

# The Prime Times

DIRECTOR  
OUTREACH  
PROGRAMS

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293 Pine St, Norwell, MA 02061

## **DIRECTOR'S NOTE**

This month is so special as it has so many life stories. The one that speaks out to many of us is the Day of Thanks or Thanksgiving. This day truly is the essence of giving and it is brought to us by those that give of themselves not just on this day but ready to help, support or assist in giving a family member, a friend or to anyone who may need a special gift of just being there.

Alzheimer's is one of top leading diseases within our lifetime. It is estimated that over 6 million Americans suffer from this debilitating disease. Alzheimer's is the most common cause of dementia among older adults. Regardless, scientists continue to unravel these complex brain changes which can lead directly to specific damage to the brain and the initial onset and progression of Alzheimer's appears. As November is now here and we look forward to that "day of giving", we should all think about what we can do to make one's life easier. Isn't that what November and December are all about?

A time when there is a smile on a face; or a gift to be given; or 'Christmas Around the World' is out there for us all, whether it be the spirit of Hanukkah, the Festival of Lights begins in the evening of Sunday, December 6 and ends in the evening of Monday, December 14 or 'Kwanzaa', has it is the celebration of family, community and culture which honors African Heritage. It starts on December 26 through January 1, 2016.

The month of December has so many features of life. We should make sure we dedicate this month for all living and passed peoples of the world. For whatever you are looking for, the spirit is out there via Christmas, Hanukkah, Kwanzaa or any other

culture or faith present in the community of our world.

Respectfully,  
Rosemary O'Connor, Director

## **THANKS TO TISH CLARK**

For many years, Tish Clark has been dedicated to helping hundreds of Norwell older adults navigate health insurance information. As a volunteer SHINE counselor, Tish is required to attend extensive training and updates throughout the year. We are grateful for the 17 years that Tish has dedicated to our community. After this open enrollment season, Tish will retire from Norwell as the SHINE Counselor. Thank you Tish for the thousands of hours you've spent in serving our community!

## **CELEBRATING OUR SENIOR VETERANS**

On October 14, the COA hosted a luncheon in honor of Norwell's oldest veterans. This wonderful event was organized and coordinated by Norwell's Veteran's Service Office, David Osborne. A special thanks to David Campbell, Chad Forman, Paul and Richard Tedeschi, Mark Dirico, David Decoste, Steven Marsh, John Hornstra and Tara Hollander for their generous support in making this lunch possible. We'd also like to thank Paul Foulsham, Bob Woodill and Dave Stevens for their help during the event. Thank you for your service!



## **OUTREACH NEWS**

### **From Dee Dee Obert**

#### **FUEL ASSISTANCE**

Heating season is quickly approaching. Those of you who currently receive fuel assistance should be receiving your re-certification letters from South Shore Community Action Council soon. Once you receive this information please feel free to contact me to schedule an appointment if you need assistance with the re-certification process. For those who are applying for the first time you will need the following information to complete the application process:

- Photo identification
- Social Security cards
- Income verification (Social Security letter; 4 weeks of your most recent paystubs if working, interest income, dividend income, annuities etc.) of all members of the household over the age of 18
- Rent or Housing costs – mortgage principal – interest – taxes – insurance
- Heating company bill
- Electric company bill
- Landlords name, address and phone number

The Maximum income level for a family of one is 33,126.00 and for a family of two it is 43,319.00 for program year 2015/2016. Applications can be submitted between November 1, 2015 and April 30, 2016. For more information, call the COA office at 781-659-7878.

#### **PROTECT YOURSELF FROM FRAUDS AND SCAMS**

Many people have contacted me recently to say they are receiving unsolicited phone calls from individuals trying to access their personal information by posing as the IRS, Microsoft and various other agencies. Below are a few safety tips from the Attorney Generals office.

- Heed your own advice. Never talk, or open your door to a stranger. You should never give out any personal information about yourself or your family to anyone, or any business that you are not familiar with.
- A door with a peephole. Is a safe way to see who is at your door. It is important to know who is on the other side of your door prior to it being opened. Once opened you could be at risk.

- Fraudulent telephone solicitations. Beware of any postcard or voice message promising cash and prizes. Most require you to call an "800" or "900" number. In order to collect the reward, the caller is required to leave their credit card number to "verify their identity". It is the perfect opportunity for your credit card number to be stolen, as well as your identity! Beware, you could also be charged for the call on your next phone bill.
- Too good to be true. If something sounds too good to be true, it probably is. Take the time to stop and check out the validity of an offer prior to accepting it. This might save you some time, money and most of all aggravation.
- Charities. Do not make a donation to an unknown charity. Ask for their telephone number so you can call them back. If a caller is uncooperative in answering your questions, simply hang up the phone.

Scammers are becoming more and more sophisticated in their approach. One scam circulating in Massachusetts describes a caller who states they are from your banking institution and need to verify your information; they may have limited info and will try to have you reveal the rest of your account number, social security number, and your mothers' maiden name in order to access your account. Just remember: Never give your personal information to anyone who you do not know!

#### **DON'T IGNORE YOUR MEDICARE MAIL**

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan explaining the changes in your plan for 2016.

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to change your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Our SHINE Counselor Dee Dee Obert is available by appointment. Don't wait until it's too late. To schedule a SHINE appointment, call the Norwell Council on Aging at 781-659-7878.

## SENIOR WORK PROGRAM ORIENTATION

Anyone interested in participating in the 2016 Senior Tax Work-Off program (new and past participants) are invited to attend the orientation meeting to be held on Thursday, November 19<sup>th</sup> at 10:00 a.m. in the Osborne Room at Town Hall. Applications will be available and must be submitted December 31, 2015. Program eligibility requirements:

- Town of Norwell taxpayer who is age 60 or older
- Homeowner or spouse of homeowner (primary residence only)
- A resident of Norwell who has owned an occupied primary residence for five (5) or more years
- Own and occupy the property for which Norwell taxes are paid and the abatement is earned in the current year end
- A limit of one annual exemption may be earned per household. Eligible applicants may also receive other exemptions.
- There will be an optional financial means test. This will be explained within the FY16 applications.

In addition, those who have been in FY15, should be bringing their completed hours as well as attending this meeting for FY'16. We look forward to seeing you there! For more information, call 8781-659-7878.

## NO SOCIAL SECURITY COLA IN 2016

*(provided by the Social Security Administration)*

With consumer prices down over the past year, monthly Social Security and Supplemental Security Income (SSI) benefits for nearly 65 million Americans will not automatically increase in 2016. Since there is no COLA, the statute also prohibits a change in the maximum amount of earnings subject to the Social Security tax, as well as the retirement earnings test exempt amounts. These amounts will remain unchanged in 2016. The Department of Health and Human Services has not yet announced Medicare premium changes for 2016. For more information, please visit [www.socialsecurity.gov/news/cola](http://www.socialsecurity.gov/news/cola) and [www.medicare.gov](http://www.medicare.gov).

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



## THANKSGIVING OUTREACH

For many years, the COA has coordinated the delivery of home-cooked turkey dinners to older Norwell residents on Thanksgiving Day. It has been a great service as those that give and those that receive. If you are interested in receiving a meal, please let us know. We will work to confidentially get a meal to you. We are also looking for those who will help by preparing an extra meal for delivery or deliver a meal or two. For more information, please call Rosemary at 781-659-7878.

## VOLUNTEER OPPORTUNITIES

The Council on Aging is in need of volunteers to assist in the following ways:

**Medical Transportation** - There is a growing need for volunteers to drive older residents to medical appointments, both locally, as well as those willing to travel to Boston area facilities. Volunteers provide on demand transportation services when the COA van is not available. Appointments may be scheduled Monday through Friday during our business hours.

**Errand Assistance** - Provide transportation for local errands such as hairdresser appointments or picking up Rx, as well as those willing to run errands for homebound adults.

**Publicity Assistant** - One or two individuals who can assist with sending publicity to local media, updating the COA website and creating fliers. Must have basic computer skills and knowledge of Microsoft Word. Commitment averages 5 - 10 hrs. per month.

**Home Delivered Meals** - Drivers deliver noon-time meals to homebound older adults, Mondays through Fridays. This is a rotating schedule so the commitment may only be once or twice a month.

**Technology Assistance** - Volunteers with strong knowledge of Apple and Android products are needed to help to assist individuals in our computer lab.

**Trip Coordinators** - One or two individuals to help coordinate with tour companies to offer a variety of day trips. Commitment varies.

Please call the COA at 781-659-7878 for more information about any of these volunteer positions.

## WHAT'S HAPPENING

### 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., Nov. 18. 1:30 - 4:30 p.m.
- Wed., Dec. 16. 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.

### FIND YOUR INNER ARTIST – PAINT DAY

You've probably heard about or been to a paint night. Now is your chance to find the artist hidden inside you at our paint day! Join the staff from "Sing Explore Create" for this fun workshop on Thurs., Nov. 12, 9:30 - 11:30 a.m. No artistic experience is necessary and all supplies are provided for you. Take home your masterpiece that day ready to frame and give as a holiday gift! Cost is \$25 and includes instruction and all supplies. Class is limited to 10, so sign up early by calling 781-659-7878.

### MAINTAIN YOUR BRAIN

Mental stimulation can strengthen cognitive functioning. Join Annemarie Powers from Norwell VNA & Hospice for fun and games to stimulate your brain on the second Monday of each month. To sign up, call the COA office at 781-659-7878

### LUNCH AT THE PAT ROCHE HOSPICE HOME

Just two years ago, Norwell VNA and Hospice quietly opened its doors to the first nonprofit Hospice Home to serve the South Shore Community. Situated. The Pat Roche Hospice Home on Turkey Hill in Hingham, is surrounded by a lush lawn and gardens, as well as beautiful vistas. This 12 bed residence offers private rooms and baths, as well as many areas of shared living space for friends and families. The Norwell VNA and Hospice cordially invites you to join us for luncheon and a private tour of this very special place on Wednesday, November 18th at Noon. Transportation will be provided or meet us there! Space is limited and reservations are necessary by calling 781-659-7878..

## LUNCH & LEARN

Join us on Mon., Dec. 7 at 12:30 p.m. for a lunch and learn provided by Royal Norwell. Lunch will be served and Jane Belyea R.N., a Joslin trained Diabetes Advocate will discuss Healthy Holiday choices. Reservations are required by Dec. 3 by calling 781-659-7878.

## SENIOR LEARNING NETWORK

Join us for these upcoming live and virtual programs. To register call the COA at 781-659-7878.

### Where in the World Were They? American Women In WWII

Presented by: U.S. Army Women's Museum

Date: *Check the Calendar for date and time*

Answering the call of a nation in need, American women step forward during World War II to fill an array of jobs. From factory workers to uniformed military members, these brave American women help win the war and usher in new economic and social changes that will forever alter the role of women in American society. The U.S. Army Women's Museum will lead your students through archive analysis that reveals the scope and breadth of women's service at home and abroad. They will hear the voices, feel the emotions, and examine the human dimensions of this massive cultural shift in our nation. Get ready to dig deep, put the pieces together, and circle the globe with American women in World War II.

### The Attack at Pearl Harbor; December 7, 1941, a Date Which Will Live in Infamy

Presented by: FDR Presidential Library & Museum

Date: Mon., Dec. 7, at 10:45 a.m.

This presentation explores the Japanese surprise attack on Pearl Harbor. The session examines the decades old debate as to whether or not the United States should have, and/or could have been more prepared for this devastating event that changed American and world history.

### Rocketing Into Space

Provided by: Denver Museum of Nature & Science

Date: Thurs., Dec. 10 at 2:00 p.m.

United Launch Alliance (ULA) is America's primary provider of rockets to carry spacecraft into Earth orbit and to destinations across the Solar System. ULA's world-class rocket assembly facility, is where the Atlas, Delta and the (still being designed) Vulcan rockets are constructed. Join this live broadcast from this ULA "rocket factory" to connect with engineers, scientists and other personnel involved in building America's "rides into space."



## JOIN US FOR LUNCH!

Don't eat lunch alone! The COA offers several lunch opportunities each month. Come meet friends or make new ones. Reservations are requested a minimum of 48 hours in advance, for lunch and transportation, if needed, by calling our office at 781-659-7878. This helps us ensure that everyone can be served. Join us for one of the following lunches.

### Weekly Lunches

Lunch is served on Mondays and Thursdays at 12:30 p.m. the senior center, unless otherwise noted on the calendar. Lunch is prepared by Lindley Senior Food Services and served by our wonderful group of kitchen volunteers! A \$2 donation is requested.



### Friends Lunches - at the COA

Ladies from our Friends and Red Hat groups prepare a wonderful home-cooked meal once a month and shouldn't be missed! Join us for chowderfest on Mon., Nov. 23 at 12:30. Lunches are \$4.00 and can't be beat! Reservations are required.



### Thanksgiving Potluck

Our 3rd annual Thanksgiving Potluck Luncheon will be on Thurs., Nov. 19 at 12:30 p.m. The COA staff will be your host and provide the turkey; we invite you to bring your favorite sides and desserts to share. Reservations **are required** and space is limited to 50 seats. To make a reservation, please call COA office at 781-659-7878 by Nov. 13.

### Holiday Luncheon

Join us for on Thurs., Dec. 17 at 12:30 p.m. as Lindley Food Services prepares a roast beef luncheon and carving station for us. Seating is limited to 50 and reservations are required by December 10. Cost of this lunch is \$2. To sign up, call the COA office at 781-659-7878.



*Please note that for our Thanksgiving and Holiday luncheons seating priority must be given to Norwell residents age 60 and older and any of our volunteers. We are happy to add others to our wait list and have them join us if space is available. We look forward to seeing you!*

## Cole School Lunch

There will be no lunch at Cole School in November and December. We wish Cindy a speedy recovery and look forward to being back to Cole in January!

### IMPORTANT NOTE:

**No lunch will be served on Thurs., Dec. 24. We hope you enjoy this time with family and friends!**

### LEARN TO PLAY HAND & FOOT

Hand & Foot is a fun, fast paced variation of Canasta. This easy to learn game is played with partners. Join game leader Nancy Mauro on Wednesdays at 1:00 p.m. and be part of the fun. Not sure how to play, Nancy will show you how! Anyone interested is asked to call the COA at 781-659-7878.

### BEST SELLER BOOK CLUB

Join Reference Librarian Diane Rodriguez on the third Monday of each month at 1:15 p.m. for book discussion. Here are the selections for the upcoming months:

- **Nov. 16** - *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce
- **Dec. 21** - *Christmas Letters* by Debbie Macomber

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

### ARTMATTERS: MOTHER & CHILD

The bond between parents and their children is very special, very personal, and yet universal. This relationship transcends language, different cultures, great distances and time itself. Art speaks to this bond, so we can understand and share the connections and experiences made between mothers and their children throughout our human history. Join us on Mon., Dec. 21 at 10:30 a.m. for a special sharing, and invite your children or grandchildren. To sign up, call 781-659-7878.

### COMING TO A PROGRAM? PLEASE BE SURE TO REGISTER!

This will allow us to contact you if there are any changes or cancellations to a program or event. If you are interested in a program, but not sure, we suggest that you sign up and then cancel if needed. Thank you for your understanding.

## MOVIE MATINEE

### The Theory of Everything

*See the calendar for date & time*

(2014) PG-13, 2 hours, 5 minutes

*Eddie Redman, Felicity Jones*

This is the extraordinary story of love between one of the world's greatest living minds, the renowned astrophysicist Stephen Hawking and his first wife Jane Wilde. At age 21, Hawkins received an earth-shattering diagnosis. With Jane fighting tirelessly by his side, Stephen embarks on his most ambitious scientific work. Together, they defy impossible odds, breaking new ground in medicine and science, and achieving more than they could ever have dreamed.

### Mon., Dec. 14 - An Evergreen Christmas

(2014) PG, 1 hour, 39 minutes

*Robert Loggia, Naomi Judd*

An aspiring musician returns to the small Tennessee town she left behind and life on a Christmas tree farm she tried to forget, only to find pieces of herself and her true musical voice along the way.

## INTERGENERATIONAL NATURE EXPLORERS

The COA is excited to partner with the South Shore Natural Science Center for a grant-funded nature exploration program. We are looking for volunteers to participate in this program with preschool students to learn about vernal pools, maple sugaring, getting in touch with trees, planting and more. This group will meet five times between March and June. If you are interested in participating, please call Susan in the COA office at 781-659-7878

## MEDICARE IS NOT CALLING YOU!

The Executive Office of Elder Affairs is warning seniors about Medicare scams. They've received reports that elders are receiving a phone call from "Medicare." A very well spoken caller claimed they had "sent her a letter" prior to a doctor coming to her house to ensure the proper services were being provided. The caller wanted to send Dr. "X" to her house the following day. Please keep in mind that

Medicare will not call you! If you have a question or concern about such calls, please contact Medicare directly at 1-800-633-4227.

## SAVE THE DATE - 2016 TRIPS!

- May 25, Cape Cod Lunch Train, \$89
- June 16, Newport Playhouse  
"Play it Again Sam," \$89
- July 14, Gloucester Lobster Lunch Cruise, \$89



## SNOW SHOVELING AND PLOWING

The COA maintains a list of students available for snow shoveling. This is a fee for service referral with rates negotiated between the student and older adult. The recommended rate is \$10-\$15 per hour. Students are referred based on proximity to the family or individual needing assistance. Please understand that we may not have students available in all neighborhoods, but will work to help find someone available.

We also have a list of plow companies. Many of these were referred to us by other residents. Rates are negotiated directly between the older adult and the plow company. For more information, please call 781-659-7878.

## OFFICE HOURS FOR REP. DAVID DECOSTE

Rep. David DeCoste will be available for office hours at the senior center on the first and third Friday of the month at 9:00 a.m. Please feel free to drop in to discuss your questions and concerns.



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

### TECH TALKS WITH JOHN

Join John Barbour for the following workshops in November and December. To sign up, call the COA office at 781-659-7878.

#### **Windows 10** - Mon., Nov. 16, 10:00 a.m.

Windows 10 has arrived. It is a free upgrade for users of Windows Vista and Windows 7, 8, and 8.1. In this tutorial you will learn how to update your computer to Windows 10 and learn about some of the new features that make life easier for Windows users.

#### **Home Networks** - Mon., Dec. 14, 9:00 a.m.

Learn about Wi-Fi wireless home networks and what they do. We will cover how to connect your computers, smartphones, TV and other gadgets to the Internet via your router.

#### **EDITING AND SHARING iPhone PHOTOS**

On Tues., Nov. 10 at 9:00 a.m. join Travis and Mitchel to learn how to use editing features like cropping, adjusting exposure, and adding effects. Now you're ready to learn how to share your photos with family and friends. To sign up for this program, call 781-659-7878.

#### **INTRODUCTION TO MOBILE DEVICES**

Holidays are quickly approaching and the stores will be flooded with sales on mobile devices, but how do you know what is right for you? Join Jon Cotti, Technology Manager for Norwell Public Schools on Tues., Nov. 17 at 9:00 a.m. as he talks about different types of devices that are available. To sign up, call the COA office at 781-659-7878.

#### **DEVICE DAY RESCHEDULED**

Due to a school conflict the October Device Day has been rescheduled to Tues., Nov. 17 at 2:00 p.m. in the Community Room at the Norwell Middle School. To sign up, please call the COA at 781-659-7878. Please be sure to let us know what type of device you plan to bring.



### GAMES, GAMES, GAMES

Please join us for games on the following days:

Scrabble - Mondays @ 1:30

Mah Jong - Tuesdays @ 12:30

Poker - Tuesdays @ 12:30

Cribbage - Wednesdays @ 1:00

Hand & Foot - Wednesdays @ 1:00

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

### 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.

### MICROSOFT ISN'T CALLING YOU!

Microsoft does not make unsolicited phone calls to help you fix your computer. Some residents and even COA staff have received calls from a person claiming to be from Microsoft Tech Support. They offer to help solve your computer problems. Once the crooks have gained your trust, they attempt to steal from you and damage your computer with malware including viruses and spyware. Often an encryption software is installed that locks your computer. The only way to unlock it is to pay them, and still there is no guarantee. If you're skeptical go with your gut feeling, hang up and call someone for more information. Feel free to contact the COA if you have questions or concerns about possible scams.

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## PHOTO GALLERY

We had lots going on in October. Here is a look at our celebration of senior veterans, the Polish Oktoberfest, and foliage trip in New Hampshire.





## COMMUNITY NEWS

### VETERAN'S DAY

Please take a moment to remember all those who served our country, are currently serving and those who have fallen in the line of duty, to help preserve our freedom. We humbly thank them all. In observance the senior center will be closed on Wed., Nov. 11. On this day, please join our local veteran's in a ceremony on the Town Common on at 11:11 a.m.

### SNOWFLAKE FESTIVAL

Church Hill United Methodist Church will hold their annual Snowflake Festival on Sat., Dec. 5, 9:00 A.M. to 2:00 P.M. in Fellowship Hall. The church is located at 11 Church St. Come check out the greens table, gift baskets silent auction items, baked goods, art and antiques, Grandpa's basement, jewelry and caricatures and more! This is a rain or shine event.

### AT THE JAMES LIBRARY

#### Holiday Marketplace

Sat., Dec. 5, 9 a.m.- 3 p.m.

Artisans on three floors of the James offer quality items for holiday gift giving. Each year we feature new craftspeople who create unique gifts. Stop by for some unique and beautiful gifts!

### A Festival of Nine Lessons and Carols

Fri., Dec. 11, 7 p.m. at First Parish of Norwell

This collaborative choral performance, between the James' chorus and First Parish Church's chorus, will celebrate the holidays in the tradition of King's College Chapel in Cambridge, England. A Festival of Nine Lessons and Carols includes readings and poetry interspersed between a variety of old and new carols. Donations gratefully accepted at the door.

### UCC CHRISTMAS CONCERTS

UCC will hold their annual Christmas Concert on Sat. Dec. 5 at 5:00 p.m. and on Sun., Dec 6 at 2:00 and 5:00 p.m. Seating is first come first serve and in lieu of tickets you may make a goodwill offering. The church is located at 460 Main St. and has handicapped parking available. For more information about these events, please call the church office at 781-659-7878.

### CHRISTMAS DINNER AT CHURCH HILL

Church Hill United Methodist Church, located at 11 Church Street, Norwell, invites singles, couples and families to a Christmas Day Dinner. Gathering time for refreshments is Noon and a turkey dinner will be served at 12:30 p.m. The dinner is free and transportation is available. Volunteers are welcome. Reservations must be made before Sunday, December 20 by calling the church office at 781-826-4763. Join them for some great fun and fellowship.

### HELP SUPPORT NORWELL BOY SCOUTS

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 9. 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](mailto:troop44trees@verizon.net) or call 781-204-0055. Thanks for your support.

### NORWELL FOOD PANTRY

During the holidays, the Norwell Food Pantry welcomes monetary donations to help prepare holiday meal baskets for families in need. They also offers an Adopt a Family program in addition to regular donations of non-perishable goods and gently used clothing and small household items. Drop off hours are 8:00 - 4:00 Monday through Wednesday, 8:00 - 12:00 on Thursdays and Fridays. For more information about accessing the Norwell Food pantry or making a donation, please call 781.690.5050 or visit their website at [www.friendsofnorwell.org](http://www.friendsofnorwell.org). You can also find them on Facebook!



## NOVEMBER IS ALZHEIMER'S AWARENESS

November is National Alzheimer's Awareness month. There are many local programs available to help support patients, families and caregivers. For more information, visit the Alzheimer's Association at [www.alz.org/mahn](http://www.alz.org/mahn) for the Massachusetts/New Hampshire Chapter or call 617.868.6718. This website is a wonderful resource and also includes educational information on teaching children about Alzheimer's.

## CODE RED COMES TO NORWELL

Norwell has contracted with CodeRed to serve as our Emergency Notification System (ENS) through the Plymouth County Sheriff's Department (PCSD). Residents and businesses can register their home and mobile telephone numbers to receive notifications advising the community of important information during an emergency, as well those events that aren't critical but may cause disruption to daily schedules such as road closure, water service disruptions, etc. If you have already registered, with CodeRed, your information will be carried over. To register with CodeRed you can find a link on the Town of Norwell, Norwell Fire

and Norwell Police webpages or contact the COA at 781-659-7878 for assistance.

## EMERGENCY CONTACT INFORMATION

Individuals who participate in any programming offered at the COA are asked to please complete an Emergency Contact Form. Forms are also available on our website. As the winter months approach, please consider letting us know if you or a loved one have any type of impairment that may put them at risk, especially during a weather emergency. We learned that many individuals lose their home telephone service in the event of a power outage. We can also maintain your cell phone information for emergency access. This information will remain confidential and only shared with first responders in the event of an emergency. We are also happy to assist you with registering with the CodeRed system.

## GET CONNECTED

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

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of the South Shore  
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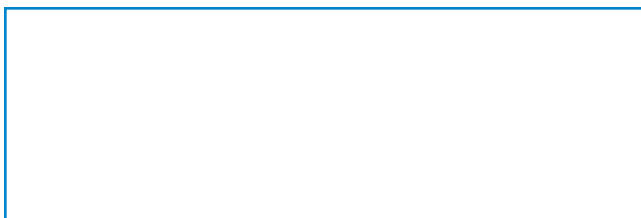
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**SUPPORTING THE COA**

Many people give generously during the holiday season and often contact us to ask how they can support the Council on Aging's efforts. Here are just some of the ways you can help.

**Gift Card Donations**

Please consider donating gift cards to the COA for local grocery stores such as Stop & Shop, Shaw's and Hannaford's and retailers like Wal-Mart, Target or CVS. These are used throughout the year to help support seniors and families in need. Your generosity is greatly appreciated.

**General Gift Fund**

Donations to the COA's general gift fund are used to assist with community outreach and help offset unbudgeted expenses.

**Program Gift Fund**

Contributions specifically to the Program Gift Fund help to support and expand the offering of the quality programs offered at the senior center, as well as program participation scholarships.

**Friends of NCOA**

The Friends are a 501(c)(3) organization that provides support to the Council on Aging. Donations to the Friends supports community outreach, programming, special events and more.

**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!

**WINTER WEATHER POLICY**

In the event of school cancellations due to weather, all COA programming will be cancelled. However, the office will remain open unless Town offices are also closed. Transportation services will be determined based on road conditions and recommendations from the Highway Department.