

South Shore Senior News



SEPTEMBER 2016

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Is 68 the New 40? Seniors Who Exercise Can Shave a Quarter-Century Off Their Age

A survey of more than 4,200 competing senior athletes found that exercise cut the fitness age of participants by nearly a quarter-century, from 68 to 43.

The survey, conducted by The National Senior Games Association, was based on a fitness age test developed by researchers at the Norwegian University of Science and Technology. Based on the concept that physical fitness is essential to a long life and good health, the online fitness age test calculates individuals' fitness age based on a few simple questions such as gender, waist size and exercise routine.

The survey also revealed specific US states where senior athletes had the greatest difference between their actual ages and fitness ages. The state of Washington has the "youngest" senior athletes with an average fitness age of 39, followed by Georgia and California, which tied for second overall spot with average fitness ages of 40. Massachusetts

Seniors Who Exercise, *continued on page 11*

Simple Steps to Maintain Mobility

Interview with Dr. Wayne Westcott

By Greg Porell

QUINCY - As we age, simple movements we make each day become more difficult, limiting mobility and the ability to remain engaged socially with our friends and family. Climbing stairs can cause a shortness of breath, or a limited gait when walking can create a sense of imbalance, resulting in a fall. According to the Centers for Disease Control and Prevention (CDC), one in three people over the age of 65 experience a fall each year, and one in five of those falls results in a serious injury such as broken bones or head injuries.

Simple Steps *continued on page 9*



Benefits of the "MIND" Diet

By Kelly Toups

CANTON - The link between healthy aging and the Mediterranean diet is well established, but recent research is putting a new name on this traditional, brain healthy cuisine. A July 2015 study in *Alzheimer's & Dementia* reported that older adults on the "MIND diet" could delay cognitive aging by up to 7.5 years.



MIND Diet, *continued on page 2*

Benefits of the "MIND" Diet

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The MIND diet, which emphasizes specific foods known to support brain health, includes whole grains, leafy green vegetables, berries, nuts, olive oil, and fish. Sound familiar?

The ‘M’ in MIND Diet stands for Mediterranean. In fact, the MIND diet is actually a hybrid of the Mediterranean Diet and the DASH diet (a healthy diet used to treat high blood pressure that emphasizes fruits, vegetables, whole grains, low fat dairy, and limited sweets and salt).

Indeed, all of the MIND diet foods, including leafy green vegetables, olive oil, and fish, have a place in the Mediterranean diet. However, unlike the detail-oriented MIND diet, which favors specific types of fruits and vegetables over others, the less restrictive Mediterranean diet focuses on holistic food patterns and lifestyle, emphasizing variety and the pleasures of the table. Given that these two eating patterns are remarkably similar, it’s not surprising to learn that research on the MIND diet actually makes a very strong case for traditional Mediterranean diets.

In a study published this February in *Alzheimer’s & Dementia*, researchers studied the relationship between eating patterns and Alzheimer’s in 923 retired adults in Chicago. Those most closely following the Mediterranean diet were 54% less likely to develop Alzheimer’s dementia (more than any other diet group). Comparatively, those most closely following the MIND diet

(which shares many similarities with the Mediterranean diet) were 53% less likely to develop Alzheimer’s dementia – similar results for two very similar diets.

While the MIND diet makes headlines with a media that’s always looking for something new, the scientifically-proven Mediterranean diet continues to rack up additional links with brain health. In another study published this July in *Alzheimer’s & Dementia*, scientists analyzed the eating patterns and brain scans of 146 French adults (average age 73). They found that the brain structure of those most closely following the Mediterranean diet was significantly more preserved 9 years later than those who didn’t follow a Mediterranean diet.

To put this in perspective, the researchers concluded that “higher adherence to the [Mediterranean Diet] appeared to delay cognitive aging by up to 10 years.” Similarly, another study published this May found that those eating a Mediterranean diet had significantly less cognitive decline compared to those on a standard low fat diet.

Don’t worry too much about the name; focus on the foods. No matter which “diet” you choose, research continuously demonstrates that whole foods such as green vegetables, nuts, and whole grains are beneficial for brain health. The Mediterranean diet, with its focus on overall dietary patterns and lifestyle, is a time-tested way to put this knowledge into context. Many parts of the Mediterranean, including Sardinia, Italy, and Ikaria, Greece, are recognized across the globe for their remarkably high concentrations of centenarians (those

“Higher adherence to the [Mediterranean Diet] appeared to delay cognitive aging by up to 10 years.”

living beyond age 100) and people who live longer, healthier lives. As we learn more about this diet and lifestyle, it is easy to see why. The traditional food pairings, recipes, and culinary traditions of the Mediterranean are a delightful way to give structure to a seemingly incompatible jumble of brain healthy foods, and to serve as a delicious and nutritious guide to food choices and meal ideas.

ABOUT THE AUTHOR

Kelly Toups is a Registered Dietitian with Oldways, a nonprofit food and nutrition education organization, with a mission to guide people to good health through heritage, using practical and positive programs grounded in science and tradition. Simply, we advocate for the healthful pleasures of real food. Oldways is the parent organization for The Whole Grains Council and The Mediterranean Foods Alliance, and is well-known for creating the Whole Grain Stamp and the Mediterranean Diet Pyramid. www.oldwayspt.org

Oldways is a partner of Senior Living Residences. You can learn more about the benefits of the Mediterranean Diet for seniors and find brain-boosting Mediterranean-style recipes at www.SeniorLivingResidences.com.

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Social Security Update

DELIA DE MELLO

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You can find other information in regards to living overseas at www.socialsecurity.gov/foreign.

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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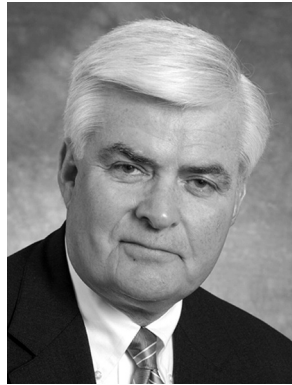
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Does a Reverse Mortgage Make Sense?



By George Downey

BRAINTREE - Often misunderstood, reverse mortgages are a financial tool worth exploring.

When does a reverse mortgage make sense? There’s no one answer that applies to every family. But in recent years, more and more seniors are encountering situations that point them toward a reverse mortgage solution. And in fact, more financial professionals are suggesting the option to those who stand to benefit.

If you’re interested in the history of the HECM (Home Equity Conversion Mortgage) reverse mortgage program, keep an eye out for our upcoming blog: Reverse Mortgages Then and Now. We’ll explain why home equity conversion mortgages were once considered a “loan of last resort”, and what HUD/FHA has done to improve the program—and better serve the needs of homeowners who are in or nearing retirement. Meanwhile, the following list outlines five situations wherein a reverse mortgage might make sense.

First, you do not receive an employer pension.

Traditional employer pensions were a retirement staple for previous generations. In today’s world they’ve mostly been eliminated. As a result, Social Security has

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Register O’Donnell Warns Homeowners About Deed Scam

Norfolk County Register of Deeds William P. O’Donnell expressed his ongoing frustration regarding Norfolk County residents who continue to receive direct-mail solicitations offering them a certified copy of their property deed for an exorbitant fee ranging anywhere from \$59.50-\$83.00.

Register O’Donnell stated, "These companies are making an outrageous profit at the consumer's expense." The Registry of Deeds provides the same certified copy of a property deed for a charge of only \$1.00 per page, plus an additional \$1.00 for postage.

If you receive such a deed solicitation notice, please contact the Registry’s Customer Service Department immediately at (781) 461-6101 or by email at registerodonnell@norfolkdeeds.org.

Manet in National Program to Prevent Heart Attacks and Strokes

QUINCY— Manet Community Health Center has been selected by the Centers for Medicare & Medicaid Services as one of 516 awardees to help reduce the risk of heart attacks and strokes among millions of Medicare fee-for-service beneficiaries. Health care practitioners participating in the Million Hearts® Cardiovascular Disease Risk Reduction Model will work to decrease cardiovascular disease risk by assessing an individual patient’s risk for heart attack or stroke and applying prevention interventions. For more information please visit: <https://innovation.cms.gov/initiatives/Million-Hearts-CVDRRM/>.

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Reverse Mortgage

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become the primary income source for great numbers of seniors—and in most cases, it’s not enough.

As you may well know, Social Security and Supplemental Security Income (SSI) benefits for nearly 65 million Americans were *not* automatically increased in 2016.

The government cited declining consumer prices over the past year as its reason for maintaining the existing rates, but that explanation may not gibe with the experiences of seniors who’ve watched their energy bills, prescription costs, and grocery receipts steadily climb.

Second, your retirement savings are low.

Individual savings rates have been woefully low, and further battered by market losses from the recent Great Recession, when the average senior lost *40 percent* of his retirement savings. Doing the math, some experts say this leaves less than \$30,000 in most households’ retirement accounts—prompting many seniors to go back to work. If returning to the workforce isn’t a viable option for you, a reverse mortgage might be.

Third, your investments aren’t performing as expected.

Historically low interest rates have reduced investment income, forcing seniors to invade savings to meet living expenses—consequently shortening the time cash savings will last. A risk management tool gaining traction among financial planners—the standby reverse mortgage strategy (or SRM)—is to refinance a traditional (forward) mortgage to a reverse mortgage. The objective is to establish a standby line of credit that will grow and compound, providing even more funds in the future, if or when needed.

This strategy was developed and promoted by financial planning expert, John Salter, an assistant professor of personal financial planning at Texas Tech University and

wealth manager at Evensky & Katz Wealth Management in Coral Gables, Florida. The proposed strategy works by only borrowing from the HECM line of credit during bear markets in order to avoid selling assets at depreciated prices, thereby allowing the assets to recover before selling. Wealth managers now routinely utilize the SRM strategy to increase the probability their clients will be able to meet predetermined retirement goals.

Four, you’re still struggling with debt.

Mortgage and other debt obligations (medical bills, student loans for kids or grandkids, and credit card debt) burden many seniors living on a fixed income. Among households 65 and older, the average amount of credit card debt more than doubled from 1992 to 2004, reaching nearly \$5,000 per consumer reports. If this sounds familiar, a reverse mortgage may be able to help you pay off existing mortgage debt or property liens that are in or threatening foreclosure.

Five, you’re planning to live a long and healthy life.

Life expectancies have steadily increased—stretching the need for continued income longer than savings might last. Two-thirds of seniors over 65 will need long-term care services, and costs can be prohibitive. A reverse mortgage line of credit can provide the necessary liquidity to supplement or replace insurance benefits for those who don’t have long-term care insurance.

If you’re planning to stay put in your current residence, some type of home modification will likely be required.



A reverse mortgage may allow you to upgrade your home and accommodate for disability/safety needs.

Does a reverse mortgage make sense for you? Answering this question requires a thorough understanding of individual needs, circumstances, financial resources, and preferences along with a comprehensive review of all your other options.

Keep in mind; although the new FHA changes have improved the HECM reverse mortgage, they have also increased eligibility requirements. If you think you might be interested, I strongly recommend starting the process early: get educated, find out what you may be qualified for, and make a well-informed decision.

About The Author
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“The Wicked Smart Investor”

Investing? Don't Follow Sir Isaac Newton's Example

By Christopher Hanson

EASTON - I’ve always wondered how a brilliant man like Sir Isaac Newton lost a fortune in the stock market. I went back to school and found out.

Babson College is the school and it was founded by a peculiar old Yankee named Roger Babson. In childhood, Roger lost his sister to drowning and he blamed it on gravity. An MIT graduate, Babson became obsessed with Newton’s discovery of the earthly force. Any chance he got, Roger collected Newton’s artifacts including the fore-parlor of Newton’s house. This room is preserved in the college’s archives and strangely enough it reminds me of my first school, Hollis Elementary in Braintree.

Sifting through the archives on campus was an eerie project. The archivist let me sit in that parlor while I researched. I could have been in the very same room that Newton

was when he learned of his financial calamity. When no one was looking, I tried to get the walls to talk. I imagined they could tell me the exact 18th Century cuss words Newton used when he was delivered the blow. The walls didn’t budge. Frustrated, I strolled in the small orchard outside. I discovered these trees actually descend from the tree that plopped the apple on Newton’s head. As every family has some folklore, I interviewed them too. I figured they would feel safe telling an alum, but couldn’t get them to talk either.

Finally, I returned to the traditional research methods that got me through the challenging graduate program. My results are not what many would expect. Upon learning this ugly bit of Newton’s biography some may speculate that the apple hit him in the head a little too hard. But his financial disaster was caused by something very unspectacular. As brilliant as he was, Newton got caught up in an investment bubble like many far less cerebral investors.

Let’s review the facts. In 1720 Newton owned shares in the South Seas Company, an exporter. It was one of England’s hottest stocks and it really got the teakettle boiling. Newton sensed the market was overheating and he sold his shares for 100% profit. He should have quit while he was ahead, but he didn’t. Newton got swept up in investor enthusiasm and repurchased the shares at a much higher price a couple of months later. In a few weeks, the stock price crashed, Newton panicked

and dumped the stock at a huge loss. The damage was \$3.5 million in today’s money. This from the man who invented calculus!!!

I’m not surprised at this story. As an experienced investment advisor I’ve seen countless smart people make huge financial blunders. What causes these missteps is our own human frailty and not a low IQ. Our brains are still wired like cavemen. Newton got caught up in herd mentality; it is easier to survive when you stick with the crowd. Behavioral Finance is the fascinating of study exploring how our human biases effect investment decisions. I have learned a lot reading books like “Predictably Irrational: The Hidden Forces That Shape Our Decisions” by Dan Ariely.

If you could be a fly on the wall during my meetings you’d see how common these biases and investing hindrances really are. The take away is that becoming more self-aware will make you a better investor. Understand we all have biases, we’re only human, and even smart people can’t control that. If you are working with a qualified advisor he can provide objective discipline. As he has an arm’s length relationship with your investments he can see orchard through the apple trees and improve your results.

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



Christopher Hanson

Mindfully Aging....hmm

QUINCY - Whether you are two or ninety two, you are aging. So why not talk about mindfully living instead of mindfully aging? Because much can be learned about this concept from those with dementia. Tomorrow doesn’t exist yet and perhaps five minutes ago is gone, but a person lives in the immediate present, and there are some very lovely aspects of this reality.

Since working with people caring for those with dementia, I’ve learned that one of the most effective communication and relationship building skills is to slow down everything including speech, motion, activity, and tasks. The person with dementia has slowed processing and has difficulty holding on to what is happening around her. When caregivers slow down their pace and focus on



Matters of the Mind

BEVERLY MOORE, RN, CS

just what is going on in the moment, caregiving becomes easier.

This focusing or doing things mindfully is meditative and cleanses the mind of concerns, worries, and things to be done later or tomorrow. Rushing a person with dementia is a big mistake. Rushing through life or through your day is too.

To help ease the urge to rush through life, I’ve created an oasis in my postage stamp sized back yard. I enjoy my ‘Zen’ garden with colorful planters and whimsical statuary of backyard animals such as frogs, cats, birds and hedgehogs, and I’ve even ordered a silly looking grinning pig to join the others. Sometimes small children in the neighborhood visit with a parent or grandparent to enjoy the ‘farm’ and try to name the various animals. I also feed birds each morning and study the habits of jays, cardinals, purple finches and sparrows. When I have a busy day ahead I find sitting out there with a second cup of coffee very meditative, as it sets the tempo for the rest of my day. Doing this helps me prepare to help dementia caregivers do the same.

About the Author
Beverly Moore is owner of StilMee, an Alzheimer caregiver service based in Quincy and serving Massachusetts and souther 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 Berverly's blog at www.StilMee.com. Beverly can be reached at StilMee@comcast.net. 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 holds support groups for family caregivers twice a month at Carney Hospital on the 2nd and 4th Wednesday evenings and in Mansfield at Willow's Crossing Assisted Living on the 3rd Saturday of each month and at Sunrise in Norwood on the 2nd Saturday of each month, both at 10 a.m.

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Senior Fitness

Weight Loss...the Right Way

By Wayne Wescott and Rita La Rosa Loud

QUINCY - Many seniors need to shed a few pounds of fat weight, but unlike younger individuals, cannot afford to lose muscle in the process. Unfortunately, older adults experience muscle atrophy at the rate of 5 to 10 pounds of lean weight loss every decade of life. Of course, muscle loss always results in bone loss and metabolic slowdown. So we definitely don't want to follow popular diet plans that lead to muscle loss as well as fat loss. Between 25 and 50 percent of the weight lost on low calorie diet programs is muscle, which is definitely inadvisable for older men and women.

Recently, in cooperation with Boston Medical Center, we researched a new diet and exercise program with a large number of participants averaging 60 years of age. The diet plan included health enhancing foods,



with an emphasis on vegetables and fruits since less than 10 percent of Americans obtain the recommended servings of fruits and vegetables on a daily basis.

The nutrition plan also called for increased amounts of protein-rich foods, as relatively high protein intakes are positively associated with muscle development and bone building. Our program participants were also

encouraged to drink lots of water, as this most essential nutrient is generally under-consumed by older adults. As you can see, the diet plan focused primarily on the foods you should eat, assuming that if you satisfy yourself with healthy choices you are less likely to eat high-calorie and low-nutrition alternatives.

Our physical activity program featured nine user-friendly Nautilus machine resistance exercises to strengthen and develop all of the major muscle groups, as well as to build bone and increase resting metabolic rate. The participants also performed 15 minutes of aerobic exercise to improve their cardiovascular fitness and heart health. In addition, they did stretching exercises to increase flexibility in all of their major joint structures.

Our combination of sensible nutrition and effective exercise proved to be very productive for losing fat while adding muscle. After just 10 weeks of training, the 121 program participants averaged a 7.1-pound fat loss and a 1.7-pound muscle gain, for an 8.8-pound improvement in their body composition. This represented about a one-pound per week combined change in their two major body weight components, namely, fat weight and lean weight. This is not only an excellent rate of physical improvement, but one that is sustainable over time.

Weight Loss continued on page 13

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Simple Steps to Maintain Mobility

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With a well-planned exercise and strength training program targeting specific muscle groups, it may be possible to climb more stairs without a dramatic loss of breath or walk more confidently, potentially reducing the risk of serious injury from a fall.

Exercise scientists have studied the muscle groups and exercises that work well to combat the onset of aging and its limits on safely moving about.

We turned to local exercise scientist and South Shore Senior News columnist Wayne Westcott to discuss some simple exercise routines readers can add to their daily routine to move freely and safely as they age. Westcott teaches exercise science at Quincy College and consults for the South Shore YMCA and a long time researcher into the benefits of exercise. He has authored 25 books on physical fitness and strength training.

South Shore Senior News (SSSN): Your team has done a lot of work in skilled care centers. Can you tell us a little about the exercise practices and muscle groups targeted to help with fall prevention?

Westcott: As people age, due to a variety of reasons, they tend to be less active, sedentary, and lose muscle mass due to the aging process. They may have other conditions that lead to muscle atrophy, or a variety of reasons they are not using their muscles as much as they previously did. It becomes a

cyclical thing, the more you don't use it, the more you lose it.

A lot people as they age, move to a one floor home, so they don't have to go up and down stairs, and as they don't use the stairs, it becomes even more difficult, as they lose the training effect of going up and down stairs.

As we age, we lose muscle strength and as we lose muscle strength in the legs, we tend to have shorter strides, and poor balance. You will see older adults take very short steps and have a wider stance to prevent falling.

If we can address those issues by strengthening all the muscles, then they can move at a faster walking gait.

And by the way, walking speed is the best single general predictor of longevity, when walking speed



The muscles most involved in walking are the front thigh and the rear thigh, which can be addressed with the leg extension, leg curl and leg press machines shown above.

slows down, that's a negative sign. So you want to maintain your walking speed and your ability to walk competently and confidently to reduce falls.

The muscles most involved in walking are the front thigh and the rear thigh, which we

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Simple Steps to Maintain Mobility

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address with the leg extension, leg curl and leg press machines. They do a very good job of helping maintain ambulatory activities.

However, if we don't also address the inner and outer thigh muscles, balance may become more of an issue, they tend to help stabilize us side to side. So instead of having to take a wider stance, if we strengthen those muscle we don't have to worry as much about falling to the right side or left side. The hip adductor (muscles on the inner thigh) and the hip abductor (muscles on the outer thigh) machines, are designed so that you are strong in all areas, front back and side to side. Also the calf muscles help with this and we have a calf machine exercise.

These exercises should strengthen the major muscle groups for walking competently and confidently. Part of the problem with falling is that people think they are going to fall and overcompensate.

South Shore Senior News (SSSN): Is there a correlation between muscle groups and helping people breath better as they age?

Westcott: Possibly! Inhalation is a pretty natural phenomena and based on the diaphragm action, going from higher and lower pressure. What happens as people age, getting air out of the lungs can be a little more challenging, especially for someone with COPD (chronic obstructive pulmonary disease), or things of that nature. So we have assisting muscles that as they contract, help reduce in the area in the thoracic cavity and help expel air. This includes the diaphragm, and abdominal muscles, and possibility the oblique muscles, the muscles that surround the mid-section.



As older men and women tend to lose strength in their shoulders, a chest press machine at a facility, or elastic bands if you are at home can help strengthen these areas.

apparatus may help in most cases.

South Shore Senior News (SSSN): Discuss the importance of overall musculoskeletal strength for greater mobility and how our readers can improve their entire body structure for easier and more confident movement.

Westcott: We conducted a study in conjunction with Boston Medical Center with Dr. Carol Apovian and her team, and we also conducted a study in conjunction with Shaklee a few years ago that looked at muscular strength and additional protein for older adults who don't typically attain as much protein as they should and unfortunately, due to aging, don't assimilate as much protein as they did when they were younger. Extra protein and support for building muscle and bone, bones are made of protein, just as muscles are. We refer to the whole system as the musculoskeletal system, they work together, muscle and bone.

In one study, we had one group that was the control group over nine months,

they just did what they normally do, they did not do strength training or take nutritional supplements, they lost over that nine month period, they loss 1% of their bone (Bone Mineral Density).

The group that did strength training and took extra protein right after their workout, and took some extra calcium and Vitamin D, which are also important for Bone Mineral Density.

They, during their same period, increased their bone mineral density by 1%. These were post-menopausal women, older adults (several men did participate as well, and they gained bone as well). To gain one percent instead of losing one percent is a huge difference, especially at that time when most medical doctors were under



The low back machine can help improve overall body strength.

the impression there was nothing you do to gain bone density, only slow down the rate of loss.

Walking and running have been suggested as ways to build bone, but recent research has shown that they are not nearly as affective as strength training. Strength training and protein supplementation along with vitamin D and calcium would seem to be the best approach we have today to reduce the rate of bone loss and increasing the overall musculoskeletal strength.

Three exercises you can do at home or at a Y, are a leg press, if you have a machine or dumbbell squats if you don't for the legs. A low back machine if you are at a facility.

And the third one, as older men and women tend to lose strength in their shoulders, would be for the upper body muscles. A chest press machine at a facility, or elastic bands if you are at home.

By considering the options discussed by Dr. Westcott in this interview, readers should be able to maintain their current lifestyle and mobility for many more years, and enjoy those days with their grandchildren, time on the golf course or simply shopping at the market.

Is 68 the New 40?

continued from page 1

setts ranked ninth, with an average age of 65 and average fitness age of 42. The most popular sports cited by survey respondents in the top ten states ranged from track and field to cycling, swimming and pickleball.

The National Senior Games Association (NSGA) is a nonprofit member of the United States Olympic Committee that promotes health and wellness for adults 50 and over through education, fitness, and sport. NSGA governs the National Senior Games presented by Humana, the largest qualified multi-sport event in the world for seniors. The next National Senior Games will be held June 2-15, 2017, in Birmingham, AL.

For more information and to take your own online fitness age test, visit www.NSGA.com



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Fear of Falling: Tips for Safe, Comfortable Living

By Andrew Schneeloch

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

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

Fall-related fractures are more than double for older women than for older men. For the elderly, injuries from a fall often limit

mobility and can lead to isolation and depression. A quick stumble can even prove deadly. Weakened balance, vision and physical strength affect an elderly person's ability to stay on his/her feet, so regular eyesight and overall health



exams are essential. Medication reviews by a physician are also crucial since many elders fall because of medication side effects or dosage issues.

With less muscle tone and confidence, a person's actual risk of falling increases. Falls also limit older adults from living independently, which is something our at-home care providers work hard to preserve for each individual."

Schneeloch recommends Right at Home's Fall Prevention Guide to help family caregivers and seniors identify and avert fall hazards inside and outside the home. The guide was developed with the assistance of Dr. Rein Tideiksaar, a gerontologist, geriatric physician's assistant and president of FallPrevent, a consulting company that helps safeguard older adults from falling. The following home safety tips help protect the elderly:

Bathroom

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

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

Bedroom

Common fall hazard: Poor lighting (especially at night)

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

Hallways

Common fall hazard: Obstacles and electrical cords across pathways

Prevention: Remove clutter, cords



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"Seniors who fall, even if they are not injured, often develop a fear of falling," said Drew Schneeloch, CEO, Right at Home South Shore MA. "This fear can keep them from enjoying regular activities, which then reduces mobility and physical fitness.

Fear of Falling continued on page 14

Senior Fitness

Weight Loss *continued from page 8*

Even more impressive, the 61 men and women over age 60 actually averaged an 8.8-pound fat loss and a 3.4-pound muscle gain, for a 12.2-pound improvement in their body composition. This represented over a 1.5-pound per week combined improvement in their fat weight and lean weight.

Because older adults are typically farther from their ideal body composition than younger adults, they typically experience higher rates of fat loss and muscle gain which definitely reinforces their exercise efforts.

If you are interested in concurrently reducing fat and rebuilding muscle, please consider a sensible nutrition program

that features a higher protein intake (especially important for seniors), and a progressive program of resistance training (essential for increasing muscle, bone, and metabolism). We also recommend doing regular cardiovascular activity (such as walking) and a few stretching exercises for your major muscle groups (lower back, shoulders, calves, and hips).



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

Wayne L. Westcott, Ph.D., teaches exercise science at Quincy College and consults for the South Shore YMCA. He has authored 25 books on physical fitness and strength training. Rita La Rosa Loud, B.S. directs the Community Fitness Center at Quincy College.

Love and Support Groups

By Tom Quirk

NORWELL - The word love has certainly been trivialized through overuse and misuse. Everyone loves cute puppies, candy and on summer days to go swimming. Saint Valentine's Day cards and heart-shaped boxes of candy prove our undying love to someone. Hallmark cards and florists use hearts to symbolize love, as the source of that deep feeling. Love is a complicated emotion, but it doesn't arise from the heart. The heart is

a muscular organ lying within us as a pump to control blood flow. Without the heart love can't exist, but it's not a causal relationship. The brain generates the chemical processes from which the emotion and sense of love arises. Four varying kinds of love have been identified. **Unconditional:** These are feelings existing among human beings, allowing us to accept one another as is,

regardless of faults. **Friendship:** Chosen, committed, affectionate and tender companionship love that encourages us to desire friendship with another.

Love & Support continued on page 18

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and furnishings so walking areas are clear.

Kitchen

Common fall hazard: Unstable chairs

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

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Living Room

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

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

Steps

Common fall hazard: Lack of handrail support. Prevention: Install rounded handrails on both sides of steps; handrails should extend beyond top and bottom steps.

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

Men tend to fall outdoors more than women, and those seniors who are most active fall more often than those with physical frailties. Nearly half of tumbles outdoors are related to walking, particularly on uneven sidewalks or tripping over curbs. More than 70 percent of people who fall outside land on a hard surface such as concrete, asphalt or rocks. Fortunately, many falls outside can be prevented through proactive measures including the following:

Stay aware of uneven terrain and slippery surfaces. Watch for holes, tree roots and ice.

Check the height of curbs and steps before stepping up on them or down from them. Curbs with inclines or cutaways for bicycles can be misleading.

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

If balance is a problem, it is best to use a walker or cane or hold the hands of caregivers when stepping onto curbs or up steps. To safeguard the outdoor environment around the homes of seniors, install handrails and good lighting on stairs and walkways.

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

About the Author

Andrew Schneelock is CEO and owner/operator of the South Shore office of Right at Home, serving the communities of Abington, Braintree, Bridgewater, Carver, Cohasset, Dux ury, East Bridgewater, East Brockton, Hanover, Hanson, Hingham, Holbrook, Hull, Kingston, Marshfield, Middleboro, Milton, Norwell, Pembroke, Plympton, Plymouth, Randolph, Rockland, Scituate, Wareham, Weymouth, and Whitman.

For more information on Right at Home visit at <http://www.rightathome.net/south-shore/> or call them at (781) 681-3534. To sign up for Right at Home's free adult caregiving e-newsletter, Caring Right at Home, visit <http://caringnews.com>.

Let's Pretend to be Older and More Together...oh Wait, We Are!

By Janet Enos

PLYMOUTH - Today's over 55 population does not equate their age with the word senior or old. Times are changing and today's over 55 is keeping up with it all.

Being a labeled a senior can be an albatross around our necks and we are sick and tired of being perceived as sick and tired!

The good news is that we can change this perception, but it's going to take some effort. To begin, we need to get a kick-butt healthy body and mind.

Today there are no excuses, including physical limitations, for us to stop growing and moving in one way or another. To change the perception of ageing, commit to get physically stronger.

Redirect the "take no prisoners" mental toughness you've used when dealing with all of life's challenges, and apply directly to your muscles. It's already there waiting for you to notice it.

Muscular strength can be a lifesaver, not only by protecting your vital organs and skeletal system, but muscle mass also burns calories, gives us energy and supports our immune system.

Building a strong center body (our "core"), helps along weaker upper and lower extremities, our arms and legs.

The heart, or cardiovascular system, is the muscle that drives the bus wherever you want to go. Think of the heart as a plant, needing water and air to grow and flourish. You can thrive the same way. Hydrate yourself with water and get oxygen surging through you by moving. Stay upright, walk until you can't anymore, and then move other muscles to keep the heart strong. Resting is overrated (save it for later, when you're really old!). Moving will create a strong army of muscles, linking your body together, from your ankles and legs to your back and core. This will be your safety valve to prevent falls and instability that can lead to balance and gait issues.

Lastly, give yourself a look-over once a month. You know when something is off. Healthcare is crazy costly. At our age, we need every penny we can to keep in our pockets. Weigh yourself, check your balance by trying to stand on one leg at your counter top. Can you do it for 15-20 seconds? Can you get up and down out of a chair? Do you hear well? How clear can you see the alphabet standing 4-6 feet away?



Your health is all about staying stable and safe. Being mentally and physically strong comes with exercise. Whether it's in the form of pickle ball, bowling, or any recreational activity, just do something. Paint, sing, and add joy to your life.

We are living longer and passing later on our own terms. We are not traveling to the same path or ending up where our grandparents did. Aging is going to happen if you're lucky enough not to grow old and truly enjoy it.

About the Author

Janet Enos has been involved in fitness training and instruction since 1977. She is passionate about keeping the body and mind young through movement. She currently teaches fitness classes at the Plymouth Council on Aging Senior Center, at 44 Nook Road, Plymouth. The Center's Director is Conni DiLego. You can reach the Center by calling (508)-830-4230 and you can enjoy a monthly newsletter online at www.seekandfind.com The Friends of the Plymouth Council on Aging usually meet the second Monday of the month at 2:30 pm at the Senior Center.

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South Shore Community Calendar



THINGS TO DO, PLACES TO GO

Women's Guild 18th Annual Crafts Fair: St. Joseph's Mater Dei Women's Guild Craft Fair, Saturday, Oct. 22nd 9 am - 3pm (rain or shine). Held indoors at 270 Main St., Kingston. In Our Lady's Hall. More than 30 crafters, lots of parking, free admission, raffles, baked goods, handicap accessible. Coffee & lunches available until 2 pm. Contact: Dina Furlong, 339-309-9189

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. Fee 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 at (781) 335-3171 ext. 82. All 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 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 men's only exercise program to increase cardiovascular endurance, strength and flexibility. Meets Mondays and Wednesdays from 3 - 4 p.m. and Fridays 8 - 9 a.m.

at the 780 Main Street gym in South Weymouth. Call (781) 624 - 4367 for details.

Pembroke Dull Men's Club: If you are feeling house bound or stuck in a routine, expand your horizons with laughter, foolishness and sometimes serious discussion at the Pembroke Dull Men's Club every Wednesday morning, 10 - 11 a.m. at the Pembroke Council on Aging. All are welcome.

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 Main 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 domes-

tic 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. Contact 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

3rd Annual Diabetes Expo-Living Well with Diabetes: Saturday, October 15, 8:30 am - 1:30 pm, held at Lombardo's, Randolph. This free Expo will give you a better understanding of the complexities, treatment options, tools and resources available. Put on by the South Shore Hospital's Diabetes Self-Management Education Program, free screenings will be offered including blood pressure, blood glucose, monofilament/foot sensation and vascular/circulation. Reservations are encouraged. Please call (781)-624-6673 or visit southshorehospital.org/classes-and-events.

Continuing Education Series: The Marshfield Council on Aging wants to remind everyone that its Life Long Learning

classes will continue through the summer. Some classes still available include Herbs and Spices; History of Farming in Marshfield; Inner Balance Workshop, Irish in Boston, History of the Marshfield Beaches and Summer Salads. For more information call Karen at (781) 834 - 5581 ext. 13.

Writing Your Memoirs: Join in on the creativity every Monday morning at the Rockland Council on Aging's Memoir Writing Program. The group meets every Monday morning from 10 a.m. - 12 p.m., and all area residents are invited to participate. The program is free of charge. Call Peggy at (781) 871 - 1266 .

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



VOLUNTEERING OPPORTUNITIES

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

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Love & Support continued from page 13

Empathy: Parental, sibling, familial and friendship committed love, unconditional and accepting, forgiving and sacrificial, that tends to make a person feel secure, comfortable and safe. **Erotic:** The passionate and intense love that arouses romantic feelings...an emotional, lasting and sexual love. In romantic relationships, a combination of the four are beneficial. In other situations, combinations of Unconditional, Friendship and Empathetic love are sound, healthy and desirable.

Wisdom from an unknown author says: "Someday, someone might come into your life and love you the way you've always wanted. If your someday was yesterday, learn. If your some-day is tomorrow, hope. If your someday is today, cherish."

Brain Aneurysm Support Groups consist of fellow travelers who have walked this path before. Their hope, grounded in the Unconditional, Friendship and Empathetic Love as outlined above, is that what they've learned will benefit and ease the recovery journey of recent survivors and their caregivers, and they cherish the opportunity to help.

About the Author

Tom Quirk is a long-time advocate of Brain Aneurysm Support Groups.

The South Shore Brain Aneurysm Support Group meets the 2nd Wednesday of the month from 7-8:30 pm at the Norwell Visiting Nurse Association and Hospice, 120 Longwater Circle, in Norwell.

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Local News



Old Colony Elder Services Appoints Murphy to Lead Options Counseling Program Outreach



Eileen Murphy

BROCKTON, FAIRHAVEN, PLYMOUTH - Old Colony Elder Services (OCES), the non-profit agency serving older adults and individuals with disabilities throughout greater Plymouth County and surrounding communities, has appointed Eileen Murphy to lead the marketing of their Options Counseling Program.

Murphy was promoted from Case Manager to Intake & Referral (I&R) Manager several months ago. Murphy many will spearhead marketing of OCES' Options Counseling Program, which provides assistance with planning for long-term care needs.

With 17 years of Aging Services Access Points (ASAPs) experience, Murphy oversees OCES' I&R department staff including Options Counselors, Benefit Advisors, the Department Supervisor and I&R Specialists. Murphy holds a Bachelor of Arts degree in Psychology from Southeastern Massachusetts University. She is currently working towards becoming a Licensed Social Worker and is a lifelong resident of Fairhaven, MA.

BaneCare Now on South Shore

NORWELL - BaneCare Management, LLC, a senior care services provider for more than 57 years, has recently acquired six rehabilitation and nursing centers – five along the south shore of Massachusetts and one in Brighton. The newly acquired nursing centers, formerly owned by Welch Healthcare & Retirement Group, include: Bay Path Rehab & Nursing Center in Duxbury; Brighton House Rehab & Nursing Center in Brighton; Colonial Rehab & Nursing Center in Weymouth; Hancock Park Rehab & Nursing Center in Quincy; Harbor House Rehab & Nursing Center in Hingham and John Scott House Rehab & Nursing Center in Braintree.

BaneCare Management has corporate offices in Wakefield and Norwell.



Friends Trips

Motor Coach Transportation

for All Trips Leaving from Whipple Senior Center
182 Green Street, N. Weymouth, 02191
(Rear Parking Lot - Departure Times To Be announced)

"Vermont 's "The Essex CulinaryResort & Spa:" September 15-16, 2016, \$299.00 per person Double occupancy Trip includes: Yankee Line coach with driver's gratuities and refreshments on board. One night stay at The Essex with all hotel taxes & gratuities. Dinner to include the Chef's dinner demonstration and full breakfast buffet. Visit to the Vermont Country Store, Cabot Creamery, Ben & Jerry's, Lake Champlain, Chocolate's, Quechee Gorge Village and picture stop at Vermont's "Little Grand Canyon. Admission & tour of "Hildine," the Lincoln Family Home until 1975. Bus departs at 8:00 a.m. from the Whipple Senior Center.

"Atlantic City, NJ Resorts Casino & Hotel:" January 8-10, 2017. Tour includes: Two nights at Resort's Casino & Hotel, all necessary taxes, gratuities and baggage handling; 1 bag per person. \$90.00 Casino Bonus: \$25.00 Slot Play, Two - \$30.00 meal credits & One \$5.00 meal credit, show based on availability. Deluxe Yankee Line coach with Driver's gratuity. On board coffee & muffins morning of departure. Price: \$199.00 per person-double occupancy; \$274.00 per person-single occupancy. \$50.00 per person deposit due with reservation; balance due on or before Dec. 8, 2016. Bus departs at 8:00 am from Whipple Senior Center.

To reserve your seat, please call Sandy at (781) 337-5756.

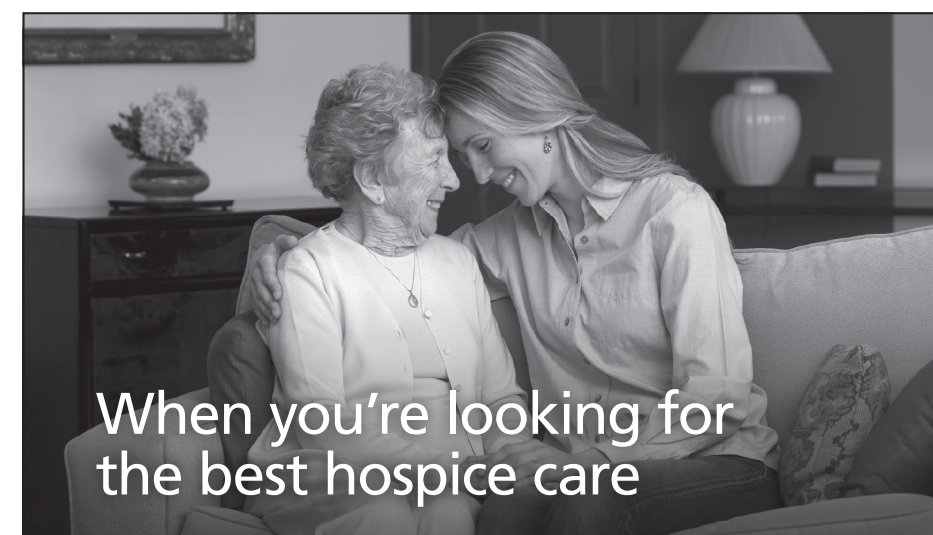
Space reservation confirmed upon payment.

Checks Payable to: FCOA

Mail To:

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To register and for information contact Sandy at (781) 337 - 5756



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Old Colony Elder Services Introduces "SID" the Lobster at Plymouth Lobster Crawl

BROCKTON AND PLYMOUTH - Old Colony Elder Services (OCES), a sponsor of one of the 29 painted lobsters showcased at Plymouth's Lobster Crawl, is proud to introduce "SID" the lobster!

Presented by the Plymouth Chamber of Commerce, the Plymouth Lobster Crawl is a major public arts event on display throughout the waterfront, downtown and Plymouth Community that kicked off August 27th.

OCES' lobster SID, which stands for "Supporting Independence and Dignity", has been installed and is now greeting visitors at Nelson Park on the Plymouth waterfront. OCES held a naming contest amongst their staff and the name SID most accurately reflected their mission statement, which 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 award-winning name was submitted by Lori Strangis, who works in the OCES Brockton office.

SID was custom-designed and hand-painted by Samantha Shields, a talented local artist, U.S. Air Force veteran and Plymouth resident.

OCES encourages visitors to take a selfie with SID the OCES Lobster and post your photos on your social media channels using #SelfieWithSid #PlymouthLobsterCrawl. For more information about the celebration and unveiling of SID the lobster, visit OCES' website at www.ocesma.org.

About Plymouth Lobster Crawl

The Plymouth Lobster Crawl is a major public arts event that will be on display throughout the waterfront, downtown and Plymouth Community. The Lobster Crawl will feature 29 unique structures measuring five feet tall. The



fiberglass structures are sponsored by local businesses and organizations; each is custom designed and hand painted by local artists. When visiting each Lobster you are encouraged to post your photos on your social media channels using #PlymouthLobsterCrawl. This FREE art exhibit is presented by the Plymouth Area Chamber of Commerce. Visit www.plymouthchamber.com/lobster for more information.

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