



**SENIOR HAPPENINGS
MARCH/APRIL 2013
SCITUATE COUNCIL ON AGING
27 BROOK STREET
SCITUATE, MA 02066
781-545-8722**

STAFF

Director
Florence Choate

Social Service Coordinator
Nancy Lafauce

Administrative Assistant
Jill Johnston

Transportation Coordinator
Quincie –Ann Cutler

Social Service Worker
Jennifer Gerbis

BOARD

Pamela Davis, Chairperson
Jim Harmon, Vice Chair

Dale Balog
Rocky Carrabes
Gerard Fierimonte
Richard Mitchell
Joan Powers
Audrey Reidy
Meg Stillman

Selectman Liaison
John Danehey

MISSION

The purpose of the Council on Aging is to identify needs and implement programs that will enhance the quality of life and independence of the seniors of Scituate, and to educate the community to the needs of its seniors.

ERIN GO BRAGH!

Before I begin my little essay, I must take a moment to wish all the citizens of Scituate a very happy St. Patrick's Day. When I first moved to Scituate, I was taken aback at just how important this holiday is to Scituate. I can honestly say that in Scituate, St. Patty's Day dwarfs Christmas. I am sure it is just a matter of time before someone in Scituate makes the ultimate statement by dyeing Scituate Harbor a bright kelly green.

Those of you who saw our January board meeting are aware that at that meeting the Board and I made a decision. Based on our ability to provide services, the year 2014 will be dedicated to promoting the health and well being of Scituate seniors. Our goal will be to provide resources, information and services that will help seniors live a healthier life. You may see small changes in programming, and more information on health, nutrition and financial issues will be offered. We will also be offering more programs promoting stimulation geared to keeping seniors cognitively sharp. An important part of our programming will also involve coordination with other members of the community and focus on intergenerational programs that are a win-win for everyone. Please keep an eye on our calendar and if you would like to participate, please know you are welcome. *Florence*

LOCAL SUPPORT GROUPS

MID STAGE ALZHEIMER'S GROUP

Meets the 2nd Wednesday of each month 10:30AM to 12:00PM at the Norwell VNA, 120 Longwater Drive, Norwell. Call (781) 659-2342.

COA CAREGIVER'S SUPPORT GROUP (EVENING)

The group meets the 3rd Tuesday of the month from 7:00PM to 8:00PM at Hingham Elder Services, 224 Central Street, Hingham. Call (781) 741-1452.

CAREGIVER'S SUPPORT GROUP (DAY)

Due to the lack of interest in bringing the person being cared for to the meeting, this program will be returning to the Senior Center at 27 Brook Street. It will be held on the third Wednesday of each month @12:30PM. Ellie O'Neil from South Shore Elder Services will be joining us.

VISION SUPPORT GROUP @ Hingham Elder Services on the 3rd Monday of the month at 10:00AM. Scituate COA will provide transportation to and from the event. Call (781) 545-8722.

BLOOD PRESSURE SCREENING

Will be available on the 3rd Wednesday of the month at 10:00AM at the Scituate COA. The Town's nurse Eileen Scotti will do the screening.

BP screens will also take place

Wheeler Park 1st Wednesday of the month

Central Park 2nd Wednesday of the month

Lincoln Park 4th Wednesday of the month

MONTHLY OPPORTUNITIES

ASK A LAWYER

Did you ever have a small legal question, but were reluctant to go to an attorney because of the expense? Well your question can be answered free of charge. The Scituate Council on Aging will have an attorney at the Senior Center the 3rd Friday of the month. Attorneys Holly Harris, Michael Loring and Chris Sullivan are Elder Law Attorneys who rotate monthly in order to provide these services. To schedule a half hour appointment, please call (781) 545-8722.

MEET YOUR REPRESENTATIVE

Representative Jim Cantwell will be at the Senior Center the 4th Friday of the month @ 9:00AM to meet with anyone who has questions or concerns that he might help with. Please call for an appointment (781) 545-8722. Appointments are limited to 30 minutes.

SHINE INSURANCE COUNSELING

Are you a senior just retiring, or do you need help selecting a new plan? Come in and see our SHINE worker Norman Tetrault. He is at the Center every other Thursday from 1:00PM to 3:15PM. Call to make an appointment (781)545-8722.

ASK A FINANCIAL ADVISOR

Are you wondering whether you are in the right investment for your stage of life? Do you need financial advice on trust annuities or other forms of financial planning? Deborah Flanagan, Financial Advisor with Edward Jones, will be available by appointment at the Center the 1st Monday of each month from 1:00 to 3:00PM to answer these questions. Appointments are limited to 30 minutes and there is no charge. Call for an appointment (781)545-8722.

NEW SERVICES

If there is a service that you would like to see offered at the Center that we are not currently doing, please call and speak with Florence or Jill and we will see what we can do to accommodate this need.

FYI RETURNING PROGRAMS

MEN'S BREAFAST : Will not be held for the months of January, February and March. It will return on the first Monday in April.

ITALIAN CLASS: taught by Amelia Cozza will begin again on Wednesday May 8th through June 26th at 10:00AM. Fee is \$60.00 per course. Call and reserve a seat (781) 545-8722.

MEMOIR WRITING CLASS: Dale Balog will be returning on Tuesday March, 12th @ 1:00PM to begin another hugely popular Memoir Writing Class for seniors. Through the years I have met families who were ever so grateful that their mother ,father, or grandmother left behind some documents that painted a picture of who they were, and how they lived while they were here. The goal of this program is not to write the ultimate autobiography, but rather to create a small living history that will be appreciated by those who will remain behind. Call (781)545-8722 for more information.

PILATES CLASSES:on Mondays @ 5:00PM at the Senior Center will be taking a break until some time in April. At that time Jane will be returning with some fresh new ideas. Check the May issue of the newsletter for more details.

NEWLY SCHEDULED PROGRAMS

TAX BREAKS FOR SENIOR HOME OWNERS: On Tuesday, March 5th @ 11:00AM Scituate Seniors at the Scituate Harbor Community Building are invited to participate in a seminar on tax breaks for Scituate homeowners. Town Assessor Steve Jarzembowski will be discussing the many tax deduction programs that are available to qualified seniors. In times when resources are scarce, we appreciate Steve's help with this program. Applications will be on hand. Please attend. Call (781) 545-8722 to reserve a seat. Coffee, tea and a light treat will be available.

ZUMBA GOLD: is available at the Scituate Harbor Community Building every Thursday morning at 9:00AM. Angela has taken this exercise done to a Latin beat and engineered it into a fun filled hour that can be done by seniors young and old. You can't beat the music or the view , please join us and you won't be disappointed. Call (781)545-8722 for more info.

We are looking for a cooking teacher to teach "Cooking for Seniors". If you are interested please call Florence @ (781)545-8722

HEALTH FAIR: will be offered at the Scituate Harbor Community Building on Friday, April 26th from 10:00AM to 3:00PM. There will be 26 health and wellness organizations presenting. Special presentations will be scheduled all through the event. Look for more information in the Mariner. There will be prizes awarded all through the event. Please come and bring a friend. The Health Fair will be a coordination of efforts by the Scituate Board of Health and the Scituate Council on Aging. We are looking for volunteers for this event. For more information, please call (781) 545-8722

CANCER SUPPORT GROUP BY NORWELL

VNA IS AVAILILABLE: To 10 of Scituate seniors who are dealing with the struggles associated with the diagnosis of Cancer. Thanks to a grant that was awarded to the Norwell VNA, this program is offered for 10 weeks to 10 Scituate seniors who are dealing with the difficulties of this disease. The workshops are offered at the Scituate Senior Center, there is no charge and if needed we will provide transportation. Please call Florence or Nancy to inquire about this program We are looking to establish a time and date to begin. Call (781) 545-8722 for more information.

SCITUATE GARDEN CLUB: Will be holding a workshop on April 9th @10:00AM. It is titled "Springtime". There is no fee for this workshop. Call early to reserve your spot (781) 545-8722.

THE SCITUATE COUNCIL ON AGING REQUEST FOR DONATIONS

DONOR'S NAME: _____

ADDRESS: _____

- Yes List my name in "Senior Happenings"
- No Do not list my name in "Senior Happenings"

I WOULD LIKE MY DONATION TO SUPPORT

- Transportation
- Postage for Senior Happenings
- Emergency Services for elders in need
- Program / Activities / Services
- Health and Wellness Education and Seminars
- Project Safety Net —LoJack system for seniors who are lost.

THIS CONTRIBUTION IS MADE IN MEMORY OF:

PLEASE MAKE CHECKS PAYABLE TO THE SCITUATE COUNCIL ON AGING-Mail to 27 Brook St. Scituate, Ma. 02066 Attn: "Senior Resource Fund" (not tax deductible)

Thank you for your contributions, we appreciate your help!

Those who agree to be recognized are

Carol Kelly

Scituate Rotary

JDR Jr Memorial Foundation

The following contributions were given in memory of:

George Bearce by Joseph & M Elizabeth Moran

MARCH 2013

Mon	Tue	Wed	Thu	Fri
<p>*Denotes a Program Held at Scituate Harbor Community Building</p>				<p>1 10:00 Arthritis Exercise</p>
<p>4 10:00 Yoga* 10:00 Arth Exercise 11:15 Chair Yoga* 1:00 Bridge 1:00 Financial Advisor</p>	<p>5 9:00 Shaws 10:00 Cardio 10:30 Bridge 11:00 Tax Breaks*</p>	<p>6 10:00 Yoga* 11:15 Chair Yoga* 6:00 Badminton</p>	<p>7 9:00 Zumba Gold* 9:00 Tai Chi 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class</p>	<p>8 10:00 Arthritis Exercise</p>
<p>11 10:00 Arth Exercise 10:00 Yoga* 11:15 Chair Yoga* 1:00 Bridge</p>	<p>12 9:00 Shaws 10:00 Cardio 10:30 Bridge 1:00 Memoir Class</p>	<p>13 9:00 Hanover Mall 10:00 Yoga* 11:15 Chair Yoga* 6:00 Badminton 6:00 SCOA Board</p>	<p>14 9:00 Zumba Gold* 9:00 Tai Chi 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class</p>	<p>15 9:00 Ask a Lawyer 10:00 Arthritis Exercise</p>
<p>18 10:00 Vision Support 10:00 Arth Exercise 10:00 Yoga* 11:15 Chair Yoga* 1:00 Bridge</p>	<p>19 9:00 Shaws 10:00 Cardio 10:30 Bridge 1:00 Memoir Class</p>	<p>20 10:00 Yoga* 10:00 BP Clinic 11:15 Chair Yoga* 12:30 Caregivers Support Group 6:00 Badminton</p>	<p>21 9:00 Zumba Gold* 9:00 Tai Chi 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class</p>	<p>22 9:00 Rep Cantwell 10:00 Arthritis Exercise</p>
<p>25 10:00 Arth Exercise 10:00 Yoga* 11:15 Chair Yoga* 1:00 Bridge</p>	<p>26 9:00 Shaws 10:00 Cardio 10:30 Bridge 1:00 Memoir Class</p>	<p>27 9:00 Hanover Mall 10:00 Yoga* 11:15 Chair Yoga* 6:00 Badminton</p>	<p>28 9:00 Zumba Gold* 9:00 Tai Chi 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class</p>	<p>29 10:00 Arthritis Exercise</p>

APRIL 2013

Mon		Tue		Wed		Thu		Fri																					
1 8:59 Men's Breakfast 10:00 Yoga* 11:00 Arth Exercise 11:15 Chair Yoga* 1:00 Bridge 1:00 Financial Advisor	2 9:00 Shaws 10:00 Cardio 10:30 Bridge 1:00 Memoir Class	3 10:00 Yoga* 11:15 Chair Yoga* 6:00 Badminton	4 9:00 Zumba Gold* 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class	5 10:00 Arthritis Exercise	8 10:00 Yoga* 11:00 Arth Exercise 11:15 Chair Yoga* 1:00 Bridge	9 9:00 Shaws 10:00 Cardio 10:00 Garden Club* 10:30 Bridge 1:00 Memoir Class	10 9:00 Hanover Mall 10:00 Yoga* 11:15 Chair Yoga* 6:00 Badminton 6:00 SCOA Board Mtg	11 9:00 Zumba Gold* 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class	12 10:00 Arthritis Exercise	15 Holiday Office Closed	16 9:00 Shaws 10:00 Cardio 10:30 Bridge 1:00 Memoir Class	17 10:00 Yoga* 10:00 BP Clinic 11:15 Chair Yoga* 12:30 Caregivers Support Group	18 9:00 Zumba Gold* 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class	19 9:00 Ask a Lawyer 10:00 Arthritis Exercise	22 10:00 Vision Support 10:00 Yoga* 10:00 Arth Exercise 11:15 Chair Yoga* 1:00 Bridge	23 9:00 Shaws 10:00 Cardio 10:30 Bridge 1:00 Memoir Class	24 9:00 Hanover Mall 10:00 Yoga* 11:15 Chair Yoga* 6:00 Badminton	25 9:00 Zumba Gold* 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 1:00 Cardio* 4:00 Art Class	26 9:00 Rep Cantwell 10:00 Arthritis Exercise 10:00 Health Fair	29 10:00 Yoga* 10:00 Arth Exercise 11:15 Chair Yoga* 1:00 Bridge	30 9:00 Shaws 10:00 Cardio 10:30 Bridge 1:00 Memoir Class				*Denotes a Program Held at Scituate Harbor Community Building				
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EXERCISE WINTER

ARTHRITIS EXERCISE: Mondays and Fridays from 10:00AM to 11:00AM at the Scituate Senior Center. This program is coordinated by the Norwell VNA for the less active senior who needs to tone up those upper and lower muscles. You can't beat the cost at \$2.00 per session. Call 781-545-8722 for more info.

CARDIO EXERCISES WITH CHRIS: Tuesdays @ 10:00AM at the Senior Center and Thursdays @1:00PM at the Scituate Harbor Community Building. You can't believe how much fun this is as exercise as you move to the music, and banter away with Chris our stand-up comedian. Come join us you won't be sorry! (781) 545-8722.

YOGA AND CHAIR YOGA: continues to be available at the Scituate Harbor Community Building every Monday and Wednesday morning. Yoga will take place at 10:00AM and Chair Yoga at 11:15AM. Don't wait to sign up as the programs are growing by leaps and bounds. Call (781)545-8722 for more info.

COUNTRY WESTERN DANCING: Held at the Senior Center every Thursday @ 10:30AM .Come and learn how to kick up your heels to a country tune. Call with any questions (781) 545-8722.

TAI CHI: Every Thursday @ 9:00AM at the Senior Center. An exercise that combines the ancient art of Chinese meditation and exercise to promote a healthy body and a sense of balance so important in staying healthy in mind and body. Call for more info (781)545-8722.

BADMINTON AT THE JENKINS SCHOOL: Wednesdays @ 6:00PM . Call (781) 545-8722 for more info.

ADDITIONS AND CHANGES FOR EXERCISE

ZUMBA GOLD WITH ANGELA :Thursday mornings @ 9:00AM at the Scituate Harbor Community Center.

INDOOR SOFTBALL IS STILL AVAILABLE for those seniors who don't want to hang up their bats for the winter, there is a proven alternative. Every Monday afternoon from noon to 2:00PM you can play at the Dome at Bridgewater on Route 18. No preregistration necessary, just show up to play. There is no session on the 18th, President's Day. Fee is determined by Program Manager. For more information call David Hockman (781) 545-6517.

VOLUNTEER POSITIONS AVAILABLE

Need two volunteers to help serve on March 12th for the St Patty's Day Lunch at the Senior Center.

Volunteers for the Health Fair on April 26th from 10:00AM to 3:00PM

Scituate High School is looking for volunteers

Seniors who have a background or a strong interest in Science are needed to assist Scituate High School Students with their projects for their very first Science Fair. The fair will take place at the Scituate High School on April 3rd from 4:00 to 7:00PM.If interested contact Laura Allen Smith or Debbie Darkin @ (781) 545-8750.

We are looking for one or two seniors who are willing to lead a monthly discussion group on past and current events. We will provide drinks and dessert, if you bring a brown bag lunch. To be determined, but we are looking at Monday at 12:00, or Wednesday. Please call Florence for more information .(781) 545-8722.

SOCIAL SERVICES—NOTES FROM JENNY AND NANCY

Don't forget it's tax time! *The Circuit Breaker Tax Credit* is available to homeowners and renters who are at least age 65 who pay a high rent or pay high property taxes in relation to their income. This tax credit is provided by the state of Massachusetts, so even if you don't normally file taxes due to your income status, you should talk to a tax professional to see if you might qualify for up to \$1000 back from the state!

Also, it has come to our attention that many people are unaware that there is a Massachusetts credit for repairing or replacing a failed cesspool or septic system. If you have had to repair or replace a failed septic system this past year speak to your tax professional about the TITLE 5 Septic Credit. This credit is equal to 40% of the actual costs incurred in the repair or replacement of a failed septic system. The maximum amount of the credit that may be claimed in any tax year is \$1,500.

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Did you know that Habitat for Humanity is more than just an organization to help families by building new homes? *A Brush with Kindness* is a nation-wide effort to serve low income homeowners who struggle to maintain the exterior of their homes. The Habitat for Humanity of Greater Plymouth, in cooperation with South Shore Habitat for Humanity have partnered with The RENEW CREW to assist us here in the South Shore area. The RENEW CREW is a group of retired men and women who contribute their knowledge and experience in carpentry and home maintenance to individuals who might have a need for services but who lack sufficient resources to hire contractors. The RENEW CREW volunteers its services to individuals and non-profit groups by providing free labor, however, it is the homeowner's responsibility to pay for any purchased materials. No interest loans are available to qualified homeowners. In the past they have been able to construct handicap ramps, install shingles and vinyl siding, insulation, doors, windows and stairs. Additionally, volunteer teams can perform general repairs and minor renovations. For additional information and an application call 508-866-4188.

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**CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066**

**STANDARD MAIL
US POSTAGE PAID
PERMIT #27
SCITUATE, MA**

For transportation a 72 hour notice is mandatory to reserve a ride, vans are available for medical appointments, shopping and rides around town. We also run special vans for out of town appointments. Call Q at 781-545-8722.

We appreciate the assistance from the Massachusetts Office of Elder Affairs that subsidizes our postage through the Formula Grant.

Remember, this is your Senior Center, drop in for a cup of coffee or tea, or with questions and concerns. We are here to assist you or your family.

HOURS OF OPERATION:

Monday through Thursday 8:30AM to 4:30PM, Friday 8:30AM to 3:00PM