille Literacy Month
National Hobby Month
National Hot Tea Month
National Mentoring Month
National Oatmeal Month
National Slow Cooking Month
National Soup Month
National Sunday Supper Month

Weekly

National Letter Writing Week (2nd week)
Hunt for Happiness Week (3rd week)

Daily

- 1 National Hangover Day
- 1 New Year's Day
- 2 Happy Mew Year for Cats Day
- 3 National Festival of Sleep Day
- 4 National Spaghetti Day
- 5 National Bird Day
- 6 National Bean Day
- 10 National Take the Stairs Day
- 10 Bittersweet Chocolate Day
- 12 Feast of Fabulous Wild Men Day
- 13 International Skeptics Day
- 13 Make Your Dream Come True Day
- 14 Dress Up Your Pet Day
- 15 National Hat Day
- 16 National Nothing Day
- 19 National Pharmacist Day
- 19 National Popcorn Day
- 20 National Cheese Lover Day
- 23 National Handwriting Day
- 24 Beer Can Appreciation Day
- 26 National Spouse's Day
- 26 National Peanut Brittle Day
- 28 National Kazzoo Day
- 29 National Puzzle Day
- 31 National Inspire with your Art Day



Frank Sinatra Valentine's Dance Party!

Friday, February 9

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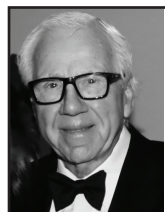
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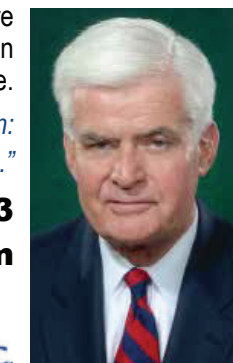
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Local family funds new Memory Café at South Shore Conservatory for 2018

HINGHAM, DUXBURY - South Shore Conservatory (SSC) is launching a yearlong program, SSC Memory Café, where individuals with memory loss and their care partners come together in a safe and supportive environment to participate in activities designed for cognitive awareness, explore educational topics, and join in the creative arts. This new program, which starts January 18, 2018, is funded by the Middleton family.



A memory café is a social event where, in addition to activities, participants are invited to share refreshment and conversation with others. The goal of the program, which originates from SSC's Creative Arts Therapies Department, is for guests to enjoy a shared experience, participate in activities that help maximize strengths, and socialize with others in a safe and supportive environment. For example, if a participant finds it easier to communicate through song or dance, as opposed to talking, they would be encouraged to participate in movement or music activities. Participants choose their own level of interaction and participation.

Singing for Brain Stimulation Activities may include arts-based interests such as music, dance or visual arts; cognitive activities such as playing Trivial Pursuit, Name that Tune, word find or board games; motor activities such as broom ball or corn hole; plus educational talks for care partners on shared interests such as insurance information, dealing with behavioral concerns, and guardianship.

Established in memory of Mike Middleton, a former SSC trustee who was diagnosed with Alzheimer's in 2006 and passed away in 2011, the SSC Memory Café is a wonderful, fitting way for Mike's family to honor his life and love of music, according to his wife Joan. A program such as this was not in place when Mike was suffering from Alzheimer's.

"Mike and I would have appreciated a program like the one South Shore Conservatory will offer in early 2018, for people diagnosed with Alzheimer's. During Mike's illness, there was very little available on the South Shore to help the memory impaired. We developed our own program but it would have benefitted us both to be in a group setting. Until the very end, Mike continued to enjoy and appreciate music. We hope this program will bring joy and smiles to many people," says Joan Middleton.

South Shore Conservatory is committed to being an organization that welcomes the widest range of students possible - removing barriers to participation and welcoming everyone in, regardless of ability. Both its Hingham and Duxbury campuses are wheelchair accessible. For more detailed information about accessibility, please visit SSC's Know Before You Go page.

The SSC Memory Café, the only one offered between Quincy and Pembroke right now, will be held the third Thursday of every month, starting January 18, 2018, at One Conservatory Drive, Hingham. There is no cost to join in, and participants do not need to attend every session. Participants are asked, however, to register please contact Eve Montague, Director of Creative Arts Therapies, at 781-934-2731, x20 or e.montague@sscmusic.org prior to the month's café. ■

Fairing Way Healthy Living event: Jan. 24

SOUTH WEYMOUTH - Start the New Year with a renewed sense of well-being. Come to Fairing Way and discover how you can maintain a healthy body, active mind, and strong finances in 2018.

Enjoy healthy food stations, fitness demos, financial planning, and more. Wed., January 24, 1:00-4:00 PM., 25 Stonehaven Dr., South Weymouth. RSVP: 781-660-5021.

Fairing Way is now taking reservations for apartment homes in the final phase of their community, opening in Spring 2019. Make your reservation today and guarantee your place in this vibrant, 55+ community. ■

Learn about free Medical Marijuana Certifications for veterans: Jan. 13

MIDDLEBOROUGH - Are you a Veteran? Do you know someone who is? Have you ever wondered how you could benefit from the use of medical cannabis?

The New England Veterans Alliance (NEVA) and MedWell Health and Wellness will host an educational event with the opportunity for vets to get free medical marijuana certifications at the Middleboro town annex, 20 Centre St. 3rd floor. Middleborough, on January 13th, from 11am - 4pm.

In collaboration with the town of Middleborough department of veteran services, MedWell and NEVA will be hosting an informational presentation, with speakers from several different Medical Marijuana Organizations.

Light refreshments will be served, and an open Q&A session will take place prior to the free evaluations, to provide a better understand on the benefits of Medical Cannabis, specific strains that can be helpful, and how the medicine works with our natural endocannabinoid system.

Jazz Pianist Laszlo Gardony at James Library & Center for the Arts: Jan. 27

NORWELL - The James Library & Center for the Arts, Norwell's historic community arts center and lending library, presents Jazz Pianist Laszlo Gardony in concert on Saturday, January 27, 7:30 pm at 24 West Street, Norwell.

Laszlo Gardony is one of contemporary music's truly original voices. He celebrates his soulful new solo piano album Serious Play with a concert featuring music from the recording, "Georgia On My Mind," "Naima," and "Over The Rainbow," as well as his spontaneous, inspired improvisations which come from a deep well of emotion and intellect. A unique and unforgettable night of live music! Tickets are \$25 adults, \$22 seniors and \$10 for students. A limited number of free tickets for seniors are available, courtesy of a grant from the Cordelia Family Foundation.

For more information or to order tickets, please call 781-659-7100, visit www.jameslibrary.org or follow us on Facebook, Twitter and Instagram.

South Shore Happenings

Adult performing arts classes begin this month



NORWELL - The Academy of the Company Theatre's (A.C.T.) Studio One youth and adult small group performing arts classes are open for 2018 winter/spring registration. Classes run from the week of January 29 through May 13, with no classes over school vacations. All programs are held at The Company Theatre Center for Performing Arts, 30 Accord

Park Drive, Norwell.

Founded in 2013 as an extension of The Academy of The Company Theatre, A.C.T.'s Studio One offers classes that will help anyone with an interest in the performing arts refine their skills, whether they're a beginning student, a veteran of the stage, or somewhere in between. As part of a working theatre, A.C.T.'s Studio One offers students opportunities to perform and be a part of a vibrant and active theatre scene. The mission of A.C.T.'s Studio One to offer classes that foster self-expression and ability in the performing arts in a creative and safe environment through progressive training to



children, teens and adults.

Adult Group Voice meets for the entire winter/spring semester, and offers adults a place to perfect their choral singing as well as solo work. Studio One's newest offering, Song and Character, is a class for the more advanced voice student who really wants to delve into a song and character study, either in preparation for an audition or a role. Adult Improv, Adult Acting, Adult Tap, and Adult Broadway Jazz Dance classes are also available. Some of these classes meet for shorter sessions to accommodate busy schedules, drop-ins are always welcome. These classes are leveled to serve beginners, intermediate and advanced performers who are looking to strengthen their skills and have fun!

A.C.T.'s Studio One Logo A.C.T.'s Studio One also offers adults private instruction in voice, acting, dance, with special packages available for private ballroom lessons coming soon.

For complete A.C.T.'s Studio One program descriptions, schedules, pricing or registration information, visit www.companytheatre.com/academy/studio-one/. Enrollment is limited, early registration is recommended. All programs require a one-time \$25 registration fee per family. Families with multiple enrolled students receive 10% discount off each class after the first student. For the latest information on programs, call Studio One at 339-469-1776. For information on performances and special events, visit www.companytheatre.com, call the box office at 781-871-2787, or follow The Company Theatre Center for Performing Arts on Facebook, Twitter and Instagram.



The Company Theatre presents Smokey Joe's Cafe: Feb. 8-11

NORWELL - Shake, rattle and roll your way into the national tour production of Smokey Joe's Cafe, the hit Broadway review of songs by Jerry Leiber and Mike Stoller, playing from February 8 through 11 at the award-winning Company Theatre. This

surprise musical hit was a contender for Best Musical at The Tony Awards in 1995. The greatest hits of the 50's and 60's are served up nightly at Smokey Joe's Cafe, a rockin' Broadway musical party dancing coast to coast. On the menu of tunes: Jailhouse Rock, Stand By Me, On Broadway, Hound Dog, Fools Fall In Love, and dozens more. The evening proves to be a raucous good time celebration of Grammy Award winning hits that were front and center in shaping an era of musical history. For tickets, more information, and a full schedule of 2018 theatre offerings, please visit their website, companytheatre.com, call 781-871-2787, or stop by the Box Office Mon.-Fri., 11 am - 6 pm, located at 30 Accord Park Dr., Norwell, MA 02061.

John Hall of Orleans at River Club: February 9

SCITUATE - The River Club Music Hall is proud to bring to its stage John Hall, founder of the band Orleans on February 9 at 8 pm.



John Hall is looking forward to playing his songs and telling the stories behind them, and meeting fans at The River Club Music Hall. Ever since he was a child growing up and going to school—studying music and science—John learned three things: Play, Write, Listen.

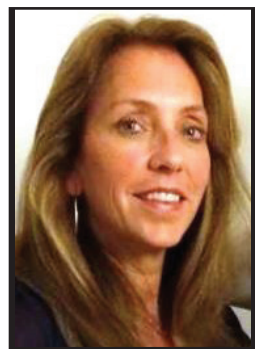
Best known as the founder of the band Orleans, with hits including "Still The One," and "Dance With Me." John co-wrote Janis Joplin's "Half Moon," Steve Wariner's #1 country hit "You Can Dream of Me," and also "Power," which became the theme of the NO NUKES concerts in 1979. John has collaborated in the studio or on stage with Little Feat, Jackson Browne, Bonnie Raitt, Graham Nash, Chet Atkins, James Taylor and Michael McDonald.

His environmental concerns led him into community activism, which also got him on the road into politics, first serving in the Ulster County, New York legislature, then as trustee and president of the Saugerties school board.

John was elected to Congress in 2006, representing five counties in the lower Hudson Valley from January 2007-2011. His first goal was to improve the environment. He met frequently with his constituents, and was the original sponsor of the Veterans Claims Modernization Act of 2008, which was passed unanimously by the House and Senate. He also worked on the Affordable Care Act, and was appointed to the Select Committee on Energy Independence and Global Warming.

He returned to music in 2011 with Orleans, and this year has performed with them from New England to Florida, Texas and Montana.

The River Club Music Hall is located at 78 Border St., Scituate. Upcoming performances include The Smithereens, Seamus Eagan Project, Liz Longley, and Session Americana. For tickets, a detailed schedule, or more information, please visit their website, theriverclubmusichall.com, or call 339-236-6786.



ASK THE HIPPIE

The journey that caregivers are on when caring for someone with Alzheimer's/ Dementia is full of mystery, self-doubt, and loneliness. This column offers a chance to reach out, seek new ideas, and by reading about the experiences of others, learn that you are never alone.

By Phyllis DeLaricheliere, MS

WEYMOUTH - HAPPY NEW YEAR 2018! This is the time of year when we all have made our New Year resolutions, promises to do something different, better, or try something new. So in this New Year, I want to present you with a challenge. I'm going to ask you to get in touch with your HIPPIE! Last year you learned that we have two sides to our brains, and we named them the JUDGE and the HIPPIE. It's your Hippie that is hopeful, adventurous, encouraging and creative. It's that side of you that actually makes New Year resolutions and believes you can achieve them. The Judge will create obstacles, logically be able to explain away unfulfilled resolutions because in your Judge side lives your victim that is desperate to be fed with failure.

So let's do something. During my research for my thesis and book, I discovered that many adults after the age of 40 creatively do not start or learn something NEW. I get that our lives are busy, we become set in our ways or perhaps the JUDGE side of ourselves tells us we are not good enough to do it. So let's make a plan.

I implore you to tap into your Hippie side and find a creative outlet that

you've always wanted to pursue but never made time for, or were afraid to or go back to something that you used to do but stopped for numerous reasons. Allow yourself the time, and creative energy to stimulate that side of yourself. Let the Hippie neurons get connected and discover a side that was hidden, lost, or never unleashed. It could be photography, dance, painting, knitting, embroidery, playing music, singing, archery, acting, or perhaps writing. Any outlet to let your Hippie side lead without judgment or cause. Let the explorer out and enjoy the process.

Why you ask? What is the reason? Does there have to be one? A reason to be creative, expressive? What if I told you it stimulates your brain, as it exercises a side of oneself that lays dormant for so much of the time. It will help you connect with a loved one that has Dementia/ Alzheimer's since they live from that side of the brain every day. Creatively exploring their new world, living in the NOW and not having a

thought in the world that there is NOTHING they can't do. I believe that by exercising the brain from our Hippie side we grow further as beings, our spirit is fed, and we feel whole. Why starve ourselves? If you let the Judge engage in crossword puzzles, then why not engage your Hippie in creative outlets?

Don't be afraid to explore this side of yourself. It's a part of you that is just waiting to come out and you will find your stress level will decrease, your work-life balance will become right again, and just as important, you will be further connected to the journey your loved one is on with Dementia. So, your 2018 New Year's Resolution: Explore your HIPPIE SIDE. If you have a question, or what to have a discussion, please email me at knowyourhippie@gmail.com. I'll respond in next month's article here in the ASK THE HIPPIE column.

About the Author

Phyllis DeLaricheliere, MS, is a Project Manager for Fairing Way, a 55+ Independent Living Retirement Community at Union Point located in Weymouth, MA. She has made a career working with seniors for over 20 years. She is a sought after speaker/educator and travels all over New England delivering her HIPPIE message. Contact Fairing Way - www.fairingway.org or call at 781-660-5000 for a tour today. ■



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Integrated Health Therapies

The mind-body connection to blood pressure: Part III *Focus on your diet*



Denise Jezewski, RN, ACNS-BC, has been a cardiac nurse for more than 30 years and is owner of Healing Hearts Holistically. She holds a Master's degree in Nursing from Boston College, a Graduate Certificate in Healthcare Management from Cambridge College, and plans to pursue a Clinical Doctorate. Denise is the owner of the Healing Hearts Holistically Cardiac Wellness Center, in Brockton, a non-profit cardiac wellness center that provides holistic care for those with heart disease, educating patients and their families on stress management, offering classes in nutrition, Reiki, and other alternate techniques. The Center's mission is to provide a comprehensive plan to promote cardiac wellness. In this informative column, the last in a three-part series, she continues the discussion on the mind-body connection to blood pressure.- Carol Corio, Integrated Health Therapies Editor

By Denise L. Jezewski, RN

BROCKTON - Late last year, the American Heart Association (AHA) set forth new guidelines for the management of high blood pressure. There are two classifications. The first describes a normal blood pressure as being less than 120/80. An elevated blood pressure is 120-129/80. Stage 1 of hypertension is identified as 130-139/80-89. If you are in this category, it is recommended to assess your 10-year risk for heart disease using the atherosclerotic calculator from the AHA. If your risk is less than 10%, make healthy changes and re-evaluate in 3-6 months. If the risk is greater than 10% or you currently have a history of heart disease, diabetes, or chronic kidney disease, work on lifestyle changes and evaluate in 1 month. Stage 2 of hypertension is greater or equal to 140/90. Life style changes are again encouraged with the addition of medications to control your blood pressure and reassess in 1 month.

The next stages are more serious, and they are hypertensive urgency and emergency. Hypertensive urgency is greater than 180/120. This can be due to not taking your prescribed medications or proper follow-up with your doctor. This can lead to organ failure over a period of time the longer that it goes untreated. A hypertensive emergency is categorized as greater than 180/120 with target organ damage present. This requires an admission into critical care for extensive treatment.

In the first two parts of this series, stress management was addressed. This column will discuss how to control blood pressure with your diet.

A good place to start is with the DASH (Dietary Approaches to Stop Hypertension) diet, a dietary pattern promoted by the US-based National Heart, Lung, and Blood Institute. This diet places fruits and vegetables at the base followed by grains, then meat and low fat dairy, with nuts and oils close to the top. At the top of the pyramid are sweets, with only five per week. This diet calls for cutting the consumption of added salt to food, particularly processed frozen foods, canned foods etc., as well as limiting alcohol to one drink for women and two for men, per day. This does not mean, however, that meals should be boring. To kick off the New Year with a resolution to control your blood pressure with a heart-healthy yet flavorful diet, here is a recipe from the Diabetes and Heart Healthy cookbook from the AHA and Diabetes Associations. It's easy to prepare and delicious.

Wishing everyone a Happy Heart Healthy New Year!

If you would like to know more about the benefits of using a mind body connection to manage blood pressure, you can contact Denise Jezewski at 508-584-3278 or email: dpolskadj@aol.com or visit the webpage for more information: www.happyholisticheart.org. The Healing Hearts Holistically Cardiac Wellness Center is located at 348 N. Pearl Street, Brockton.

About Carol Corio

Integrated Health Therapies Editor



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

In addition to her role as Community Relations Liaison for Old Colony Hospice & Palliative Care, Carol is a Master Trainer for AGE-u-cate LLC, creator of Dementia Live™, a dementia simulation experiential program to educate

Triple-Duty Ranch Dip with Dill

Serves 16

21 Calories, 71mg sodium 2mg cholesterol, 4g carbohydrate, 2g sugars, 1g protein

Ingredients

1 C fat free or low fat buttermilk
1 C fat free or light sour cream
1 Tbls snipped fresh dill weed or 1 tsp dry dill crumbled
1 Tbls chopped green onion (green part only)
1 Tbls chopped fresh/dry parsley
1 tsp onion powder
½ tsp garlic powder
½ tsp dry mustard
½ tsp coarsely ground pepper
¼ tsp salt

Whisk together and refrigerate for 30 minutes before serving. Enjoy!

families and professionals caring for individuals with dementia. For information, call 781-341-4145, visit <http://www.oldcolonyhospice.com>, or email Carol at ccorio@oldcolonyhospice.com ■

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Living Well, Eating Smart Local Events

January 9
Event Table: Healthy Eating on a Budget
11:00 AM – 12:30 PM: Norwood Big Y, 434 Walpole Street
Healthy eating doesn't have to cost more. Learn tips to keep your food bill down while planning nutritious meals with registered dietitian Kathy Jordan.

January 9
Store Tour: Best Tips for Weight Loss Success
1:45 – 3:15 PM: Walpole Big Y, 1111 Providence Highway
Find practical shopping tips and meal planning strategies to help shed pounds without sacrificing foods you love with registered dietitian Kathy Jordan.

January 11
Cooking Demo: Walnuts for Brain Health
3:45 – 5:30 PM: Easton Big Y, 25 Robert Drive
Research shows walnuts may be beneficial for memory and cognition. Stop by to sample California Walnuts and gain simple tips to incorporate this nutrient powerhouse into your day with registered dietitian Kathy Jordan.

January 16
Event Table: Don't Get Sacked by Game Day Snacks
2:00 – 3:30 PM: Kingston Big Y, 182 Summer Street
Tired of the same old chicken wings and pizza? Huddle around registered dietitian Kathy Jordan's event table to up your game day offerings. She'll hand off an assortment of tasty tips for you to snap up.

January 19
Event Table: Don't Get Sacked by Game Day Snacks
11:30 AM – 1:00 PM: Mansfield Big Y, 141B Storrs Road
Tired of the same old chicken wings and pizza? Huddle around registered dietitian Kittie Speddings' event table to up your game day offerings. She'll hand off an assortment of tasty tips for you to snap up.

January 23
Event Table: New Year, New You
10:30 AM – 12:15 PM: Walpole Big Y, 1111 Providence Highway
Are topics like weight, fitness and healthy eating showing up on your New Year's resolution list? Stop by for tips to help you reach your goals – for good – with registered dietitian Kathy Jordan.

January 25
Cooking Demo: Walnuts for Brain Health
3:30 – 5:00 PM: North Quincy Big Y, 467 Hancock Street
Research shows walnuts may be beneficial for memory and cognition. Stop by to sample California Walnuts and gain simple tips to incorporate this nutrient powerhouse into your day with registered dietitian Kathy Jordan.



My Generation radio welcomes Cliff Aguirre as guest on January 14

MARSHFIELD - Radio show *My Generation*, airing every Sunday from 7-8:00 PM on 95.9 WATD, and brought to you by the *South Shore Senior News*, will welcome Cliff Aguirre on Sunday, January 14. Aguirre is a Behavioral Management Specialist and Certified Hypnotist in Hanover. As as certified hypnotist, Cliff Aguirre has helped more than 100 clients to stop smoking, eat healthy, manage stress, anxiety, depression and more. Aguirre says, "I have helped clients manage their claustrophobia, especially when having an MRI procedure, and motion sickness, especially when riding in cars. Hypnosis breaks through the walls which keep us from positive change. I help people make positive changes in their life." Besides private sessions, Aguirre conducts group workshops to help with the management of stress, healthy eating and cessation of smoking. Workshops are held in corporate environments to help employers and their staff, as well as in health clubs and in private group settings. Aguirre also conducts seminars on the benefits of hypnosis. Be sure to tune in!

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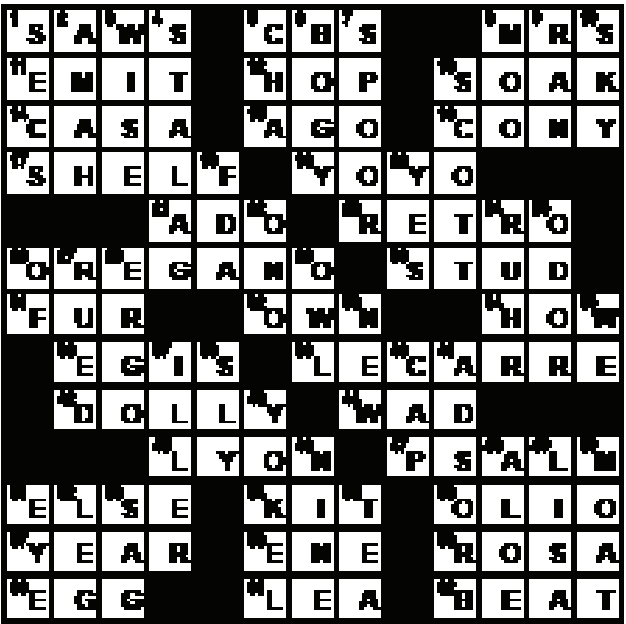
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MARTIN LUTHER KING JR. Day

22nd Annual MLK luncheon: Jan. 14

SOUTH EASTON - William H. Dickerson, II, Executive Director of B.I.C. will be the keynote speaker at the 22nd annual Dr. Martin Luther King Jr. free luncheon. Temple Beth Emunah's Brotherhood and Messiah Baptist Church in conjunction with area Churches and Eastern Bank, invites everyone to join them on Sunday, January 14, at Messiah Baptist 80 Legion Parkway, Brockton. For Reservations call 508-584-1963 option 3 (Susan). Questions call 508-561-7348 (Steve). Buffet Lunch 12:15-1:15 in Harris Hall, Program 1:30 PM in Sanctuary. Temple Beth Emunah is an independent Egalitarian Synagogue serving the Metro South area. www.templebethemunah.org

Crossword answers from page 16



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