

The Prime Times

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293 Pine St, Norwell, MA 02061

DIRECTOR'S NOTE

Seems like it has been so long since the "notes" have been out and we are all trying to catch up. In September and October, we are programmed to see these times with pros and cons. We know the beautiful colors of both months are amazing. We look forward to changes in the air and colors starting to follow their own way. The downside is knowing the air will be crisp and will lead to frost at night. This is the precursor to which our fall starts to change and snow will soon be on its way. Hope for the best and imagine a wonderful winter for us all!

Accolades

Some of you may already know about the accomplishments of our Outreach and Program Coordinators. Dee Dee Obert, (Outreach), spent over 12 weeks this summer learning the ins' and out's of Medicare and various health insurances. This program is called SHINE, which means Serving Health Information Needs of Everyone. I think it is fair to say Dee Dee learned so much from this course. Her efforts and talent were highlighted by taking this on. It is with appreciation and pride that this COA can further assist and support elders. Congratulations on your work and your certification. We wish you well. Good Luck Dee Dee!

Did you know our program coordinator, Susan Curtin, finished her Masters in Gerontology this past spring. Susan achieved this via on-line courses pertaining to aging and its' many facets. The courses offered were evening classes, weekends, reports and presentations. Needless to say, Susan certainly earned this degree and has continued to bring her expertise and commitment to this department. Congratulations to you Susan. We are all proud.

Respectfully,
Rosemary O'Connor, Director

VOLUNTEER DRIVERS NEEDED

There is an immediate need for volunteer drivers to assist seniors with transportation to local medical appointments and especially for individuals willing to drive to Boston. We are also in need of volunteers to assist with home delivered meals. If you or someone you know is interested, please call the COA office at 781-659-7878.

THANK YOU GARDENERS!

Thank you to the many gardeners who have shared their bounty with us over the past few weeks. We've distributed vegetables to many of our visitors.

THANK YOU TO THE PHIL & VISITING ANGELS

Last Spring, the Plymouth Philharmonic and Visiting Angels held their annual Gala of Giving. This year, Councils on Aging in Norwell, Marshfield, Duxbury, Kingston and Plymouth were recipients of a donations from these proceeds, specifically to support art and music programming. We are grateful to these organizations and all of the individuals who helped to make the event possible. The funds will be put to good use here at the Norwell COA.

REGULAR PROGRAMS RESUME

- Art begins on Tues., Sept. 8 at 10:00 a.m.
- Quilting begins on Fri., Sept. 11 at 1:00 p.m.
- Exercise begins on Fri., Sept 25 at 10:00 a.m.
(note time change)

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



OUTREACH NEWS

From Dee Dee Obert

I recently attended training at HESSCO in Sharon and I am now a Certified SHINE Counselor. The role of a SHINE Counselor is to ensure that Medicare beneficiaries have access to accurate, unbiased information regarding health insurance and health care options.

I, along with Tish Clark will be available to assist those residents seeking help in sorting through this daunting maze of information.

Are you approaching 65? Do you need to sign up for Medicare if you have coverage through an employer? There are many variables to be considered and it is important to know the answers to avoid incurring a lifetime penalty if you fail to sign up within the required time frame. If you have any concerns regarding when you should sign up for Medicare please feel free to call the COA and ask to speak to either me or leave a message for Tish Clark.

Medicare's Open Enrollment Period (October 15th through December 7th) is fast approaching. This is the time for Medicare beneficiaries to review their options and to be certain they have the best coverage to meet their individual needs. It is important to be confident that the Prescription Drug plan you currently have or plan to switch to will cover your prescriptions. SHINE Counselors will be available to perform individual drug searches, there are forms available at the COA which will require you to complete the requested information including ALL your current medications and mail it to HESSCO to the address provided, or drop it at the COA. A drug search will be performed and the results will be mailed to you. If you have any questions regarding the information you receive you can schedule an appointment to go over the results.

If you are interested in this service please stop by the COA and request the Medicare Drug Plan Pre-Enrollment Information Form.

I am looking forward to serving the residents of Norwell regarding Medicare and the many options available.

DO YOU HAVE YOUR DOCUMENTS?

So often we need to provide documentation for various reasons and if we are not organized, finding what we need can be a nightmare! Here are some simple tips on organizing your paperwork, to help make things less stressful and more manageable when a document is needed. Here are a few examples of what you should keep.

- **Income verification** – Social Security letter stating your benefits. Pay records from employment, income tax returns, income for any other source, annuities, interest, etc.
- **Home or Apartment Information** - Lease, deed, mortgage information and homestead
- **Real Estate Tax**
- **Insurance Information** All life, home, car, and health insurance policies
- **Credit Card Numbers and Contact Information** This is especially important if your credit cards are lost, you will have all the information you need to cancel the card and request replacement cards.
- **Utility Bills** - These are important to keep if you need to apply for fuel assistance. It is also good to keep one year of these bills to keep track of your home expenses.
- **Medications** - Keeping a list of your medications is very important. We can give you a File of Life to help keep this organized.
- **Medical Receipts** Out of pocket medical expenses.
- **Cemetery Plot** - Deed info on all cemetery plots.
- **Bank Statements** - Bank statements and account information for all your bank accounts.
- **Legal Documents** - This includes a will, health care proxy, and power of attorney.
- **Military Record** - If you served in the military your DD214 is a very important document that is needed to apply for services that are available to Veterans as well as to receive Veteran preference for housing and other services.

To help keep organized, try using different colored file folders and labeling them appropriately. Keeping them in a file cabinet or file box is a simple solution to the clutter of paper. Make it a habit to file on a regular basis. Take out the old, outdated information and shred or throw them away. Check out my upcoming program on Organization for more tips! Good luck with your organization!

FUEL ASSISTANCE

Now that autumn is fast approaching the heating season isn't far behind. 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.

Those of you that did not receive fuel assistance in the 2014/2015 heating season and would like to apply for assistance, I will be scheduling appointments beginning Thurs., Oct. 1, 2015.

You will need the following information to complete the application process:

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

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 program provides assistance through a fixed benefit amount for the cost of the primary source of heat which includes but is not limited to: Oil, Electricity, Natural gas, Propane, Kerosene, Wood, Coal

Payments for actual usage or fuel delivery are made directly to the heating vendor for primary energy needs from November 1st to April 30th except when the cost of heating is included in the rent. If eligible discounts are automatically given on electric bills for investor owned electric utilities, and gas bills for investor-owned gas utilities.

Once again, please feel free to contact me at 781-659-7878 to make an appointment.

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.

BE PREPARED FOR EMERGENCIES

Many of us are all too familiar with Nor Easterns, Winter Storms and yes, Tornados. Some of us have experienced local emergency shelters either as participants or volunteers. Join Lisa C Kaufman, ATR-BC, LADC1, of Preparedness Specialty Services on Thurs., Oct 1 at 1:30 p.m. as she discusses "*Personal Disaster Preparedness: Being Prepared No Matter Where You Are.*" This fun and interactive program will help you understand the need for preparedness and ways to make a plan. Learn what you can do to be ready at home, in your car, on vacation and help make you, your family, friends and neighbors safer. This program is made possible through a grant by the Norwell Board of Health. To sign up, please call the COA office at 781-659-7878.

CODE RED COMES TO NORWELL

Norwell has contracted with Code Red to serve as our Emergency Notification System (ENS). Many residents are already familiar with this as they have registered 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 Code Red, 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.

WHAT'S HAPPENING

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! September 14 is a nice roast beef dinner and October 19 we celebrate with Oktoberfest. Lunches are \$4.00 and can't be beat!

Cole School - 81 High St.

Thurs. Sept. 18 and Oct. 16 at 1:15 p.m. The cost of lunch is \$4.30. Bring a friend and don't miss out on this best kept secret!

FRIENDS BREAKFAST RETURN

After a relaxing summer, our Friends are back serving up the best breakfast in town. Be sure to join us on Wed., Sept. 23 and Oct. 28 at 9:00. The cost is \$4. Transportation is available. Reservations are recommended by calling the office at 781-659-7878.

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.

PARK, RIDE & WALK

Take a relaxing walk with friends new and old along the scenic pathways. Park at the senior center and take the shuttle to the start of the pathway, then enjoy a leisurely half mile stroll along the path from the Middle School to Circuit St. Feeling ambitious? Start your one mile walk from Cushing Hill and end at Circuit St. The COA van will pick up at Circuit St. and return to the senior center. Transportation from your home may be available for residents 60 and older. Come walk with us on the following dates; Sept. 16 and 30, Oct. 7 and 21. **Important reminders:** Be sure to wear appropriate outerwear and footwear. This area is accessible to individuals of all abilities however there is limited seating along the way. To sign up, please call the COA office at 781-659-7878.

CLUTTER BUSTERS

Are you buried in paper and need to get organized? As the seasons begin to change and year-end looms in the distance now is the time to get organized. COA Outreach Coordinator, Dee Dee Obert shares helpful tips for getting organized and getting rid of the clutter. Join us on Mon., Oct. 5 at 1:30 p.m. for a fun and informative program. Call the COAS at 781-659-7878 to sign up.

BEST SELLER BOOK CLUB

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 Thursday of each month at 1:15 p.m. for book discussion. Here are the selections for the upcoming months:

- **Sept. 21** - *The Storied Life of A. J. Fikry: A Novel* by Gabrielle Zevin
- **Oct. 19** - To Be Determined at the September meeting.

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.

GAMES WANTED

The COA is looking for adult appropriate games, with all pieces and in good condition, to use for our Friendly Visitor program. Some suggestions are Scrabble, Yahtzee, Boggle, Rummikub, large print playing cards and more. Thank you!

**BOOK
CLUB**

TRANSPORTATION NEWS

Transportation is one of the major services provided by the COA to Norwell residents, age 60 and older or disabled. Recently, we've seen a tremendous increase in transportation requests and every effort is made to transport residents in need. Medical appointments and prescription pick-up are a priority. Shopping and program transportation are set for specific days. Personal errands, such as hairdresser appointments, banking, can usually be handled by COA volunteer drivers.

To request transportation for a medical appointment, shopping or for a program, call the COA office at 781-659-7878. To assist our drivers with daily transportation planning, the following guidelines apply;

- Requests for medical transportation **must be made at least 48 hours in advance**. Appointments must be scheduled between 9:00 a.m. and 2:30 p.m. We're sorry, but we cannot take appointment times for after 2:00 p.m.
- Requests for program transportation **must be made at least 24 hours in advance**.
- We regret that same-day transportation requests cannot be accepted.
- We can assist with picking up prescriptions from local pharmacies. However, all prescriptions **must** be called into the pharmacy by a physician.
- We **cannot** provide transportation for individuals being discharged from the hospital, nursing care facility or anyone undergoing a procedure that requires anesthesia.

Weekly Transportation Schedule

- Mondays, Lunch @ COA
- Tuesdays, Hanover Mall (AM)
- Wednesdays, Errands Around Town
- Thursday, Lunch @ COA
- Friday, Local Medicals (AM only) and Stop & Shop

Beginning in September, Friday transportation will be provided for local medical appointments (Norwell and Hanover) only between 9:00 and 11:30 A.M. Grocery shopping will be offered in the afternoon.

BOSTON AREA TRANSPORTATION

The Medical Access Program (MAP) is funded through a Title IIIB Federal grant, to provide medical transportation usually in and out of Boston and for wheelchair situations that the COA van cannot handle. This is a regional consortium, under the Older Americans Act and South Shore Elder Services, serving Cohasset, Hingham, Hull, Scituate and Norwell. Appointments must be made no less than 48 hours in advance. A donation is suggested.

VOLUNTEER MILEAGE REMINDER

A reminder to all of our volunteer drivers, you are welcome to submit a request for mileage reimbursement. Please keep in mind that mileage must be submitted monthly and related to those rides coordinated directly through the Council on Aging. For more information on mileage reimbursement, please contact the COA office at 781-659-7878.

COA PROGRAM POLICY

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

MEDICARE UPDATES FOR 2016

Save the Date: November 5, 1:30 p.m.

Every year the landscape of Medicare plans changes. The open enrollment period provides beneficiaries the opportunity to review and choose coverage for the upcoming year that meets their needs. Peggy McDonough, SHINE Program Regional Director, will be at the Norwell Council on Aging on Thursday, November 5 at 1:30 p.m. to talk about options available to beneficiaries for Medicare coverage in 2016. She will have information about health and prescription plans including changes in premiums and out-of-pocket costs in 2016. Be sure to get the information you need in time to choose the coverage you want. Don't Wait Till It's Too Late!

SCRABBLE PLAYERS INVITED!

Do you love to play Scrabble? Join the group on Mondays at 1:30 p.m. for an afternoon of fun and friendship. Transportation is available. To sign up call 781-659-7878.

LIFELONG LEARNING

Registration for these classes begins on Tues., Sept. 1 for Norwell residents age 60 and older. Open registration begins on Fri., Sept 4 for adults of all ages and out of town residents, based on availability. To register, call the COA office at 781-659-7878

Selected Biographies of 19th Century Norwell

Wednesdays, Sept. 9 - Oct. 21 (no class on 9/30)
10:00 - 11:30 a.m., \$20, class size limited to 22
Facilitator: Bob Jackman

Examine the lives of some Norwell residents who lived significant portions of their lives in the Nineteenth Century. While a couple prominent residents will be discussed, other individuals who come under examination will have names little mentioned by historians. The intent is to review the lifestyles of ordinary residents and to look at the lives they experienced, and the choices they made. Lives of both men and women will be reviewed.

The lives selected for review will be intended to provide a cross-section of the community and to sample different decades. Since there is a limited availability of primary source material such as diaries, memoirs, and journals, some lives will be followed beyond the limits of the town.

Exploring Stellwagen Bank

Thursdays, Sept 10 - Oct. 22 (no class on 10/8)
10:00 - 11:00 a.m.. \$20, Class size 24
Facilitator: John Galluzzo

The Stellwagen Bank National Marine Sanctuary lies just off our coast, yet most Massachusetts residents overlook its importance. Sure, it's one of the top 10 whale watching destinations in the world, but what else goes on there? Join John Galluzzo, the Maritime Heritage Chair for the Stellwagen Bank National Marine Sanctuary Advisory Council and the 2013 Stellwagen Bank Volunteer of the Year, for an in-depth, six-class look at the sanctuary from the Ice

Age to the present, from the sea surface to floor. Topics will include shipwrecks, marine mammals, life in the water column and more.

Norwell's Colonial Industries

Wednesdays, Oct. 28 - Dec. 9 (no class on 11/11)
10:00 - 11:30 a.m., \$20, class size limited to 22
Facilitator: Bob Jackman

This course looks at the industries that helped sustain life in colonial Norwell. Agriculture and early mills are two essential industries that will be examined. Since shipbuilding was covered in an earlier course, the construction of vessels will not be covered here. Participants will help select among the other potential industries.

As with earlier courses, the program will utilize documented sources to sketch aspects of the local economy and the impact of work on the lives of residents. The course will explore roles of men and women in the work place and community.

SENIOR LEARNING NETWORK



Join us for these upcoming programs. To register all the COA at 781-659-7878.

Time Travel With Fossils

Presenter: Badlands National Park
Mon., Sept 21, 1:30 p.m.
Badlands National Park protects rich fossil beds that contain evidence of ancient life. The fossils include marine creatures that lived from 74 to 65 million years ago and ancient mammals that lived from 37 to 25 million years ago.

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

Presenter: Manhattan School of Music
Mon., Sept 28, 1:30 p.m. (Rescheduled from July)
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? MSM musicians explore these iconic superstars and their memorable hits.

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SENIOR LEARNING CONTINUED

American Impressionism

Presenter: Badlands National Park

Thurs., Oct 22, 1:30 p.m.

By viewing and discussing artworks by Mary Cassatt, William Merritt Chase, Childe Hassam, John Singer Sargent, and others, students discover how the advent of American Impressionism was more than just an imitation of the impressionist movement in France. The basic tenets of Impressionism, as well as the historical and cultural influences of the time, are discussed in this program.

TRAVELOGUE ADVENTURES

Live vicariously through other travelers as they share photos and experiences from their trips. Do you have a trip you'd like to share with us. Let us know, we'd love to hear from you too!

Adventures in Italy

Take a photo tour of Italy with Norwell resident and photographer Jean McKenna on Thurs., Sept. 10 at 1:30 p.m.

Living in India

Norwell resident Jennifer Weimann shares her experience living in Bangalore, India for 3.5 years with her husband and four children. Their stay included visits to Agra, Jaipur, Goa, Varanasi and Kerala. Come and explore India with Jen on Thurs., Oct 15 at 1:30 p.m.

TRIPS TRIPS TRIPS

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

Lake Winnepesaukee Dinner Train

Oct. 16 - Cost \$79

Dine along Lake Winnepesaukee and view the Fall Foliage as you travel the shoreline of the lake while enjoying a delicious turkey dinner catered by the

famous Hart's Turkey Farm. Reservations and payment must be made by September 21.

35 passengers are required to run this trip. Please call the COA office for more information at 781-659-7878.

JOHN SINGER SARGENT @ MFA

Tues, Nov. 3 - Cost \$35

John Singer Sargent comes to life through letters and lore. Behind the renowned paintings of John Singer Sargent lies another legacy—a treasure trove of letters, photographs, and sketches that document the artist's world. Among the correspondence, more than a dozen letters from Sargent to Claude Monet illuminate his lifelong friendship and admiration for the French Impressionist master. Another note, carefully written in a neat round hand, describes a certain portrait as a "masterpiece"; it is signed Amélie Gautreau, an appreciative sitter best known today as Madame X.

In celebration of the recent gift to the MFA of The John Singer Sargent Archive, which establishes the Museum as the center for Sargent scholarship, this exhibition selected from the archive and the MFA's collection, brings Sargent's era to life, enhancing our understanding of the man and his work. The show features watercolors, prints, drawings, correspondence, and photographs arranged around several themes. Caricatures of Sargent by his friends and fellow artists Henry Tonks and Max Beerbohm add a dose of humor to our view of this hard-working artist, while sketches, props, and photographs of his studios illuminate his artistry and reveal the spaces of his labor.

This trip includes admission and transportation only. Individuals may rent a personal multimedia guide for an additional \$6. You are invited to bring a bagged lunch or purchase lunch at the Garden Café. Reservations are required by Oct. 6. Please call 781-659-7878 to sign up.

Please Support These Advertisers,
They Make Our Bulletin Possible

"TECH TOOLS"

Accessing Online Music, eBooks and Magazines

Did you know you can access a wide collection of books, music and magazines online through Norwell Public Library? Join Adult Librarian, Diane Rodriguez on Tues., Sept. 29 at 10:00 at the senior center, as she introduces us to the wonderful online resources including OverDrive (ebooks & audiobooks), Freegal (music), and Zinio (magazines). Be sure to bring your library card and smartphone or tablet and she'll get you started. Don't have a library card or device but still want to learn more about these resources? A limited number of computers are available for use during this session. **Please note that participants should have working knowledge of navigation on their device and accessing the internet.** To register, call the COA at 781-659-7878.

Customizing your iPhone or iPad

Learn how to personalize your device using settings and the App Store on Tues., Oct. 13 at 9:00 a.m. Please call the COA to sign up.

Introduction to Mobile Devices

Are you thinking about purchasing a smartphone or tablet, but not sure what you can do with them? Join Jon Cotti, Norwell's Technology and Network Manager on Nov. 17 at 9:00 a.m. to learn more about mobile devices. To sign up, call the COA at 781-659-7878

DEVICE DAY

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

Digital Photography for iPhones and iPads

Do you want to learn how to take better pictures with your iPhone or iPad? The COA teams up with Mitchell and Travis from Norwell Public Schools Technology department and award win-



ning photographer, Jeanne McKenna to offer a 3 week series and learn how to use the camera function on your device as well as basic principles of photography composition and lighting. Classes meet at 9:00 a.m. On the following Tuesdays

Oct. 20- Introduction to Camera Function

Why juggle your phone and camera on an outing? Come learn how to use the camera features on your iPhone or iPad.

Oct. 27 - Taking Great Photos

Award winning photographer, Jeanne McKenna will discuss concepts of composition and lighting to help you take better photos with your iPhone or iPad.

Nov. 10 - Editing and Sharing Photos

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.

PILOT PROGRAM IS A SUCCESS!

This summer we ran a pilot program "Get a New App-titude." Nine NHS student volunteers helped to facilitate this program teaching seniors how use a variety of apps on their smartphones and tablets. A special thanks to all the students (shown L to R) Olivia Calder, Ben Giftakis, Carolyn Flaherty, Steven O'Driscoll and Kevin O'Driscoll. Thanks to those not shown including Sahana Bail, Kayla Billard, Patrick Kelly and Danial Osmani.



ANDROID SUPPORT

We find that there are many individuals who own tablets and smartphones that are not Apple products. While many of our classes focus on iPhones and iPads, we are pleased to offer some support for Android OS users with help from local NHS students. Assistance is only available after 3:00 on weekdays. If you'd like to make an appointment, please contact Susan in the COA office.



TECH TALKS WITH JOHN

Join John Barbour for the upcoming computer workshops. Please call the COA at 781-659-7878 to register.

Do I really need a Desktop PC?

Mon., Sept 14, 9:00 - 11:00

Learn about alternatives to conventional desktop computers. We will cover new developments in laptops, tablets, chromebooks, and small form factor and mini PCs. We will also discuss which platform is best for you whether it be PC or Apple Mac.

Cable TV Alternatives

Mon., Sept. 28, 9:00 - 11:00

Cable prices are astronomical, but there are many gadgets that can help you access to watch TV shows and video from Netflix, Hulu, Amazon, YouTube and others on your home television. Come learn more about them!

Internet of Things and the World Wide Web

Mon., Oct. 5, 9:00 - 11:00

The internet is much more than a connection for your browser. We will discuss home automation such as thermostats, lighting, home security, cameras and more. Even how to open and close your garage door with your smartphone from 1,000 miles away.

A Primer on Internet Browsers

Mon., Oct 19, 9:00 - 11:00

We are familiar with Microsoft Internet Explorer but there are many other Internet browsers that are better and easier to use. We will discuss alternative browsers such as Apple Safari, Chrome, Firefox, Opera and also the new browser from Microsoft called Microsoft Edge (codename: Spartan). We will also discuss which alternative browsers may be best for you.

Essential Security Issues for your Computer

Mon., Nov. 9, 9:00 - 11:00

We will discuss how to protect yourself and your computer from internet viruses, malware, network attacks, and more. How to set-up, antivirus, malware software and firewalls on your router. We will also discuss techniques, strategies and a little common sense on how to keep you and your computer safe from hackers. It's really not that hard.

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 or see our Receptionist for Wi-Fi information. We suggest you call to confirm times to access the computer lab.

MAINTAIN YOUR BRAIN

"Exercise your Brain" through puzzles, word games and being a part of this fun social group. Join Annemarie Powers from Norwell VNA & Hospice for "Maintain Your Brain" workshop, on the 2nd Monday of the month at 11:00 A.M. at the senior center. Please note, due to Columbus Day, the group will meet on Oct. 5. To sign up, call the COA office at 781-659-7878.

ARTMATTERS: VAN GOGH

Van Gogh's life is one of the most dramatic, romantic, and tragic stories in all of art history. His career was very short but his gifts and his influence very great. Join us on Mon. Oct. 26 at 10:30 for a look at his work and the brief but brilliant flame that was his life. Nothing is stranger than the truth. Call the COA to sign up.

JOIN THE COLORING CRAZE

Come join us for the latest craze, adult coloring! Coloring is a low-stress activity that unlocks creativity and more importantly, has been noted to help relieve tension and anxiety. What do adults color? Think paisleys, botanicals, animals, mandalas, enchanted forests, cats, decorative fans and more. Join us for "Calming Color" on Thursdays at 11:30 a.m. We'll provide the supplies and you bring your creativity. You're also welcome to make a reservation to join us for lunch afterwards. To sign up, call the COA office at 781-659-7878.

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
Whist - Wednesdays @ 1:00
Beginners are welcome. For more information, call the COA office.

IMPORTANT SERVICES

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. Appointment can be made for Wed., Sept. 16 or Wed., Oct. 21. between 1:30 and 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.

SHINE COUNSELING AT SENIOR HOUSING

Dee Dee Obert, COA Outreach Coordinator and SHINE Counselor will be available by appointment at the following locations:

Norwell Gardens

Sept. 22 and Oct. 20, 2:00 - 3:30 p.m.

Jacobs Pond Estates

Sept. 24 and Oct. 22, 2:00 - 3:30 p.m.

Please call Dee Dee at 781-659-7878 to make an appointment at either senior housing or at the COA office.

HOW YOU CAN SUPPORT THE COA

The Council on Aging is a municipal department that helps to support residents age 60 and older. Our efforts are funded primarily through tax revenues, with some grants. People often ask how they can help support our efforts in the community. Here are some things to keep in mind:

- Be a volunteer driver, program facilitator, friendly visitor and more!
- Make a donation to our Program Gift Fund to support a wide variety of educational and recreational programs.
- Make a donation to our general Gift Fund to help support elders in our community.
- Join the "Friends" - Our Friends provide financial and volunteer support in many ways. You can help this 501(c)(3) group by becoming a member, volunteer to help with an event or be a Board member or make a donation,
- Donate a gift card in any denomination to Stop & Shop, Shaws, CVS, Target or Walmart. These are used to help support individuals in need.

For more information on how you can help or become involved, call the COA office at 781-659-7878.


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Call us toll-free at
1-855-670-5938 (TTY 1-855-670-5940).
Or visit www.thmp.org/sco.

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

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

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

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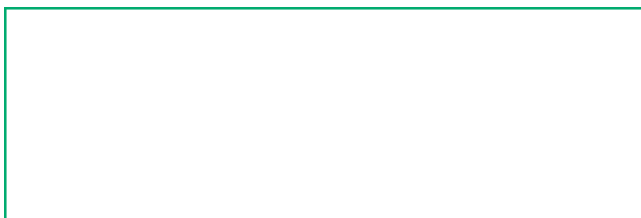
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Calendars, inserts



RETURN SERVICE REQUESTED

VETERAN PANEL

We are looking for veterans from WWII to conflicts in Afghanistan who are willing to share their stories with high school students at a Veteran Panel discussion on Nov. 10. This program has been a tremendous success and very moving for everyone involved. It is also a wonderful compliment to the Social Studies curriculum. Interested individuals should contact Susan at the COA office by Oct. 24.

***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 and provide your name and address and we'll send you a notice when the latest newsletter is available online.

REP. DAVID DECOSTE @ COA

Representative David DeCoste will be at the Council on Aging at 10:00 on the third Friday of each month. Stop by to chat with Rep. DeCoste about issues that are important to you.

RED CROSS BLOOD DRIVE

The Norwell COA will host a blood drive for the American Red Cross on Wed., Sept. 30, 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.

WALKING TRAIL GUIDES AVAILABLE

The Norwell Conservation Commission 2015 Walking Trail Guides is now available. The guides includes maps and information about 12 walking areas around Norwell. Pick up a copy at Town Hall or the senior center!

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.