



**SENIOR HAPPENINGS  
JULY/ AUGUST 2012  
SPECIAL EDITION  
CELEBRATING AMERICA**

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**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.**

**SUMMER IN SCITUATE**

**As I was walking along the Harbor last week and enjoying the day, my thoughts drifted to the summer season that will soon be upon us. Scituate is a wonderful place to be in the summer. The beaches are beautiful and filled with families of all sorts. The younger set enjoying the surf, and the older set catching some rays while reading their books.**

**However, beaches are not the only form of enjoyment for the residents of Scituate. There are yearly events such as the Carnival at Cole's Parkway, the concerts, the 4th of July parade and Heritage Days. We will attend many cookouts. Our first taste of fried clams or lobsters at one of our local favorite places to eat, is a treat. Taking a walk to the Scituate Lighthouse or along the Harbor, we see the boats docked while they get ready for a day on the water. The shops along Front Street are especially colorful during the summer all of which are ready for their yearly onslaught of visitors during this time. Summer is a time for daydreaming and counting one's blessings, especially if you are lucky enough to spend it in Scituate. Have a great summer! *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 (DAY)**

We meet the 3rd Wednesday of the month 12:30PM to 2:00PM @ the Scituate Senior Center. This program is open to any person(s) who is caring for a loved one at home because of illness or incapacitation. The meeting is held to provide support and offer resources to those of you who are struggling to provide care to a loved one. Call (781) 545-8722.

### **COA CAREGIVER'S SUPPORT GROUP (EVENING)**

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

**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 Scituate COA. The Town's nurse Eileen Scotti will do the screening. BP screens will also take place at  
Wheeler Park 1st Wednesday of the month  
Central Park 2nd Wednesday of the month  
Lincoln Park 4th Wednesday of the month

### **CAREGIVERS AT THE SCITUATE HARBOR**

#### **COMMUNITY BUILDING JULY 18TH @ 12:30PM**

**A light lunch will be served. We are extending this invitation to all those caretakers out there who would like to be involved with others who are going through what you do every day. We also invite you to bring with you those that you are caring for, as we know how difficult it is for you to get out. We offer van service, if needed. We will have volunteers on hand to make sure that you can relax while your loved one is cared for. Call (781)545-8722 for more information. It is our goal to create a program that is supportive, but also assists you in finding resources to help you through this journey.**

## **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 third 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 30 minute appointment, please call (781) 545-8722.

### **MEET YOUR REPRESENTATIVE.**

Representative Jim Cantwell will be at the Senior Center the 4th Friday of the month to meet with anyone who has questions or concerns that he might help with. Please call for an appointment. Appointments are limited to 30 minutes.

### **SHINE INSURANCE COUNSELING**

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

### **ASK A FINANCIAL ADVISOR**

Are you wondering whether you have made the right investment for your stage of life? Or do you need financial advise on trust annuities or other forms of financial planning? Deborah Flanagan, Financial Advisor with Edward Jones Investments, will be available by appointment at the Center the first 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. (781) 545-8722.

## **FYI**

**MEN'S 8:59 BREAFAST** Will be held on July 2nd. A light breakfast will be served. The speaker for the occasion will be John Roser, the Director of Scituate's cable station, who will be discussing where we are today and what we plan for tomorrow. On August 6th, the speaker for the men's breakfast will be Zachary Johnston from Troop 43, who will be discussing "Today's Boy Scout" as well as the process necessary to become an Eagle Scout. The fee for the breakfast is \$3.00 Please call and reserve a seat. (781) 545-8722

**CELEBRATING AMERICA'S BIRTHDAY:** at the Scituate Harbor Community Building on July 10th @ 12:00PM. Great food and entertainment, while you enjoy the Harbor view. Tommy Rull, one of the seniors favorite entertainers will be featured. He will be singing the oldies but goodies, music that made us swing and sway during the 50's, 60's and 70's. Having it at the SHCB will allow us to include more seniors, but don't wait too long to call. Fee for all is \$4.00 per person. Call (781) 545-8722 to reserve a seat.

**THE CAREGIVERS SUPPORT GROUP** will also be held at the Scituate Harbor Community Building on July 18th @ 12:30PM. (781) 545-8722.

**HERITAGE DAY LUNCH:** On August 9th , the third annual kick off will be held at the Maritime Center. The luncheon will take place at noon and we expect a large number of attendees, so make your reservation early. Tickets are just \$4.00 to help with some of the expenses. Call (781)545-8722 to reserve a seat.

**SENIOR T PASS:** We have requests from seniors just turning 65 and those who need their passes renewed. We hope to be able to accommodate you in early September. However, we need a minimum of 15 seniors to sign up in order for us to get approval for the program. This will be the only time it is offered in 2012, so please don't procrastinate. Call us at (781)545-8722 and put your name on the list.

**ALLERTON HOUSE LUNCHEON** At the Council on Aging on August 8th @ 12:00PM. Call early, the food is great. (781) 545-8722.

## **PROGRAMS AT THE SCITUATE HARBOR COMMUNITY BUILDING**

While there are many seniors who have multiple plans for the summer, there are also several who will be whiling away at home during the summer months. This is why this year we are so fortunate to have the Scituate Harbor Community Building during this time.

**We have volunteers who would like to offer Scrabble and cribbage at the SHCB on Tuesday or Thursday morning. Anyone out there who would like to see programs offered, please call (781)545-8722 and let us know**

## **SUMMER EXERCISE PROGRAMS**

Arthritis for Seniors, Cardio and Zumba are taking the summer off. They will return early in September. See the September issue of the newsletter for the dates.

**TAI CHI :** Will continue through the summer at its usual time Thursdays @ 9:00AM. Your Instructor will be Tony McAlear and the fee for this program is \$5.00. Call (781) 545-8722.

**BADMINTON AT THE JENKINS SCHOOL:** The hours will be changed for the summer months from Wednesday evenings to Friday mornings from 9:00AM until 12:00 PM. For more information call (781) 545-8722.

**YOGA:** Beginning on June 20th until further notice, Yoga will be held at the Scituate Harbor Community Building on Wednesdays from 9:00AM to 10:00AM. For more information call (781) 545-8722.

**CHAIR YOGA:** Beginning on June 20th, Chair Yoga will be held at the Scituate Harbor Community Building on Wednesdays @ 10:30AM to 11:30AM. Call (781)-545-8722.

**BRIDGE** On Monday and Tuesday will continue at the Council on Aging: Attention all Bridge Players we are on the look out for players either beginners, intermediate or expert. We have other players waiting and we are hoping to develop a thriving Bridge Program. Call (781) 545-8722.

THE SCITUATE COUNCIL ON AGING REQUEST FOR DONATIONS

DONOR'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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- 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
- Project Safety Net —LoJack system for seniors who are lost.

THIS CONTRIBUTION IS MADE IN MEMORY OF:

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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)

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Thank you for your contributions, we appreciate your help!

Those who agree to be recognized are

Dennis Balog

Genevieve Desmond

The following contributions were given in memory of:

Joyce McCulloch by Joanne Heath

# JULY 2012

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Mon	Tue	Wed	Thu	Fri
<b>2</b> 8:59 Men's Breakfast 1:00 Bridge 1:00 Financial Advisor	<b>3</b> 9:00 Shaws	<b>4</b> Holiday Office Closed	<b>5</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>6</b> 9:00 Badminton
<b>9</b> 1:00 Bridge	<b>10</b> 9:00 Shaws 9:00 Hanover Mall 12:30 4th of July Party	<b>11</b> 9:00 Yoga 10:30 Chair Yoga 6:00 SCOA Board Mtg	<b>12</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>13</b> 9:00 Badminton
<b>16</b> 1:00 Bridge	<b>17</b> 9:00 Shaws 10:30 Bridge Class	<b>18</b> 9:00 Yoga 10:30 Chair Yoga 10:30 BP Clinic 12:30 Caregivers Support Group	<b>19</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>20</b> 9:00 Ask a Lawyer 9:00 Badminton
<b>23</b> 1:00 Bridge	<b>24</b> 9:00 Shaws 9:00 Shopping Trip 10:30 Bridge Class	<b>25</b> 9:00 Yoga 10:30 Chair Yoga	<b>26</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>27</b> 9:00 Rep Cantwell 9:00 Badminton
<b>30</b> 1:00 Bridge	<b>31</b> 9:00 Shaws 10:30 Bridge Class			

# AUGUST 2012

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Mon	Tue	Wed	Thu	Fri
		<b>1</b> 9:00 Yoga 10:30 Chair Yoga	<b>2</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>5</b> 9:00 Badminton
<b>6</b> 8:59 Men's Breakfast 1:00 Bridge 1:00 Financial Advisor	<b>7</b> 9:00 Shaws	<b>8</b> 9:00 Yoga 10:30 Chair Yoga 12:00 Allerton House Luncheon 6:00 SCOA Board	<b>9</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 12:00 Heritage Day 1:00 Knitting 4:00 Art Class	<b>10</b> 9:00 Badminton
<b>13</b> 1:00 Bridge	<b>14</b> 9:00 Shaws 9:00 Hanover Mall 10:30 Bridge Class	<b>15</b> 9:00 Yoga 10:30 BP Clinic 10:30 Chair Yoga 12:30 Caregivers Support Group	<b>16</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>17</b> 9:00 Ask a Lawyer 9:00 Badminton
<b>20</b> 1:00 Bridge	<b>21</b> 9:00 Shaws 10:30 Bridge Class	<b>22</b> 9:00 Yoga 10:30 Chair Yoga	<b>23</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>24</b> 9:00 Rep Cantwell 9:00 Badminton
<b>27</b> 1:00 Bridge	<b>28</b> 9:00 Shaws 9:00 Shopping Trip 10:30 Bridge Class	<b>29</b> 9:00 Yoga 10:30 Chair Yoga	<b>30</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting 4:00 Art Class	<b>31</b> 9:00 Badminton

## NOTES FROM NANCY AND JENNY

StilMee is a leader in dementia and Alzheimer's coaching. They work with families to provide personalized coaching services. Experienced professionals teach effective strategies to enhance the quality of daily life for the caregiver and the family member with Alzheimer's or dementia. This is a private pay service, but funding is offered until July 31st that allows for 3 visits of coaching, if you request services and become a client through South Shore Elder Services. Additional information can be obtained by calling StilMee at (617) 328-3440 or South Shore Elder Services at (781)848-3910.

FUEL ASSISTANCE APPOINTMENTS ARE THROUGH FOR THIS FISCAL YEAR. DEPENDING ON FUNDING, WE EXPECT TO RESUME IN NOVEMBER

## PROGRAMS SLATED FOR SEPTEMBER

### CREATIVE MEMOIR WRITING

Your life is interesting and your memories are precious! Organize and write down some of your stories to share with your family and friends. This 13 week course, led by Dale J. Balog, will start on September 11th. We will meet every Tuesday, 1:00-2:15PM, at the Senior Center. A prepayment of \$24 is required before each half. Cost is \$4 per class, total of \$48 (One class is free). Call (781) 545-8722 to reserve your place. Class is limited to 12.

We will be offering a language class in Italian .

Cardio and Zumba are going to offered twice weekly.

We are seeking Instructors who can teach Bridge, and another who might want to offer ballroom dancing.

There will be several cooking classes offered during the fall and into the Holiday at the Senior Center. We will have the updates in the September newsletter.

## VETERAN'S SERVICES IN SCITUATE

### ATTENTION VETERANS

#### IF YOU OR YOUR FAMILY IS IN NEED OF

Financial Assistance  
Medical Assistance  
Educational Assistance  
Employment Assistance  
Or any other benefits earned by Military Service

Please call  
Department of Veterans Service –Hingham  
781-741-1440  
Department of Veterans Services-Scituate  
781-545-8715

Many of our Seniors are veterans or widows of veterans who have served their Country. There are many forms of benefits that you are entitled to. These are resources that can make a big difference to you during troubled times. It is an easy process and a Veterans Agent is always happy to help.

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### God Bless America

**Please enjoy the pictures on page 9, that our own Joan Powers took on Memorial Day 2012.**

**The Board and Staff of the Scituate Council on Aging wish all our seniors and the residents of Scituate a very Happy and Safe July 4th**

# LEST WE FORGET THOSE THAT HAVE KEPT US FREE

THE REVOLUTIONARY WAR CIVIL WAR WORLD WAR I WORLD WAR II KOREA  
VIET NAM PANAMA IRAQ 1 IRAQ 2 AFGHANISTAN



**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**