

The Prime Times

DIRECTOR
OUTREACH
PROGRAMS

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293 Pine St, Norwell, MA 02061

DIRECTOR'S MESSAGE

I have a heck of a time just realizing the Holidays have come and now gone. Just think how you feel when it hits a new year. I'm sure I felt the same way about 2014. It always seems to enter in so fast. Speaking of 2014, I found a list of "most searched news stories" on-line. See what you think. The following is from "Yahoo News" with Katie Couric:

#10: Affordable Care Act, now called Obamacare has seen many concerns, consumer confusion and glitches since it started. The health reform act has now got its act together and has open enrollment until mid-February, 2015.

9: Domestic Violence: A national outrage has spiked heated conversation over a man punching his girlfriend in the face. This viral video is all over and one wonders how much Domestic Violence is really out there.

8: Islamic State: It has been a brutal year in Syria and Iraq. This terrorist group known as Islamic State or ISIS has taken over and murdered many who stand in their way. They have captured territory from Iraq and Syria. US involvement has been air strikes, but those who know say it isn't as effective as is needed.

7: Jodi Arias: This woman was convicted of killing her boyfriend, but jury could not agree on the sentencing. It is the death penalty or the rest of her life in jail. A retrial is now on-going.

6: Ferguson, Mo: Racial tension has reared its ugly head. Violence erupted when an unarmed black teenager was shot by a white police officer. Again, all got worse when the officer was not indicted by the Grand Jury.

5: Malaysia Airlines 370: What happened to this

giant aircraft? And to over 230 passengers? They had been searching for months to no avail.

4: Leaked Photos: Hacking has come to be known as a sophisticated and intelligent source that will tackle whatever they can. Private photos by the hundreds have been put out there on the Internet.

3: Mid-term Elections: The previous elections had probably hurt President Obama more than any other election. Republications did so well they took over the Senate and added more to the House.

2: The Death of Robin Williams: Such a tragedy. Most were shocked and saddened. He made us laugh and feel better. Remember Mork & Mindy!

1: Ebola Epidemic: Started with only a few cases Guinea Africa. Now it has overwhelmed us all as the worst Ebola outbreak on record. It has spread through West Africa claiming over 6500 lives.

Good News

During these past weeks in December, Susan Curtin, our Program Coordinator finished over 3 years of studies and is has found a new beginning in her life with a Masters Degree in Gerontology from UMass Boston. The NCOA, its' staff, departments within the Town of Norwell, area agencies and the community congratulate Susan Curtin, MS. She worked hard to achieve this status and we are so very, very proud of her.

Rosemary O'Connor
Director



DIRECTOR'S NOTE (cont'd)

FY'16 Senior Work Program

As you probably know, this program is seeing some changes. For the first time, there will be a financial "means test" for those who wish to be in the program and have income below the circuit breaker tax credit, (check DOR Schedule 2013CB). In addition, the Assessor's Office will be handling any tax issues that may arise. This part of the program is called Tier 1. Confidentiality is top priority and will only be handled by selected staff.

The intent or theme of this successful program is the same. Individuals over 60 with certain skills that can assist a town department while supporting their goal to get credit on their municipal property tax bill. After a number of years, we have finally reached the \$1,000 level. To add to this, the new minimum wage will now be \$9.00. Applications are out there, you can get one at Town Hall at Barbara Childs, Human Resources office. Any questions or would like more information, you may contact Barbara Childs, Barbara Gingras or Rosemary O'Connor. If you are interested, please get an application as soon as possible. The deadline for completing the program is November 15, 2015.

OUTREACH NEWS From Dee Dee Obert

I have received some inquiries lately regarding the recent increase in the cost of electricity from National Grid.

I did some research on this subject and I cannot stress enough the importance of thoroughly checking the fine print before signing a contract. Unfortunately there are some companies that after the introductory period will increase their rates and savings will be minimal or non-existent. In some cases the reviews of certain suppliers stated the rates rose to be greater than National Grid.

If you do not have access to a computer and would like to research a company please feel free to come to the Council on Aging to use the computers in the computer lab. If you would like assistance in your research please contact me and I will be happy to assist you in researching a supplier.

The most frequently asked questions that were listed on National Grid's website are listed here.

How do I find a supplier? Lists of suppliers that are eligible to provide energy to customers in Na-

tional Grids service area are available at the COA or you can access the Energy Supplier List at the National Grid Website. You are free to contact the suppliers to compare offers and make a choice.

Is it mandatory that I choose a different supplier? No. If you do nothing, National Grid will continue to supply your energy and associated delivery services until you choose a competitive supplier.

If I do purchase my energy from another supplier, will I have to worry about the reliability of my energy service? No. Service quality and reliability should stay the same. You will continue to have access to National Grids customer service representatives during business hours and their crews will still respond to emergencies and power outages.

Who do I call if there is an emergency? You will continue to call National Grid in case of an emergency such as a power outage.

How will I be billed? It depends on the supplier you choose. You may receive two bills: one from National Grid for the delivery of your energy, and another from your supplier for the energy itself. You may also have the choice of a single bill from National Grid which will contain a separate line for supply charges.

Will I save money if I purchase my energy from a competitive supplier? Your savings will depend on several things:

- How much you pay now for the energy you purchase.
- How much energy you use.
- Your agreement with the supplier.

Can a supplier turn off my service? No. Only National Grid is authorized to connect or disconnect your service.

Once I choose another supplier, may I change back to National Grid? Check the terms and conditions of the contract with your supplier. A customer who chooses to discontinue service with a supplier and wants to resume receiving energy from National Grid can have the supplier return the account to National Grid, or the customer may contact National Grid directly to have the account returned to them.

How do I enroll in the program? You must contact a competitive energy supplier. If you and the supplier agree that you will buy your energy from them, they will then contact National Grid to enroll your account.

If I have questions about my bill, whom do I call? If your questions relate to the delivery portion of the bill, please **contact National Grid**. For questions about the supply portion of the bill, call the supplier at the number provided on your bill.

Important Considerations Should You Choose to Switch National Grid cannot endorse suppliers or advise you to choose one over the other. However, if you are considering buying energy from someone other than them, make sure to get the following information from the supplier:

- What is the term of the contract?
- Are there minimum bill amounts?
- Are the energy prices fixed, or will they change throughout the term?
- Are there penalties for early termination of the contract?
- Will the supplier bill you directly, or will charges be included in National Grid's bill?
- What is included in the price per kWh?

Please check the eligibility guidelines listed in the Newsletter for Fuel Assistance, if you are eligible and receive fuel assistance you will also receive a reduction on your electricity regardless of the type of fuel you use to heat your home.

FILING FOR FUEL ASSISTANCE

Applications are being accepted for the 2014/2015 fuel assistance program. Eligibility is based on household size and the gross annual income of every household member 18 years of age or older. Household income cannot exceed 60% of the estimated State Median Income.

The FY 2015 income cannot exceed \$32,618 for a household of one and \$42,654 for a household of two which is 60% of the Estimated State Median Income.

The program provides assistance through a fixed benefit amount for the cost of the primary source of heat which includes but is not limited to:

Oil, Electricity, Natural gas, Propane, Kerosene, Wood, Coal

Payments for actual usage or fuel delivery are made

directly to the heating vendor for primary energy needs from November 1st to April 30th except when the cost of heating is included in the rent.

If eligible discounts are automatically given on electric bills for investor owned electric utilities, and gas bills for investor-owned gas utilities.

Once again, please feel free to contact me for an appointment.

NOTARY SERVICE AVAILABLE AT COA

Outreach Coordinator Dee Dee Obert is also a Notary Public. If you need to have anything notarized, feel free to stop by the COA for assistance.

TELEPHONE REASSURANCE

Telephone reassurance provides a personal telephone call(s) to individuals who may be frail, at medical risk, or those who may live alone. The program gives individuals the comfort and security they need to maintain their independence, knowing that someone is checking in with them on a regular basis. Calls can be made as frequently as needed. If an individual cannot be reached, a designated family member, neighbor or friend will be contacted to ensure an individual is safe. If you or someone you know can benefit from this invaluable service, please contact Dee Dee Obert at the COA office at 781-659-7878.

FRIDAY TRANSPORTATION

We'd like to welcome a new staff member, Richard Norton. He joins Robert and Betty as one of our van drivers. Beginning in January, Richard will be available to assist with transportation services on Fridays. If you need assistance with medical transportation, please call the COA office. Watch for other types of Friday transportation services in the future.

FILE OF LIFE

The "File of Life" provides valuable information to emergency professionals if an emergency occurs. The packet allows you to list important information including, medical conditions, allergies, medications and dosage and emergency contacts. To obtain a File of Life, stop by the senior center or call the Council on Aging office at 781-659-7878.

**LOOK WHAT'S BEEN GOING ON AT THE COA:
DEVICE DAY, ARTMATTERS, TRIPS, VETERAN
LUNCH, & ART CLASS EXHIBITION!**



WHAT'S HAPPENING

LUNCH SIGN UP REMINDERS

The COA serves lunch at the center on Mondays and Thursdays. There are many days when a special group or company may come to prepare a meal for us. To help ensure that everyone enjoys a nice meal. Please be sure to sign up 48 hours in advance for lunch by calling the office at 781-659-7878.

COLE SCHOOL LUNCH SCHEDULE

Escape the winter blues and join us for senior lunches at Cole School. Upcoming lunches are on Thurs. Jan. 8 and Feb. 12 at 1:15 p.m. The cost of lunch is \$4.30. Bring a friend and don't miss out on this best kept secret! To sign up please call the COA office at 781-659-7878.

LEGAL EASE - Ask the Lawyer!

Complimentary 45-minute consultations are available at the senior center for general information and guidance. Appropriate referrals are made if necessary. Upcoming dates:

- Wed., Jan. 21. 1:30 - 4:30 p.m.
- Wed., Feb. 18. 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.

THE GREAT AMERICAN SONGBOOK with Ron Goldman

Celebrate Valentine's Day through music, as performer Ron Goldman presents Love Songs from the Great American Songbook on Thurs., Feb. 5, at 2:00 p.m. Call the COA office to sign up!

FRIENDS LUNCHES

After a well deserved break for the holidays, our Friends lunches return in January. Be sure to sign up for these incredible home-cooked meals:

- Mon., Jan. 12 - Soup-er Bowl choose from a selection of delicious soups and chowders.
- Mon., Feb. 23 - Chinese New Year "Year of the Goat"

Lunch is served at 12:30 p.m. To make a reservation, please call 781-659-7878.

ARTMATTERS: Music & Dance

Join ArtMatters on Mon., Feb. 23 at 1:45 p.m. for a look at The Human Brain is an Amazing Thing. We

use visual images to communicate with one another as a species. We look at images with our eyes, but pictures can connect us to our other senses as well; sound, touch, even taste & smell. We hear the music, feel the movement and can remember events in our lives with all of our senses, just by looking. Join us for some "sensory recall", as we look at images that let us listen, dance and connect to the world and our own lives.

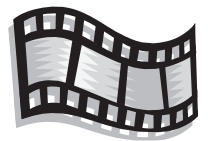
"This program is supported in part by a grant from the Norwell Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

MAINTAIN YOUR BRAIN

Research indicates that several lifestyle factors can impact cognition later in life including physical activity, nutrition, mental activity. Mental stimulation can strengthen cognitive functioning. "Exercise your Brain" through puzzles, word games and being a part of this social group. Join Anne Marie Powers from Norwell VNA & Hospice for "Maintain Your Brain" workshop, a fun way to stimulate you brain using a variety of puzzles. The group meets on the 2nd Monday at 11:00 A.M. at the senior center. Please note the change in date. To sign up, call the COA office at 781-659-7878

MOVIE MATINEE

Join us for these classic movies. Show time is 1:45 p.m. Please call the COA office to sign up!



Casablanca (1942) PG, 1 hr. 42 mins.

Thurs., Jan 15

American expat Rick Blaine (Humphrey Bogart) plays host to gamblers, thieves and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa (Ingrid Bergman) - the woman who broke his heart -- to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband (Paul Henreid) can escape to America. But the spark that brought the lovers together still burns brightly.

Singin' in the Rain (1952) G, 1 hr. 43 mins.

Mon., Feb. 2

Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made. When Hollywood attempts the transition from silent films to talkies, a matinee idol (Kelly) hopes to make the cut. But he's hampered by a silent-movie queen (Jean Hagen) with a voice like fingernails on a blackboard.

FRIENDS NEWS

FRIENDS MEMBERSHIP DRIVE BEGINS

We are looking for "friends" of all ages to join us in supporting the Council on Aging. We hope that you will become a member and also take part in the many offerings that the Council has to offer. Donations are also accepted to help us continue the many great programs and good works that we sponsor and do. Please see the newsletter insert for more information. Thank you to all!

THANKSGIVING BAKE SALE UPDATE

The Friends of the Norwell Council bake sale was a success! Thank you to all the bakers, basket makers, and workers. There were so many delicious goodies that it was hard to keep from choosing them all. Congratulations to Ellie McCann the winner of the large gift basket raffle. Many thanks go to Mary Merritt for the beautiful quilt she created and donated to help raise funds for the Friends of the Norwell Council on Aging. Thanks also go to our wonderful anonymous "Friend", who donated our second prize of a \$100 gift certificate to Alma Nova.

If you missed our sale this year, we hope to see you next year. Great food and gifts help support the many new and wonderful programs supported by the Friends of the Norwell Council on Aging. We are planning to have another sale in the spring with something for everyone. We know you will enjoy it so plan now to see us then!

VETERAN LUNCHEON THANK YOU

The Friends of NCOA hosted our second fantastic Veterans' Luncheon on November 7, 2014. It was very well attended and enjoyed by all. Thanks to all the many "Friends" who baked, cooked, decorated, advertised, and/or worked to make the day such a success. Special thanks goes to Signet Electronic Inc., a generous telecommunications company based in Norwell who co-hosted the event and not only cooked, but helped serve that day and were

just so giving of their time and energies. They are an amazing group from a very special community minded organization. Signet gives them the time to help our community in so many ways. They were incredible in all they did. Thanks to Barbara Caron for arranging and organizing the Signet staff.

We are also very grateful to Stop and Shop for their donation. They have contributed so often in the past and we appreciate their support.

Thanks to Father Chris Hickey, pastor of the Holy Mother's Collaborative, which includes St. Helen's in Norwell and St. Mary's in Hanover. He not only gave a benediction but also sang patriotic songs for the veterans. Everyone enjoyed his participation.

A very special appreciation goes to the principal, staff and especially the Vinal School children, who made posters and wrote sincere thank you notes to the Veterans. The Veterans were very touched and so pleased that the children appreciated their service. All in all it was a wonderful day of celebration and remembrance and we are hoping to continue this recognition of our Veterans in years to come.

FRIENDS SUPPORTS LIFELONG LEARNING

The COA staff thanks the Friends for helping to support the Music Appreciation series we held this fall through Senior Learning Network. We were able to bring three wonderful programs to the COA from the Manhattan School of Music with musicians playing live and virtually for us. If you missed these programs, be sure to look for other programs in the future. We appreciate the Friends support and hope you'll come learn with us!



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- Hospice Services
- Private Care Services

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BITS & BYTES

TECH TALK with John

Join John Barbour on the first Monday of the month at 10:00 a.m. to discuss a variety of computer related topics.

- January 5 - "Transferring files to the new computer you got for Christmas"
- February 2 - "Tablets, Chromebooks, and net-books; Advantages and disadvantages compared to a full PC"

To sign up call 781-659-7878.

DROP IN TECH SUPPORT

Have a computer or technical issue you need to resolve? John Barbour will be available on Jan. 26 and Feb. 23 at 10:00 to answer your questions. Please be sure to let us know how he can help, when you sign up for this program.

INTRODUCTION TO FACEBOOK

Come learn the basics of using Facebook to connect with your family and friends on Tues., Feb. 24 at 10:00 a.m. Have an iPad or tablet, bring it with you! Please call the COA office to sign up.

DON'T MISS DEVICE DAY

Did you get a new Kindle, cell phone, iPad or tablet for Christmas and still trying to figure out how to use it? Students from the Norwell Middle School are ready to lend a hand Tues., Jan. 27 at 2:00 to help you learn more about your device. This clinic is free and will be held at the Norwell Middle School Community Room. Please call the COA office at 781-659-7878 and let us know what type of electronics you need help with so that we can ensure the appropriate support is available.

DON'T FORGET YOUR ICE!

Make a resolution to add I-C-E to your cell phone contacts. In the event of an emergency, first responders can check your phone of your **In Case of Emergency** contact. Not sure how to add contacts? Stop by the Middle School on Device Day.

GET CONNECTED

Need access to a computer or have a mobile device and need WiFi access? Stop by and use one of the computers in our lab see or our Receptionist for Wi-Fi information.

TRIPS TRIPS TRIPS

The Norwell COA is pleased to offer a variety trips. Checks should be made payable to the Friends of Norwell Council on Aging. Please note that refunds are only available if the Norwell Council on Aging is able find a substitute. We look forward to having you travel with us. Watch for more exciting trips in the Spring!



The McTougas Brothers & The Black Velvet Band

Thurs., Mar. 12, \$69.00

The McTougas Brothers and The Black Velvet Band have just what it takes for an enjoyable Irish Party! You'll hear your favorite songs, plenty of Irish comedy, audience participation, and a few Irish jigs to boot. Don't miss this wonderful afternoon of great food and entertainment at White's of Westport. Family-style Corned Beef & Cabbage and Baked Scrod with Beef barley soup. Reservations and payment must be made by February 12, 2015.

MAH JONG PLAYERS WELCOME

Do you play Mah Jong or interested in learning to play? Come join our group on Tuesdays at 12:30 p.m. Call the COA office for more information.

LET US BE PART OF YOUR RESOLUTIONS!

With the New Year, it's time for resolutions! As you think about things you'd like to do this year, consider the many offering here at the COA. We have a wide range of lifelong learning programs and would love to have you join us! Do you have a skill or talent that you'd like to share? Consider volunteering your time to help run a program or become a volunteer. We'd love to have you drop by and visit!



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NEW LIFELONG LEARNING PROGRAM

The Council on Aging is pleased to partner with the Norwell Historical Commission to bring the following lifelong learning programs to the COA. *Registration for Norwell seniors begins January 5, open registration begins January 9, based on availability. Limited to 22.* To register, call the COA office at 781-659-7878. Registration is first open to Norwell seniors then others as space permits.

Science and History of the North River

Facilitator: Bob Jackman

Wednesdays, 10:00 to 11:30 a.m., Cost \$20
Jan. 14 to Feb. 18 (2/25 & 3/4 snow dates)

This new offering focuses on the North River Basin, the geological processes that created it, its modification by erosion and deposition, and human habitation within the basin over the last 6,000 years. The course will draw extensively on both historic and modern maps, and utilize some graphics that can be employed to look back through time.

Themes will include the geological formation of the North River, the transformation of the Scituate, Marshfield, and river coast lines over the past millennia, Native American habitation of the North River, shipbuilding and dredging along the North River, packet trading on the North River, and farming on and along the North River.

The instructor will be Bob Jackman, a graduate of Colby College and Wesleyan University. He has taught similar courses at the Marshfield and Scituate senior centers, where the courses have consistently sold out.

Highlights of Norwell History 1634 1900

Facilitator: Bob Jackman

Wednesdays, 10:00 to 11:30 a.m., Cost \$20
March 11 to April 15 (rain dates 4/22 & 4/29)

Explore major events in town history, many of which occurred while Norwell was part of Scituate. The following is a likely list of topics; settlement, church, government and early life in Norwell, Norwell during the French and Indian Wars and Revolution, transportation in early Norwell, Norwell's mills and early industries, the ultimate split of Westward and South Scituate from Scituate, and Norwell in the Civil War.

SENIOR LEARNING NETWORK

History of Hallmark Cards

Date: Call COA for dates

Presenter: Hallmark Visitor Center

Joyce C. Hall, an 18-year-old entrepreneur from Nebraska, started the Hallmark company in 1910 with a shoebox full of postcards. Today Hallmark creates greeting cards and many other products in 30 languages that reach 100 countries around the globe. Join us for a look at Hallmark's storied past and exciting future.

Peace Corp Experience

Date: Call COA for date & time

Presenter: Melva Steen

This remarkable woman, Melva Steen, joined the Peace Corps at age 75! She is a woman who received her PhD at age 60! Melva has written a wonderful book on her experiences as a Peace Corps volunteer in Africa called "Sensible Shoes: Experiences of an Older Peace Corps Volunteer in Africa."

Truman and Civil Rights

Date: Call COA for date & time

Presenter: The Truman Presidential Library

The Truman Presidency was instrumental in the desecration on the US Military. What was the role of Truman in expanding Civil Rights under his administration?

To sign up for these programs, please call the COA office at 781-659-7878.



Scenes from the Holiday Luncheon!



BE PREPARED THIS WINTER

EMERGENCY NOTIFICATION SYSTEMS

CodeRed Please take the time to register your home and cell phone numbers with CodeRed the Plymouth County Sheriff's Department emergency notification system. This allows you to receive important reverse 9-1-1 calls in the event of emergencies. Registration can be accessed by visiting www.pcsdma.org.

Norwell Police EMAS Sign up for the Norwell Police Department Emergency Announcement System (EMAS) by visiting their website at www.norwellpolice.com. Don't have a computer, visit the COA and we'll help you register.

My Senior Center There are times when a reverse 911 call may be made to inform residents of important information however, many residents lose home phone service during power outages. The Council on Aging invites you to list your cell phone information our database as well as any information for those "at risk" with a disability, using oxygen or any other risk-related concerns and emergency contacts. Please note that this information is kept confidential and only shared with emergency personnel as needed.

WINTER WATCH

As the cold weather approaches, here are some things to keep in mind.

- During severe weather emergencies, a shelter may be available at the Norwell Middle School.
- Keep heat at a comfortable setting - do not skimp and get sick!
- Do not let your oil tank drop below 1/4 full.
- Have someone check on you daily if you are alone.
- Be aware of older or ill neighbors and offer assistance in an emergency.
- Make sure friends get inside their homes when dropped off.
- Have at least one hard-wired phone. Remember that a portable phone will not work in the event of a power outage. Keep cell phones charged.
- Don't overexert yourself when shoveling snow.
- Keep a full tank of gas in your car

STORM SUPPLY CHECKLIST

- Foods (canned goods and nonperishable foods) that don't need cooking; Special dietary foods

- Utensils, such as, a manual can opener, disposable plates, cups, forks, knives spoons, etc.
- Drinking water in non-breakable containers (one gallon per person per day)
- Identification, valuable papers, policies and photographs in a waterproof container
- Personal hygiene items
- First aid kit
- Medications, prescription and over the counter, such as aspirin and antacid
- Specific medical information
- Personal aids, such as, eyeglasses, hearing aids, canes, etc.
- Pet food/care items
- Books and magazines
- Battery-operated radio, Flashlight and extra batteries
- Matches
- Sleeping bag or blanket, sheet and pillow
- Cold Weather clothing, outerwear and footwear
- Tool kit
- Cash

STAY CONNECTED & INFORMED

Important Phone Numbers

In Case of Emergencies	9—1—1
National Grid	1-800-322-3223
	1-800-465-1212

Via Twitter

Norwell Fire Chief	@NFDChief
Norwell Fire Department	@Norwellfiredept
Norwell Emerg. Command Center	@Norwell_EOC

Sources of Information:

- WATD radio 95.9
- www.townofnorwell.net
- www.norwellpolice.com; sign up for EMAS (Emergency Alert System)
- A free app for your phone "Ping4Alerts" provides
- MEMA information, go to mass.gov/mema/mobileapp
- Norwell COA Facebook page
- Norwell Police Dept. Facebook
- Norwell's government access cable channels (9 on Comcast & 40 on Verizon)
- Plymouth Co. Sheriff's Dept. Code Red calls (sign up @ www.pcsdma.org)
- Norwell Mariner (wickedlocal.com/Norwell)
- Patriot Ledger (patriotledger.com)
- Electronic Sign Boards placed in front of the Town Hall and Fire Station

PRESCRIPTION ADVANTAGE

Were you in the "donut hole" last year? If so, chances are you could reach it again! If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2,960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means, a \$300 brand name drug will now cost you \$135! This is where Prescription Advantage can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for you prescription drugs when you reach the "donut hole." To find out how to lower your drug costs, call Prescription Advantage at 1-800-243-4636 or visit the web-site a www.prescriptionadvantage.org

SHINE

Need help with your health insurance information. Our SHINE counselor is available by appointment on the 2nd Tuesday of the month in January and February. Please call 781-659-7878 to make an appointment.

BENEFITS CHECK UP

The Benefits Check Up is a free online benefits screening service that helps seniors find and enroll in benefit programs that help pay for food, health insurance premiums, prescription drugs, housing, heat, and more. Screenings on the website are confidential. If you have the ability to access the internet you can do this on your own at www.benefitscheckup.org/mcoa or contact Dee Dee Obert at the Council on Aging. She is available to assist you with filling out the form to determine your eligibility or apply for available benefits.

COLD WEATHER POLICY REMINDER


The Norwell Council on Aging provides a number of services to area seniors, in addition to on-site programs. When there is a winter storm, the senior center typically remains open. The COA does not automatically close when the Norwell public schools are closed, although depending on weather conditions, programs and/or services may be cancelled because of safety concerns. Cancellation notices can be heard on WATD, 95.9 FM or you may call the COA office at 781-659-7878 with any questions.

South Shore's Premier Senior Rental Community

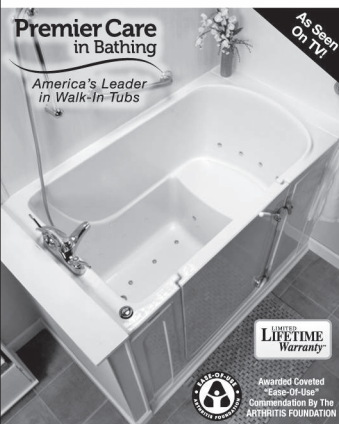

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*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited lifetime Warranty subject to terms and conditions.

**Life
Care
Center**
of the South Shore
781.545.1370
www.LCCA.com

SOUTHWOOD

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Introducing a plan that can give you more than you would expect, Tufts Health Plan Senior Care Options (HMO-SNP) is a plan for seniors with \$0 out-of-pocket costs. It combines Medicare and MassHealth Standard benefits including dental care, transportation and extras like a care manager. Call to learn if the Tufts Health Plan SCO is right for you.

TUFTS Health Plan Senior Care Options

Call us toll-free at
1-855-670-5938 (TTY 1-855-670-5940).

Or visit www.thmp.org/sco.

Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.
(From Oct. 1 - Feb. 14 representatives are available
7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

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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 .

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HELP NORWELL BOY SCOUTS TROOP 44

As you clean up from your holiday gatherings please consider dropping your empty bottles and cans in the container behind Town Hall. Norwell's Boy Scout Troop 44 manages these returns, one of the few opportunities the troop raises money to support scouting activities. Also, scouts will pick up any unwanted Christmas trees and wreaths on Saturday, January 10. A donation of \$10/tree and \$5/wreath is suggested. The scouts will also pick up any bagged empty bottles and cans at this time. For more information please contact the troop via email at troop44trees@verizon.net or call 781-204-0055. Thanks for your support.

COA PROGRAM POLICY

Registration to programs is first offered to seniors (60+) of the Town of Norwell. If additional space is available, individuals under age 60 and non-residents are welcome to participate. Transportation Services, however are offered solely to residents of the Town of Norwell.

ATTENTION SNOWBIRDS!

If you are going to be away and don't want to receive your Prime Times, please call the COA office and let us know.

We can always add you to our email distribution list. When you return, let us know and we'll start mailing your newsletter again! Safe travels



SIGN UP REMINDER...



Please sign up **in advance** for any program or event that interests you. If a program changes for any reason, we want to be sure we can let you know! Thanks for your help!

