
The Prime Times

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

NOVEMBER / DECEMBER 2011

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

DIRECTOR'S MESSAGE

It is always difficult to get going with a message to get out to the community of Norwell. A message with definitions such as interesting, enlightening, makes you smile, makes you think. Regardless, it is important to get "a" or "some" word out to the public. Another addition to the "Directors Message" is to make it relative to one's world, life, action, family and friends.

Thus, is the message getting out? Is it truly a way to accomplish something new or different? All of us here at the COA truly strive to assist one in finding or making a better world or place; if only for an afternoon or a morning class or project or supporting one in staying independent and living within their own home. All I know is this time of year offers a chance for choice. "Do I wish to stay in because of..." or "I am going to let those leaves go this year..." or "I just don't want to face the cold?" The choice for us all is to do what we think is best for us. Once something has presented itself, shouldn't we jump on it if possible or do we just think about it???

November and December can give us all wonderful choices. It is probably the best time of year because it can offer so much. Beautiful colors, smiling faces, hot cider, watching grandchildren play and grow or getting your home ready for the upcoming holidays. I know, the weather can put a damper on things, but we all do our best and that is what matters.

So, this time of year gives us all the opportunity to be with family, friends and neighbors. No other time can offer that which is so important. It is giving and receiving and the meaning behind it. It is

checking on your neighbor(s), or calling family to see how they are doing; it is a time to gather and allow the spirit of the holidays to come to you.

You will notice within this newsletter articles relative to this time of year. If anyone needs to be contacted or chooses to call, please do. Enjoy the time ahead.

Rosemary O'Connor
Director

VETERAN'S DAY OBSERVED NOV. 11TH

Please take a moment to remember all those who served our country, are currently serving and those who have fallen in the line of duty, to help preserve our freedom. We humbly thank them all.

GIFT CARD DONATIONS

Many people give very generously during the holiday season. This year, as you think about your giving, please consider donating gift cards to the COA for local grocery stores such as Stop & Shop, Shaws and Hannafords and retailers like Walmart or Target. These are used throughout the year to help support seniors and families in need. Your generosity is greatly appreciated.

IMPORTANT PROGRAM REMINDER

With the expansion construction at our facility, there may be times when a program must be moved to an alternate location or rescheduled. If you are interested in participating in a program, it is important that you call our office to sign up and provide your phone number. This will allow us to contact you if there are any changes or cancellations. Thank you for your understanding.

OUTREACH NEWS

FUEL ASSISTANCE BEGINS NOV. 1

The state/federal Fuel Assistance Program, operated and administered by the South Shore Community Action Program (SSCAP), begins Nov. 1, 2011 through April 30, 2012. The program is open to the community and the Norwell Council on Aging is the agent for the town of Norwell. The income guidelines for fuel assistance are within the following range:

Household of 1: \$10,890 - \$31,218
 Household of 2: \$14,710 - \$40,824
 Household of 3: \$18,530 - \$50,429
 Household of 4: \$22,350 - \$60,035
 Household of 5: \$26,170 - \$69,641

Applicants are required to provide the following information for all family members aged 18 and older;

- Identification
- Social Security numbers for all household members
- Proof of all income for everyone age 18 or older in the household. This includes such items as employment pay stubs, social security letter, IRA or pension plan disbursements, checking account direct deposit information and any other form of income.
- Copies of heating, electric and phone bills.

All information is kept strictly confidential. For a fuel assistance appointment or if you have any questions about the program, please contact Norwell COA Outreach Coordinator, Diane McCarthy, at 781-659-7878.

SNOW SHOVELING & PLOWING

Winter will soon be upon us and that means snow! Again this year, we are preparing a list of individuals available for snow shoveling. We are also compiling a list of snow plow companies. Please call the COA office at 781-659-7878 for more information.

VOLUNTEER DRIVERS NEEDED

Volunteer drivers are needed to assist with home delivered meals as well as transportation to medical appointments and errands for Norwell seniors. Anyone interested should contact the COA office at 781-659-7878

LONG TERM CARE OMBUDSMAN

Life in a nursing or rest home is not always easy. Many residents are alone, and feeling powerless. A Long Term Care Ombudsman is an advocate for residents living in long term care facilities. Ombudsmen offer a way for residents and their loved ones to voice their complaints and have their concerns addressed so that residents can live their lives with dignity and respect. Ombudsmen volunteers and staff are certified by the State and visit nursing and rest homes on a regular basis.

Each nursing home or long term care facility has a Ombudsman. If you or someone you know have any concerns about a long-term care facility you should contact the facility Ombudsman directly. You can also contact South Shore Elder Services at 781-848-3910 for more assistance.

As we head into the winter months here are some resources to help with heating and energy costs.

Catholic Charities Thrifty Pilgrim	Food, Utilities, Rent, Heat & mortgage	508-746-6133
Citizens Energy (Joe 4 Oil)	Non-fuel assistance	866-427-9918
Department of Telecommunications & Energy (DPE)	Bill disputes	800-760-0200
Elder Services Advocacy		800-882-2003
Pilgrim's Hope	Food, shelter, holiday assistance, furniture & clothing, when able - rent & mortgage	781-582-2010
Salvation Army Corps.	Non-fuel assistance clients - heat, utilities & rent	508-746-1559
St. Vincent DePaul	Utilities, heat, rent & mortgage	508-746-4926
Mass Save	Energy audits, non low income & non-fuel Assistance clients	800-632-8300

WHAT'S HAPPENING

BREAKFAST ON THE 9'S

Mark these dates on your calendar to meet Rosemary for breakfast at 9:00 a.m. on Wed., Nov. 9, at the Omelet Factory in Pembroke. Call the COA office at 781-659-7878 to sign up.

LEGAL EASE - Ask the Lawyer!

Local attorneys are available for 45-minute complimentary consultations at the senior center. Clinics are for general information and guidance with appropriate referrals made if necessary. During the holiday season, clinics will be held on the following dates;

- Wed., Nov. 16. 1:30 - 4:30 p.m.
- Wed., Dec. 14. 1:30 - 4:30 p.m.

Call the COA office at 781-659-7878 to schedule an appointment. All consultations are strictly confidential. Please remember that these professionals volunteer their time. If you are unable to make your appointment, please call to let us know.

COLE SCHOOL LUNCH SCHEDULE

Due to the holidays, lunch at Cole School will be held earlier in the month than usual. We'll be going to Cole School on Thursdays, Nov. 17 and Dec. 8, at 1:30 p.m. The cost of lunch is \$3.75. If you'd like to sign-up for lunch, please call the COA office at 781-659-7878. Don't miss the best kept secret in town!

UPCOMING BOOK CLUB SELECTIONS

The Book Club meets the first Monday of each month, unless otherwise noted in the calendar. Here is a list of the upcoming book selections.

Nov. 7 - "Knit the Season" by Kate Jacobs
Dec. 5 - "The Christmas List" by Richard Paul Evans

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

"LUNCH ON THE ROAD"

Join us for "Lunch on the Road on Fri., Dec. 2, at Longhorn Steak House at 1:00 p.m. Please call the COA office at 781-659-7878 for dates and to reserve your space. Transportation is available.

SOCIAL SECURITY FOR SENIORS

Join Kristen Alberino from Social Security Administration on Mon., Nov. 28 at 1:30 p.m., to discuss the history of Social Security programs, Social Security in society, how you qualify, what is available, how SSA determines a cost of living increase, and the future of Social Security. Call the COA office at 781-659-7878 to sign up for this informative session.

SENIOR TO SENIOR

National Honor Society students from Norwell High School needs senior volunteers to be interviewed for an intergenerational project. During the school year, students need to learn about the history of Norwell, world events and how life has changed over the decades. They will then be asked to prepare a presentation. If you are interested in being a part of this educational program, please contact the COA office at 781-659-7878.

RELAX FOR THE HOLIDAYS

Feeling stressed with all the holiday pressure? Come enjoy a relaxing induction, learn self hypnosis techniques and discuss triggers for holiday stress. Join Joanne Campbell, Certified Consulting Hypnotist and member of the National Guild of Hypnotists since 1996, on Mon., Dec. 12 at 1:30 at the senior center. The program runs 1.25 hr. and costs \$5.00. To register, call the COA office at 781-659-7878.

MBTA CHARLIE CARDS AVAILABLE

First-time senior customers (65+) can apply for an MBTA senior CharlieCard ID at the Norwell Council on Aging on Thurs., Dec. 1 at 9:30 - 10:30 A.M. Proof of age is required. CharlieCards are prepaid and allow reduced fares on MBTA subways, buses and commuter rail lines. For seniors who need to renew a CharlieCard, you can do so by contacting the MBTA Reduced Fare office at 617-222-5976.



HEALTH & WELLNESS

MEDICARE ENROLLMENT - DON'T BE LEFT OUT!

Open enrollment for Medicare Advantage and Drug Plans is Oct. 15 through Dec. 7. Early preparation is key, so what should you do first?

Review your prescription drug and health insurance needs. By September 15th, see your physician and review your medications! Check for: contraindications, possible use of generics, and whether you can eliminate unneeded medications. Is your health insurance the right plan? Do you have additional costs or restrictions that are problematic?

Prevention is the best medicine! While at the doctor's, review preventive services under Medicare and sign up for the annual (free) wellness visit.

Understand the plan changes. By October 1st, you should receive the 2012 "Medicare and You" handbook. Review the changes at the back of the guide or go to www.medicare.gov! For help understanding your options, contact HESSCO Elder Services at 1-800-243-4636 (press 3) and ask for a Medicare Drug Plan form. Once you receive the form, contact the Norwell COA at 781-659-7878 to make an appointment with the S.H.I.N.E. Counselor.

It is important to note the while the Commonwealth of Massachusetts has recognized same-sex marriages since 2004, same-sex spousal benefits for federal programs such as Social Security and Medicare do not apply.

NOVEMBER IS ALZHEIMER'S AWARENESS

November is Alzheimer's awareness month. Worldwide it is estimated that about 16 million people have Alzheimer's disease, 4.5 million of them are Americans. For every person with Alzheimer's there is often at least one other person who directly cares for them and a host of healthcare & social workers, advocates, volunteers and support workers in the background. With so many people directly or indirectly affected by Alzheimer's it is good that a time of year is set aside to promote awareness. Please join us for our upcoming memory related programs!

BRAIN AEROBICS

Even our brains need exercise! Joanne Campbell returns to Norwell COA on Mon., Nov. 14 at 1:30 for this exciting program. This is a singing medication yoga exercise that helps with memory and cognitive functioning. This session includes a lecture, experiencing 12 minutes exercise and group discussion. All are welcome and no perfect voice required. 45 mins. \$3.50. led by Joanne Campbell, Certified Consulting Hypnotist and member of the National Guild of Hypnotists since 1996. To register, please call the COA office at 781-659-7878.

HEALTH & FUN STRATEGIES FOR MAINTAINING YOUR MEMORY

Nate Murray, LICSW and Kim Griffin, LSW of Visiting Angels provide a fun presentation for elders and their family members, including tips to improve your memory, how dancing can keep you fit and what foods may improve your memory. Join us on Thurs, Nov. 10 at 1:30 p.m. Be prepared to get up and move! To register, please call the COA office at 781-659-7878.

A DEMENTIA FAMILY FORUM

When a diagnosis of Alzheimer's is given, the whole family needs care and the information to make care-giving easier. Join Beverly Moore, RN, MA, CS, and Michelle Wyman LSW of StilMee, to learn how dementia changes the brain and behavior. Learn how to respond to those changes in a helpful way and stay in relationship with your family member. This informative session will be held on Mon., Nov. 7 at 6:00 p.m. at the senior center, located at 293 Pine St. To register for this program, please call the COA office at 781-659-7878.

Beverly is the author of "Matters of the Mind and the Heart" and founder of StilMee, Alzheimer's Coaching Services. With more than 40 years experience teaching and training she brings practical "how to" information on dementia care for families. Michelle is a Licensed Social Worker and Alzheimer's Coach with 30 years of experience working with elders and their families.

Looking for more information about Alzheimer's? Visit the Alzheimer's Association at www.alz.org/mahn for the Massachusetts/New Hampshire Chapter or call 617.868.6718. This website is a wonderful resource and also includes educational information on teaching children about Alzheimer's.

November 2011
Norwell Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Hanover Mall 10:30 Life Changes Group 10:00 Art Class 11:00 Tai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	2 10:00 Grocery Shopping 1:00 Cribbage 1:30 Bingo @ Norwell Gardens	3 12:30 Lunch @ COA	4 9:30 Exercise
7 10:00 Quilling 12:30 Lunch @ COA 1:30 Book Club "Knit the Season" 6:00 Dementia Family Forum	8 9:30 Bank 10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	9 9:00 Breakfast @ Omelette Factory 10:00 Grocery Shopping 1:00 Cribbage 1:30 Bingo @ Norwell Gardens	10 10:00 Veteran panel @NHS 10:30 Glucose Screening 11:00 Blood Pressure Clinic 12:30 Lunch @ COA 1:30 Healthy Brain	11 VETERAN'S DAY Office Closed
14 9:30 Coffee Hour @ Norwell Gardens 12:30 Lunch @ COA 1:30 Brain Aerobics 5:30 COA Board Meeting	15 10:00 Hanover Mall 10:00 Art Class 10:30 Life Changes Group 11:00 Tai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	16 10:00 Grocery Shopping 11:00 Blood Pressure @ N. Gardens 1:00 Cribbage 1:30 Bingo @ Norwell Gardens 1:30 "Legal Ease"	17 10:30 Creative Writing 1:30 Lunch @ Cole School	18 9:30 Exercise 1:00 Quilling
21 9:00 Friends Bake Sale @ Town Hall 12:30 Lunch @ COA	22 10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	23 1:00 Cribbage 1:30 Bingo @ Norwell Gardens	24 HAPPY THANKSGIVING Office Closed	25 Office Closed
28 10:00 Quilling 12:30 Lunch @ COA 1:30 Social Security Presentation	29 10:00 Hanover Mall 10:00 Art Class 10:30 Life Changes Group 11:00 Tai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	30 10:00 Grocery Shopping 1:00 Cribbage 1:30 Bingo @ Norwell Gardens		



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

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

**December 2011
Council on Aging**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 MBTA Cards 12:30 Lunch @ COA	2 9:30 Exercise 1:00 Quilting 1:00 Lunch @ Longhorn Steakhouse
5 10:00 Quilting 12:30 Lunch @ COA 1:30 Book Club "The Christmas List"	6 10:00 Hanover Mall 10:00 Art Class 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	7 10:00 Grocery Shopping 1:00 Cribbage 1:30 BINGO @ Norwell Gardens	8 10:30 Glucose Screening 11:00 Blood Pressure Clinic 1:30 Lunch @ Cole School	9 9:30 Exercise 1:00 Quilting
12 9:30 Coffee @ Norwell Gardens 12:30 Lunch @ COA 1:30 Relax for the Holidays 5:30 Board Meeting	13 10:00 Hanover Mall 10:00 Art Class 10:30 Life Changes Group 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	14 10:00 Grocery Shopping 12:30 Red Hat Luncheon 1:00 Cribbage 1:30 BINGO @ Norwell Gardens 1:30 Legal Ease	15 10:00 Creative Writing 12:30 Lunch @ COA	16 9:30 Exercise 1:00 Quilting
19 10:00 Quilting 12:30 Lunch @ COA	20 10:00 Hanover Mall 10:00 Art Class 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	21 1:00 Cribbage 11:00 Blood Pressure @ N. Gardens 1:30 BINGO @ Norwell Gardens	22 12:30 Lunch @ COA	23 9:30 Exercise
26 MERRY CHRISTMAS Office Closed	27 10:00 Hanover Mall 10:00 Art Class 10:30 Life Changes Group 11:00 T'ai Chi @ Norwell Library 1:00 Mah Jongg 1:30 Poker	28 1:00 Cribbage 1:30 BINGO @ Norwell Gardens	29 12:30 Lunch @ COA	30 9:30 Exercise



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

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

FRIENDS NEWS

WHO ARE THE FRIENDS OF NCOA?

The "Friends of the Norwell Council on Aging, Inc." is a non-profit group that helps support the Council on Aging's efforts within the community. Through the "Friends," support is provided in the following ways;

- Supporting seniors in financial distress.
- Preparing and mailing the bi-monthly newsletter.
- Sponsoring special meals and events.

In these difficult times when household expenses continue to escalate and many seniors struggle to afford the basic necessities of life, the COA and the programs offered at the senior center keep these seniors connected.

The Friends will kick off the Annual Membership drive in January. Watch your newsletter for more information. Call the COA office at 781-659-7878 with any questions.

BAKE SALE

Do you need goodies for Thanksgiving or a holiday party? The Friends of Norwell COA, Inc. will hold a bake sale on Mon., Nov. 21, beginning at 9:00 a.m. The sale will take place in the Osborn Room at Norwell Town hall. Don't miss out on all of the tasty treats and gift baskets!

PENNIES WITH A PURPOSE

Thank you to everyone who generously donated pennies to our cause! To date we've collected \$273. Our goal is \$400 to purchase a new commercial coffee system. Pennies are still welcome. Dig in those drawers, nooks and crannies and bring us your pennies! The Friends also have a "Penny Pincher" squad that will come to your home, if you are unable to bring your pennies to the center. Feel free to drop off those excess pennies to the senior center or call 781-659-7878 for more information.

YOU COULD WIN \$1,000!

The Friends are holding a 2nd Annual Holiday raffle. So how does it work? Purchase a raffle ticket for \$25 and you'll be entered into a drawing to win \$1,000. Only 100 tickets will be sold! Buy one or more for yourself or share the cost with a friend or family member. Proceeds will support any addi-

tional furnishings not covered by renovation costs. Drawing will be held on Thurs., Dec. 15. Buy your ticket while they're still available! For more information call 781-659-7878.

HILLIARDS CANDY BARS

The Friends of Norwell COA Inc., are selling Hilliard's candy bars for \$2. Proceeds support the building fund. Stop by the senior center for a sweet treat!

DON'T MISS THE OIL PAINTING RAFFLE

Looking for a unique gift for the holidays? Local artist and instructor, Ann McLeod donated an oil painting "Scene of Lower Cape Cod" to be raffled by the Friends. The painting is valued at \$350. Tickets are \$2 each or 3 for \$5. Contact the COA at 781-659-7878 for ticket information. The winner will be drawn on Nov. 21 at the bake sale.

RED HAT YANKEE SWAP

The Red Hat group will meet at the senior center on Wed., Dec. 14 at 12:30 p.m. for a pot luck luncheon and Yankee Swap. Anyone interested should call the COA office at 781-659-7878 and leave a message for Maureen Melanson.

LOCAL SUPPORT GROUPS

The holidays can be a particularly difficult time for those who are caregivers. Here is a list of some local caregiver support groups.

Caregivers of Parkinson Support Group

4th Monday @ 10:30

3rd Tuesday at 7:00 P.M.

Hingham Elder Services, 224 Central Street 781-741-1458

Family Caregiver Support Group

2nd Tuesday at 7 p.m.

Marshfield Council on Aging, 230 Webster Street 781-834-5581

Caregiver Support Group

2nd Thursday at 1:30 P.M.

3rd Thursday at 6:30 P.M. with Norwell VNA

Duxbury Senior Center, 10 Mayflower Street, 781-934-5774

Caregivers Support Group

3rd Wednesday at 12:30 P.M.

Scituate Senior Center 27 BROOK STREET (781) 545-8722.

Caregivers of Early Stage Alzheimer's Support Group

3rd Wednesday at 10:30 A.M.

Village at Proprietor's Green, 10 Village Green Way, Marshfield

COMMUNITY NEWS

PEN PAL PROGRAM RETURNS

The Pen Pal program is back for the fourth year, this year with Mrs. Linda Joy's 3rd Grade Students at Norwell's Cole Elementary School! The program kicks off in March 2012. We are still looking for 12 women and 12 men to participate in the program. This is a great opportunity to help the class with it's community studies curriculum and meet some wonderful children. At the end of the program, seniors and students will meet at a luncheon. Please call the COA office at 781-659-7878 by January 31, if you're interested in being a part of this exciting program.

SINGLE STREAM RECYCLE REMINDER

Just over one year ago, Norwell adopted the "single-stream" approach for recycling. This method allows all recyclable materials to be collected together; we no longer need to separate the papers from the plastics/glass/metal. Single-stream recycling stickers are available at the Board of Health office in Town Hall. These stickers can be placed on any container you choose to collect your recyclables. Some people continue to use the green bins, while others have purchased conventional trash cans to store recyclable items. Additionally, we've gone an entire year with weekly curbside recycling, (hopefully) lessening the burden of moving our recycling bins to the street. Rough numbers indicate that recycling has increased slightly over the year (~23% of the total weight collected by our contractor is recycling compared with ~21% last year), however our town-goal is closer to 50%. For every ton we recycle, we remove that tonnage from our waste stream resulting in a lower cost for the town, which directly impacts our taxes. Bottom line: recycling makes sense both environmentally and fiscally. Remember to put out your recyclables every week, but you can forget about sorting the paper from the plastics!

DANIEL WEBSTER ESTATE VICTORIAN CHRISTMAS DESIGNER SHOW HOUSE

Kick off the holiday season with a visit to the Daniel Webster Estate, located at 238 Webster St. in Marshfield. This 1880 Queen Anne-style Victorian mansion, listed on the National Register of Historic Places, will have 13 rooms decorated in the theme of historic Christmas. Tickets are avail-

able at the door, \$8 for seniors and \$10 for the general public. The dates are Dec. 3 through 11 from 11 a.m. to 4 p.m. Evening hours are 7 to 9 p.m. Dec. 6 through 8th. For more information visit www.danielwebsterestate.org.

THANKS TO THE GREAT DAMES!

Our thanks to COA members for making the comfort doll project a huge success. The original purpose of "the Great Dames of Norwell" was to make dolls for the children in Iraq and Afghanistan, but soon they were sending dolls to Haiti, Uganda and other African countries.

In addition to a little over 2000 comfort dolls, 200 premie hats, and dozens of lap robes were donated to local hospitals. Donations of yarn from our COA members made it all possible. Thank you!

Comfort dolls are still needed! Great Dames who wish to continue making the dolls should leave them in the COA office for Shirley.

The "Great Dames of Norwell" included Shirley Baer, Susan Balisle, Claire Dalco, Dorothy Dwyer, Lucy Frazer, Rita Gerwig, Betty Keene, Caroline Lacroix, Elaine Larsen, Darlene Lewis, Terry Lunny, Carolyn Maclellan, Maureen Melanson, Ellie McCann, Barbara Osborne, and Molly Schwartzbeck.



SNOWFLAKE FESTIVAL

Church Hill United Methodist Church will hold their annual Snowflake Festival on Sat., Dec. 3, 9:00 A.M. to 2:00 P.M. in Fellowship Hall. The church is located at 11 Church St. Come check out the greens table, gift baskets silent auction items, baked goods, art and antiques, Grandpa's basement, jewelry and caricatures and more! This is a rain or shine event.



DON'T FORGET TO FALL BACK!

Be sure to turn your clock back one hour on Sun., Nov. 6 at 2:00 a.m.



THE DAY PROGRAM: A STEP IN THE RIGHT DIRECTION By Beverly Moore

Much of what is needed in working well with someone with a memory disorder is counter intuitive. In a healthy relationship, people share plans, solve problems by discussion and ask each other's opinion on just about everything. These communication skills are not helpful in Alzheimer care because of the Alzheimer person's anxiety at not being able to retain and process what is being told. It is important therefore, to help reduce the anxiety by developing new communication skills.

Take deciding on an adult day health program, for example. Ask people with Alzheimer's if they want to go and they will most assuredly say "No." Then where does the conversation go? Nowhere.

People with Alzheimer's say no to anything they don't understand. They're afraid of failing whatever will be expected of them. So, the transition must be carefully planned out in advance of the person with a memory disorder becoming part of the plan.

The staff at the day center, for example, can ease getting the person there with a friendly, engaging greeting.

Elders have come to life again in a good day program. A day program is not a first step toward a nursing home. It is actually just the opposite. A senior day program, with it's social and creative

stimulation, can delay nursing home placement, so it is a step in the right direction. The progression of dementia is delayed when the person is engaged with others in meaningful activity, given an opportunity for creative endeavors and appreciated as a unique person of words.

Providing this at home is a daunting task for family members. People at adult day centers are trained to fill the day well. They choose the work they do because of their love for elders. If a senior day program is an option, make this the month to visit a few.

Beverly Moore, RN, CS. is owner of StilMee, the leader in Alzheimer coaching and the author of "Matters of the Mind... and the Heart, Meeting the challenges Alzheimer care." She can be reached at Beverly.Moore@StilMee.com or at (617) 328-3440. Also visit her blog at www.StilMeecoach.blogspot.com


Here are some local programs to consider.

- **The Intermissions Program**
Duxbury Senior Center
10 Mayflower Street, Duxbury, (781)934-1100 x 107
- **CareWell Adult Day Treatment Center**
141 Longwater Drive, Norwell (339) 788-9635
<http://carewelladulday.com/>
- **Harbor House Adult Day Health Center**
11 Condito Road, Hingham, 781-749-4774, x 842

Note: The Norwell COA provides resource referrals, but cannot endorse specific programs.

PLEASE SUPPORT THESE ADVERTISERS, THEY MAKE OUR NEWSLETTER POSSIBLE

727 Main Street, Norwell, MA, 02061



781.659.4411

*Over Forty Years' Experience on the South Shore
Specializing in Period and Exceptional Properties.*

SOUTHWOOD
at Norwell Nursing Center




501 Cordwainer Drive
Norwell, MA 02061

- Long Term Dementia Care
- Full Rehabilitation Services

(781) 982-7450

New England
Burials at Sea LLC



*"...And when you look at the water,
you will always see me."*

Beautiful, Memorable, Respectful & Affordable
Available Year-round. Serving Coast to Coast.
www.NewEnglandBurialsAtSea.com (877) 897.7700

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 Condito Rd, Hingham, MA

FULLY INSURED • FREE ESTIMATES

PETER RICCIARELLI
INTERIOR & EXTERIOR
PAINTING & WALLPAPERING
DECORATING
781-331-8948 • 781-447-6737

PLEASE SUPPORT THESE ADVERTISERS,
THEY MAKE OUR NEWSLETTER POSSIBLE

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:

- Outreach News, pg. 2
- What's Happening, pg. 3
- Health & Wellness, pg. 4
- Calendars, pgs.5 & 6
- Friends News, pg. 7
- Community News, pg. 8
- "Day Program", pg 9
- Holiday News, pg. 10



If you don't want to receive this newsletter or prefer to receive it via email, PLEASE call the COA office at 781-659-7878 .

HOLIDAY NOTES FROM ROSEMARY

On behalf of the Council on Aging Board, I wish to salute our veterans for their honor and their sacrifice. Remember November 11, 2011.

With Thanksgiving and Christmas holidays fast approaching, all of us here at the COA wish you and your family and friends a wonderful season.

As for all the staff and volunteers here at the COA, please know that what you do makes everything so much easier. Please accept my appreciation for all your efforts and time. We couldn't do it without you!

THANKSGIVING OUTREACH

The COA will deliver home-cooked turkey dinners to older Norwell residents on Thanksgiving Day. We are looking for individuals who are interested in receiving a meal and also those who will help by preparing an extra meal for delivery. For more information, please call Rosemary or Diane at 781-659-7878.

HOLIDAY GIVING

Every year, the COA works with members of the community, to support and reach out to those who could use a little extra help during the holidays. If you would like to support our endeavors, could use a helping hand yourself or know someone who needs assistance, please call Rosemary or Diane at 781-659-7878.

CHRISTMAS DINNER AT CHURCH HILL

Church Hill United Methodist Church, located at 11 Church Street, Norwell, invites singles, couples and families to a Christmas Day Dinner. Gathering time for refreshments is Noon and a turkey dinner will be served at 12:30 p.m. The dinner is free and transportation is available. Volunteers are welcome. Reservations must be made before Sunday, December 18, by calling Gail at 781-545-1666 or Melissa at 781-826-4763. Join them for some great fun and fellowship.

