

South Shore Senior News



MAY 2016

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Book Review

An Insult to the Brain



*Author Marie Fricker (right)
with Dr. Andrew Norden.*

By Greg Porell

SCITUATE - Cancer is a topic that never goes away. Everyone fears it. Some of us get it. Everyone is affected by it.

There have been many books, articles, and television reports on cancer and there is unlimited information on the Internet. Most people probably feel they know all they need to know about the disease.

So when a new book by Scituate author Marie Fricker arrived, it didn't jump to the top of our review list.

***An Insult to the Brain*, continued on page 8**



*Matters of
the Mind*

**BEVERLY
MOORE, RN, CS**

What is Wandering?

QUINCY - The weather is getting warmer and the days longer, the time caregivers worry about the statistics on wandering. It is known that over 50% of people with dementia will wander.

I take issue with the word 'wandering' as it not without a purpose; people don't just wander away without reason. There are triggers to a person leaving their home without notifying their caregiver.

There are signs that may indicate a risk of 'wandering'. If a person becomes disoriented in their own home, he may leave to find a more familiar place and end up never finding one; thus getting lost.

When a person with dementia is feeling unsafe emotionally due to confusion and the caregiver is not directly visible, she

***Wandering*, continued on page 2**

Low Maintenance Flower Garden Care

By Melinda Myers

Grow a beautiful flower garden with minimal care by investing a bit of time at the start of the season to reduce on-going care.

Always match flowers to the growing conditions and the care you are willing to provide. Low maintenance plants need minimal or no deadheading and staking. This means you'll be growing good-looking plants with little effort on your part. And if the plants are suited to the growing conditions and resistant to common pests you'll be doing less work managing insect and disease problems.



Melinda Myers

***Garden Care*, continued on page 5**

24th Annual Senior Celebration

Exhibit Guide & Program

Your complete guide to the 24th Annual Senior Celebration at the Shaws Center in Brockton is available inside as a special pull-out and save section. All the information you need to navigate the show floor, grab a front row seat for the entertainment and get to your seat on time for valuable information seminars is included starting on page 9.

may leave to find the caregiver who may be napping or in a different part of the home at the time.

One caregiver was taking a relaxing bath in the middle of the night while her husband slept. It was the only time she could take as he followed her around all day, unable to structure his own time.

He however, awoke, didn't see her anywhere, and left wandering the neighboring beach area in his pajamas. Luckily neighbors were alerted with his calling her name over and over, and called 911. He was unharmed.

With either weather extreme of cold in winter or heat in the summer, a person can be at high risk for frostbite or dehydration. Risk of leaving unattended is always risky as persons with dementia often have deficits in logic and judgment.

There are several devices that are helpful. The Safe Return bracelet from the Alzheimer's Association helps first responders to locate family to retrieve a lost family member. This is a helpful device for people who don't necessarily need watching 24/7.

"Persons with dementia often have deficits in logic and judgment."

Later when a person at risk needs 24-hour attention, the Lo Jack GPS bracelet or anklet is a must. This service has a record of finding the person reported missing within 30 minutes, 100% of the time. This is a boon to families who find their family member missing and can call Lo Jack immediately. This obviously is only good if the caregiver is always present and aware the person has left.



Matters of the Mind
BEVERLY MOORE, RN, CS

So much has improved since I started seeing caregivers 16-plus years ago. The resources are innumerable for making caregiving someone with dementia safer and easier.

Have a safe late spring and summer.

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. Visit Beverly's blog at www.StilMee.com. Beverly can be reached at StilMee@comcast.net.

Hospice: The Best Kept Secret in Healthcare

By Melissa Weidman

HYANNIS - What if you were diagnosed with a life-limiting illness? What if you found out there's a medical benefit that provides expert medical care at home or wherever you reside with the goal to help you be as comfortable, pain-free and alert as possible?



Melissa Weidman

That it also includes emotional and spiritual support for your caregiver and family members? That medications, medical equipment and care are covered by Medicare and/or private insurance, and delivered to your home?

This isn't fictional, it's a real national health benefit provided by our government, available everywhere to all eligible. It saves taxpayer dollars because it can help avoid unnecessary hospitalizations, pain, interventions and complications.

Most importantly, it aims to enhance quality of life for all involved. But it's underutilized because of widespread misperceptions.

This benefit is called hospice. It's also been called the best kept secret in healthcare. But hearing the word can drive doctors and patients alike into fearful reactions based on old stereotypes and misinformation, such as:

- "I'm not on my last legs—hospice is only for the last few days or weeks."
- "Hospice means giving up."
- "Hospice will take me out of my home, stop all medical care and cost a lot."

These statements are completely false. But medical providers can be afraid to bring up the topic of hospice, thinking it might rob

the family of hope. Understanding the reality of these services shows that providing hope is exactly what hospice does best. Here are some of the most commonly heard misperceptions and the facts to address each one:

Hospice is where you go when there is nothing more a doctor can do.

Hospice is highly-specialized medical care designed for patients diagnosed with life-limiting illness. Hospice professionals are

Secret, continued on page 10

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Bladder Problems Are a Common Concern

By Diana DiGiorgi

BROCKTON - Bladder problems are not a common dinner table conversation, but urinary tract infection (UTI) is one common bladder problem that increases as people age. UTI is the second most common type of body infection. Every year, UTIs cause 8 million visits to health care providers.

Your urinary tract is your drainage system: it removes wastes and extra water. Your urinary tract includes two kidneys, two ureters, a bladder, and a urethra. All of us use our bladder many times each day, but many of us do not know how to recognize problems with our bladder function.

A bladder is very much like a balloon. It is a hollow organ that stores urine. Muscles in the floor of your pelvis help hold urine in your bladder, which is located in your lower abdomen. When you eat or drink, your body can't use all parts of what you

consume. Your body takes what it needs from foods and drinks, then gets rid of the left over wastes. Your kidneys help remove these wastes and extra water by filtering them out of your blood to make urine. The urine made in the kidneys travels through the ureters to the bladder. The urine is stored in the bladder until you are ready to urinate. When you urinate, the urine exits the body through the urethra.

On a typical day, adults pass about a quart and a half of urine through the bladder and out of the body. That is the equivalent of four 12 ounce cans of soda. But the exact amount of urine made each day is different for every person. The amount of urine you make depends on how much fluid and food you take in, how much you lose by sweat, how much you lose from physical activity and breathing, and what medicines you take.

Your bladder changes as you get older. It becomes tougher, and less stretchy, which means it can't hold as much urine, which

causes you to go to the bathroom more often. Your bladder wall and pelvic floor muscles also can weaken making it harder to empty your bladder fully. Weak pelvic floor muscles can also make it difficult to hold urine in the bladder and can cause urine to leak.

These very common bladder problems can impact your quality of life. When people have bladder problems, they may avoid family events or other social settings. These problems can also make it hard to get tasks done at home or at work. Some of the most common bladder problems include trouble urinating, loss of bladder control, leaking of urine, and frequent need to urinate.

Bladder, continued on page 15



Garden Care, continued from page 1

Further reduce your workload by selecting self-cleaning or free flowering annuals and perennials and those bred for long bloom and compact growth. You'll enjoy more colorful flowers with less pruning and grooming.

Ageratum, angelonia, calibrochoa and many of the newer petunia cultivars are just a few of the annuals that do not need regular deadheading for continual bloom. Include perennials like willow amsonia, bugbane, Solomon seal, turtlehead and sedum autumn joy for lower maintenance and big results.

Prepare the soil and provide proper fertilization before planting. Work several inches of compost or other organic matter into the top 8 to 12 inches of soil to improve drainage and water holding ability. Incorporate a low nitrogen organic fertilizer like [Milorganite](#) (milorganite.com) at the same time. The slow release formulation provides needed nutrients throughout most if not all of the season. Plus, it promotes slow steady growth that won't interfere with flowering, is less susceptible to pests and is more drought tolerant.

Properly space the plants, making sure they have sufficient room to reach their full size. Overcrowding means you will be thinning or dividing plants more often or battling disease problems instead of enjoying the full beauty the plants provide.

Consider removing flowers on annuals at planting. This allows plants to focus energy on establishing roots instead of flowers. Can't bear to do this? Then remove the flowers on every other plant or every other row. Then a week or two later remove the flowers on the remaining plants. You will soon be rewarded with full compact plants that will produce more flowers throughout the season.

Pinch back long and leggy transplants. Use a hard pinch to remove the tip and several inches of stem. Use your pruners or fingers to remove stems just above a set of leaves. The remaining plant will still look good while you wait for new leaves and stems to grow and produce new blooms. Encourage branching on single stemmed

plants with a soft pinch. Remove just the uppermost portion of the stem where the leaves and tip are starting to develop. Soon you will have a well branched plant and more blossoms.

Improve plant posture and reduce the need for staking with early season pruning. Keep mums and asters compact by pinching them back to six inches throughout June to encourage compact growth. Eliminate floppy growth and the need for staking on late bloomers like Boltonia, Autumn Joy sedum, Russian sage and Heliopsis.

Revive catmint and perennial salvia that flop open in the center with pruning. Cut flopping plants back halfway once or twice a season as needed. And don't forget to mulch. Covering the soil surface with an inch or two of shredded leaves, evergreen needles/pine straw or other organic material will conserve moisture, suppress weeds and improve the soil as they decompose.

Always water new plantings often enough to keep the top few inches of soil moist. Once established water thoroughly and only as needed. This encourages drought tolerant roots, so you'll need to do less watering in the future.

With proper planning, plant selection and soil preparation you can keep your ongoing care to a minimum. That means more time to relax and enjoy your beautiful garden.

About The Author

Gardening expert Melinda Myers has more than 30 years of



Photo credit: Personalizedcrates.com

horticulture experience and has written over 20 gardening books, including [Small Space Gardening](#) and the [Midwest Gardener's Handbook](#). 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 segments. Myers is a columnist and contributing editor for [Birds & Blooms](#) magazine and spokesperson for Milorganite. Myers' website is [www.melindamyers.com](#).



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HONORING OUR SERVICE MEMBERS ON MEMORIAL DAY

Traditionally, on Memorial Day we honor those who have made the ultimate sacrifice for our nation. Social Security respects the heroism and courage of our military service members, and we remember those who have given their lives in defense of freedom.

The unexpected loss of a service member is a difficult experience for the family. Social Security helps by providing benefits to protect service members’ dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivor’s benefits. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

It’s also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty.

Wounded military service members can also receive expedited processing of

their disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/retire2/veterans.htm.

Service members are also eligible for Medicare at age 65. If you have health



Social Security Update

DELIA DE MELLO

insurance from the VA or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.

In acknowledgment of those who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

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.

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An Insult to the Brain, continued from page 1

We moved it up based on our long-term relationship with the marketing wizard and frequent contributing author to our paper. We knew she could write, and she was persistent about us reviewing it.

We're glad we did. *An Insult to the Brain: My Battle with a Deadly Cancer and Tips from the Trenches* leads the reader through the cancer battle and the impact of the disease in a way that will change their understanding of the disease forever.

Well written and revealing, Fricker's book looks at the cancer fight, insisting patients

take responsibility for investigating all care alternatives, urging them to not taking no for an answer from busy health care professionals and keeping loved ones close during difficult times.



Fricker's new book will show others the importance of self-advocating for one's own health care. She's shown here in one of her many hospital visits searching for the cause of her illness before she was diagnosed with brain cancer. (Photo: Marie Fricker).

Perhaps one of the most poignant insights in the book is the look at the far reaching tentacles of the disease and how it can consume loved ones and caregivers, as well as the patient.

Fricker openly describes how cancer changed her relationship with her long-time husband Al, her daughter and a 26-year old son.

An Insult to the Brain helps readers not only better understand the medical fight against cancer, but also the battles that can rock long-standing personal relationships.

Thankfully in Fricker's story, the book has a good ending, against the disease and the strengthening of already steady family ties.

Fricker describes cancer as a "land of limbo, where you never know if it will return."

After a number of failed attempts to identify what was making her feel poorly, Fricker finally found out she had primary central nervous system lymphoma, (PCNSL) which originated in her brain. Fricker describes her panic and



The importance of loved ones is a key message Fricker delivers in her new book, *An Insult to the Brain: My Battle with a Deadly Cancer and Tips from the Trenches*. Fricker's 23 year old son Jason (shown at his mother's bed side) became an important part of her care team (Photo: Marie Fricker).

determination to find a cure for her disease, even asking her son to contact the doctor who performed brain surgery on U.S. Senator Ted Kennedy. Her story of taking responsibility for understanding her cancer and searching for solutions should provide others facing a cancer diagnosis with the inspiration they need to do all they can to help themselves.

"Perhaps one of the most poignant insights in the book is the look at the far reaching tentacles of the disease and how it can consume loved ones and caregivers, as well as the patient.."

Dr. Andrew Norden of the Dana Farber Cancer Institute," said Fricker during a recent interview. "He was the link to my healing and sanity."

The honesty of Fricker's look at the impact cancer has had on her personal relationships will open the eyes of many readers. Cancer is not only an ominous diagnosis for the patient, it impacts their circle of loved ones almost as profoundly.

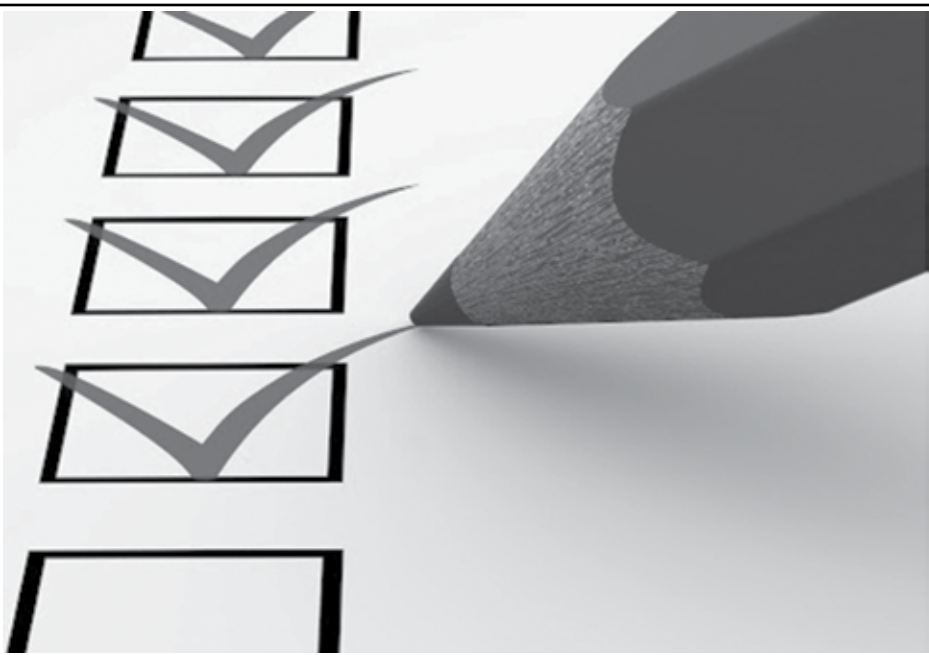
"Keep your friends and family close," advises Fricker. "The need to hug and be hugged and to feel the love and support of those around you is never greater than when you in the battle of your life. And if people ask you if there is something they can do for you, give them a task, even if it's just to bring you a Dunkin' Donuts coffee. Also, as hard as it is, try not to talk incessantly about your illness or latest symptom. Show an interest in others, even if you have to fake it. Remember, they still need you too."

For those that have faced the cancer battle themselves, to loved ones caring for someone with the disease, *An Insult to the Brain* will provide comfort and helpful insights on how to battle through the disease and maintain those precious relationships with loved ones.

For more information on Fricker's book and her continuing journey, you may visit her web site at www.mariefricker.com or email her at frickermarie@gmail.com.

An Insult to the Brain provides readers with a potential roadmap for their own cancer journey, the ups and downs of diagnoses, watching fellow cancer survivors lose their battle against the disease and finding a caring and supportive doctor.

"I would never have made it through without the kindness and compassion of



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Secret, *continued from page 3*

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To be eligible for hospice, I have to be in the final stages of dying.

There is no fixed limit on the amount of time a patient may continue to receive hospice services, as long as they are certified as eligible. It depends on the course of the illness.

I have to wait until my doctor says I am eligible for hospice.

Anyone can call to inquire about their eligibility for hospice services. No need to wait for the doctor to bring it up. In fact, the best time to get information is before there is a crisis.

Hospice care runs out after six months.

This misconception arises from Medicare hospice guidelines, which state that a hospice patient must be certified as having six months or less to live. Patients may choose to receive care as long as they continue to meet the medical criteria, being recertified on a regular basis.

Hospice is just for the elderly.

Hospice is for anyone facing a life-limiting illness, regardless of age.

Hospice care is only for cancer patients.

Fifty percent of hospice patients are diagnosed with conditions other than cancer. All those who are diagnosed with a chronic life-limiting illness can benefit from hospice care.

Hospice will accelerate the dying process.

Hospice does nothing to hasten or postpone death. It is a service provided to patients to make them more comfortable at the end of their lives.

After the patient's death, hospice care ends.

Bereavement services and grief support are available to family members for 13 months after the death of a patient.

If my hospital or facility has its own hospice, I have to use that one.

Patients are entitled to choose whatever hospice is right for them. It's important to get the information on what choices are available in your area.

About The Author

Melissa Weidman is Director of Community Relations and Outreach for HopeHealth. She can be reached at (508) 957-0200 or Mweidman@HopeHealthCo.org. For more information, you may also visit HopeHealthCo.org.



24th Annual Senior Celebration

Exhibit Guide & Program

Welcome to the 24th Annual Senior Celebration. Use this handy *Exhibit Guide & Program* to navigate all of the fun, educational and healthy activities at this year's blockbuster event! Visit with over 40 exhibiting companies and get ready to potentially win door prizes given away every hour!

This 2016 Senior Celebration for seniors and caregivers features free health screenings for cholesterol, blood pressure and body fat, along with vascular screenings provided by the Signature Healthcare Vascular team! Live entertainment kicks off at 9:30 a.m. with DJ Joe Martini. A fun and interactive Zumba demonstration mid-morning will be followed by the uplifting and melodic sounds of Cranberry Jam Band beginning at 12:00 p.m.

Make sure you stick around until 1:30 p.m. when exhibitor raffle prize winners are announced. The event is free of charge and all area seniors are welcome!

A complete listing of vendors, education seminars, entertainment and raffle drawing are included inside!



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Schedule of the Day

Free Health Screenings

Vascular Screening • Cholesterol Testing • Blood Pressure Test • Body Fat
Stop by the Signature Healthcare exhibit and testing area for your free testing. The Signature Healthcare Vascular team will be providing vascular screenings which will include ultrasound of the carotid arteries, Peripheral Arterial Disease (PAD) evaluation and ultrasound of the abdominal aorta (AAA).

Live Entertainment Schedule

9:30 a.m. - 2:00 p.m.	<i>DJ Joe Martini</i> - Join the fun while Joe spins your favorite tunes!
11:00 a.m. - 11:30 a.m.	<i>Zumba Gold Fitness Demo</i> - Lori Hunter and her group will show you just how fun and easy this international dance exercise can be.
12:00 p.m. - 1:30 p.m.	<i>Cranberry Jam Band</i> - Enjoy live music with Paul and his popular band.
1:30 p.m. - 2:00 p.m.	<i>Exhibitor Raffle Winners Announced</i> - You must be present to win!

Information Seminars

10:30 a.m.	Do you have questions about your medication treatment plan? Want to learn how to reduce medication risks at home? Lauren Harding, Managed Care Pharmacist from Signature Healthcare will review proper medication management at home and safety at the pharmacy.
11:30 a.m.	Do you have joint pain? Learn how physical therapy can alleviate your pain, before and after surgery. Nancy Mulloy, PT, from Signature Healthcare will discuss exercises and rehabilitation plans that might be right for you.

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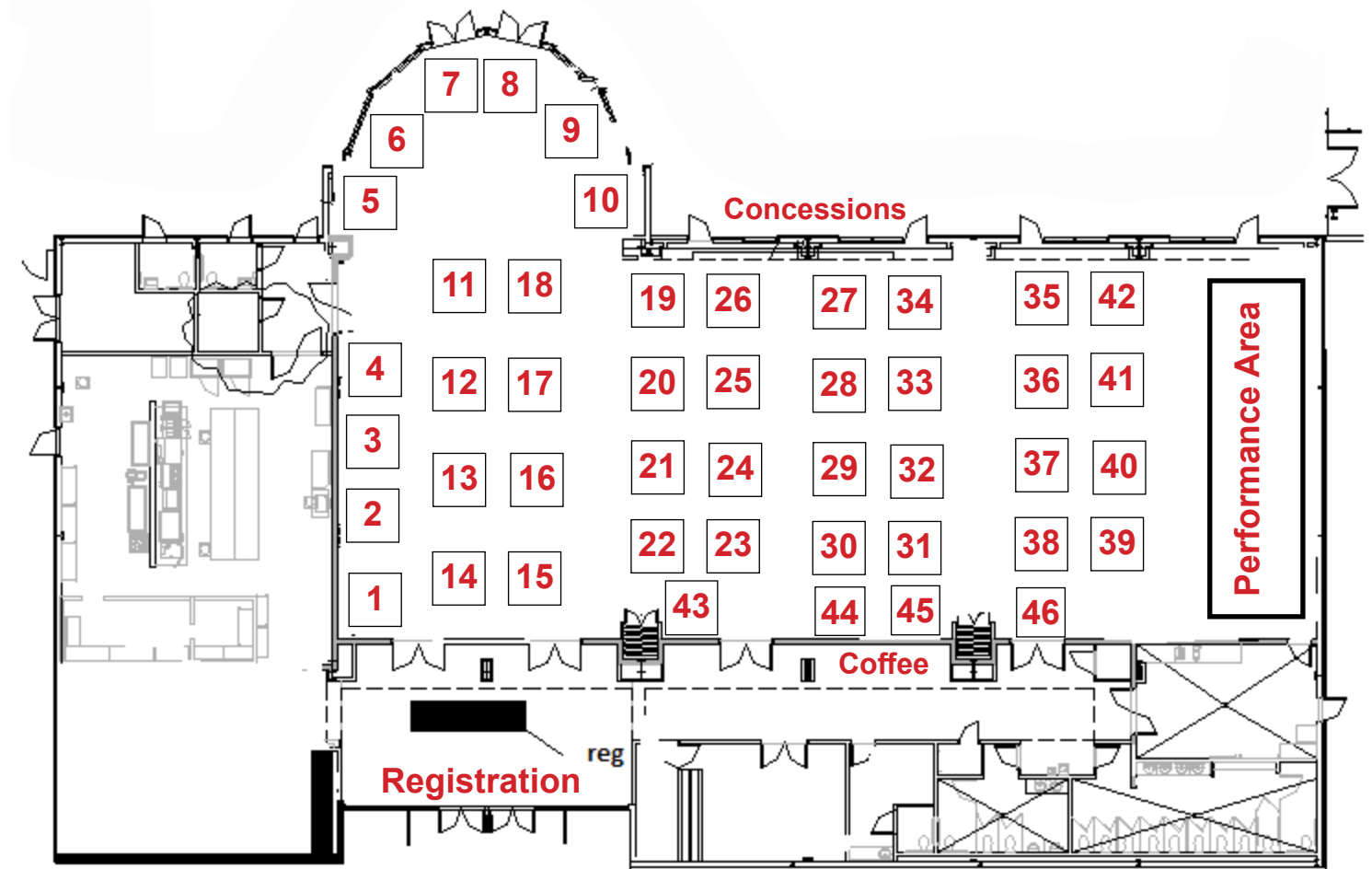
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Shaw's Center - Exhibitor Map

Stop on by!

Be sure to visit each vendor where you will be able to enter a raffle for the beautiful gifts vendors have contributed and are on display at their table.



Exhibitor	Table #	Exhibitor	Table #
Alert Sentry Group	29	Massachusetts Commission for the Blind	32
Bamsi's Dorn Davies Senior Center	39	Old Colony Elder Services	45
Bank of Canton	16	Old Colony Hospice	20
BayPointe Rehabilitation & Skilled Care Center	30	Old Colony YMCA	35
Brewster Ambulance Service	13	Rehabilitation Associates	11
Brockton Council on Aging	40,41	Remember When	46
Brockton Fire Department	42	Sachem & Colony Centers for Health & Rehabilitation	21
Brockton Health Center & Braemoor Health Center	43	Sashay Life Transitions	28
Brockton Visiting Nurse Association	34	Senior Whole Health	27
Brookdale	12	Seven Hills Family Services	19
CapTel	8	SHINE	37
Century Home Care	24,25	Signature Healthcare – Brockton Hospital	14, 15
Clear Captions	1	Signature Healthcare – Cholesterol Screening	9
Cholesterol Screening – Signature Healthcare	9	Signature Healthcare – Vascular Screening	5,6,7
Gentiva / Kindred at Home	3	South Shore Hospital Home Care Division	17
Heights Crossing Assisted Living Residence	31	South Shore Senior News	38
Hellenic Nursing & Rehabilitation	26	St. Joseph Manor	33
Home Modification Loan Program	2	Tufts Health Plan Medicare Preferred	22,23
Justice Center of SE Mass	10	United Healthcare Community Plan	18
Liberty Mutual	44	Waterlily Way Tai Chi	36
Mass Relay	4		

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Stop by Table # 38 for your FREE 2016 Senior Services Directory!

South Shore Edition



Senior Services Directory 2016



Your
future
is
inside
here

Your Complete Guide to Aging Well and Enjoying Yourself While Doing It!

Complimentary Copy
Courtesy of South Shore Senior News

Bladder, *continued from page 4*

The most common type of bladder infection (cystitis) is a urinary tract infection (UTI). When bacteria (or germs) get into the bladder you can get an infection, which brings on strong and sudden urges to urinate or frequent urinating.

Bladder problems occur more often in women, but they are also quite common in men, who have a prostate gland that surrounds the opening of the bladder. Most tissues get smaller with aging, but the prostate gets bigger. If it gets too big, the prostate can restrict the flow of urine through the urethra making it difficult to start urinating, causing the urine stream to be slow, and preventing men from completely emptying the bladder.

UTIs can happen anywhere in the urinary system, but UTIs are most common in the bladder. Infections in the bladder can spread to your kidneys, or less commonly to your urethra.

Most UTIs are not serious. But some, like kidney infections, can lead to severe problems. Bacteria from a kidney infection can enter your bloodstream, causing *septicemia*, which can be very serious. Frequent kidney infections can lead to permanent kidney damage, including scars, poor function, and high blood pressure.

If you are unable to hold your urine, or are leaking urine; if you need to urinate eight or more times in 24 hours; if you are waking up many times at night to urinate; if you have sudden and urgent need to urinate or have a weak stream while urinating; if you have pain or burning before, during, or after urinating, or have cloudy or bloody urine; if you are passing only small amounts of urine after strong urges to urinate—these are all reasons to set up an appointment with your doctor.

About the Author

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



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Enjoy Live Entertainment

9:30 - 2:00 DJ Joe Martini - Remember When
Join the fun while Joe spins your favorite tunes!

11:00-11:30 Zumba Gold Fitness Demo
Lori Hunter and her group will show you just how fun and easy this international dance exercise can be.

12:00 - 1:30 Cranberry Jam Band
Enjoy live music with Paul and his band.

1:30 - 2:00 Exhibitor Raffle Winners Announced....but you must be present to win!

Attend Informative Seminars

10:30 a.m. Do you have questions about your medication treatment plan? Want to learn how to reduce medication risks at home? Come hear from Lauren Harding, Managed Care Pharmacist from Signature Healthcare. She'll be reviewing proper medication management related to taking medications at home and safety at the pharmacy.

11:30 a.m. Do you have joint pain? Learn how physical therapy can alleviate your pain, before and after surgery. Nancy Mulloy, PT from Signature Healthcare will discuss exercises and rehabilitation plans that might be right for you.

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Your Complete Guide to Aging Well and Enjoying Yourself While Doing It!

Resiliency

By Autumn Zerendow

BRAINTREE - I work in human services because I believe in the idea of resiliency. The definition of resilience found in the Meriam-Webster dictionary is: 1) the ability to become strong, healthy, or successful again after something bad happens 2) the ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc.

The care coordination position that I hold at South Shore Elder Services has been a wonderful experience to engage with the community, provide needed services and help with access to resources. I have such a great deal of diversity within my caseload that I am always looking forward to meeting with a new member so that I can hear about their life and/or current experiences. The stories of the members are amazing and I get to see how strong they are and how they overcome the difficulties in their lives.

I have had the personal experience of a life changing family crisis that motivates me within my professional role. About five years ago my Aunt had a stroke that significantly impacted her cognitive and physical ability, she was forty-nine.

She entered into a rehabilitation hospital and ended up staying for over two months where she was taught how to walk, talk, get dressed and do basic everyday tasks again. I moved in with her and her two teenage children after she came home from rehab to provide care for her for the first six months she was home. I was able to witness her resiliency on a daily basis as therapists and social workers whirled in and out of the house to provide support. She learned how to sign her name, became oriented to what day it was and began learning about current events again to connect to the community.

She had to learn how to live with neurological complications that created involuntary body movement and began. She struggled with all tasks and also with trying to cope with the changes of not being able to return to the life that she had previously. We all struggled to

“The oak fought the wind and was broken, the willow bent when it must and survived.”

Robert Jordan, The Fires of Heaven

adjust. After the initial reintroduction to living at home, there was laughter again and light moments. We would laugh when there was nothing else to do as we could not control the circumstances.

Today my Aunt lives independently and relies on the elder service agency in her area for the extra support she needs. She has an aide that comes in the morning daily to assist with getting ready for the day that she has a very close relationship with. She also receives a meal delivery service as well. I am grateful for the assistance her local Elder service agency has provided her and my family. Now that I work for South Shore Elder Services it's like I've adopted Aunts and Uncles and Cousins too, that need a little extra help.

About The Author

Autumn Zerendow is a Long Term Support Services Care Coordinator at South Shore Elder Services and has recently celebrated a one-year anniversary in this position. For more information on South Shore Elder Services, you may call (781) 848 - 3910 or visit www.sselder.org.



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Senior Fitness

Time for Tennis

By Wayne L. Westcott & Rita La Rosa Loud

QUINCY - If you are a relatively healthy and active senior, you may want to consider playing some tennis this summer. Whether you engage in competitive sets of tennis or just keep the ball in play for as many hits as you can make, the health and fitness benefits are pretty impressive. Although golf is a great game for seniors, it does not provide a lot of physical activity or fitness benefits. Tennis on the other hand, requires much more movement and confers a variety of fitness benefits.

With respect to muscular conditioning, tennis involves locomotor movements in all directions (forwards, backwards, sideways), which enhances balance, coordination and agility, while increasing muscle function and burning calories. With respect to cardiovascular conditioning, singles tennis can significantly improve aerobic fitness and doubles tennis can provide some heart health benefits.

The key to successful tennis experiences is pre-training and gradual playing progression. Because tennis involves a lot of acceleration and deceleration (starting movements and stopping movements), it is essential to strengthen all of your major muscle groups prior to getting on the courts. The most relevant exercises for the legs, midsection, upper body, and arms are presented at the end of this article.

We recommend doing at least four weeks of tennis conditioning exercises before going to the courts. Appropriate strength training will reduce your risk of injury and improve your tennis performance. We also suggest taking a few tennis lessons from a certified tennis professional to learn proper movement mechanics for hitting the ball (forehands, backhands, serves) safely and successfully. Finally, we advise new tennis players to begin with relatively brief court appearances (30 minutes) and to progress gradually 40, 50, and 60 minute games. Prolonging playing periods inevitably lead to overuse injuries (especially shoulders, elbows, and wrists) that cause discontinuation of an enjoyable sport and an excellent fitness activity.

Resistance Band Exercises

We chose five sample resistance band exercises, two that strengthen the muscles in the upper body, one for the mid-section muscles, and two that strengthen muscles in the lower body. Resistance bands are economical, versatile, resistive tools found in any sporting goods store. They simulate resistance machines and come in many



different colors, thickness and lengths each representing strength levels from beginner, intermediate, and advanced exercisers. Bands with handles are easier to grip for seniors.

When holding onto bands, keep wrists firm in line with forearms, stand (or sit) erect, chest lifted, shoulders down and relaxed, with gaze focused ahead (not at band). Use slow, controlled movement speeds through full pain-free range of motion, and be sure to breathe throughout. For best results, perform 1-3 sets, 10-15 repetitions, non-consecutive days, 2-3 days per week.

Tennis, continued on page 20



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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 2nd and 4th 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

Powerful Tools for Caregivers:

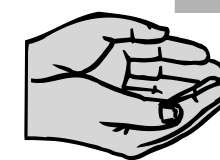
An educational seminar designed to provide caregivers with the tools needed to care for themselves. Program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources. Free workshop held at the new Cohasset Elder Affairs building on Sohier Street in Cohasset. Program will take place on Wednesdays, beginning May 25th through June 19th (1-2:30 p.m.). Call (781) 383 - 9112 for more information.

Diabetes Self Management Education: Norwell VNA and Hospice will lead a Diabetes Self-Management Educa-

tion program at the Marshfield Council on Aging, starting May 26th and continuing through June 23rd. Classes will meet 10 a.m. - 2 p.m. each week and will review nutrition management, monitoring blood sugars, exercise, and medication and complications. The event is free and all are welcome. Contact Karen at (781) 834 - 5581 ext. 13 for more information.

Saturday Afternoon Memory Screenings:

Noted Neurologist Dr. Anil Nair will lead a discussion on Alzheimer's disease, current treatments available and the role of clinical research, including a new research opportunity. The event takes place Saturday, May 28th beginning at 2:30 p.m. Free memory screenings will be offered. For more information or to save a spot call Randy at (617) 770 - 3264 or email her at Randy.Veraguas@atriaseniorliving.com. The event is free of charge and all are invited.



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?

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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
- ☐ 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

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Senior Fitness

Tennis, continued from page 17

Wrist Exercise

An injury common to this sport is *tennis elbow*. To prevent this type of impairment, strengthen forearm muscles with *wrist flexion* and *extension* exercises, best performed while seated. *Wrist flexion exercise*: Sit in chair and loop band around middle of both feet. Bend slightly forward from hips and rest forearms, palms facing up, back of wrists on thighs. Slide legs further apart until you feel the right amount of resistance and tautness. Slowly bend wrists *up* towards forearms, pause then return to wrist neutral position. Repeat 10-15 times.

Wrist extension exercise: Rest forearms, palms facing down, front of wrists on thighs. Slowly bend wrists *back* towards forearms. Repeat 10 to 15 times.

Shoulder Exercise

It is essential for tennis players to keep shoulders and associated muscles stable and strong to minimize injuries sustained by

various movements associated with this sport. *External* and *internal rotation* exercises may very well keep shoulders muscles from becoming weak and unstable. Whether seated or standing, both exercises are best performed with a band anchored or looped waist height around a stable surface.

External rotation exercise: Grip band with right hand. Anchor band and step 6-12 inches away stretching band across your body until you feel the right amount of resistance and tautness. Bend right elbow against rib cage, hand on left side, then extend forearm away from mid-line of your body to the right as far as comfortable. Pause then return to start position. Repeat 10-15 times.

Internal rotation exercise: While still gripping band with right hand, turn around and face opposite side of room. With right elbow bent against ribs, and hand away from body on right, slowly pull band across body to left side. Pause then return to start position. Repeat 10-15 times. Perform entire series with left arm.



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

powerful tennis serve, forehand stroke and backhand stroke. The core is where this power is generated, and this area includes the abdominals, obliques (waist), hips, and spine. By keeping the core strong, you stabilize and protect the spine which reduces injury risk to your lower back.

The trunk rotation exercise can be performed seated or standing, band looped around middle arches of both feet. If seated, sit erect on floor or chair, extend both legs straight ahead. Grip handles, clasps hands, and with elbows bent, bring handles to sternum.

If standing, place legs hip-width apart, or slide legs further apart for more resistance. Keep chest high, hips square, abdominals engaged. With no slack in band, slowly rotate torso toward right a few degrees. Pause then rotate torso toward left a few degrees. Repeat cycle 10-15 times.

Core Exercise

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Senior Fitness

Lower Body Exercise

To get legs in tip-top shape, tennis players perform strength exercises for the hips, thighs, and buttocks. These large, powerful muscles are responsible for producing split second movements that can make all the difference in hitting or missing a ball and winning a point.

A *basic squat exercise* includes all the major muscle groups of the lower body. Stand erect, legs hip-width apart, band looped around middle arches of both feet. Crisscross bands in front body (grip right handle with left hand; left handle with right hand).

Clasp hands and bring handles in front of sternum. Slide legs further apart if you need more resistance. Keep your head up, chest lifted, and body weight in heels.

Lead with hips and lower body into sitting position. Once hips reach knee level, begin ascent to standing position. Repeat 10-15 times.

Lower Leg Exercise

Another great conditioning exercise important to tennis that specifically works your lower legs is the *calf raise exercise* and can be performed seated or standing.

Stand hip-width apart with band under balls of both feet. Slide legs further apart for heavier resistance or to reduce slack in band. Grip handles, and bend arms. With palms facing forward, bring handles to shoulder level. Hold this position, rise up on toes, pause and contract calf muscles before lowering heels. Repeat 10-15 times.

If seated, sit erect, legs extended in front. Loop band around balls of both feet. Clasp hands and bring handles in front of sternum. With band taut point and flex toes 10-15 times.

About The Authors

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

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Memory Cafe

QUINCY - Atria Marina Place will host a Memory Cafe the second Friday of each month at 11 a.m. A Memory Cafe is a welcoming place for people with forgetfulness or other changes in their thinking that also welcomes their family and friends. The group helps attendees realize they are not alone and focus on their strengths, while enjoying each others company while exploring music. RSVP to (617) 770 - 3264. Walk-ins welcome, refreshments served.

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:

- 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.

CAREGIVERS...

Are you caring for an aging or sick loved-one or family member?

ALL SAINTS CARES

A Program of All Saints Episcopal Parish, Whitman

When caring for an aged or sick loved one or relative, caregivers often experience fatigue, disappointment, loneliness and frustration. Sometimes it is hard to know what to do, what the resources are, and how to take care of yourself too.

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CAREGIVER SUPPORT GROUP

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This is an interfaith setting, open to anyone of any (or no) church affiliation.





Menu Now Available Online

Brockton - Older adults and individuals with disabilities who receive home delivered meals and/or who attend Old Colony Elder Services' (OCES) Community Dining sites will now be able to learn what's on the menu simply by visiting the OCES website at www.ocesma.org. OCES, is a non-profit agency serving older adults and individuals with disabilities throughout the greater Brockton and Plymouth County area.



Now, home delivered meal recipients and community site diners can view OCES' Nutrition Menu for the entire month. Each day includes a description of the meal and a listing of calories, sodium and carbohydrate counts. The daily nutrition information listed is for the entire meal, including the protein, starch, vegetable, dessert/fruit, bread, margarine, milk, soup and condiments. All of OCES' meals are based on a no-added-salt diet for healthy older adults.

OCES' nutritionist Barbara Nalen-Cardosa, RDN, LDN plans the meals and works with their caterer, Lindley Food Service, to develop the menu. All meals meet one-third of the Recommended Daily Allowance for major nutrients. Cardiac meals are available upon request if a lower salt diet is needed. Therapeutic meals (renal, ground, puréed or lactose-free meals) are also available for Meals on Wheels recipients and may be arranged through an OCES Care Manager. The therapeutic meals are carefully planned to be similar to the regular menu.

The Meals On Wheels program serves adults age 60+ and individuals with disabilities under the age of 60 and is essential for those who would otherwise not get a nutritious daily meal. For more information, call (508) 584-1561 or visit www.ocesma.org.

Middleboro Health & Wellness Fair

MIDDLEBORO - The "Fourth Annual Here's to Your Health and Wellness Fair" in support of Dana Farber's Patient Assistance Fund is inviting vendors to participate. The Fund provides patients with \$50 gift cards to put gas in their cars, buy groceries, pay utility bills, or anything else they may need it for.

The Event consists of vendors and organizations marketing products geared toward health and wellbeing, free health screenings from local medical providers, fitness demonstrations, nutrition education, first responder safety demonstrations, and opportunity drawings for gift items. General admission is \$1.00 for guests.

The fair will be held on Sunday, September 18th from 11 a.m. – 4 p.m. at The Mitchell Club, 29 Elm St., in Middleboro. Vendor fee is \$50 per six-foot space. The \$50 registration fee goes to The Dana Farber Patient Assistance Fund. Vendors may market and sell products at the event. There are 50 spaces available. Interested vendors can contact Linda O'Brien at ltgeorge.lo@gmail.com.



Beth Israel Deaconess Hospital-Milton Awarded an "A" for Patient Safety

MILTON – Beth Israel Deaconess Hospital-Milton (BID-Milton) has been recognized for its commitment to patient safety with an "A" grade in the Leapfrog Group's Spring 2016 [Hospital Safety Score](#), which rates how well hospitals protect patients from preventable medical errors, injuries and infections. In earning the "A" grade, BID-Milton recorded its highest compiled score ever. Only 31 percent of general hospitals in the United States earn an "A" grade.



"Beth Israel Deaconess Hospital-Milton has made significant investments in staff and resources to create robust patient safety and healthcare quality programs based on nationally accepted best practices," said Ashley Yeats, MD, vice president of healthcare quality and chief medical officer at BID-Milton. "Among the investments is staffing our Intensive Care Unit with full-time, board-certified critical care specialist physicians which also allows us to treat more patients locally."

To see BID-Milton's full score and to access consumer-friendly tips for patients and loved ones going to the hospital, visit www.hospitalsafetyscore.org.

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- ☒ 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.

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Scituate Golf to Benefit Seniors



SCITUATE – The Friends of Scituate Seniors will hold a golf outing at Widow's Walk Golf Course to benefit the group and its efforts to help local seniors. The tournament will be held Friday, June 17th and will include 18 holes of golf with a cart, a 50/50 raffle, a silent auction and a number of great prizes. The fun begins at 8:30 a.m. For more information, contact Carol King at (781) 424 – 5210, Sandy Duffey at (781) 267 - 4842 or email golf@fosseniors.org. Anyone interested in being a sponsor or donating an item to raffle or auction may also contact either Carol or Sandy.

Start Volunteering This Summer

MARSHFIELD - A number of volunteer opportunities are available this summer for South Shore residents, including medical drivers, activities hostesses, and outdoor grounds volunteers at the Marshfield Council on Aging. Hope Hospice is also seeking volunteers with a range of skill sets, including reiki practitioners, massage therapist, pet therapist and more to join their team. For more information on the Marshfield COA opportunities, contact volunteer coordinator Donna Weinberg at (781) 834 - 5581, ext. 20. For more information on the Hope Hospice opportunities in your area, call (800) 642 - 2423.

Register Promotes Foreclosure Assistance Program Availability

DEDHAM - Norfolk County Register of Deeds William P. O'Donnell reminded homeowners who are confronting the challenges of paying their mortgage or facing a foreclosure that there are consumer programs available to help them out.

"During the past several years our office has partnered with reputable agencies by promoting their services when it comes to mortgage modification and foreclosure issues. We realized that while Norfolk County is a destination location for many homeowners to live and work, some of our neighbors are facing economic hardships. Just last month there were 30 foreclosures recorded at the Registry and 55 notice to foreclose mortgages initiated against homeowners," noted the Register.

Those facing mortgage delinquencies or foreclosure actions can contact either the Quincy Community Action Programs at (617) 479-8181 ext. 376 or NeighborWorks Southern Mass at (508) 587-0950 ext. 46. Another option would be the Massachusetts Attorney General's HomeCorps program at (617) 573-3333. These agencies provide a range of assistance from helping with the mortgage modification process to providing legal services to stave off a foreclosure and to offering several forms of credit counseling. Additional information can be found on the Registry's website, www.norfolkdeeds.org under the Support tab.

The Register also had a cautionary warning for those seeking such services. "It's important for you to seek the right source such as a non-profit or state agency as cited above," he advised.

The Norfolk County Registry of Deeds, located at 649 High Street, Dedham. Residents may contact the Registry via telephone at (781) 461-6101, or on the web at www.norfolkdeeds.org.

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