

# South Shore Senior News



MARCH 2016

**FREE**

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

## 2016 Senior Services Directory

### “Big Data” May Make More Choices For You

By Greg Porell



**DEDHAM** - Continued automation of the South Shore services economy will change health care delivery, as providers look

for ways to remain financially viable while providing high-quality health care.

Maybe you have found yourself using a computer tablet or other electronic device to answer questions and provide

information on your last doctor's visit. With the ongoing consolidation of physician practices, hospitals and local medical centers, providers are capturing information in a more complete and organized approach.

This information, or “Big Data” is a collection of patient history, services provided, any new or emerging health concerns across their network, and perhaps most importantly, the location where care is being provided.

*Big Data, continued on page 8*

## Mindfully Aging 2016

### Calming Stormy Thoughts and Feelings

By Beverly Flaxington



**Beverly Flaxington**

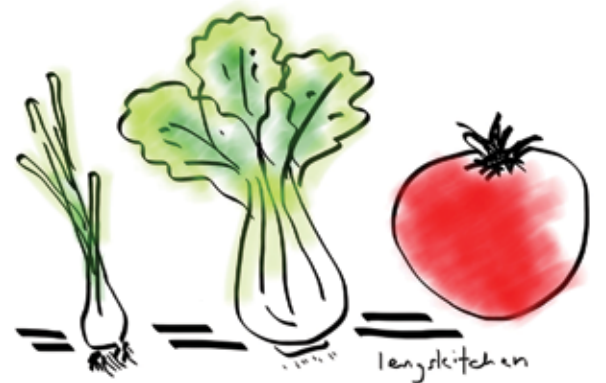
Life is filled with unexpected and sometimes unwelcome events. As you age, you may worry more about things like health, adult children or the grandchildren. Money worries increase if savings can't replace the regular paycheck. If you give in to all of the fears and concerns, it can be hard to get out of bed in the morning.

Life doesn't give us a rewind switch. There is no going back. There is only today and tomorrow. Start living life to the fullest and refusing to give in to the negative thoughts and feelings.

When life hands you problems that sometimes seem insurmountable consider these five steps to calming your personal seas to sail through the storms that assail you:

1. **Make a list of your obstacles.** That's right, write down the things that concern you, that worry you, that get in the way of your happiness.

*Calming, continued on page 2*



### A Pill or A Plum?

By Diana DiGiorgi

**BROCKTON** - You are never too old to start “eating better.” No matter what your age, the food choices you make daily have an impact on how you look and feel.

Eating a balanced mix of foods has many health benefits. You can reduce your risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer and anemia. Even if you already have a chronic condition, eating well and being physically active can help you reduce high blood pressure, or manage diabetes. A proper mix of vitamins, minerals, protein, carbohydrates, fats and water can keep your muscles, bones, organs and other parts of your body healthy as you get older.

Your doctor might suggest that you need extra vitamins, as well as the mineral calcium. It is usually better to get the nutrients you need from food, rather than a pill. Most older people do not need a complete multivitamin supplement. But if you don't think you're making the best food choices, look for a supplement sold as a complete vitamin and mineral supplement.

*Good Food, continued on page 6*



# Calming Stormy Thoughts and Feelings

continued from page 1

2. Once you record them, don't stop there. Take that list and organize it: What can you control? What can you influence? What's out of your control? Focus only on those things within your control or influence. Make a conscious decision not to waste precious time focusing on things you simply cannot control.
3. Create a set of success outcomes for you. What would make you happy or experience success? Write down both qualitative and quantitative elements. Paint a picture with words, or drawing that connotes what you want to accomplish, do or be. Anytime your mind takes you to what you don't want, bring it back – deliberately – to what you do want. Employ the “act as if” philosophy and focus on where you want to go, not what's in your way.
4. Develop a clear plan of action. There will be things you can't control such as a health diagnosis, or a child in financial trouble or a need to move from where you have lived for a long time. Your plan should focus on those things you can control – can't make the diagnosis go away, but can you do something to live better than you have been with it? Can't control your child's behavior but can you focus on something that will bring you joy somewhere else? You might have to move, but can you take the steps to move somewhere meaningful to you?
5. Break the plan down into discreet steps of action. Instead of a looming issue like “I have to move and it is depressing and overwhelming,” create individual steps you can take each day. Explore options. Visit different places. Talk to others. Resolve to small steps and promise yourself you'll enjoy the process.

### Award Winning Care IS HAPPENING HERE!

Webster Park's foremost Rehabilitation Program delivers Physical, Occupational and Speech Therapy **7 DAYS A WEEK**. Our Rehab Professionals craft individualized Rehab regimens utilizing the most advanced technology and latest treatment modalities.

*New!*  
**Pulmonary Program with full-time Respiratory Therapist on staff!**





## WEBSTER PARK

Rehabilitation & Healthcare Center

**781.871.0555**  
56 Webster Street, Rockland MA 02370  
[www.websterparkhealthcare.com](http://www.websterparkhealthcare.com)



## self-talk for a calmer you

Learn how to use *positive self-talk* to control anxiety and live a happier, more relaxed life

**BEVERLY D. FLAXINGTON**  
The Human Behavior Coach

Flaxington's new book 'Self-talk for a Calmer You' helps readers understand the power of positive thoughts to help with life's difficulties.

adventure” or “new beginnings.” It isn't being false; it's choosing to take another view that is more beneficial to you.

**About The Author**  
Beverly D Flaxington is a three-time bestselling and Gold-award winning author. Her trademarked process, *The SHIFT Model®* is outlined in her book, *Make Your Shift: The Five Most Powerful Moves You Can Make to Get to Where You Want to Go*. She also authored, *Self-Talk for a Calmer You*. Beverly is in her personal golden years and taking advantage of every moment!  
You may contact or follow her on twitter at: (508) 359 – 8216; [www.the-collaborative.com](http://www.the-collaborative.com) or on Twitter: @BevFlaxington.

### Quality care for your loved one. Peace of mind for you.

Senior Helpers stands ready to serve your family's needs with personalized in-home care, and expertly trained, professional caregivers.

Your in-home care initial assessment is the first step to peace of mind. Call today to learn more.  
**(781) 421-3123**  
[www.seniorhelpers.com](http://www.seniorhelpers.com)



Care and comfort of a moment's notice.

Visit us on facebook (keyword: Senior Helpers) or at [www.youtube.com/seniorhelpers](http://www.youtube.com/seniorhelpers).  
Bonded and insured. Senior Helpers locations are independently owned and operated. ©2011 SH Franchising, LLC.



# Resources for Dementia

**QUINCY** - The available resources for seniors on the South Shore continues to grow. The help is plentiful; homecare companies with great reputations, adult day programs trying to accommodate the hectic schedules of caregivers, assisted living outdoing each other with amenities. What about the resources for those with dementia and their families?



### Matters of the Mind

**BEVERLY MOORE, RN, CS**

There are many of the above, of course, that advertise that their helpers are dementia trained. What does that include? I've seen the gamut from a two hour video to a very inclusive

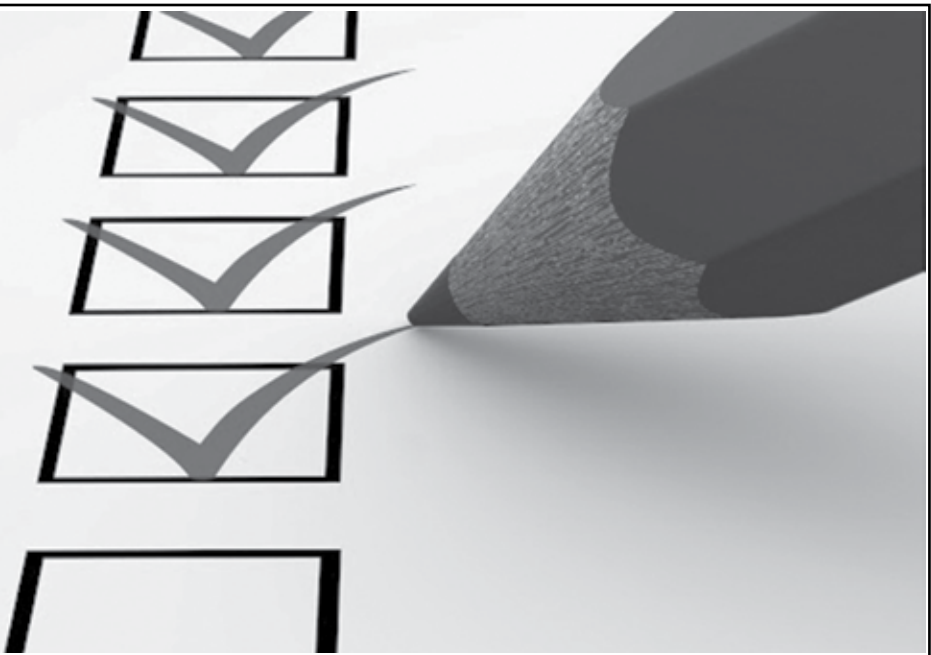
study of the brain and its workings, along with workable approaches to care of the person with a cognitive disorder. I've been coaching now for 16 years and learn something new with each family I coach.

The challenges are as personalized as the family I am working with at that time. One caregiver's tolerance of the needs of the person with dementia is intolerant to another. I believe dementia care is all about relationship. The person needs to trust his caregiver and feel safe with him/her. This is only accomplished through education. Working with a cognitively impaired person is counter-intuitive. Unless you understand what the brain does, and what challenges the person has when one or more parts of the brain are damaged, mistakes are made.

People try to quiz the person to 'keep the mind working' (this doesn't work and is very unkind). Some give long explanations which are lost on a person with slow processing. Some 'remind' the person of things that were said yesterday when in reality the person never held on to what was said. Resources for education abound. The Alzheimer's Association has numerous repetitive seminars on aspects of dementia care. The Internet is replete with information. If you just google 'dementia' you will find it overwhelming with the millions of resources for education.

But then, the internet is not your particular family member nor addresses his particular challenges. If I can put in a plug here for individualized dementia coaching, find yourself a dementia coach to help you. What you learn will have to do with you and your special challenges of care. I am offering a free guide to care of the person with dementia. It is called the On the Fly Reference Guide to Dementia Care. It is easy to read, with challenges outlined and bullet points to address those challenges. Email me and get yourself a copy. And then share it with others who care.

**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).



**Take greater control of your future  
Schedule a “Legal Check Up” Today!**

- ✓ If your loved one is in a nursing home or rehabilitation facility....
- ✓ If you need care in your home, but you are worried about the cost....
- ✓ If you need to update your estate planning documents, such as your Will, durable power of attorney, health care proxy and trusts....
- ✓ If you want to learn your options for asset protection, probate avoidance, tax minimization, or planning for a loved one with special needs....

**Then it's time for your Legal Check Up!**  
**Call today to schedule a complimentary consultation.**

## Elder Law Attorney Judith M. Flynn

Now with the team at  
*Falco & Associates, P.C.*  
50 Quincy Avenue, Quincy  
MA 02169  
**(781) 681- 6638**  
[jflynn@TheLegalCheckUp.com](mailto:jflynn@TheLegalCheckUp.com)  
[www.TheLegalCheckUp.com](http://www.TheLegalCheckUp.com)



Judith M. Flynn



# Filing Taxes Just Got (A Little Bit) Easier

Now that it's March, your annual tax filing deadline is fast approaching. If you receive Social Security benefits, one of the documents you need to file your federal income tax return is your Social Security Benefit Statement (Form SSA-1099/1042S).

Your Social Security benefits may be taxable. This includes monthly retirement, survivor and disability benefits. About one-third of people receiving Social Security benefits must pay taxes on some of these benefits, depending on the amount of their taxable income. This usually happens if you have other substantial income, including wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return, in addition to your Social Security benefits. You will never have to pay taxes on more than 85 percent of your Social Security benefits, based on Internal Revenue Service (IRS) rules.

To find out if you must pay taxes on your benefits, you will need your Social Security Benefit Statement (Form SSA-1099/1042S). You should have

automatically received it in the mail during January. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to the IRS on your tax return. The benefit statement is not available for people who receive Supplemental Security Income (SSI), as SSI payments are not taxable.

Whether you file your taxes early or wait until the deadline, Social Security makes it easy to obtain a replacement benefit statement if you didn't receive one or misplaced it. You can get an instant replacement easily by using your secure online *my Social Security* account. If you don't already have an account, you can create one in minutes. Follow the link below to the *my Social Security* page and select "Sign In or Create an Account." Once you are logged in, select the "Replacement Documents" tab to obtain your replacement 1099 or 1042S benefit statement. You can also use your personal *my Social Security* account to keep track of your earnings each year, manage your benefits, and more.



## Social Security Update

DELIA DE MELLO

You can also obtain a replacement benefit statement by calling us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m., or by contacting your local Social Security Office. If you live outside of the United States, please contact your nearest U.S. Embassy or Consulate. But by going online you can print your replacement benefit statement immediately and not have to wait to receive it in the mail.

With a *my Social Security* account, gathering your Social Security information for tax season has never been easier. Open your own personal *my Social Security* account today at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

### 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).*

# The Dance Goes On

**CARVER** - Margaret Wilson, 89, has always enjoyed dancing. She has fond memories of couple dancing with her husband over many years. Following his death in 2002, Wilson wanted to stay active, and after moving into a mobile home park in Carver, she started line dancing with a group in the clubhouse.

As Wilson grew older, she weathered "typical" challenges for a woman of her age, including knee and hip placements and macular degeneration. Then, early in 2015, she developed an irregular heartbeat, had less energy, and started to experience shortness of breath. Thinking of her husband and fearing that her own health was failing, she hoped there would be a solution for her.

There was.

In July 2015, her cardiologist referred her to the CardioVascular Institute (CVI) at Beth Israel Deaconess Medical Center (BIDMC) in Boston, for treatment of aortic stenosis. This narrowing of the aortic valve leads to weakened heart function and reduced blood flow from the heart to the body. The CVI is a center of clinical research in aortic valve therapies and offers a range of treatments.

## Meeting With The Team

At the CVI, Wilson met with her team, interventional cardiologist Jeffrey Popma, MD, director of interventional cardiology clinical services, and Kamal R. Khabbaz, MD, chief of cardiac surgery. They admitted her to the hospital immediately.

Unfortunately, Wilson was not a candidate for surgical aortic valve replacement (AVR), the

traditional open heart surgery for patients with severe aortic stenosis. Her new doctors told her about an alternative therapy: a minimally invasive procedure called transcatheter aortic valve repair (TAVR). Popma and Khabbaz are recognized experts in this therapeutic approach, having both been active as principal investigators in TAVR clinical trials. The procedure involves implantation of a bioprosthesis—a synthetic valve—to take over for her diseased valve. This is done non-surgically, through a catheter, or tube, that is inserted through an artery and into the heart.

"It was just fine with me that I'd avoid open heart surgery," says Wilson.

Prior to the procedure, she had a CT scan to help her doctors determine where to insert the catheter, as well the proper sizing for the valve and catheter. Fortunately, with the wide range of bioprosthesis options available at the CVI, there was one that would fit through her narrow blood vessels. During the procedure, which typically lasts two hours, doctors inserted the catheter through Wilson's groin and guided the new valve into position. It immediately began functioning as a replacement for her native valve.

**Back to the Dance**  
Wilson took her first steps the day after the procedure. Four days later, she was discharged with no complications.

Within a week, she started to resume normal activities. And a month later, at her BIDMC check-up, she saw Popma and Kim Guibone, the lead nurse practitioner, who said she was doing "amazingly well."

"I'm very grateful that I had this option available to me," says Wilson, who learned that without the TAVR procedure, there had been a 50 percent chance that she wouldn't survive more than a year. She adds, "I actually feel 10 years younger! I'm back on the dance floor, I go bowling, I take fitness classes, and most of all, I'm here to enjoy my kids, my grandkids, and my great-grandkids...all 12 of them!"

*This story was contributed by Gary Woonteiler, President of Woonteiler Ink. For more information you may visit the BIDMC web site at [www.bidmc.org](http://www.bidmc.org).*



Margaret Wilson is back on the dance floor after treatment for aortic stenosis.



Thank you for voting us # 1...again!

## King Optical Co, Inc.

20 School St. West, Braintree, MA 02184  
(Off Washington Street)  
Tel: **781-843-2133**

*Come See What We Can Do For You!*


Visit us online: [www.kingoptical.net](http://www.kingoptical.net)



**OCES is your resource for information, advice and solutions about aging and disability issues.**

144 Main Street  
Brockton, MA 02301  
508-584-1561  
TTY: 508-587-0280  
Fax: 508-897-0031

[info@ocesma.org](mailto:info@ocesma.org)  
[www.ocesma.org](http://www.ocesma.org)



**Old Colony Elder Services**  
Providing services to the community since 1974

## DIRECTORY OF SERVICES

**Telephone:** (508) 212-4862  
**Web Address:** [www.southshoresenior.com](http://www.southshoresenior.com)  
[www.facebook.com/SouthShoreSeniorNews](http://www.facebook.com/SouthShoreSeniorNews)  
**Email:** [info@southshoresenior.com](mailto:info@southshoresenior.com)  
**Address:**  
14 Youngs Rd., Suite 2, Dedham, MA 02026  
Publisher: Greg Porell

Serving the communities south of Boston in over 31 cities and towns. Published monthly and available to over 100,000 seniors via con-

trolled circulation. **Senior Information Monthly, Inc.**, publisher of South Shore Senior News, assumes no responsibility for errors, but will reprint in a subsequent edition corrections to that portion of an advertisement or article in which an error occurs.

All advertisements are run at the discretion of the publisher. Reproduction of the contents of **South Shore Senior News** is prohibited, without the permission of the Publisher. Reprints are available. All editorial and adver-

tisements within this newspaper are provided for general information only and should not be treated as a substitute for the medical advice of your doctor or other health professionals or licensed legal or financial advisors.

**Senior Information Monthly, Inc.** is not liable for the contents of any external Internet sites listed, nor does it endorse any product or service mentioned or advised on any of the sites. Always consult your doctor if you are in any way concerned about your health.




**CarePro**  
Health Services®

**Adult Day Health Center**  
Homelike Setting • Medically Supervised • Transportation

**Home Health Services**  
Private Duty Certified Home Health Aids • Companions  
RN's • LPN's

Call for FREE in-home assessment by a Registered Nurse  
**781-340-7811**  
[www.careprohealth.com](http://www.careprohealth.com)



*Live vibrantly.*

Compassionate care in a home-like environment: short- and long-term rehabilitation, skilled nursing, respite care and Medicare and Medicaid certified.

**Life Care Center**  
of the South Shore  
Joint Commission accredited

781.545.1370 • 309 Driftway | Scituate, MA 02066 • [LCCA.COM](http://LCCA.COM)



Good Food, continued from page 1

It should be well balanced and contain 100% of most recommended vitamins and minerals. Read the label to make sure the dose is not too large. Avoid supplements with mega-doses. Too much of some vitamins and minerals can be harmful, and you might be paying for supplements you don't need.

Here are some of the vitamin and mineral supplements recommended for people over 50 by the National Institute for Aging:

- **Vitamin D:** You can get vitamin D from fatty fish, fish liver oils, fortified milk and milk products and fortified cereals. If you're age 50–70, you need at least 600 international units (IU) of Vitamin D, but not more than 4,000 IU. If you're over age 70, you need at least 800 IU, but not more than 4,000 IU.
- **Vitamin B6:** You can find B6 in fortified cereals, whole grains, organ meats like liver, and fortified soy-based meat substitutes. Men need 1.7 milligrams (mg) daily. Women need 1.5 mg daily.



Diana DiGiorgi

- **Vitamin B12:** You can get vitamin B12 from fortified cereals, meat, fish, poultry and milk. You need 2.4 micrograms (mcg) daily. Some people over age 50 have trouble absorbing the vitamin B12 found naturally in foods, so make sure you get enough of the supplement form of this vitamin, such as from fortified foods.
- **Folate:** You can get folate from dark-green leafy vegetables like spinach, beans and peas, fruit like oranges and orange juice, and folic acid from fortified flour and fortified cereals. You need 400 mcg daily. Folic acid is the form used to fortify grain products or add to dietary supplements.

Eating well also involves calories, which measure the energy you get from food. Your need for calories depends on your

age, your gender, your height and weight, and how active you are. Eating more calories than your body needs for your activity level results in extra pounds, which can increase the risk

for diseases like type 2 diabetes, heart disease and joint problems. If you become less physically active as you age, you will probably need fewer calories to stay at the same weight. Choosing mostly nutrient-dense foods which have a lot of nutrients but fewer calories can give you the nutrients you need, but keep down calorie intake.

If you are not getting enough calories or nutrients, you can add healthy snacks during the day, like raw vegetables with a low-fat dip or hummus, low-fat cheese and whole-grain crackers, or a piece of fruit. Unsalted nuts or nut butters are nutrient-dense snacks that give you added protein. Try putting shredded low-fat cheese on your soup or popcorn, or sprinkling nuts or wheat germ on yogurt or cereal.

To learn more about how to shop for food that's good for you, see: <https://www.nia.nih.gov/health/publication/whats-your-plate/shopping-food-thats-good-you>

If you eat too much of the wrong types of foods, you can put on too much weight. Obesity is a growing problem in the United States. But frailty is also a problem, and not just in thin people. As you get older, you can lose muscle strength and add more fat tissue. Being overweight puts you more at risk for frailty and disability, but losing weight is not necessarily the answer. Sometimes when older people lose weight, they lose more

muscle, which puts them at higher risk for falling, and having a broken bone after a fall. Exercise helps you keep muscle and bone. Also, for some people, a few extra pounds late in life can act as a safety net should they get a serious illness that limits how much they can eat for a while.

For more information about vitamins and minerals, visit <https://www.nia.nih.gov/health/publication/whats-your-plate/vitamins-minerals>

Eating Well

Eating well promotes and helps to maintain your energy level. Your food choices also affect your digestion. For instance, not getting enough fiber or fluids may cause constipation. Eating more whole-grain foods with fiber, fruits and vegetables, or drinking more water may help with constipation. Drinking plenty of water every day may help with constipation. You can increase your intake of water by eating vegetables and fruits, which have a high moisture content.

One Change at a Time

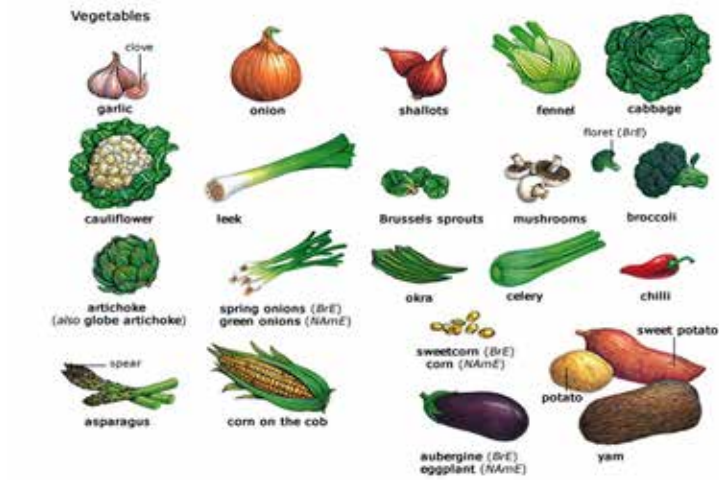
Eating well isn't just a "diet" or "program" that's here today and gone tomorrow. It is part of a healthy lifestyle that you can stay with. To eat healthier, begin by taking small steps. For instance, you might:

- Take the salt shaker off your table. Decreasing your salt intake slowly will allow you to adjust.
- Switch to whole-grain bread, seafood, or more vegetables and fruits when you shop.

These changes may be easier than you think. They are possible even if you need help with shopping or cooking, or if you have a limited budget.

Checking with Your Doctor

If you have a medical condition, be sure to check with your doctor or registered dietitian about foods you should include or avoid.



The high fiber content of fruits and vegetables can help manage digestion and reduce the chance of constipation.

You Can Start Today

Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent and look and feel good in the years to come.

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).

We offer the full continuum of care through Medicare-Certified Home Health Care, Hospice, and Private Pay Services.

**NVNA and HOSPICE**

- Skilled Nursing
- Physical, Occupational, and Speech Therapy
- Nutritionist
- Social Work
- Home Health Aides

120 Longwater Drive  
Norwell, MA 02061  
[www.nvna.org](http://www.nvna.org)  
**781.659.2342**

86 Turkey Hill Lane  
Hingham, MA 02043  
[www.nvna.org](http://www.nvna.org)  
**781.783.1627**

**NVNA WORKS**

- Private Pay Services
- Home Health Aides | PCAs
- Homemakers

2048 Washington Street  
Hanover MA 02339  
[www.nvnaworks.org](http://www.nvnaworks.org)  
**781.871.1040**

BECAUSE THERE REALLY IS NO PLACE LIKE HOME.

**SOUTHWOOD**  
  
at Norwell  
Nursing Center

# Exceeding Expectations in Healthcare

501 Cordwainer Drive, Norwell, MA 02061  
TEL: 781.982.7450 • FAX: 781.982.7451

**Specialized Health Care**

- Professional staff with certified Alzheimer's care training
- Individualized health care plans
- Therapeutic recreation
- Medication management expertise

**Family Supports**

- Education forums that promote health and well being
- Social programs that provide support and promote friendships

**Facility**

- Convenient hours
- Respectful, secure and nurturing environment
- Beautiful outdoor garden patio
- Door-to-door transportation

**COMPASSION • CARING • RESPECT • LOVE • KINDNESS**

**CareWell**  
Adult Day Wellness Center

**Premiere Adult Day Health Program**  
**Monday - Friday 8 a.m. - 4 p.m. • Saturday 9 a.m. - 3 p.m.**  
**NEW** state-of-the-art facility is conveniently located off Rte. 3 in Norwell's Assinippi Park.

**Caregiver Respite Program**

- Saturday Care 9 a.m. - 3 p.m.
- Elder Care at Night 8 p.m. - 8 a.m.
- On-Site Resources
  - Podiatrist
  - OT, PT, & Speech Therapy
  - Massage Therapy
  - Dental Hygienist
  - Hairdresser

**Taking Enrollments Now!**  
Call Ron at (339) 788 - 9635  
[rmorganelli@CarewellAdultDay.com](mailto:rmorganelli@CarewellAdultDay.com)  
for more information  
**[www.carewelladulthood.com](http://www.carewelladulthood.com)**  
141 Longwater Drive, Suite 104, Norwell, MA

**ACCEPTANCE • LAUGHTER • FLEXIBILITY**

**EMPATHY • PATIENCE •**



# HEARING AIDS!

## You Get What You Pay For!

"If it sounds too good to be true, it is too good to be true!"  
Be careful what you read.



FINALLY, A **PRESCRIPTION**  
FOR BETTER  
**HEARING.**

**CLEAR** hearing aids offer High Definition Clarity to help you enjoy a pleasant and more natural listening experience. The sound quality and speech enhancement is so extraordinary, you have to hear it to believe it.



**WIDEX CLEAR™**  
STAY IN SYNC WITH LIFE

### Other benefits include:

- Automatically adjusts to help you hear and understand better.
- Ultimate listening comfort in quiet and noise.
- WIRELESS Technology.

With 32 years of experience and owner of my own office, I can offer you:

- Significant savings on the purchase of new, state-of-the-art digital hearing aids.
- Hearing aid services and repairs on ALL MAKES!
- First floor handicap accessibility.
- Provider for: all State GIC plans and various Unions who offer hearing aid benefits.
- Fed BC/BS, Carpenter's Union provider.



Gary R. Rachins, BC-HIS  
Licensed & Board Certified  
Hearing Instrument  
Specialist - Lic # 53

# SUBURBAN

HEARING AID SERVICES

The Future of Hearing Aid Technology is Here!

197 Rockland Street • Hanover

Located next to CVS at Rt 139 & 53

(781) 826-4711 • 1-800-357-7712

[www.suburbanhearingaid.com](http://www.suburbanhearingaid.com)

## EVERYDAY BATTERY SPECIAL

**\$2.99**

### Pack of Six Batteries

(in office) Zinc Air Sizes: 312A, 13A, 10A  
(Limit 4 packs per visit / One coupon use every 6 months)

Expires 3/31/2016



## Big Data, *continued from page 1*

This big data can then be compared across the provider network and determine what is working and what needs to be addressed to ensure all parts of the care network are performing. This data helps providers prepare a forecast on what types of services will be needed and what is the most cost effective way to deliver it.

***"I think robots that have vision and manipulation as good as humans is a huge milestone that will happen in the next decade and is being underestimated."***

*Bill Gates during a Reddit Interview*

These organizational issues are in a part a result of the lowered reimbursement rates the providers receive for some services, while taking on new responsibilities to show their patients' improvement.

## Technology Savvy

A recent Pew Research Study found that 31% of all seniors (65 and older) are on Facebook. Thirty-one percent of baby boomers and 25% of 65 and older seniors report getting their news on a mobile device, including smart phones and tablets.

This adoption of technology and new ways of receiving information will allow the increased integration of technology in the delivery of health care. Seniors are becoming more familiar with the technology and will be more open to receiving medical care, like a visit with a primary care physician on an electronic device, instead of at the doctor's office.

Technology will be used to improve services across a patient's entire care plan, from the home to the skilled nursing center. And its adoption will be critical, as the recent Genworth 2015 Cost of Care Survey finds that "At least 70% of people over the age of 65 will require some form of long term care services and support during their lives."

Technology is already having a positive impact on the aging brain. According to a recent study at the Mayo Clinic in Arizona which spent four years tracking almost 2,000 people over 70 years of age

found that just "Logging on 'could reduce dementia risk.'" The study found that those over 70 years of age who use a computer once a week "are 42% less likely to develop mild memory impairment."

## Home Care

And has been the case for several years now, the importance of home care services will grow. More services will be delivered in the home, in more cost effective ways, by integrating emerging technology into the care plan.

Perhaps the most significant development in home care is the emergence of the residence monitoring system. An installation of cameras and sensors located in the home are designed to enhance the safety of remaining in the home, alerting loved ones of potential problems. Alerts can be immediately sent to an adult child's smart phone and local safety officers, providing a faster response time to an emergency.

The continued development of Telemedicine and home monitoring systems will allow people

to remain in their home for a longer period of time more safely. Telemedicine increases communication between provider and the home resident patient. More frequent monitoring of the patient's vital signs can be obtained at a lower cost.

A recent Supreme Court ruling mandated an increase in the minimum wage for caregivers working in the home. Families hiring these professionals must now maintain records to show they are fulfilling the pay requirements.

Technology will help manage this time tracking responsibility for both the providing agency and the family purchasing the services.

Agencies are creating client accounts on line which allows loved ones to monitor the care provided, hours served and any issues of concern that arise.



***Ready to go? Automated transportation will be a benefit to seniors looking to get around on their own schedule.***

The home will also come alive in new ways for seniors. Technology will provide home bound seniors with new ways to reduce isolation. Communication with loved ones will be even easier. Options for on line continuing education will entertain.

## Need A Ride?

As far as arranging transportation to that next doctor's visit because you're not driving anymore, no problem. Just book a ride through your smart phone with the driverless Google car service.



## We Understand Memory Care.

We understand what your family faces when someone you care about is coping with the early symptoms of memory loss. Our memory care residence is thoughtfully designed to compassionately meet the needs of your loved one. Our highly trained staff also provide families with guidance and education along this uncharted journey.

*Now offering the well-renowned Avita Memory Care Program*



*Experience the wonderful way of life at Stafford Hill*  
Call today to schedule a personal tour:

**508.830.9990**

60 Stafford Street | Plymouth, Massachusetts | [stafford-hill.com](http://stafford-hill.com)

## First Choice for Hearing Healthcare on the South Shore

Over 30 years in practice providing exceptional patient care  
Call us now for a free consultation 781-337-6860



**Diagnostic Hearing Evaluations**  
**Balance Evaluations**  
**Tinnitus Evaluations & Management**  
**Latest Hearing Aid Technology with Wireless Connectivity**

**Hearing Aid Purchases include a 60 Day money back guarantee**

**South Shore Hearing Center**

Trusted Credentials | Innovative Solutions  
Personalized Care

Education of a provider makes a difference!  
Our Doctoral level Audiologists and caring staff will go above and beyond to ensure we are a provider you can trust.

Stetson Medical Center 541 Main Street, Suite 418 Weymouth, MA 02190



## Workout At-Work or At-Home!

By Wayne L. Westcott & Rita La Rosa Loud

*This month my esteemed colleague Rita La Rosa Loud is going to share specific exercise information from her Workout at Work booklet with adaptations for you to do these exercises at home as well as at work.*

**QUINCY** - Lack of time is the number one reason most people give for not exercising. I want you to know that although we may find ourselves trapped indoors, or working late at the office, the opportunity to exercise does present itself. I admit, it can be challenging, but it is *not* impossible to fit regular exercise into our hectic schedules.

**Let's get started.** When in your office, living room or parlor, try to eliminate exercise obstacles. Turn off your TV or close your office door, and make room to move around. You do not necessarily need special exercise equipment. In fact, you only need your body weight and a few household and

workplace items. Certainly there is a wall or counter space available, plus a desk, table, chair, and a few books lying around.

**Workout tips.** Proper posture and form are paramount when working out. To maintain correct body alignment when standing, kneeling, or seated, keep your upper body erect, shoulders relaxed and abdominals pulled in. To achieve optimal results, use slow, controlled movement speeds and full range of pain-free motion as you lengthen and strengthen your muscles.

**The Warm-up.** It's important to warm up before you begin exercising as it helps ease your body into your workout by increasing blood flow to your heart, muscles, joints and connective tissues. You can perform the warm-up standing or seated in a chair. Begin by walking or marching in place, stepping side-to-side, and incorporating knee lifts. Shoulder shrugs and rolls go a

long way to loosen up neck, shoulders, and upper back. Smaller to larger rhythmic arm movements (front, side or overhead) gradually increases intensity while the reverse order lowers intensity. This process should only take two-to-three minutes

and will prepare you for the following strengthening and stretching exercises.

**The workout.** I have selected several, safe and effective upper, mid, and lower body exercises you can do at-home or at-work. Including the warm-up, this workout should take, at most, 10-15 minutes to complete.

### Upper Back

(1) To reduce tension and to strengthen the muscles in your **upper back**, clasp your hands behind your head and squeeze your shoulder blades together. Hold this isometric contraction for one-second and repeat 10-15 times.

(2) To stretch the upper back, extend your arms in front of your body and clasp your hands. As you round your mid-upper back, pull your arms away from your body and tuck your chin toward your chest. Hold this stretch for a count of 20, breathing throughout.

### Lower Back

(1) If you sit or stand a lot, your **lower back** muscles, tend to shorten. To strengthen these tight muscles, perform the **low back extension** exercise. Sit at the edge of your seat, legs in a wide stance, feet flat on the floor and clasp your hands behind your head. Next, lean forward from the hips as far as you can go comfortably. As you squeeze your shoulder blades together, slowly raise your trunk (head, neck, shoulders) at about a 45-degree angle to the floor. Repeat 10-15 times.



Rita La Rosa Loud (left) and Wayne Westcott.

(2) To stretch your spine, bend over and reach for your toes, or hold onto your thighs or legs. Let your neck and back relax as you tuck your chin in towards your chest. You should feel a pleasurable stretch down the length of your spine. Hold this stretch for 20 seconds then ease back into an upright position.

### Midsection

(1) Opposing muscles of the erector spinae are the **abdominals**. When strong, they help to support and protect your spine, and prevent low back pain. If you do not have a rug in your office or living room, place a towel or mat on the floor. Lower yourself onto the floor and bring your hips up to the front of your chair or sofa. Next, lift up your legs and with knees bent rest your legs onto the seat. Keep your back flat on the floor, and place your fingertips on either side of your head, elbows back, away from your face. With shoulder blades squeezing, neck relaxed, slowly lift your head, neck, shoulders as a unit to perform

the **abdominal crunch**. Exhale as you contract your abdominals, pause, then lower your torso. Repeat 10-15 times.

(2) If you are unable to get down onto the floor, or this exercise is too difficult, practice a **deep breathing exercise** in an upright position. To engage the deep abdominal muscles, breathe in through your nose filling your lungs with air, then purse your lips and breathe out to empty your lungs of air. You can do this breathing exercise any time of day.

(3) To stretch your abdominals as you lay on the floor and legs up on your chair, reach overhead, clasp your hands and stretch. You can mimic this same stretching exercise while seated at the edge of your seat, but be sure to avoid excessively arching your lower back in whichever stretch, and remember to breathe throughout. Release this stretch after a count of 20.

### Upper Body

(1) Next is an exercise for your shoulder, called the **lateral raise**. You can use two-average sized books from your bookcase (thicker books provide more resistance). You may do this exercise seated or standing, but be sure to use

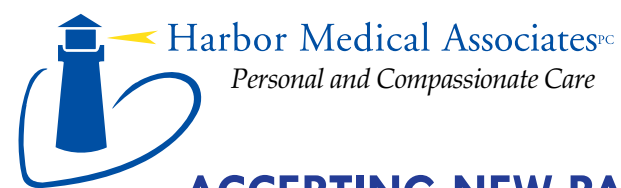
good posture throughout. Hold a book in each hand. Begin this exercise with your arms bent, elbows by your sides (palms facing in), and keep wrists flat throughout. Leading with your shoulders, slowly raise your arms by your sides. Stop slightly below shoulder level (palms facing down). Contract your shoulder muscles at the top of the move before slowly lowering your arms back down to your sides. Repeat the shoulder raise (abduction) 10-15 times.

(2) Now stretch each arm one at a time. Place your right hand on your left shoulder, with your left hand underneath your right arm. Gently pull your right arm toward the left side of your body, and relax your shoulder and neck. To increase this stretch, look over your right shoulder. Hold this stretch for 20 seconds then repeat with the opposite arm.

### Lower Body

(1) Sitting for long periods of time working on your lap top or computer, or watching your favorite programs, can restrict blood flow to your feet and legs.

*Workout, continued on page 14*



## ACCEPTING NEW PATIENTS

### Primary Care

Internal Medicine  
Pembroke, Scituate and  
South Weymouth

Family Medicine  
Holbrook, North Weymouth, Pembroke,  
Scituate, and South Weymouth

Primary Care New Patient Line:  
(781) 952-1303

Urgent Care  
South Weymouth  
(781) 952-1433

### Specialty Care

Cardiology  
South Weymouth – (781) 952-1240

Endocrinology  
South Weymouth – (781) 952-1280

Gastroenterology  
Braintree – (781) 848-6040

General/Vascular Surgery  
Braintree –  
(617) 296-0242 and (781) 335-4815

Neurology  
Weymouth – (781) 335-3900

Pulmonology  
South Weymouth – (781) 952-1460

Harbor Medical Associates  
is now part of



BRIGHAM AND WOMEN'S  
Health Care

Our physicians are on the medical staffs of South Shore Hospital, where they admit their patients when needed, and Brigham and Women's Hospital, for patients who need referrals for complex care.

Visit us at [www.harbormedical.com](http://www.harbormedical.com)  
Accepting Most Major Insurances

## Compassion. Excellence. Reliability.

BAYADA provides:

- Nursing care for disease management
- Assistive care, such as bathing and dressing
- Highly qualified nurses, therapists, medical social workers, and home health aides

Bayada Nurses is now BAYADA Home Health Care.



Nursing and therapy 617-472-1333 | Assistive care 617-773-0012

[www.bayada.com](http://www.bayada.com)

## WE'RE MOVING

George Weir

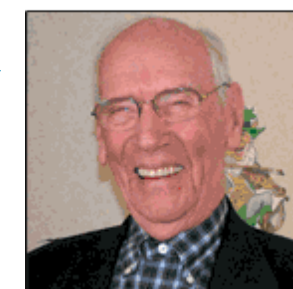
*"The Moving Coach"*

Over 50 years serving the South Shore!

(339) 788 - 9699

[George@weirmoving.com](mailto:George@weirmoving.com)

[www.weirmoving.com](http://www.weirmoving.com)



SLR SENIOR LIVING RESIDENCES  
The Right Values

ASSISTED LIVING & COMPASS MEMORY SUPPORT  
Boston, the South Shore and Beyond

Reserve your apartment this month and  
WE'LL HELP PAY FOR YOUR MOVING COSTS!

Visit [SeniorLivingResidences.com](http://SeniorLivingResidences.com) for more info



# A Simple Stumble May Signal Problems

By Andrew Schneeloch

**ROCKLAND** - Dad recently switched medications and starting shuffling more than walking. Last week, he tripped on a bedroom rug but landed on the bed. He was shaken but not injured. Yesterday, Mom tiptoed to reach for baking soda in the kitchen cupboard and slipped, bruising her ribs. You worry about your parents’ safety at home and know it’s time to help prevent falls from happening. But what’s the best approach?

Aging increases the risk of stumbling and sustaining injuries. The Centers for Disease Control and Prevention (CDC) reports that one out of three Americans age 65 and older falls each year. Roughly 20 percent of falls cause serious injuries including lacerations, broken bones and head injuries. Annually nationwide, at least 250,000 elderly people are hospitalized because of hip fractures, and more than 95 percent of these broken hips originate from a fall.

Fall-related fractures are more than double for older women than for older men. For the elderly, injuries from a fall often limit mobility and can lead to isolation and depression. A quick stumble can even prove deadly. Weakened balance, vision and physical strength affect an elderly person’s ability to stay on his/her feet, so regular eyesight and overall health exams are essential. Medication reviews by a physician are also crucial since many elders fall because of medication side effects or dosage issues.

Seniors who fall, even if they are not injured, often develop a fear of falling. This fear can keep them from enjoying regular activities, which then reduces mobility and physical fitness. With less muscle tone and confidence, a person’s actual risk of falling increases. Falls also limit older adults from living independently.

The following home safety tips may help:

## Home Safety Tips



*Prevention:* Ensure a light is within easy reach of the bed, and use nightlights to illuminate the path from the bed to the bathroom.

### Hallways

*Common fall hazard:* Obstacles and electrical cords across pathways.

*Prevention:* Remove clutter, cords and furnishings so walking areas are clear.

### Kitchen

*Common fall hazard:* Unstable chairs.

*Prevention:* Use stable, non-wheeled kitchen chairs with armrests to help older adults sit and stand up safely.

### Living Room

*Common fall hazard:* Carpet with upended edges or uneven, worn seams.

*Prevention:* Tape down upended carpet edges or replace carpet where needed.

### Steps

*Common fall hazard:* Lack of handrail support.

*Prevention:* Install rounded handrails on both sides of the steps; handrails should extend beyond the top and bottom steps.

### Bathroom

*Common fall hazard:* Slippery floor surfaces; towels or slippery rugs on the floor.

*Prevention:* Lay nonslip mats on the floor and install grab bars in a contrasting color.

### Bedroom

*Common fall hazard:* Poor lighting (especially at night).



**Queen Anne**  
NURSING HOME

*South Shore’s  
Preferred Nursing &  
Short Term  
Rehabilitation Center*

50 Recreation Park Drive  
Hingham, MA 02043  
TEL: (781) 749-4982  
FAX: (781) 740-4283

**South Shore Visiting Nurse Association  
Hospice of the South Shore  
Home & Health Resources**

**Advanced Options For In-Home Care**

- ♦ Ranked in the nation's top 500 of home health providers for four consecutive years
- ♦ More than 400 nurses, therapists and aides
- ♦ Highly specialized care for those with cardiovascular disease, cancer and Alzheimer's

**2015 TOP 500 HOME CARE AGENCY**



- ♦ Palliative care for people with serious or life-threatening illness
- ♦ Family-centered hospice care for terminally ill patients
- ♦ A private-pay program offering home health aides and nursing care

**Programs of South Shore Hospital**

Call (781) 624-7001 or visit [southshorehospital.org/homecare](http://southshorehospital.org/homecare) to learn more.

30 Reservoir Park Drive, Rockland, MA 02370

[f](#) [t](#) [in](#) [v](#)

In addition to protecting older adults from falls inside their home, it is important to note that slips and trips occur more often on the external premises, especially in inclement weather.

Men tend to fall outdoors more than women, and those seniors who are most active fall more often than those with physical frailties. Nearly half of tumbles outdoors are related to walking, particularly on uneven sidewalks or tripping over curbs.

More than 70 percent of people who fall outside land on a hard surface such as concrete, asphalt or rocks. Fortunately, many falls outside can be prevented through proactive measures including the following:

- **Stay aware of uneven terrain and slippery surfaces.** Watch for holes, tree roots and ice.
- **Check the height of curbs and steps** before stepping up on them or down from them. Curbs with inclines or cutaways for bicycles can be misleading.



**When you’re looking for the best hospice care**

**Look to Hope.**

Hope Hospice has provided care and support for those facing serious illness for 35 years. For those eligible for hospice care, our unique Open Door Philosophy™ offers new hope to even more families. And our dedication, respect and compassion help provide the best quality of life possible. That’s why so many families look to Hope for hospice care.

To learn more, call 508.957.0200 or visit [HopeHealthCo.org](http://HopeHealthCo.org).

**Hope Hospice**  
Touching Lives

HOPE HOSPICE | HOPE HOUSECALLS | HOPE DEMENTIA & ALZHEIMER’S SERVICES  
HOPE CARE FOR KIDS | HOPE COMMUNITY CARE | HOPE ACADEMY

**“Aging increases the risk of stumbling and sustaining injuries. The Centers for Disease Control and Prevention (CDC) reports that one out of three Americans age 65 and older falls each year.”**

- **Wear correct eyewear when walking.** Reading glasses or bifocals can distort the ability to see potential hazards.

If balance is a problem, it is best to use a walker or cane or hold the hands of caregivers when stepping onto curbs or up steps.

To safeguard the outdoor environment around the homes of seniors, install

handrails and good lighting on stairs and walkways. Steps and patios need to remain in good shape with no worn-down areas or loose nails. For extra safety and traction, patios and steps can be covered with weatherproof and textured paint.

### About The Author

*Drew Schneeloch is CEO of Right at Home South Shore. He recommends Right at Home’s [Fall Prevention Guide](#) to help family caregivers and seniors identify and avert fall hazards inside and outside the home. The guide was developed with the assistance of Dr. Rein Tideiksaar, a gerontologist, geriatric physician’s assistant and president of FallPrevent.*

*Right at Home serves the communities of Abington, Braintree, Bridgewater, Carver, Cohasset, Duxbury, East Bridgewater, East Brockton, Hanover, Hanson, Hingham, Holbrook, Hull, Kingston, Marshfield, Middleboro, Milton, Norwell, Pembroke, Plympton, Plymouth, Randolph, Rockland, Scituate, Wareham, Weymouth and Whitman. For more information, you email [info@rah-southshore.com](mailto:info@rah-southshore.com) or call (781) 681 – 3545.*

## Your Ears Need TLC!

There are many ways to care for your ears. The best thing you can do is have someone who will guide you and answer your questions without making you feel rushed.

Let the Tobias family make you feel at home with people that care about you, not your wallet.

Don’t let your doctor send you elsewhere! Exercise your right to experience a higher level of personalized care.

We are three generations dedicated to people’s hearing issues in the Boston area since 1959!

**CALL** to schedule your **free** hearing test and consultation!  
**617 770-3395**

**Tobias Hearing Aids, Inc.**  
**382 Quincy Ave, Quincy 02169**

near Roche Bros and Walmart



Stephen P. Tobias B.C. HIS  
MA Lic #59  
B.S. Science UMass 1978



# SENIOR CELEBRATION

## Exhibitor Opportunities...

Educate hundreds of consumers about your products and services. Be part of the **24th Annual Senior Celebration** to be held on **Tuesday, May 24, 2016** at the **Shaw's Center, Brockton.**

*This highly successful event is enjoyed by over 600 older adults who are treated to...*

Free Entertainment, Free Seminars  
Free Workshops, Free Exhibitor Information  
Free Refreshments

**Interested in Exhibiting?**  
Contact Lisa Bronstein at  
American Health Resources, Inc  
(508) 588-7700  
lisab@ahrevents.com

## Advertising Opportunities...

Reach 10,000 with your message in the Senior Celebration Exhibit Guide & Program. South Shore Senior News will produce a 4-page, 4-color insert in the May issue. Special discounted pricing is available.

**Interested in Advertising?**  
Contact Greg Porell  
South Shore Senior News  
(508) 212-4862  
gporell@southshoresenior.com

### Sponsors:



## Workout, continued from page 11

Running around after your grandkids, or standing after a hard day's work can also result in achy feet. To increase circulation in your feet and strengthen **calf** muscles and **arches**, try this **calf raise** exercise. Remove your shoes and stand in front of your filing cabinet, fireplace mantle, or kitchen counter and hold on to the top or sides to support yourself. Keep abdominals pulled in and maintain a neutral spine as you stand erect. With legs straight, press your toes against the floor and begin raising your heels and body weight to the balls of your feet. Go as high as you can until you feel your calf muscles contract (do not let your feet roll in or out). Then slowly lower your heels back down. Lift and lower for 10-15 repetitions.

(2) To stretch your calf muscles, lean forward with arms straight supporting your body weight against a cabinet, counter, or mantle. Called a **"runner's stretch"**, slide one leg straight back; keep the other knee bent in front. With hips square, back leg straight, heel in line with your foot, press your back foot and heel gently against the floor. You should feel a nice stretch in the back of your lower leg. Hold this stretch for 20 counts and repeat with the other leg.

(3) Seated at your desk at the work place or home, the large muscles of your lower body, are not being fully utilized. The old adage, *"if you don't use it, you'll lose it!"* is true. Yet, the motion of sitting and standing is the precise solution for this predicament. The **wall squat** exercise will strengthen all these muscles. Find a clear wall space. Stand with your lower, mid- and upper back against the wall. Keep abdominals pulled in, legs hip-width apart, and knees in line with your ankles. Slowly slide down the wall until your knees are parallel with your thighs at a 90-degree angle. Pause then use your thighs to help you slide back up. Repeat bending and extending your legs for 10-15 repetitions.

All of these exercises are designed to be performed at-work or at-home. You should discover that as you perform these exercises at various times during the day, your body will respond favorably and work more efficiently. You can improve your posture, restore flexibility, gain muscle tone and even increase your productivity just by taking 10-15 minutes out of your day to strengthen and stretch your body.

If you have any questions about the exercises, feel free to contact me or Dr. Wayne Westcott at (617) 984 - 1716. You may also stop into our Quincy College Community Health and Fitness Center to discuss, observe, or practice any of the exercises. In the meantime, I hope you will take the time to give these exercises a try and experience a reinforcing activity session!

### About The Author

Wayne L. Westcott, Ph.D. is professor of Exercise Science at Quincy College and is author of 28 fitness books. Rita LaRosa Loud, holds a B.S. in Exercise Physiology and directs the community Health & Fitness Center at Quincy College.

**For additional details on these exercises and a few more you can try, read more on Rita's tips at [www.southshoresenior.com](http://www.southshoresenior.com).**

*Always remember to consult with your health care providers to ensure you are healthy enough for a physical activity program.*

## Local News



## One in Five Having Trouble Managing Meds

**BOSTON** – A recent survey by Home Instead Senior Care found that one in five seniors are having trouble managing their daily medications, including keeping track of which medications they had taken. The home care provider is stressing the importance of talking with aging loved ones and announced its program, Let's Talk about Rx<sup>SM</sup> ([www.LetsTalkAboutRx.com](http://www.LetsTalkAboutRx.com)). The web site offers families free print outs and resources, tips, and insight into potential medication pitfalls facing seniors.

According to studying findings, this type of unintentional medication misuse can often lead to devastating consequences. The free guide helps families better understand the potential risks associated with this growing problem and provides tools that can help older adults safely manage their medications.

The company states that studies find medication errors are among the most

serious health risks facing seniors, and a key factor leading to long-term care placements, such as in a nursing home. However, for many, medication management is a difficult subject to broach as it is a very personal topic. Often times, seniors have been managing this aspect of their life on their own for many years and may not be fully aware of potential pitfalls.

The report includes recommendations to start the conversation with a loved one:

- Have a family or professional caregiver accompany the senior to the doctor to ask questions and ensure full understanding of the medication regimen.
- Make one doctor the gatekeeper to manage medications and discuss any problems taking a medication, such as the inability to swallow a pill.



- Use medication organizers, such as a pill box.
- Use medication trackers.
- Consider ordering medications from a pharmacy that provides pre-packaged doses of medications and vitamins

For more tips and a senior medications solutions guide from Home Instead Senior Care, visit [www.LetsTalkAboutRx.com](http://www.LetsTalkAboutRx.com).

## Spring Adult Walking Club Announces New Schedule



**MILTON** – The Southeastern Massachusetts Adult Walking Club takes to the local trails each weekend with recreational walks for everyone 16 years of age and above. The new spring season walk schedule is now available, and includes walks in the Blue Hills Reservation (Milton), Borderland State Park (North Easton), Wompatuck State Park (Hingham), Ellisville Harbor State Park (Plymouth) and the F. Gilbert Hills State Forest (Foxboro).

Walks average two to five miles and there is no fee to join in. The outings are led by a park ranger or Walking Club volunteer leader. Rangers recommend wearing hiking boots and bringing drinking water on all hikes and walks. Terrain varies from easy (mostly level terrain); moderate (hilly terrain) and difficult (strenuous and steep).

The Department of Conversation and Recreation also offers more than 70 Healthy Heart Trails across the state, including some on the South Shore. For a free map, you may visit [www.mass.gov/dcr/recreate/hht](http://www.mass.gov/dcr/recreate/hht). For more information on the Adult Walking Club, request a copy of the spring brochure by emailing Ranger Tom Bender at [Tom.Bender@state.ma.us](mailto:Tom.Bender@state.ma.us).

## John Adams HealthCare Center

### Specializing in:

*Short-term rehabilitation in a homelike setting.*



- 24-Hour Skilled Nursing Care
- Respite Care
- Hospice Care

For more information call:

**Deb Ring**  
Director of Admissions  
(617) 479 - 0837

**"Care Is Our Business"**

211 Franklin Street, Quincy, MA 02169



# South Shore Community Calendar



## THINGS TO DO, PLACES TO GO

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

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

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

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

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

**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

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

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

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

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

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

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

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

# South Shore Community Calendar



## INFORMATION SEMINARS

**Being Mortal:** Beacon Hospice, in collaboration with the Rockland COA will show the PBS documentary "Being Mortal" on Wednesday, March 23<sup>rd</sup> from 1 - 2:30 p.m. at the Robert J. Nyman Rockland Senior Center in Rockland. All are welcome and free of charge. Call (781) 871 - 1266 for more information.

**Walk for Alzheimer's Kick-off Breakfast:** HopeHealth is inviting walkers for its 2016 Walk for Alzheimer's kickoff breakfast on Thursday, March 24<sup>th</sup> at The Pavillion at Pinehills Golf Club in Plymouth from 7:30 - 9 a.m. Learn about the walk and how your efforts help those afflicted with the disease. Sean Doherty, Night Guy and Director of Marketing at Cape Cod Broadcasting for

99.9 The Q. For more information, you may call (508) 957 - 0282 or via email at Walk@HopeHealthCo.org.

**Caregiver Wellness Workshop:** Wingate at Silver Lake in Kingston will host a workshop focused on topics to improve the wellness of the caregiver on Wednesday, March 24<sup>th</sup> from 5 - 6 p.m. Sponsored by Right at Home South Shore, workshop topics will include: learning how to relieve stress; mindfulness practice; making time for yourself; personal well being and care and information on caregiver support groups. Wingae at Silver Lake is located at 19 Chipman Way in Kingston. For more information call (781) 585 - 4101.

**Life Long Learning Registration:** Choose from 15 classes on the program list at the Marshfield Council on Aging beginning April 12<sup>th</sup> at 8:30 a.m. Classes range from the arts, to history, cooking and more. Call (781) 834 - 5581 ext. 13 for more information.



## 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)  
South Shore Senior News  
14 Youngs Road, Suite 2  
Dedham MA 02026

## We Connect You With Local Resources

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

### Adult Day Health Centers

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

### Alzheimer's Coaching Services

- ☐ StilMee - The Leader in Alzheimer's Coaching

### Home Care Services

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

### Hospice

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

### Independent and Assisted Living

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

**Please mail my free, no  
obligation information to:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

ZIP: \_\_\_\_\_

Tel (optional): \_\_\_\_\_

Email (optional) \_\_\_\_\_





## Extend the Garden Season with Spring Planting

By Melinda Myers

Keeping your garden looking its best throughout the growing season and into fall is possible with the help of low maintenance spring planted bulbs. Plant them in spring among other annuals or perennials and watch as these bulbs brighten and add new life to your late season gardens.

Whether your gardens and containers are in full sun or shade you'll enjoy the attractive foliage and pop of color that dahlias, cannas, calla lilies, caladiums and elephant ears will add to the landscape.

These easy care plants reward you with loads of beauty. Just plant, water and enjoy. Grow dahlias in sunny areas with at least six hours of sunlight for the best floral display. Simply plant the tuberous roots four to six inches deep with the stem facing up after the danger of frost has passed. Use dahlias in a cutting garden or as an attractive screen

along fences and property lines. Use the shorter more compact border dahlias, like 'Gallery Pablo' in containers on your patio, balcony or deck where you and the hummingbirds will enjoy their blooms.

Wait until the danger of frost has passed to plant cannas in a full sun to partially shaded locations. Plant the canna rhizomes horizontally two to three inches deep with the growing point facing up. Take advantage of their bold foliage and use cannas as a backdrop in the flower border or screen in the landscape. Use as a vertical accent in a large container or select dwarf varieties for smaller pots.

Calla lilies are another spring planted bulb that thrives in full sun or part shade. The speckled foliage adds color to the garden all season long. Include these one to two feet-tall plants in the front or middle of the flower garden

or as a vertical accent or filler in a pot. And don't forget to cut a few flowers to enjoy indoors. The black flowers of 'Night Cap' teamed with the white blooms of 'Crystal Clear' create an elegant display.

Like the other bulbs, wait for the danger of frost to pass



*Calla lilies, like the black flowers of 'Night Cap' and white blooms of 'Crystal Clear,' are spring planted bulbs that thrive in full sun or part shade.*

**Photo credit: Longfield Gardens**

before planting them outdoors. Plant the knobby rhizomes two to four inches deep with the growing point facing up.

Add some color and plenty of wow factor to shaded areas with the foliage of caladiums and elephant ears. These tropical beauties thrive when soil and air temperatures are warm. Wait for the danger of frost to pass and the soil to warm, 65 to 70 degrees, before planting them in the garden.

### About The Author

Melinda Myers has over 30 years of gardening experience and has written over 20 gardening books, including *Small Space Gardening*. She hosts The Great Courses "How to Grow Anything: Food Gardening for Everyone" DVD set and the nationally syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Longfield Gardens for her expertise to write this article.

**Celtic Angels Inc.**  
Personalized Home Health Care  
Call today for a FREE initial consultation with an RN!!  
781-331-0062  
www.celticangelsinc.com



## Fruit Growing Workshops

**MARSHFIELD** – The Marshfield Agricultural and Horticultural Society will host a series of workshops over the next few weeks to help local gardeners grow fruits this summer. The workshops will take place inside the Administration Building at the Marshfield Fairgrounds. Workshop leaders are Sonia Schloemann, a fruit specialist with UMass Extension and Charlotte Trim, peach farm owner in Lexington, MA.

The workshops are:

- **Growing and Pruning Blueberries**, Saturday, March 26<sup>th</sup> from 10 a.m. – 2 p.m. (\$50), register at <http://blueberries.bpt.me>
- **Growing Raspberries**, Sunday, April 10<sup>th</sup> from 10 a.m. – 2 p.m. (\$25), register at <http://raspberry.bpt.me>
- **Growing Strawberries**, Sunday, April 10<sup>th</sup> from 1 – 3 p.m. (\$25), register at <http://stawberry.bpt.me>
- **Growing Peaches**, Saturday, April 23<sup>rd</sup> from 10 a.m. – 2 p.m. (\$25), register at <http://peach.bpt.me>

For additional information, call (781) 635 – 0889 from 10 a.m. – 8 p.m. or visit [www.MarshfieldFair.org/workshops2016.htm](http://www.MarshfieldFair.org/workshops2016.htm).



## WHY YOU SHOULDN'T TRANSFER YOUR ASSETS

**Has someone told you, you need to give your assets away to protect them?**

If you transfer your assets, you will:

- ☒ Lose control of them forever.
- ☒ Be dependent on those you transfer them to.
- ☒ Create additional taxes to those you transfer to.
- ☒ Risk losing them to your children's bankruptcy, lawsuits, or to your children's spouses in divorce.
- ☒ Lose significant tax advantages.
- ☒ Risk becoming ineligible for Medicaid for 60 months or more.

**Asset protection planning includes many complex laws, including tax law, trust law, Medicaid law, probate law and contract law.**

Make sure your attorney is qualified to protect you.

**Learn about asset protection trusts that:**

- ☒ Allow you to control your assets until death.
- ☒ Allow you to retain all income from your assets.
- ☒ Enable you to protect your assets from the nursing home.
- ☒ Ensure you qualify for Medicaid, in the shortest period of time.

## UPCOMING WORKSHOPS

**"ESTATE PLANNING ESSENTIALS"**

**Tufts Public Library**

46 Broad Street, Weymouth, MA

Tuesday, March 29, 2016

10:00a.m. - 12:00p.m.

**Thayer Public Library**

798 Washington Street, Braintree, MA

Thursday, March 31, 2016

10:00a.m. - 12:00p.m.

### Reservations Required

Seating Limited to 20 Seats Per Session

No Cost or Obligation • Refreshments Served

**Call 617-769-9843 to reserve your seat today.**

**Law Office of Robert E. Romano**

Estate Planning, Medicaid Planning, Asset Protection, Elder Law

21 Franklin Street, Quincy, MA

Robert E. Romano, Esquire, CFP

**www.RobertRomanoLaw.com**

## Are You at Risk for A Heart Attack or Stroke?

### FREE Cardiovascular Screening throughout April at the Hanover Mall

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

### Who Should be Screened?

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

Smoking • Diabetes • Hypertension • High cholesterol • Family history

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

### Where:

Hanover Mall (Sears wing), 1775 Washington St., Hanover, MA 02339

### Sponsored by:

South Shore Visiting Nurses Association







## Kickin' Up Country For Home Care

WEYMOUTH – The Friends of Home Care announced its annual fundraiser, the “Hoedown for Home Care,” has a new name. On Saturday, April 16<sup>th</sup> the Friends are strapping on their boots for *Kickin' Up Country for Home Care*. The annual event raises funds to support the Home Care Division of South Shore Hospital.

The group said the name change “more accurately encompasses the event’s overall vibe with new-age and classic country belted out by the band, Southern Sky ([southernskyri.com](http://southernskyri.com)).”

With the new name comes a new venue. Pembroke Country Club will be the host for the good times, great food, fantastic tunes and fabulous raffle prizes, said the Friends’ announcement. Mark your calendar to meet up with your posse of friends to support the Home

Care Division which provides hospice, visiting nurse and private duty nursing care to thousands of residents on the South Shore. The evening schedule includes:

- Wet Your Whistle at 6 p.m.
- Supper’s at 7 p.m.
- Grab Your Partner at 8 p.m.

Tickets are \$35 each or a table of eight for \$240. Purchase tickets online at [southshorehospital.org/events](http://southshorehospital.org/events) or call (781) 624-3788. Premier Sponsors include Old Fighter Memorial Golf Tournament and the Pembroke Country Club.



### Free Legal Clinics

## Have Issues?

QUINCY – If you have a legal question or are you confused about a legal issue, The Bar Association of Norfolk County might be able to help. The Bar is sponsoring Free Evening Legal Clinics as a public service to the community over the next few months on the South Shore. A panel of attorneys experienced in all areas of the law will be available for a one-on-one consultation to discuss legal questions. All consultations are strictly confidential. The clinics will be held from 6 – 8 p.m. at the following courts:

- Dedham District Court April 5, 2016
- Quincy District Court May 3, 2016
- Quincy District Court June 7, 2016
- Quincy District Court July 5, 2016
- Dedham District Court Aug. 2, 2016

For further information, please contact Adrienne C. Clarke of the Bar Association of Norfolk County at (617) 471 – 9693, or visit the Bar’s web site at [www.norfolkbarassn.org](http://www.norfolkbarassn.org).

## Pope Rehabilitation & Skilled Nursing Center



### Exceptional Post-Acute Rehab & Skilled Nursing Care!

- ♦ On Call Physicians
- ♦ Post Surgical Rehab
- ♦ Alzheimer’s Residents Welcome
- ♦ 24 Hr Nursing Coverage
- ♦ Respite Stays Welcome
- ♦ Hospice & Support Services

(781) 335-4352

140 Webb Street, Weymouth, MA 02188

[www.rehabassociates.com/pope](http://www.rehabassociates.com/pope)

