Dear Members and Friends of the Marshfield Council on Aging,

The current pandemic has been and remains challenging for many of us but it has also shown how people can come together to help each other and benefit the greater good. Everyday Marshfield’s Police and Fire Departments, medical professionals, EMT’s, other public safety personnel and elder care professionals put their lives at risk to provide vital services to protect and save others, especially the elderly.

While the COA activities and programs remain suspended and our senior population is being asked to stay home, the staff and the volunteers of the Marshfield Council on Aging continue to provide essential services such as assisting people in obtaining food, filling prescriptions, delivering meals and even providing essential items such as face masks and toilet paper. In this month’s edition of the LINK, we are highlighting some of the activities that our staff and volunteers have been working on, including a Patriot Ledger article on our Meals on Wheels program, new online classes and our volunteer friendly caller program to ensure no one feels isolated or alone. The Safety Assurance program is also an important program. This program is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6 am and noon. Safety Assurance assists people in maintaining an INDEPENDENT LIFESTYLE. Whether you are living alone, managing with a disability or injury, this added support system can enhance your security and improve your quality of life at home. This is a FREE service with no equipment requirements or special codes to remember. To enroll, call 508-830-6256- this service is provided by the Plymouth County Sheriff’s Department.

There are also a number of new projects and initiatives underway such as an improved administration system featuring a more “user friendly” swipe machine experience. Work is underway on a new website designed to connect seniors’ requests for assistance with available volunteers. Watch for more on this when physically distancing requirements are relaxed. There are also a number of building improvements that have been made including the installation of emergency pull cords and automatic doors for all the restrooms. Work continues on our “outdoor recreation park” with construction expected to begin in June. The Senior Center Building Committee is also working diligently on the expansion of the facility as we approach the design development phase.

We miss seeing all of you and look forward to a time when we can open our doors once again. Watch our Facebook page, town website and local media regarding the reopening and resumption of activities and classes at the Senior Center. And most importantly, stay safe and be well.

Warm Regards,

Carol Hamilton, Director

(and our new mascot, Daisy!)
When you’re here, you’re home.

For more information about South Shore’s premier non-profit hospice residence, visit nvna.org or call 781.659.2342 today!

Curious About the Value of your Home? Call me!
Roe Sheppard, Realtor, MST CT
William Raveis Real Estate
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http://roesheppard.raveis.com

Reach the Senior Market
ADVERTISE HERE

Karen Fontaine to place an ad today!
kfontaine@lpiseniors.com or (800) 477-4574 x6350

MASS BAY CREMATION SERVICE

We offer Basic Cremation for $1,395.00
Serving the South Shore 866-447-4141
Online arrangements, forms and payments
www.massbaycremation.com

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We encourage residents to maintain their independence with the knowledge that we are here to support them if their needs change. Call 781-585-4101 to schedule your tour.

21 Chipman Way, Kingston, MA | WingateHealthcare.com

LET US PLACE YOUR AD HERE.
COA ACTIVITIES

If you can’t be there…let’s meet here!  ZOOM

- Coffee and Conversation – Mondays at 9:00 am
- Great Discussions with Bob Jackman – 1st and 3rd Tuesdays at 10:00-11:30 am
- Meditation and Mindfulness – 2nd and 4th Tuesdays at 2 pm
- Get Zoom ready! Free instructional class - Fridays at 10:00 am with Katy Mayo

Register for above classes by emailing: coaactivitiescoord@townofmarshfield.org

- Antique Slideshow with Bob Jackman – Thursday, June 25th live at 1:00 pm on MCTV or email to watch online: coaactivitiescoord@townofmarshfield.org Pre-registration required for this link as you will need to get sign in instructions.

ANTIQUE SLIDESHOW
“Colonial Maps of North America”
On Thursday, June 25 at 1:00 pm
Early maps visualize evolving concepts of the world, international jockeying, and artistic design. We will view slides of full maps and details of the maps to follow the developing understanding of the natural landscape, political entities, and the growth of communities. As we overview increasing tension between European governments and their colonies, we will also outline the development of cartography. We will particularly focus on maps of New England and Massachusetts. The show will be organized around a sequence of over 80 slides with narration. The speaker will be antiques writer Bob Jackman. The program will be offered on CABLE TV and on the INTERNET. To watch on your television, tune into Channel 13 for Comcast customers or Channel 34 for Verizon customers. To watch on your computer, contact Marilee at the Senior Center by phone 781-834-5581 or by email coaactivitiescoord@townofmarshfield.org obtain a link that will be active for 48 hours after the initial broadcast.

COFFEE & CHAT
On Mondays at 9:00 am
Join us on Zoom for a virtual Coffee and Chat. Pour yourself a cup of coffee and reconnect with your friends from the Senior Center.

MEN’S COFFEE & CHAT
On Friday, June 26 at 8:30 am
All welcome. To sign up for either of these events, email: coaactivitiescoord@townofmarshfield.org

GREAT DISCUSSIONS
On Tuesday, June 2 and June 16 from 10:00-11:30 am
We read and rigorously discuss current events and other stimulating, topical subjects. If the Senior Center is closed in June, we will meet on the internet using Zoom!
June 2 topic: American Health After the Pandemic
June 16 topic: Models for Economic Recovery After the Pandemic. If you have questions about this group please contact Bob Jackman. To sign up email coaactivitiescoord@townofmarshfield.org

ZOOM CLASS
On Fridays at 10:00 am
Free Introductory Zoom Classes with Katy Mayo. Learn more about this helpful tool that allows you to connect with others. To sign up email: coaactivitiescoord@townofmarshfield.org

Learn breathing techniques, discuss mindfulness practices and relax with guided meditations

Meditation and Mindfulness On Zoom
Tuesday, June 9th and 23rd at 2 pm

sign up by email: coaactivitiescoord@townofmarshfield.org

Class is Free ~ Beginners Welcome

50+ JOB SEEKERS NETWORKING GROUP
On Thursday, June 4 at 9:00 am
Job Seekers Networking program to support and assist people in the 50+ demographic who are looking for a new job, a totally new career direction, re-entering the workforce after an employment gap or looking for a Second Act career. Meet and network with fellow job seekers at virtual zoom networking group meetings. Come join Deb Raymond, an experienced Career Coach who facilitates this collaborative Networking Group. The meeting will start at 9:00 am using Zoom and allow those who want to network before the formal portion of the meeting from 9:30-11:30 am. The topic will be Resumes that get Noticed! For additional information about this program, please call Marilee Comerford, co-facilitator and Activities Coordinator at the Marshfield Council on Aging (781) 834-5581. Registration is required. Visit: www.50plusjobseekers.org
COA ACTIVITIES

Three, Two, One—Planning Mindfully in the Pandemic by Marilee Comerford

These have been stressful days of social distancing and staying home to slow the spread of the virus. Are you feeling stressed out and finding it hard to plan your days? A little mindfulness might help you with planning your time. I call it the 3-2-1 Method.

The first component is the "daily three". What three, easy to achieve things could you do to make your life more closely resemble the life you would like to be living. It feels good to accomplish something and it is even better to accomplish something meaningful. Think about what things you want to get into your life and make those the things you add to your list. Want more connection? Make a call to a friend or loved one or write someone a letter. Yearning for captivating ideas? Read a chapter in an inspirational book. Hope to be more organized? Clean out one drawer or shelf. You get the idea. Make them easy to accomplish so you get the satisfaction of crossing them off your list and make it reflect your values so you are moving toward larger goals. Don’t let your “to do” list grow too long. It is stressful to leave things undone. Experiment with having only three things on your list and get them done then you have the rest of the day to do all the other things that come your way.

The second component is the “two a week”. Here you can be creative. Pick something to focus on and over the course of the week seek it out. I am currently looking for two interesting things a week. Throughout the week I think about things I have read or watched on TV or heard about in conversations and decide which of the things that captured my interest were the most interesting. This last week the two winners were a video on the power of grit and a new recipe for mushroom crostini. Obviously, these are very subjective and what is interesting to me might not be interesting to someone else but the point of the exercise is I was on the lookout for interesting things and I came across several things that were engrossing. Another week you could be on the lookout for the two “most kind” acts you witness, or the two things you are most grateful for, or the two moments that brought you the most joy. The list goes on. The reason this is a mindful exercise is you will find what you are looking for.

The third component is “one new habit” a month. It takes at least 21 days to make something a habit. Here, pick something that would be a good habit and add it to your daily routine and track it over the month. This month I am trying to walk outside for 30 minutes each day. Some days I do better than other days. I am walking over 60% of the days and I feel great when I get exercise so this seems to be a good habit for me. You can also “habit stack”. After a month of walking, my next habit could be to drink a glass of water as soon as I get back from my walk. I found on the days I didn’t get exercise it was because I left it for later in the day. The days I was successful were the days I did it early. Knowing this made it easier to be successful. If the habit you pick does not seem to be one you are sticking with or if you don’t like the new habit there is next month to try a new one.

What I like about the 3-2-1 method is each day there is something to look forward to – the opportunity to achieve three easy to do but important things each day, the practice of observing and evaluating two things I think are interesting, and making progress on one healthy habit. I am having fun experimenting with 3-2-1 mindful practices. To learn more about mindfulness practices you can join us at our Meditation and Mindfulness Zoom Class. We will meet twice a month. Email me if you are interested in attending. coaactivitiescoord@townofmarshfield.org

ART MATTERS

“Matisse”

On Monday, June 15 at 1:00 pm

Enter the world of Matisse. A world of color, enjoyment and peace. A place that celebrates flowers, sunshine, beautiful women, complex patterns, rich textures, fine foods, tempting aromas, books, dance, music and art. Matisse’s world has a “calming influence on the mind, like a good armchair.” Indulge yourself and join us for a vacation from stress, into the sanctuary of Matisse’s World. Suggested donation $3. To sign up via Zoom email coaactivitiescoord@townofmarshfield.org

RESERVE YOUR “RAISED GARDEN PLOT”

There is still room in our garden plots behind the Senior Center. Marshfield seniors can grow vegetables or annual flowers (NO perennials) You must weed and water your space. Water is available from a nearby outlet and hose. The location gets full sunshine. The beds will close at the end of October when the outside water supply is turned off. If you are interested in planting in these raised beds in 2020, please call the Senior Center for details. Thank you to Gwen Frazier for helping coordinate this project.
This month welcome new volunteers: Lisa Mulrey, Nicole O’Toole, Cynthia Rabbitt and Linda St. Croix

Special Happy Birthday wishes for the month of June: Thomas Balcom, Michael Bradley, Donna Brown, Beverly Carroll, Clare Coyne, Kathleen Egan, Sandy Feinberg, Sheila Gagnon, Scott, Gillespie, Mary Hassell, Heather Kaval, John King, Judith Mangione, Jane Manning, Robert Nelson, Susan O’Halloran, Robert Pannuto, Lorraine Rodolph, Margaret Slade, June Stevenson, Elizabeth Sullivan, Kelly Sullivan, Lauren Williams, Paul Winget and Debra Yarmaloff

OUR MARSHFIELD VOLUNTEER ANGELS

As they say, we’re all in this together. Thank you all, our Volunteer Angels of Marshfield, with much appreciation for your hard work and support through our good times, as well as now. You are so special and the heart of our Senior Center. We have had an outpouring of new volunteers, some out of work, rising to the call combined with a powerhouse of our regular volunteers, truly heartwarming and humbling, working in areas such as Meals on Wheels Drivers, Shoppers, Friendly Phone Callers and Mask Makers. We even have volunteers helping other volunteers.

Daily, throughout this crisis, our steadfast Meals on Wheels Drivers have continued to deliver to our community, safe with masks and gloves. Also, our loyal Kitchen volunteers, in a protective manner, have come in daily, like clockwork, to package these meals ahead.

Volunteer Shoppers have been on call to help our housebound seniors with the pickup of groceries, prescriptions, basic necessities or pickups at the food pantry. Seniors in need call our office and we find a volunteer who then contacts the senior, gets a list of what is needed from them, works out payment, gets the items and drops off to that senior in a safe and protective manner. For the safety of all, at this time our volunteers are still not able to drive seniors to medical appointments, shopping or other errands.

Additionally, we have a force of Volunteer Friendly Phone Callers who represent the Senior Center. These callers keep in touch with our senior community through social calls, checking on their status. If a senior is unable to be contacted after a series of calls and messages or if there are any issues, the volunteer caller notifies the Senior Center and follow up is done. If any of you know a senior who would benefit from a friendly call, please call the Senior Center and ask for me.

Due to the uncertainty of these times, we continue to be vigilant, but are still looking for volunteers to perform the following tasks: Meals on Wheels Drivers, Shoppers, Mask Makers and Outside Grounds Helpers. We are also looking for volunteers with technology skills to help with future online programming.

Until further notice, I am working remotely to answer your calls, help resolve needs or direct any questions or issues. My thoughts and prayers are with you and your families to stay healthy and safe. I pray that we come out of this stronger, better and wiser. For more volunteering details, feel free to contact me, Donna Weinberg, Project Coordinator for Volunteers at 781-834-5581 X 2120 or by email, coavolunteercoord@townofmarshfield.org

VOLUNTEER RECOGNITION CORNER
We’re hoping all of you and your loved ones are doing well! Your Social Service team is still working and available for your calls. Just call the Senior Center and we will return your call if we are working from home that day. Some of the calls we have been receiving during the temporary closure are:

- Newly retired people who need help with Medicare
- Folks needing help with applying for SNAP (food stamps)
- Seniors who need help with shopping
- Questions about the stimulus program/checks
- People wanting to apply for senior housing
- Our seniors calling and checking on us!

Social Security is allowing Equitable Relief to people who were not able to enroll into Medicare due to the office shut downs. If you need more information on this program, please call us. We’re hoping that you are all keeping your spirits up. You are not alone in feeling down during this uncertain time. Be positive, limit TV news coverage and reach out to friends and family. Go for a walk in the sunshine. Send someone a card. Decorate your window. We’ve included some pictures of Judy’s yard and her “home office”! Looking forward to seeing everyone when we return to a new normal, but we’re here for you until then. Judy and Ken

Enrollment Issues for COVID-19 Pandemic-Related National Emergency Questions and Answers for Medicare Beneficiaries

Q1. I missed my opportunity to enroll because Social Security Administration (SSA) offices were closed and I didn’t know how to submit an application or was not able to get my questions answered through other governmental communication channels during the public health emergency caused by the Coronavirus Disease (COVID-19) Outbreak. Can I have more time to enroll in Medicare Part A or B? YES. Retroactively effective March 17, 2020, equitable relief is available to eligible individuals who could not submit a timely enrollment due to the impact COVID-19 pandemic-related national emergency had on SSA’s processing. To be eligible for this equitable relief, the following conditions must be met: (1) The individual must have been in their Initial Enrollment Period (IEP), General Enrollment Period (GEP), or Special Enrollment Period (SEP) between March 17, 2020 and June 17, 2020; and (2) The individual did not submit an enrollment request to SSA. Individuals who already used their IEP, GEP, or SEP to make an enrollment election are not eligible for this equitable relief to change that election. Eligible individuals will be given an extension of their IEP, GEP or SEP in order to have extra time to enroll in Part B or premium Part A without penalty, or refuse automatic Part B enrollment. This assistance is available starting March 17, 2020 and will continue until June 17, 2020.

Q2. Does an individual need to show proof that they were not able to apply or submit an enrollment request because of the impact the COVID-19 pandemic-related national emergency had on SSA’s processing? No. They will not need to show proof they were impacted. They will need to meet the eligibility criteria for equitable relief and submit an enrollment request between March 17, 2020 and June 17, 2020.

Q3. What should people do to take advantage of this equitable relief? Individuals who believe they are eligible for the equitable relief should contact SSA to apply for or enroll in Medicare as follows: Individuals can apply for Medicare Part A and Part B online at https://www.ssa.gov/benefits/medicare/. Individuals who already have Medicare Part A and wish to sign up for Medicare Part B cannot sign up online. Individuals interested in enrolling in Medicare Part B coverage who are eligible to apply under the IEP or GEP should complete form CMS-40B and mail the request to their local SSA field office. Individuals interested in enrolling in Medicare Part B coverage are not eligible to apply under the SEP, should complete forms CMS-40B and CMS-L564; both forms are available in English and Spanish versions. The CMS-40B application is completed entirely by the individual enrolling in Part B. For the CMS-L564 enrollment form: Section A: o Must be completed by the individual; OR o If it isn’t feasible for your employer to complete the form, leave section B (the rest of the form) blank and provide at least one of the items listed below. Acceptable proof of employment, Group Health Coverage Plan (GHP), or large Group Health Plan (LGHP) include but are not limited to: - income tax returns that show health insurance premiums paid; - W-2s reflecting pre-tax medical contributions; - pay stubs that reflect health insurance premium deductions; - health insurance cards with a policy effective date; - explanations of benefits paid by the GHP or LGHP; and - statements or receipts that reflect payment of health insurance premiums Individuals can fax their completed enrollment forms to SSA toll free at 1-833-914-2016, or mail the request to their local SSA field office. Although SSA offices are closed for in-person service, requests received by mail are still being processed. Individuals can find the address and phone number for their local field office using the Social Security Office Locator https://secure.ssa.gov/ICON/main.jsp.

Q4. If I enroll in Part B or Part A under this offer of equitable relief, when would my Part B or Part A enrollment take effect? The effective date will be the month that would have been granted had the application been filed at the time of the individual’s original (but missed) IEP, GEP, or SEP. Q5. If I missed my opportunity to enroll and take the extra time under this offer of assistance to enroll in Part B or Part A, will I be subject to a Part A or Part B late enrollment penalty? No. Individuals who use this equitable relief to enroll in Medicare will not be subject to a late enrollment penalty for the period between when their IEP, GEP or SEP would have ended and their effective date of coverage. Individuals who would have had a late enrollment penalty if they timely enrolled during the GEP occurring from January through March 2020 will have that late enrollment penalty applied.
Domestic Violence & Elder Abuse

Domestic violence is a problem that occurs in any community and can affect anyone - including older adults - regardless of race, ethnicity, gender, sexual orientation or socioeconomic status. Nationwide, domestic violence hotlines receive more than 20,000 calls on a typical day, according to the National Coalition Against Domestic Violence (NCADV).

Domestic violence is not always obvious
Domestic violence is perpetrated by a current or former intimate partner and may be physical, sexual or emotional/psychological. Domestic violence involves behavior meant to control, scare or harm. It may include physical violence such as hitting, kicking and shoving, or emotional/psychological abuse which includes threats, verbal abuse, accusations and social isolation. It may be in the form of coercion (including sexual coercion) and stalking or cyber stalking. Many different tactics may be used. For example, a perpetrator may use technology to harass, monitor and track a current or former partner. The frequency and severity of domestic violence can vary and in many instances, the signs can be difficult to recognize. Since domestic violence often occurs in the home, being confined at home with an abusive partner (such as during the COVID-19 global pandemic) is a significant threat for victims of domestic violence. For comprehensive information about the warning signs of domestic violence, visit the NCADV’s website at www.ncadv.org.

Protective services for older adults
Old Colony Elder Services (OCES), a non-profit agency designated as one of 25 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts, has a Protective Services Program team that works with older adults or their designees to prevent, eliminate or remedy situations involving emotional, physical or sexual abuse, neglect by a caregiver, financial exploitation and/or self-neglect. According to the National Center on Elder Abuse, the number of older Americans (age 60+) who have experienced abuse are approximately one in 10. Common risk factors of elder abuse include social isolation, poor physical health and dementia. Older adults who are at risk of harm from others (or from themselves) due to safety concerns, can receive assistance to keep them safe in their own homes. OCES’ staff can advocate for older adults in these situations and provide services and resources to resolve these difficult matters.

Raising awareness
In an ongoing effort to raise awareness of elder abuse, OCES holds annual “March Against Elder Abuse” community events in Brockton and Plymouth for World Elder Abuse Awareness Day (WEAAD) in June. This year, WEAAD’s theme is “Lifting Up Voices” and information will be announced in the near future about how OCES will recognize this with the community. Abusive behavior should never be tolerated or accepted. Recognizing the warning signs is key in preventing or stopping domestic violence and elder abuse. If you are, or someone you know is a victim of domestic violence, call the National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY), or visit www.thehotline.org. If you have a Protective Services concern, call 1-800-922-2275 or visit www.ocusma.org for more information.

RESOURCES FOR TAKING CARE OF YOUR MENTAL HEALTH

From loneliness and situational depression resulting from isolation, anxiety from the fear of the illness, grief from losses, to worrying about economic security, these stresses are significant and can affect our mental well-being and that of our loved ones. Nearly half of Americans report that the coronavirus has had a negative impact on their mental health – as reported in an issue paper reported by the Kaiser family Foundation in April.

- If you, or someone you care about, are feeling overwhelmed with emotions like sadness or anxiety, or feel like you want to harm yourself or others, CALL2Talk is a resource available through 2-1-1 line.
- In March, the Administration launched the Massachusetts Network of Care, a searchable behavioral health directory of services and organizations dedicated to helping preserve and protect your mental health.
- This website connects Massachusetts residents with information in multiple languages on behavioral health services and treatment in their communities – including more than 5,000 organizations – searchable by keywords and zip codes. Visit https://www.mamh.org/education/network-of-care for more information or call the number above.
- Call or text their 24/7 helpline any time at 877-870-4673 or The Disaster Distress Helpline, 1-800-985-5990, a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories.
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**ARE YOU A COA BOOSTER MEMBER?**

Membership dues provide improvements and enhancements to our Marshfield Senior Center. Your financial support as a member, and participation in our fundraisers, keep our Senior Center one of the most outstanding in the state. **To JOIN or RENEW please ask our receptionist for a COA Booster membership form today.** Help us reach our membership goal of $19,000 for 2020.
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“A GOOD AGE: ‘Heroic’ volunteers keep Meals on Wheels rolling” by Sue Scheible of the Patriot Ledger

Meals on Wheels programs in three dozen local communities have responded to the COVID-19 pandemic with increased commitment to keeping elders at home healthy and safe. Community partners and volunteers play a critical role.

MARSHFIELD – At 9:15 a.m., they began to come out the back door of the Marshfield Senior Center, one at a time, carrying large blue canvas bags filled with packaged meals. The first driver, Mary Lamrock, moved quickly; she made two trips in and out to load her car. A volunteer for two months with the Meals on Wheels program, she wore a face mask and gloves to protect herself and her clients. Both she and her family have been “a little” concerned about her being out in the community during the COVID-19 pandemic. “But I think the nurses are doing a better job,” she said. “They are doing it every day and I just do it once a week.” She is there for her clients, she said, because “a lot of them are shut-ins, elderly, and they need some help.” She placed three bags filled with food in her hatchback and drove off.

Every week throughout the South Shore, hundreds of volunteers for Meals on Wheels are making their rounds, part of the safety net for some of the region’s most vulnerable residents. Since the coronavirus crisis began in early March, requests for meals have steadily increased as more seniors must remain at home, losing outside dining options at community meal sites and anxious about exposure to COVID-19 at the grocery store. These are anxious times, and some regular volunteers, older themselves, have had to step aside for now due to age and medical conditions that place them at a higher risk. Others have come forward to fill in, and the broad range of community support has been heartening for those who run the programs. “Through really heroic efforts, we have been able to keep operations functioning,” Sandra Lindsey, chief executive officer of South Shore Elder Services in Braintree, said. “The ones who are still delivering meals do voice concerns but continue to help. An amazing group of people. We would never be able to do it without community partners.” Her volunteers deliver 1200 meals a day. In addition to nourishing food, Meals on Wheels “also means knowing you’re not alone, even during social distancing,” Nicole Long, chief executive officer at Old Colony Elder Services in Brockton, said. “As stressful as this time has been, it has been humbling and I am proud to come together with the community to support those in most need.” Old Colony volunteers deliver 1,700 meals a day. Requests for meals have increased 10 to 15 percent at Old Colony Elder Services and 5 percent at South Shore Elder Services.

On a recent weekday morning, more than 70 packaged meals went out from the Marshfield Senior Center. Marilee Comerford, the activities coordinator, was filling in as a substitute. “We are really concerned about people who are vulnerable, and are making sure they have the food and resources they need,” she said. Marylou Kaufman, 75, a volunteer for a dozen years, headed out in her red station wagon. “The people that we serve have nobody to talk to or check on them,” she said. Inside the center, volunteer Cecilia Mayo had helped pack the meals and was waiting for her husband to pick her up to begin deliveries. “The seniors are very thankful, they all say thank you and smile at you,” she said. Mary Beth Waldron, a supervisor with Old Colony Elder Services, and Allyson Jameson, 24, a volunteer for five years whose mother, Shannon, is nutrition manager, had also packaged meals and were cleaning up. Fifteen minutes later, Comerford pulled into the driveway of a woman named Lee who did not want her last name used. Lee no longer drives due to macular degeneration and relies on the meals. “It’s a wonderful program. When they say they are coming, they come,” she said.

The decades-old program has had to make changes this year. Volunteers are asked to wear gloves and masks when delivering a meal and to step 6 feet away from the door while waiting for the person to answer. They are also expected to make sure the senior is there and well; a brief, friendly wellness check, a chat at the door, takes place. It is also a chance to find out if someone needs anything. Programs have been encouraging people to receive packs of five or six meals at a time to keep in their freezers. At a time of uncertainty, that can help cut down on deliveries and lower risks of exposure. To keep social distances, meals may be placed in plastic bags or paper bags with handles and left on door handles, or in coolers and on tables on porches. The congregate meals sites in churches and senior centers that served group meals and social togetherness have shut down. Previously active seniors are now remaining at home to stay safe. As individual needs change, agency staff still answer the phones and are rearranging delivery routes on a daily basis. For more information, call 781-848-3910 for South Shore Elder Services in Braintree, and 508-584-1561 for Old Colony Elder Services in Brockton.

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The Boosters Board hopes this message finds you and your loved ones safe and healthy. These are extraordinary times presenting many challenges for us all. The Boosters face the same uncertainties as all of you regarding what the future holds and what changes and accommodations we may have to make in our procedures. We all look forward to opening the doors of our Senior Center, returning to our many activities, reuniting with our friends and enjoying the warm welcome that our center offers to all citizens of Marshfield and the surrounding area.

The financial support the Boosters provide the Senior Center is more important than ever and we need to be sure we have the resources to meet the future needs of the Center. Membership dues are our major source of financial revenue. A 2020 membership reminder mailing just went out to over 400 members. Please consider renewing your membership if you have not already done so. Dues are as low as $10 per individual, $15 per family with many options for additional contributions. Also, please consider including the Boosters and the Senior Center in your estate planning.

We look forward to resuming our many activities at our vibrant Senior Center and look forward to seeing you all very soon!

“The Rose” (from the song)
They say Love it is a flower that leaves its soul to seed
When the night has been too lonely
and the road has been too long
and you think that love is only
for the lucky and the strong
Just remember in the winter
far below the bitter snow
lies the seed
that with the sun's love
In the spring becomes the "ROSE"

If you are a veteran or a surviving spouse of a veteran, there may be financial help available to you. Although the town hall is closed to the public, your Veterans Service Officers are still available to help you. Please call us at 781-834-5576 and leave a voicemail and we will return your call as soon as possible. You can also reach us through email or through the Town's website. We are here for you: Bdodge@townofmarshfield.org or Cpaulette@townofmarshfield.org

Veterans Meeting- If you have a computer or smart phone, you may join in our weekly veterans meeting on Zoom. Call the above number for information if you would like to join. Meetings are Tuesdays at 2:00 pm.

100% Disabled Veterans- be on the lookout for your VA rating letter that is mailed to you in June. You will need to submit it for your 2021 Real Estate Tax Abatement Application. The assessors will be mailing the green abatement forms out to those who have previously applied. If you do not receive one by August 1, 2020, please call the Assessor’s office to have one mailed to you. You can also retrieve it online from the Town of Marshfield Assessor site once it is available after July 1, 2020 https://www.marshfield-ma.gov/assessors

Did you know that FREE virtual tax filing services are being offered to Veterans with an IRS enrolled agent or certified volunteer of The Federal Tax Clinic, Legal Services Center of Harvard Law School? Certain qualifications apply. Please call 617-390-1729 or 617-522-3003 Monday - Friday from 9 am – 5 pm for details.
SUDUKO—Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.

WORD SEARCH—MARSHFIELD SENIOR CENTER

Word list:
Art
Antique
Bingo
Boosters
Bridge
Café
Camaraderie
Cribbage
Exercise
Fill
Gift
Knit
Marshall
Memory
Movies
Music
Painting
Poetry
Pool
Scramble
Seniors

Shop
SHINE
Slideshow
Strength
Triad
Walking
Woodworking
Yoga
Zumbia
**NEWS YOU CAN USE**

**2019 TAX RETURN PREPARATION UPDATE**

Discussions are currently underway nationally to determine various safe alternatives for the preparation of tax returns for tax year 2019. The various states and localities throughout the United States have differing COVID-19 conditions, requiring different potential solutions. So, the AARP Foundation is unable to design a “one size fits all” solution to re-opening. A potential “limited” implementation plan for the Marshfield COA will soon be developed locally in conjunction with COA Management. There is no guarantee that such a plan will be implemented. Currently, the filing deadline is July 15, 2020. However, as of a May 7 broadcast by NBC, speculation is that July 15 may also be postponed. Many of us would prefer that it be delayed until Autumn. Tax-Aide volunteers are subject to various governmental and organizational guidelines regarding safe re-opening protocols. One thing is clear; more space or barriers between taxpayers and service providers will be necessary in order to resume operations. As you know, space at the Marshfield Senior Center is limited. Many facilities around the country simply do not have the space necessary to “spread out.” For these situations, the AARP Foundation is recommending “self-preparation” using “IRS Free File.” Unfortunately, many seniors are unfamiliar with or uncomfortable using computers. So, unless the more traditional “in person” model of service is resurrected, these taxpayers will be left with the burden of paying a professional to prepare their tax returns for 2019, or simply waiting until 2021 to file both 2019 and 2020. For 2019 taxpayers that would receive refunds for both federal and state tax returns, no penalties or interest will be assessed if filing is delayed until 2021. However, if 2019 tax liability results in a “balance due” situation, and tax return preparation is delayed until 2021, the taxpayer will be assessed both penalties and interest charges in 2021.

When and if a limited service plan has been agreed upon by both the COA and the Tax-Aide volunteers, we will begin calling taxpayers whose appointments had been canceled in order to re-schedule. Meanwhile, taxpayers should consider other less attractive alternatives. **Economic Impact Payments:** All seniors that receive Social Security payments should, if you haven’t already, receive a $1200 Economic Impact Payment directly deposited to the same bank account. There is no need for you to take any action. If you receive your Social Security payments by check, you will receive your Impact payment by check, as well. If you have not received your payment, go to IRS.gov and click on “Get My Payment.” You will need your copy of either your 2019 or 2018 tax return to use this tool. You will enter the Adjusted Gross Income (AGI) amount from that tax return in order to get the status of your Economic Impact Payment. **For those that are not yet collecting Social Security, the Economic Impact Payments are being sent to recipients based on their 2019, or 2018 tax returns. If direct deposit was used for either year, you will receive your Impact Payment by direct deposit, it you haven’t already. Otherwise, you will receive a paper check by mail.**

**PLYMOUTH AREA/LEAGUE OF WOMEN VOTERS**

The Plymouth Area LWV has challenged Marshfield and the other towns they encompass - Bourne, Carver, Duxbury, Kingston, Pembroke, Plymouth, and Plympton to a race to see which town can reach an 80% self-reporting threshold first. Why is the census important? The Census happens only once every 10 years, so any undercount affects us for a decade! The Census determines the number of Congresspersons each state is allotted, and it determines what our share of federal funding is, not just at the state level but at the local municipal level as well. Its effect is even felt at our own Senior Center. Who needs to respond? The simple answer is everyone living at your address on April 1, 2020. For more details go to https://2020census.gov. Be aware that the Census does not call you nor would they every ask for: your full social security number, your bank account or credit card numbers, anything on behalf of a political party, money, or donations. How do I complete the Census? Go online at https://my2020census.gov/, call 1-800-923-8282 or mail back the questionnaire sent to you. If you do not answer in one of these 3 ways, a census worker will be visiting your door. Given the situation, do your part to minimize that necessity!

**COMMUNITY TRACING COLLABORATIVE OVERVIEW**

The Commonwealth of Massachusetts, along with Partners In Health, has created the COVID-19 Community Tracing Collaborative. The program focuses on reaching out to the contacts of confirmed positive COVID-19 patients to help others who have been potentially exposed to the virus. When the MA COVID Team calls, you can do your part by answering the phone and providing helpful information that will help flatten and reduce the curve in Massachusetts. **Why your help matters** Through what’s called contact tracing, we are reaching out to everyone who tested positive and people who have been exposed. We are proud to be the first state in the nation to initiate contact tracing and your participation is critical to our shared success. **How can I verify MA COVID Team is calling?** Our phone calls will use the prefix 833 and 857 and your phone will say the call is from “MA COVID Team.” Calls will be made daily from 8 a.m. to 8 p.m. For more details visit the following website: https://www.mass.gov/info-details/learn-about-the-community-tracing-collaborative#community-tracing-collaborative-overview
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2 Chicken Parmesan*  (787)</td>
<td>3 Cold Meal</td>
<td>4 Chicken with</td>
<td>5</td>
</tr>
<tr>
<td>Turkey w/Gravy</td>
<td>Served Over Parsley</td>
<td>Egg Salad w/Lettuce</td>
<td>Valdostano Sauce*</td>
<td>Beef Stew</td>
</tr>
<tr>
<td>(50)</td>
<td>(173)</td>
<td>(137)</td>
<td>(111)</td>
<td>(106)</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Penne Pasta</td>
<td>Sweet Potato &amp; Mango</td>
<td>Parsled Bowtie Pasta</td>
<td>Boiled Red Bliss</td>
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<tr>
<td>(135)</td>
<td>(1)</td>
<td>(146)</td>
<td>(1)</td>
<td>(6)</td>
</tr>
<tr>
<td>Peas</td>
<td>Jardiniere</td>
<td>Salad w/Coconut</td>
<td>Broccoli</td>
<td>Zucchini</td>
</tr>
<tr>
<td>(82)</td>
<td>(10)</td>
<td>(165)</td>
<td>(12)</td>
<td>(5)</td>
</tr>
<tr>
<td>Cranberry Sauce</td>
<td>Vegetable Blend</td>
<td>Summer Corn</td>
<td>Wheat Bread</td>
<td>Chocolate Chip</td>
</tr>
<tr>
<td>(4)</td>
<td>(33)</td>
<td>(3)</td>
<td>(165)</td>
<td>Multigrain Bread</td>
</tr>
<tr>
<td>Blueberry Snack</td>
<td>Oatmeal Bread</td>
<td>Salad</td>
<td>(150)</td>
<td>(155)</td>
</tr>
<tr>
<td>(80)</td>
<td>(150)</td>
<td>(150)</td>
<td>(150)</td>
<td>(150)</td>
</tr>
<tr>
<td>Loaf</td>
<td>Hot Cinnamon</td>
<td>Mini Kaiser Roll</td>
<td>Cookie</td>
<td>Carnival Cookie</td>
</tr>
<tr>
<td>(100)</td>
<td>(66)</td>
<td>(200)</td>
<td>(105)</td>
<td>(105)</td>
</tr>
<tr>
<td>Fresh Pear</td>
<td>Peaches</td>
<td>Banana</td>
<td>MOD:LemonGrnms</td>
<td>MOD:Lorna Doones</td>
</tr>
<tr>
<td>(2)</td>
<td>(1)</td>
<td>(1)</td>
<td>(95)</td>
<td>(100)</td>
</tr>
<tr>
<td>MOD:Vanilla Bites</td>
<td>Orange Juice</td>
<td>Fresh Orange</td>
<td>MOD:LemonGrnms</td>
<td>MOD:Vanilla Bites</td>
</tr>
<tr>
<td>(50)</td>
<td>(1)</td>
<td>(10)</td>
<td>(95)</td>
<td>(100)</td>
</tr>
</tbody>
</table>

**Calories:**
- Monday: 711
- Tuesday: 799
- Wednesday: 715
- Thursday: 800
- Friday: 821

**Sodium:**
- Monday: 970mg
- Tuesday: 1020mg
- Wednesday: 925mg
- Thursday: 830mg
- Friday: 826mg

**Fettuccine Chicken**
- (450) 9 Swiss Cheese
- (14) Herbed Brown Rice
- (14) O'Brien Potatoes
- (15) Pancakes
- (50) Fruited Crunch Bar
- (50) MOD:Vanilla Bites

**Calories:**
- 798
- 654
- 740
- 731
- 565

**Turkey Meatloaf**
- (510) Chicken Scallopini
- (35) Served Over Parsley
- (65) Green Beans
- (165) WW Dinner Roll
- (50) MOD:Vanilla Bites

**Calories:**
- 878
- 873
- 723
- 695
- 807

**Hot Chicken**
- (56) Chicken Strips with
- (35) Chard and Broccoli
- (166) Spinach Salad w/
- (150) Cracked Wheat Bread
- (100) Lemon Blueberry Bites

**Calories:**
- 496
- 492
- 476
- 456
- 462

**Salad**
- (140) Chicken Parmesan* (857)
- (33) Served Over Parsley
- (140) WW Dinner Roll
- (100) MOD:Vanilla Bites

**Calories:**
- 994
- 928
- 843
- 863
- 894

**Parsley Medal**
- (50) Baked Salmon with
- (51) Baked Potato Half
- (201) Italian Vegetable
- (150) MOD:Cinnamon Bites

**Calories:**
- 1167
- 949
- 1218
- 971
- 916

**29WG Lasagna Rolls**
- (563) with Meat Sauce
- (65) Herbed Brown Rice
- (55) Cream Cheese
- (75) MOD:Vanilla Bites

**Calories:**
- 528
- 516
- 502
- 494
- 482

**Nutrition Information**
- High sodium meal day
- *food item with >500mg/sodium
Here are some free software applications you can use to stay in touch with your family and friends.

- Skype: You can simply access using your browser or download the application from https://www.skype.com/en.
- Zoom: Available for Mac, Windows, Linux, iOS and Android. Visit https://zoom.us/signup to sign up.

HELPFUL LINKS
Massachusetts Association for Mental Health (MAMH): https://www.mamh.org/education/network-of-care
Nursing Home Resource Line: Connects family members and rest home residents with information and resources they may need. Please call 617-660-5399 daily 9:00 am-5:00 pm
South Shore Community Partners in Prevention (health communication, mental health & well-being): Visit https://chna23.org/resources.

TRIAD
ZOOM MEETING WITH LOCAL OFFICIALS
On Wednesday, June 10 at 1:00 pm
Triad is the COA and Law Enforcement Working Together on important issues such as Health, Safety & Crime Prevention. The Marshfield Council on Aging has put together a zoom meeting in place of our regular Triad meeting. The meeting will consist of representatives from the town such as our Emergency Management Director Artie Shaw, Jane Landry Public Health Nurse, Lori Sullivan & Becky Le Outreach Educators from Plymouth County Sheriff’s Office, Christina Fitzgerald and Maria Do Canton D.A.’s office. We have also invited, if available, our State Representative Patrick Kearney and State Senator Patrick O’Connor. We have asked our guests to give an update from their specific vantage point on the COVID-19 situation and how it pertains to seniors. We invite seniors in the community to register with Marilee Comerford, Activities Coordinator by email: coaactivitiescoord@townofmarshfield.org. You will then get a zoom invitation via your e-mail where you can click on the link to join the meeting or there will also be a call in number to join the zoom meeting for the 10th of June @ 1:00. If you need help with zoom or have any further questions, please contact Marilee.