



CENTRAL TIMES

**Senior Centers—The Place to Connect
NATIONAL SENIOR CENTER MONTH
September 2010**

As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, work and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, the Hingham Senior Center is the place to start. This September, the Hingham Senior Center invites you to learn more about its programs and services during National Senior Center Month.

If you have not yet had the opportunity to visit the Hingham Senior Center, we hope that you will join us for one of the many programs described in this month's newsletter or stop by and visit to learn more about the Center and the programs and services that are offered.

As we celebrate Senior Center month, we will also start our work to be nationally re-accredited by the National Institute of Senior Centers. For more about this and/or to volunteer for the Committee, please see page 11.

The Hingham Senior Center celebrated its 40th Anniversary in March of this year. From the Hersey House to our current location adjacent to Town Hall, we have witnessed growth and change to better serve Hingham's older adults.

We invite you to join us and help us celebrate National Senior Center Month!

**WELCOME TO
LEAH GODFREY
NEWLY APPOINTED
ELDER SERVICES BOARD MEMBER**

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**OPERATION SAFE MEDICINE CABINET
ONE DAY ONLY**

**SATURDAY, SEPTEMBER 11, 2010
9:00 AM - 1:00 PM**

(There will also be a drop-off at the Senior Center on Wed. Sept. 8 from 9am-1pm)

**Pharmacist will be on site
Drop-off will be at the
Hingham Transfer Station
190 Hobart Street**

**Presented by the
HINGHAM POLICE DEPARTMENT
Supported by Hingham Centre Pharmacy**

We want your old or unused prescriptions (medicines, liquids, pills, etc.) All items collected will be properly disposed without affecting the water supply.

Reserved
for
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State Legislator's Hours at the Senior Center

Friday, September 17, 9:00 am - 10:00 am, Gigi Mirarchi from Representative Garrett Bradley's office will be at the Senior Center to meet with Hingham residents.

WOMEN'S FORUM

Monday, September 20 at 9:30 am
Presents

LAUGHTER IS THE BEST MEDICINE
WITH VALERIE HOLLAND FROM HOME HEALTH MATES

Reservations for this great opening program for our Women's Forum season can be made by calling the Senior Center at 781-741-1458.



MEN'S BREAKFAST RETURNS

Tuesday, September 21 at 8:30 am
with

MEDICATIONS AND YOU

Presented by Donna Seibert, MSN, A/GPN, CNS, Nurse Practitioner with Norwell VNA and Hospice and Hind Douike, RPh, PharmD, Pharmacy Manager, Hannaford's, will present an overview of how best to manage both prescribed and over-the-counter medications. During the presentation you will be provided with a personal health record that will help you track your health care. Following the program, Hind will offer a medication check-up for those who bring their individual medications.

Reservations for breakfast should be made by calling the Senior Center at 781-741-1458.

SEPTEMBER SENIOR VAN SCHEDULE

Monday

- No medical transportation
- Transportation to lunch at the Senior Center

Tuesday

- Medical rides to appointments between 9:00 am and 3:00 pm
- LOOP service to Stop & Shop for Lincoln Apartments and Thaxter Park. The van departs from Lincoln Apartments at 9:30 am and Thaxter Park at 10:00 am
- On-Call Shuttle for grocery shopping, hair appointments, library, errands within Hingham, and programs at the Senior Center

• **Food Pantry: Tuesday, September 28**

Wednesday

- Medical rides to appointments between 9:00 am and 3:00 pm
- Transportation to lunch at the Senior Center

Thursday

- Medical rides to appointments between 9:00 am and 3:00 pm
- On-Call Shuttle for grocery shopping, hair appointments, library, errands within Hingham, and programs at the Senior Center

Friday

- Medical rides to appointments between 9:00 am and 3:00 pm
- **Hanover Mall: Friday, September 17**

GROCERIES, ERRANDS, MALLS, TRIPS & ACTIVITIES

- **SENIOR CENTER HANDICAPPED ACCESSIBLE SHUTTLE VANS** for grocery shopping, library, Hingham shops, shopping malls (minimum of 6 passengers), luncheons, Senior Center activities and day trips. This schedule is subject to van and/or driver availability. Some trips require a minimal fee. A monthly calendar is printed with the dates and times of shuttle runs van trips. Call in advance to reserve a space or request a calendar. 781-741-1458.
- **LARGE BUS TRIPS ARE OFFERED PERIODICALLY.** Information is available in the monthly newsletter.
- **MBTA the RIDE** can also be used for all transportation. Please see under Medical Transportation.

TRANSPORTATION FOR HINGHAM SENIORS

MEDICAL TRANSPORTATION

- **SENIOR CENTER MEDICAL VAN** - Door-to-door, handicapped accessible transportation, Tuesday through Friday, for local and surrounding areas. Appointments should be between 9:00 am and 3:00 pm. Please call (preferably on a Tuesday or Wednesday) at least 5 working days ahead to make a reservation. There is a \$5 suggested donation for Hingham and abutting towns and a \$10 suggested donation for Quincy, Braintree, Hanover and Scituate. Please inquire about other towns.
- **BOSTON MEDICAL RIDES - MAP-5** - Door-to-door, handicapped accessible transportation to Boston appointments, made possible through Title III funding from South Shore Elder Services. Appointments must be after 10:30 am. There is a suggested \$50 donation. This transportation is limited.
- **SOUTH SHORE COURTESY COACH** - Door-to-door transportation on Tuesdays and Thursdays to the South Shore Hospital, 780 Main Street and 541 Main Street in Weymouth. Call 781-340-4350 well in advance, leave a message on the answering machine and wait for a call back. First come, first serve.
- **AMERICAN CANCER SOCIETY** - Transportation to cancer treatments by volunteers in their own cars. Call 781-749-2535 between 10:00 am and 1 pm.
- **MBTA the RIDE** - Door-to-door lift-equipped transportation for those unable to use regular public transportation due to a disability. An application must be completed by the client and a qualified health worker. The application takes one month to process. Call 781-741-1458 or 617-222-5123 for an application.
- **MASS HEALTH** - For those approved for Medicaid (MassHealth). Call 1-800-841-2900.

PLEASE NOTE FOR ALL TRIPS Hingham residents 60 and older will be given priority. If there are unfilled seats, out-of-town and non-seniors on the waiting list will be contacted. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. You may not make your own substitution.

Reserved
for
sponsors

Preventative Health Care in Our Later Years

Monday September 13, 10:00 am
Presented by Dr. Paul Duggan

An ounce of prevention . . . We've heard those words but oftentimes don't think that they apply to us as we progress through the aging process. Join us for this informative discussion and learn about some of the preventative things that we can do to maintain our health as we age. The informative discussion by Dr. Paul Duggan is free. However we do ask that you pre-register for the program by Friday, September 10. To register, call the Senior Center at 781-741-1458.

NON-MEDICAL APPROACHES TO PAIN MANAGEMENT FOR PEOPLE WITH ARTHRITIS

Wednesday, September 15, 11:00 am
Presented by Susan Gauthier
Arthritis Foundation Massachusetts Chapter

People with arthritis often experience a frustrating and debilitating cycle of pain, fatigue, limited mobility and depression. However, there are strategies that individuals can learn to manage pain and take control of the disease and of their lives. This program will explore the causes of arthritis related pain. It will also present strategies to prevent, lessen and control pain. Techniques discussed will include physical activity, stress management, relaxation and complementary therapies. To register for this free program call the Senior Center no later than Tuesday, September 14, 12:00 noon.

NAVIGATING HEALTH CARE SETTINGS

Thursday, September 16, 10:00 am
Presented by Alison Sheridan
Norwell VNA and Hospice

Norwell VNA and Hospice has designed this one-hour presentation to help you and your caregivers learn how to navigate through the many health care settings that you may find yourself in, such as the emergency room, hospital, your doctor's office, nursing home, and then back home. Participants will receive a health care communication tool to assist with the coordination and communication with multiple physicians. Using a patient-centered care model, participants develop self-management skills. This program is free but pre-registration is required by Wednesday, September 15, 12 noon. To register call 781-741-1458. This program is funded in part by a Title D grant of the Older Americans Act through South Shore Elder Services.

CATARACT & GLAUCOMA SCREENING

Wednesday, September 22
11:15 am - 12:15 pm
At the Senior Center

This **FREE** screening is being offered by Nielsen Eye Center and appointments are necessary. To schedule an appointment, call the Senior Center at 781-741-1458.

OPERA GROUP

Wednesday, September 8
9:00 am

Porgy and Bess

Presented by Tino Fernandes

MAH JONGG
FOR BEGINNERS
An 8-Week Course

Beginning on Monday, September 13, 1:00 pm, and continuing for 8 weeks, learn to play the game of Mah Jongg with instructor Dick Ponte. This game originated in China and involves skill, strategy, and calculation, as well as a certain degree of chance. The cost for this 8-week course is \$8.00. Registration with payment can be made at the Senior Center.

Drawing with Color

Dates: Thursdays, September 9, 16, 23, 30
October 7, 14
Cost: \$35.00
Instructor: Patricia LaLiberte
Time: 11:15 am - 12:45 pm or
1:30 pm - 3:00 pm

The new season of our Drawing with Color classes will offer two different time slots, both of which will take place on Thursdays. Each time slot is limited to 10 students. Working from still life, we will continue to hone our observation skills. We will also work on black/gray/white and color-value studies to help develop a more realistic appearance to the objects within our still life drawings. Some class materials will be provided, AND lots of individual attention is given to each student. Registration with payment can be made at the Senior Center. If anyone is interested in a "newbies" class, please let us know, and we will schedule that for Session II beginning in late October.



SENIOR SPIN CLASSES
At the Hingham Recreation Center
Tuesdays, October 12 - November 16
10:45 am
\$48.00/for the six-week session

If you are looking for a great workout and ever wondered what "spin class" was all about, then this program is for you. Spinning is an organized indoor cycling class using a special stationary bike. The class focuses on endurance and strength and is led by an instructor. If you have ever wanted to try "spinning" as a form of exercise but didn't know where to start, you might find this program is for you. This class for seniors is being offered by the Recreation Department and registration with payment begins on September 22 at the Recreation Department.

Road Scholar
Adventures in Lifelong Learning
Wednesday, September 22, 2:00 pm

Presented by Rochelle Kruger, this program will explore the many opportunities available for educational travel for all adults in over 90 countries. Formerly known as Elderhostel, this program began in 1975 and has appealed to over 4,000,000 people since its inception. Registration for this free program is required by Tuesday, September 21. To register, call the Senior Center at 781-741-1458.

MAINTAIN YOUR BRAIN CONTINUES
Tuesday, September 28
10:00 am at the Senior Center

Wondering if your mind is as sharp as it could be? Looking for ways to challenge your mind and keep it sharp? Then this program is for you. It will be led by Pam Talbot, Norwell Visiting Nurse and Hospice. This free program will be held the 4th Tuesday of each month and progress with new strategies each month. To register for the program, call the Senior Center at 781-741-1451.

CELEBRATING
GRANDPARENTS
SUNDAY, SEPTEMBER 12

THE LINDEN PONDS PLAYERS
Frances Galton, Artistic Director

present

LOVE AND MARRIAGE
~Four Short Comedies~

Thursday, September 23, 1:30 pm

Seating for this performance is limited to 50, and reservations are required. To make a reservation, call the Senior Center at 781-741-1458. While there is no charge for this performance, there will be a pass-the-hat donation.



Johanna Van Strien
presents
THE NETHERLANDS

Monday, September 27, 1:30 pm
At the Senior Center

Join us for a first-hand look at the culture, dress and customs of the Netherlands. Reservations for this free program are required and can be made by calling the Senior Center at 781-741-1458.



BOOK DISCUSSION GROUP

The Senior Center hosts a lively book discussion group the third Wednesday of each month, at 11:45 am. The group discusses a pre-selected book read by everyone. Books are selected based on group consensus and suggestions from the Hingham Public Library. Once a book is selected, copies for the group are available at the Senior Center. The group will meet next on Wednesday, September 15. For more information contact Barbara or Caroline at the Senior Center.



SUPPORT GROUPS

There are several Support Groups that meet regularly at the Senior Center and are open to anyone who may have an interest or need for the particular group. These groups provide education and support to those who attend. Call for transportation availability.

Caregivers Support Group meets the third Tuesday of each month at 7:00 pm, facilitated by C.A.R.E., LLC. The next meeting will be held on Tuesday, September 21.

Caregivers of Parkinson's Support Group generally meets the 4th Monday of each month. The group will meet on Monday, September 27, at 10:30 am.

Parkinson's Support Group will meet on Monday, September 13, at 11:00 am. The group is facilitated by Leslie Vickers.

Stroke Support Group meets every Tuesday at 10:00 am.

Vision Support Group resumes meeting on Monday, September 20, at 10:00 am.. The speaker will be a diabetes educator from the Carroll Center.

HEALTH AND SCREENING CLINICS

Blood Pressure Clinic - Thursday, September 2, 1:00 - 3:00 pm. Provided by Kathy Crowley, Public Health Nurse - free. Please note that we can no longer do blood sugar testing or give injections at the Blood Pressure Clinic.

Hearing Screening - Thursday, September 9 12:00 noon - 2:00 pm (by appointment)
Provided by Family Hearing Center - free

Reflexology - Tuesday, September 28
8:30 am -1:00 pm (by appointment)
Provided by Linnell Reed, On the Path Wellness
Cost: \$30.00

Acupuncture - Thursday, September 23
9:00 am - 11:30 am (by appointment)
Provided by The Acupuncture Advantage of Hingham
Cost: \$25.00

To schedule an appointment for any of the above clinics, call the Senior Center at 781-741-1458.

ASK A FINANCIAL CONSULTANT

Bulfinch Group - Thursday, September 9, 9:30 am - 12 noon, by appointment. This free service will provide individual consultations to Hingham seniors who have questions regarding financial, estate and related matters. To schedule an appointment, call the Senior Center at 781-741-1458.

S.H.I.N.E. (Serving Health Information Needs of Elders)

For assistance with your health insurance questions, including Medicare Part D prescription coverage and Prescription Advantage, please call the Senior Center at 781-741-1458. During September Joan Brown, S.H.I.N.E. Counselor, will be available the 2nd and 3rd Monday, 1:00 pm - 4:00 pm. Appointments are recommended but also feel free to just stop by and see Joan.

TOWN HALL OPEN HOUSE TUESDAY, SEPTEMBER 28 4:00 PM - 6:00 PM

Come learn about the many programs and services available to Hingham residents and meet the Town employees who work on your behalf every day.

CAREGIVERS SUPPORT GROUP TO FEATURE

**Non-Medical Home Care
By Kim Griffin, Visiting Angels**

**Tuesday, September 21, 2010
7:00 pm at the Senior Center**

The Caregivers Support Group is free and open to anyone caring for an older adult. Facilitated by Sandra Hedges, LICSW, from Overlook C.A.R.E., the group provides an opportunity for support and helpful information for those who find themselves in this role. For more information contact the Senior Center at 781-741-1458.

ACUPUNCTURE FOR SENIORS

Acupuncture for Seniors is offered the 4th Thursday of each month at the Senior Center by the Acupuncture Advantage of Hingham. Appointments are necessary. The cost of these sessions is \$25.00/person, and if you wish a second session during the month, you can go directly to the office of Acupuncture Advantage of Hingham by scheduling an appointment.

Acupuncture can treat signs and symptoms associated with pain, joint function, cold/flu prevention, emotional stress, arthritis, sleep, cardiovascular issues, respiratory conditions, and many more conditions. To schedule an appointment at the Senior Center call us at 781-741-1458 or at the Acupuncture Advantage of Hingham office call 781-836-4828.

AND.....

A RESTAURANT SAMPLER

BURTONS GRILL – DERBY STREET SHOPPES

COMES TO THE SENIOR CENTER

TUESDAY, SEPTEMBER 28, 2:00 PM
AND MONDAY, OCTOBER 25, 2:00 PM

Join us for a cooking demonstration, tasting and discussion about the fresh menu served at Burtons Grill located at the Derby Street Shoppes. Each session is limited to 10 registrants and you can only register for one of the sessions. Registration for the program will begin on Tuesday, September 14. To register, call the Senior Center at 781-741-1458.

EXCITING TRAVEL ADVENTURES FOR 2011

Presentd by

**COLLETTE TOURS
&
WORLD WIDE TRAVEL OF HINGHAM**

THURSDAY, SEPTEMBER 30

10:00 AM

Come learn about some of the exciting travel that is planned for Israel and Alaska during 2011. We ask that you pre-register for this program by calling the Senior Center at 781-741-1458.



TAO T'AI CHI

**THURSDAYS AT 11:15 AM
At the Senior Center**

Instructor Anthony McAlear, T'ai Chi Practitioner, has been teaching TAO T'AI CHI classes for over 35 years. His classes teach the Ancient Chinese Way of becoming healthy, happy and peaceful, using slow moving exercise, awareness and meditation—sitting, standing or on the move. This Ancient Chinese fitness program has been increasing students health, happiness and longevity for over 4000 years.

Each month Anthony McAlear will have a topic for his classes and September will feature "Oriental Stress Control Techniques." Come strengthen your body, increase your flexibility, improve your balance, calm your emotions, quiet your mind, decrease your stress and increase your energy for \$5.00/class.

Outreach

**Information about Services & Benefits, Personal Advocacy,
Office Visits and Home Visits - Call Karen Sadlon, 781-741-1458**

DRIVING INFORMATION FOR SOME SENIORS

Applications for Disabled Parking Placard/Plate are available at the Senior Center. It must be completed in the disabled person's name. Both disabled person and medical professional signatures are required.

The **Medical Affairs Branch of the Registry of Motor Vehicles** has issued the following information concerning Disabled Placard/Plates:

- **Do Not** display your disabled placard when the vehicle is in motion. This is potentially a \$50 fine.
- **Do Not** let anyone use your placard parking privileges. This is potentially punishable by a \$500 fine, loss of your disabled parking privileges and a 30 day suspension of your operator's license.
- **Do Not** leave your placard in an unlocked vehicle.

The **Medical Affairs Branch**, upon receipt of a report that a licensed driver may be unfit to operate a motor vehicle due to an alleged physical or mental condition, will act on the information provided and follow a procedure to assess the reported individual's qualifications to operate a motor vehicle safely. For more information please call 617-351-9222 or go to www.mass.gov/rmv/medical

FYI - Braintree Rehab Hospital has a Driving Evaluation Program to assess driving skills of individuals. A physician's order is required. Unfortunately, insurance usually does not cover driving evaluations. Please call 781-348-4017 for more information.

Notice from the Hingham Assessors Office

If you are filing for a motor vehicle abatement on your Excise Tax, please provide the following documentation:

1) Proof of license plate transfer/return/loss:

Copy of New Registration **and** copy of Plate Return Receipt

OR

Affidavit of Lost Plate

2) One of the following:

Copy of Bill of Sale

Trade Papers

Letter from Insurance Co. showing Date of Possession

Receipt from Donation

Registration from a Different State

OR

Ins. Selection Coverage Page showing Garaging in a Different Town



Volunteers sought to serve on committee for National Re-Accreditation for the Hingham Senior Center.....

In June of 2007, the Hingham Senior Center was awarded National Accreditation by the National Institute of Senior Centers. Today there are 165 Senior Centers across the country who have achieved this status and 9 of those Centers are located in Massachusetts. Senior Center Accreditation is the official recognition granted to Senior Centers that are meeting their mission and is based on compliance with nine standards of senior center operations developed by the National Institute of Senior Centers, a unit of the National Council on Aging.

Senior Center Accreditation is awarded for 5 years, and following the initial award, a Senior Center must seek re-accreditation. At this time, the Hingham Department of Elder Services is seeking volunteers from the community who would be willing to assist us with the Self-Assessment process for re-accreditation.

Volunteers for this process will be a cross section of older adults, other interested citizens, professionals who work in the field . . . and generally anyone who might have an interest.

"Community input is such a valuable part of this process and really helps us to identify our strengths and weaknesses" said Barbara Farnsworth, Director of Hingham Elder Services.

Interested individuals should contact Barbara Farnsworth at 781-741-1458.

Reserved

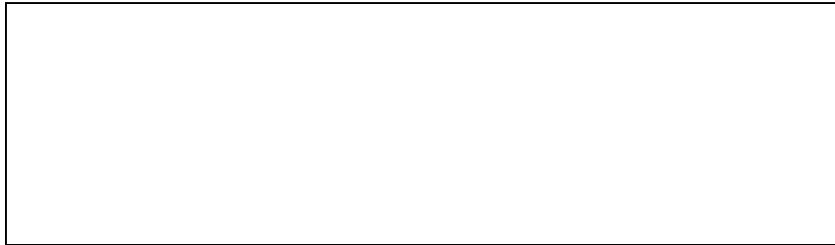
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CENTRAL TIMES

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Department of Elder Services

224 Central Street
Hingham, MA 02043
(Bus) 781-741-1458
(FAX) 781-741-1427
www.hingham-ma.gov/elder/index.html

Senior Center Hours

8:30 am - 4:00 pm
Monday - Friday

For a complete list of activities and events, see our calendar on pages 6 & 7.

Member of the Massachusetts Association of Councils on Aging and Senior Center Directors (MCOA)



Department of Elder Services Mission Statement

The Hingham Department of Elder Services is the town focal point for the delivery of social services to Hingham's population 60 and older. Its mission is to support the independence of Hingham's senior citizens, advocate for their needs and enhance the quality of their lives. In an atmosphere of respect for the older adult, the Department of Elder Services coordinates programs and services to encourage self-reliance, good health and community involvement.

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