Greeting Patrons,

"Symbolically, an anchor represents stability, security and preventing an object or person from going adrift." At this unprecedented time, the Council on Aging hopes "to be your anchor" and work hard on your behalf to provide essential services and programs. We realize that it has been a challenging time for our senior residents during the pandemic event and we want to stay connected to you. To this end, we have revamped the way we meet essential needs and found alternative ways to offer activities. We have been conducting Zoom classes with Marilee Comerford, Activities Coordinator and our computer instructor, Katy Mayo. It is our hope that these classes will lead to people being able to access our virtual meetings and programs in the future. We have a nice array of virtual programs in the Link for July that we hope you will enjoy. We plan to gradually add back some regular programs once we are allowed to do so and will keep you informed as they become available. For those of you that are not aware, we are pleased to inform you that we resumed bus service and placed a copy of the new schedule in this issue of the Link. We continue to work on protocols for cleaning and keeping people safe which will be incorporated into our daily routine at the Senior Center.

Our next building project will be renovating the handicap restrooms and repairing the cracks in the floors. We are also starting on our outdoor recreation area and have chosen a contractor to begin work in July. This area will provide more parking and recreational amenities such as a pickle ball court, ping pong, bocce, a shade structure and picnic tables. There will also be several pieces of outdoor exercise equipment that are senior friendly, accessible and interactive. Our expansion plans for the building are also well underway and we are now in the design development phase of the project.

One important issue that has gotten sidetracked during the pandemic is the federal census. We receive regular communication from the Plymouth Area League of Women Voters (PALWV). They are challenging the towns in their League (Bourne, Carver, Duxbury, Kingston, Marshfield, Pembroke, Plymouth & Plympton) to be the first town to have 80 percent of their residents self-report their Census2020 data. The PALWV hopes this challenge will motivate everyone in the eight towns to complete their Census2020 information. Every Tuesday, the percentage that is complete will be sent to all partners in this challenge and they will distribute the results. Every person missed by the census means lost financial resources, in the thousands of dollars, at both the state and local levels for government provided services such as Councils on Aging, housing, libraries, schools, roads, and so on. It is especially important that every resident be counted. Door knocking will commence in mid-June and every household who has not self-reported their census information will be contacted. There are many ways that the Census affects older people such as: healthcare funding for Medicaid and Medicare Part B and prevention of substance abuse, the capital assistance program including transportation for older and disabled people, supportive housing through HUD which provides rent subsidies which helps keep people independent. The census also dictates the number of congressional seats in the House of Representatives. The census issue is not a trivial matter and will affect us for the next ten years. If you did not get a census form please follow the directions below and fill one out. We also ask that you check with family, friends and neighbors to complete the federal census form.

Residents can complete the census online, by phone or by mail. It is simplest if residents still have the form they were mailed with their census ID. They can visit https://my2020census.gov/ and answer the questions. Residents who no longer have the census ID can go to the same site and select the "I don't have my ID" option. Residents who would rather answer by phone can call 844-330-2020. There are 12 non-English language phone numbers that can be found at https://2020census.gov/en/ways-to-respond/responding-by-phone.html. Residents who would prefer to mail in their response must wait to receive their census questionnaire in the mail. Fill it in and send it on its way.

Have a very happy 4th of July and look forward to seeing you all soon,

Carol Hamilton
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 For More Information.

21 Chipman Way, Kingston, MA
WingateHealthcare.com
ANTIQUE SLIDESHOW
“19th Century American Folk Paintings”
On Thursday, July 30 at 1:00 pm
Although not formally trained in academic art, community members have created evocative paintings that depict acquaintances, major events, local landscapes, societal issues, and the spiritual world. We will attempt to cover the all the major genre found in nineteenth century America, and also the various cultural groups that expressed their world through paintings. While we will view exceptional examples, the survey will attempt to capture the wide span of production rather than narrowing to a few exceptional artists and movements. The PowerPoint presentation 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 to obtain a link that will be active for 48 hours after the initial broadcast.

MEET THE AUTHOR SERIES ON ZOOM
On Wednesday, July 15 from 10:00-11:30 am
Ken Brack is an author moved by how people grow through catastrophic trials and the co-founder of Hope Floats Healing and Wellness Center in Kingston, a nonprofit bereavement center. In an interactive format, he will discuss layers of loss triggered by the COVID 19 pandemic and the ways people find support. His book “Especially For You” tells the uplifting stories of grieving families who find a new purpose, often by transforming their pain into something good. As a response to their son’s death, Ken and his wife Denise opened Hope Floats in 2008, which has become a trusted resource on the South Shore and beyond. His experience writing the book and its embedded themes align with Hope Floats’ outreach, which includes offering free support groups for a variety of loss, including to survivors of the coronavirus. To sign up email: coaactivitiescoord@townofmarshfield.org

ART MATTERS ON ZOOM
“Art Teaches”
On Monday, July 27 at 1:00 pm
Art communicates. Art has humor, adventure and passion. Art matters! People are the only living creatures who make art. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. It keeps us connected to one another. It keeps us human. Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Be sure to bring your sense of humor and your sense of Human. Suggested donation $3. To sign up email coaactivitiescoord@townofmarshfield.org

GREAT DISCUSSIONS ON ZOOM
On Tuesday, July 7 and July 21 from 10:00-11:30 am
We read and rigorously discuss current events and other stimulating, topical subjects. We will meet on the internet using Zoom!
July 7 topic: Did Distant Learning Work for the Schools? July 21 topic: American Health After the Pandemic, Part 2. If you have questions about this group please contact Bob Jackman at 781-837-3844. To sign up email coaactivitiescoord@townofmarshfield.org

BOOK DISCUSSION GROUP ON ZOOM
This month the Webster Readers will meet on Monday, July 20 on Zoom at 11:00 am. Because we did not meet in March, we will discuss the book we read “The Rainbow Comes and Goes” by Anderson Cooper and Gloria Vanderbilt. We are sad to report the passing of the group’s facilitator Jayne Bowman. She will be missed by this group and others at the Senior Center. Group member Alia Antoon has agreed to facilitate the group going forward. Thank you Alia. Current group members will receive an email meeting invitation containing Zoom details the week of July 13th. If you are not currently a member of the group but would like to join call the Senior Center at 781-837-5581. New members welcome.

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, July 31 at 8:30 am
All welcome. Connect with old friends and make some new friends on Zoom! To sign up for either of these social events, email: coaactivitiescoord@townofmarshfield.org

HOW TO 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
COA ACTIVITIES

**BIRDING: THE PERFECT PATHWAY TO LIFE**
**LONG LEARNING ON ZOOM**
On Thursday, July 23 at 2:00 pm.

Join Mass Audubon as we focus on the birds of summer while providing tips on how to get started or take your interest in birding to the next level. Birding’s popularity has exploded during social distancing and it is no wonder. Birding brings us joy, comfort, opportunities to learn, and provides connections to social and ecological communities. Birds, though many species are transient, are always present no matter the time of year or our location. To sign up email: coaactivitiescoord@townofmarshfield.org

**OUTDOOR ZUMBA CLASS w/JUSTINE HOBIN** on Tuesdays at 9:00 am in the Senior Center parking lot (weather permitting) Zumba is a series of fitness programs specifically designed to take the exciting Latin and international dance rhythms and bring them to the active older adult, the beginner participant. Members to maintain 6 foot distance from classmates and wear facemasks. Limit 9. Cost: $5.00 per class. Call the senior center to register at 781-834-5581.

**OUTDOOR FITNESS CLASS w/JANET ENOS** on Wednesdays at 9:00 am in the Senior Center parking lot (weather permitting) This class includes a combination of light aerobics and strength training with weights. Members to maintain 6 foot distance from classmates and wear facemasks. Bring a beach chair and weights. (If you do not have weights, you may borrow them from the Center for the class duration.) Limit 9. Cost: $6.00 per class. Call the senior center to register at 781-834-5581.

**WALKING GROUP WITH TYLER NIMS**
meets every Thursday at 8:30 am at the Senior Center parking lot for a variety of scenic walks in and about the area. Come by & join us! July 2-John Little River Walk off Union St. south of Corn Hill Lane, Marshfield July 9 Rexhame Beach @ end of Winslow St. So. River side, July 16-Veteran’s Town Forest behind Pembroke Middle School to Silver Lake July 23-Rexhame Beach @ end of Winslow St. So.River side July 30-Round Pond Trails, off Mayflower St. Duxbury August 6—Rexhame Beach @ end of Winslow St. South River side
This month welcome new volunteers: Helen Burgess, Virginia McDonald and Courtney Zambello

Special Happy Birthday wishes for the month of July: Elsie Almeida, Kathy Bryan, Mary Decoste, Kathy Eacrett, Joan Egan, James Fox, Janet Grafton, Frank Guarino, Mary Lamrock, Geraldine McCarthy, Tyler Nims, Peggy Ofuokwu, Cynthia Rabbitt, Kathleen Richardson and Sandy Sutherland.

Again, we want to give special thanks to our Meals on Wheels Drivers and our Kitchen Volunteers who pack these meals, all on a daily basis, throughout these times. We also want to thank our Volunteer Shoppers and Friendly Phone Callers. Thank you to our Shoppers who are still helping our seniors with groceries, errands, prescriptions and the food pantry and our Friendly Phone Callers still reaching out to our community to check on our seniors. If you need shopping or would like a social call, please let me know, and we can set you up with one of our volunteers. We are still unable to provide Volunteer Drivers for Medical Transportation however, our shuttle bus has resumed operation for local appointments. We will keep you informed as we slowly and cautiously progress into the next phase of operations.

With our virtual age of communication, zoom meetings have been successful in keeping us safe but at the same time bringing us together. We are looking to expand our virtual programs, so if any of our volunteers have virtual skills and like working on their computers, have suggestions or are looking to get together on future zoom sessions, please feel free to let me know and we can make a plan. Until we meet again, this is a great way to stay connected. You are the heart of our organization and have kept this center alive. We are looking to return to normalcy and for you to return to the best senior center around and grow with us into the future.

If you are not already a volunteer, we always welcome those interested in joining our force. At this time, we need: Meals on Wheels Drivers, Shoppers, Friendly Phone Callers, Mask Makers, Outside Grounds Helpers and a volunteer to lead a Book Club. For more volunteering details, feel free to contact me, Donna Weinberg, Project Coordinator for Volunteers at 781-834-5581 X 2120 or by email, coavolunteercoordinator@townofmarshfield.org

Who would have thought six months ago, I would be sitting on my deck and writing to you to keep you up to date with what Social Services can help you with during the temporary shutdown? I’ve heard it’s either the shortest or longest year ever. There are several programs we want to let you know about:

- The first is if you receive SNAP benefits, you can now use your EBT card to order groceries online at Walmart and Amazon. Walmart is pick up only, Amazon would be delivered. Call us for more info on this program.
- Another SNAP benefit is the Healthy Initiative Program (HIP) program. This program lets households who receive SNAP benefits buy fresh produce at the Marshfield Farmers Market (only local market) and then that amount of money is put back onto your EBT card for other purchases; limitations apply. For more info, call Judy or Ken at 781-834-5581.
- If you have not received your stimulus check, please watch your mail. Most of the payments are made by direct deposit or paper check, but some people will be receiving a prepaid debit card. The card comes in a plain white envelope with a return address of “Money Network Cardholders Services”. If you think you accidently threw this away, you can call 1-800-240-8100 for a replacement. The instructions can be confusing. Call Judy or Ken with questions about this card.
- Social Security is offering new ways to enroll in Medicare due to office closures. If you need help applying for Medicare, please call your COA and a SHINE counselor can assist you. Reach out if you need us. We’ll typically return your call within a day. Be well and hoping to see you soon! Judy and Ken
The Link • Marshfield  JULY 2020

FUN STUFF TO DO...

With Judy Caldas—Social Services Coordinator

What I did on my Covid-19 StayCation—For fun during my down-time I clean poop lol. Carlos and I have a koi pond in our yard, and daily from May to November I am up past my elbows in the pond cleaning the filter of poop, uneaten food and leaves. It is actually very relaxing for me. This past weekend, we decided to drain the pond and clean out all of the algae and debris we couldn’t get out with the skimmer nets. We transferred the fish to a holding tank and drained and scrubbed the pond liner and rocks. We replaced the water and put the fish back in. Hope you enjoy the pictures!

We also built and planted a victory garden! I have also been sewing masks early in the morning before my family wakes up, giving them away to anyone who needs one. Over several weekends we did some major house projects. We removed ship-lap from our living room walls, repaired the sheetrock and painted the walls. Then we installed pre-engineered hardwood floors and replaced the sliding door to our back deck. Lastly, we recently celebrated our 2nd anniversary. With everything shut down, we enjoyed take out from The Olde Hitching Post in Hanson and a bottle of wine at home. It was delicious!

~~~

With Marilee Comerford—Activities Coordinator and Comfort Food Fan!

Things I have been doing in this time of social isolation—generally I have been spending time watching comforting cooking shows like reruns of ‘The Great British Baking Show’ and ‘Somebody Feed Phil’. I just discovered ‘Big Family Cooking Showdown’ which I loved! I also enjoyed ‘Big Dreams, Small Spaces’ with British garden expert Monty Don and ‘Restaurants on the Edge’. I tried watching a show about historic walks but got frustrated because the host never talked about what he was eating on his trips. I obviously have spent too much time watching people cook and eat. I have not read many interesting books this last month because I have been trying to read through old magazines and send them to the recycling bin. Books I have enjoyed this year include Tana French In the Woods, and Joan Chittister The Monastery of the Heart which someone had lent to me and it took months to get to but I was so glad I read it. It has been great to have the “Libby” App on my I-pad so I can download books! I have China Rich Girlfriend by Kevin Kwan set to start for my first “summer read.”

~~~

With Lynn Gaughan—Assistant Director

I just finished a trilogy by Patrick Taylor which is sure to bring a smile to your face. His books (The Irish Country Doctor, The Irish Country Village and The Irish Country Christmas) take place in Northern Ireland in the 1960’s and follow the country medical practice of Fingal Flahertie O’Reilly and his young assistant Barry Laverty in the small village of Ballybucklebo. These books portray a sense of community and caring, something we all long for these days. If you are looking for something more serious, The Last Boat from Shanghai by Helen Zia follows the life of four people as they seek to escape the Japanese and Communist takeover of Shanghai. Skillfully written and made me realize while we may consider things difficult right now, they could certainly be a lot worse. I gave up cable TV four years ago but am an avid fan of Netflix. If you are looking for something fun and uplifting, watch The Bill Murray Story. Bill’s mantra “It just doesn’t matter” and his belief that relationships are the only thing that counts will get you thinking about all the small stuff we let bother us. And you might just want to watch Groundhog Day again. During these times, I could relate to how he felt living the same day over and over but again, loved the message – take care of others and be a good person!

~~~

With Donna Weinberg—Volunteer Coordinator

In my downtime...when time permits and I am not at my computer, I have taken up a few fun hobbies: bird watching, nature watching and gardening. My husband built some new bird houses and the birds have moved in. My favorite to watch are the bluebirds. I recently spotted an oriole family nesting in the trees. I also have hummingbirds sipping nectar from their feeder. I am eager to discover a new rare bird species and any other critter that crawls by. I planted an herb garden with dill, parsley, basil, chives, rosemary and mint. These herbs are great on salads, smoothies and for cooking. These days I am spending more time in the kitchen. My kitty is delighted I am home, that means more treats and love for him, and my husband is always wondering what I am going to rustle up next in the kitchen. In the evenings, I settle down with Netflix movies and a big bowl of chocolate ice cream!
July 4th, 2020  Hear Town Administrator Michael Maresco, Radio Station Owner Ed Perry, some Town Selectmen, Society President David Welch, and some Society Board Members introduce and Read the Declaration of Independence over WATD radio. A YouTube video of this presentation and a possible MCTV program are being planned. The YouTube link will appear on the Marshfield Historical Society website. 

August 2, 2020, 1:30pm  Dedication of the Gloria O’Grady Memorial in front garden of the Marcia Thomas House, 65 Webster Street. Recently deceased Gloria O’Grady was an officer and board member of the Society for over 40 years. Refreshments may be served consistent with COVID-19 restrictions. Masks and social distancing will be required. The Marcia Thomas House will not be open. No rain date planned. Donations accepted to help defray COVID-19 lost revenue.

Sept. 20th, 2020, 1:00pm  Grand Opening of the new Marcia Thomas House Lecture Room and Museum. Five rooms were repurposed, doorways changed, and lecture and display space created on the 1st floor, thanks to the work by Cindy Castro, Pat Overstreet, and President David Welch. These changes permit public access to lectures without climbing stairs and provide expanded museum space. See Curator Dottie Melcher’s new displays and thematic rooms. Reservations are required. Guided tour tickets available for a suggested donation of $20/person to help defray COVID-19 lost revenue. COVID-19 restrictions apply. Call Tim at (781) 801-8267 or email him at tdavidson02050@gmail.com to make reservations.

October 18th, 2020, 1:00pm  The Annual Meeting of the Marshfield Historical Society will take place using Zoom (or equivalent virtual meeting software). Following a brief business meeting for the election of officers, Caleb Estabrooks will relate the story of the restoration of ten iron riverside markers first installed in 1919. These signs celebrate Colonial shipyards on the North River which operated between 1670 and 1840. Reservations are required. Annual meeting tickets available for a donation of $20/person to help defray COVID-19 lost revenue. For a 5-minute slideshow preview of the Marker Restoration Project, click on this link: https://youtu.be/ipE7ob6r0z4 . Call Tim at (781) 801-8267 or email him at tdavidson02050@gmail.com to make reservations.

Nov. 15th, 2020, 1:30pm  Pro-Am Marshfield’s Own Pilgrim - Peregrine White: Stephen O’Neill, Research historian and author – will discuss the life and times of the first English child born in North America whose home still exists on Marshfield’s South River. Venue TBD subject to COVID-19 restrictions.

Dec. 13th, 2020, 1:30pm  Member Appreciation Event at 1st floor of Marcia Thomas House. Venue TBD subject to COVID-19 restrictions.

Please consider donating to the Marshfield Historical Society, P.O. Box 1244, Marshfield, MA 02050 to help pay the endless monthly bills for telephone, internet, security, insurance, electricity, gas and water. A written receipt for tax-deductible donations of $50 or more will be provided. Make out your to “Marshfield Historical Society - Operating Costs”.

As we prepare to reopen, we want to make sure we can reach you. Please call us at the senior center (781-834-5581) if you have recently changed your address, phone number or email. We have been working hard updating our software to an exciting new program called MY SENIOR CENTER! We will now have the ability to make announcements by automated phone calls and emails and don’t want you to miss out on important updates!
### JULY 2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>9:00-10:00 am</td>
<td>Zoom Coffee &amp; Conversation</td>
</tr>
<tr>
<td></td>
<td>9:00-10:00 am</td>
<td>Outdoor Tai Chi</td>
</tr>
<tr>
<td>7</td>
<td>9:00-10:00 am</td>
<td>Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>10:00-11:30 am</td>
<td>Zoom Great Discussions</td>
</tr>
<tr>
<td></td>
<td>1:00 pm</td>
<td>Zoom TRIAD</td>
</tr>
<tr>
<td>13</td>
<td>9:00-10:00 am</td>
<td>Zoom Coffee &amp; Conversation</td>
</tr>
<tr>
<td></td>
<td>9:00-10:00 am</td>
<td>Outdoor Tai Chi</td>
</tr>
<tr>
<td></td>
<td>2:00-3:00 pm</td>
<td>Zoom Meditation &amp; Mindfulness</td>
</tr>
<tr>
<td>14</td>
<td>9:00-10:00 am</td>
<td>Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>10:00-11:30 am</td>
<td>Meet the Author Series</td>
</tr>
<tr>
<td>20</td>
<td>9:00-10:00 am</td>
<td>Zoom Coffee &amp; Conversation</td>
</tr>
<tr>
<td></td>
<td>9:00-10:00 am</td>
<td>Outdoor Tai Chi</td>
</tr>
<tr>
<td></td>
<td>11:00 am-12:00 pm</td>
<td>Zoom Book Discussion Group</td>
</tr>
<tr>
<td>21</td>
<td>9:00-10:00 am</td>
<td>Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>10:00-11:30 am</td>
<td>Zoom Great Discussions</td>
</tr>
<tr>
<td>27</td>
<td>9:00-10:00 am</td>
<td>Zoom Coffee &amp; Conversation</td>
</tr>
<tr>
<td></td>
<td>9:00-10:00 am</td>
<td>Outdoor Tai Chi</td>
</tr>
<tr>
<td></td>
<td>1:00 pm</td>
<td>Zoom Art Matters</td>
</tr>
<tr>
<td>28</td>
<td>9:00-10:00 am</td>
<td>Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>2:00-3:00 pm</td>
<td>Zoom Meditation &amp; Mindfulness</td>
</tr>
</tbody>
</table>

### 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.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Organizer</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Walking Group</td>
<td>Janet Enos</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Outdoor Fitness</td>
<td>Katy Mayo</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Zoom Class</td>
<td>Katy Mayo</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Walking Group</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Zoom Class</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Walking Group</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Zoom Class</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Walking Group</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Zoom Class</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Walking Group</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Zoom Class</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Walking Group</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>10:00 am</td>
<td>Zoom Class</td>
<td>Tyler Nims</td>
</tr>
<tr>
<td>10:00-11:00 am</td>
<td>Zoom Class</td>
<td>Katy Mayo</td>
</tr>
<tr>
<td>10:00-11:00 am</td>
<td>Zoom Class</td>
<td>Katy Mayo</td>
</tr>
<tr>
<td>10:00-11:00 am</td>
<td>Zoom Class</td>
<td>Katy Mayo</td>
</tr>
<tr>
<td>10:00-11:00 am</td>
<td>Zoom Class</td>
<td>Katy Mayo</td>
</tr>
<tr>
<td>8:30-9:30 am</td>
<td>Zoom Men's Coffee and Chat</td>
<td>Katy Mayo</td>
</tr>
<tr>
<td>10:00-11:00 am</td>
<td>Zoom Class</td>
<td>Katy Mayo</td>
</tr>
</tbody>
</table>
AFFORDABLE HOUSING LOTTERY

Modera Marshfield Commerce Way, Marshfield, MA 02050

1BRs @ $1,573*, 2BRs @ $1,867*, 3BRs @ $2,135*  *Rents subject to change. Utilities are not included. Tenants will pay own gas (heat, cooking, hot water), electricity, and water. Free surface parking space included.

Modera Marshfield is a 248 unit rental community which offers a range of product types and a full suite of community amenities. The community includes 2-story townhomes as well as flatstyle apartment homes in 1, 2, or 3 bedroom layouts. Sixty-two (62) units will be made available through this application process at affordable prices in a mix of 1BR, 2BR, and 3BR apartments. Various parking options are also offered including integral garages within townhomes and select buildings, stand-alone garages, and surface parking. Unit interiors boast custom cabinetry, stainless steel appliances, wood-plank style flooring, stone countertops, walk-in closets, and in-home washers and dryers. Community amenities include a clubhouse featuring leasing offices with package reception, state-of-the-art fitness facilities, a resort-style pool, outdoor fireplace, outdoor kitchen, seating areas and a playground.

MAXIMUM Household Income Limits: $67,400 (1 person), $77,000 (2 people), $86,650 (3 people) $96,250 (4 people), $103,950 (5 people) $111,650 (6 people)

Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on August 10th, 2020. A Public Info Session will be on July 8th, 2020 at 6 pm via: YouTube Live Stream https://youtu.be/pC3BRYfP5gI (or just search “SEB Housing” in YouTube and click the thumbnail for Modera Marshfield Info Session), AND via conference call (425) 436-6200 Access Code: 862627 The lottery will be held on August 20th, 2020 at 6pm. For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to www.sebhousing.com or call (617) 782-6900 (x1) and leave a message or postal mail SEB Housing, 257 Hillside Ave, Needham MA 02494. For TTY Services dial 711. Free translation available.
Recently the Marshfield COA Boosters mailed reminders to 420 Boosters to renew their membership for 2020 and your response has been encouraging. 90 Boosters have renewed their membership or made additional donations for a total of $2,250 bringing our year to date membership collections to $13,215. We are getting closer to our annual goal of $19,500. The Board of Directors are delighted with your response as all other fundraising efforts have been put on hold. We don’t know when the doors of our Senior Center will reopen or what restrictions will be placed on the types of fund raising events we can hold.

If you are not yet a Marshfield COA Booster or simply have not renewed your 2020 membership, please consider doing so now. For more information contact Booster President Pegi Davis at 781-834-3441 or Vice President of Membership Steve Rhodes at 781-422-4644. Help us reach and pass this years annual goal of $19,500!

We urge you all to continue to be vigilant and follow the rules and regulations for masks, social distancing and hand washing, We anxiously await the time we can once again be together and enjoy all the services and programs of our outstanding Senior Center.

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 Towns 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.

Job Opportunities at the Residences at Brighton Ma- rine! We are currently at nearly 90% occupied and all are veteran or military families. We are asking for military spouses and veterans to apply. Please share throughout your networks:


**SIXTY PLUS CLUB**

**SAVE THE DATE:**

**THE SIXTY PLUS CLUB ANNUAL COOKOUT IS ON!**
Tuesday, August 11 at 12:00 Noon
We will not be having a July meeting, however, we are pleased to announce that The Sixty Plus Club will be hosting their Annual Cookout at the VFW! Music, hamburgers, hot dogs, chicken ~ Cost: $15. Bring a friend. Checks payable to Marshfield Sixty Plus Club. To RSVP or for further information, please call Nancy Goodwin at 781-837-0831 or Ann Wernig at 781-837-7820. We are looking forward to seeing everyone at this summer event!
BRAINPOWER WORKOUT

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

```
5 4 1 8 3
3 6 2
7 1 2
3 5 2 7
8 6 1 8
6 5 6
5 4 3
4 2 5
```

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

```
6 8 3 9 5 1
5 4 1 2 9
4 6 5 1 9
2 5 4 2 1
```

©2020 Sudoku Publishing

DIFFICULTY: ★★★★★

We All Scream for Ice Cream!

```
SALTED CARAMEL LYL RR EHC
B N A TILOPAENBLUE MO ONG
U CPYBBERWARTSPOOCU
NEEMAERCDNASELKOOCAO
NOARTILPSANANARMLT
YTPISTACHIOWAFTER CONE
TBURPEANUTBUTTER CUPPI
RSLNETALOCCHOCCOFFEE
AEHALRRBUTTERPECANOO
CUAACAITTURFITTTUTBIO
KDAARKRRWALPBHALPAAC
SUNDAEREIMIDAORYKCOR
EPICFCTALOCOHCHCONTHIMO
SELMKIRPSPMUGELBBUBO
JUSACONEFAINGHUSSET
ENISIAARMUMVANILLAF
MOOSETRACKSETUNOCOCUC
EADNACYDINACIRSRYRUPTD
EBREKSHSWOBNIAKARTAULFO
BFUDGRErippLEAYIOTE
```

©2020 Satori Publishing

DIFFICULTY: ★★★★★

We don’t stop playing because we grow old. We grow old because we stop playing.

—George Bernard Shaw
Currently, the filing deadline for tax year 2019 tax returns is July 15, 2020. As of June 10th, it appears UNLIKELY that any person to person assistance will be offered at the Marshfield Senior Center prior to the July 15th deadline. Meanwhile, AARP Foundation Tax-Aide is offering a service to taxpayers that provides the free use of tax preparation software online. For taxpayers that are comfortable using computers and online tools, you can prepare and e-file your own tax return. For those that may need assistance in this process, Tax-Aide also offers assistance through video conferencing, much like Telehealth. A video meeting can be arranged between the taxpayer and a trained Tax-Aide volunteer. The taxpayer can give the Counselor the ability to view their tax return screen and help the taxpayer to prepare the tax return. However, the taxpayer must perform all data entry using their own keyboard. Here is the URL for preparing your own 2019 tax return, with or without online volunteer assistance: https://signup.aarpfoundation.org/preparing-your-taxes-online-v2/. We recommend that you do not ask for volunteer assistance unless or until you truly need it. Instead scroll past this feature, then select either TurboTax or Online Taxes, depending on your Adjusted Gross Income. Unfortunately, many seniors are unfamiliar with or uncomfortable using computers. So, 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 will 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 for either federal or state, and tax return preparation is delayed until 2021, the taxpayer will be assessed both penalties and interest charges in 2021. Note: Tax-Aide volunteers are unable to recommend specific professionals or professional organizations. 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. Debit cards are now being mailed to recipients, rather than checks. So, please do not destroy the card, thinking that it is just another promotion. If you have not received your economic impact 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, if you haven’t already. Otherwise, you will receive a debit card by mail.

**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.
MacDonald Funeral Home
1755 Ocean St. P.O. Box 84 Marshfield 02050
781-834-7320
Funeral Directors: J. Robert • Robert E. • Mark W. • Steven P.

Hearing Aid Evaluation, Fitting and Maintenance
Diagnostic Hearing Evaluations • Tinnitus Evaluation and Treatment
Cerumen (Wax) Management • Cochlear Implants / Baha
Custom Earmolds • Assistive Listening Devices • Ear Piercing
20 EAST STREET UNIT 1, HANOVER, MA 02339
781-924-3648 | www.hearinghealthHHP.com

Call Today: 781-319-5067

Estate Planning
Elder Law
Wills & Trusts
FREE CONSULTATIONS
DISCOUNTS FOR SENIORS / VETERANS
WE MAKE HOUSECALLS
JAMES SWEENEY, ESQ. | JIM@JAMESSWEENEYLEGAL.COM
1 PROPRIETORS DRIVE, MARSHFIELD, MA 02050 | WWW.JAMESSWEENEYLEGAL.COM
508-584-1561 | info@ocesma.org | www.ocesma.org

Serving all people – Serving all incomes

Stannah
Mention Safe At Home & SAVE $200*
*Only one discount per person. Can only be applied to a new stairlift purchased directly from Stannah Stairlift.

For friendly advice, a free survey of your stairs, and no-obligation pricing call:
1-888-356-3130

Visit our showroom for a demo:
20 Liberty Way, Ste A
Franklin, MA 02038

For more Stannah stairlift info visit: Stannah-Stairlifts.com/Safe-At-Home
## OCES Nutrition Program
### July 2020

**Community Dining Menu**

Please call the nutrition department for meal cancellations by 10 am **TWO DAYS** before delivery: 508-584-1561.

*Suggested Donation-$2.50/meal Menu subject to change without notice.*  
SF=Sugar Free, WG=Whole Grain, WW=Whole Wheat

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>6 No Milk Served</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swiss Cheese</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Onelette</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Fries</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Orange Juice</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruited Yogurt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>13 Stuffed Shells with Swiss Meatballs</strong></td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17Baked Chicken with Scarpinello Sauce</td>
</tr>
<tr>
<td>Meat Sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parmesan Cheese</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oatmeal Bread</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemon Square</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MOD: Lemon Grahms</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>20 Cheeseburger</strong></td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24Baked Fish</td>
</tr>
<tr>
<td>Roasted Red Bliss</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas &amp; Carrots</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ketchup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WW Hamburger Roll</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>27 Aloha Chicken</strong></td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31WG Alaskan Pollack</td>
</tr>
<tr>
<td>Served Over</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lo Mein Noodles</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cracked Wheat Bread</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Caramelized</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Nutrition Information:**
- MG Milk=107 mg sodium
- MG Margarine=30 mg sodium
- MG Sodium=89 mg, Carb=9g
- MG Sodium=113 mg, Carb=10g
- MG Sodium=79 mg, Carb=9g
- MG Sodium=82 mg, Carb=12g
- MG Sodium=73 mg, Carb=7g
- MG Sodium=69 mg, Carb=8g
- MG Sodium=63 mg, Carb=8g
- MG Sodium=95 mg, Carb=7g
- MG Sodium=77 mg, Carb=8g
- MG Sodium=94 mg, Carb=9g
- MG Sodium=88 mg, Carb=8g
- MG Sodium=96 mg, Carb=9g
- MG Sodium=89 mg, Carb=8g
- MG Sodium=77 mg, Carb=9g
- MG Sodium=97 mg, Carb=10g
- MG Sodium=87 mg, Carb=8g
- MG Sodium=93 mg, Carb=10g
- MG Sodium=106 mg, Carb=10g
- MG Sodium=80 mg, Carb=9g
- MG Sodium=78 mg, Carb=9g
- MG Sodium=88 mg, Carb=10g
- MG Sodium=64 mg, Carb=8g
- MG Sodium=63 mg, Carb=9g
- MG Sodium=108 g

*Food Item with >500 mg sodium

High sodium day

---

© OCES, 2020
TECHNOLOGY CORNER

**HOW TO ZOOM COMPUTER CLASS**

See Page 2 for details.

**OTHER VIDEO CONFERENCING SOFTWARE**

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.
- **Free Conference**—Does not require any software installation; Visit https://hello.freeconference.com/login/sign-up

**HELPFUL LINKS**

**Community Tracing Collaborative** https://www.mass.gov/info-details/learn-about-the-community-tracing-collaborative

**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.

**ZOOM MEETING**

On Wednesday, July 8 at 1:00 pm

“Hate Ticks & Mosquitoes?”

For as long as people have been alive on this earth, ticks and mosquitoes have existed. More than just annoying, the bite from one of these can pass on germs with life-altering consequences. (Step aside, great white sharks!) But, did you know Massachusetts is home to at least 50 species of mosquitoes and 12 species of ticks? These species all have different behaviors and life cycles. Some don’t even bite humans! Understanding mosquito and tick biology holds the key to preventing disease. Most people know a little about mosquitoes and ticks, but not enough to keep them safe. Join our workshop! Together, we will bust myths and learn practical applications based on science. Come learn about protection methods with and without the use of chemicals. With the right knowledge and tools, all vector-borne diseases are preventable.

Our presenter, Blake Dinius works for Plymouth county extension as the entomologist educator. His goal is to deliver science-based information that our county can rely on. Blake is a biology graduate from University of Massachusetts – Boston with 7 years of professional experience in insect research.

To sign up email coaactivitiescoord@townofmarshfield.org