



SENIOR HAPP'Y'NINGS
MARCH / APRIL 2015
 SCITUATE COA
 27 BROOK STREET
 SCITUATE, MA 02066
 781-545-8722

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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

"80% of life is just showing up..."

Woody Allen

I think the other 20% is up for grabs. Although I get a chuckle out of Woody's version ...*the other 20% is knowing when to leave...*, I'd like to think in slightly more altruistic terms. How about the other 20% is knowing what to do with yourself once you're there. If nothing else positive can be found from the challenges of the February snowstorms, I think the actions of all of our neighbors and municipal personnel demonstrate that showing up for the good of all is a pretty weighty achievement. I applaud the actions and extra efforts of so many of our friends that showed when all else fails, it is about who is able and willing to show a little consideration, a little thought for others, that has made the difference this month. Let me also mention, on behalf of the many seniors that they were able to assist, the tremendously charitable efforts of the NECHAMA individuals, Mark McGilvery and Bill Driscoll, who started the ball rolling for providing assistance to those in need of snow removal to get out of their homes or driveways, or get oil delivered for heat, or to prevent further damage to homes from accumulating snow, or to have dangerous areas cleared. They mobilized countless more volunteers to join them, including Scituate's own ASP group as well as individual high school volunteers, S.A.N.D.S., and both All Hands and TEAM Rubicon, two other non-profit disaster relief organizations.

So, in the spirit of "action", let us begin these spring months with an idea that as older adults we might like to roll up our sleeves and get involved. Whether you would like to help to invigorate and make our current senior center a place of comfort and stimulating activity, or perhaps join us as willing citizens in raising community awareness by creating and supporting events together in the name of the Scituate Council on Aging or to support other efforts in town in order to 'give back', we would like to have you with us. We all know that volunteering benefits each of us often as much as the causes we assist. Well, we have some ideas here at the Council on Aging, so make this your place and please join us this year!

♥ *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 (**MAR 18 / APR 15**) 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 (**MAR 4 / APR 1**) 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 (**MAR 17 / APR 21**) 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 (**MAR 11 / APR 8**) 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 (**MAR 16 / APR 20**) 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 (MARCH 18 / APRIL 15)**
- Lincoln Park - 4th Wednesday of month



Hearing Clinic with Mass Audiology

Tuesday, March 24 @ 10:00-11:30.

Please call to schedule your appointment with Jill at 781-545-8722, x10. This is a complimentary service.



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 (**MAR 20 / APR 17**). 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.

More 19th Century Scituate Biographies

Instructor Bob Jackman will examine the lives of some 19th Century Scituate residents who have not been included in earlier courses. Most will have names little mentioned by historians. Using diaries, letters, and other materials, the lives of both men and women will be reviewed. **This class will now begin on Wednesday, March 18 and will meet weekly through April 22 at 1:00 pm - 2:30.** Cost of the course is \$20 and payment is required at registration.

PROGRAMS AND EVENTS

MEN'S BREAKFASTS!

FOR MARCH

Meeting at Senior Center

Monday, March 2 @ 8:59 AM

Guest Speaker: Nautical Lou of WATD's Nautical Talk on Sunday mornings. *Donation \$3.*

FOR APRIL

Meeting at Widow's Walk Pub

Monday, April 6 @ 8:59 AM

Guest Speaker: TBD.

Cost \$8.

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.

CAFÉ TALKS & SPECIAL EVENTS

@ Scituate Senior Center

Wednesday, March 4 @ 10:00 AM

Richard Stower, former First Parish Unitarian Minister and author of History of...

Thursday, March 19 @ 10:30 AM

A St. Patrick's Day 'Pot 'o Gold' - Irish Ballads, Songs and Stories by singer/musician Jessica Carroll

Thursday, March 26 @ 4:00 PM

After-school event with the High School Interact Club

Tuesday, April 7 @ 3:30 PM

A 'Tea' & games hosted by the Girl Scouts at the Maritime Center

Wednesday, April 8 @ 10:00 AM

The *Fairing Way* team will join us for an informative presentation about this new, 55+ independent retirement community on the South Shore located within a master-planned and intergenerational community. Learn about your options in senior living and this innovative trend in neighborhood living.

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

NEEDS ASSESSMENT STUDY—PUBLIC PRESENTATION!

Join us on **Tuesday, March 10** at 11:00 AM

To be held at the Scituate Harbor Community Building

Jan Mutchler, Director of the UMASS Gerontology Institute's Center for Demographic Research on Aging will present the salient points of the study/survey and explain their recommendations based on the community data they collected!

Snacks and refreshments; Open to the community—all are welcome.

Exercise Classes at the Senior Center & SHCB

MONDAY & WEDNESDAY (SHCB)—YOGA @ 9:00-10:00 Monthly rate \$10/class. 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; \$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 donation). 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 increases 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 @ Senior Center. A licensed Zumba® instructor for over 5 years. Try this exercise-in-disguise class and improve your posture, coordination, balance and much more! Grab a friend and join the fun!

Announcements and Information

A Matter of Balance

Offered at the Scituate Senior Center

Led by trained facilitators from
Norwell VNA (NVNA)

This weekly two-hour program meets for 8 weeks and will lead you through several practical strategies to help reduce the fear of falling and reinforce the importance of increasing activity levels in older adults. Participants learn to view falls as controllable and to set realistic goals for incorporating activity and reducing fall risk factors.

THURSDAYS @ 10:15 - 12:15

Beginning March 26 through May 14

Please contact Jill to register at 781-545-8722, x10; space is limited

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.



Donations may still be made to the Scituate Council on Aging **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 directed to a specific area of interest, e.g. Programs, Special Events, Transportation, Emergency Services, or to the General Fund. As always, we thank you for your consideration and generosity in helping us to perform our mission.

Eat more plants--the ones that are sources of omega-3 fatty acids. Nothing against fish and fish oil, but plant sources of omega-3s *have as much to offer*, and my prediction is that in the future they may be found to be more beneficial compared to fish sources of omega-3. One of the primary omega-3 fatty acids, called alpha-linolenic acid (ALA), is found in many plants and plant-based cooking oils, but **flaxseed** (powder or oil), **chia seed**, and **walnuts** are especially good sources of ALA.



Recent research is suggesting omega-3s have anti-inflammatory effects, skin protection, and hydrating impacts, as well as some cardiovascular disease prevention and perhaps even some impacts on mental health with greater intakes of plant omega-3 fatty acids. For example, in the famous Harvard Nurses' Health Study of almost 77,000 women after 18 years of follow-up there was no relation between depression and intake of omega-3 fatty acids from fish, but they did find a reduced risk of depression in those with moderate intakes of plant-based omega-3 fatty acids. And, again, the wintertime is when many folks have a higher risk of depression.

Information from the Huffington Post

MARCH 2015

Mon		Tue		Wed		Thu		Fri	
2	8:59 Men's Breakfast 9:00 Yoga* 11:00 Arthritis Exercise 12:30 Art Class 1:00 Financial Advisor 5:00 Pickleball	3	9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*	4	9:00 Yoga* 10:15 Chair Yoga* 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 12:30 Art Class 5:00 Pickleball	10	9:00 Cardio 9:00 Shaws 10:30 Bridge 11:00 Needs Assessment Study Presentation* 2:00 Tai Chi for HA*	11	9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 6:00 Badminton	12	9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class 6:00 SCOA Board Mtg	13	10:00 Arthritis Exercise 12:00 Zumba Gold
16	9:00 Yoga* 10:00 Arthritis Exercise 12:30 Art Class 5:00 Pickleball	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 1:00 19th C Bios 6:00 Badminton	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 Arthritis Exercise 10:00 Vision Support 12:30 Art Class 5:00 Pickleball	24	9:00 Cardio 9:00 Shaws 10:00 Mass Audiology 10:30 Bridge 2:00 Tai Chi for HA*	25	9:00 Yoga* 9:00 Hanover Mall 10:15 Chair Yoga* 1:00 19th C Bios 6:00 Badminton	26	9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class	27	9:00 Rep Cantwell 10:00 Arthritis Exercise 12:00 Zumba Gold
30	9:00 Yoga* 10:00 Arthritis Exercise 12:30 Art Class 5:00 Pickleball	31	9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*						* Denotes program held at Scituate Harbor Community Building

APRIL 2015

Mon	Tue	Wed	Thu	Fri
<p>6 8:59 Men's Breakfast 9:00 Yoga* 11:00 Arthritis Exercise 12:30 Art Class 1:00 Financial Advisor 5:00 Pickleball</p>	<p>7 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p>1 9:00 Yoga* 10:15 Chair Yoga* 1:00 19th C Bios 6:00 Badminton</p>	<p>2 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>3 10:00 Arthritis Exercise 12:00 Zumba Gold</p>
<p>13 9:00 Yoga* 10:00 Arthritis Exercise 12:30 Art Class 5:00 Pickleball</p>	<p>14 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p>15 9:00 Yoga* 10:15 Chair Yoga* 10:30 BP Clinic 12:00 Caregivers Support 1:00 19th C Bios 6:00 Badminton</p>	<p>16 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>17 9:00 Ask a Lawyer 10:00 Arthritis Exercise 12:00 Zumba Gold</p>
<p>20 Holiday Offices Closed</p>	<p>21 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p>22 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 1:00 19th C Bios</p>	<p>23 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>24 9:00 Rep Cantwell 10:00 Arthritis Exercise 12:00 Zumba Gold</p>
<p>27 9:00 Yoga* 10:00 Vision Support 10:00 Arthritis Exercise 10:15 Chair Yoga* 12:30 Art Class 5:00 Pickleball</p>	<p>28 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi for HA*</p>	<p>29 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton</p>	<p>30 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p>*Denotes program held at Scituate Harbor Community Building</p>

Outreach and Social Services



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

Household of 1: \$11,670.00-\$32,618.00

Household of 2: \$15,730.00-\$42,654.00

Household of 3: \$19,790.00-\$52,691.00

Household of 4: \$23,850.00-\$62,727.00

There is more information regarding Fuel Assistance on p.8. If you have any questions or would like an appointment please call Jenny Gerbis at the COA.

Social Security Express

Social Security Express Icon is available at the Senior Center! A quick and easy way to access important Social Security online services.

First, you will create a MY Social Security Account

Get your Social Security Statement:

- Check your earning record
- Get benefit estimates
- See amount of taxes you've paid
- If you get benefits, you also can:*
- Get your Benefit verification letter;
- Check your information, benefits and earnings record;
- Change your address and phone number;
- Start or change your direct deposit

Use our Retirement Estimator

Find out what you might receive in future benefits; Customize your request

Submit on online application:

- Retirement of spouse's benefits
- Medicare benefits
- Extra help with Medicare prescription drug plan costs

Also, Appeal a medical decision about your disability claim - Request a replacement Medicare card - Get a Form 1099/1042 Social Security Benefit Statement

****Not available for SSI****

SCOA OUTREACH AT YOUR HOUSING AUTHORITY

HOURS for the Housing Authority Outreach visits by Jenny Gerbis, Outreach Coordinator for the Scituate COA are below: If you have a question for Jenny, please come visit in the Community Room at each location. This month's focus Prescription advantage!! SNAP applications and Insurance questions. Come with a question or just to say Hi!

MARCH

4 - Lincoln Park 11-12

11 - Central park 11-12

18 - Wheeler Park I 11-12

& Wheeler Park II 12-1

APRIL

1 - Lincoln Park 11-12

8 - Central Park 11-12

15 - Wheeler Park I 11-12

& Wheeler Park II 12-1

The Well Mind



By the time this column reaches you, it is my sincerest hope that some of this snow has started to melt and that the sun has started to peek out again. It has been an unprecedented winter and there can be no doubt that it has taken a toll on our sense of wellness and mental health. We all use different coping strategies to help us through tough times but something that we all seem to benefit from is feeling heard and understood. As we move on from this very difficult winter, please reach out to friends, family, neighbors, or even strangers, and give them the gift of feeling heard. Truly listening requires keeping your own thoughts in check-- a simple concept but not as easy in practice.

The next time you check in with your neighbor or meet a friend for dinner, try the following listening practices:

Relax and try to set aside your own personal agenda for the conversation.

Ask clarifying questions to make sure that what you heard is what they meant.

Try to ignore all that's going on around you—whether you are in a restaurant or out in the neighborhood. Maintain eye contact with the person you are listening to.

Don't try to solve the problem they are bringing to you, unless they are asking for your advice! In most cases, people just want to be heard. It can be tough to sit with a friend or loved one's problem but that is often what can be the most healing and comforting.

Scituate is one of the most caring communities I know. Let's continue to take care of each other as we inch closer to Spring. *Laura Minier, Social Services*

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, please call:

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

We HEARTILY THANK the Scituate Fire Department for shoveling our vans out during the storms and steam cleaning them so that we could still take care of you! 😊

Activities Notes

Pickle-ball - Meets at Jenkins School on MONDAYS at 5:00 - 6:30 PM. A fun, modified paddle game!

Badminton - Meets at Jenkins School on WEDS at 6:00 - 7:30 PM. Great opportunities for winter activity!



ART CLASSES

MONDAYS @ 12:30 - 3:30

THURSDAY EVENING @ 4:00-7:00 (3x/month)

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 ah-ha 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.

TRANSPORTATION REMINDERS:

- ⇒ NO SCHOOL, NO LOCAL VAN
- ⇒ PLEASE schedule out-of-town medical appointment rides a WEEK in advance as there is additional coordination with a 3rd party ;
- ⇒ PLEASE notify us ASAP of a cancellation!

More Fuel Assistance (cont'd from p. 7)

Applicants for Fuel Assistance are required to provide the following information for head of household and family members 18 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
- Social security award letter
- Pension or IRA distributions
- Unemployment
- Child support
- Copy of heat bill
- Copy of electric bill and
- Town of Scituate **tax** bill
- Mortgage bill or rent receipt, if applicable
- Homeowners cover letter if you own your house

Salvation Army

Good Neighbor Energy Fund

The Salvation Army is operating this program during the 2014-2015 heating season. The program is only for those with income between 60% - 80% of the State Median Income Level 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 for this benefit are:

Family of 1: \$:32,618.00-\$43,491.00

Family of 2: \$42,654.00-\$56,872.00

Family of 3: \$52,691.00-\$70,254.00

CATHERINE MCGOWAN SENIOR CENTER
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SCITUATE, MA 02066

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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 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, updates and special announcements.

