

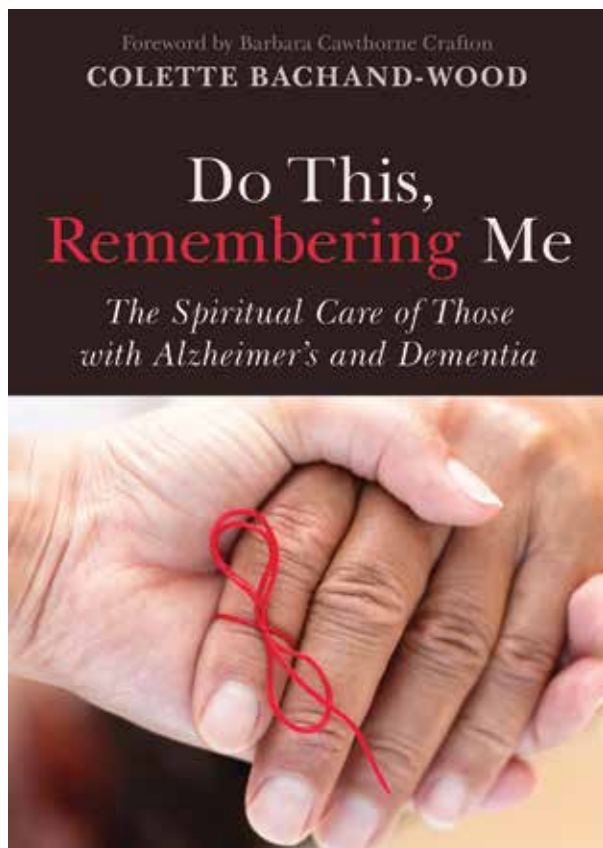
# South Shore Senior News



JUNE 2016

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



**The spiritual care for those with Alzheimer's and dementia is the focus of a new book by Scituate resident Colette Bachand-Wood. Turn to page 3 for our exclusive review!**

## Trends in Aging

By John Miller

SCITUATE - There are multiple trends emerging in the health care and senior demographic which may have significant impact on the future of elder lifestyles and family relationships. First and foremost, the life expectancy of our elderly parents continues to change America's population demographics. Technology improvements... shifts in the labor force... financial restrictions... all are areas effected by innovations in our expanding marketplace.

**Trends in Aging, continued on page 8**

## Senior Fitness

### Get Golf Fit - Easy Steps to a Better Game

By Wayne Westcott and Rita LA Rosa Loud

QUINCY - Due to the forceful swinging action for powerful drives, golfers may place considerable stress on hip, back and shoulder joints which may lead to a variety of injuries, particularly for senior golfers. Because many golf devotees are not exercise enthusiasts, we conducted research studies to see if golfers could benefit from a simple program of strength and flexibility exercise.



believe it will reduce their joint flexibility, decrease their movement speed, increase their bodyweight, and raise their resting blood pressure.

Actually, strength exercise has been

shown to significantly increase muscle, decrease fat, increase resting metabolism, build bone density, reduce low back pain, decrease arthritic discomfort,

**Golf Fit, continued on page 13**

Let's begin with some strength training misconceptions. Many golfers tend to avoid strength exercise because they mistakenly



## 16 Years of Service

*Visiting Angels of the South Shore is celebrating 16 year of service helping South Shore seniors remain in their home safely as they age. Nate Murray (left) and Lou Schippers, founders of the practice, share their vision for the future of home care as the demand for services continues to grow. Turn to page 12 to read more.*



## The Power of Protein

**Try something new this summer! Turn to page 10 for nutrition and hydration tips to get you through the hot and humid months ahead.**



# The Boy Scouts Are Right: Be Prepared

QUINCY - I am impressed by the number of families who are being proactive in learning about dementia and hoping to avoid some of the pitfalls of those who put blinders on and hope for the best encounter.

The goal for these foresighted family members is to give the best care possible and preserve the person's dignity. A family I am working with now said it this way, "We are all in agreement to give my father the chance to be in a good place in his head."

They are looking at ways to change the way they offer help to him, change the way they converse with him, what tone to use, how to include him in ways that make him feel wanted, respected and useful.

So many people with dementia tell me that the worst thing is feeling useless, a patient, a burden rather than a partner. How can this be done?

Remember who the person was (and still is) before the diagnosis. Did he like building

things? Did he enjoy being with friends? Was he or she a gardener? What made the person feel valued? Was it being conferred with about your concerns? Was it being in charge? That is what you offer.

Instead of saying, "Let me help with that," or "The shirt you chose is wrong, you need something heavier." Say it differently. "Can I help with that, dad?" or, "I really like this blue jacket on you; cooler weather is predicted later today."

If the person still balks, take the second choice along 'in case' and avoid struggling. As coaches we always teach, "Don't argue; you will lose." Agree whenever you can with their wishes and choices.

I recently came upon this list of absolutes in dementia care. They are poignant and very true. Here they are; be prepared.

## 10 Absolutes of Communicating through Alzheimer's

1. Never argue, instead agree
2. Never reason, instead divert
3. Never shame, instead distract



Matters of the Mind  
BEVERLY MOORE, RN, CS

4. Never lecture, instead reassure
5. Never say 'remember', instead reminisce
6. Never say "I told you", instead repeat/regroup
7. Never say "you can't", instead do what they can
8. Never command/demand, instead ask/model
9. Never condescend, instead encourage/praise
10. Never force, instead reinforce

*Alzheimer's Caregiver institute Huey, 1996*

### About The Author

Beverly Moore is owner of StilMee, an Alzheimer caregiver service based in Quincy and serving Massachusetts and southern parts of New Hampshire and Maine. She is author of two books on Alzheimer caregiving, *Matters of the Mind...and the Heart* and *New Trends in Alzheimer Care; Finding the Spirit Within*. Both books are available on Amazon.com, Strategic Publishing Company and [www.StilMee.com](http://www.StilMee.com). Visit Beverly's blog at [www.StilMee.com](http://www.StilMee.com). Beverly can be reached at [StilMee@comcast.net](mailto:StilMee@comcast.net).



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## Book Review

# The Spiritual Care of Those with Alzheimer's and Dementia

By Greg Porell

SCITUATE – Do you know what happens to God when a person is afflicted with Alzheimer's disease? Nothing. He stays right there with them.

That's the good news for people of faith in Colette Bachand-Wood's new book, *Do This, Remembering Me* which will help clergy members, caregivers, loved ones and health care professionals better understand the "spiritual care of those with Alzheimer's and dementia."

Bachand-Wood, the Rector at All Saints Episcopal Church in Whitman, calls upon many years of experience working with seniors to encourage and reassure readers that God is still alive in a person with memory impairment and can be called upon to communicate and comfort. Much of the assurance from this connection is felt by the loved one providing care during the difficult progression of their loved one's dementia.

*Do This, Remembering Me* demonstrates that "the imprint of God cannot be erased by time or disease," citing many examples from the author's work with patients. Written as a resource for fellow clergy to understand the disease's impact, it is also a great resource for the layperson. The book presents readers with an opportunity to explore their own beliefs and learn ways to provide spiritual care to others battling with Alzheimer's and dementia's loss.

Bachand-Wood has the background and experiences that lend to her insight and understanding, having served as a military chaplain, a chaplain for local hospice services and in senior living residences. Through the course of her spiritual care, Bachand-Wood wrote down scenes, comments and observations, one no more poignant than her discussion of the role reversal child and parent go through when dementia takes over. The author shares a story about the day she found she was no

longer the child being dropped off at school and hanging on desperately to her parent, but was now faced with driving away from the nursing home on the day her father moved in.

The book contains insights on the disease, the symptoms and what a reader might expect from a loved one afflicted with dementia. She cautions readers that it's impossible to know what to completely expect from the disease's progression, as it impacts each person in a slightly different way.

**Spiritual**, continued on page 4



Colette Bachand-Wood

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Spiritual, continued from page 3

*Do This, Remembering Me* looks at the tools and supports to help loved ones better communicate and care for the person and offers these insights to other clergy members, enabling them to better understand what is happening and to be in a position to offer positive assistance.

Examples of prayer and other spiritual practices as a way to calm and redirect when a person becomes agitated are provided. She discusses the need for care providers to treat the person’s spirit and being, not just the medical consequences of the disease, noting “a frightened or scared spirit cannot heal or be well.”

Suggestions on how to recreate a family’s spiritual life in this new phase of living are provided and include inviting clergy to visit your loved one to something as simple as having weekly bulletins or announcements mailed to the house to help them remain connected. The use of cues and symbols to recall spirituality is outlined and the power of music is profiled. The author notes that

playing religious music may help a person feel they are “no longer alone, as they reconnect with God and with memories.”

Bachand-Wood admits that “pastoral care is not an exact science.” She openly discusses failures, while sharing approaches that have worked. Bachand-Wood’s book is supported by examples from well-respected professionals, including Teepa Snow of Positive Approach who notes “sometimes as caregivers we try to bring loved ones with memory impairment to where we want them to be, and would do better by assessing what they need before jumping in.”

Readers of faith who may wonder what happens if they get the disease will find comfort in the book. Bachand-Wood lets readers know it is ok to tell God you are angry about the disease taking years away from being together with a loved one. Only through honest sharing of emotions with God is God able to find a way to heal and comfort, writes Bachand-Wood.

“As spiritual care partners we can help create the comfort of being in God’s house for those who suffer from memory loss.”

The book is great for caregivers, loved ones, and family members to learn a new approach to helping the person with Alzheimer’s. It is a good resource for clergy to feel more empowered to take their ministry to those in need, and provides the tools and ways to proceed once they are there.

Perhaps one of the best insights is a reminder that “what works today, may not work tomorrow, but might work again next week.”

You may contact Bachand-Wood at (617) 922 - 9664 or via email at [colettewood@comcast.net](mailto:colettewood@comcast.net). To order this book, visit Amazon.com, call Cokesbury at (800) 672 - 1789 or online at [Cokesbury.com](http://Cokesbury.com).



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VOLUME 13 ISSUE 6

I am turning 65, how should I get ready for Medicare?

By Diana DiGiorgi

**BROCKTON** - Between 2011 and 2030, 10,000 people each day will turn 65. That’s 73 million Americans who will be exploring Medicare health insurance for the first time. Medicare has several primary parts:

- Part A: is often called hospital insurance because it pays for your care while you are in the hospital. Part A also pays some of the costs if you stay in a skilled nursing facility or if you get health care at home. Part A also covers hospice care for people who are terminally ill.
- Part B: covers doctor visits, plus screenings, lab tests, outpatient hospital care and home healthcare which is not covered by Part A.

Parts A & B are known as “Original” Medicare, or “fee for service” Medicare. With Original Medicare, you can go to any doctor, hospital, skilled nursing facility or outpatient treatment clinic that accepts Medicare assignment.

- Part C: refers to private health care plans known as Medicare Advantage plans, which have contracts with Medicare. When you join one, you get your Medicare-covered healthcare services, all the same things as Medicare Part A and B. But Part C plans also may cover services that Original Medicare

does not, such as eye exams, a pair of eyeglasses, or a hearing exam once a year. The plans may charge different amounts than you would pay through Original Medicare. Medicare Advantage plans may also cover prescription drugs. If they do, you cannot buy a separate Medicare prescription drug plan.



Diana DiGiorgi

- Part D: provides prescription drug coverage to everyone with Medicare. To get Part D, you must join a plan run by an insurance company or a private company approved by Medicare. Each plan will vary in cost and the drugs covered, and plans can change from year to year. A plan that covers your prescriptions this year might change and not cover them the next year. If you take medicines now, or if you do not but your health changes or you need more medicines, this insurance will help pay for prescriptions and protect you from very high costs.

When you approach six months before your 65<sup>th</sup> birthday, here are some ways to prepare:

- Research the ABCD’s of Medicare and find out if you are eligible: Most people are eligible for Medicare when they reach the age of

65, or younger if they have certain disabilities that prevent them from working. Go to the website: [www.MyMedicareMatters.org](http://www.MyMedicareMatters.org)

- Learn when you can enroll: There are several times when you can enroll in Medicare.
- The Initial Enrollment Period is the first time you can sign up for Medicare. You can join Medicare Parts A, B, C and D at different times: The three months before your 65th birthday, the month of your birthday, and the three months after your birthday.
- If you were working for an employer and waited to sign up for Medicare, there is a Special Enrollment Period for Parts A & B any time you are working, or within eight months following the month your employer health plan coverage ends, or when your employment ends (whichever is first). There is also a Special Enrollment Period for Part C & D, which is 63 days after the loss of employer healthcare coverage. If you miss your Initial or Special Enrollment Period, you can sign up for Medicare Parts A & B during the General Enrollment Period which is between January 1 - March 31 of each year. If you need to buy Part A, you must also enroll in Part B at this time.

Medicare, continued on page 7



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# SOCIAL SECURITY BENEFITS OUTSIDE THE UNITED STATES

By Delia De Mello

Over half a million people who live outside the United States receive some kind of Social Security benefit, including retired and disabled workers, as well as spouses, widows, widowers, and children.

If you're a U.S. citizen, you may receive your Social Security payments outside the United States as long as you are eligible. When we say you are "outside the United States," we mean you're not in one of the 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, Guam, the Northern Mariana Islands, or American Samoa. Once you've been outside the United States for at least 30 days in a row, we consider you to be outside the country.

If you are traveling outside the U.S. for an extended amount of time, it's important that you tell Social Security the date you plan to leave and the date you plan to come back, no matter how long you expect

your travel to last. Then we can let you know whether your Supplemental Security Income (SSI) will be affected.

You can use this online tool to find out if you can continue to receive your Social Security benefits if you are outside the United States or are planning to go outside the United States at [www.socialsecurity.gov/international/payments\\_outsideUS.html](http://www.socialsecurity.gov/international/payments_outsideUS.html).

This tool will help you find out if your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six consecutive calendar months, or if certain country specific restrictions apply.

When you live outside the United States, periodically we'll send you a questionnaire. Your answers will help us figure out if you still are eligible for benefits. Return the questionnaire to the office that sent it as soon as possible. If you don't, your payments will stop. In addition to



*Social Security Update*

**DELIA DE MELLO**

responding to the questionnaire, notify us promptly about changes that could affect your payments.

You can also read the publication titled Your Payments While You Are Outside the United States at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

Social Security is with you through life's journey, even if that journey takes you outside the United States.

### About The Author

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

# Tips To Help Protect Your Investments

By Christopher Hanson

**EASTON** - The doorbell has an eerie echo tonight, as if it's vocalizing your disdain for what is happening next. After years of procrastination you finally decided to meet with a financial planner. Retirement is on the horizon and you need to make the most of your savings.

As the clean-cut advisor crosses the threshold you notice his expensive designer clothing. With impeccable manners he makes eye contact as he firmly shakes your hand. Then, he even goes so far as to compliment the interior decorating of your humble home. That's exactly the sing-song you expected and the rock in your stomach only grows.

You try not to let the vulnerability show and work to calm your nervousness. After all, this advisor was highly recommended by your somewhat savvy cousin Joe. How could he be dishonest? But your sense of unease persists, you feel vulnerable in your own home. What can assure you that you are not dealing with the next Bernie Madoff?

For many Americans this fear is very real. After all, if a sophisticated movie star like Kevin Bacon can be bamboozled in a Ponzi scheme, what could happen to regular folks like us? This apprehension leads to procrastination and that may rob you of the opportunity

## Ready for Medicare?

*continued from page 5*

- Finally, there is an Open Enrollment Period from October 15 to December 7<sup>th</sup>, when anyone with Parts A & B can switch to a Part C, or vice versa, and anyone can join, drop or switch a Part D plan, or change Part C plans. To help sort all this out, call 1-800-AGE-INFO, and press "3" to be connected to the free SHINE (Serving the Health Insurance Needs of Everyone) health counseling program in your area.

### About the Author

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

to aggressively grow your savings. You may have to work more years because you put financial planning off for so long.



*Chris Hanson*

The good news is that avoiding another Madoff is easier than most people think. One of your best safeguards is an independent, third party custodian to hold your investment funds. Let's explore how these institutions reduce your risk of becoming a victim of investment fraud.

**The initial check restricts the flow of funds.** When you write out the check to open an investment account, make sure the payee is an institution, not an individual. Checks made out to brokerage firms such as Charles Schwab or TD Ameritrade cannot be cashed; those

funds must be deposited into an account. Bernie Madoff's client's made checks out to Bernard L Madoff Securities, which technically is not an individual but Bernie didn't care....yikes.

**An advisor lacks custody of the assets.** Since your advisor cannot directly handle deposits and withdrawals, the chances for fraud are slim. If there are withdrawals from your account, the funds must be deposited to another account in your name or a check sent to your address of record. Any exceptions require your signature, and the custodian is liable for any losses due forged documents. Reputable firms carry insurance to cover such losses. Madoff controlled the custodian, and the safeguards attributed to a third party simply did not exist. The door was left wide open to fraud.

*Investments, continued on page 15*





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Here's a summary of areas and industries worth watching:

1. The healthcare industry continues to grow. Some projections forecast greater than 25% growth for next 5 - 7 years, which means various services will expand. It also places a burden on Medicare to cut back, tighten restrictions, and push for efficient care delivery options.

2. Technology usage will expand. Data analysis will help patients better understand their care diagnosis. It will also help provide more efficient care monitoring and staff coverage.

3. Registered nurses will remain in demand in the work force. Not only in large population centers, but also regional hubs where communities are partnering to create efficient and timely services and delivery systems.
4. The labor force is changing, and the duties are shifting. Many nurses may choose an early retirement lifestyle. But the continued rise of nurse practitioners to assist overburdened physicians will continue. Nurses will be needed to help support duties that were previously handled by physicians.

5. The senior population, age 75 or older, is becoming more and more comfortable with the internet and information access. Many more seniors are comfortable utilizing computers, cell/smart phones, tablets, etc. Also, the delivery infrastructure (browsers, speed and capacity, data delivery) continues to improve and simplify.

6. Elders aging in place is a necessity. There will never be enough assisted
- to absorb our ever growing senior population. Further, the services once provided by assisted living have become stretched as the elderly residents require more assistance as they have grown older.

7. Financial assets, and debt: According to a recent market report, elders age 75+ average approximately \$150,000 in assets. But the average 65-year-old enters retirement years with outstanding debt from mortgages and helping with children educational expenses.

8. According to AARP, 117 million Americans are expected to need assistance of some kind by 2020. This is roughly 1/3 of the U.S. population.



9. Personal Emergency products, such as mobile devices (example, watches or pendants) will begin to combine smart technology (health history) with predictive analytics in an effort to prevent future injury and avoid re-hospitalization.
10. Current projections indicate there will be a shortage of care staff or available family members to provide home care services to the tidal wave of elderly in future years.
11. Independent senior living communities are increasingly being asked to provide services out of their area of expertise, and much different from their original business offering. More and more seniors are aging in place. And taking care of a frail elderly population requires much more staff support and expense than "independent" living.
12. More and more physicians will begin to offer home "visitation" services. In addition, they will utilize "tele-health" -- incorporating video conferencing or mobile apps which will enable some level of diagnosis and quick results without the requirement of an office visit.
13. Old dogs may need to learn new tricks. To efficiently utilize some technologies to best advantage, many seniors will need "training" to keep up with device usage.
14. Health Care Reform Act: It may not get any cheaper. Recently, a major health insurance provider announced they were stepping away from this business...due to lack of profits. If big business can't make a profit, it will lessen the number of players providing services...which will drive up cost and pricing, or simply limit coverage options, for enrolled consumers.

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

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# Try Something New This Summer

## Quinoa...the Ancient Grain

By Barbara Nalen-Cardosa RDN, LDN

**BROCKTON** - As we age, our protein needs increase.

Studies show many older adults in the United States do not consume enough protein to meet their needs. In addition, many health professionals are encouraging Americans to try alternate sources of protein (in place of meat) to help reduce one's intake of saturated fats: Enter quinoa (pronounced KEEN-wah), an ancient grain high in protein.



*Quinoa is a good source of protein that may help prevent muscle loss and manage weight.* In the Andean region of South America (the main producer of quinoa), quinoa has been consumed for thousands of years. More recently, you may have noticed quinoa in the natural food aisle of your grocery store or may have seen recipes for this grain on the cover of cooking magazines. Quinoa is a “hot” food trend right now with many health benefit claims. So what is all the fuss with quinoa? Listed below are quinoa highlights that may inspire you to try this ancient grain this summer.

- Quinoa is considered a “pseudo-cereal,” meaning it is not a true grain but rather it is a fruit seed from the quinoa plant which makes quinoa ideal for people with Celiac disease or gluten sensitivity/intolerance as it is naturally gluten-free.
- Quinoa has a nutrition profile to boast—Quinoa is an excellent source of protein (contains all nine essential amino acids), a great source of fiber, and provides phosphorus, B vitamins, zinc, copper, iron and vitamin E.



## Quinoa with Veggies

### Ingredients

- 1 cup dry quinoa
- 1-28oz can plum tomatoes - coarsely chopped (or stewed tomatoes)
- 1 squash, any variety, such as zucchini, summer squash, or Yukon Gold - sliced in ¼” slices
- ½ onion - coarsely diced
- 2-3 cloves garlic - minced
- 1-2 Tbsp. olive oil
- 1 tsp pepper or (more to taste)
- 1 Tbsp. each dry basil and oregano (or more to taste)
- Green leafy vegetable-1 bunch, such as spinach, Swiss chard, or kale, rinsed, and torn into bite-sized pieces
- 1/4 cup grated or shredded cheese - any variety



### Directions

1. Preheat oven to 375°
2. Cook 1 cup dry quinoa according to package directions and set aside once cooked.
3. Pour 1-2 Tbsp. olive oil in pan, add onion and garlic. Cook over medium heat until soft.
4. Once the garlic and onion are softened, add the squash and stir until soft.
5. Add plum tomatoes, pepper, basil and oregano. Bring to a boil, then decrease heat to medium-low. Cook for about 5 minutes.
6. Add the green leafy vegetable. Bring to a boil then simmer briefly until the greens wilt.
7. In a bowl, mix together 3 Tbsp. cheese, cooked quinoa and cooked vegetable mixture. Place in a baking dish (or muffin tins). Pat down mixture to fit. Top with remaining cheese.
8. Place in oven at 375 ° and bake for 20 minutes.

Summer Recipes & Hydrate

## Remember to Stay Hydrated...

- As we age, our sense of thirst decreases which can place the older adult at higher risk for dehydration.
- Adequate fluid is essential to help regulate body temperature, helps the brain function, and is essential for good muscle, tissue, and organ function.
- If you are outside on hot summer days, remember to increase your usual intake of fluid.
- The best beverage choice to meet your fluid needs is water; it is calorie-free, caffeine-free, and always available from the tap.
- Water too plain? Add fruit slices (pineapple, lemon, strawberries) and chill.



### About The Author

Barbara Nalen-Cardosa, RDN, LDN is the Registered Dietitian Nutritionist at Old Colony Elder Services. OCES serves 20 towns in Plymouth County as well as Avon, Easton and Stoughton. OCES offers a number of programs to serve seniors, individuals with disabilities, their families and caregivers. For information call (508) 584-1561 or visit [www.ocesma.org](http://www.ocesma.org)



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- Cooking quinoa is easy and versatile! (Be sure to rinse quinoa under cold water before cooking to remove the bitterness.) Quinoa takes about 15 minutes to cook and can be served hot or cold— try it hot mixed with oatmeal or cold with your favorite summer salad vegetables.
  - Quinoa has a low glycemic index making it a good substitute for starches such as white potatoes, refined pasta and bread.
- It is great served hot or cold (try in salads). You'll be sure to find many recipes on the Internet. Why not try something new this summer?
- References: Webb, D. today's Dietitian and A. Forman, Environmental Nutrition.

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# Visiting Angels of the South Shore Celebrating 16 Years of Service

*Visiting Angels Managing Partner Nate Murray spoke with South Shore Senior News on the state of home care services on the South Shore, and what area seniors and their families can expect in the future.*

**Senior News:** What advancement in non-medical home care do you view as the most beneficial to South Shore seniors over the last 16 years?

**N. Murray:** When we began there was no private duty home care organizations on the South Shore. None. If you were eligible for VNA services, they were able to provide some aides in the home but usually for a very short period of time and with the patient having little or no input into the schedule. Today consumers have many choices available to them, and we can customize a schedule based on their specific individual needs. Back then our main challenge was to help people understand private non-medical home care. Since there were no

organizations like ours around, families and professionals didn't really have a frame of reference for what we were doing. I know that is hard to believe today, but 16 years ago it was true.

**Senior News:** How have client needs changed?

**N. Murray:** The most significant change has been increasing longevity, bringing with it longer periods of time when care is needed. When we began most of our services were companion care, and the average age of our clients was in the mid-80s. Today, the average age of clients is in the late 80s and early 90s. The other change has been a greater demand for personal care level services; toileting, bathing and hospice level assistance.

Also, as people are living longer the percentage of families faced with managing dementia has also increased. To respond to these changes, we have dramatically



*Nate Murray (left) and Lou Schippers were among the first to recognize the growing need South Shore seniors had for assistance to remain safely in their home for as long as possible.*

increased access to training for our employees and we only hire people who can manage these levels of care.

**Senior News:** What is the biggest challenge facing the independent home care provider?

**N. Murray:** Finding good, qualified and compassionate home care aides. We recruit constantly and out of 50 people who apply for work we may hire six or seven. One of the things that makes us unique is the longevity of our staff, particularly Kim Bennett, LSW who has been with us for 14 of those 16 years as our Director. She performs clinical assessments, develops care plans, provides care management and community education.

Val Spence is a C.N.A who has managed workforce development since 2010. Amelia Hunt, MA has been our Quality Care Coordinator since

**16 Years!, continued from page 14**

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## Senior Fitness

### Golf Fit, continued from page 1

improve glucose metabolism, accelerate gastrointestinal transit, enhance blood lipid profiles, reduce resting blood pressure, and increase golf driving power.

In our studies, golfers performed about 30 minutes of strength training and 10 minutes of stretching exercises, three days a week for a period of eight weeks. Although our study participants did not practice golf during the course of the study, they experienced an average increase in club head speed of five miles an hour representing a six percent improvement in driving power.

In addition, our golfers improved their body composition by an average of two percent (four pounds more muscle and three pounds less fat), increased their muscle strength by 56 percent, enhanced their shoulder and hip flexibility by about 24 percent, reduced their systolic blood pressure by 7 mm Hg, and reduced diastolic blood pressure nearly 3 mm Hg.

If you prefer to train at a fitness center, health club, or YMCA, here are some specific strength exercises to develop your driving performance. Since the golf swing essentially involves the powerful muscles of the legs and hips, we recommend that you perform one set of 8 to 12 repetitions on the leg extension, leg curl, leg press, hip abduction, and hip adduction machines.

In addition, strong low back and abdominal muscles are a must for avid golfers to transfer forces smoothly from the lower body to the upper body during the swinging motion, and to reduce the risk of low back injury.

These important muscles are effectively addressed by the low back, abdominal

and rotary torso machines. The upper body muscles responsible for the swinging action are best trained by the chest press, pulldown, and shoulder press machines.

Golfers also benefit from a strong neck to hold the head steady and to keep eyes focused throughout the dynamic golf swinging action. These muscles can be safely strengthened on the Nautilus neck machine. All of these machine exercises should be performed twice a week with a weight load that enables 8 to 12 repetitions for one good set.

As an alternative to working out on strength machines, here are a few dumbbell or elastic band exercises you can perform in the home environment.

1. Squat (hips, thighs, glutes)
2. Chest Press (chest and triceps)
3. Shoulder Press (shoulders and triceps)
4. Biceps Curl (biceps)
5. Triceps Kickback (triceps)

It is also very important to stretch the same muscles you strengthen. Although our golfers use a Stretch Mate apparatus to improve their joint flexibility, here are a few at-home stretches that you can perform for your key muscles and joints: Figure 4 Stretch, Letter T Stretch, and Doorway Stretch. Stretches should be



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

held for a minimum of 15 seconds and no more than one minute. Be sure to breathe throughout each stretch, only reach to the point of mild muscle tension, and avoid bouncing or ballistic movements.

While working towards increasing your flexibility, remember, stretching should always feel good.

Preparing now should pay major dividends with stronger drives, more energy, and lower risk of injury during the entire golf season.

### About The Author

*Wayne L. Westcott, Ph.D., and Rita La Rosa Loud, B.S., teach exercise science classes at Quincy College and direct the health and fitness programs that are open to all members of the community.*

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2011. These core staff people provide the operational backbone of our organization. Additionally, our average caregiver works for us for six years or more with several who have been here from the start. This depth of experience is one of our most important strengths.

**Senior News:** When a person starts to investigate home care services, what are the top three qualifications they should look for?

**N. Murray:** First they should find out who the owners are and their background in human services. Since private duty home care is unregulated in Massachusetts, which I know is hard to believe, it is important that people find organizations that are owned and managed by people with the human service background.

Second do they conduct not just a Massachusetts background check but a full national background check? People move around so often that only conducting a

background check within Massachusetts is just not enough. Third people should find out if the agency they’re considering has 24-hour live coverage in case there’s a problem.

For example, we always have two people on call 24/7; a scheduler and a clinical/administrative professional.

**Senior News:** Any significant developments in senior care that you see in the next year or two?

**N. Murray:** As the population demographic that we serve grows more comfortable with accessing our online communication portals they and their families, especially those who live at a distance, will have easier access to schedules and updated care plans.

However, advancing technology will never take the place of a trained and caring home care aide. Many people ask themselves, who will be there to comfort me, and help me make meals, or shower when I’m old and frail? There is no app for that.



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March Against Elder Abuse

**PLYMOUTH** - Old Colony Elder Services (OCES) has joined forces with The Center for Active Living (Plymouth Council on Aging), the Plymouth Networking Group for Senior Services (PNG), and Plymouth C.A.R.E.S to “March Against Elder Abuse” on Thursday June 23<sup>rd</sup> in Plymouth. The event will be held rain or shine.

World Elder Abuse Awareness Day (WEAAD) is observed in June, and in an effort to raise awareness of elder abuse, the groups organized the march.

Marchers will meet at the Center for Active Living, 44 Nook Road in Plymouth, at 11:15 for transportation, if needed. The march will begin at 12 noon on the Plymouth waterfront at the new pavilion adjacent to Plymouth Rock on Water Street. Marchers will then be transported back to the Center for a 1 p.m. awareness event, including speakers and lunch.

“World Elder Abuse Awareness Day is an opportunity to share information and spread awareness about abuse, neglect, and exploitation of older adults,” explained Diana DiGiorgi, Executive Director at OCES. “We can make a difference and encourage the community to join our March Against Elder Abuse.”

To reserve your spot, RSVP to Krista-Jean Forand at OCES, (508) 584-1561 x 302 or to the Center at (508) 830-4230.

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Investments, continued from page 7

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**Custodian statements are a basis for comparison.** Each month or quarter, the independent custodian will send you a detailed accounting of your assets and activity on its own letterhead. Take note of the return address and match the amounts to statements sent by your advisor. Fraud becomes easy to detect, yet Madoff ‘s clients could not perform this test. Since Madoff controlled the custodian he was able to print phony statements. The assets he reported on simply did not exist.

The safeguards afforded by a third party custodian are very effective, but I recommend you take this additional step. Visit the institution’s website, or call customer service to verify your account balance. Better yet, visit a branch office and verify your account in person. This should help you sleep at night, as it would be virtually impossible for an advisor to fabricate such a far reaching scam.

If you truly suspect investment fraud, rather than stock market fluctuations due to risk, contact the Massachusetts Secretary of State immediately. These complaints are easy to make on the Secretary’s website [www.sec.state.ma.us](http://www.sec.state.ma.us).

**About The Author**  
*Chris Hanson is a CPA that specializes in financial planning at Oaktree Capital Partners in Easton. 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. You may call him at (978) 888-5395 or reach him via email at [chanson@oaktreecp.com](mailto:chanson@oaktreecp.com).*

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Judith M. Flynn



# South Shore Community Calendar



## THINGS TO DO, PLACES TO GO

**Weekly Senior Dance:** South Shore Widow/Widowers & Associates. Every Tuesday 7:30 -11:00 p.m. (doors open at 6:30 p.m.). Viking Club, 410 Quincy Ave., Braintree, Tickets \$10 per person at the door. Membership is \$10 per year. This fee will be waived for two (2) weeks. If you enjoy the dance, you may then pay this annual fee of \$10. Dance fee includes raffle. A bar is available. Call Jerry Walker at (781) 335-3171 ext. 82. All are welcome.

**Monthly Senior Dance:** Join the Friends of the Norwood Seniors at their monthly dance, held the third Friday of every month from 7 - 10 p.m. at the Norwood Senior Center, 275 Prospect Street in Norwood. Tickets are \$10/person at the door which includes refreshments and a raffle. Call Anne with any questions at (781) 762 - 5625.

**Walk To Wellness:** The Home Care Division of South Shore Hospital sponsors a Walk to Wellness program at the Hanover Mall (Hanover) and South Shore Plaza (Braintree) seven days a week before shoppers arrive (8 - 10 a.m. Monday through Saturday and 10 a.m. to 12 noon Sundays). All are welcome. No fee and registration forms are available at the Mall's Public Safety Center (Hanover) and Guest Services Desk (Braintree). Call Kelly at (781) 624 - 7423.

**Men's Fitness Class:** South Shore Hospital is offering a men's only exercise program to increase cardiovascular endurance, strength and flexibility. Meets Mondays and Wednesdays from 3 - 4 p.m. and Fridays 8 - 9 a.m. at the 780 Main Street gym in South Weymouth. Call (781) 624 - 4367 for details.

**Pembroke Dull Men's Club:** If you are feeling house bound or stuck in a routine, expand your horizons with laughter, foolishness and sometimes se-

rious discussion at the Pembroke Dull Men's Club every Wednesday morning, 10 - 11 a.m. at the Pembroke Council on Aging. All are welcome.

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

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



## SUPPORT GROUPS

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

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

**Is Someone Hurting You:** The South Shore Women's Resource Center's Older Women's Program provides

domestic violence services for women 55 years of age and older. Emergency safe home; 24/7 toll free support line (888) 746 - 2664; counseling; advocacy; information; referrals. Free and confidential. Call (508) 746 - 2664.

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

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

**Caregiver Discussion Group:** The Duxbury Senior Center offers a Caregiver Discussion Group on the first Tuesday of the month from 2 - 3 p.m. at the senior center located on Mayflower Street. Contactat Donna Ciappina at (781) 934 - 5774, ext 5730 for more information.

**Learning To Care:** StilMee Alzheimer's Coaching Services facilitates support groups for those providing care to a loved one with Alzheimer's. Education on how to better understand interactions with the loved one and support provided. Beverly Moore leads group at Carney Hospital the second Wednesday of each month from 6:30 - 8 p.m. Call (617) 328 - 3440 for details.

**Loss Support Group:** The Duxbury Senior Center offers a Loss Support Group the first Monday of the month from 1 - 2 p.m. Call Ellen Gillis at (781) 934 - 5774 ext. 5731 for more information.



## INFORMATION SEMINARS

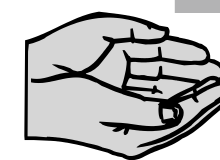
**Diabetes Workshop:** A work shop focused on Meal Planning for Diabetes will be held Friday, June 17<sup>th</sup> from 10 - 11:30 a.m. at the Training Resources of America, 231 Main Street in Brockton. Topics to be covered wil include what and how much to eat. The program is a part of the Brockton Knocks Down Diabetes week. Visit <http://forhealthycommunities.com/bkdd>.

**Continuing Education Series:** The Marshfield Council on Aging wants to remind everyone that its Life Long Learning classes will continue through the summer. Some classes still available include Herbs and Spices; History of Farming in Marshfield; Inner Balance Workshop, Irish in Boston, History of the Marshfield Beaches

and Summer Salads. A list of all courses is available at the Marshfield COA. For more information, or to save your spot, call Karen at (781) 834 - 5581 ext. 13.

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

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



## VOLUNTEERING OPPORTUNITIES

**Help Feed Your Neighbor:** South Shore Elder Services, Old Colony Elder Services and Hessco Elder Services need your help to prepare or deliver meals to area residents age 60 and over. The Meals on Wheels and Nutrition programs are critical to those unable to get out or prepare meals. Opportunities in all communities. Call South Shore at (781) 848-3910 ext. 430; Old Colony at (508) 584-1561 or Hessco at (781) 784-4944, ext. 204. If you call one of the agencies and they don't represent your city or town, they can tell you which agency does.

### Got News?

Email it to [info@southshoresenior.com](mailto:info@southshoresenior.com)  
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## We Connect You With Local Resources

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

### Adult Day Health Centers

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

### Alzheimer's Coaching Services

- ☐ StilMee - The Leader in Alzheimer's Coaching

### Home Care Services

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

### Hospice

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

### Independent and Assisted Living

- ☐ Compass on the Bay
- ☐ Standish Village
- ☐ Stafford Hill

### Legal Services

- ☐ Elder Law Attorney Judith M. Flynn
- ☐ Patricia Bloom-McDonald, Attorney at Law

### Local Elder Service Agencies

- ☐ Hessco Elder Services
- ☐ Old Colony Elder Services
- ☐ South Shore Elder Services

### Medical Services

- ☐ King Optical Company
- ☐ South Shore Hearing Center
- ☐ Stephen Tobias Hearing Center
- ☐ Suburban Hearing Aid Services

### Memory Impaired Assisted Living

- ☐ Compass on the Bay
- ☐ Standish Village

### Physician Groups

- ☐ Harbor Medical Associates

### Relocation Services

- ☐ Weir Moving

### Skilled Nursing & Rehabilitation

- ☐ John Adams HealthCare Center
- ☐ Life Care Center of the South Shore
- ☐ Queen Anne Nursing Home
- ☐ Southwood at Norwell Nursing Center

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# Dedicated Employee Retires After 30 Years

BROCKTON - Loyal, unforgettable, courteous, intelligent, licensed, likable and empathetic are just a few of the adjectives one could use to



Lucille Dallaire

describe Lucille Dallaire, who recently retired after 30 years at Old Colony Elder Services (OCES). OCES, the non-profit agency proudly serving older adults and individuals with disabilities held a retirement party for Ms. Dallaire at their Brockton office on Main Street. While Ms. Dallaire knew about the party, she did not know that her family, friends and business colleagues would also be attending to wish her well.

Ms. Dallaire, who is a licensed social worker, began her career at OCES on March 31, 1986. Over the years, she held various positions in Care Management, Information & Referral, and Development. Ms. Dallaire gained the respect and trust of her coworkers and colleagues throughout the region. Always working towards the goals of helping others in need, increasing outreach across the area, and looking for other funding sources, Ms. Dallaire has been instrumental in the growth of OCES' programs, services and community profile.

"Lucille always displayed a positive demeanor and upbeat attitude no matter what was going on in her professional or personal life," said Diana DiGiorgi, OCES Executive Director, "I cannot thank her enough for her dedication to OCES for the past 30 years. Congratulations Lucille, and we wish you a happy and healthy retirement!"



## Fourth of July Celebration

U.S. Navy Veteran, Randy Komich, 75, and his dog, Bucky, enjoying the sun at Wompatuck State Park in Hingham. Komich joined the Navy on the 4<sup>th</sup> of July 1959 and served, during the Cuban missile crisis. He was honorably discharged July 24<sup>th</sup> 1962. He and Bucky now make their home in the Savin Hill section of Dorchester. The biking buddies look forward to celebrating the 4<sup>th</sup> of July holiday and anniversary of Komich's enlistment. (photo and copy credit: R. Komich).



# Volunteers Honored at Marshfield Awards Ceremony

MARSHFIELD - The award-winning Talking Information Center (TIC), a non-profit reading service based in Marshfield, which broadcasts 24 hours a day to thousands of visually and mobility-impaired listeners, held a Volunteer Appreciation Breakfast and awards ceremony to honor their Marshfield studio volunteers. The Volunteer Appreciation Breakfast was held at, and sponsored by, the Village at Proprietors Green Assisted Living Facility in Marshfield.

State Representative James Cantwell presented the President's Volunteer Service Award to Bob Cunningham, a Natick resident who has volunteered more than 100 hours in one calendar year. As a recipient of this prestigious national honor, Mr. Cunningham received a personalized certificate, official pin, and a congratulatory letter from the President of the United States.

Award pins were presented to volunteers, including: Molly Schaeffer and Gene Blanchard of Duxbury, Elizabeth Schmellick of Canton, and Bill Zirpolo of Marshfield were recognized for five years of service. Pat Flaherty of Duxbury, Joan Dowd of Marshfield, and Donna Frano of Pembroke were recognized for 10 years of service. Warren Emerson of Middleboro, Elaine Prince of Duxbury, and Danny Verre of Plymouth were recognized for 15 years of service. Karyn Freitas of Stoughton and Mary Beth MacNeil of Plymouth were recognized for 25 years of service. Jacky Keith of Duxbury was recognized for 35 years of service.

TIC's mission is to provide human voice(d) broadcasts to visually impaired and otherwise disabled listeners throughout Massachusetts to promote independence and enrich quality of life. TIC broadcasts newspapers, magazines, books, special consumer



## Appreciation Breakfast in Marshfield.

(L to R) Representative Jim Cantwell with Talking Information Center's Executive Director Jim Bunnell, President's Volunteer Service Award recipient Bob Cunningham of Natick, and former Representative Rhonda Nyman at TIC's Volunteer Appreciation Breakfast.

information, medical and stock market updates, jobs, sports, supermarket specials, voting guides, community newspapers, and television programs. For more information, you may visit [www.ticnetwork.org](http://www.ticnetwork.org).

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## Painting Hull: Artist Invited

**HULL** - The Hull Artists invite artists of all ages, media, and skill levels to paint outside on the weekend of June 25 - 26, 2016. "LET'S DO JO'S 4 The HULLUVITT" is co-hosted by The Hull Artists and Jo's Nautical Bar.

Artist are invited to paint the location's attractions: tugs, working boats, moored boats in the harbor, wildlife, beaches, and salvaged marine accoutrements. Jo's interior and colorful patio are also available as a location. Photographers are welcome to shoot; as fine crafters are to create art with a nautical theme.

Painting on Saturday will be from 10 a.m. to closing. Sunday's hours are 10 a.m. to 5 p.m. when there will be a reception, sale, and popular vote for Best of Show (\$150 cash prize) inside Jo's. Catering by Michael Aprea and others with a cash bar.

It is \$10 to participate. More information and registration are available on [www.hullartists.com/events](http://www.hullartists.com/events), at [triciaaturner@verizon.net](mailto:triciaaturner@verizon.net) and Jo's Nautical Bar on Facebook.

The public is welcome to observe outdoor painters and to join the festivities inside Jo's. This is the 4<sup>th</sup> annual event. Jo's Nautical Bar is located at 125 Main Street, Pemberton Point, in Hull.



**Watercolor by Hull Artists member Gail Walsh.**

## Adult Walking Club Announces Summer Schedule

**MILTON** - The Southeast Massachusetts Adult Walking Club announced its summer hike and walk schedule which includes a number of distances, difficulties and locations.

The club is open to people 16 years of age and older and there is no fee to join. Hikes/Walks vary from easy to difficult and average two to

five miles. Organizers encourage participants to wear sturdy footgear, and carry drinking water. The walks/hikes take place unless weather creates unsafe conditions. To receive a copy of the new hikes/walk brochure, email Tom at [Tom.Bender@state.ma.us](mailto:Tom.Bender@state.ma.us), call (617) 698-1802 or visit [www.mass.gov/eea/agencies/dcr](http://www.mass.gov/eea/agencies/dcr).

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