

# The Prime Times

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293 Pine St, Norwell, MA 02061

## **DIRECTOR'S MESSAGE**

A thank you to all!

It's finally gone! This past winter certainly did a number on all of us. What was that total amount... 112" or more. Too much!!! I wish to say thank you to all who in some way dealt with that colossal amount. Our lists, as well as the schools, were designed to match up students and older citizens to deal with sidewalks, driveways, and most importantly, safe access and exit to the main doors of one's home.

This winter gave us another "headache" in getting snow off roofs or anyplace where it piled up close to one's home. Many providers and contractors who were called in got to as many customers as possible to get the snow off of roofs. The above was "labor intensive" and safe to say exhausting. So thanks to the students, volunteers, our staff in matching up those requests, the providers/contractors and the residents themselves who helped neighbors where needed. Truly signs of a great "community"! What they all did was most appreciated. Maybe next year will be different!

## **A MIX OF STAFF, VOLUNTEERS AND A STRONG COMMUNITY**

Did you know how hard staff and volunteers work to give you the best services, programs and the most appropriate resources? Most of us have a Mission Statement that denotes a community's goals and objectives in providing what is needed most. Most COA's have set themes for their operations. Some may be a program & service organization reinvented; some may be a long the line of an human service agency; and some can be purely social and designed to put aging in its' place.

Regardless of a theme, it takes effort and time to make it right for any older individual. Our COA can be identified as a human service agency that works so hard to bring you a challenge; to let you learn and to experience your mind and your body in any way you choose. So much information and experiences to see. Thus, the intent of this article is to help one realize what is out there.

What program or experience can we assist you in finding and develop. We ask for your help; your input, and your ideas on what would be a good fit and can be developed right here in our COA and our community. Think about this request. Just let our staff know what you would like. Let's do this! Respectfully,  
Rosemary O'Connor, Director

## **NEWSLETTER REMINDER**

The Prime Times isn't sent out during the summer months. Please visit our website, our Facebook page or call the office for any program information.

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



## **SAVE THE DATES**

**SPRING FLING FANDANGO - May 9**  
**TOWN ELECTIONS - May 16**  
**FINE ARTS FETIVAL @ NHS - MAY 21**  
**MEMORIAL DAY PARADE - May 25**

## OUTREACH NEWS by Dee Dee

### FRIENDLY VISITOR PROGRAM

The Council on Aging offers a Friendly Visitor Program for those who may be homebound and would enjoy company or families that can use a brief respite during the day. If you would like to have a friendly visitor come to your home or if you are interested in volunteering to visit elders in their home please contact Dee Dee Obert, at 781-659-7878 for more information.

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

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

### PRESCRIPTION ADVANTAGE

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the **"donut hole."** If you reach that gap, your prescription drug costs rise dramatically! Don't let this happen to you: **Prescription Advantage** is a state-sponsored program that supplements your Medicare drug plan to fill that gap. Call Prescription Advantage today at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more!

### 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.

### 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., Thurs., June 4 at 10:00 a.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.

### TICK TALK

It looks like spring has finally arrived! With the arrival of spring not only do we see the flowers and trees begin to bud and bloom, we unfortunately are now exposed to some unpleasant things.....ticks!

Think you're safe from ticks because the harsh winter froze them or because you haven't been trekking through the woods? Think again!

A recent study by a group of Connecticut researchers found a higher number of ticks following winters with heavy snow cover. I read in a recent article that researchers focused on ticks and the debilitating diseases they spread say "the heavy snow that blanketed the Northeast this winter was like a cozy quilt for baby blacklegged ticks that are now questing for blood as the weather warms up." And a researcher at New York's Binghamton University said Lyme disease-infected ticks aren't just in forests and fields. In Pennsylvania more ticks were recently found living around buildings, backyards, parks, outdoor benches and at shopping centers than in the deep woods. They found a third of 1,500 ticks tested were infected with Lyme.

According to the Centers for Disease Control and Prevention, there were more than 27,000 confirmed cases of Lyme disease and 9,000 probable cases in the U.S. in 2013, with the greatest risk of infection in New England, the mid-Atlantic states and upper Midwest.

Spend time outdoors, I think where we live is a great place to enjoy the spring and summer, please just be aware and follow the recommendations by the Center for Disease Control that suggest daily tick checks after being outdoors, even in your own yard; using repellents; showering soon after being outdoors; and calling a doctor if you get a fever or rash.

## LET'S TALK ABOUT ELDER LAW

### Dee Dee Obert, Outreach Coordinator

I recently attended an Outreach Summit in Worcester hosted by the Massachusetts Council on Aging; one of the topics discussed was the necessity of having a Health Care Proxy. It is never too soon to choose a Proxy. Everyone 18 years of age and older—people who are healthy as well as those who are sick—should complete a Health Care Proxy form. Many serious health problems come up unexpectedly. Think of the Proxy as a form of insurance: you hope you never need it, but if you do, it's important that you're prepared.

A Health Care Proxy is not the same as a living will or other forms people often use to document their wishes. While living wills and other planning forms are useful tools, they cannot possibly cover every situation that may arise or every decision that may need to be made. That is why having a Proxy is so important. The Proxy can be your voice and can speak for you no matter what health care decision needs to be made. ***Additionally, in Massachusetts, if you cannot make or express your own health care decisions, a completed Health Care Proxy form is the only legally binding document related to your health care.***

Your Proxy makes decisions for you ***only after*** your doctor has said that you are not able to make or express decisions about your care. Once your Proxy begins making decisions for you, your Proxy will have access to any medical information that you would have access to yourself. It's up to you to pick your Health Care Proxy. This person can make sure your care providers know what matters to you if you are ever too sick to speak for yourself.

***Your Proxy speaks for you only as long as you remain unable to communicate your own wishes. If your doctor says that your ability to speak for yourself has returned, your Proxy no longer speaks for you.***

When health care decisions are made, your voice and opinion are of utmost importance. In fact, expressing your personal health care wishes and taking part in decisions related to your health care are part of your basic rights as a patient. However, situations - such as accidents or severe illnesses - sometimes arise that can prevent you from partici-

pating in decisions about your care. Therefore, while you are able, it is important for you to decide what is important to you about your care in case you ever become too sick to speak for yourself. It is equally important that you communicate your wishes to your family and friends and your health care providers. You can add as much information to your Health Care Proxy form as you would like, you can be very specific on your wishes about any medical circumstance that may arise should the Health Care Proxy need to be activated.

A photo copy of your Health Care Proxy form is accepted and is as good as the original, many people keep a copy in their glove compartment of their car should an accident occur. Your physician as well as the person you have chosen to be your proxy should also have a copy.

The Health Care Proxy form is available at the Mass.gov website. If you are unable to access the internet and would like a form they are also available in my office, please feel free to contact me if you would like a form or more information. The Council on Aging also offers monthly consultations with local attorneys who can also assist you. Please check below for more information about our Legal Ease program.

### 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., May 13, 1:30 - 4:30 p.m.
- Wed., June 17, 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 an appointment, please be sure to let us know.

### ACA REQUIRES SOCIAL SECURITY NUMBERS

Effective in 2015, changes to the Affordable Care Act now require health insurance providers to collect Social Security numbers from their members. The IRS will use this information to verify individuals' health coverage for the previous year. If you receive notification from your provider and are concerned, contact them to verify the validity of the request.

## NOTES FROM THE TOWN CLERK'S OFFICE

The Norwell Annual Town Election will be held on Saturday May 16, 2015 at the Norwell Middle School, 328 Main Street. The polling hours are 8:00 a.m. to 6:00 p.m.

### Absentee Ballots

Absentee Ballots will be available at the Town Clerk's office. They are usually in two to three weeks prior to the Election.

Only those voters who will be absent from Norwell during polling hours, or who may have a physical disability, or whose religious beliefs prevent them from coming to the polls may vote "Absentee".

**To obtain an Absentee ballot, you must fill out an application with a valid signature for each voter, along with the address as to where the ballot should be mailed.** You may also complete the application at the Town Clerk's office and vote at that time.

Absentee applications can be obtained at the Town Clerk's office and online at [www.mass.gov](http://www.mass.gov).

The Town Clerk's office hours are;  
Monday & Tuesday – 8 a.m. to 4:15 p.m.  
Wednesday – 8 a.m. to 7:30 p.m.  
Thursday – 8 a.m. to 4 p.m.  
Friday – 8 a.m. to Noon

**All Absentee Ballots must be applied for before 12 noon on Friday, May 15, 2015, per MGL. At that time, the Town Clerk's office will close to the public to prepare for this Election. If there are any questions, please call the Town Clerk's office at (781) 659-8072.**

### Board of Assessors - vote for one

William E. Houser

### Board of Health - vote for one

Mary E. Doherty (incumbent)

### Board of Selectmen - vote for two

Christopher David Cataldo

Alison M. Demong

Peter D. Smellie

### Board of Water Commissioner - vote for one

Peter M. Dillon (incumbent)

### Moderator - vote for one

William Coffey (Incumbent)

### Norwell Housing Authority - vote for two

John F. Carnes, Jr. (incumbent)

Fred N. Levin (incumbent)

### Norwell Public Library Trustee - vote for two

Christie E. Smith (incumbent)

### Planning Board - vote for one

Jamie G. Crystal-Lowry

### School Committee - vote for one

Mary Lou O'Leary (incumbent)

### HELP US GO GREEN!

The Prime Times newsletter is printed five times each year and is mailed to more than 1,600 households. It is also available on the COA website under [www.townofnorwell.net](http://www.townofnorwell.net). If you prefer to receive the newsletter via email or wish to be removed from our mailing list, please contact the COA office at 781-659-7878 or send an email to Susan at [scurtin@townofnorwell.net](mailto:scurtin@townofnorwell.net).

## MARK YOUR CALENDAR FOR SUMMER FEST!

Norwell Summer Fest will be a community wide event taking place on Saturday June 13 from 2—8 p.m. in Norwell Center. The roadways will be closed and streets lined from the Town Common to Joseph's Gar-

age with attractions, live music, food, beer gardens, artisans and more! We will have something for all ages from small children and teens to senior citizens. The goal of Summer Fest is to bring the community together to celebrate the town. The event is free except for food, beverage and any goods purchased from an artisan. Shuttles will run to and from the Vinal School and the Middle School to the event. Limited handicapped accessible parking is available at the Cushing Center. Join in on the fun!





## WHAT'S HAPPENING

### COLE SCHOOL LUNCH SCHEDULE

Don't miss our last lunch at Cole School for the school year on Thurs., May 14 at 1:15 p.m. Cole School is located at 81 High St. and the cost of lunch is \$4.30. To sign-up, please call the COA office at 781-659-7878. Bring a friend or come and meet some new and old friends!

### UPCOMING FRIENDS MEALS: GREAT HOME COOKING!

The Friends of NCOA will offer one last special lunch and breakfast before taking a break for the summer. Be sure to join us for the best home cooking around.

- May 20 - Breakfast 9:00 - 11:00
- June 15 - Lunch @ 12:30: BBQ Chicken

The cost is \$4 and advance reservations are required.

### ARTMATTERS - DAVINCI

Mon., June 22 at 10:30 a.m.

He was one of the greatest painters in the world, but painting was not what he did the best. Da Vinci was a scientist, a chemist, a mathematician, an engineer, a designer of military equipment and strategist, a sculptor, a concert level musician, and an inventor. He was The Renaissance Man. Join us for a look into all the works of Leonardo Da Vinci and the vision that was his genius. To sign up for this program, please call the COA office at 781-659-7878.

### WHIST

We've had a few people express interest in playing whist. We will start a new group on Wednesday afternoons at 1:00 p.m., beginning May 27. If you'd like to join us, please call the COA office at 781-659-7878.

### FUNCTIONING WITH LOW VISION

Many older adults may experience low vision due to a variety of issues. Join certified low vision specialist Rebecca Brown, OTR from Norwell VNA & Hospice on Mon., June 22 at 1:30 for a discussion on types of low vision, adaptive strategies for living with low vision as well as resource information. To sign up for this program, call the COA at 781-659-7878.

### MOVIE MATINEE

In honor of 50th Anniversary of Older American Month, we are pleased to bring you the inspirational film "Age of Champions" that celebrates the spirit of active older adults. Please be sure to join us.



#### Thurs., May 28, 1:30 p.m.

Age of Champions, (2011) NR, Documentary  
1 hr., 15 mins.

This award-winning documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100 year-old tennis champion, 86 year-old pole vaulter, and rough-and-tumble basketball grandmothers as they discover the power of the human spirit and triumph over the limitations of age. The Washington Post called the film "infectiously inspiring!"

#### Thurs., June 29, 1:30 p.m.

On the Town, (1949) Musical Comedy  
1 hr. 38 mins

A story about 3 sailors on leave who try to find love and romance on a 24 hour shore leave in New York. There is great singing and dancing with the wonderful actors, Frank Sinatra, Gene Kelley and Jules Munshin. Featuring the hit song "New York, New York"

### LAST DEVICE DAY

Need help with your smartphone or iPad? Students from the Norwell Middle School are ready to lend a hand Tues., May 19 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.

### TECH TALK

Our fantastic volunteer "techie" John Barbour is available on the first and third Mondays of the month at 10:00 a.m. for help with your laptop, smartphone, tablet or other technical issues. Call the COA to sign up.

### IN HOME COMPUTER HELP

Need in-home computer help? Let us know. Two NHS students are available to assist our seniors. Call the COA office for information.

## LIFELONG LEARNING



We are pleased to bring you a series on accessing online resources for your genealogic research through interactive

programs the Library of Congress and webinars from New England Historic Genealogic Society.

To register for any of these programs, please call the COA office at 781-659-7878.

### **Preparing for Your Visit to New England Historic Genealogic Society**

Tues., May 26, 2015, 3:00 p.m.

Webinar by: Jean Maguire, NEHGS Library Director  
While some NEHGS resources are now available online, a visit to our acclaimed research center in Boston can yield amazing results. Learn how best to prepare for your visit to our library and archives: search our online catalog, create a resource checklist, schedule an in-person consultation, request manuscript materials before you arrive, and more.

### **Maps As Historical Evidence**

Presenter: Library of Congress

Thurs., July 9, 10:30 a.m.

Program Description:

[In collaboration with the Geography and Map Division] Maps are windows to the cultural, political, and physical world around us. They capture a space in time and define it according to parameters set by the mapmaker for an intended

### **Invisible Ancestors: Ideas & Strategies for Recreating Their Stories**

Presenter: Library of Congress

Thurs., July 23, 10:30 a.m.

Many ancestors, early immigrants and pioneers, slaves, women, native peoples, and others don't have compiled biographies and are invisible in the historical record, except through the census or other data collection entities. Learn ideas and strategies for recreating their life stories from the Library's online and physical collections of early travelogues, letters, diaries, other texts and printed ephemera, photographs, other visual media, and maps.

### **Digital Collections at NEHGS and AJHS-NEA**

Webinar by: Sally Benny and Stephanie Call

Thursday, August 27, 2015 3:00

New England Historic Genealogical Society and the

American Jewish Historical Society-New England Archives has partnered to digitize and make accessible unique manuscript items, including unpublished family papers, diaries and account books, ledgers, letters, and more. Learn about our joint digitization program and how to access these important digital collections from home.

## **OTHER SLN PROGRAMS**

### **Extreme Weather Observations**

Presenter: Mount Washington Observatory

Thurs., June 11, 1:30 a.m.

What exactly is a meteorologist and how do they make a forecast? Forget the suits and ties – enter the exciting world of our mountaintop crew! Find out who these intrepid scientists are, how they collect data, what kind of data they collect, and how they translate the data into information we can use.

### **Go Underwater: The Great Barrier Reef**

Presenter: Reef HQ Museum

Thurs., June 25, Please call for time

Wherever you are in the world, experience the reef with Reef Videoconferencing. During this underwater fact-finding mission, you will be transported to the Coral Reef and Predator exhibits at Reef HQ Aquarium in Townsville, Australia.

### **Rat Pack Favorites: Music from Frank, Sammy and All Their Pals**

Presenter: Manhattan School of Music

Mon., July 13, 1:30 p.m.

Everyone knows the Rat Pack. They were the ultimate in cool back in the day. But just how did this random group of musicians and actors become the inimitable Rat Pack? What songs do you identify with each member? How did the events of the day make them stars? MSM musicians explore these iconic superstars and their memorable hits.

### **Wilds of Glacier Bay, Alaska**

Presenter: Glacier Bay National Park and Reserve

Thurs., July 16, 1:30 p.m.

Have you ever wanted to take your students into the wilds of Glacier Bay, Alaska, but your boat wasn't big enough? Well now our Park Rangers can bring Glacier Bay directly to YOU. During the program, participants will be interacting with the ranger, answering and asking questions! The programs are free and a great way to introduce you to this amazing national park and to the vast state of Alaska.

## DON'T MISS THESE TRIPS!!!

The Norwell COA is pleased to offer a variety 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 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.*

### **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. *Registration and full payment are due by May 12.*

### **July 20, Tails N' Tunes Double Lobster Bake & Show Featuring: Don Who?, \$89.00 Per Person**

Start your trip to Maine with a visit to When Pigs Fly Bakery then next stop is at The Coastal House, Southern Maine's Premier Banquet Venue for luncheon and a show. The meal includes a choice of double lobster bake or a ½ baked chicken, chowder, steamers, rolls, potatoes, corn on the cob, as well as a 2 drink tickets per person for beer, wine or soda. After lunch sit back and relax as you enjoy the mellow sounds of Don Who? as he croons all of the old favorites. Reservations and full payment is due on or before Friday, June 19, 2015.

## **BEST SELLER BOOK CLUB II**

The COA and Norwell Public Library are excited to partner and bring a best seller book club to the COA!

Join Reference Librarian Diane Rodriguez on the third Monday of each month at 11:00 a.m. for book discussion. Here are the selections for the upcoming months:

- **June 15** - *The Storied Life of A. J. Fikry: A Novel* by Gabrielle Zevin
- **July 20** - *Inside the O'Briens: A Novel* by Lisa Genova
- **August 17** - *The Girl on the Train* by Paula Hawkins

Books will be available through the Norwell Public Library and we can assist you in getting a copy. To register for this program, call the COA at 781-659-7878.

## **DID YOU KNOW...**

You can access a wide selection of e-books, audiobooks and magazines online through the Norwell Public Library? Stop by the COA or the Library for help on how to access these great materials online.

## **BOOKS TO GO AT NPL**

Do you love to read, but have a hard time getting to the library? The Norwell Public Library offers personalized Book To Go program that will deliver books and other library materials directly to you. For more information, call the library at 781-659-2015 x 114.

## **LAST CLASS DATES**

These regularly scheduled programs will take a break during the summer. The last class dates are:

- Art Class - Tues., June 16
- Exercise - Fri., May 29
- Quilting - Fri., June 26

We look forward to seeing everyone again in the Fall!

# BOOK CLUB



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

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

**Spring Fling Fandango**  
**Saturday, May 9**  
**8 a.m. - 2 p.m.**  
**293 Pine St., Norwell**  
**Yard Sale / Crafts / Flea Market / Bake Sale**  
**Mother's Day Items / Hot Dogs**

### EXPLORING LOCAL LIGHTHOUSES

Join local historian and author, John Galluzzo for a two part series on local lighthouses. Session will be held on Mon., June 8 and July 27 at 1:30 p.m. to sign up for this program, please call the COA office at 781-659-7878.

### ROYAL NORWELL SPONSORED EVENTS

**Mon., May 18, 12:30 p.m.** - Join us for a special luncheon of sandwiches and salads prepared by the chef at Royal Norwell. Lunch will be served at the COA. Please make your reservation by May 13 by calling the COA at 781-659-7878

**Fri., June 12, 9:00 a.m.** - Come for a pancake breakfast and tour of the facility at the Royal Norwell, located at 329 Washington St. in Norwell. Please register by June 5, by calling the COA office at 781-659-7878.

### COMMUNITY BARBECUE AT LIFE CARE

Norwell seniors are invited to a complimentary "Community Barbecue" and entertainment on Thurs., June 25 at 11:30 A.M. at the Life Care Center located 309 Driftway, Scituate. Please call the COA at 781-659-7878 to make your reservation by June 16. Transportation is available.

### GROWING & COOKING WITH HERBS

#### CONTAINER HERB GARDEN

Nothing is more refreshing the smell and taste of fresh herb! Join us on Wed., June 10 at 12:30 p.m. and be ready to get your hands dirty! Participants will plant their own container herb garden to grow at home. Plants and soil will be provided but please bring your own container using the following guidelines.



#### Round Container

Up to 10" wide x 6" deep

#### Box Container

Up to 12" long x 6" deep

This class is limited to 15 participants and is sponsored by Home Instead Home Care of Norwell.

#### COOKING WITH HERBS

Can't use salt? Make your food more flavorful by learning to use herbs in your cooking. Home Economist Susanne Laffin will help you learn to use herbs in a preparing a variety of dishes on June 17 at 1:00 A.M. This class is limited to 12 and there is a fee of \$10. Come learn, cook and eat with us.

To reserve your spot for these programs, call the COA at 781-659-7878.

### FINE ARTS FESTIVAL

The COA Over The Hill Gang artists joins student artists and musicians at the 2015 Fine Arts Festival at Norwell High School on Thurs., May 21, 6:00—8:00 p.m. Please come and support all of these talented artists.

**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)



## SUMMER NEWS

### COA SUMMER HOURS BEGIN JULY 7th

Summers begin on July 13 and are in effect until through September 4.

- Monday through Thursday; 8:30 a.m. - 5:30 p.m.
- Friday: 8:30 a.m.– 12:30 p.m.

We welcome you to stop by and visit. Please be sure to check our website or call the office for information on summer programs.

### ARTMATTERS - PABLO PICASSO

Mon., August 24 at 1:45 p.m.

Whether you swear by him or at him, Picasso was undeniably the most successful and influential artist of the 20th Century. He was certainly the most influential artist since Leonardo Da Vinci. He was able to change his style, so quickly, so completely, that he seemed like many different artists. You can't like it all, he made over 50,000 works of art. But there will be one era, one style, even a single painting, that will make you say; "I didn't know Picasso did that, I love that."

Join us for a look at, and a discussion of, the many, many styles, expressions, loves and lives of the man at the heart of modern art.

### GET A NEW "APP"-TITUDE!

There is an app for everything or so they say. This summer, local high school students will help you explore a different app, what it goes and why it's important. Multiple sessions will be held, with a different app for each week. As of this, writing dates have not been finalized. Be sure to watch the Norwell Mariner and the Norwell Council on Aging Facebook page, or call the COA for more information.

### LET'S EXPLORE

#### Castle Island and Fort Independence.

**Fri., July 24, depart from COA at 9:45 a.m.**

This 22-acre urban park is connected to the mainland by both pedestrian and vehicular causeways, forming a three mile segment of parkland and beach along the South Boston shoreline of Dorchester Bay. Upon arrival, you'll have an hour and a half to explore on your own or with friends. Pack a picnic lunch or grab a bite at Sullivan's. Transportation is available, but seating is limited. Call the COA to sign up!

### END OF SUMMER BBQ

Join us for a potluck End of Summer BBQ on Thurs., Sept., 3 at 12:30 p.m. at the COA. We'll supply the hamburgers and hotdogs and invite you to bring your favorite side dish, salad or desert. Reservations are required and can be made by calling the COA office.

### MOVIE MATINEES

Showtime is at 1:30 on the following days:

#### Thurs., July 30

#### **Alive Inside; A Story of Music and Memory**

Documentary, 2014 (NR)

Dan Cohen, founder of the nonprofit organization Music & Memory, fights against a broken healthcare system to demonstrate music's ability to combat memory loss and restore a deep sense of self to those suffering from it

#### Mon., Aug. 31

#### **"The Hundred-Foot Journey"**

Comedy/Drama, PG, 2014 2 hrs., 3 min.

Cast: Helen Mirren, Om Puri

This uplifting story bursts with flavor, passion and heart. When the chilly chef proprietress of a Michelin-starred French restaurant in southern France (Mirren) gets wind of a culinary immigrant opening an Indian restaurant just 100 feet from her own, her icy protests escalate to all-out war between the two establishments.

### CLIP & SAVE

### SUMMER CALENDAR SNAPSHOT

Please call the COA office at 781-659-7878 with any questions.

- July 3, - Office Closed for 4th of July
- July 9, 1:30 p.m. - SLN Maps as Historical Evidence
- July 13, 11:00 a.m. - Maintain Your Brain
- July 13, 1:30 p.m. - SLN: Rat Pack with MSM July 16, 1:30 p.m. - SLN Wilds of Glacier Bay
- July 20, - TRIP Tales & Tunes \$89
- July 20, 11:00 a.m. - Book Club
- July 23, 1:45 p.m. - SLN Invisible Ancestors
- July 24, 9:00 - Castle Island
- July 27, 1:30 p.m. - Lighthouses w/John Galluzzo
- July 30, 1:30 p.m. - Movie: Alive Inside
- August 10, 11:00 a.m. - Maintain Your Brain
- August 17, 11:00 a.m. - Book Club
- August 24, 1:45 p.m. - ArtMatters, Picasso
- August 31, 1:30 - Movie: The 100 Foot Journey
- Sept. 3, 12:30 p.m. - End of Summer BBQ

## REUSE DURABLE MEDICAL EQUIPMENT

REquipment is a new durable medical equipment (DME) reuse program that makes it easier to get recycled wheelchairs, scooters, shower chairs, mechanical lifts, walker and other devices vital to staying independent at home. REquipment accepts donations of gently used DME, repairs and cleans it and reassigns it to people in need, including veterans, at no charge, thanks to funding through Mass. Rehabilitation Commission. They can pick up and deliver larger items in Greater Boston. The website is [www.dmerequipment.org](http://www.dmerequipment.org) and list the available inventory. The program is simple with minimal paperwork and does not require insurance.

## GOT AN HOUR? GIVE IT BACK!

The COA is always in need of volunteers to help in a variety of ways. There is an immediate need for individuals to assist with transportation for medical appointment both locally and those willing to travel to Boston. There is also a need for help with delivering home delivered meals and we welcome anyone interested in helping to serve at our congregate meals. For more information about being a volunteer, call the COA office.

## 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 Annemarie Powers from Norwell VNA & Hospice for "Maintain Your Brain" workshop, a fun way to stimulate your brain using a variety of puzzles. The group meets on the second Monday at 11:00 A.M. at the senior center. To sign up, call the COA office at 781-659-7878.

## RED CROSS BLOOD DRIVE

The Norwell COA will host a blood drive for the American Red Cross on Wed., June 24, from 1 to 6 p.m. Drop-ins are welcome, however the Red Cross encourages that appointments be made by calling 1-800-Red Cross (800-733-2767) or visiting [www.redcrossblood.org](http://www.redcrossblood.org).

## NOTARY SERVICE AVAILABLE AT COA

Looking for a Notary Public? Outreach Coordinator Dee Dee Obert and Director, Rosemary O'Connor can assist you. If you need to have anything notarized, feel free to stop by the COA.


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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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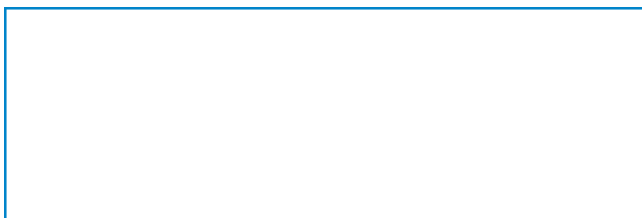
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**RETURN SERVICE REQUESTED**

**MEMORIAL DAY CELEBRATION**

Please take some time to honor our veterans and loved ones at Norwell's annual Memorial Day Celebration on Mon., May 25. All veterans are invited to march with parade participant meeting at the corner of Main & Lincoln Streets at 10:00 - 10:30 a.m. The parade begins at 10:30 a.m. and

marches to Veteran's Common in the center of town. The remembrance program will last approximately 45 minutes.



**Friends of the Norwell COA, Inc. 2015 Annual Dues and Donations**

Name (s): \_\_\_\_\_

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\_\_\_\_ Individual \$10

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In Memory of \_\_\_\_\_ In Honor of \_\_\_\_\_

We are a 501(c)(3) non-profit organization

Please make checks payable **to: Friends of Norwell COA, Inc.**

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or drop it off at the Council On Aging Office at 293 Pine St. Thank you for your generosity.