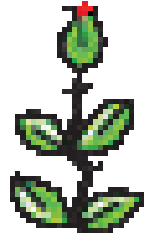




# SENIOR HAPPY'NINGS



MAY/JUNE 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@town.scituate.ma.us*

**Transportation Coordinator**

**Quincie-Ann Cutler**

*qcutler@scituatema.gov*

**NEW: Activities / Volunteer  
Coordinator**

**Melanie Schneider**

*mschneider@scituatema.gov*

**Outreach Coordinator**

**Jennifer Gerbis**

*jgerbis@scituatema.gov*

**Manager of Social Services**

**Laura Minier**

*lminier@scituatema.gov*

## 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

*“What lies behind us and what lies before us are tiny matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen.”*

MAY is Older Americans Month; Cinco de Mayo; Mother's Day & Memorial Day, along with Father's Day in June! That is quite a lot to celebrate. Hopefully we've made a beginning for you with some of our events this month and next. How quickly we go from bemoaning the sometimes interminable winter, to lauding the welcome warmth of summer! As our thoughts turn to the 'high season' here in Scituate, we might consider the things we can do to make connections with friends and family, or even with new friends with similar interests and circumstances. We at the Senior Center are hoping that our activities are a starting point and often a continuing vehicle for older adults to make connections as they seek new and different opportunities for stimulation and recreation. Consider joining us for our monthly Men's Breakfast (if the topic appeals to you, Ladies, you are most welcome) or our Wednesday Café Talks. In fact, come in any Wednesday morning for coffee or tea and hopefully find some friends gathered for a quick stop as they prepare for the day, whether we have a formal program or not. For Mother's Day we are celebrating all the ladies—we are all 'motherly' in our own ways and we want to nurture and celebrate that trait in all of us. Join us to hear from a friend, mother & professional Medium, Leslie Kane, who has many talents and will warm you with her ability to connect you with loved ones and to communicate the love we remember and need to sustain us. We are grateful to all of the individuals who have volunteered in many different capacities here at the Senior Center for their gifts of time, talent and love. We will be honoring you in June, so watch for your invitation. ♥ *Linda*

## SENIOR CENTER HOURS OF OPERATION:

**Monday through Thursday**

**8:30 AM to 4:30 PM**

**Friday 8:30 AM to 3:00 PM**

A Giant **Thank You** to the team of ladies who were called to service at a moment's notice in February and convened at the Senior Center for an entire day to stuff, fold, fasten, label & box our newsletter for delivery. It is a mammoth job for our mailing to 2,000 recipients and we could not do it without their tremendous effort and time every two months! ♥

## SUPPORT GROUPS

### CAREGIVER SUPPORT GROUP (DAY)

Meets the third Wednesday (**May 21/June 18**) 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 Nicole Caso 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.

## HEALTH & WELLNESS

**NEW: HEARING SCREENING** provided by Mass Audiology Associates by appointment at no charge. **Thursday, May 22 10:00-12:00.** Space is limited. Call 781-545-8722 to schedule an appointment.



### 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 month
- Central Park - 2nd Wednesday of month
- Scituate Senior Center - 3rd Wednesday of month**—come in for coffee/tea and see Eileen to check BP or to 'Ask the Nurse' (**May 21 & June 18**)
- Lincoln Park - 4th Wednesday of 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 (**May 16/ June 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** will be at the Senior Center the fourth Friday of the month (**May 23/ June 27**) 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.

The Scituate COA is happy to announce a new wellness service. Emma Lawson of **Visiting Dental Hygiene Associates** will provide dental screenings and preventive treatments to any interested individuals. This service is intended to provide easier access to dental care for those with transportation or cost issues. Emma brings her own sterilized equipment and has over 23 years of experience in dentistry. The service will include inspecting teeth and gums for disease, cleaning surfaces of teeth, providing oral hygiene instructions and referrals when needed. Limited appointments. Please call the Senior Center to schedule. Fee \$70. MassHealth Insurance accepted & private pay.



**First Clinic: FRIDAY, MAY 23 @ 9:00-12:00**

## PROGRAMS AND EVENTS

### SCITUATE COA MEN'S BREAKFASTS!

Meets on the 1st Monday of the Month.

FOR MAY:

**Monday, May 5 @ 8:59 AM**

Guest Speaker:

Roger Crawford, Boatbuilder of the Melonseed Skiff in Humarock, a reproduction of the 19th C. American workboat (& he's bringing the boat!)

FOR JUNE:

**Monday, June 2 @ 8:59 AM**

Guest Speaker: Derek Gunn with his

'Amazing Massachusetts' presentation on

The Weird & Wonderful Curiosities of Massachusetts

*We hope you can come and enjoy some coffee/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.*



### Mother's Day Tea

**Tuesday, May 13 at 10:30 AM**

Scituate Harbor Community Building ???

Guest Speaker, Leslie Irene Kane

Medium - Meditation & Positivity Leader

*Please call 781-545-8722, x10 to sign up*

### 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 @ \$5 (SHCB).** The benefits of yoga without the strain of moving from floor to standing. Gentle with same mind/whole body benefits.

MONDAY—**Arthritis Exercise @ 10:00-11:00\* \$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!

### WEDNESDAY CAFÉ TALKS

@ Scituate Senior Center / 27 Brook St

Join us for free coffee/tea and snacks

**Wednesday, May 21**

**10:00 AM**

#### Maintain Your Brain

Tips and strategies for using it so you don't lose it with Susan Sheehan of Life Care Center of the South Shore

**Wednesday, May 28**

**10:00 AM**

#### Remarkable Research at

**The NOAA Stellwagen Bank National Marine Sanctuary in Scituate**



with Michael Thompson, Scituate native & Environmental Geographer for the Sanctuary.

Discussion will include Field Research, Marine Technologies, Acoustics, Birds, Whale Tagging & Sanctuary Management

**Wednesday, June 4 @ 10:00 AM**

**The Elephant Sanctuary in Tennessee** "a natural-habitat refuge where sick, old and needy elephants can once again walk the Earth..."

Liisa Budge Johnson,

Plymouth County Sheriffs Department

**Wednesday, June 25 @ 10:00 AM**

#### The History of Chocolate

with Home Instead Senior Care

*Please call Jill to register ahead of time at 781-545-8722, x10*

**Tai Chi with Tony @ 9:00-10:15; Drop-in @ \$5 (SSC).** *This class suspended until June. Call to see when Tony will be back.*

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 our previous newsletter. We appreciate all of your support in helping us to provide programs and services to the community and Scituate's senior population.

Contributions given In Memory of or In Honor of:

FROM	IN MEMORY OF
Sis Dowd	Her father, Pooch Dowd
Dr. Theodore & Alice Thibodeau	Estelle M.J. Thibodeau
Dorothy Gammon	Lester R. Gammon

### ADDITIONAL DONATIONS FROM

Scott C. Faulkner	Dorothy & Les Faulkner
Kathleen Hillman	Francina Campbell
Kathleen & Lyle Nyberg	Scituate Rotary Club

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. We apologize that donations made directly to the Senior Center/COA are not tax deductible. A non-profit 501(c)3 group needs to be established to accept donations for us in order for them to be tax deductible.

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 prefer.

Please make checks payable to *Scituate Council on Aging*.

*Our heartfelt thanks to all of you who support us in so many different ways—whether patron, donor, volunteer or professional 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 were scheduled after delivery of the newsletter.

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



### **We Hope You Don't Mind!**

If you haven't received one yet, please note we have begun to use a special function of our My Senior Center system to send voice broadcasts to your home phone or cell to remind you of programs and events happening at the Senior Center that we think you would be interested in attending. It may be one of our voices or sometimes a 'machine' voice. We hope it is helpful. Let us know what you think! ☺



Thank you to **Joby Norton of Mullaney's Fish Market**, as well as **Patrick Gallivan** and **Samantha Woods** for their time and insightful presentations to our community and staff. Many thanks also to the **12 Women Who Care** for including the Senior Center in their Scavenger Hunt and the generous donations of coffee and tea from participants. Your contributions and support are most appreciated!

If you are interested in joining or supporting the **Friends of Scituate Seniors**, a community group of independent volunteers promoting the needs of seniors in Scituate as the town addresses the issues of space and accommodations for a Senior Center, you need to contact them directly at: P.O. Box 75, Scituate, MA. **DONATIONS ARE SEPARATE FROM THOSE MADE TO THE SENIOR CENTER/COUNCIL ON AGING.** The Senior Center is grateful for the efforts of this group of volunteers as they advocate for a new facility for Scituate's Council on Aging and Senior Center activities. Our hope is that the Needs Assessment will move forward and become an effective tool to help us plan for our short and long-term needs and identify areas of interest and concern as relates to the Council on Aging and our service to the community.

# MAY 2014

Mon	Tue	Wed	Thu	Fri
<p>*Denotes program held at Scituate Harbor Community Building</p>			<p><b>1</b> 9:00 Tai Chi 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>2</b> 10:00 Arthritis Exercise</p>
<p><b>5</b> 8:59 Men's Breakfast 9:00 Yoga* 11:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge 1:00 Financial Advisor</p>	<p><b>6</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi</p>	<p><b>7</b> 9:00 Yoga* 10:15 Chair Yoga* 1:00 Maps Scituate Hist 6:00 Badminton</p>	<p><b>8</b> 9:00 Tai Chi 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class 6:00 SCOA Board Mtg</p>	<p><b>9</b> 10:00 Arthritis Exercise</p>
<p><b>12</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge</p>	<p><b>13</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 10:30 Mother's Day Tea 2:00 Tai Chi</p>	<p><b>14</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton</p>	<p><b>15</b> 9:00 Tai Chi 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>16</b> 9:00 Ask a Lawyer 10:00 Arthritis Exercise</p>
<p><b>19</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Bridge</p>	<p><b>20</b> 9:00 Cardio 9:00 Shaws 10:30 Charlie Pass/Bridge 2:00 Tai Chi</p>	<p><b>21</b> 9:00 Yoga* 10:00 Café Talk 10:15 Chair Yoga* 12:00 Caregivers Support 6:00 Badminton</p>	<p><b>22</b> 9:00 Tai Chi 9:00 Harbor Shops 10:00 Hearing Screening 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	<p><b>23</b> 9:00 Dental Hygiene 9:00 Rep Cantwell 10:00 Arthritis Exercise</p>
<p><b>26</b> Holiday Office Closed</p>	<p><b>27</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi</p>	<p><b>28</b> 9:00 Hanover Mall 10:00 Café Talk 9:00 Yoga* 10:15 Chair Yoga* 6:00 Badminton</p>	<p><b>29</b> 9:00 Tai Chi 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class</p>	

# JUNE 2014

Mon	Tue	Wed	Thu	Fri
<b>2</b> 8:59 Men's Breakfast 9:00 Yoga* 11:00 Arthritis Exercise 10:15 Chair Yoga* 1:00 Finance Advisor	<b>3</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>4</b> 9:00 Yoga* 10:00 Café Talk 10:15 Chair Yoga* 6:00 Badminton	<b>5</b> 9:00 Tai Chi 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class	<b>6</b> 10:00 Arthritis Exercise
<b>9</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*	<b>10</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>11</b> 9:00 Hanover Mall 9:00 Yoga* 10:15 Chair Yoga 6:00 Badminton	<b>12</b> 9:00 Tai Chi 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class 6:00 SCOA Board Mtg	<b>13</b> 10:00 Arthritis Exercise
<b>16</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*	<b>17</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 11:00 Garden Club 2:00 Tai Chi	<b>18</b> 9:00 Yoga* 10:15 Chair Yoga* 12:00 Caregivers Support 6:00 Badminton	<b>19</b> 9:00 Tai Chi 9:00 Harbor Shops 10:15 Matter of Balance 1:00 Knitting/Cardio* 4:00 Art Class	<b>20</b> 9:00 Ask a Lawyer 10:00 Arthritis Exercise
<b>23</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*	<b>24</b> 9:00 Cardio 9:00 Shaws 10:30 Bridge 2:00 Tai Chi	<b>25</b> 9:00 Hanover Mall 9:00 Yoga* 10:00 Café Talk 10:15 Chair Yoga*	<b>26</b> 9:00 Tai Chi 9:00 Harbor Shops 1:00 Knitting/Cardio* 4:00 Art Class	<b>27</b> 9:00 Rep Cantwell 10:00 Arthritis Exercise
<b>30</b> 9:00 Yoga* 10:00 Arthritis Exercise 10:15 Chair Yoga*				*Denotes program held at Scituate Harbor Community Building

## Outreach and Social Service



### **Dog Lover?**

We are proud to offer a dog therapy program to residents in Scituate. If you or someone you know would like to be visited by a certified dog therapy team for friendly visits, please contact Laura Minier for further information at 781-378-1653.



### **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*



### **Recognizing Depression**

The CDC reports that 1 in 10 Americans suffer from depression. Illness or loss of a loved one, managing our own illness, or selling a home, are all examples of normal life events that can leave us feeling depressed. Very often, coping mechanisms that we have developed over the years help us to resolve depression over a period of time. Sometimes, it takes longer for these feelings to resolve and we may even need to seek additional support. To know if you or a loved one is coping with major depression, at least five of the symptoms below should be present. Additionally these symptoms must be present nearly every day, all day, for a period of at least two weeks. Some individuals experience these symptoms many times throughout their lives.

#### **Depression Symptoms:**

- Feeling sad, irritable, or “empty” nearly every day
- Loss of interest in activities usually enjoyed
- Feelings of worthlessness or guilt
- Feelings of hopelessness
- An increase or decrease in appetite
- Difficulty sleeping or sleeping too much
- Thoughts of death or suicide
- Problems concentrating and/or difficulty making decisions
- Anxiousness

It is important to know that there are different types of depression and it is best to seek professional guidance if you are concerned about yourself or someone you love. Many individuals have found a combination of medication and talk therapy to be helpful, but treatment is not one-size-fits-all. To start, call your insurance company and speak with someone in the behavioral health department to find providers that your insurance will cover. If you feel there is an immediate need for help, call 911 or go to your nearest emergency department.

### **BenefitsCheckUp Screening Program**

There is a new tool available to Councils on Aging for assessing an older adult’s eligibility for federal and state financial assistance programs. Call to make an appointment with Jenny if you are 60 or over and would like to see what benefits you may qualify to receive. 781-545-8722, x14.

## 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;

THU @ 9: Scituate Harbor

### Senior/Disabled Discount Transportation Passes

Seniors 60 years of age or older are eligible for half-fare on all public transportation in Massachusetts, including GATRA buses and public commuter rail transportation, by filling out a one page application and showing a copy of proof of their date of birth. GATRA representatives will be at the



**Scituate Senior Center on Tuesday, May 20 at 10:30 AM** to issue or renew Discount Senior Access photo id passes. Cost of card is \$3. Please bring a photo ID with DOB.

## Volunteer News and Opportunities

**Greetings Seniors!** My name is Melanie Schneider and I'm thrilled to be the new Activities / Volunteer Coordinator in this wonderful community. To those of you who I've already met, it's been an absolute pleasure. Many thanks for the warm and friendly welcome. To those of you I haven't met yet, stop in anytime - I look forward to getting to know all of you. Our Senior Center is a positive gathering place to meet friends, make new friends, create opportunities and make connections.

We have many new exciting activities and events planned for the upcoming months and we'll be incorporating more as the year progresses. We welcome and value your input, so please come in and share your thoughts and ideas with us. In addition, we're currently recruiting new volunteers of all ages and talents - please help us spread

### Volunteer Opportunity

#### Kitchen Assistant

The Senior Center is looking for a volunteer who is interested in assisting with kitchen and/or food tasks in preparation for a breakfast, café hour or luncheon. If you enjoy meal preparation or the bustle of the kitchen in any form, please come in or call for information.

We have many ideas for volunteers and welcome additional support for our programs, services and building maintenance.

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

### CONGRATULATIONS!

To our own **Joanne Papandrea** who won second prize in the Scituate Arts Association Art Show!



Join Joanne at the Senior Center every

**Thursday from 4:00-7:00** for a

**Beginner and Experienced Painting Class.** Demonstration, instruction and personal attention for each composition. Primarily watercolor, but some acrylic.

Call the Senior Center to reserve a spot in Joanne's class. Cost only \$10.

### SUPER SENIOR GOLF IS BACK!

The season starts Wednesday, April 30th at 8:00am. They meet every Wednesday Morning on the back nine at Widows Walk (weather depending). Interested in joining?



**"IF YOU DON'T THINK EVERY DAY IS A GOOD DAY, JUST TRY MISSING ONE!"**



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

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SCITUATE, MA**

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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Nina Ritter, Advertising Rep with LPI at:

**800-888-4574, x3448; or NKritter@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](http://www.seekandfind.com).

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

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 special announcements.