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# The Prime Times

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CHAIRPERSON ..... ANN HARRIGAN  
DIRECTOR ..... ROSEMARY O'CONNOR  
OUTREACH ..... DIANE M. McCARTHY

293 PINE STREET  
P.O. BOX 699  
TEL. 781-659-7878  
HOURS 8:30 - 4:30 MON - FRI

**MAY / JUNE 2011**

*This newsletter is made possible through the Friends of Norwell Council on Aging.*

## **DIRECTOR'S MESSAGE**

As of April 11, South Shore Vocational Technical High School (SSVT), has initiated the two level process and is now working on putting "trusses" up for the roof. Once these are up, the actual roof will be tackled with plywood and roof shingles. The lower level will be set with the rooms portioned off and awaiting windows and doors. The upper level awaits completion of the roof and windows installed. The intent of all is to make the expansion "watertight." Once this is done, electrical will start the process of receptables, outlets, and special lighting for both ceilings. In addition, the process for heating, ventilation, and air conditioning will start, as soon as power is transferred to the area.

The above work is contingent on weather, (isn't it always?), and completion of the actual "watertight" build. Once electrical and HVAC get the green light, work can be done that should put us on schedule up to mid-June, 2011.

This gives the students time off for the summer months and a new group coming in September, 2011. It is later than what was expected, but all do the best they can and we look forward to the students in September. Please accept our appreciation for the work and efforts done as we hope to be done sometime this Fall.

Sincerely,  
*Rosemary O'Connor, Director*

## **DON'T MISS ...**

The Special and Annual Town Meeting will be held on **Mon., May 9 at 7:30 p.m.**, in the Norwell Middle School Gymnasium. Transportation can be available. Call the COA office at 781-659-7878

## **UPCOMING REMEMBRANCES**

The upcoming months bring many occasions for remembering those who are important in our lives. Older American Month is celebrated in May. We thank those older adults for all the ways that they enrich our lives. Mother's Day is celebrated May 8th. We thank all mothers for being the key to life. Father's Day is celebrated on June 19th. We offer special gratitude to fathers for building a foundation for us all. Memorial Day is observed on May 30th. This is a time to give special recognition to all we have loved and cared for over the years.

## **FRIENDS' ANNUAL MEETING, MAY 4**

The Friends of Norwell Council on Aging will hold their Annual Meeting on Wed., May 4, 2011 at 2:00 p.m. The meeting will be held in the lower level of the senior center, located at 293 Pine St. The meeting agenda is posted on the COA website at [www.townofnorwell.net](http://www.townofnorwell.net) and click on the Council on Aging tab.

## **SOUTH SHORE'S MEDICAL EQUIPMENT LOANER CLOSET**

Scituate Etrusco Associates loans medical and nursing equipment for home use, to individuals with disabilities or medical conditions, who can't afford to purchase items they need. Scituate Etrusco Associates serves residents of Scituate, Cohasset, Hanover, Hingham, Hull, Marshfield, Norwell, Duxbury, and Pembroke.

Etrusco welcomes usable, durable equipment donations such as walkers, crutches, canes, wheelchairs, etc. Equipment should be clean and in good working condition, and can be dropped off at their office, located at 1 Common St. in Scituate. For more information about making a donation or obtaining equipment, please call (781) 545-4411.

## OUTREACH NEWS

As most of you already know, it is the role of the Norwell COA and the Outreach Coordinator to make every effort to locate seniors, assess their needs and connect them with appropriate services.

In this newsletter, I would like to address the specific resources available for the LGBT (lesbian, gay, bisexual and transgender) senior population.

Why the LGBT Seniors? They are a generation that came of age before the gay civil rights movement. They faced discrimination from their families, employers, neighbors, churches and local government. Their most successful survival strategies were to remain invisible and secretive. As a result, many LGBT seniors are not willing to reveal themselves to the helping professionals and would rather go without, even when sick or alone than turn to aging service providers for help or social activities.

South Shore Elder Services hosts a monthly Saturday Brunch for the older LGBT community. The Brunch group usually meets on the last Saturday of each month. The next brunches are May 28 and June 25, 2011, at 10:00 am at 196 Elm Street in Braintree at the Hall of All Souls Unitarian Church. There is a \$2.00 donation for those 60 older, \$5.00 for those under 60.

There is a Resource Guide, geared specifically for LGBT seniors and their caregivers, available at the COA or at South Shore Elder Services in Braintree [www.sselder.org](http://www.sselder.org)

There is an LGBT Aging Project which offers an LGBT Caregiver Group, a Bereavement Group, and Meal Programs. For more information about the project, call (617) 522-1292 or visit their website: [www.lgbtagingproject.org](http://www.lgbtagingproject.org).

If you, or someone you know, would like more information, or have any questions, please feel free to contact the outreach coordinator, Diane McCarthy at 781-659-7878 or by email @ [Diane@townofnorwell.net](mailto:Diane@townofnorwell.net).

*After all of your losses and all you've been through, all you have left is your future!*



## OLDER AMERICANS MONTH

Older Americans Month is an occasion to show appreciation and support for our seniors as they continue to enrich and strengthen our communities. This year's theme "Older



**Older Americans:**  
connecting the community

Americans: Connecting the Community," pays homage to the many ways in which older adults bring inspiration and continuity to the

fabric of our communities, and highlights how technology is helping older Americans live longer, healthier, and more engaged lives.

## NEW HOMESTEAD LEGISLATION

On December 16, 2010, Governor Deval Patrick signed a comprehensive revision of the Massachusetts Homestead law. The new law will provide radical changes to the current Homestead Law. The bill will provide homeowners automatic protection of up to \$125,000 of the amount of equity in a single-family home from seizure by some creditors, without the homeowner having to file any documents. By filing a declaration, the homeowner increases protection up to \$500,000. This new consumer protection statute, which took effect March 16, 2011, also provides homeowners with additional protection for insurance and sale proceeds, enables trust beneficiaries to secure homestead protection, affords greater protection to non-owner spouses, and clarified lien priority issues with home mortgages. All Homesteads must be filed in the county in which the residences is located. Forms may be obtained at the Plymouth Registry of Deeds satellite office located at 920 Hingham St. in Rockland or online at [www.plymouthdeeds.org](http://www.plymouthdeeds.org) and click the "Information on Homestead Act" on the lower right-hand box.

## LEARN MORE ABOUT THE HOMESTEAD ACT

The Homestead Act offers some financial protection to homeowners, but many aren't even aware that it exists. Local elder law attorney Holly Harris, Esq. will discuss the Homestead Act and how to file at the Norwell senior center on Thurs. Jun. 23 at 10:30. Please call the COA office at 781-659-7878 to sign up for this event.

**THANK YOU PEN PALS!**

We'd like to thank the 27 adults who participated in our 4th annual Pen Pal Program. This program was a perfect fit with this year's Older American's Month theme "Connecting the Community" We'd also like to thank Cole School Principal Garry Pelletier, 3rd Grade teacher Christina Austin and her students for being involved in this program. Thank you to the Friends of NCOA and classroom parents for providing a nice luncheon. Below are some photos from the Pen Pal Luncheon. After six weeks of writing letters, the pen pals finally had a chance to meet! Watch for details on how to participate next year!



## WHAT'S HAPPENING

### COLE SCHOOL LUNCH SCHEDULE

The school year is wrapping up and so are our lunches at the Cole School. Our last lunch for the year will be on Thurs. May 12, at 1:30 p.m. There will be no lunch in June. If you'd like to sign-up for lunch, please call the COA office at 781-659-7878. Thanks to Cole School Cafeteria Manager, Cindy Loring and her staff, for preparing outstanding meals for us each month. We look forward to returning next year.

### LUNCH ON THE ROAD

Join us for "Lunch on the Road." We'll be going to the following locations;

- May 20 at 1:00 p.m.- Longhorn Steakhouse, Pembroke
- June 17 at 1:00 p.m. - Charlies Too, Pembroke

Please call the COA office at 781-659-7878 for dates and to reserve your space. Transportation is available with a minimum of 5 passengers.

### BOOK CLUB SELECTIONS

The Book Club meets the first Monday of each month. The upcoming book selections include;

May 2 - *Major Pettygrew's Last Stand* by Helen Simonson

Jun. 6 - *The House at Riverton* by Kate Morton

If you enjoy reading, we hope you will join us. For more information, call the COA office at 781-659-7878.

### LUNCH WITH THE FRIENDSHIP HOME

Participants in the Friendship Home's "Bridges to Work" vocational program will prepare a spaghetti luncheon COA on the last Thursday of each month. This wonderful program will begin on May 26. If you would like to join us for lunch, please call the COA office at 781-659-7878. Reservations must be made no less than two days prior to the lunch.

### SPRING SING WITH NHS

Members of the Norwell High School Chorus, under the direction of Amy Cortright, will perform at the COA on Mon., May 16, at 1:15 p.m. Please join us for an afternoon song. To sign up, call the COA office at 781-659-7878.



### "OVER THE HILL GANG" ART EXHIBIT AT SSNSC

Work by 15 members of our talented "Over the Hill Gang" Art Class, will be on exhibit at the South Shore Natural Science Center from May 17 through June 21. Their paintings are oils, acrylics, and watercolors with themes of landscapes, still life, and other subjects of natural beauty. Be sure to stop by to see their beautiful work.

On May 24, at 10:00 a.m., the public welcome to attend a watercolor demonstration by local artist Joanne Papandrea at SSNSC's Vine Hall. A reception with light refreshment will follow.



For more information, please contact COA's art instructor Ann McLeod at 781-659-7878. Congratulations to our wonderful artists!

### WITH ALL THIS HEALTHCARE REFORM, WHAT AM I ENTITLED TO?

Whether rehabilitating after surgery, recovering from an illness, dealing with a chronic health issue or preparing for end of life, we all want to stay in our homes. So, where do we find out what services we or our loved ones need, how do we get those services, and will Medicare pay for it? Join Mary-Ann McCue RN BSN CHPN CHPCA and Michelle Sweeney R.N., Business and Community Development Liaison from NVNA and Hospice on May 26 at 10:30 to learn more about Medicare-certified services, how to determine which services best meet one's needs, and how one can access those services. Please call the COA office at 781-659-7878 to register for this program.

### SSNSC THURSDAY WALKING CLUB

South Shore Natural Science Center walking club meets on Thursdays at 10- 10 :45 a.m. The cost is free. Tour the EcoZone afterwards for a discounted admission Weekly walks are weather dependent – call to make sure walk will be held.

### Walk to Remember

Walking is good for your brain a new University of Pittsburgh study shows. The more you walk, the more blood your brain gets, preventing the natural shrinkage—and much of the memory loss—that comes with age. —source AARP Magazine

**BREAKFAST ON THE 9'S**

Join Director, Rosemary O'Connor for breakfast and conversation at 9:00 a.m. on Thurs., May 19, at Crossroads Café in Hanover and Thurs. June 9 at Stars on Hingham Harbor. Call the COA office at 781-659-7878 to sign up.

**HEALTHY COOKING CLASS**

It's time to eat fresh! Come and learn simple recipes that utilize local foods and seasonal ingredients. Norwell resident Wendy Bawabe will give this cooking demonstration on Wed., May 11 at 11:00 a.m. as part of the Norwell Reads program. Participants are invited to sample these dishes following the demonstration. The cost of this program is \$5. The class is limited to 10, so sign up early by calling 781-659-7878.

**"ADVENTURES IN LIFELONG LEARNING"**

Rochelle Kruger returns to the COA to discuss the Road Scholar, "Adventures in Lifelong Learning" program on Thurs., Jun. 2 at 10:30 A.M.

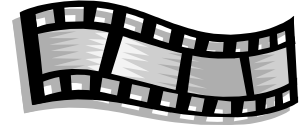
The Road Scholar organization promotes the pursuit of lifelong learning to open minds and enrich lives. The organization offers over 8,000 programs of educational travel for all adults in over 90 countries that have appealed to over 4,000,000 people since Elderhostel, Inc. began in 1975. Call the COA at 781-659-7878 to sign up.

**POSITIVE MONEY BEHAVIORS**

Barbara Case will join us on Mon., May 9 at 12:00 P.M. for an informal discussion about 10 positive money behaviors that help you realize your financial goals. Topics include;

- The three steps to manage your money well
- Living a debt free life
- When costs increase and income declines

Barbara Case is a Vice President of Investments with Moors & Cabot Investments in Boston. She believes proper planning is the key to financial success. Barbara improves her client's investment experience by giving clear and actionable advice, dedicated service and most important..... peace of mind.

**MONDAY  
MOVIE  
MATINEE**

Here are the upcoming movies selections. Show times are at 1:15 p.m. Call the COA office at 781-659-7878 to sign up.

**Jun. 20, - "The Proposal"** - (2009) PG13, 1 hr, 48 mins.

When she learns she's in danger of losing her visa status and being deported, overbearing book editor Margaret Tate (Sandra Bullock, in a Golden Globe-nominated role) forces her put-upon assistant, Andrew Paxton (Ryan Reynolds), to marry her. This romantic comedy also stars Craig T. Nelson and Mary Steenburgen as Andrew's parents and Betty White as the outspoken Grandma Annie.

**Jul. 18, - "King's Speech"** - (2010) R, 2 hrs  
Britain's King George VI (Colin Firth) struggles with an embarrassing stutter for years until he seeks help from unorthodox Australian speech therapist Lionel Logue (Geoffrey Rush) in this biographical drama that chalked up multiple Academy Awards, including Best Picture. Logue's pioneering treatment and unlikely friendship give the royal leader a sense of confidence that serves him and his country well during the dark days of World War II.

**Aug. 29, "Secretariat"** - (2010) PG, . 2 hr, 3 mins.

When Penny Chenery (Diane Lane) agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic. The film explores Chenery's bond with "Big Red" and depicts her rise to greatness as the "first lady of racing." John Malkovich plays trainer Lucien Laurin, and Fred Dalton Thompson co-stars as big-shot breeder Bull Hancock

*If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." - Vincent van Gogh*

# May 2011

National Women's Health Week 5/8-5/14, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:45 Quilling 12:30 Lunch @ COA 1:30 Book Club "Major Pettygrew's Last Stand"	<b>3</b> 9:30 Bank 10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @ Norwell Library 2:00 Poker 1:00 Mah Jongg	<b>4</b> 10:00 Grocery Shopping 1:00 Cribbage 2:00 Friends of NCOA Annual Meeting	<b>5</b> 10:00 Gov't Study Forum @ Town Hall 12:30 Lunch @ COA 2:00 Bingo 7:30 Gov't Study Forum @ NHS	<b>6</b> 9:30 Exercise 1:00 Bridge 1:00 Quilting
<b>9</b> 9:30 Coffee Hour @ Norwell Gardens 12:30 Lunch @ COA 12:00 Positive Money w/ Barbara Case 5:30 Board Meeting 7:00 Town Meeting <b>May 8th Happy Mother's Day</b>	<b>10</b> 10:00 Hanover Mall 10:30 Life Changes Group 10:00 Art Class 11:00 Tai Chi @ Norwell Library 2:00 Poker 1:00 Mah Jongg	<b>11</b> 10:00 Grocery Shopping 11:00 Healthy Cooking 1:00 Cribbage 1:30 Bingo @ Norwell Gardens	<b>12</b> 10:30 Glucose Screening 11:00 Blood Pressure Clinic 1:30 Lunch @ Cole School - Last One 2:00 Bingo	<b>13</b> 9:30 Exercise 1:00 Bridge 1:00 Quilting
<b>16</b> 9:45 Quilling 12:30 Lunch @ COA 1:15 Spring Sing with NHS Chorus	<b>17</b> 10:00 Hanover Mall 10:00 Art Class 11:00 T'ai Chi @ Norwell Library 2:00 Poker 1:00 Mah Jongg Art Class Exhibit begins @ SSNSC	<b>18</b> 10:00 Grocery Shopping 11:00 Blood Pressure @ N. Gardens 1:00 Cribbage 1:30 Bingo @ Norwell Gardens 1:30 "Legal Ease"	<b>19</b> 9:00 Breakfast @ Crossroad's, Hanover 12:30 Lunch @ COA 12:00 Financial Planning Panel	<b>20</b> 9:30 Exercise 1:00 Bridge 1:00 Quilting 1:00 Lunch @ Longhorn's, Pembroke
<b>23</b> 12:30 Lunch @ COA	<b>24</b> 10:00 Hanover Mall 10:00 Art Class 10:30 Life Changes Group 11:00 T'ai Chi @ Norwell Library 2:00 Poker 1:00 Mah Jongg	<b>25</b> 10:00 Grocery Shopping 1:00 Cribbage 1:30 Bingo @ Norwell Gardens	<b>26</b> 10:30 Healthcare Reform w/NVNAH 12:30 Lunch @ COA By Friendship Home 2:00 Bingo	<b>27</b> 9:30 Exercise 1:00 Bridge 1:00 Quilting
<b>30</b> Memorial Day Office Closed	<b>31</b> 10:00 Hanover Mall 10:00 Art Class 11:00 T'ai Chi @ Norwell Library 2:00 Poker 1:00 Mah Jongg			



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# June 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Grocery Shopping 1:00 Cribbage 1:30 BINGO @ Norwell Gardens	2 10:30 Road Scholar w/ Rochelle Kruger 12:30 Lunch @ COA	3 9:30 Exercise 1:00 Bridge 1:00 Quilting
6 9:45 Quilling 12:30 Lunch @ COA 1:30 Book Club "The House at Riverton"	7 9:30 Bank 10:00 Hanover Mall 10:00 Art Class 10:30 Life Changes Group 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 2:00 Poker	8 10:00 Grocery Shopping 1:00 Cribbage 1:30 BINGO @ Norwell Gardens	9 9:00 Breakfast @ Stars, Hingham 10:30 Glucose Screening 11:00 Blood Pressure Clinic 12:30 Lunch @ COA	10 9:30 Exercise Class 1:00 Bridge 1:00 Quilting
13 9:30 Coffee @ Norwell Gardens 12:30 Lunch @ COA 5:30 Board Meeting	14 10:00 Hanover Mall 10:00 Art Class 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 2:00 Poker	15 10:00 Grocery Shopping 11:00 Blood Pressure @ N. Gardens 11:30 Community BBQ @ Lifecare 1:00 Cribbage 1:30 BINGO @ Norwell Gardens	16 12:30 Lunch @ COA	17 9:30 Exercise 1:00 Lunch @ Charlies' Too, Pembroke 1:00 Bridge 1:00 Quilting - last class
20 12:30 Lunch @ COA 1:15 Movie Monday "The Proposal" - 1 hr. 48 mins.  June 19 Happy Father's day	21 10:00 Hanover Mall 10:00 Art Class - last class 10:30 Life Changes Group 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 2:00 Poker	22 10:00 Grocery Shopping 1:00 Cribbage 1:30 Legal Ease 1:30 BINGO @ Norwell Gardens	23 10:00 Grocery Shopping 10:30 "Homestead Act" with Holly Harris 12:30 Lunch @ COA 2:00 Bingo	24 9:30 Exercise - last class 9:30 JFK Library Road Trip 1:00 Bridge
27 12:30 Lunch @ COA	28 10:00 Hanover Mall 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 2:00 Poker	29 10:00 Grocery Shopping 1:00 Cribbage 1:30 BINGO @ Norwell Gardens	30 12:30 Lunch @ COA by Friendship Home 2:00 Bingo	



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## COMMUNITY NEWS

### FREE MUSIC DOWNLOADS AT NPL

Norwell Public Library now offers its patrons free, downloadable music through Freegal Music! Registered Norwell library card holders can download up to 3 Sony Music tracks in the MP3 format per week on multiple devices!

To use this new service, click on the word NPLMusic (on the library website). You will connect to the login screen for Freegal Music. Enter your Norwell library card barcode and PIN. Select up to 3 songs per week from the Sony Music Entertainment catalog. Click on Download Now and save the file to your desktop, music folder or wherever you want! The song is now an MP3 file that you can play on your computer or copy to your music device (Ipod, Mp3 player, etc. .

Don't have a library card yet? What are you waiting for?

### NORWELL GREEN AND GROWN

Senior gardeners, do you have extra vegetable that you are willing to donate to the Norwell Food Pantry?

For two years, a group of Norwell gardeners have contributed home-grown vegetables to the Norwell Food Pantry, to augment the non-perishables distributed to patrons. This fresh food is a welcome and very special addition to the program. Gardeners can drop off their donated vegetables at the Town Hall Gym between Noon and 1:30 on Thursdays, prior to the opening of the Norwell Food Pantry at 2:00 p.m. Arrangements can be made to pick up and deliver your produce. For more information, please contact Pattie Hainer at 617-686-1803 or vial email at pathainer@comcast

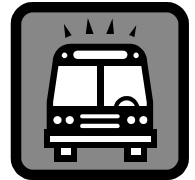
### WANTED: KNITTERS

Do you like to knit or crochet? The Grateful Granies of Hanover is looking for help making baby blankets to be distributed to area hospitals. The Prayer Shawl group at St. Christine's in Marshfield is also looking for help making prayer shawls to be distributed to Dana Faber and other area hospitals. Patterns are available for both groups. If you're interested please call the Norwell COA at 781-659-7878 and speak to Susan.

### COMMUNITY BARBECUE AT LIFE CARE

Norwell seniors are invited to a complimentary "Community Barbecue" and entertainment on Wed., June 15 at 11:30 at the Life Care Center located 309 Driftway, Scituate. Please call the Norwell COA to make your reservation by May 27. Transportation is available.

### ROAD TRIPS!



#### Join us on a road trip to JFK Presidential Library & Museum

Come tour the JFK Presidential Library & Museum that portrays the life, leadership, and legacy of President, conveys his enthusiasm for politics and public service, and illustrates the nature of the office of the President.

**Date:** Fri., June 24

**Cost:** \$12 admission and the cost of your lunch

**Note:** This is a 1.5 hour self guided tour. Lunch is also available at the Museum Café (limited seating) or bring a picnic lunch. Limited transportation is available via the COA vans and carpools can be arranged. Reservations must be made by calling the COA office at 781-659-7878.

#### ARE YOU INTERESTED IN...

We want to plan two road trips in the upcoming months. If you are interested in either of these options, please call the COA office at 781-659-7878 to let us know.

#### Peabody Essex Museum

We'd like to visit the Peabody Essex Museum this summer. The day would include museum admission with a one hour guided tour "Treasures of PEM," lunch in the Atrium Café and mini coach transportation. The approximate cost is \$55. A minimum of 25 people are needed for this trip.

#### Patriot Hall and CBS Scene

Are you a Pats fan or just like football? We'd like to organize a visit to Patriot Hall in Foxboro in September. The trip would include a self-guided walking tour of Patriot Hall and lunch at CBS Scene. The approximate cost is \$20. Limited transportation would be provided via COA and carpools can be arranged.

**NEWS FROM THE NORWELL GOVERNMENT STUDY COMMITTEE**

This past year, the Norwell Government Study Committee has been studying various forms of municipal governments. We have met with members from almost every town board in Norwell, including the Council on Aging, one or more times for input. We have also met with various experts in the area of municipal government.

Based on our research, we determined that given the increased complexity of government regulations, fiscal challenges and a litigious society, certain changes in the structure of Norwell town government are needed. Norwell has a budget of approximately \$40,000,000. Revisions to the existing Charter, among other issues, will increase the clarity and accountability needed to efficiently operate our municipal government.

A town charter determines the structure of our town government. It matters. This proposed charter revision would be the first major change to Norwell's charter in forty years. Therefore, our committee wants citizens to have the opportunity to study the proposals prior to voting on the proposal at May Town Meeting. We will be holding 3 meetings open to all interested Norwellians. They are as follows:

- Thursday, May 5 at 10 am in the Osborne Room at Norwell Town Hall
- Thursday, May 5 at 7:30 pm in the Little Theater at Norwell High School

There is also information available online at [www.townofnorwell.net](http://www.townofnorwell.net). Go to Boards and Committees and then to the Government Study Committee.

**EAT THIS, STAY SHARP**

Glorious blueberries, sweet acai berries, luscious strawberries—new research shows they may boost your aging brain.


As we get older, damaged cells accumulate in the brain, which can lead to age related diseases such as dementia, Alzheimer's and Parkinson's. That's where berries come in. Polyphenols which give berries their deep red or blue hue, activate proteins that "clean up" damaged cells, breaking down and recycling the toxic chemicals linked to age-related mental declines, says study author Shibu Poulose, Ph.D. a molecular biology with the U.S. Department of Agriculture's Human Nutrition Research Center of Aging in Boston.

These berried treasures do more than help your mind. Blueberries rank first among fruits for their antioxidant powers, strawberries are tops in vitamin C and the acai berries contain high levels of omega-6 and 9 fatty acid, thought to play a role in cardiovascular health, says nutritionist Robyn Webb, food editor of Diabetes Forecast magazine. So, ready to increase your berry intake? Add them to cereal, puree them into sauces or just eat them fresh

*Source - Monica Bhide, AARP Magazine*

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## NORWELL RECYCLING COMMITTEE 2ND ANNUAL SPRING CLEAN UP

Spring is here and with it comes spring-cleaning, which often means discarding no longer used items. The Norwell Recycling Committee is sponsoring its 2nd annual Spring Clean Up Collection to encourage recycling and the reuse of gently used items. It will take place on Sat., May 7<sup>th</sup> from 9 a.m. to 1 p.m. at the Recycling Center to the rear of the Sparrell/Middle School complex.

The following organizations will participate:

### **Big Brother Big Sister Foundation**

Children's and adult's clothing, (any season) and household items (bagged or boxed) shoes, toys, games. Large plastic toys cannot be accepted. Reselling of items to thrift stores across the United States helps fund the work of Big Brother Big Sister mentoring programs across Eastern Massachusetts.

### **Got Books**

Collects any kind of book -hard cover or paperback, CDs, DVDs, videos, audio books and records so that they can be reused and kept out of the trash.

### **Shred King**

NAID (National Association for Information Destruction) certified. Papers to be shredded for personal security – collected and stored in secure bins on site. Truck will pick up the secure bins to transport to Rockland plant for shredding. RESIDENTIAL only- 2 "banker boxes" at no charge- \$10 per additional box.

### **Cell Phones for Soldiers**

Used cell phones are sold to a company that recycles them. The money from sale of phones is used to purchase calling cards that are sent to soldiers.

### **Sullivan Tire**

Used rimless tires will be accepted up to a limit of one truckload. When the truck is filled, no more tires can be collected, so it will need to be operated on a first come, first served basis.

### **The Paint Exchange**

Recycles LATEX paint that would otherwise go to waste or end up in landfills. Corroded paint cans

and paint with mold or mildew, foul odor, solidification, curdling, or skimming cannot be accepted.

### **Lions Recycle for Sight**

Used eyeglasses are cleaned, sorted by prescription strength, packaged and distributed to people in need.

The Norwell Recycling Center will be open from 9 a.m. -1 p.m. to accept white goods (used appliances), TV's, computers, metals (swing sets, auto parts, lawn and office furniture, bikes, lawn mowers, propane gas grill tanks, etc.), grass clippings, leaves, and brush. There is a \$10 charge for refrigerators, freezers, air conditioners, TV's, microwaves, and computer monitors. They will be open to collect hazardous waste; oil-based paint, varnish, stains, and used motor oil from 1 – 4 p.m.

For more information or to volunteer call Marge Dorney at 781-878-4278.

### **MEDICATION DISPOSAL**

Many people have medications at home that they no longer use. They may be expired, over-the-counter medications purchased for one-time-use or left over from a previous prescription. If you're not using this medication, you should get rid of it. But how? Many people will flush medication down the toilet; however trace levels of many medications have been detected in water sources, having traveled there through the entire waste water treatment process. Even at low concentrations, some of these chemicals can impact fish and other aquatic wildlife such as shellfish. So, DON'T FLUSH! Two alternatives are available.

- Take medications to a local police station that participates in a medication take-back program. Quincy, Braintree, Milton, and Weymouth have "MedReturn" kiosks in their lobbies where medications in their original containers or clear plastic bags can be dropped off for disposal.
- Mass DEP suggests disguising medications so they become undesirable to animals or other scavengers, and then putting them out with your trash (NOT recycling). They recommend adding water or soda to pill bottles, and taping them shut, or for liquids, adding inedible material such as coffee grounds or kitty litter.

Either way, the medication stays out of our water system.

## SUMMER NEWS

### COA SUMMER HOURS BEGIN JULY 5

Here are the summer hours for the COA.

- Monday - Thursday: 8:30 a.m.- 5:00 p.m.
- Friday: 8:30 a.m.– 2:30 p.m.

We welcome you to stop by and visit.

### LAST CLASSES FOR SUMMER BREAK

Some of our regular weekly classes will end in June for summer break. Here are the last sessions for the following programs;

- Art class on June 21
- Exercise class on June 24
- Quilting on June 17

**Note:** *Quilting will be offered on limited days this summer. Call the COA office for details.*

We look forward to seeing you again in the Fall.

### GET READY FOR THE BOYS OF SUMMER!

Don't miss our 4th annual "Take Me Out to the Ballgame" event on July 28 with the Red Sox vs. Kansas City Royals. Game time is 1:35 p.m. and we'll cookout have some favorite baseball treats. Don't forget to wear your Red Sox gear!



### SUMMER BOOK CLUB SELECTIONS

The Book Club will continue to meet this summer at 1:00 p.m. The summer selections include;

Jul. 11 - *An Irish Country Doctor* by Patrick Taylor

Aug. 1 - *Saying Grace* by Beth Gutcheon

If you enjoy reading, we hope you will join us. For more information, call the COA office at 781-659-7878.

### BEAT THE HEAT AT THE COA

As the temperature start to rise, drop by the senior sent to beat the heat! Join us on weekdays for coffee, conversation or just to say hi. It's a great chance to catch up with old friends or meet some new friends. If you experience any trouble related to the heat, please be sure to call our office at 781-659-7878.

### STAY COOL DURING SUMMER WEATHER

The Executive Office of Elder Affairs advises elders to enjoy the summer weather but take careful precautions during extremely hot weather. Here are a few tips for keeping comfortable and safe:

- The best liquid to drink during hot, humid days is water. Drink plenty of water, even if you are not thirsty, in order to stay hydrated. Avoid drinks with caffeine and alcoholic beverages which will dehydrate your body;
- Eat cold foods such as sandwiches and salads. Fresh fruits and vegetables are also another way to keep hydrated.
- Wear a hat with a wide brim and loose fitting, lightweight and light colored clothing, such as linen and cotton. Materials such as rayon and polyester tend to trap heat close to the skin.
- If you don't have air conditioning, lower shades, blinds, or close drapes on the east side of your home during the morning hours and the west side during the afternoon. This will help keep your home or apartment cool. Use a fan in the rooms where the windows are covered.
- Slow down and avoid strenuous activity on a hot day, particularly Noon - 3pm, when the sun is at its peak.

If you need help call the COA at 781-659-7878.

### CLIP & SAVE SUMMER CALENDAR SNAPSHOT

Additional programs may be added, so watch the Mariner or check out our website. Please call the COA office at 781-659-7878 with any questions.

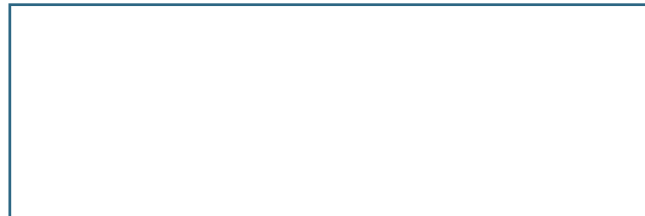
- July 4 - Office Closed for 4th of July
- July 11, 9:45 - Quilling
- July 11, 12:30 - Cookout at the COA
- July 11, 1:30 - Book Club
- July 18, 12:45 - Movie Monday "The Proposal"
- July 28, 1:35 - "Take Me Out to the Ballgame" (Red Sox vs. Kansas City Royals )
- Aug. 1, 9:45 - Quilling
- Aug. 1, 1:00 - Book Club
- Aug. 16, 9:45 - Quilling
- Aug. 18, 1:00 - Cookout @ COA
- Aug. 29, 9:45 - Quilling
- Aug. 29, 12:45 - Movie Monday "Secretariat"
- Sept., 6 - Regular hours resume

## MAILING COURTESY OF THE "FRIENDS" OF THE NORWELL COUNCIL ON AGING

COUNCIL ON AGING  
293 PINE STREET  
P.O. BOX 699  
NORWELL, MA 02061

**Inside find:**

Director's Note, pg. 1  
Outreach News, pg. 2  
Pen Pal Photos, pg. 3  
What's Happening, pgs. 4 & 5  
Calendars, pgs. 6 & 7  
Community News, pgs. 8 & 9  
Recycling News, pg. 10  
Summer News, pg. 11

**DON'T MISS...****Town Meeting - May 9****MEMORIAL DAY CELEBRATION**

Please take some time to honor our veterans and loved ones at Norwell's annual Memorial Day Celebration. All veterans are invited to march in Norwell's annual Memorial Day Celebration on Mon., May 30. The parade participants will meet at the corner of Main & Lincoln Streets at 10:00 - 10:30 a.m. The parade begins at 10:30 a.m. and marches to Veteran's Common in the center of town. The remembrance program will last approximately 45 minutes. Rain, greater than a sprinkle, will cancel the event.

**NEWSLETTER REMINDER**

Newsletters are not mailed during July and August, but we will continue to post any news on the Council on Aging calendar at [www.townofnorwell.net](http://www.townofnorwell.net) and in the local newspapers. Feel free to stop by to visit or come learn more about summer events. If you'd like to receive your newsletter via email, please call the office at 781-659-7878

**LOCAL FARMERS MARKETS**

Local Farmers Markets will soon be open for the season. For specific dates please visit [www.ediblesouthshore.com](http://www.ediblesouthshore.com).

- **Hingham**  
Wed., 10:00 a.m.—2:00 p.m.  
Sat., 10:00 am - 2:00 p.m.  
Bathing Beach Parking Lot  
[www.hinghamfarmersmarket.org](http://www.hinghamfarmersmarket.org)
- **Cohasset**  
Thurs., 2:30 pm to 6:30 p.m.  
Cohasset Common, Main St
- **Duxbury**  
Wed., 12:30 pm – 4:30 p.m.  
Tarkiln Community Center Grounds, Route 53
- **Hull**  
Fri., 3:00 pm – 7:00 p.m.  
Nantasket Ave., between Bay and Edgewater
- **Marshfield**  
Fri., 2:00 pm - 6:00 p.m.  
Marshfield Fairgrounds, Rt. 3A  
[www.marshfieldfair.org/fm.htm](http://www.marshfieldfair.org/fm.htm)