



SENIOR HAPP'Y'NINGS

JANUARY / FEBRUARY 2015

SCITUATE COA
27 BROOK STREET
SCITUATE, MA 02066
781-545-8722

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COA BOARD

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Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

From the Director

In order to carry a positive action we must develop

here a positive vision. Dalai Lama

As in every year at this time, I cannot believe that I just typed '2015'! Not only has 2014 flown by for us here at the Senior Center, but I have been working for the Town of Scituate for one year now and love that my job has been consistently stimulating, fulfilling and fun thanks to a wonderful staff, great town personnel and volunteers, and a charming senior community. Thank you all for making my first year so welcoming and enjoyable.

I hope you have or will see in The Mariner our column for the Senior Center Year in Review. The staff here feels we have accomplished a lot this year and hope to have brought a renewed flavor and vitality to the Scituate Senior Center and the community. We are planning lots more, of course, and invite you to make a resolution to try something new this year with us—whether a new exercise class; a stimulating Café talk; or an opportunity for recreation—art class, bridge, pickle-ball! A few of the new activities planned for this year are movies, strength and stretching exercise, dance, community events, more evidence-based wellness, and both a Live Your Life Well and the Aging Mastery Program.

'Vision' is what we strive to manifest in order to meet the complex and expanding needs of a growing senior population. As a senior center we are growing ourselves in order to become the type of facility that serves a wide range of senior needs and interests. Despite the challenges of our building size and age, the Town of Scituate funds the Council on Aging with a professional staff, subsidized transportation both locally and for out-of-town medical appointments for adults over 60 and eligible disabled, Outreach assistance to find and apply for benefits resources and financial subsidies, and an accommodating office environment. We are working hard to translate the needs of our older adults into a functioning facility both now and when we are able to relocate and design a space to more aptly offer the multitude of programs you would all enjoy. Stay tuned, visit us, and accept my heartfelt thanks for your support and friendship.

♥ Linda

SENIOR CENTER

HOURS OF OPERATION:

Monday through Thursday

8:30 AM to 4:30 PM

Friday 8:30 AM to 3:00 PM

SUPPORT GROUPS

CAREGIVER SUPPORT GROUP (DAY)

Meets the third Wednesday (1/21 & 2/18) of every month at **12:00 PM** at **St. Mary's Parish Center**, One Kent Street, Scituate. Laura Minier, Social Services Manager for the Town of Scituate and Nicole from South Shore Elder Services facilitate this group. Please call 781-545-8722 if you have any questions.

CAREGIVER SUPPORT GROUP (EVE)

Meets the first Wednesday of the month (1/7 & 2/4) at 6:00 PM at Sunrise of Cohasset, 125 King St (Rte 3A). Led by Bonnie Haley. For more information at 617-686-6173 or Sunrise at 781-383-6300.

CAREGIVER SUPPORT GROUP (EVE)

Meets the third Tuesday of the month (1/20 & 2/17) from 7:00 PM to 8:00 PM at Hingham Elder Services, 224 Central Street, Hingham. Call (781) 741-1452.

MID-STAGE ALZHEIMER'S GROUP

Meets the second Wednesday of each month (1/14 & 2/11) from 10:30 AM to 12:00 PM at the Norwell VNA, 120 Longwater Drive, Norwell. Call (781) 659-2342.

VISION SUPPORT GROUP

Meets the FOURTH Monday in JAN & FEB (1/26 & 2/23) at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham. **We will provide transportation to and from the event.** Call (781) 545-8722.

BLOOD PRESSURE SCREENING

Take advantage of our town nurse's availability for checking blood pressure at the Senior Center Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at **10:30-11:30 AM** at the following locations EACH month:

Wheeler Park - 1st Wednesday of month

Central Park - 2nd Wednesday of month

****Scituate Senior Center - 3rd Wednesday of month
(JAN 21 / FEB 18)****

Lincoln Park - 4th Wednesday of month



PROFESSIONAL MEETINGS

ASK A LAWYER

If you have a legal question, you can schedule a complimentary half-hour appointment with one of three attorneys volunteering on the **3rd** Friday of each month at the Scituate Senior Center (**JAN 16 & FEB 20**). Appointments are made with Elder Law Attorneys Holly Harris, Michael Loring and Chris Sullivan who rotate monthly to provide this service. **Call 781-545-8722 for an appointment.**

MEET YOUR REPRESENTATIVE

Representative Jim Cantwell meets at the Senior Center usually on the 4th Friday (1/23 & 2/27) each month. If you who have questions or concerns to discuss, **please call 781-545-8722 for the next available date.** Meetings are limited to 30 minutes.

SHINE COUNSELING (Serving Health Information Needs of Elders)

Are you a senior just retiring, or do you need help selecting a new health insurance plan or understanding changes to your existing plan? Make an appointment to see our SHINE volunteer Norman Tetrault. He is at the Senior Center 2-3 times each month. Call 781-545-8722 for an appointment.

FINANCIAL SERVICES

Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? Deborah Flanagan, Edward Jones Financial Advisor is available free-of-charge for 30 minutes to answer your questions by appointment on the first Monday of each month **AT THE EDWARD JONES OFFICE AT 103 FRONT ST** in Scituate. Please call the Senior Center to have your name forwarded to their office.

MEMBERS OF BLUE CROSS BLUE SHIELD—\$ for Exercise!

If you exercise with us at the Scituate COA, you may be eligible to claim up to \$150 per calendar year toward your **fitness class fees!** **We can print a list of the classes that you have taken if you check into My Senior Center with your scan card.** Those with BCBS can get the form for submission online at www.bcbsma.com. If you have another health plan, check with your Member Services for details on this benefit for exercising!

PROGRAMS AND EVENTS

MEN'S BREAKFASTS!

NO BREAKFAST IN JANUARY

FOR FEBRUARY—

Monday, February 2 @ 8:59 AM

Meeting at Scituate Senior Center

Guest Speaker: TBD—we will send a broadcast!

Come and enjoy coffee/tea, a hot, assorted breakfast and the camaraderie of new and familiar faces, along with an interesting discourse.



Are we still celebrating Valentine's Day?

Of course we are!

Come for a dessert party and enjoy all the

Love Songs you can think of by

Pianist Steve Lanzillotta

THURSDAY, FEBRUARY 12 @ 1:00 PM

Dancing (and singing) encouraged!

Call Jill, x10 to sign up for this event



CAFÉ TALKS

@ Scituate Senior Center

Wednesday, January 14 @ 10:00 AM

With '2 Sisters'

Senior Living Advisors

Helping you Plan and Prepare for the Future

Wednesday, January 21 @ 10:00 AM

With Dr. Nick Morse

Uro-Gynecologist, South Shore Hospital

Your Female Health over 60

Friday, January 23 @ 10:00 AM

Dr. Rebecca Southard, Podiatrist

Practicing Good Foot Health!

We will be scheduling others for February so stay tuned...& watch the Mariner or come in to see flyers!

Call Jill to register at 781-545-8722, x10.

Exercise Classes at the Senior Center (SSC) & SHCB

MONDAY* & WEDNESDAY (@SHCB)—**YOGA @ 9:00-10:00 Monthly rate \$10/class or Drop-in @ \$12.** A gentle class that takes you through a series of yoga poses at a moderate pace combined with breathing and meditation; and **CHAIR YOGA @ 10:15-11; Drop-in @ \$5.** The benefits of yoga without the strain of moving from floor to standing. Same mind/body benefits. *Call the Senior Center re: Monday's class! We will replace Elizabeth as best we can while she is away.

MONDAY & FRIDAY (@SSC)—**Arthritis Exercise @ 10:00-11:00 (\$2 donation).** With a NVNA Nurse/PT offering an hour of gentle movement and activity beneficial for arthritic joints and overall wellness.

TUESDAY—**CARDIO with Chris @ 9:00-10:00 AM @ \$3 (@SSC) & ON THURSDAY @ 1:00-2:00 (@SHCB)—\$3/class.** Experience an exercise class that increases your energy level, improves your health and keeps you moving and laughing—a fun group keeps you coming back!

FRIDAY—**Zumba GOLD with Christine @ 12:00-1:00 @ \$5 (@SSC).** A licensed Zumba® instructor for over 5 years with a condition that caused constant pain and fatigue until she turned to Zumba Dance instead of more meds and it worked—relieving her joint pain and increasing her energy level! Try this exercise-in-disguise class and improve your posture, coordination, balance & more!

Pickle-ball!

It's catching on!

It is a fun paddle sport in which four players use solid paddles to hit a whiffle-type ball over a net in a doubles format. The game shares features of tennis, ping pong & badminton, with modifications and limited or no running. Call the Senior Center or just drop in at **Jenkins School Gym on Mondays at 5:00 PM (new start time)**. Please wear safe, non-marking footwear. Paddles & balls provided for up to 8 players at a time, or bring your own. Instruction is offered. Come if you have played before or if you are new and want to learn! All are welcome. No age limit!

Announcements and Information

Tax Questions?

The Town of Scituate Assessor's Office will be available at the Senior Center (27 Brook Street) to sit with resident individuals or couples to explain and discuss eligibility for tax abatements and credits, both local and state.

**Wednesday, February 4 -
Appointments 10:00-12:00 pm**

Please call the Senior Center at 781-545-8722 to sign up for a private appointment to talk with Steve or Therese at the Senior Center.

Donations may be made **In Memory of** loved ones or **In Honor of** friends, family, volunteers, or groups that you would like to recognize for their contributions and efforts on behalf of our seniors. Donations should be made to a specific area of interest, e.g. Programs, Special Events, Transportation, Emergency Services, or to the General Fund, if you prefer. Please make checks payable to *Scituate Council on Aging*.



CIRCUIT BREAKER TAX CREDIT

The Circuit breaker tax credit is the state income tax credit for the eligible Mass residents age 65 or older who paid rent or real estate taxes during the tax year. Even though the credit is based on property taxes, the state government, not the city or town, pays the credit. The credit is for senior homeowners and renters who meet the income and other eligibility requirements. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer debt charges. Renters can count 25% of their rent as real estate tax payments. You must file a state income tax return to claim the Circuit Breaker Credit, whether or not you have to file otherwise. Please call or stop by the Senior Center for eligibility information.

Meals for Seniors in Scituate

On Monday, Wednesday & Friday

@ Harbor Methodist Church on First Parish Rd 12:00-1:00 PM—South Shore Elder Services provides this meal to Seniors. A \$3 donation is requested. Van transportation is available by calling the Senior Center. Meals on Wheels is also provided from this site Mon-Fri—call 781-545-0818.

On Thursday

@ Congregational Church at 381 Country Way 12:00 PM—This lunch is sponsored and served by dedicated church volunteers. Donations accepted. Call 545-5300.

Monthly on the 4th Sunday

@ St. Luke's Church on First Parish Rd 5:00-6:00 PM—Free, community dinner, all ages; Van transportation available by calling the Senior Center to schedule your ride.

Food Pantry open every Tuesday

@ Masonic Temple on Country Way 11-12:30 PM; 6:30-8 PM last Tuesday of the month Transportation offered to seniors and disabled under 60 by the Scituate Council on Aging.

To be eligible for the credit for the 2015 tax year:

- ◆ The taxpayer or spouse, if married filing jointly, must be 65 years of age or older at the close of the taxable year;
- ◆ The taxpayer must own or rent residential property in Massachusetts and occupy the property as his or her principal residence;
- ◆ The taxpayer's "total income" cannot exceed \$56,000 for a single filer who is not the head of a household, \$70,000 for a head of household, or \$84,000 for taxpayers filing jointly; and
- ◆ For homeowners, the assessed valuation of the homeowner's personal residence as of January 1, 2014, before residential exemptions but after abatements, cannot exceed \$691,000.

For more information please speak to your tax preparer, or go to the www.mass.gov/dor website. The tax forms are available at the Senior Center.

NOTE: We MUST have your **birthdate** in our My Senior Center records for you to show up in our statistics reports that we give to the town and the state to inform of participation and clients served. **Please make sure we have yours!**



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JANUARY 2015

Mon	Tue	Wed	Thu	Fri
<p>* Denotes program held at Scituate Harbor Community Building</p> <p>5 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Financial Advisor 5:00 Pickleball</p> <p>12 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 5:00 Pickleball</p> <p>19 Holiday Office Closed</p> <p>26 9:00 Yoga* 10:00 Vision Support 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball</p>	<p>6 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p> <p>13 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p> <p>20 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p> <p>27 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p>7 9:00 Yoga* 10:00 SSNSC—Café Talk 10:15 Chair Yoga* 6:00 Badminton</p> <p>14 9:00 Yoga* 10:00 Café Talk-2 Sisters 10:15 Chair Yoga* 12:00 Caregivers Support 1:00 Life in 19th C. 6:00 Badminton</p> <p>21 9:00 Yoga* 9:00 Hanover Mall 10:00 Café Talk—SSH 10:15 Chair Yoga* 1:00 Life in 19th C. 6:00 Badminton</p> <p>28 9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 1:00 Life in 19th C. 6:00 Badminton</p>	<p>1 Holiday Office Closed</p> <p>8 9:00 Harbor Shops 1:00 Knitting/Cardio* 6:00 SCO A Board Mtg</p> <p>15 9:00 Harbor Shops 1:00 Knitting/Cardio*</p> <p>22 9:00 Harbor Shops 1:00 Knitting/Cardio*</p> <p>29 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>2 10:00 Arthritis Exercise 12:00 Zumba Gold</p> <p>9 10:00 Arthritis Exercise 12:30 Beyond Belief</p> <p>16 9:00 Ask a Lawyer 10:00 Arthritis Exercise 12:00 Zumba Gold</p> <p>23 9:00 Rep Cantwell 10:00 Café Talk—Dr Southard 12:00 Zumba Gold</p> <p>30 10:00 Arthritis Exercise 12:00 Zumba Gold</p>

FEBRUARY 2015

Mon	Tue	Wed	Thu	Fri
2 8:59 Men's Breakfast 9:00 Yoga* 11:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Finance Advisor 5:00 Pickleball	3 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*	4 9:00 Yoga* 10:00 Appts with Assessor 10:15 Chair Yoga* 1:00 Life in 19th C. 6:00 Badminton	5 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class	6 10:00 Arthritis Exercise 12:00 Zumba Gold
9 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball	10 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*	11 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 Life in 19th C. 6:00 Badminton	12 9:00 Harbor Shops 1:00 Valentine's Day Party 1:00 Cardio* 4:00 Art Class 6:00 SCOA Board Mtg	13 10:00 Arthritis Exercise 12:00 Zumba Gold
16 Holiday Office Closed	17 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*	18 9:00 Yoga* 10:15 Chair Yoga* 10:30 BP Clinic 12:00 Caregivers Support	19 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class	20 9:00 Ask a Lawyer 10:00 Arthritis Exercise 12:00 Zumba Gold
23 9:00 Yoga* 10:00 Vision Support 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball	24 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*	25 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton	26 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class	27 9:00 Rep Cantwell 10:00 Arthritis Exercise 12:00 Zumba Gold
				*Denotes program held at Scituate Harbor Community Building



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Outreach and Social Services



Salvation Army Good Neighbor Energy Fund

The Salvation Army once again is operating the program during the 2014-2015 heating season. The program is specifically for those having income between 60% - 80% of the State Median Income Level. The purpose of the program is to assist households within the Commonwealth faced with financial crisis who are unable to meet their winter energy needs. If you have received South Shore Community Action Fuel Assistance you may not apply for GNEF. The financial guidelines:

Family of 1: \$32,618.00 - \$43,491.00 of 2: \$42,654.00 - \$56,872.00 of 3: \$52,691.00 - \$70,254.00

SCOA OUTREACH AT YOUR HOUSING AUTHORITY

The hours for the Housing Authority Outreach visits by Jenny Gerbis, Outreach Coordinator for the Scituate COA are below: If you have a question on benefit assistance or insurance, or just want to know what we do, please come visit in the Community Room at each location.

JANUARY	FEBRUARY
1/7 Lincoln Park @ 11-12	2/5 Lincoln Park 11-12
1/14 Central Park @ 11-12	2/12 Central Park 11-12
1/21 Wheeler Park I @ 11-12 & Wheeler Park II @ 12-1	2/19 Wheeler Park I 11-12 & Wheeler Park II 12-1

Come with a question or just to say Hi!

Services & Programs through SCOA Outreach:

- Benefits Checkup
- Blood Pressure
- Canine Companion Program
- Caregiver Support
- Fuel Assistance Applications
- Notary Public
- Part D drug plan assistance
- Professional Consults
- SHINE Insurance Consults
- SNAP Applications
- Support Groups

FUEL ASSISTANCE

The State/Federal Fuel Assistance Program, operated and administrated by **South Shore Community Action Council** has begun, and will run until April 30, 2015. The program is open to the community and the Council on Aging is the facilitating agent for the Town of Scituate. The income guidelines for fuel assistance are within the following ranges.

- Household of 1: \$11,670.00 - \$32,618.00; Household of 3: \$19,790.00 - 52,691.00
- Household of 2: \$15,730.00 - \$42,654.00; Household of 4: \$23,850.00 - \$62,727.00

Applicants are required to provide the following information for Head of Household and family members 18 years of age and over:

- ID for Head of Household
- Social Security numbers and DOB for all family members
- Last 30 days income for all family members over 18 unless in college full time, includes:
 - * Social security award letter, pension or IRA distributions, unemployment and child support.

Copies of heating bill; electric bill; Town of Scituate **tax** bill; mortgage bill or rent receipt, if applicable; and homeowners insurance cover letter if you own your house.

Please call Jenny Gerbis with questions and for an appointment 781-545-8722.

JOE-4-OIL

The Oil Heat Program offers free heating oil to people in financial need who can't afford to pay their heating bills. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil for free. You are eligible if you have a financial hardship and need help paying your heating bills.

To request an application call 1-877-JOE-4-OIL

Transportation Information

Call Q Cutler, Transportation Coordinator, for all transportation requests at 781-545-8722, ext. 17

72-hours notice (3 business days) is required to reserve a local ride. Vans are available for local medical appointments, shopping and rides around town to appointments or designated locations. A monthly pass for rides in Scituate to lunch sites, Senior Center and in-town errands is \$14 or \$2 per round-trip use.

We also run special vans for out of town medical appointments. Reservations for these rides need to be made at least 1 week in advance.

The vans make regular, weekly trips to the following:

TUESDAY @ 9: Shaws in Cohasset;

WEDNESDAY @ 9: Hanover Mall, including TRADER JOE'S!

THURSDAY @ 9: Scituate Harbor

Both local rides on our COA van and out-of-town medical rides are supported by **GATRA**, which is a state-funded transportation system for our region. Medical rides are also partially funded by a grant from **South Shore Elder Services** (our regional AAA) and provided by South Shore Community Action Council through their LINK program.

Activities and Volunteer News

Continuing Lifelong Learning with Bob Jackman in Jan/Feb

Life in 19th Century Scituate - A new offering intended to extend understanding of the experience of living in Scituate and the South Shore from 1790 to 1900 featuring all fresh material. Working from documented sources to sketch aspects of the local economy and the impact of work on the lives of residents, the course will explore roles in the work place and community. **Weds, Jan 14 - Feb 11. Cost \$20— Sign ups begin on January 5. Payment also required.**

MORE 19th Cent. Scituate Biographies in MARCH/APRIL!



Movie Showing of *Beyond Belief* Friday, January 9 @ 12:30 pm

This is a documentary film about the positive impact in Afghanistan of two extraordinary women directly affected by the tragedy of September 11, 2001. It has been loaned to us for viewing by the Scituate Rotary Club. Hopefully this will be the first of many!

Bridge players are welcome to join on Tuesday mornings at **10:30 AM**. You could bring your own four-some or join existing players. Call us if you are interested! Other game players welcome as well—cribbage, scrabble, chess—we're open to all!

ART CLASS on MONDAYS! Watercolor, Drawing, Acrylic @ 12:30-3:30

Class resumes on January 26

Senior Center - \$10 each class;



Work from still life set ups. Demo's, class exercises, homework offered. Focus on developing solid drawing skills, understanding color and mixing, and watercolor application. Students will develop their individual talents through a series of logical, progressive steps in the fundamentals of picture making with exercises geared to individual levels. Enjoy many ah-ha moments! Experienced, prize winning instructor has been teaching art classes at the Scituate Senior Center since 2003. **PLEASE CALL IN ADVANCE at 781-545-8722, x10. Affordable supply list available at sign up.**

Volunteer Opportunities

We are always looking for new volunteers and could use help periodically or regularly in the following areas:

Kitchen Assistant—for special events, monthly Men's breakfasts or Café talks. We would love help with cooking, kitchen prep, or cleanup.

Front Desk Help—answer phone calls for our staff, greet & direct visitors; you could team up with a friend! Openings on ... ?

Pickle-ball Setup, Play and Breakdown—Mondays at 5:00-6:30 PM. Come help out and have a ball doing it!

If you have another idea for a volunteer opportunity, let us know!



SCITUATE HOUSING AUTHORITY

- Providing Housing for Qualified Low-Income Elderly and Handicapped
 - Preference given to local veterans and local residents
 - Application available upon request
 - Equal Opportunity Housing
- 791 Country Way, Scituate, MA
781-545-3375

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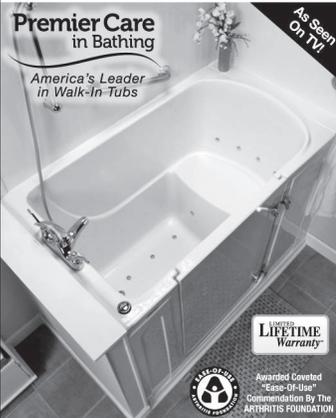


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www.scituatema.gov.

Select *Departments, Council on Aging, and Council on Aging Newsletters*.

The website will also have our Calendar of activities for the two months and any special announcements.