

May / June 2010

SCITUATE, MA. SENIOR HAPPENINGS

SCITUATE COUNCIL ON AGING

781-545-8722

STAFF

Director

Florence Choate

Outreach Coordinator

Nancy Lafauce

Administrative Asst

Jill Johnston

Transportation Coord

Quincie-Ann Cutler

Outreach Worker

Kathleen Stimpson

BOARD

Pamela Davis, Chairperson

Jim Harmon, Vice Chair

Brendan Lynch, Treasurer

Rita Rozen, Clerk

Rocky Carrabes

Gerard Fierimonte

Joan Powers

Audrey Reidy

Meg Stillman

Shawn Harris

Selectman Liaison

MISSION

The purpose of the Council on Aging is to identify needs and implement programs that will enhance the quality of life and independence of the seniors of Scituate and to educate the community to the needs of its seniors.

SECOND ANNUAL SENIOR ART SHOW

Saturday and Sunday June 5th and 6th

Scituate Council on Aging

27 Brook Street

The first planning meeting is scheduled for April 28th at the Senior Center @ 5:00PM.

Please know that anyone is welcome! You do not have to be an artist, just an individual with an appreciation for art.

We are looking for artists and crafters of all types to display their wares. An artist can choose to offer it for sale or just wish to display a piece of art for viewing.

Last year's Art Show demonstrated how much talent that the seniors of Scituate have. Please join us for the planning meeting. (781) 545-8722.

A VERY HAPPY BIRTHDAY TO YOU!

The Council on Aging is extending an invitation to all those seniors who have reached the age of 90 and beyond. We are having a party at the Senior Center to celebrate this milestone on June 15th @ 12:30PM, Call (781) 545-8722.

LOCAL SUPPORT GROUPS**Mid-Stage Alzheimer's Group**

Meets the 2nd Wednesday of each month, 10:30AM to 12:00PM at the Norwell VNA, 91 Longwater Drive, Norwell. Call (781) 659-2342.

COA Caregivers Support Group (day)

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

COA Caregivers Support Group (evenings)

The group meets the 3rd Tuesday of the month from 7:00 to 8:00PM at the Hingham Elder Services, 224 Central Street, Hingham. Call (781) 545-8722.

Vision Support Group @ Hingham Elder Services on the 3rd Monday of the month. Scituate COA will provide transportation to and from this event. Please call (781) 545-8722.

BLOOD PRESSURE SCREENING

Will be available on the 3rd Wednesday of the month @ 10:30AM at the Scituate Senior Center. The screening will be done by the town's nurse, Eileen Scotti. Call (781) 545-8722. She will also be holding BP clinics at:
Wheeler Park 1st Wednesday of the month
Central Park 2nd Wednesday of the month
Lincoln Park 4th Wednesday of the month

MONTHLY OPPORTUNITIES

ASK A LAWYER: Did you ever have a small legal question, but were reluctant to seek out an attorney for the answer because of the expense? Well, your question can be answered free of charge. The Council on Aging, once a month will have an attorney at the Senior Center. Attorneys Holly Harris, Michael Loring and Chris Sullivan are Elder Law attorneys who rotate monthly in order to provide these services. Appointments are limited to one half hour, on the 3rd Friday of the month. To schedule an appointment call: (781) 545-8722.

MEET YOUR REPRESENTATIVE: Jim Cantwell: Jim is scheduled for the fourth Tuesday of the month beginning @ 10:00am. Appointments are one half an hour in duration. Call (781) 545-8722 to schedule an appointment.

SCITUATE HOUSING AUTHORITY

- † Providing Housing for Qualified Low-Income Elderly and Handicapped
- † Preference giving to local veterans and local residents
- † Application available upon request
- † Equal Opportunity Housing



791 Country Way, Scituate, MA • 781-545-3375

NOW YOU CAN READ
YOUR NEWSLETTER ONLINE!

VISIT

www.seniorpubs.com

**SPONSOR THIS NEWSLETTER!!!**

It makes sense to concentrate your advertising where it does most good - right in your neighborhood! You pay only the advertising cost. Public relations and good will values are free.

This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings.

Convenient Budget Payment Terms!!!!

Write Today! Or call 617-254-4545. Visit us at seniorpubs.com



- Skilled Nursing
 - Rehabilitation
 - Short and Long Term Stays
- Contract Relationships with
All Major Insurance Companies

781-545-1370

CARDIGAN NURSING HOME

**Short Term Rehabilitation
Long Term Care**

59 Country Way, Scituate

781-545-9477

May-10

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
8:59 Men's Breakfast 11:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	9:00 Shaws 9:00 Cardio 10:30 Bridge Class 3:00 Bowling League	9:00 Yoga 10:30 Computer Class 6:00 Badminton@ Jenkins School	9:00 Tai Chi 9:00 Harbor Trip 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	10:00 Arthritis Exercise 1:00 Zumba Gold
10	11	12	13	14
10:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	9:00 Walmart 9:00 Shaws 9:00 Cardio 10:30 Bridge Class 3:00 Bowling League	9:00 Yoga 10:30 Computer Class 6:00 Badminton@ Jenkins School 6:00 SCOA Board Mtg	9:00 Tai Chi 9:00 Harbor Trip 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	10:00 Arthritis Exercise 1:00 Zumba Gold
17	18	19	20	21
10:00 Vision Support 10:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	9:00 Shaws 9:00 Cardio 10:30 Bridge Class 3:00 Bowling League	9:00 Yoga 10:30 BP Clinic 10:30 Computer Class 12:30 Caregivers Support Group 6:00 Badminton Jenkins	9:00 Tai Chi 9:00 Harbor Trip 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	9:00 Ask A Lawyer 10:00 Arthritis Exercise 1:00 Zumba Gold
24	25	26	27	28
10:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	9:00 Shopping Trip 9:00 Shaws 9:00 Cardio 10:00 Rep Cantwell 3:00 Bowling League	9:00 Yoga 10:30 Computer Class 6:00 Badminton@ Jenkins School	9:00 Tai Chi 9:00 Harbor Trip 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	10:00 Arthritis Exercise 1:00 Zumba Gold
31				
Holiday Office Closed				



- Home Health Care Services
- Community Health Programs
- Hospice Services
- Private Care Services

781-659-2342

91 Longwater Circle, Norwell, MA 02061



HURRY!!!

SPONSOR THIS NEWSLETTER!

Call 617-254-4545

www.seniorpubs.com



Life Care Center
of the South Shore
309 Driftway/ P.O. Box 830
Scituate, MA 02066
WWW.LCCA.COM
Medicare/Medicaid Certified

- Skilled Nursing
- Rehabilitation
- Short and Long Term Stays

Contract Relationships with
All Major Insurance Companies

781-545-1370

CARDIGAN NURSING HOME

**Short Term Rehabilitation
Long Term Care**

59 Country Way, Scituate
781-545-9477

June-10				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Shaws 9:00 Cardio 10:30 Bridge Class 3:00 Bowling League	2 9:00 Yoga 10:30 Computer Class 6:00 Badminton@ Jenkins School	3 9:00 Harbor Trip 9:00 Tai Chi 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	4 10:00 Arthritis Exercise 1:00 Zumba Gold
7 8:59 Men's Breakfast 11:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	8 9:00 Shaws 9:00 Walmart 9:00 Cardio 10:30 Bridge Class 3:00 Bowling League	9 9:00 Yoga 10:30 Computer Class 6:00 Badminton@ Jenkins School 6:00 SCOA Board Mtg	10 9:00 Harbor Trip 9:00 Tai Chi 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	11 10:00 Arthritis Exercise 1:00 Zumba Gold
14 10:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	15 9:00 Shaws 9:00 Cardio 12:00 90 th Birthday Party 3:00 Bowling League	16 9:00 Yoga 10:30 BP Clinic 10:30 Computer Class 12:30 Caregivers Support Group	17 9:00 Tai Chi 9:00 Harbor Trip 10:30 Senator Hedlund 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	18 9:00 Ask A Lawyer 10:00 Arthritis Exercise 1:00 Zumba Gold
21 10:00 Vision Support 10:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	22 9:00 Shaws 9:00 Shopping Trip 9:00 Cardio 10:00 Rep Cantwell 10:30 Bridge Class 3:00 Bowling League	23 9:00 Yoga 10:30 Computer Class	24 9:00 Harbor Trip 9:00 Tai Chi 10:30 C&W Dancing 1:30 Knitting 4:00 Art Class	25 9:00 Badminton @ Jenkins School 10:00 Arthritis Exercise 1:00 Zumba Gold
28 10:00 Arthritis Exercise 11:15 Computer Class 1:00 Bridge	29 9:00 Shaws 9:00 Cardio 10:30 Bridge Class 3:00 Bowling League	30 9:00 Yoga 10:30 Computer Class		

Norwell Visiting Nurse Association

NVNA 
AND HOSPICE

- Home Health Care Services
- Community Health Programs
- Hospice Services
- Private Care Services

781-659-2342
91 Longwater Circle, Norwell, MA 02061



HURRY!!!
SPONSOR THIS NEWSLETTER!
Call 617-254-4545
www.seniorpubs.com

THE SCITUATE COUNCIL ON AGING**Request for Donations****Donor's Name:**

Address:

- Yes, list my name in Senior Happenings**
 No, do not list my name in Senior Happenings

I would like this donation to support:

- Transportation Account**
 Postage for Senior Happenings Newsletter
 Emergency Services for Elders in need
 Programs/Activities/Services
 Other

This contribution is in memory of

Please make checks payable to the Scituate Council on Aging and mail to 27 Brook Street, Scituate, MA 02066. "Attention Senior Resource Funds."

(Not tax- deductible)**From the Desk of the Director:**

The "warm weather is here" It is the time of year in which everything looks and everyone feels better. There is something about the Spring that makes us believe that "all things are possible". There is that sudden spurt of energy that comes upon us that has us planting our flowers, planning our chores for the season, and taking that longer walk every day. My grandmother used to tell us that this is the time of the year that the "Lord smiles a lot." Her proofs for this pronouncement were the beautiful flowers and the lovely weather and believe me, we didn't argue with Nana. If she said it was so, then it was so.

It has been a difficult winter not only for Scituate but across this great Country. A severe economic down turn has cost many their jobs and others their homes. For the first time in a long time, young people who are graduating from College are facing an uncertain future. However, like the Spring, this can be a time of renewal. Americans are very resilient people, they make life adjustments and then move on! People are being more creative and they are spending less money but more quality time with their families. We are all making choices that are very valuable lessons to our young. We trade the car in every five years instead of three. We only buy what we need not what we want. People appear to be more caring of their neighbors and more willing to pitch in to get a job done. This spirit of optimism mirrors the season. We are looking forward to the glories of spring and summer, not backward towards the difficulty of winter. As long as we continue in that direction "all things are possible".

FYI

MEN'S COFFEE @8:59: at the Council on Aging May 3rd @ 8:59AM the speaker for the event to be announced. Because of the decline in the amount of attendees we are no longer offering a catered breakfast, but will have instead, coffee, fresh bagels cream cheese and juice at a cost of \$3.00. Please call for reservations. Call (781) 545-8722.

"RAISE YOUR VOICES": We are in the process of creating a program for those of you who are interested in participating in a singing group. Look for times in the next newsletter. Call (781) 545-8722 for further information.

BOWLING: STRIKE OUT FOR FITNESS!!!

We have recently formed a women's bowling league which runs on Tuesdays @ 3:00pm. The cost per string will be \$2.50. Bowling will take place at the Scituate bowling lanes in Scituate Harbor. At the moment we have room for more bowlers. Call Lane at (781) 545-8722.

SCITUATE FOOD PANTRY: Times are very difficult right now. We have a wonderful resource in Scituate; it is called the Scituate Food Pantry. If you are interested in receiving some help, please don't hesitate to contact us, especially if you need a ride. The Food Pantry is located at the Masonic Temple, 344 Country Way Scituate. Their number is (781) 545-5827

FREE CONCERT!!: May 1st @ 2:00PM. Held at the First Parish Unitarian Church on 330 First Parish Road. They will be hosting a musical concert showcasing the talents of "Something Else", three friends who love to play music and sing together. Their concert includes folk, blues, gospel, country music and golden oldies. Celebrate your May Day by putting your hands together, stomping your feet and enjoying the show.

LIFE CARE ANNUAL COOK-OUT:

On June 22nd @ 12:00PM Life Care Center on the Driftway will be hosting seniors for their annual out-door festival and cook-out. We will be providing transportation for those seniors who need it so, please call early to make a reservation. Last years event was a huge success and filled up quickly. Call (781) 545-8722

A BIRTHDAY BASH: On June 15th we will be hosting a birthday bash for seniors who are 90 and beyond. We are doing our best to identify all of them. If you know of any senior who is in that age bracket would you please let us know. For more information call Nancy or Kathy (781) 545-8722.

THE BOYS OF SUMMER ARE BACK ON

SCITUATE FIELDS. The Scituate Senior Soft Ball League which has players from 60 to 87 are beginning their summer season on April 25th. If you get the opportunity stop by and see a game. They will be playing every week during the summer. Their outdoor season is over on September 26th. For more information call Kevin McLaughlin @ (781) 545-5441.

COMPUTER CLASSES: Learn to communicate with friends and family on the internet. Computer classes are currently full, call and reserve your place in the next round of classes. Call Laine at (781) 545-8722.

Allerton House

at Hingham

Assisted Living Residences
Private Apartments
Short Stay Program
Personal Care • Social Activities

**Call today for your
personal tour!
781-749-3322**

15 Conditto Rd, Hingham, MA

It makes sense to concentrate your advertising where it does most good - right in your neighborhood! You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings. Convenient Budget Payment Terms Write Today! Or call 617-254-4545



**South Shore's Preferred
Nursing & Short Term
Rehabilitation Center**

50 Recreation Park Drive
Hingham, MA 02043

(781) 749-4982
Fax: (781) 740-4283

EXERCISE CLASSES

ARTHRITIS EXERCISE: Monday and Friday mornings, 10:00AM to 10:45AM. Mary Morin, PTA of the Norwell VNA, will be your instructor. Fee is \$2.00. Call (781) 545-8722 for more information.

TAI-CHI: Tony McAlear has resumed his TAI-CHI classes @ 9:00am on Thursday April 8th. I hope all of his students will be on-board to give Tony a “big welcome back”. For more information call (781) 545-8722 and ask for Lane.

MEN’S OUTDOOR SOFTBALL:

Is preparing for their outdoor season, which begins April 25th. They will play on Wednesdays and Sundays @ 10AM at several fields around town. Call Kevin McLaughlin at (781) 545-5411 for more info.

ZUMBA GOLD: taught by Ms. Chris is here Fridays @1:00pm. We are four weeks into the classes and they are a big success. Not to mention that the price of \$4.00 for each class is the best bargain in town. Come and keep the Latin beat to the most fun you will ever have in exercise. Call (781) 545-8722.

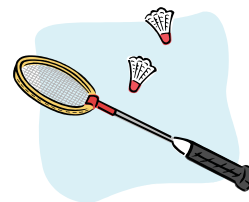
CARDIO WITH CHRIS: Tuesday mornings @ 9:00AM... Come join this lively and fun-filled group. This exercise is do-able for most seniors. Call and reserve your spot. Fee is \$3.00 payable to the instructor. Call (781) 545-8722.

YOGA FOR SENIORS: Led by our wonderful instructor, Elizabeth Rogers, yoga class is just the ticket for stress relief as well as an exercise that heals the mind and body. Come join us on Wednesday mornings from 9:00AM to 10:00AM. The instructor sets the fee. Call for further information to (781) 545-8722.

BADMINTON: At Jenkins School will continue Wednesday evenings @ 6:00PM. There is no fee for this program... call (781) 545-8722 for further information.

COUNTRY WESTERN DANCING:

Richard and his lovely wife Ann are back at the Center on Thursday @ 10:30am. Country and Western Dancing is a wonderful way to exercise. The music is lively and you will often find yourself singing along to the music. As you glide across the floor in step to the music, it’s hard to believe that at the same time you are improving your stamina, coordination and breathing. Come in and try it, you will love it! (781) 545-8722.



NEWS ITEM FOR SENIORS:

Please note that the day and time Transfer Station and Beach Stickers will be on sale at Town Hall have been limited to the following two days:

Tuesday evenings between 4 PM and 7 PM

Thursday mornings between 9 AM and Noon

These are the only times a sticker may be purchased in the building. This schedule will start on Tuesday, May 11th. This year stickers are available for purchase on line as well as by mail

**Any questions, please call (781) 545-8741
Shelia M Manning, Administrative Assistant
Town Administrator's Office**

ASK NANCY

Hamilton Adult Day Health Center is now open in Scituate and operates out of St. Luke's Dutton Hall. St Luke's Church is at 465 First Parish Road right across from Scituate's Town Hall. Adult Day Centers take patients with mental or physical disabilities who want or need assistance in their activities of daily living, and provide socialization for all its patients. Breakfast and lunch are provided, along with a daily snack. Hamilton Center offers a variety of stimulating activities, which include art classes, exercise and entertainment. Student volunteers are there to assist and an on-going life-writing program is also available.

For additional information they can be reached at (781) 331-7878 extension 10 or 22. The nearest Adult Day Care Centers outside of Scituate are in Hingham. They are the Harbor House and Active Day for seniors, both of which have been providing quality care to seniors for many years. Harbor House can be reached at (781) 749-4774 and Active Day at (781) 749-1310.

Did you know that our bodies need water more than food, sleep, or even exercise to stay active? Water cushions and lubricates brain and joint tissue, and helps regulate body temperature. So when you are out enjoying the warm weather this season, it is very important that you remember to stay hydrated.

For any senior who loves to sew but has not been able to because of a lack of a sewing machine-the Council on Aging has one available at the Senior Center. Anyone is welcome to use it just let us know that you are interested. The sewing machine was donated by Jean Young of Scituate.

SENIOR PAGE**SPRING TREAT Kitchen Sink Salad****½ cup peas****1 heart of romaine chopped****½ cup of kidney beans****1 cup of white chicken meat (chopped)****2 T Gorgonzola crumbles****5 black olives (sliced)****Garlic powder to taste****Cumin to taste****3T dressing of choice****¼ cup of cottage cheese****Mix all ingredients and enjoy.****Instead of croutons, accompany dish with a warm french roll****Serve with iced tea and a bowl of lemon sorbet****TIPS FOR GOOD HEALTH****The Sunshine Vitamin**

Many people don't get enough of vitamin D, too little vitamin D can lead to bone weakness. It's also a risk factor for high blood pressure, diabetes, obesity and cardiovascular disease.

Are you getting enough? Only your doctor can tell for sure.

Monitoring Medications

Monitor your own health and well-being. Know your goals for:

Cholesterol**Blood pressure****Blood sugars****Others**

Keep track of your results.

Do not skip medications. Ask questions-talk to your doctor, pharmacist or nurse.

KUDOS FOR SOME SPECIAL PEOPLE

Saint Paul tells us that "Kindness is the greatest of all virtues" Through my life this statement has always had the greatest influence on how I view myself and others. Scituate Seniors are indeed fortunate because of those individuals who regularly bestow kindnesses on them.

I would like to take the time on behalf of the seniors and thank them for all they do:

Thanks to:

The Nutrition Center at the Methodist Church who deliver meals on wheels to seniors who are shut-ins. Thanks also for the congregate lunch Mondays, Wednesdays and Fridays.

The Congregational Church, Mary Ann Hermance and her great crew who provide seniors with a delicious lunch with all the fixings every Thursday at 12:00PM. It is a lively group with music from the "golden oldies".

St. Luke's who provide a community dinner the fourth Sunday of the month. The congregation agrees beforehand on a menu and each member volunteers to make a dish. It is a favorite of the seniors, not only for the wonderful food, but for the welcome they receive from the Congregation and the children;

Thanks also to the volunteers here at the Center and within the community who do so much for seniors. We are truly blessed.

**CATHERINE MCGOWAN
SENIOR CENTER
27 BROOK STREET
SCITUATE MA. 02066
(781) 545-8722**

HOURS OF OPERATION

Mon through Thurs 8:30AM to 4:30PM

Fridays 8:30AM to 3:00PM

U.S. POSTAGE

PERMIT #27

SCITUATE, MA.

VAN TRANSPORTATION

**CALL (781) 545-8722
72 hour notice is mandatory to reserve a
ride. Vans are available for medical
appointments, shopping and rides
around town to appointments. We also**

**run special vans for out of town
appointments. Call Q to reserve a ride.**

**We appreciate the assistance from the
Massachusetts Office of Elder Affairs
who subsidized our postage through the
Formula Grant.**