

# The Prime Times

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293 Pine St, Norwell, MA 02061

## **DIRECTOR'S NOTE**

As many of you know, I lost two older sisters over the past two months. This loss has been very difficult and trying for us all. Patsy and Jo were very special sisters and I am honored to have had them in my life. I learned so much from them with various life experiences and treasure our memories together.

I could not have managed this without the support of family and friends and those in the community of Norwell, who have been so kind and understanding. I just want to thank you all for your strength and offerings of support. I especially thank my staff and volunteers at the senior center. DeeDee and Susan were phenomenal in handling my work, as well as their own. I thank them both for being here and appreciate their efforts in keeping this department running.

## **Friendship Home**

The hope and success of Friendship Home has always been the calling of some good people within the community. One of those special people is Lauren Payne, Executive Director of Friendship Home. Lauren has decided to step down in March and pursue other ambitions in her life. She has done so much to make Friendship Home a success and in leading the way for positive growth. Her work is appreciated by us all.

God Bless, good luck and thanks to you Lauren!

Respectfully,

*Rosemary O'Connor*

*Director*

March is here, signaling the end of winter. Many of us were lulled into a false sense of security given our first major snow didn't arrive until the end of January; then came historic February 2015! It was certainly one for the record books with approximately 110" of accumulated snow in Norwell.

There are several people we must thank for their outstanding efforts this winter: our volunteer drivers who braved treacherous conditions to deliver meals on wheels and provide other important transportation; the Norwell School Department for helping us recruit students to assist seniors with shoveling. We are especially grateful to members of Norwell's Fire, Police and Highway Departments for their hard work in keeping residents safe and roads clear under extreme circumstances. Thank you as well, to anyone who helped out a neighbor or friend.

The unprecedented snow brought about an unprecedented number of program and transportation cancellations for our center. It's something we don't take lightly. For many, we are the primary source of transportation. Cancelling rides for medical appointments is uncharacteristic of the service we strive to provide, however it was unavoidable given the twice declared State of Emergency in Norwell, once by the Governor and the treacherous travel conditions. Best to err on the side of safety.

With Spring approaching, we look forward to an active center. As you begin to venture out from winter hibernation, stop by for coffee or join us for one of our many programs. If you have a program you'd like to suggest, let us know. We welcome new ideas. Wishing you a happy and well-deserved Spring!

*Susan Curtin, M.S.*

*Program Coordinator*

## OUTREACH NEWS with Dee Dee

*Little darling, it's been a long cold lonely winter  
Little darling, it feels like years since it's been here  
Here comes the sun, here comes the sun  
And I say it's all right*  
- George Harrison

As the song says, it really has been a long cold lonely winter. So many of you have shared with me that this winter has been the worst you have ever seen, I know it's the worst I have ever seen! We all remember the Blizzard of 1978 that was in a class by itself, but the amount of snow we have had this year is unprecedented and left many of us frustrated with trying to get someone to shovel, plow, and remove snow from our roofs, not to mention the ice dams and leaks throughout the house! On top of all that it's been difficult being stuck inside for so long.

With the frustrations that we all have faced this winter, I've received many calls from seniors and family members with questions regarding selling the family home. As we all know, home ownership has many benefits as well as challenges. Should I/we sell? Where should I/we go? What should I/we do with all the stuff? Add to that the emotional attachment to the family home.

Selling the family home can be a very difficult decision, but for so many it is the right decision. The alternatives available in this area are many, we have senior housing, over 55 and over 62 housing, and assisted living, to name a few.

Planning your future housing needs is an important part of ensuring that you continue to thrive as you get older. Of course every adult is different so the senior housing choice that's right for one person may not be suitable for you. The key to making the best choice is to match your housing with your lifestyle, health, and financial needs. This may mean modifying your own home to make it safer; you may be eligible for the Small Housing Grant to assist you in achieving that goal. Or, for you, it could mean moving to a housing facility with more support and social options available on site.

When deciding if moving or staying in your family home is right for you, please feel free to call the COA. We have information on assistance with

making your home safer, different housing options, as well as area businesses that assist in the moving/cleaning out process. Please feel free to call me with any questions or you may have regarding making this big decision.

Thankfully we are now approaching spring and with that sunshine, warmer days, daylight savings time and the ability to get outside, finally!

### STREET NUMBERS ARE LIFE SAVERS

Local emergency personnel often have difficulty locating an address number on homes when trying to respond to emergency and life threatening calls. Some structures have no number, numbers may be hidden by landscaping or are distorted due to age and weather. This slows down response time. Here are some suggestions to help EMS respond faster:

- Numbers should be on contrasting backgrounds
- Place your number where they can easily be seen from the street.
- Numbers should be reflective so they can be seen at night.
- Place numbers to the left, right or directly above your entrance.
- Place numbers on **both** sides of your mailbox.
- If your home is on a corner, numbers should face the street named in your official address.

### NFD "SENIOR SAFE" PROGRAM

The Norwell Fire Services in conjunction with the Council on Aging will offer a safety inspection for Norwell residents age 60 and older looking to remain in their homes. Inspections include determining if you need a new smoke and CO<sub>2</sub> detector installation, batteries, night lights, house numbers and a risk assessment. In some cases, items may be provided and installed for free. Additional recommendations may be made to keep individuals safe in their home. This program is made possible through a grant and is available on the third Wednesday of each month. Please call the COA office at 781-659-7878 to schedule an appointment.

### DON'T FORGET TO SPRING FORWARD

Don't forget to turn your clocks ahead one hour on Sun. Mar. 8. This is a good time to check and change your batteries in your smoke and CO<sub>2</sub> detectors!



## **TELEPHONE REASSURANCE**

The Telephone Reassurance program provides a phone call to a resident Monday through Friday to check on their well-being. You can decide how often and when you would like to be called; it could be daily, weekly; bi-weekly or whatever works best for you. If you feel that you, a family member or friend may benefit from receiving a call, please contact Dee Dee Obert in the COA office.

## **FUEL ASSISTANCE ENDS APRIL 30**

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, or 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.

## **IN CASE OF EMERGENCIES: INFORMATION IS THE KEY!**

This winter, our sleepy town found itself in the midst of a serious weather related crisis. Twice, the Board of Selectmen declared a State of Emergency; there were also concerns about snow removal, trash collection and the general condition of the streets. Whether it's snow or a hurricane, there are several information outlets to help keep you informed. While information can often be found on local cable channels and radio stations WATD, you can also sign up to receive email and telephone notifications. Here is how:

**Norwell Police EMAS** Sign up for the Norwell Police Department Emergency Announcement System (EMAS) by visiting their website at [www.norwellpolice.com](http://www.norwellpolice.com) and provide your email address. You will then receive important email messages.

**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](http://www.pcsdma.org).

Need help with registering for either services? Stop by the COA and we'll be happy to help.

## **S.H.I.N.E. APPOINTMENTS**

S.H.I.N.E. (Serving Health Information Needs of Seniors) counselor Tish Clark is available by appointment at the senior center on the second Tuesday of each month from 9:30 to 11:30 a.m.. Tish is also available during the month for consultations. To make an appointment, please call the COA office at 781-659-7878.

## **NORWELL FOOD PANTRY**

The Norwell Food Pantry provides assistance to those individuals and families in need to supplement their groceries, pet and personal care supplies. Distributions take place at Town Hall, located at 345 Main St. on Thursdays between 2:00 and 4:00 p.m. For more information about how to qualify for assistance, please call the Food Pantry at 781-690-6060. The COA provides transportation to the Food Pantry for residents age 60 and older and those under 60 with disabilities. To schedule a ride call the COA office at 781-659-7878.

## **HOMESTEADING, IS IT RIGHT FOR YOU?**

John R. Buckley, Jr., Registrar of Deeds for Plymouth County will discuss important information about the Homesteading Act and the impact on older adults on Mon., Apr. 6 at 2:00 p.m., at the senior center. This presentation includes lecture, question and answer and important information will be distributed. Representatives will also be available to assist checking discharge of mortgages, accept Homestead filings and other documents for recording. To sign up for this important and program, please call the COA at 781-659-7878.

## WHAT'S HAPPENING

### 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. Clinics will be held on the following dates;

- Wed., Mar. 18. 1:30 - 4:30 p.m.
- Wed., Apr. 15. 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

Join us for lunch at Cole School, located at 81 High St. on Thursdays, March 26 and April 16, at 1:15 p.m. The cost of lunch is \$4.30. If you'd like to sign-up for lunch, please call the COA office at 781-659-7878. Bring a friend or come and meet some new and old friends!

### FRIENDS GREAT HOME COOKING!

The Friends of NCOA are back to serving up their delicious lunch and breakfast. These events will now alternate each month.

Wed., Mar. 11 - Breakfast @ 9:00—10:30 a.m.

Mon., Apr. 13 - Friends Lunch @ 12:30

Cost is \$4 and advance reservations are required for these wonderful meals. Don't miss out and invite a friend!

### SPRING SWING with NHS WIND ENSEMBLE

Celebrate spring with an afternoon of music on Mon., Mar. 30 at 2:00 p.m., as Norwell High School's Wind Ensemble returns to perform a selection of chamber pieces. Don't miss these wonderful student musicians! To sign up call the COA office at 781-659-7878.

### IRISH STEP DANCE STUDENTS AT COA

Students from the Brady, Kenny, O'Brien Academy of Irish Dance of the North and South Shore, will perform at the COA on Thurs., April 23, at 1:30 p.m. Don't miss this exciting event. To sign up, call the COA office at 781-659-7878.

## ART MATTERS PROGRAMS

### Winslow Homer

**Thurs., Mar. 26, 10:30 a.m.**

Homer got his start illustrating scenes from the Civil War for Harper's Magazine. He documented post war, rural Americana and later dramatically explored man's relationship to nature. He was one of the greatest watercolor painters and profoundly influential. Join us for an up-close look at the work of one of America's most beloved painters. *This program is offered in conjunction with the Norwell Reads Program.*

### Italian Renaissance, Part I

**Mon. Apr. 27 @ 1:45 p.m.**

After almost 1000 years of "dark ages", the genius of Leonardo Da Vinci, and Michelangelo led the way for a "Rebirth" of learning, art and humanity. They helped to cast a bright new light on culture, and to rekindle a love of learning which encouraged science, new technology and a growing humanity. Join us for a look at their lives, their work, and a discussion of the Italian Renaissance.

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

*"These program are 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."*

### THE GREAT AMERICAN SONGBOOK with Ron Goldman

Join us for an enjoyable afternoon of music as performer Ron Goldman presents Love Songs from the Great American Songbook on Thurs., Mar. 19 at 2:00 p.m. This program was rescheduled from February due to weather. Call the COA office at 781-659-7878 to sign up!

### GAMES, GAMES, GAMES

Please join us for games on the following days:

Mah Jong - Tuesdays @ 12:30

Poker - Tuesdays @ 12:30

Cribbage - Wednesdays @ 1:00

Whist - Wednesdays @ 1:00 beginning April 29

Beginners are welcome. For more information, call the COA office.



## LIFELONG LEARNING

### Highlights of Norwell History 1634 - 1900

Facilitator: Bob Jackman

Wednesdays, 10:00 to 11:30 a.m., Cost \$20

March 18 to April 22

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. This class is limited to 22 students. Space is still available for this program. To sign up, please call the COA office at 781-659-7878.

### Coming Soon with Bob Jackman...

Life on the North River, 1630 to 1900

Wednesdays, 10:00 to 11:30 a.m., Cost \$20

April 29 through June 6

Registration for this class is first-come, first-serve and begins on March 16 for Norwell residents age 60 and older. Open registration begins on March 19 for any adults, based on availability. Payment is due at the time of registration. Please call the COA at 781-659-7878 for information.

## SENIOR LEARNING NETWORK

### Peace Corp Experience

*Date: Mon., Mar 9, 1:45 p.m.*

*Presenter: Melva Steen*

This remarkable woman, Melva Steen, joined the Peace Corps at age 75! She is a woman who received her Ph.D. 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."



**In the spirit of baseball season, we are offering the following lifelong learning events.**



### "Baseball & Black History

*Date: Mon., Mar. 23, 2:00 p.m.*

*Presenter: Negro Leagues Baseball Museum*

Join museum curator Dr. Raymond Doswell as he

introduces African American history through the lens of "America's Pastime," baseball, from the end of the Civil War through the beginning of the Civil Rights Movement. Viewers will enjoy short film clips, photographs, artwork, and brief scenes from the Negro Leagues Baseball Museum, Inc. in Kansas City, MO.

### ***Dirt on Their Skirts***

*Date: Thurs., Apr. 9, 1:45 p.m.*

*Presenter: National Baseball Hall of Fame*

If you believe baseball is only for boys, you should think again. Rich with the history of women who broke barriers to play the National Pastime, this program covers 150 years of striving for equity and diversity on the diamond. Meet the All-American Girls Professional Baseball League of the World War II era, as well as the young ladies of the 19th century who played the game long before they even had the right to vote. What do skirts and strawberries, charm school and chaperones have to do with baseball? Each teaches an important lesson in the story of gals who gave their all so that boys and girls can play side-by-side today.

### ***Diversity in the Dugout***

*Date: Thurs., Apr. 30 1:45 p.m.*

*Presenter: National Baseball Hall of Fame*

The program provides an overview on racial and ethnic communities and the ways that they have changed the landscape of baseball since the late 1800s. We discuss immigration and the reasons why people have emigrated to the United States since the late 1800s. The program then features a discussion of the ban on black players, the influence of Native Americans, and the more recent trend of Asian players coming to the major leagues.

## MAINTAIN YOUR BRAIN

Join Anne Marie Powers from Norwell VNA & Hospice for "Maintain Your Brain" workshop, a fun way to stimulate your brain using a variety of puzzles, word games and being a part of this social group. 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.

# SPRING

### **ALZHEIMER'S CARE GRANT PROGRAM**

Home Instead Care Network and Hilarity for Charity are proud to partner together to provide a grant program to provide in-home care services for families living with Alzheimer's Disease and other dementias. The program is open to any family in the U.S and Canada. Throughout the life of the program, grants will be awarded on an ongoing basis. For more information about this program visit [www.helpforalzheimersfamilies.com](http://www.helpforalzheimersfamilies.com). The COA can assist you in completing the online grant application. To make an appointment call 781-659-7878.

### **CELEBRATING SERVICE**

This year, April 6 - 10, 2015 is designated as National Volunteer Appreciation week. Like many other groups and organizations, here at the Council on Aging we are fortunate to have many wonderful volunteers, who provide services to older adults in our community. Some are part of organized groups and others who simply want to help.

We are grateful to all those who help prepare and/or serve lunches at the senior center twice a week, to the many drivers who deliver meals on wheels each day to homebound and at-risk individuals, to those who provide transportation to medical appointments or assist with errands, bakers who provide daily goodies or items for sales, handymen who assist with minor home repairs, students who assist with yard work and snow removal, those who provide office support at the center, our dedicated Friends group, professionals who donate their time to give legal, and medical advice, those who share their talents to teach classes, Norwell Men's Club, Norwell Women's Club, the Friendship Home, South Shore Astronomical Society, the many businesses, and those individuals who quietly donate their time, talents, money, gift cards and goods for those in need. We humbly celebrate your dedication and service to support older adults in our community!

### **OLDER AMERICAN'S ACT TURNS 50**

Each May, the Administration for Community Living (ACL) celebrates Older Americans Month to recognize older Americans for their contributions to the nation. In honor of the upcoming 50th anniversary of the Older Americans Act (OAA), the focus is on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is "Get into the Act."

The OAA was signed by President Lyndon Johnson in 1965. It provides a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice, for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, personal care, transportation, job training, ombudsman services, legal assistance, and elder abuse prevention. We at the Norwell Council on Aging are pleased to be a part of this important initiative and look forward to celebrating 50 years of the OAA.

### **NORWELL NOTABLES**

Help us celebrate the impact, contributions and involvement of our community members age 60 and older, by sharing your suggestions for "Norwell's Notables." It may be someone who climbs mountains or runs marathons, received an advanced degree later in life, has served on a Town board or commission, volunteers with an organization, has a special craft or talent, quietly provides support to others or has a story of inspiration. Ours is a community of remarkable individuals. Please share your suggestions by contacting Susan Curtin via email at [scurtin@townofnorwell.net](mailto:scurtin@townofnorwell.net) or calling the COA office at 781-659-7878.

THIS SPACE IS  
**AVAILABLE**

**NVNA**  
AND HOSPICE

• Home Health Care Services • Community Health Programs  
• Hospice Services • Hospice Residence • Private Care Services

**781-659-2342**

120 Longwater Drive Norwell, MA 02061 [www.nvna.org](http://www.nvna.org)

## BITS & BYTES

### INTRODUCTION TO TABLETS

Samsung, iPad, Kindles, oh my! Tablets can be confusing and where do you begin? John Barbour will take you through a three week introduction to using your tablet. Learn about settings, browsers and using other apps. This class meets Mondays from 10:00 to 11:30 a.m., March 16 through 30. This class is free and limited in size. To sign up, please call the COA at 781-659-7878.

### TECH TALK with John

Join John Barbour on at 10:00 a.m. to discuss a variety of computer related topics. Upcoming topics include:

- April 6 - Introduction to networking computers, tablets and printers at home
- April 27 - Drop-in support day

To sign up call 781-659-7878.

### ADVANCED DIGITAL PHOTOGRAPHY

Award winning photographer Jeanne McKenna returns to the COA to offer a three week advanced digital photography course. Following a brief review, explore more advanced aspects of photo composition and lighting. This class is offered on Tuesdays 10:00 - Noon beginning April 14 through 28. The cost is \$20. To sign up, please call the COA office at 781-659-7878.

### 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., Mar. 24 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.

### FRIDAY TRANSPORTATION RESUMES

Transportation for medical appointments is now available on Fridays, 9:00 – Noon, through the COA van. We will also plan to provide transportation for local errands to the post office, library and Rx pickup. Errand times are flexible and scheduled based on medical appointments. To request a ride, please contact the COA office at 781-659-7878.

### A LOOK BACK AT FEBRUARY



Say *"Thank you"* with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit **SeekAndFind.com**



## TOWN CLERK'S NEWS

Patricia M. Anderson, Norwell Town Clerk

### Town Meeting

The Annual Town Meeting is scheduled for Monday, May 4, 2015 at 7:30 at the Norwell Middle School.

### Town Election

The Annual Town Election is scheduled for Saturday, May 16, 2015 at the Norwell Middle School. Polling hours are from 8:00 a.m. until 6:00 p.m. Absentee ballots are usually available 2 to 3 weeks prior to the election. Anyone that cannot make it to the polls should consider an Absentee Ballot. Please call the Town Clerk's office and request an application to obtain an Absentee Ballot.

A sample ballot will be posted at the COA when it becomes available.

### Voter Registration

Voter Registration forms can be forwarded to anyone who is not registered in Norwell or who has moved to a different address in Norwell. The deadline to make this change for the Town Meeting and the Election is Friday, April 24, 2015. The Town Clerk's office will be open from 8:00 a.m. - 8:00 p.m. on that date.

### Political Parties

Please note that there are now two more Political Parties to choose for registration. One is the United Independent Party (not to be confused with the Unenrolled Party) and the Green-Rainbow Party. Both of these parties gained the official status during the last State Election. Massachusetts now has five Political Parties. Democratic, Republican, Green-Rainbow, United Independent Party and Unenrolled. Parties with official status can hold primaries and field candidates under their party banners.

### RETURN YOUR TOWN CENSUS FORM

Town census forms were mailed in January. Some of our grants are predicated on the results of town census, as well as our mailing list. Please fill out your form and return it to the Town Clerk. For those who did not receive a form, please contact the Town Clerk's office at 781-659-8072.

### TRIPS TRIPS TRIPS

The Norwell COA is pleased to offer a variety of trips. Checks should be made payable to the **Friends of Norwell Council on Aging** and will not be deposited until the trip is confirmed. Please note that refunds are only available if the Norwell Council on Aging is able to find a substitute. To sign up for a trip call the COA office at 781-659-7878. We look forward to having you travel with us!



*Important: Passengers must be ambulatory and able to care for themselves or have a family member escort them. The COA, tour company and site staff cannot be responsible for personal care assistance.*

### May 14, Newport Dinner Train, \$89

Take a 90 minute tour of Narragansett Bay aboard the Newport Dinner Train. After luncheon, a step on guide joins the motor coach for a narrated tour of the Eastern side of the island. Be sure to have your camera ready!

### June 10, Dean Martin & Marilyn Monroe Tribute, \$69

Jimmy Mazz and Eva Tereso come together at White's of Westport to bring you the cool personalities of Dean Martin and Marilyn Monroe. Includes a delicious luncheon with a choice of Boneless Stuffed Chicken Breast or Baked Scrod.

### PRIME TIMES IS AVAILABLE ONLINE

Going away or don't need a paper copy of the *Prime Times*? Send us an email at [scurtin@townofnorwell.net](mailto:scurtin@townofnorwell.net) and provide your name and address and we'll send you a notice when the latest newsletter is available online.

### SURVEY SAYS?

Tell us how we can better serve you. Visit the COA webpage at [www.townofnorwell.net](http://www.townofnorwell.net) and take our online survey. Don't have a computer? Stop by and we'll get you set up or give you a paper copy. Your feedback is important to us!

**LIKE the Norwell Council on Aging Facebook page and stay up to date on news and events.**





## ARTS AROUND TOWN

### COA HOSTS STUDENT ART SHOW

The Council on Aging is pleased to once again host the Norwell High School Student Traveling Art Show during the month of March. Come check out the work from these talented young artists.

### SHREK JR., THE MUSICAL

Norwell Middle School Spotlighters' production for 2015 is "Shrek Jr., The Musical." Performances are on Fri., Mar. 20 at 7:00 p.m. and Sat., Mar. 21 at 2:00 and 7:00 P.M. Tickets are \$10 and are available for purchase at the Norwell Middle School during the week of March 16. The COA has a limited number of complimentary tickets available on a first-come, first-serve basis. Call Susan at the COA at 781-659-7878 for information.

### NHS HOSTS METG ONE ACT FESTIVAL

Norwell High School's Theatre group, the Fourth Wall Players, with sponsorship from the Norwell Scholastic Art Society, is hosting the Semi-Finals round of the Massachusetts Educational Theatre Guild's (METG) One-Act Play Festival on Saturday, March 14!

Festival is high school theatre's version of March Madness, complete with brackets and advancing schools. On February 28th, over 100 Massachusetts high schools competed at 14 host schools around the state in the preliminary round, with 3 schools advancing from each location.

Norwell High is one of seven schools that will host the Semi-Finals round on March 14th. Six high schools will compete at each of these sites. Norwell will welcome over 200 students, and their families, who will participate in this exciting competition. Two schools will advance to State Finals.

### SINKING OF THE TITANIC

*Sun., Mar. 15, 2015 at 3 p.m. @ The James Library*  
This powerful and informative presentation by Ted Zalewski explores the enduring fascination of the sinking of the Titanic in 1912. Ted is a dynamic speaker and will keep you spellbound. The James is offering a limited number of complimentary tickets for Norwell seniors. Those interested should call 781-659-7100 for more information. This program is sponsored by the Estelle Mosher Memorial Fund and Hub International, New England, LLC  
All tickets: \$15 in advance / \$18 at the door

## NORWELL READS

The Norwell Public Library is proud to announce Norwell Reads 2015! For this year, we have selected Heart of the Sea by Nathaniel Philbrick and the young adult book Revenge of the Whale

Some large print editions are available at the Council on Aging. The themes and events for Norwell Reads 2015 offers a wide range of interesting and informative topics sure to spark your interest! The program kicks off on March 11 and runs through April 6. Events are offered at Norwell Public Library unless otherwise notes.

- **Mar. 11, 7:00 p.m.:** Reception and Talk with Brian McPhillips, MD about his 113 adventures aboard a three-mast ship, Picton Castle that sails from Nova Scotia.
- **Mar. 14, 2:00 p.m.:** In the 1800's, sailors brought home "Sailor's Valentine" to their loved ones when they returned from a voyage. Create your own at this event. Ages 12 to adults.
- **Mar. 21, 1:00 p.m.:** Whale Day Open House with the New England Aquarium, co-sponsored by the North & South River Watershed Association.
- **Mar. 30, 7:00 p.m.:** Norwell Library Book Discussion
- **Mar. 31, 7:00 p.m.:** Diner & a movie "Moby Dick"
- **Apr. 2, 12:30:** Lunch and Book Discussion at the COA. Please sign up for this event with the COA at 781-659-7878.
- **Mar. 26, 10:30:** ArtMatters at the COA explores the work of Winslow Homer and his beautiful nature related masterpieces.
- **Apr. 23, 10:30 a.m.:** Wreck of the SS Marine Electric with survivor Gene Kelly at the COA.

Watch the Norwell Mariner and NPL website for more information about upcoming events.

### WRECK OF THE SS MARINE ELECTRIC

The SS Marine Electric, a 605-foot coal carrier sank on February 12, 1983, about 30 miles off the coast of Virginia. Thirty-one of the 34 crewmembers perished; the three survivors endured 90 minutes drifting in the frigid waters of the Atlantic. The wreck resulted in some of the most important maritime reforms in the second half of the 20th century. Join survivor Gene Kelly on Thurs., Apr. 23 at 10:30 a.m. as he shares his personal experience of the wreck. To sign up for this program, call the COA office at 781-659-7878.

## GALA OF GIVING

The Norwell Council on Aging is excited to be selected as a recipient of this fundraising event to support our art and music related programs!

**An evening of fun, food, dancing—  
plus silent auction, raffles, and live band!**



The Gala of Giving  
presents  
Music, Movement  
& Masterpieces!

**April 11th**  
6pm to 11pm  
Indian Pond Country Club, Kingston

Live music by  
GQ and the  
Lady

**Buy tickets at [plymouthphil.org](http://plymouthphil.org)**

*All proceeds support the Phil and the Councils on Aging in  
Duxbury, Kingston, Marshfield, Norwell, and Plymouth!*

The Plymouth Philharmonic Orchestra and the Visiting Angels present its annual Gala of Giving at the Indian Pond Country Club on Saturday, April 11, 2015. This year's fundraiser will benefit both the

Plymouth Philharmonic Orchestra outreach as well as art and music programs at Council on Aging in Norwell, Plymouth, Kingston, Duxbury and Marshfield. The evening includes drinks, dinner and dancing. Tickets are \$75 each. One highlight of the evening is Visiting Angels "Dancing With the Angels" competition! A fun event to watch and your vote counts!

You can participate in many ways

**Attend the event:** Buy tickets or reserve a table of 10 to join in the fun and support a good cause.

**Make a donation to the silent auction:** The auction is one of the highlights of the evening. Please consider donating a gift of sporting event or arts related tickets, vacation getaways or other of goods or services to be auctioned.

**Be a Sponsor:** The evening is publicized throughout the South Shore in advertising, the Phil's concert program book, via email, Facebook and Twitter in flyers and posters and reaches constituents from all the participating organizations. This is a great opportunity to showcase your business.

For more information on how you can participate go to the Plymouth Philharmonic Orchestra's website [www.plymouthphil.org](http://www.plymouthphil.org).


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## 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](http://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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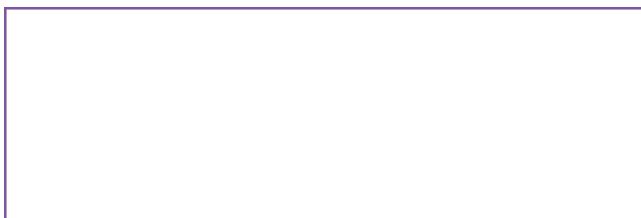
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**Inside find:**

Outreach News, pg. 2 & 3  
What's Happening, pg. 4  
Lifelong Learning, pg. 5  
Celebrating Service, pg. 6  
Bits & Bytes, pg. 7  
Town Clerk's News, pg. 8  
Upcoming Trips, pg. 8  
Arts Around Town, pg. 9  
Gala of Giving, pg. 10  
Friends, back cover  
Calendars, inserts



**RETURN SERVICE REQUESTED**

**FRIENDS ANNUAL DUES CAMPAIGN**

We know that this winter and all that snow has been keeping you very busy with many important household and family tasks. A special thank you for all of you who have already joined the Friends for 2015. For those of you, who really wanted to join but were too busy, we have included another membership form in this mailing. We continue to sponsor many exciting activities including the Senior Learning Network classes. Look for them as well as many other opportunities in each newsletter. We hope you will find some time to check them out. Stay warm and safe!

**SAVE THE DATE**

Sat., May 9 - Friends Flea Market and Fair

**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.

**THANK YOU TO OUR SHOVELERS!**

The COA maintains a list of students who provide shoveling services. While this program is not new, many of our students had graduated and moved on. This winter, it was time to breath new life into this program. We partnered with the Norwell Schools and utilized Facebook and other social media outlets to recruit new students to assist with shoveling. We are grateful to the 22 students, supported by their parents who offered their services to shovel for Norwell older adults. Some provided this service for free toward required volunteer hours and other charged a nominal fee. Either way, it's nice to see local students wielding their shovels in our neighborhoods.

A special thanks to Sue Scheible, reporter for the Patriot Ledger, for reaching out to us to learn more about the program. She wrote about it in her column "A Good Age" on Feb. 14, 2015. It was a great showcase of community spirit and support!

If you called us for a referral, we'd love to get your feedback. Please call the office at 781-659-7878.