



SENIOR HAPP'Y'NINGS

NOVEMBER/DECEMBER 2014

SCITUATE COA
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

**Activities/Volunteer
Coordinator**

Melanie Schneider

mschneider@scituatema.gov

Outreach Coordinator

Jennifer Gerbis

jgerbis@scituatema.gov

Manager of Social Services

Laura Minier

lminier@scituatema.gov

COA BOARD

Dr. Gordon Price, Chair

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Debby Young, Secretary

Dale Balog

Beth McCabe

John D. Miller

Lucille Sorrentino

Pat Conway

Selectman Liaison

Marty O'Toole

SENIOR CENTER

HOURS OF OPERATION:

Monday through Thursday

8:30 AM to 4:30 PM

Friday 8:30 AM to 3:00 PM

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

"I skate to where the puck is going to be, not where it has been."

Wayne Gretzky

Watch the mail! If you have been (randomly) selected as one of the 2,000 recipients of the town-funded Needs Assessment Survey you will have first received a postcard in the mail alerting you to the subsequent delivery of the 8-page survey. The survey itself will come in a clearly marked envelope from the Town of Scituate and UMass Gerontology Institute. It will contain the survey as well as a postmark-paid, self-addressed envelope to return the survey to the senders. This initiative will help the town plan for the not-so-distant future **when the population of adults over 65 is projected to increase from 3,750 to 4,800 in the next 10-15 years.** In addition, the Council on Aging wants to be able to offer the types of programs and services that will appeal to our 'junior' seniors at 60 or 70 and meet the needs of our older seniors at 80 and beyond. Everyone ages differently and those needs will often times be different and just as often appeal to the entire population. Whether offering lifelong learning to the newly retired or the suddenly widowed senior, both are seeking stimulation and social connections; whether educating adults transitioning to Medicare or reinforcing wellness behaviors for seniors hoping to reduce reliance on medications and manage chronic conditions, the services need to be there; and whether organizing recreational opportunities that offer physical and mental well being, or social events that attract senior adults to congregate and connect, there is no doubt or argument that space for these types of programs and more is essential to our senior population's well-being and a community's sustainability.

The only reason to look back is to see where you have been. We are looking forward to exciting opportunities as we move into 2015 and the next decade. We see the possibilities and hope you are all with us as *we* grow and develop along with you to bring Scituate the kind of elder services and stimulating programs that will sustain you over time.

♥ Linda

SUPPORT GROUPS

CAREGIVER SUPPORT GROUP (DAY)

Meets the third Wednesday (**NOV 19 & DEC 17**) 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 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 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. **We will provide transportation to and from the event.** Call (781) 545-8722.

BLOOD PRESSURE SCREENING

Town nurse 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 (NOV 19 / DEC 17)**
- 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 (**NOV 21 & DEC 19**). 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 on ONE Friday 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.

Tai Chi offers many benefits, including increased leg strength; lower blood pressure; reduced stress; easing of pain and increasingly as a proven activity for reducing falls as people age. We offer two opportunities to add to your wellness routine:

Tai Chi with Fred Willette—Drop-in on **TUESDAYS @ 9:30-10:30 AM (SHCB) \$7**. Fred is a Tai Chi Master offering an understanding of Tai Chi as exercise for overall health, calmness, focus and quality of life.

Tai Chi for Healthy Aging—**Advance sign-up required; openings every 8 weeks**

24-week grant-funded program consisting of simplified Tai Chi forms that focus on falls prevention by improving balance and facilitating greater relaxation. If interested, please call Linda at 781-545-8722, x15.

PROGRAMS AND EVENTS

MEN'S BREAKFASTS!

FOR NOVEMBER

Monday, November 3 @ 8:59 AM

Meeting at Widow's Walk Municipal Golf Course

Guest Speaker: Scituate Woodcarver Paul Kukstis of
Kukstis Woodcarving

FOR DECEMBER

Monday, December 1 @ 8:59 AM

Meeting at Scituate Senior Center

Guest Speaker: Bob Jackman, "Shipbuilding on the North
River, 1650-1850"

*Come and enjoy coffee/tea, a full breakfast and the
camaraderie of new and familiar faces, along
with an interesting discussion.*

Call Jill to register @ 545-8722, x10. Donation \$8.

SCOA Holiday Party!

Friday, December 19 at 1:00 PM

Featured Entertainment:

Mr. DJs Hollywood Quiz Show!

Snacks and refreshments; \$3 donation

Signs ups start on Monday, November 10

Limited to first 50; *Please call 781-545-8722 to sign up.*



CAFÉ TALKS

@ Scituate Senior Center

Wednesday, November 5 @ 10:00 AM

*Ketan Patel of Home Helpers. "Reduce the Risk
of Falling & Maximize Your Independence"*

Wednesday, November 12 @ 10:00 AM

*John Galluzzo, Director of South Shore Natural
Science Center (formerly Dir. of Mass Audubon)
will present: **Greater Love Hath No Man: The
Life of Joshua James, Life-Saver.** Scituate had
two lifesaving stations that predated the Coast
Guard; Joshua James, from Hull, was nationally
recognized as the "Father of the Coast Guard."*

Wednesday, December 3 @ 10:00 AM

Cynthia Gallo Smith from

The Roman Table in Scituate Harbor

Wednesday, December 10 @ 10:00 AM

*Sandra Frankmann, PhD, from the Maritime &
Mossing Museum for "Irish Mossing:
Past & Present"*

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

Exercise Classes at the Senior Center & SHCB

MONDAY & WEDNESDAY (SHCB)—**YOGA with Elizabeth @ 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 with Elizabeth @ 10:15-11; Drop-in @ \$5.**
The benefits of yoga without the strain of moving from floor to standing. Same
mind/body benefits.

MONDAY & FRIDAY (SSC)—**Arthritis Exercise @ 10:00-11:00* (\$2 dona-
tion).** With NVNA RN; offers gentle movement beneficial for arthritic joints.

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

FRIDAY—**Zumba GOLD with Christine @ 12:00*-1:00 @ \$5 (SHCB).** A
licensed Zumba® instructor for over 5 years. Struggling with a condition that
caused constant pain and fatigue, she turned to Zumba Dance instead of more
pain meds and it worked—relieving her joint pain and increasing her energy lev-
el! Try this exercise-in-disguise class and improve your posture, coordination,
balance and much more! Grab a friend and join the fun. **NEW TIME!**

Try Pickleball!

Pickle-ball is a *fun!* paddle sport in which four players use solid paddles to hit a whiffle-type ball over a net. 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 6:00 PM.** 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 requirement!

Announcements and Information

Many thanks to all of the individuals and organizations who have made donations to the Scituate Council on Aging this past year. We appreciate all of your support in helping us to provide programs, services and aid to the community and specifically to Scituate's senior population.



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 may also be made to a specific area of interest, e.g. Programs & Activities, Special Events, Transportation, Emergency Services, or to the General Fund, if you prefer. Please make checks payable to *Scituate Council on Aging*.

THANK YOU to all of our exhibitors and speakers at the
**2014 SCOA ANNUAL
HEALTH AND WELLNESS FAIR**

We are so grateful for the business and community resources who joined us in order to inform and assist our seniors with Aging Well! Thank you for your thoughtful raffle donations as well. And THANK YOU seniors and families for coming to hear what is available to help you age well! If you have any suggestions for next year, please let us know. Your feedback is valuable to us!

Intergenerational Social Connections

Do you have stories to share? Are you interested in connecting with a young person with the same interests that you have? If so, please call the Senior Center. We would love to start a program matching senior adults and teens with similar interests. Call Linda at 781-545-8722, x15

MEMBERS OF BLUE CROSS BLUE SHIELD

\$ for Exercise!

BCBS subscribers should be allowed to claim up to \$150 per calendar year toward **health club or fitness class fees**—and Council on Aging exercise classes qualify! **We can print a list of the classes that you have taken if you have checked in with your scan card to My Senior Center.** Those with other health plans should also check with your Member Services for details on this reimbursement benefit for exercise fees!

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.

NOTICE OF SCAM PHONECALL

The Office of Elder Affairs was notified about an elder receiving a phone call from "Medicare." A very well spoken caller claimed they had "sent her a letter" prior to a doctor coming to her house to ensure the proper services were being provided. The caller wanted to send Dr. "X" to her house the following day.

The elder said "this didn't sound right" and felt very uncomfortable, but the caller gave her a phone # for verification. When she hung up, **she called the Medicare # on her card (1-800-633-4227)** and was told it was a scam, and that when they got to her house they would more than likely try to sell her insurance products.

The elder proceeded to call her local police department to ask them to notify seniors. **PLEASE BEWARE OF THIS AND ANY OTHER SITUATION THAT YOU FEAR MAY BE A SCAM AND REPORT TO THE SCITUATE POLICE OR COA.**

DECEMBER 2014

Mon	Tue	Wed	Thu	Fri
1 8:59 Men's Breakfast 9:00 Yoga* 11:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Finance Advisor 6:00 Pickleball	2 9:00 Cardio 9:00 Shaws 9:30 Tai Chi* 10:30 Bridge 2:00 Tai Chi for HA*	3 9:00 Yoga* 10:00 Café Talk-Roman Table 10:15 Chair Yoga* 1:00 19th C. Bios 6:00 Badminton	4 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class	5 10:00 Arthritis Exercise 12:00 Zumba Gold*
8 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 6:00 Pickleball	9 9:00 Cardio 9:00 Shaws 9:30 Tai Chi* 10:30 Bridge 2:00 Tai Chi for HA*	10 9:00 Hanover Mall 9:00 Yoga* 10:00 Café Talk-Mossing 10:15 Chair Yoga* 1:00 19th C. Bios 6:00 Badminton	11 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class 6:00 SCOA Board Mtg	12 10:00 Arthritis Exercise 12:00 Zumba Gold*
15 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 6:00 Pickleball	16 9:00 Cardio 9:00 Shaws 9:30 Tai Chi* 10:30 Bridge 2:00 Tai Chi for HA*	17 9:00 Yoga* 10:15 Chair Yoga* 10:30 BP Clinic 12:00 Caregivers Support 6:00 Badminton	18 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class	19 9:00 Ask a Lawyer 10:00 Arthritis Exercise 12:00 Zumba Gold* 1:00 SCOA Holiday Party
22 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 6:00 Pickleball	23 9:00 Cardio 9:00 Shaws 9:30 Tai Chi* 10:30 Bridge 2:00 Tai Chi for HA*	24 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga*	25 Holiday Office Closed	26 9:00 Rep Cantwell 10:00 Arthritis Exercise 12:00 Zumba Gold*
29 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 6:00 Pickleball	30 9:00 Cardio 9:00 Shaws 9:30 Tai Chi* 10:30 Bridge 2:00 Tai Chi for HA*	31 9:00 Yoga* 10:15 Chair Yoga*		*Denotes program held at Scituate Harbor Community Building

Outreach and Social Services



About Prescription Advantage

PRESCRIPTION ADVANTAGE is the state-sponsored prescription drug assistance program for seniors and people with disabilities in MA. There are annual household income guidelines for age 65 and older eligibility as well as for under age 65 with a disability. To apply by phone, call 1-800-AGE-INFO (1-800-243-4636) and press 2; OR, call the Council on Aging at 781-545-8722 to make an appointment for help.

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 for the COA, please come visit at the Community Room at each location. This month's focus Prescription Advantage! SNAP Apps still available.

NOVEMBER

- 5th Lincoln Park 11-12
- 12th Central park 11-12
- 19th Wheeler Park I 11-12
& Wheeler Park II 12-1

DECEMBER

- 3rd Lincoln Park 11-12
- 10th Central Park 11-12
- 17th Wheeler Park I 11-12
& Wheeler Park II 12-1

Information on SNAP food stamps, Part D drug plans, and Prescription Advantage will be available. Come with a question or just to say Hi!

FLU VACCINE

Adults 65 years of age and older have vaccine options. In addition to the traditional flu vaccine (which helps protect against 3 strains of the flu virus), there is a quadrivalent vaccine (which helps protect against 4 strains), and a higher dose vaccine. The higher dose vaccine can provide a stronger immune response to influenza than traditional vaccines.

These vaccine options are widely available at a doctor's office or local pharmacy. An annual flu shot is a Medicare Part B benefit – which means no copay.

FUEL ASSISTANCE APPS

Fuel Assistance applications will be accepted BY APPOINTMENT ONLY at the Senior Center. Call 781-545-8722.

The Well Mind



Around this time of year, everywhere we look we see signs of the holiday season. While it can often be a joyous time filled with friends and loved ones, **depression and stress** often peak during the holiday season. There are a number of factors for this: unrealistic expectations, financial and time pressures, seasonal affective disorder, and loss or distance from loved ones, etc. To boot, things like excessive drinking, overeating, lack of exercise and less time outside can exacerbate these feelings. Below is a list of suggestions to manage the ups and downs of this time of year.

- Prior to the holiday season, sit down and look at your calendar and your finances. Set realistic goals and expectations for both your time and your budget. Try to build in time for activities that will rejuvenate you, such as reading a good book. Remind yourself that time with those you care about is the best gift that you can give.
- Try to get outside for at least 15 minutes every day, even if it's cloudy. The most effective treatment for seasonal affective disorder is increased exposure to light. Research has shown that even if it's cloudy, there's enough sunlight to make a difference. Even better- go for a walk!
- Volunteer! Nothing is better for your soul than giving your time to others in need. There are so many opportunities this time of year and it can be a real boost to the holiday blues.
- For those mourning the loss of a loved one, this can be an especially difficult time of year, particularly if it is the first holiday without them. There is no right or wrong way to manage the holiday season while grieving. Some people will choose to surround themselves with family, while others might decide to spend the holidays alone. Whether you try to keep yourself busy or choose to spend the time alone, know there is help if you need it. A support group or a therapist can be very helpful at this time of year.

Laura Minier, Social Services Manager for the SCOA

- Services & Programs through SCOA Outreach:**

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

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. 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:

TUE @ 9: Shaws in Cohasset;

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

THU @ 9: Scituate Harbor

S.A.F.E. Program

With Scituate Fire Department

Friday, November 14

@ 11:30-12:30

Come to the Senior Center to receive special recommendations for fire and fall safety in the home this winter directly from your Scituate firefighters.

You will be able to sign up for an in-home inspection and/or assistance with replacing old or malfunctioning smoke or carbon monoxide detectors.

CALL TO REGISTER @ 781-545-8722

Volunteer and Activities News

Thank you to our wonderful VOLUNTEERS who helped out at October's annual Aging Well Health Fair! This is our biggest event of the year, and we couldn't do it without you!

BRIDGE

We are always looking for more Bridge players to join the group(s) playing on Tuesday mornings at **10:30 AM**. You could bring your own four-some or join existing players. One of our groups needs a player immediately! Call us if you are interested!



ART CLASS on MONDAYS!

@ 12:30-3:30

Senior Center - **\$10** each class; ongoing

Beginners / Experienced

Watercolor, Drawing, Acrylic

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 aha moments if you have struggled. 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 could still use:

Kitchen Assistant—we would love help with kitchen or food tasks in preparation for a breakfast or Café talk or special luncheon.

Front Desk Help—answer phone calls for our staff, greet & direct visitors; could be paired with a friend!

Pickle-ball Setup &

Facilitator—Mondays at 5:45 PM.

Come help out and have a ball doing it!

If you have an idea, please call or come in!

Call Melanie Schneider with questions or interest @ 781-545-8722, x12.

South Shore Elder Services and HopeHealth host "**Emphatic Communication Skills**" — training for people with memory impairment and their care partners

November 20 at 10:00 am to 12:00 pm
Sons of Italy, 161 King Hill Rd, Braintree

If interested, call Nicole at
781-838-3910, x358.

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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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.

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Lisa Templeton, Advertising Rep with LPI at:

800-732-8070, x3450; or ltempleton@4LPi.com

WE'RE ON-LINE TOO! You can also find this newsletter (and all newsletters for the year) on-line at: www.seekandfind.com.

Type 'Scituate' to find **Scituate Council on Aging (MA)** and select **Download**.

*Follow us on Twitter: **@ScituateCOA &**

*Like us on Facebook **@Scituate Council on Aging**

Or, use the new Town of Scituate website at:

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.