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Shore News



MAY 2017

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WE HONOR OUR HEROES

Ron Della Chiesa connects with his coastal roots

*"I rediscovered my past here
on Nantasket Beach."*

Legendary radio veteran
Ron Della Chiesa broadcasts from his
home studio high atop Atlantic Hill in
Hull, overlooking Nantasket Beach.

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Photo: PatriciaAbbatePhotography.com

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It's Older Americans Month!

**AGE OUT
LOUD!**

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25th Senior Celebration: May 23

Exhibit Guide & Program

Your guide to the 25th Annual Senior Celebration at the Shaw's Center in Brockton is available inside as a special pull-out and save section. 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.



Navigating the Future

By Mark Friedman

The call for Exceptionalism

Why Parkinson's care demands bold, better, now

When Michael J. Fox was diagnosed with Parkinson's 26 years ago, he explained he had two things to reckon with: "you deal with the condition, and you deal with people's perception of the condition."

The Kid is Alright is a powerful look at how Fox has exercised, paced, accepted, humored, optimized, and vocalized his way through these 26 years. The reason his story resonates is because it was, and continues to be, a family affair.

My company cares for "Michael J. Fox" every day.

When we meet a senior with Parkinson's we understand fully our responsibility to engage loved ones with important knowledge, embracing our role as part of a patient-centered approach to care while at the same time delivering caregiving with exceptional skills, deft hands and comforting hearts.

When families first hear a Parkinson's diagnosis, they are often in a state of shock. They have now come face to face with the four Big "M's" that still underscore this disease.

► **Parkinson's is Misunderstood;** a masked or expressionless face may have been mistaken for signs of depression or onset dementia, because this is a complex disease.

► **Parkinson's is very often Misdiagnosed.** There is no blood test, MRI, or x-ray currently available to diagnose Parkinson's, which is why people can go for years being treated incorrectly.

► **Parkinson's is Mistreated,** and if seniors do not take their medications on time, or eat the right food at the right intervals, serious consequences and hospitalizations can result. Yet medications taken early and with consistence have proven incredibly successful.

► **Parkinson's is Mismanaged.** Despite the wealth of information available from highly qualified and accessible sources, this disease presents in complex and highly individualized ways during its progression.

No two people present Parkinson's exactly the same, and this is why the approach Senior Helpers has developed for caring for seniors with this diagnosis is exceptionally individual, flexible, nimble, and is wholly conscious of the often numerous components making up the system of care for our client.

Our Patient Centered Care Management Plan, its philosophy and its approach, are the reasons why the Michael J. Fox Foundation selected Senior Helpers as its partner in providing Home Care for Parkinson's. We have a disease-centric approach to caregiving, and we understand that Parkinson's affects the whole family.

Our Plan is unique to each senior, each diagnosis, each

family. It is nurse driven and supervised.

This Plan identifies and supports the family in integrating their critical players involved in the wellbeing of the senior; from dieticians, support groups and key neurologists, to every extended family member, primary care physician, therapists and work-out gurus. They are the ongoing support team and part of the Balancing Act to support for Parkinson's care.

Judy Dovev is founder of Elder Life Directions, a Boston area consulting firm that coordinates resources for older adults and families. "With a Parkinson's diagnosis, Home Care like Senior Helpers can be incredibly comforting," Dovev notes. "I have seen families struggling to understand the complexity of symptoms they are seeing in a parent or loved one.

They are anxious about how to maintain the status quo, and exactly what to expect next. Having a Care Management Plan gives them a sense of control over what is inherently unpredictable. The plan may change, but the goal is always the same. Keep the lines of communication open, and the network of support close at hand. This is a significant feeling of safety and security for a family."

Parkinson's continued on page 22

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"Home Base" Program for Veterans

Boston's Home Team pitches in to help

By John D. Miller

In recent years, the charitable arm of the Olde Towne Team, The Red Sox Foundation, has teamed with Massachusetts General Hospital to establish a program called "Home Base". The goal and objective of the Home Base Program is to: 1) raise awareness of the issues surrounding combat related stress; and 2) provide medical treatment and expertise to those service members affected by post traumatic combat stress or traumatic brain injury.

One in three service men and women returning from military service has been diagnosed, and documented, with combat or deployment-related stress (also known as Post Traumatic Stress or PTSD) and Traumatic Brain Injury (TBI). These are the "invisible wounds of war" which are affecting many military personnel who return from tours in Iraq and Afghanistan.

The Home Base Program provides clinical care and support services to (not only) service members and veterans, but also to family members throughout New England. Home Base offers access to a multidisciplinary clinical staff of psychiatrists, psychologists, physical medicine and rehabilitation specialists, nurses, social workers and other clinicians from Mass General Hospital. These professionals understand the military culture, and are experienced in caring for service members, veterans and families. There is a Home Base Veteran Outreach Team, composed of Iraq and Afghanistan combat veterans, who are part of the clinical team. Home Base also works with the U.S. Department of Veterans Affairs Healthcare System, Department of Defense Military Health System and other providers to offer individualized care for veterans and families and to develop a tailored treatment plan to address the needs of each patient. Home Base clinicians are based at Massachusetts General Hospital, and are affiliated with Spaulding Rehabilitation Hospital.

Eliminating Barriers to Care

Home Base is dedicated to serving both veterans and families throughout New

England -- recognizing that when one family member serves, the entire family serves. The United States military has jumped into numerous international conflicts over the past ten years. Many of our military personnel have engaged in multiple and repeated deployments overseas. This exposure to conflict has affected military veterans and families alike. Home Base offers clinical and counseling services in individual settings to veterans and their spouses, parents, children, siblings, grandparents, significant others and loved ones in balancing their lives throughout the deployment cycle.

Military discharge "status" does not affect an individual's access to care services and counseling. Home Base serves all veterans -- regardless of their time of service or discharge status. All branches of military service are also included (Army, Navy, Air Force, Marine, National Guard and Reservist). Currently, the majority of veteran cases are related to personnel who served in Iraq or Afghanistan. **However, no veteran is turned away.**

Payment is not a barrier to care services. Home Base accepts TriCare and other private and public insurance including Blue Cross/Blue Shield, Harvard Pilgrim, Tufts Health Plan, and MassHealth. By law, Home Base is required to bill health insurance. But if a veteran or family member has no insurance or a gap in insurance coverage, they will never receive a bill from Home Base.

Home Base routinely works with the US Dept. of Veterans Affairs and the Dept. of Defense to make certain that veterans and families receive the care they need in a timely manner, and in the correct and most convenient setting. Also involved are long-standing veteran-serving organizations in Massachusetts

including the Massachusetts Department of Veterans Services and its SAVE Team, the Massachusetts National Guard, and student veteran organizations at colleges and universities throughout New England.



Cutting Edge Therapy Treatments

Avoidance is a core symptom of post-traumatic stress, and as a result, some veterans may not recall painful or emotional memories. Home Base offers state of the art professional treatments which utilize "virtual reality" therapy. Virtual Reality Exposure (VRE) therapy is a treatment option for Iraq and Afghanistan veterans at the Home Base outpatient clinic in Boston. This tool is available for veterans receiving "prolonged exposure" therapy, a well established evidence-based cognitive behavioral therapy for post-traumatic stress.

Virtual reality therapy works by helping the veteran call forth traumatic memories, a critical component of dealing with prolonged exposure to the environment of war. The clinician programs the virtual environment (including sights, sounds, and smells) to resemble the context in which the trauma occurred in order to enhance memory of traumatic events in the course of treatment. In an ongoing effort to remove cognitive barriers for veterans, Home Base clinicians will integrate virtual reality exposure therapy directly into individualized care options for veterans diagnosed with post-traumatic stress. There is a designated virtual therapy room at the outpatient clinic for veteran patients and their doctor. Patients are fitted

Home Base Program continued on page 10

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Memorial Day: Time to honor our heroes

On Memorial Day, we honor the soldiers and service members who have given their lives 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. Part of how we honor service members is the way we provide Social Security benefits.

The unexpected loss of a family member is a difficult experience for anyone. Social Security helps by providing benefits to protect service members' dependents. Widows, widowers, and their dependent children may be eligible for Social Security survivors 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 assist veterans when an injury prevents them from returning to active duty.

Wounded military service members can also receive expedited processing of their Social Security 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/planners/retire/veterans.html.

Service members are also eligible for Medicare at age 65. If you have health 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 DeMello, metropolitan public affairs specialist, has been with the Social Security Administration since 1986. For information, call 800-772-1213 or visit <http://www.socialsecurity.gov>. ■

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OLDER AMERICANS MONTH


Each May, the Administration for Community Living (ACL) leads our nation's celebration of Older Americans Month (OAM). ACL designed the 2017 OAM theme, **Age Out Loud**, to give aging a new voice—one that reflects what today's older adults have to say.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and OAM 2017 is a perfect opportunity to recognize and celebrate what getting older looks like today.

Let's amplify the many voices of older Americans and raise awareness of vital aging issues across the country. Join us as we speak up and out loud for OAM!

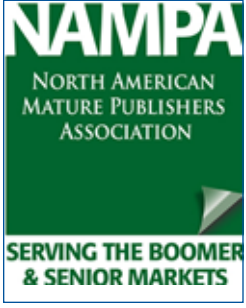
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Reverse Mortgage Review



Senior divorce settlements helped by reverse mortgages

By George A. Downey

BRAINTREE - Divorce rates among seniors, dubbed “gray divorce” are on the rise according to a new article from the Pew Research Center by Analyst Renee Stepler, titled *Led by Baby Boomers, Divorce Rates Climb for America's 50+ Population*. In addition to the increasing numbers, the author concludes that divorce at this stage of life has added complications. So-called gray divorcees tend to be less financially secure than married and widowed counterparts, particularly among women.

Beyond the emotional turmoil, the financial considerations of separate living arrangements present significant challenges. If a jointly owned home is involved, especially if a mortgage is owed, settlement options are more difficult and strained unless both parties agree to sell and divide the proceeds. If there is not enough money for one party to buy the other out, the choices are limited, and typically include cash-out refinancing with increased monthly payments, or some other deferred arrangement, which may not be optimal for either party.

Reverse Mortgage – A New Solution

The FHA insured Home Equity Conversion Mortgage (HECM) reverse mortgage offers some distinctive and valuable alternatives. An overlooked resource, the HECM is largely misunderstood by consumers and professional advisors to be loans of last resort most suited for seniors in dire need.

This misunderstanding is especially unfortunate in the planning of divorce or separation agreements for homeowners, 62 or older. HECMs include some unique provisions that may provide better arrangements for both parties where: (1) one party wants to keep the marital home and acquire the interests of the other, and (2) the other party needs payment to move on, or purchase a new home. Consider the following example.

Situation

John (68) and Mary (66) jointly owned the marital home in Hingham, MA valued at \$500,000 with a \$95,000 mortgage balance owed. A divorce ensued. Mary wants to keep the home for herself and the children, and acquire John's equitable interest. John agreed, but needed funds from his share of the home's equity to relocate and purchase a condominium.

Solution

Mary refinanced the Hingham home with a HECM reverse mortgage that: (1) paid off the \$95,000 mortgage and loan costs of approximately \$11,000; (2) provided \$168,000 additional proceeds to fund the buyout arrangement with John; (3) acquired full title to the home without incurring any obligation to make future mortgage payments; and, (4) enabled her to live in the home *indefinitely* as long as she keeps the loan in good standing. Good standing includes keeping real estate taxes and homeowner insurance current, maintaining the property, and living in the home as her primary residence. These are her only obligations going forward.

John benefited from: (1) being removed from liability of the \$95,000 Hingham mortgage; (2) received funds enabling him to relocate and purchase the condominium.

Additionally, John was able to finance the acquisition of the new condominium with a HECM Reverse Mortgage for Purchase. This enabled him to: (1) complete the purchase with a 50% down payment, financing the 50% balance with the reverse mortgage; (2) acquire ownership in his name and live in the new unit *indefinitely* without any requirement to make monthly mortgage payments. HECM mortgage payments are optional and can be made in any amount without a pre-payment penalty. His only responsibilities include keeping the homeowner association obligations and real estate taxes current, and continue living

Reverse Mortgage continued on page 16

Sometimes “reverse” is the right direction...



And sometimes it is NOT!

We help point you in the right direction, even if it is not our direction. Your home is often your largest asset. Could a reverse mortgage strengthen your retirement plans?

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“The Wicked Smart Investor”

Consider the "Fluff" factor when defining risk

By Chris Hanson

EASTON - I wonder if former State Senator Jarrett Barrios ever admitted he overreacted to his son's request for a fluffernutter sandwich? While most parents would have just said no, Barrios proposed some “anti-fluff” legislation in 2006. The resulting public outcry was equally overblown. Callers to talk radio shows complained of a totalitarian regime dictating our food choices. Bostonians love fluff and we will be damned if some Haavaad do-gooder is going to take it from us.

Massachusetts politics have always been volatile but cooler heads finally prevailed. No legislation was passed and the delightfully ooey-goey creation is now celebrating the 100 anniversary of its creation in Somerville. There is more at risk than a yummy lunch when stock market volatility is concerned. When stock goes up and down it scares the dickens out of many investors. Volatility is one of the principle reasons why most investors sell at a loss, or sit on the sidelines, and fail to benefit from the natural appreciation of the market. Investors frequently confuse volatility with risk, but the concepts are very different.

So what is volatility and what is risk? Let's view the concepts through the eyes of Betty, a fictional but sweet as whoopie pie lunch lady. Betty scrimped and saved and now she has \$100,000 dollars to invest. She doesn't need the money for 20 years and asked The Wicked Smart Investor how it should be invested.

First we spoke about volatility which is a statistical measure of the dispersion of returns for a given security or market index. In simpler terms, it's the up and down

movement of stock or indexes as the market reacts to the news of the day. The market is constantly evaluating a company's earnings and growth potential and placing a dollar amount on these. History has shown us that the market frequently overreacts and dwells on negative news. There is no doubt this can be scary. In 1974 the S&P Index return plunged by 29.72% only to rebound in 1975 by 31.55%. Today's investors have one advantage over their grandparents: we have so much more research that shows a well-diversified portfolio, over time, increases more than it decreases. I cautioned Betty that market volatility is a constant, it's always there. Think of the stock market and volatility like the ingredients of a Fluffernutter; once the peanut butter is overlaid with the Fluff they ain't never coming apart.

Next, we talked about risk. Let's define risk as the chance you'll lose money on an investment. Inflation aside, I had some surprising news for Betty. I told her that over the long term, risk drops precipitously. For example, if she needed the \$100,000 in three years, the stock market is risky because of volatility. When the market dives, it can take years to recover and during many rebounds, more than three. At a 10 year time horizon the risk is significantly lower; at 20 years it's almost zilch. Ethically, I cannot promise you well diversified investing is as sure as Fluff's Never Fail Fudge but consider this: all it

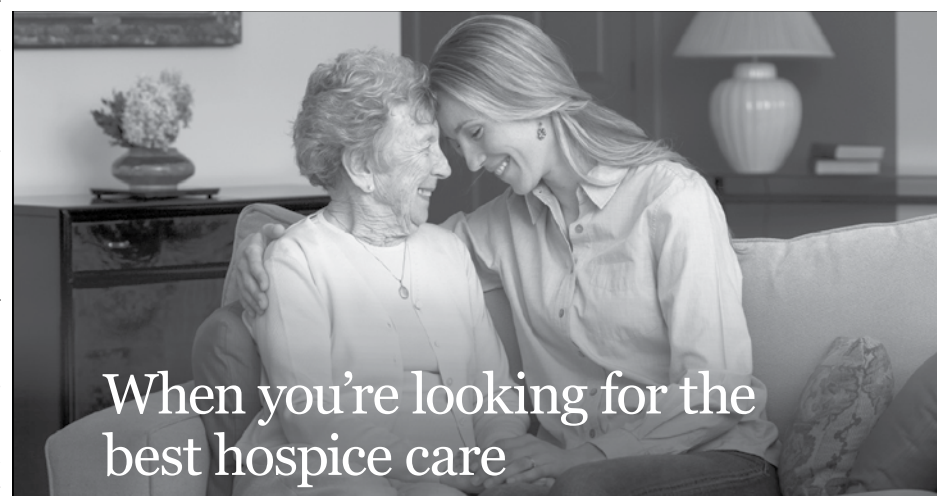


takes for Betty to double her money in 20 years is a modest average return of 3.53%. If she gets 1.5% she still walks away with approximately \$135,000. It would take the market declining over 20 years for Betty to actually lose money. In the history of the stock market, this has never happened.

If volatility really bothers you there are ways to reduce its effect on your investments. Speak to your advisor to find the optimal portfolio for you. Then, assert your freedom and treat yourself to Betty's Fluff infused Harvard Squares.

About the Author

Chris Hanson is the author of “The Wicked Smart Investor” blog and a CPA specializing in financial planning. He earned his BBA at the Isenberg School of Management University of Massachusetts and an MBS at Babson College's F.W. Olin Graduate School of Business. He may be reached at 978-888-5395. Read his blog at wickedmartinvestor.com. ■



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Reiki: A great way to relax



By Carol Corio

Reiki is one of the most recognized and embraced of the healing energy modalities.

“Reiki originated in Tibet or India, and the healing system is about 2,500 years old. Reiki migrated with Buddhist sages to Southeast Asia and China, then to Japan, where the known Reiki history begins, and through Hawaii with Hawayo Takata to the West. Reiki healing has transcended many cultures, languages, religions, and most of the geography. The energy has survived and prevailed...” according to Diane Stein, who has authored many books on Reiki and healing energy modalities. This quote is from her book, “Essential Reiki.”

If I were to describe Reiki, it is an example of an energy relaxation technique which involves a gentle placing of hands on an individual's body (in different places) and in combination with a positive, clear intention to create a relaxation response. Recipients, backed up by outside research, indicate it allows the body to find balance, provides relaxation, reduces pain and fatigue, relieves stress and anxiety, and improves overall quality of life. It is also an important technique to be used for self-care, self-healing, and balancing.

I interviewed two Licensed Practical Nurses who have been teaching together Reiki Master training classes on the South Shore. Jill Fay, LPN, is the Clinical Liaison for Alliance Healthcare and has additional training as a Reiki Master Teacher, Certified Hypnotherapist (CHT), and Certified Energy Medicine. Linda Lavin, LPN, is the Clinical Liaison for Royal Health Group and is a Reiki Master Teacher. Teaching classes together, Jill and Linda have certified over 100 individuals and healthcare professionals during the last ten years that they have been offering classes.

According to Jill Fay, “Reiki is a non-invasive hands-on healing energy. Reiki aids in alleviating stress, pain and other dis-eases. Every living thing radiates energy or life force. Reiki's healing energy goes where it is needed. It is a relaxation technique that has been proven to aid in stress reduction.” When Reiki was first introduced, one of

the reasons it was not embraced was that so many felt that it was not in alignment with their religious doctrines. Over time, many more have experienced the loving energy that is Reiki and come to understand it as a wonderful relaxation technique that is not affiliated with any particular religion, but does assist recipients to connect to whatever universal spirit, spiritual energy, angel, prayer, or religious doctrine each person believes in their heart. According to Linda Lavin, “The Reiki Practitioner is the conduit for bringing the healing energy to each recipient. The energy is received from Universal energy and God source and honors whatever personal, spiritual, or religious belief system each person receiving Reiki believes in.”

There is lots of research on the positive effects of Reiki. “It has been medically proven to reduce blood pressure, lower respiration and heart rates, slow bleeding, and reduce stress,” according to Diane Stein. Right here in Boston, at one of our prestigious hospitals, a study of the benefits of Reiki was one of the first in the country. Every day, more medical and healthcare organizations and hospitals include Reiki as part of their practice services.

Brigham and Women's Hospital has played a historical role in the development of Reiki in the medical setting by creating one of the largest hospital Reiki programs in the world. Their program consists of over 60 volunteer Reiki practitioners, as well as nurses and other staff members certified to perform Reiki. Over the past eight years, Reiki volunteers at Brigham and Women's Hospital have provided over 40,000 Reiki sessions to patients, family members, and hospital staff. Many BWH nurses, doctors, social workers, physical therapists, nutritionists, and chaplains request Reiki sessions for their patients, as well as for themselves, on a regular basis. All this information was accessed from the BWH website: http://www.brighamandwomens.org/About_BWH/volunteer/Reiki.aspx

Reiki has a long history of increasing recognition. When I have spoken with families about offering Reiki to their loved one at end of life, I am pleased to see the giant leap of recognition that families have about embracing Reiki--not just to acceptance but to a positive change in perception and acknowledgment of the benefits. Nowadays, most people have at least heard of “Reiki” or know someone who has had a positive experience receiving Reiki, even if they haven't had the opportunity to experience it firsthand. It is my hope that by reading this article, it will inspire you to want to learn more about Reiki for your own self-care or have a Reiki session from a Reiki Practitioner.

About the Author

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

For information, call 781-341-4145, visit www.oldcolonyhospice.com, or email Carol at: ccorio@oldcolonyhospice.com. ■



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Six steps to help reach your fitness goals

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

QUINCY - If you are like so many Americans who have trouble sticking to an exercise or weight loss program, here six steps incorporate into your program that may make all the difference in the world.

1. Have the right attitude. Ever notice that when you think you are going to succeed, you are more likely to do so? And, when you come in with the attitude that you will never be successful, this will probably be the result? It is possible to counteract those negative thoughts with positive thoughts that can help you attain the outcome you desire. Research reveals that positive self-talk is highly effective for maintaining an exercise commitment and a nutrition plan.

2. Take it one step at a time. When beginning any new program, thinking of the big picture can be overwhelming. We suggest that if

you take small, progressive steps, you may be surprised at how much easier it is to reach your goal. Perhaps you would like to start walking for exercise but feel that 30 minutes, 5 days per week is too much to accomplish. Try walking 10 minutes, 2 days a week, then gradually increase to 20 minutes, 3 days a week, and ultimately progress to 30 minutes, 5 days a week. With this *step-by-step approach*, reasonable exercise goals should be within your reach.

3. Engage in positive support Encouragement from family and friends can help you stick with a program. Having a *support system* in place provides accountability and reinforcement. Just ask Tom Brady. He had his family, friends, and team members cheering him on throughout his entire football career. However, you may need to communicate the type of support you require in order to help others to understand how to assist you. For example, finding a workout partner who has similar goals, can help you look forward to every training session.

Losing weight can be frustrating for a lot of people, and some people might even consider this a losing battle. How many times do people go on a diet only to give up long before they reach their desired body weight?

4. Track your calories. Our experience clearly indicates that those who track their daily intake are more successful at losing weight and are more likely to keep it off. Today, there are many ways to track your food consumption. If you like to write things down, you can record your meals on a blank daily menu sheet,

and if you like to have your calculations done, there are excellent APPs on-line (like myfitnesspal.com), or you can find alternative methods on Google.

5. Understand and overcome plateaus. There may be times in your weight loss journey that you may feel your efforts have come to a standstill. You may even give up trying to lose the weight or discontinue exercising altogether. We call this a *plateau*, and it is actually quite normal to reach this stage. It generally means that a minor adjustment needs to be made with your training or nutrition program. Reaching out to appropriate resources such as a certified fitness instructor or a registered dietician to better understand the ups and downs that naturally occur throughout the exercise and dieting process will help you to break through the plateau. The main point is to prevent occasional plateaus from sabotaging your goals!

6. Avoid time pressure problems. Time is frequently cited as the main reason that people give to avoid exercising regularly or eating properly. Take breakfast, for example. It is the most important meal of the day and the most often skipped meal due to time factors. The best approach to remedy this problem is to *plan ahead!* Here is how quickly you can make oatmeal for breakfast. Set a bowl, spoon and napkin on the kitchen counter or table the night before. Next to the bowl place a box of raisins, oatmeal and small packet of nuts, then set a small pan on the stove. Put a banana and an 8-ounce glass of water in the refrigerator. In the morning, pour the water in the pan, add the raisins, nuts and cut-up banana with the oatmeal, then heat the pan for 2 minutes, and breakfast is ready. Planning ahead is the key to

Senior Fitness continued on page 9



HopeHealth's Walk for Alzheimer's Sunday, May 7

HYANNIS, MASS. – The HopeHealth Walk for Alzheimer's will take place on Sunday, May 7, 2017 at the Cape Cod Canal, DCR Scusset State Beach. Registration begins at 9:00 a.m. with the walk starting at 10:00 a.m.

The Walk for Alzheimer's provides essential funding for information, education and support services for people with Alzheimer's disease or a related dementia—and families and professionals who care for them.

A website is available to make registration and fundraising easier – visit HopeHealthCo.org/Walk to sign up as a team or an individual walker. For questions about the HopeHealth Walk for Alzheimer's, please contact (508) 957-0282 or Walk@HopeHealthCo.org.

Senior Fitness continued from page 8
success.

As another example, many people run out of the house without their gym attire and athletic shoes. Simply put your exercise clothes and shoes in your gym bag, and place your gym bag by the door before you go to bed. This way, you just grab your already stocked gym bag on your way out the door.



We hope that these suggestions have been helpful. Follow these six steps and you'll be surprised how successful your exercise and weight loss program can be!

About the Authors

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



Spring Cleaning check list

By Sharon Fisher



HULL - A natural period of renewal, spring is the best time to clean out, lighten up and re-organize. Enlist the help of others (like the whole family!) so it will not be overwhelming.

Reducing the clutter in your home will maximize your space and spring-cleaning can be very therapeutic!

Here is a checklist to get you to "spring into action" with this annual ritual.

Getting ready

- ✓ Schedule time and commit to it. Mark it on the calendar.
- ✓ Make a list of what you want to accomplish. Survey each room, noting what needs to be done.
- ✓ Estimate how much time is needed for various tasks, buy supplies and check tools.
- ✓ Make calls ahead of time for donation pick up, rug cleaner, etc.
- ✓ Structuring a process will making it easier year to year.

Prepare

- ✓ Get and mark boxes: donation, storage, garage sale, and one for each member of the household.
- ✓ Use 10-15 min. each night before the scheduled time to work on small areas. (catalogs, closet)
- ✓ Do your regular laundry beforehand to leave the machine for curtains, rugs & bedding.

Night before

- ✓ Assign tasks to everyone. Include; check smoke detectors, clean out the\ fridge, medicine cabinet, and junk draws.
- ✓ Place boxes in designated areas.

Go!

- ✓ Plan a good breakfast and a fun break (ice cream!)
- ✓ Start in a room of your choice and work top to bottom.

- ✓ Finish one area before starting a new one. Move around the room, don't criss cross. Remember the TV, computer, lampshades, doorknobs & behind the furniture.
- ✓ Assign each family member an hour to be a DJ and keep everyone motivated.

Continue to place miscellaneous pieces found throughout the house back to their proper area. Don't forget members have a basket or box of their own (to be emptied later).

- ✓ Put an errand basket by the front or back door for items that need to be brought somewhere.
- ✓ Let others know ahead of time that the scheduled time or day is designated to cleaning to keep calls at a minimum.
- ✓ If you can't give up a whole weekend at least plan to do it over several days allotting 3-4 hours if possible.
- ✓ Don't forget to take breaks and reward yourself!

End result

At the outcome, you will have a sense of completion and reduces stress knowing that all is in order. Smile, kick off your shoes and head to the beach!

About the Author

Sharon L. Fisher of COME TO ORDER! Organizing Services lives in Hull and spends her days helping people with their "stuff." She has been offering hands-on, customized solutions to maximize your space and simplify your life for over 20 years. Call her to set up an organizing session; gain space! Save time! Take control of your life! 781-925-8925 ■

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Home Base Program continued from page 3

with a head-mounted display (including view screen and headset), which exposes the veteran to a 3D digital world experience capable of mimicking vehicle rumble sounds, exposure to explosions, the smell of burning trash and explosives, a cityscape with narrow streets and alleys, and the inside of a Humvee. The veteran may also carry a plastic, life-like military rifle that is connected to the computer.

Virtual reality therapy is safe. The clinician is always present for the full session, guiding the veteran through different scenarios tailored to his or her personal trauma. The clinician works with the veteran throughout the treatment, noting sensitivity to the veteran's reactions. Therapy is then adjusted to reduce or increase its intensity in a therapeutic manner.

Not all veterans treated will receive virtual reality therapy. Home Base clinicians decide who is appropriate based on careful assessment and patient preference.


Individualized Assessment

There is no one treatment that fits all. Home Base counselors and clinicians will develop an individual plan based on treatment options and needs. The objective, in each and every case, is to improve the quality of life. The goal is to assist military personnel in overcoming the effects of deployment, or combat-related stress. This may take time for many individuals. But the effort is geared to building a plan which enable military personnel to successfully return to family life, job, school, and community.

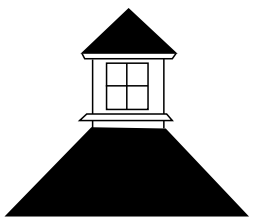
The Home Base Program gives veterans access to the most advanced care currently available. To schedule an appointment at the Home Base Clinic, please pick-up the phone and call: 617-724-5202

About the Author

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



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25th Annual Senior Celebration

Exhibit Guide & Program

Welcome to the 25th 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 2017 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!

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25th Annual Senior Celebration

Schedule of the Day

Free Health Screenings

Vascular Screening
Members of the Signature Healthcare Vascular team will provide a series of vascular screenings. These include ultrasound of the carotid arteries, Peripheral Arterial Disease (PAD) evaluation and an ultrasound of the abdominal aorta (AAA).
Cholesterol - Blood Pressure - Body Fat Screenings

Live Entertainment Schedule

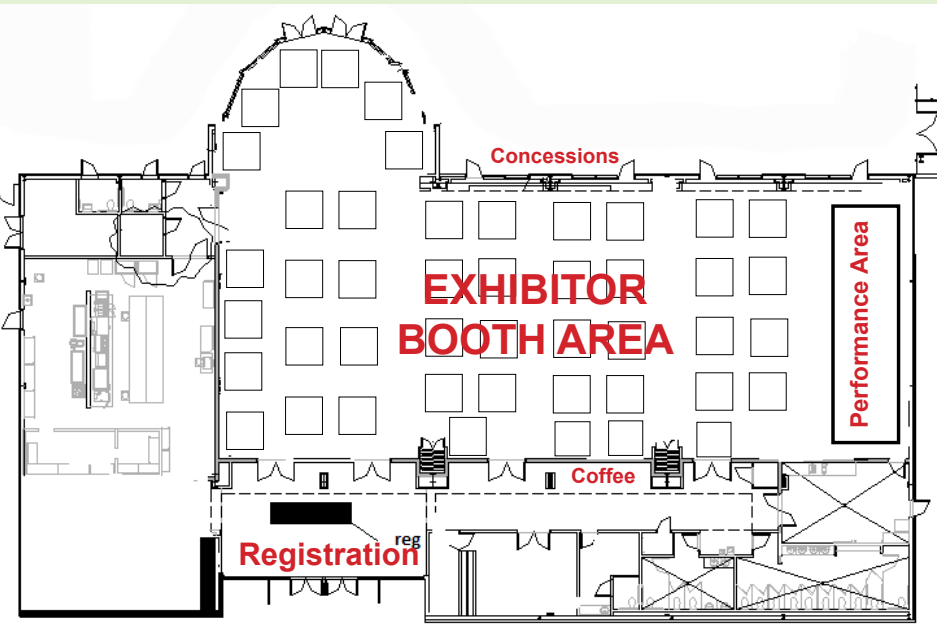
9:30 a.m. - 2:00 p.m.	DJ Joe Martini - Join the fun while Joe spins your favorite tunes! Music all day!
10:15-10:45	Line Dancing - Get out on the dance floor with Cris Kindelan and line dance to great music.
11:00 a.m. - 11:30 a.m.	Zumba Gold Fitness Demo - Lori Hunter and her group will show you just how fun and easy this international dance exercise can be.
12:00 p.m. - 1:30 p.m.	Cranberry Jam Band - Enjoy live music with Paul and his popular band.
1:30 p.m. - 2:00 p.m.	Exhibitor Raffle Winners Announced - You must be present to win!

Free Informative Seminars

10:30 a.m.	Importance of Prevention Learn about Cancer Prevention and what you can do to reduce your risks and increase your odds of staying healthy. A review of the types of screenings to take advantage of, risk factors and more will be discussed. Presented by Nicole Delano, MSN, RN, Patient Navigator from Signature Healthcare
11:30 a.m.	Aches & Pains: Causes, Treatment and Therapy Do you have pain in your hands and wrists? Suffer from Arthritis? If so, come hear from Dr. Federico Martinez, Hand Surgeon from Signature Healthcare. He'll review causes, treatment options and therapies while providing an overview of orthopedic pain in adults over age 55.

Shaw's Center Exhibitors

Tuesday, May 23, Shaw's Center, 1 Lexington Ave., Brockton, MA 02301



Visit 40 Exhibitors!

Visit the over 40 exhibiting companies and receive product & service information, fabulous giveaways and health screenings including cholesterol, blood pressure and vascular screenings.

Here is a partial list of exhibitors:

- Alert Sentry Group
 - Alzheimer's Association
 - Brewster Ambulance Service
 - CapTel
 - Care One
 - Clear Captions
 - Fairing Way
 - HealthSouth Braintree Rehabilitation Hospital
 - LeafFilter
 - Liberty Mutual
 - Mass Relay
 - Old Colony Elder Services
 - Rehabilitation Associates, Inc.
 - Remember When
- The Residence at Five Corners
 - Senior Whole Health
 - Seven Hills Foundation
 - Shaw's Osco Pharmacy
 - SHINE
 - Signature Healthcare- Brockton Hospital
 - Signature Healthcare-Cholesterol Screening
 - Signature Healthcare-Vascular Screening
 - South Shore Senior News
 - St. Joseph Manor
 - Stoughton Public Health & VNA
 - Tufts Health Plan Medicare Preferred
 - United Healthcare Community Plan -Senior Care Option



June 1 Educational Program at Allerton House, Weymouth

Treatments for back and leg pain in the aging spine

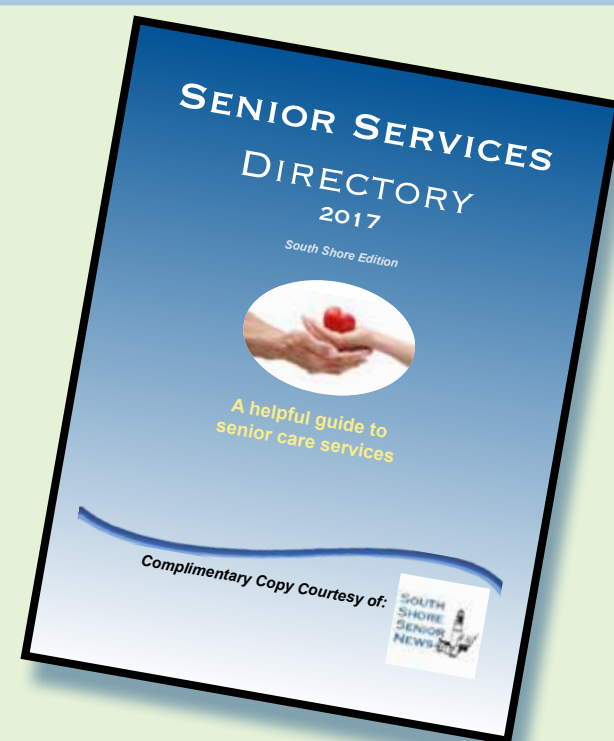
WEYMOUTH - Timothy R. Smith, MD, PhD, MPH, Neurosurgeon at Brigham and Women's Hospital and Assistant Professor of Neurosurgery, Harvard Medical School, will present this informative seminar. Program will be held at Allerton House at Central Park Assisted Living Community, 43 School House Road, Weymouth, MA, on **Thursday, June 1**, at 5 PM (light dinner, tours), presentation begins at 6 PM. **RSVP by May 26** by calling 781-335-8954, ext. 2500. You can also schedule a personal tour.

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*Members of the Signature Healthcare Vascular team will be providing a series of vascular screenings. These include ultrasound of the carotid arteries, Peripheral Arterial Disease (PAD) evaluation and an ultrasound of the abdominal aorta (AAA).

Enjoy Live Entertainment

9:30 - 2:00 DJ Joe Martini- 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. Importance of Prevention
Learn about Cancer Prevention and what you can do to reduce your risks and increase your odds of staying healthy. A review of the types of screenings to take advantage of, risk factors and more will be discussed. Presented by Nicole Delano, MSN, RN, Patient Navigator from Signature Healthcare
11:30 a.m. Aches & Pains: Causes, Treatment and Therapy
Do you have pain in your hands and wrists? Suffer from Arthritis? If so, come hear from Dr. Federico Martinez, Hand Surgeon from Signature Healthcare. He'll review causes, treatment options and therapies while providing an overview of orthopedic pain in adults over age 55.

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"Silver Foxx" George Cataldo sings and swings to Sinatra

By Patricia Abbate

PEMBROKE - Soon to swing into his 10th decade, 89-year-old George Cataldo--avid golfer (a 12-handicap!), velvet-voiced crooner, accomplished artist, WWII veteran, former Brockton City Counselor, and retired Sears Robuck Co. Executive -- is decidedly a Renaissance man.

During a recent appearance at a Memory Cafe held at the Pembroke Council on Aging and sponsored by Old Colony Elder Services, Cataldo delighted participants with his debonair flair and polished demeanor. Dapper in his tuxedo, Cataldo's expressive voice, accompanied by his professional sound system, did not disappoint. His easy style, graceful movements and humorous banter with the audience evoked a vintage Vegas supper club vibe as he crooned selections from Frank Sinatra and beloved standards from the American Song Book.

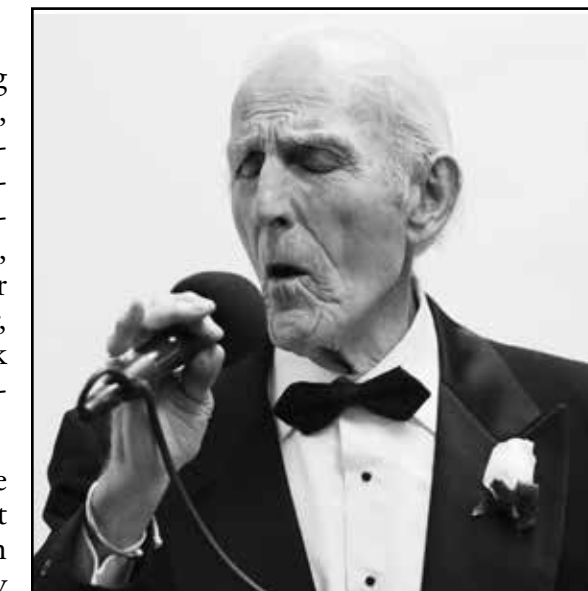
During his performance he even sketched a caricature of himself as a dark haired younger man, showing off his artistic talents, while never missing a musical beat, singing right through intermission.

For his last number, Cataldo produced a simple yet familiar percussion instrument from his pocket--spoons. Seated on stage, he offered up a spirited performance to the tune *Happy Days are Here Again*. Striking the spoons rhythmically against his arms, legs, hands, and cheeks, he smiled, laughed, and thoroughly entertained as his arms and hands whirled about.

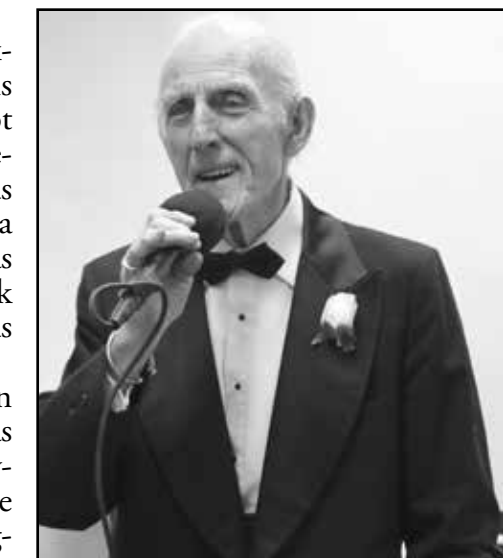
"I sang for the first time 35 years ago when I retired from Sears," he recalls. During a send-off dinner at a Japanese restaurant in New York his colleagues urged him to sing Karaoke. "They convinced me to give it a try and so I did. They said I sounded like Dean Martin. I've been singing ever since."

After mingling with the Pembroke audience, but before breaking down and lugging the sound equipment back to his car, Cataldo shared notes on his personal calendar. Pointing out gigs penciled into his planner, booked well into the summer months all over the South Shore, he was energized. Along with singing gigs, he also has a golf tournament coming up, and his 90th birthday on August 12. Cataldo now lives alone at his home in Westport, after losing his wife of 49 years in 1997, but he's not lonely. He paints, he sings, he golfs, he volunteers, and still drives his own car. He reminisced briefly about his WWII service in the Navy on an aircraft carrier, the time Boston Celtics legend Bob Cousy broke Cataldo's ring finger during an All Star basketball game, and his 18-year stint as a Brockton City Counselor. As he says, "there are so many memories from all these decades, it's hard to select only a few."

For now, the Silver Foxx is looking forward to singing and swinging to Sinatra, as well as swinging his golf clubs. If you are fortunate enough to meet the amazingly energetic and multi-talented George Cataldo at an upcoming event, be sure to wish him a very Happy 90th Birthday! ■



Smooth and charming, George Cataldo is known as the Silver Foxx on the circuit.



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Crossword Puzzle Corner

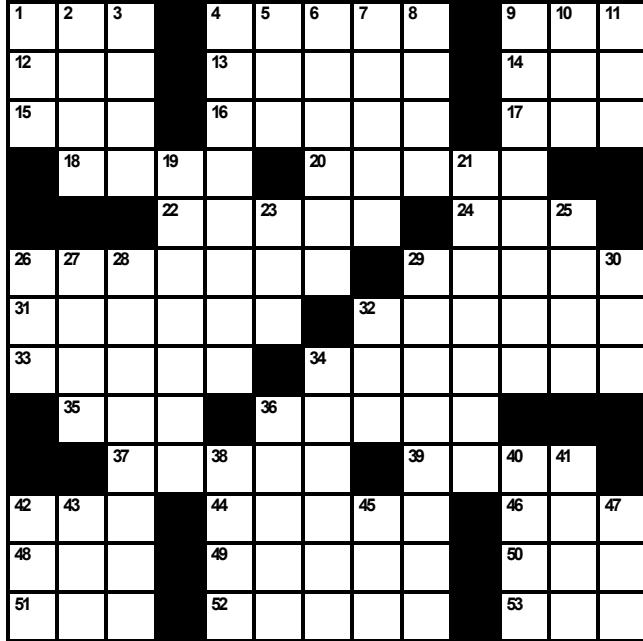
answers on page 22

Across

1. Moose
4. Meat on a stick
9. Wrong ___ of the stick
12. Barbie's beau
13. Make amends (for)
14. Paltry amount
15. Adam's partner
16. Roman shields
17. Low card
18. Right on!
20. Puppy-love
22. Say cheese!
24. Driver's location
26. Online sales channel
29. Statistic
31. Affairs
32. Caricature
33. Biblical mountain
34. Pigeon coop
35. You're it game
36. Woman who tells fortunes
37. Bird homes
39. Wildcat
42. Show ___
44. Nigerian
46. Vein contents
48. Victorian ___
49. State in India
50. Musical aptitude
51. Roadside sign
52. Young seal
53. Caustic substance

Down

1. Barely manage, with "out"
2. Impose
3. Leg joint
4. Native a of a region on the India-Pakistan border
5. Plus the others
6. Fabric of uneven yarn
7. Cavern, in poetry
8. Merci ___ coup



9. Attractive
10. This instant
11. Twosome
19. Allay
21. Majestic
23. ___ in his kiss
25. Madrid and Paris cash
26. Occupied a certain position
27. Give out
28. Windfalls
29. Miner's light (2 words)
30. NY baseballer
32. Show grief
34. Neglect
36. Secret supply
38. Irish playwright
40. Yuletide
41. Bone picture
42. Plead for
43. Portfolio part, in brief
45. Baseball's Maglie
47. It comes before long

Reverse Mortgage continued from page 5
in the unit as his primary residence.

Conclusion

While divorce or separation is difficult at any age, the rate among seniors is on the rise adding new burdens and complications at a most vulnerable time in life.

The HECM reverse mortgage was designed to enhance the special needs of senior homeowners who want to remain in their home and achieve greater long term financial security. It should also be a fundamental consideration when divorce or separation arrangements are being considered. In short, the HECM reverse mortgage enables housing wealth to be combined with financial wealth to achieve greater results.

In any event, senior homeowners 62 and older should learn about and understand the HECM program facts, and not be misguided by common misconceptions. This program was developed by HUD and insured by FHA to enhance senior financial security and facilitate their ability to age in place. For many, the versatile provisions of HECMs reveal new possibilities. For separating seniors it may be a game-changer.

About the Author

George Downey is the CEO of Harbor Mortgage Solutions. As a family-owned and operated firm, Harbor Mortgage understands how mortgage financing and refinancing can affect your family's future. Founded over 25 years ago, Harbor Mortgage remains committed to providing exceptional mortgage services to families in Massachusetts and Rhode Island. Let us help you find the right solution when you're considering refinancing your current home, or purchasing a new one. And, if you're a senior (62 or older, or are assisting one) and want information on reverse mortgages, you definitely should contact us...this is our specialty. For more information please visit our website at harbormortgage.com. George and can be reached at (781) 843-5553 or gdowney@harbormortgage.com. ■

Dare to Downsize!



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

By Randy Veraguas

*Dare to Downsize ~ Makes you feel wise
Don't let the big guys ~ Fill ya with their lies
Look for the good buys ~ Trash the stuff with flies
Wear the shirt with dies ~ Give away the suit and ties...*

NORTH QUINCY - I never said I was a poet, but yes, that's an original, freshly spun seconds ago by lil' ol' me. You did read the fine print about this article also being "to entertain," right? So there, I tried. ;) It's good to try. It's good to do a lot of things. And since May is Mental Health Awareness month, I thought it'd be good to write about preparation.

So this month, for good mental health, I dare you to prepare. AND yes, when I started typing "Dare to Prepare" I loved the rhyming of it and then out came the little poem ~ just for YOU!

Prepare for what you ask? Well silly, to prepare you for your downsize move of course! Write down what your intent is and have a few goals: short term and long term. Plan to have that

Dare to prepare!

garage sale, plan to give your statue to your doting daughter. Plan to rid yourself of suits and ties and things with flies! On the 10th, remember to clean your room, it's national Clean Your Room Day, which makes sense so on the 14th you'll have space to dance like a chicken, since it's Dance Like a Chicken Day!

I promise you, your move will go so much more smoothly if you prepare for it... physically AND mentally. Too many people plan with the physical part and forget to plan out the mental part. Think to yourself how this will change your life and hunt the good stuff while you're at it.

Will downsizing give you more freedom? Yes, you won't be tied to your big home! So, what are you going to do? Sign up for an art class. Spend more hours with your grandchildren. Learn a new language or plan a trip. Make a plan for that!

Will you have more money now that your bills will practically be cut in half? YES! What are you going to do with that extra cash? Make a foundation or local scholarship! (I'll tell you how to spell my son's name if you're looking for a good cause! Hahaha Hey never hurts to ask, right?!) Plant a bunch of May flowers. Or buy a really nice Chicken suit for the 14th.



There are many things you'll be doing and changing with your move that will directly affect your mental status. Be prepared for that. Remember that you have the ability to decide to be happy or not. Nobody else can decide that for you. Find the silver lining in the cloud of downsizing and simply plan to be joyful. Being mentally prepared for your changes will also give you the strength to endure any physical mishaps along the way...with or without a really cool chicken suit.

About the Author

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



GOT NEWS TO SHARE? Send it along!

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Frank Sinatra Summer Wind Dance Party!

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Are dietary supplements worth buying?

By Nicole Long, MSW, LICSW



BROCKTON AND PLYMOUTH - Unfortunately, the answer is often “No.”

Advertisements for “dietary supplements” frequently claim they will keep you from getting sick, or help you live longer. But according to the National Institute On Aging, “Often there is little, if any, scientific support for these claims...Some supplements can hurt you. Others are just a waste of money because they don’t give you any health benefits.”

There are many “dietary supplements” on the market today that are sold over the counter, including vitamins, minerals, fiber, amino acids, herbs, and hormones. Some products, like drinks or energy bars, have supplements added to them. The Food & Drug Administration (FDA) does not review these supplements before they reach the market, only if they believe a product is considered unsafe.

The best way to get vitamins or minerals is through the food you eat, not added supplements. If you feel you can’t eat enough, ask your doctor if you need a multi-vitamin and/or mineral supplement. It does not have to be labeled for “seniors,” and it does not have to be a large, or “mega dose” vitamin. The theory; “if a little is good, a lot must be better,” does not hold for supplements. Taking more than 100% of the daily value of a vitamin or mineral could be harmful, and your body may not be able to use the entire supplement, so you are wasting your money. People over the age of 50 may need supplements for certain purposes, such as vitamin B12, Calcium, vitamin D, extra Iron for women, and vitamin B6.

Antioxidants are natural substances found in food. There is no proof that large doses of antioxidants will prevent chronic diseases like diabetes, cataracts or heart disease. Rather than taking a supplement, try eating at least 5 servings per day of fruits and vegetables, or using vegetable oil and eat nuts (in moderation). These foods can give you the antioxidants you need.

There are also herbal supplements, like ginseng, Echinacea, or ginkgo biloba, which come from certain plants. When you use any herbal supplements, you are using them as a drug, and they can interfere with other medications you may already be taking. Some herbal supplements can cause high blood pressure, nausea, diarrhea, constipation, headaches, seizures, heart attacks, or stroke. Some supplements can increase the risk of bleeding or, if a person takes them before or after surgery, they can affect the person’s response to anesthesia. Dietary supplements can also interact with certain prescription drugs in ways that might cause problems. Vitamin K, for example, can reduce the ability of certain blood thinners to prevent blood from clotting. Antioxidant supplements, like vitamins C and E, can reduce the effectiveness of some types of cancer chemotherapy.

Before you start taking a dietary supplement, talk with your doctor or a registered dietician. Do not go on the recommendation of a friend or an internet

site. Consider the source of any information you read: is it from a group that stands to make money from the sale of this product? If something worked for your neighbor, it does not mean that it will work for you. Don’t take supplements in place of, or in combination with prescribed medications without your health care provider’s approval.

All products labeled as a dietary supplement carry a Supplement Facts panel that lists the contents, amount of active ingredients per serving, and other added ingredients (like fillers, binders, and flavorings). The manufacturer suggests the serving size, but you or your health care provider might decide that a different amount is more appropriate for you.

There is a federal Office of Dietary Supplements (ODS), part of the National Institutes of Health, which publishes fact sheets that give consumers an overview of individual vitamins, minerals and other dietary supplements. ODS says if you don’t eat a nutritious variety of foods, some supplements might help you get adequate amounts of essential nutrients. However, supplements can’t take the place of the variety of foods that are important to a healthy diet. You can contact ODS at (301)435-2920, or visit their website at https://ods.od.nih.gov/HealthInformation/DS_WhatYouNeedToKnow.aspx

About the Author

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

32nd Annual Walk for Wildlife, Saturday, May 20

MARSHFIELD - Join Mass Audubon and the South Shore Bird Club for this annual event that celebrates spring and the stunning landscape at Daniel Webster Wildlife Sanctuary, 200 Main St., Marshfield. This festive event continues to evolve from year to year, and #32 might just be the best one yet! Whether you’re interested in birds, bugs, plants, or just being outdoors, we’ll have fun for all ages at this free day of discovery.

Drop in anytime between 9 am–3 pm and stroll the trails at your own pace. Visit stations along your walk where skilled naturalists from both South Shore Sanctuaries and the South Shore Bird Club will offer hands-on educational activities that highlight various aspects of the sanctuary, from its inhabitants and history to the myriad reasons this property is so important and special.

This event is free (donations appreciated), with no registration required—just stop by! Donations in any amount will be accepted but are not required. The Walk is suitable for all ages and abilities, as well as jogging strollers. Contact: 781-837-9400 or visit their website: <http://www.massaudubon.org/get-outdoors/wildlife-sanctuaries/north-river> for more information.



North River Wildlife Sanctuary

South Shore Happenings

Annual Spring Concert May 21

SCITUATE, DUXBURY & HINGHAM - South Shore Conservatory’s SSC Community Voices and SSC Community Voices Too! choruses present their spring concert on Sunday, May 21, 4 pm at Inly School, 46 Watch Hill Drive, Scituate. The concert is free and open to the public. Audience members are invited to join chorus members for a complimentary reception following the concert.

For more information on SSC Community Voices or South Shore Conservatory Creative Arts Therapies programs, please contact Eve Montague, Director of Creative Arts Therapies at 781-934-2731 ext. 20, email e.montague@sscmusic.org, or visit www.sscmusic.org. or visit www.sscmusic.org.



Book & Bake Sale May 13

KINGSTON - The Friends of the Kingston Public Library annual Book and Bake Sale will be held on Sat., **May 13**, Rain or Shine from 9 AM - 3 PM, at the Kingston Public Library, 6 Green Street. This year’s collection includes thousands of paperbacks, children’s books, novels in almost perfect condition, art books, lots of other subjects at great prices. Proceeds benefit the Friends of the Kingston Public Library, which supports programs, sponsorship of museum passes, books, and other special purchases.

We are looking for donated baked goods, as well as volunteers to help on the day of the sale. Please call Gayle Metcalf at (781) 585-0517 x6283 to volunteer or sign up at the library. Donations of books (no textbooks or magazines, please) will be accepted at the Library during open hours.

Dublin’s Irish Cabaret: May 6



NORWELL - Famed tenor and Carnegie Hall performer Andy Cooney will perform an exhilarating and distinctive blend of Irish music, song, laughter and dance, in an event designed to please the entire family at the Company Theatre. Andy Cooney, dubbed “America’s Favorite Irish Son”, is joined by Ireland’s funniest comedian Mick Thomas, the Irish Step and Contemporary dance team of Darrah Carr, and the energetic Andy Cooney Band. Two shows on Saturday, May 6, 4:00 PM and 8:00 PM.

Also, **THE EVERLY BROTHERS EXPERIENCE** will be presented by The Bird Dogs on Sat., May 20. For tickets for both shows, contact The Company Theatre, 30 Accord Park Dr., Norwell, MA, 781-871-2787, or purchase online: <http://www.companytheatre.com>.

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, P.O. Box 202, Hingham, MA 02043

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___ Hospice of the South Shore
___ Norwell VNA & Hospice

Independent and Assisted Living

___ Compass on the Bay
___ Stafford Hill
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___ Fairing Way
___ Cornerstone at Canton

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___ Catholic Association of Foresters
___ Senior Whole Health

Elder Law Services

___ Patricia Bloom-McDonald, Attorney at Law
___ Law Office of Robert Romano

Local Elder Service Agencies

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___ Old Colony Elder Services
___ South Shore Elder Services

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___ South Shore Hearing Center
___ Suburban Hearing Aid Services

Memory Impaired Assisted Living

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___ Standish Village
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Ron Della Chiesa connects with his coastal roots

"Something about Nantasket Beach always drew me back"

HULL – As a young boy growing up in Quincy, Ron Della Chiesa was smitten with the world of opera and radio. A fixture of his childhood, he was captivated by the live radio broadcasts from New York's Metropolitan Opera. His passion for the music and fascination with the medium has followed him ever since.

A household name in New England homes for more than 50 years, Della Chiesa's commentary has been a familiar, soothing balm, adding color to performances broadcast live from Boston's Symphony Hall and Tanglewood. His popular *Strictly Sinatra and Music America* radio show continues to attract a huge and diverse audience, keeping the classics of the American Song Book alive. He followed his heart and it brought him to places he envisioned as a child.

Another passion bloomed within Della Chiesa at a much earlier age, as he recollects in his memoir, *Radio My Way*.

"Every now and then I used to just get in my car and drive, without any destination in mind. Actually, that's a lie. I may have taken the scenic route, stopping for this or that along the way, but my heart knew where I was headed if my brain didn't."

I would sit in my car, eyes closed, and it was if I'd turned the clock back half a century...Something about Nantasket Beach in Hull always drew me back. I guess the curse of a great childhood is that you wouldn't mind reliving it; in fact you seek it."

A photo accompanies this passage in his book depicting a six-month-old Della Chiesa sitting directly on the sand of Nantasket Beach with the boardwalk and giant coaster of Paragon Park behind him. The year was 1939. A memory he says, he still remembers.

In 2007 Della Chiesa and his wife, Joyce, were taking a walk along the Nantasket Beach boardwalk on a bitterly cold winter day when they came across a "condo for sale" sign, with a photo of the building situated on top of Atlantic Hill, on the very site of the original Atlantic Hotel where Caruso once performed. With this realization, Della Chiesa says, "My heart skipped a beat."

"I rediscovered my roots here ten years ago... the beach, the carousel, the public library... they were part of my story. We bought the first condo we looked at," he says.

Now they split their time between their large Victorian in Dorchester and their multi-level modern condo in Hull with commanding views of the ocean. Modern technology allows Della Chiesa to broadcast from a studio here in where he keeps an eye on the beach action and ships at sea as he works.

A conversation with "Radio Ron DC" almost always includes the subject of classical music and opera. A recent afternoon with him was no exception. While enjoying the views beyond the vaulted glass walls of his condo, we frequently comment on the pieces playing softly in the background from his radio tuned to Boston's classical station, 99.5 WCRB. The broadcast was often punctuated with Della Chiesa's own voice doing a promo for an event or introducing a piece of music.

Della Chiesas's passion for music is contagious and his ability to recognize beauty in all things amazing. Classical music, he, notes, stands up to the test of time. "Puccini, Verdi, Beethoven, why has this music been around for hundreds of years? Greatness lasts through the ages," he asserts.

He also believes that music is therapeutic, especially in troubled times. "In many ways, I feel that good music is the greatest drug of all. It relieves stress and can bring you to a higher spiritual level. There would be much less road rage if drivers listened to great music. And it's OK to pull off the road, get lost in a piece of music and let your emotions take over."

As we conversed, Joyce Della Chiesa joined us at the table, smart phone in hand, finalizing menu selections for a dinner party she was overseeing at the Harvard Club in a few days.

"Radio Ron" refers to his world-class chef wife as his soul mate. When they met she was owner of The Turtle Cafe in Inman Square, Cambridge. A cook book collector and Italian cooking and baking instructor, she rules the kitchen in both homes. "I always tell him, you're a lucky man, Della Chiesa!" she jokes.

The Della Chiesas are always on the go, and not just the 40 minute jaunt between homes. The Boston Symphony summer schedule has them driving out to Tanglewood in



Furry companion Giacomo also splits his time between Hull and Dorchester, as he loves the trip back and forth.

Lenox for a few days each week, then in the spring and fall to Symphony Hall. Personal travel is a big part of their lives as they have a two week trip to Italy scheduled for the fall and other domestic travel planned around that. They also fit in lots of concert, theatre, dinner and movie dates, book signings and lectures, and many fundraising events. And then there are the popular Frank Sinatra Tribute dances held regularly at the South Shore Country Club. The next dance, the Frank Sinatra Summer Wind Dance Party, is scheduled for Friday, June 2. The shows



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feature Sinatra impersonator Michael Dutra, a swingin' band, and Della Cheisa as host. Partygoers have an opportunity to mingle with the host as well as purchase his memoir with a personal message and autograph included.

Since moving to Hull, Della Chiesa has become an active and visible part of the community. His group of beach-walking buddies, affectionately known as "The Nantasket Rat Pack," can be found at favorite spots along the beach and boardwalk on warm days telling stories, hanging out, having fun with visitors and locals alike.

He also volunteers his time with the Friends of the Paragon Carousel. He helps with special events and sits on the Advisory Board of his beloved carousel, and frequently stops at its adjacent Paragon Park Museum to reminisce while enjoying an ice cream from the Carousel Creamery. Local business owners with shops and eateries located in storefronts across from the beach are his friends, and he doesn't hesitate to stop in to say hello or make a purchase.

A resident of the town he particularly admires is program director for the Hull Community Cable Television station, Peter Seitz. "Peter runs a wonderful cable TV station, he's the best at what he does, very professional," says Della Chiesa.

"A while back Peter helped me put together a tribute to my good friend, Tony Bennett. We got Tony's personal musicians, guitarist Gray Sargent and bass player Marshall Wood, both local folks, together for the show. It was such a good program, that we recently started a new show called *Elder Cool*," he enthuses. The show focuses on the older crowd with guests selected who are still doing cool things later in life. Shows are hosted by Della Chiesa, well-known PBS star Loretta LaRoche, and Joyce Della Chiesa. Recent episodes have featured topics on cooking, travel, music, movies, featuring great guests. One episode has Della Chiesa learning how to make an omelette from scratch with his instructor/wife giving the lessons. You can watch episodes of *Elder Cool* on YouTube at this link: <https://www.youtube.com/user/HullTVTube>.

If you're in Hull this summer, be sure to spend some time at the beach, as there is a good chance you'll bump into Ron Della Chiesa while you're there. He'll be the guy in the graphic tee shirt with the likeness of Sinatra, Mozart, or some other musician's image emblazoned across the front. In the meantime, tune in on Sunday nights from 7PM-2AM to WPLM 99.1 for *Strictly Sinatra* and *MusicAmerica*. You'll notice that he will mention Nantasket Beach quite a few times during the program.

If you've never been to a Sinatra Tribute Dance, try to score a ticket for the Summer Wind Dance Party, as it's very popular. Held on Friday, June 2, at Raffael's at the South Shore Country Club in Hingham, call Della Chiesa's producer Paul Schlosberg at 617-633-5100 for tickets or visit www.MusicNotNoise.com. And speaking of summer, grab a copy of *Radio My Way*. If it's not on your reading list, it should be. ■

Editorial Note: Remember Ron Della Chiesa's inspirational tag line as you go through your day, "The best is yet to come!" And when the spirit moves you, pull off the road and listen to the music. It's therapy!

–Patricia Abbate

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Looking forward to long summer walks on Nantasket Beach, Ron Della Chiesa enjoys the ocean's expanse from his terraced deck on Nantasket Beach.



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In the coming months I will be covering topics that include: Finding Resources: The Difference Between Experience and Expertise, When Home is Not the Best Place to Be, Respite Alternatives for Stressed Out Caregivers, How to Stay Informed and Prepared, Data vs Information: How to Make Smart Decisions.

You can contact me at: MFriedman@SeniorHelpersBoston.com

About the Author

Mark Friedman is the Owner of Senior Helpers Boston and South Shore. Passionate about seniors and healthcare, the goal of his agency is to set a new standard in home care in Massachusetts. First by delivering an exceptional home care experience in a combination of highly trained and high-touch caregivers. And secondly by becoming a significant connection for elders to resources and services in the 75 communities his company serves. Visit their website:

www.SeniorHelpers.com/SouthShoreMA or call 781.421.3123 for more information.■



OH, THE PLACES THAT SHE GOES!

Sandy Gildea stopped by the South Shore Senior News booth at Weymouth's Community Health and Wellness Fair last month. You may recognize Sandy as the volunteer Trip Coordinator for the Weymouth Council on Aging. The adventures that she plans and organizes have provided hundreds of community members with wonderful excursions and many memorable experiences all over New England...and beyond! Travel with the "Friends Trips" and you get comfortable motor coach transportation along with meals, entertainment, sight-seeing, lodging...and lots of fun! Thanks for making the trips so enjoyable for all, Sandy!

Parkinson's care continued from page 2

Senior Helper caregivers are specifically trained then assigned to Parkinson's families, because we understand that seeking professional care can be a game changer. Home care has proven to lower risk of complications, extend life-expectancy and enhance the overall quality of life.

This is also why each Senior Helper caregiver assigned is trained in Parkinson's care on a client specific basis. Their learning includes in-depth understanding of cardinal motor and non-motor symptoms, tremors, rigidity, Bradykinesia, and the Five Stages and progression of the disease. They understand why noticing even slight changes of a senior's sense of smell, taste, voice volume and pronunciation is important; and, they are equipped with a keen sense and urgency for timeliness and routines.

Senior Helper Caregivers certified in Parkinson's care are skilled on the specifics required of a senior's exercise regime – because it may lead to increased strength, improved balance and walking, and prevent falls. They are imbued with the importance of eating the right foods at the appropriate intervals, and the absolute demands of medication management.

Parkinson's affects about 1 million Americans, with about 60,000 diagnosed each year. The disease has no bias for race or socioeconomic group and by 2030 the number of people with Parkinson's is expected to double. There is no cure, but there is great need for an exceptional approach to care for those with this complex, confounding, and complicated disease. There is also an exceptional need to empower families with knowledge and confidence. So they too, can impact the lives of loved ones.

Learn more about the Parkinson's Care Program from Senior Helpers. Or call 1.781.421.3123

Seen on the **Local | Scene**



Networking.
Realtor Sandra Smith, Remax Spectrum, and Elder Law Attorney Rob Romano, at a recent networking event for professional senior services providers hosted by Fairing Way, South Weymouth. Attendees toured the new 55+ Independent Living Facility and Skilled Nursing and Rehabilitation Center.



Healthy Living.
Providing information at last month's Community Health & Wellness Fair in Weymouth are (from left) Kim Bennett, LSW, Director of Visiting Angels; Jill Fay, LPN, Clinical Liaison for Alliance Health Management Services, and Randy Veraguas, Sales Director at Atria Marina Place, North Quincy.

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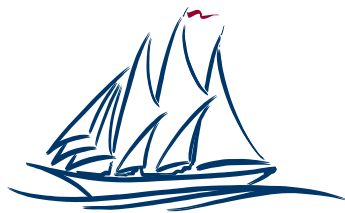
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