



# SENIOR HAPPENINGS

MARCH / APRIL

SCITUATE COUNCIL ON AGING

27 BROOK STREET

SCITUATE, MA 02066

781-545-8722

## COA STAFF

**Director**

**Linda Hayes**

*lhayes@scituatema.gov*

**Administrative Assistant**

**Jill Johnston**

*jjohnston@scituatema.gov*

**Transportation Coordinator**

**Quincie-Ann Cutler**

*qcutler@scituatema.gov*

**Outreach Coordinator**

**Jennifer Gerbis**

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**Manager of Social Services**

**Laura Minier**

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## BOARD

**Chair, Joan Powers**

**Vice-Chair, Audrey Reidy**

**MEMBERS**

**Dale Balog**

**Jim Harmon**

**Richard Mitchell**

**Meg Stillman**

**Debbie Young**

**Selectman Liaison**

**Marty O'Toole**

## Mission of the Scituate Council on Aging

*The mission of the Council on Aging is to identify needs and implement programs that will enhance the quality of life and the independence of the seniors of Scituate, and to educate and enlist the support of our community to provide successful and enriching programs.*

### *From the Director*

*"When you change the way you look at things, the things you look at change." Dr. Wayne Dyer*

I hope you have been able to enjoy some of what these winter months in Scituate have had to offer as much as you have had to endure them. I, for one, am looking forward to spring and how 'new' everything always feels—and how much I like the feeling of 'new'. I am your new COA Director, and I want you to know how pleased and honored I am to be serving this community in such an important role. I don't think I realized how much I would enjoy the *newness* of this change, but I am, and it is energizing for me to be doing something new. I am thrilled to be here and to be given the responsibility of leading and cultivating a climate of advocacy, of understanding, and of enthusiasm for the opportunities we have to support our increasing senior population. We have a fabulous and dedicated staff at 27 Brook Street who enjoy their work and are planning to continue to bring as many programs, services, activities and interactions to the older adults in Scituate as possible. We also have a new Social Services Manager, Laura Minier, who is already a valuable addition to the town of Scituate and the Council on Aging Outreach efforts.

The Senior Center values the input and the contributions of the entire community—whether you are a son or daughter of a senior seeking ways to keep their parent active; a newly retired volunteer looking for a way to be involved; a high school student requiring community service; or someone with a skill wishing to share their knowledge and gifts with our seniors, we would love to hear from you. We are especially interested in knowing our older adults, whether you have already been participating in programs over the years or have not yet seen anything that would entice you through our doors. Come in and see us!

Deciding to do something *new* isn't always easy, but the dividends can be many and it's fun to be new! Thank you all for such a warm welcome, and I hope you will consider coming into our Senior Center and taking part in what we have to offer or suggesting something *NEW* that we can offer in the future. Lots is planned and everyone is welcome! ♥ *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 (**March 19/April 16**) of every month at **12:00 PM**. The location has changed to **St. Mary's Parish Center** at One Kent Street in Scituate. Both Laura Minier, Social Services Manager for the Town of Scituate and Council on Aging and Ellie O'Neil from South Shore Elder Services will facilitate this group. Please call 781-545-8722 if you have any questions.

### CAREGIVER SUPPORT GROUP (EVE)

Meets the third Tuesday of the month 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 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 third Monday of the month at 10:00 AM @ Hingham Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from the event.** Call (781) 545-8722 to make arrangements.

## BLOOD PRESSURE SCREENING

The Town's nurse Eileen Scotti provides BP screening, B12 shots with prescription and can answer questions you may have at **10:00-11:00 AM** at the following locations during the month:

- Wheeler Park - 1st Wednesday of the month
- Central Park - 2nd Wednesday of the month
- @Scituate Senior Center - 3rd Wednesday—come in for coffee/tea and see Eileen to check BP or to 'Ask the Nurse'.**
- Lincoln Park - 4th Wednesday of the month

## PROFESSIONAL APPOINTMENTS

### 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 third Friday of each month at the Scituate Senior Center. 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** will be at the Senior Center the fourth Friday of the month to meet with anyone who has questions or concerns. Please call 781-545-8722 for an appointment. 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 every other week from 1:00 PM - 3:15 PM. Call 781-545-8722.

### FINANCIAL SERVICES

Are you wondering whether you are in the right investments 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 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., 1:00 to 3:00 PM . Call 781-545-8722 to schedule.

## Plymouth County PRESCRIPTION MEDICATION DISPOSAL PROGRAM At Scituate Police Station

This program provides secured containers in police station lobbies across Plymouth County, making it easy for residents to dispose of their unwanted prescriptions in an environmentally-safe and conscientious manner.

PLEASE DISPOSE OF UNWANTED MEDICATIONS AT THE  
SCITUATE POLICE STATION  
@ 604 Chief Cushing Justice Highway

### “Celebrate Spring”

Complete a beautiful spring arrangement with help from the **Scituate Garden Club.**



**Tuesday, April 29**  
**@ 11:00 AM—12:00 PM**

To be held at the **Scituate Senior Center** building; there is no charge for this event. Please call to register @ 781-545-8722. Limited to 20 participants

## PROGRAMS AND EVENTS

### **Our Men's Breakfast is Back!**

Meets on the 1st Monday of the Month.

FOR MARCH:

**Monday, March 3 @ 9:00 AM (8:59)**

**Guest Speaker Matt Brown**, famed artist from Building 19 with **Tall Tales of Scituate**, a humorous presentation with accompanying slides illustrating the funny side of Scituate's history.

FOR APRIL:

**Monday, April 7 @ 9:00 AM (8:59)**

Guest Speaker TBD.

*We hope you can come and enjoy some coffee or tea, a light breakfast, the camaraderie of new and familiar faces, and a lively and interesting discussion. Please call Jill to register @ 545-8722, x10. Suggested Donation \$3.*

### **St. Paddy's Day is March 17! But what's the rush?**

We're celebrating St. Patrick's Day (and a couple of other things—Spring IS right around the corner!) on

**Tuesday, March 18**

with special entertainment by  
**Fiddlin' Keys**

Light refreshment,  
Luncheon Soups & Bread

11:30 AM-1:00 PM

Please call to register @ 545-8722  
Suggested Donation \$4

### **WEDNESDAY CAFÉ TALK with the Chief**

Join us for coffee/tea and to hear from Scituate Police Chief Stewart on Current Scams Targeting Seniors as well as other updates and information of importance to seniors and the community.

**Wednesday, March 5  
9:00 AM**

At Scituate Senior Center

**MAPS REVEAL 19th CENTURY SCITUATE HISTORY** with Bob Jackman. This is a new 6-week course on **Wednesdays @ 1:00 PM to 2:30—March 26 to May 7 excluding school vacation**. Cost is \$20. This is a sequel to Bob's course that covered an earlier era. He will continue to draw from historical and modern Scituate maps and other documents to provide a fresh, dynamic perspective on Scituate's cultural history in addition to providing a comparison basis to other towns, counties and states. Topics will include commerce and economic activity, transportation systems, & governance, among others. Spots will be filled on a first-come, first-served basis. Payment is required at registration. Call 781-545-8722 for more details.

### **Exercise Classes at the Senior Center & Harbor Community Building**

**MONDAY & WEDNESDAY—Yoga with Elizabeth @ 9:00-10:00 Monthly rate \$10/class or Drop-in @ \$12 (SHCB).** A gentle class that takes you through a series of healthful yoga poses at a moderate pace combined with breathing techniques and meditation.

**MONDAY & WEDNESDAY—Chair Yoga with Elizabeth @ 10:15-11; Drop-in @ \$4 (SHCB).** The benefits of yoga without the strain of moving from floor to standing. Gentle with same mind/whole body benefits.

**MONDAY—Arthritis Exercise @ 10:15-11:00\* \$2 donation (SSC).** This class is led by Norwell VNA and offers gentle movement beneficial for arthritic joints. \*Time changes to 11:00 on the 1st Monday of month

**TUESDAY—Cardio with Chris @ 9:00-10:00 AM @ \$3 (SSC).** Experience an exercise class that increases your energy level, improves your health and keeps you moving and laughing—it should be fun!

**THURSDAY—Tai Chi with Tony @ 9:00-10:15; Drop-in @ \$5 (SSC).** Learn the many benefits of a Tai Chi practice to your overall health, including improving balance & strength; lowering blood pressure; reducing stress; and easing pain.

**THURSDAY—Country Western Line Dancing @ 10:30-11:30; Drop-in @ \$3 (SSC).** Enjoy the exercise and stimulation of dancing to country-style music without needing a partner! All are welcome for some socializing, fun & movement.

**THURSDAY—Cardio with Chris @ 1:00-2:15 PM; Drop-in @ \$3 (SHCB).** Experience an exercise class that increases your energy level, improves your health and keeps you moving and laughing—it should be fun!

**FRIDAY—Arthritis Exercise @ 10:00-11:00 \$2 donation (SSC).** This class is led by Norwell VNA and offers gentle exercise & movement beneficial for arthritic joints.

# Announcements and Information

**Many thanks** to the following individuals or organizations who have made donations to the Scituate Council on Aging since the previous newsletter. We appreciate all of your help and support for our programs and services to the community and senior population.

- Flo Crehan
- Virginia Heffernan
- Bartiley Cilento
- Scituate Health Services
- Genevieve Desmond
- Anna Mae Stefani

There were no contributions given In Memory of or In Honor of for this printing.

Donations can continue to be made to a specific area of interest, e.g. Programs & Activities, Special Events, Transportation, Emergency Services, or to the General Fund, if you choose. Please make checks payable to *Scituate Council on Aging* and indicate ‘Senior Resource Fund’.

*Our heartfelt thanks to all of you who support us in all of the ways you do—as a patron, donor, volunteer or contributor!*

*In addition to the newsletter...*

Please keep in mind that we are always adding programs and activities that may have missed the deadline for the newsletter to go to print or came up after the printing of the newsletter for the upcoming two months.

Make sure to check the *Scituate Mariner* for up-to-date information of programs and events happening at the senior center or in the senior community. Also look for flyers at the Senior Center and other locations around town publicizing special events.



If you are interested in joining the **Friends of Scituate Seniors**, a community group of volunteers independently promoting the needs of seniors in Scituate as they address the issues of space and future accommodations, you may use the Form below to become a member for an annual fee of \$5. Other donations may be made to the Friends of Scituate Seniors **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. Acknowledgements will appear in the newsletter unless you elect not to be listed. These donations are not as yet tax deductible.

*Separate donations may still be made to the **Scituate Council on Aging** for the general fund at any time. All of your support is greatly appreciated.*

## “Friends of the Scituate Seniors” Annual Membership Form

**MEMBERSHIP DUES: \$5.00/per person**

Please make checks payable to:

*The Friends of Scituate Seniors*

Dues Year: 2014

Can mail to:

27 Brook St, Scituate, MA 02066

*The Friends of Scituate Seniors will soon become a 501C(3) not-for-profit organization. Donations will become tax-deductible upon that date.*

I request to not be listed in Senior Happenings

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

E-mail: \_\_\_\_\_

Additional contributions listed below are made:

### **In Memory of**

\_\_\_\_\_  
Name Amount

OR

### **In Honor of:**

\_\_\_\_\_  
Name Amount

# MARCH 2014

Mon	Tue	Wed	Thu	Fri
<b>3</b> 9:00 Yoga* 8:59 Men's Breakfast 10:15 Chair Yoga* 11:00 Arthritis Exercise 1:00 Financial Advisor 1:00 Bridge	<b>4</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>5</b> 9:00 Café Talk 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps Scituate History 6:00 Badminton	<b>6</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class	<b>7</b> 10:00 Arthritis Exercise
<b>10</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge	<b>11</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>12</b> 9:00 Hanover Mall 9:00 Yoga*/Café Talk 10:15 Chair Yoga* 1:00 Maps Scituate History 6:00 Badminton	<b>13</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class 6:00 SCOA Board Mtg	<b>14</b> 10:00 Arthritis Exercise
<b>17</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge	<b>18</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 11:30 St Paddy's Day Party 2:00 Tai Chi	<b>19</b> 9:00 Café Talk 9:00 Yoga* 10:15 Chair Yoga* 12:00 Caregivers Support 6:00 Badminton	<b>20</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class	<b>21</b> 9:00 Ask a Lawyer 10:00 Arthritis Exercise
<b>24</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge	<b>25</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>26</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps 19th Century Scituate History 6:00 Badminton	<b>27</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class	<b>28</b> 9:00 Rep Cantwell 10:00 Arthritis Exercise
<b>31</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge				*Denotes program held at Scituate Harbor Community Building

# APRIL 2014

Mon	Tue	Wed	Thu	Fri
	<b>1</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>2</b> 9:00 Yoga*/ Café Talk 10:15 Chair Yoga* 1:00 Maps 19th Century Scituate History 6:00 Badminton	<b>3</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class	<b>4</b> 10:00 Arthritis Exercise
<b>7</b> 8:59 Men's Breakfast 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Finance Advisor	<b>8</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>9</b> 9:00 Hanover Mall 9:00 Yoga*/Café Talk 10:15 Chair Yoga 1:00 Maps 19th Century Scituate History 6:00 Badminton	<b>10</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class 6:00 SCOA Board Mtg	<b>11</b> 10:00 Arthritis Exercise
<b>14</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*	<b>15</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 11:00 Garden Club 2:00 Tai Chi	<b>16</b> 9:00 Yoga*/Café Talk 10:15 Chair Yoga* 12:00 Caregivers Support 1:00 Maps 19th Century Scituate History 6:00 Badminton	<b>17</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class	<b>18</b> 9:00 Ask a Lawyer 10:00 Arthritis Exercise
<b>21</b> Holiday Offices Closed	<b>22</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>23</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga*	<b>24</b> 9:00 Tai Chi 9:00 Harbor Shops 10:30 C&W Dancing 1:00 Knitting/Cardio* 4:00 Art Class	<b>25</b> 9:00 Rep Cantwell 10:00 Arthritis Exercise
<b>28</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*	<b>29</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>30</b> 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps 19th Century Scituate History 6:00 Badminton		*Denotes program held at Scituate Harbor Community Building

## Outreach and Social Service

### OUTREACH

Jenny Gerbis, Outreach Coordinator  
I am very excited about my new position as Outreach Coordinator at the Scituate Council on Aging; I have been the Assistant for three years and feel fortunate that I was hired and able to stay on as the Outreach Coordinator. I am committed to finding all resources available to seniors in Scituate. I continue to attend seminars and workshops to enhance the community outreach program at the senior center. — *Jenny*



*Hello Seniors!* I am so excited to be taking on the new role of Manager of Social Service for Scituate. Thank you all for being so warm and welcoming. It is wonderful to be working in my community and I hope to meet many more people in the days and weeks to come. As part of this new role, I will be working alongside Jenny Gerbis, Outreach Coordinator, to increase access to social services, including local, state and federal resources. I have also joined with other town officials and volunteer organizations to address the issue of emergency preparedness. Finally, I am committed to increasing awareness of mental health issues and access to mental health care. As part of this latter initiative, I will be writing a regular column for Senior Happenings called, *The Well Mind*, that addresses topics in mental health and wellness. My goal for this column is to bring issues on mental health and wellness to the forefront, to lessen the stigma associated with mental health issues, and to empower individuals to seek the care and support they need. — *Laura*

### SALVATION ARMY

#### GOOD NEIGHBOR ENERGY FUND

The Good Neighbor Energy Fund is available for senior adults in Scituate. Emergency grant applications are now being accepted. The grant amount for a household is \$250.00 per season. The grant is paid directly to the vendor. Financial guidelines for a family of 1 is \$32,065-\$42,753; a family of 2 is \$41,932-\$55,908. Gross income for the year or the last month is needed. Please call the COA if you meet these guidelines.

### *The Well Mind*

#### ***How do I go about finding a mental health clinician?***

Knowing what resources are available to help you find an appropriate mental health services and being able to ask for what you need is key to getting the support that will be most effective for you. If you have access to the internet, websites such as [psychologytoday.com](http://psychologytoday.com) and [psychcentral.com](http://psychcentral.com) can help inform individuals and families about treatment modalities and “best practices” for their particular concerns. These sites allow you to search by location, mental health issue, and insurance type. If you do not have access to the internet, there should be a number on the back of your insurance card for behavioral health. They can provide a list of local mental health providers.

It can also be helpful to think a little bit about what type of environment would be most suited to you. Some questions to ask yourself: Am I someone that would benefit from a group format where others are coping with similar issues, or is one-on-one more fitting for me? Would I feel more comfortable working with a man or a woman? Someone my own age or perhaps older or younger? Am I hoping to achieve results quickly or would it be better for me to take a more flexible approach to meeting my goals?

Once you have thought about what would be helpful for you, I always encourage individuals seeking treatment to make sure the fit is right. Try to ask a few questions about the therapist over the phone to get a sense of whether it is a good match. See how it feels the first few sessions and, if it doesn't fit, don't give up. Fit is critical for treatment to be effective.

## More Outreach Information & Announcements

### 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. Renter 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.

#### To be eligible for the credit for the 2013 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 \$55,000 for a single filer who is not the head of a household, \$69,000 for a head of household, or \$82,000 for taxpayers filing jointly; and
- ◆ for homeowners, the assessed valuation of the homeowner's personal residence as of January 1, 2013, before residential exemptions but after abatements, cannot exceed \$700,000.

For more information please speak to your tax preparer, or go to the [www.mass.gov/dor](http://www.mass.gov/dor) website. The tax forms are available at the senior center.

### More help with heating costs.

Apply in Six Easy Steps. To request an application call 1-877-JOE-4-OIL

#### How to Apply

Applicants must call **1-877-JOE-4-OIL** (1-877-563-4645) to apply for the program. *Applications are not available online.*

A customer service representative will take some preliminary information over the phone.

The applicant will receive an Income Verification Form by mail.

The applicant must fill in their income, sign and return this form.

For qualified applicants, a voucher for oil will be sent to their home.

The customer is responsible for contacting their approved dealer and scheduling a delivery.

*Our Program only approves a one time delivery of 100 gallons per household.*

**The application process takes four to five weeks as it is *not* an emergency assistance program.**

#### WE'RE ON-LINE TOO!

You can also find this newsletter (and all newsletters for the year) on-line at: [www.seekandfind.com](http://www.seekandfind.com). Type 'Scituate' to find **Scituate Council on Aging (MA)** and select Download.

You can also go onto the new Town of Scituate website at: [www.scituatema.gov](http://www.scituatema.gov). Select *Departments, Council on Aging*, and the link for *Council on Aging Newsletters*.

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

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

## **Transportation Information**

**Call Q for all transportation requests at 781-545-8722, ext. 17**

72-hours notice (three business days) is required to reserve a local ride. Vans are available for local medical appointments, shopping and rides around town.

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

The cost of mailing this newsletter is supported by funds we receive from the state Executive Office of Elder Affairs (EOEA) through the annual Formula Grant.

The printing of this newsletter by Liturgical Publications Inc. is made possible through the advertising of our local merchants and organizations. Please support our advertisers!

Anyone wishing to place an advertisement in this newsletter can call LPI directly at:

**800-732-8070, x3429**