As a human service agency, the Council on Aging provides and coordinates services to the senior community of Marshfield, assisting individuals to live with dignity and to enhance quality of life. We identify the needs of the senior community and implement services and programs that encourage self-reliance, good health, education and community involvement. We advocate for seniors and increase citizens’ awareness of our efforts to meet these challenges.

Dear Patrons,

At the time of the writing of this newsletter the Marshfield Senior Center remains closed to the public but is staffed to answer your calls Monday - Friday 8:30 am to 4:30 pm. We continue to offer basic services such as meals on wheels, COA bus, social services, SHINE, friendly phone calls, sick equipment loans, shopping assistance and information and referral. The COA Staff is also excited about being able to offer many virtual programs in August along with several outdoor fitness classes which are outlined in this issue. Please consider some of these great classes!

We also continue to work on several internal projects such as a new data base and a new agency brochure which we are finalizing for your use. The outdoor recreation project known as “Phase 3” began on July 13th. This project will be under construction for a few months and will eventually create a beautiful park with amenities like pickle ball courts, ping pong, bocce, exercise equipment and a picnic area. Adjacent parking will also be added to better serve the participants. The second major project is our building expansion. We have made great progress on this and hope to go out to bid in the early fall. This expansion will add many new and exciting spaces and activities to enjoy!

And, as if we do not have enough on our minds these days, this is hurricane season and we should be thinking about “Hurricane Preparedness”. The Mass. Emergency Management Agency (MEMA) says that the first week in June marked the official start of the Atlantic Hurricane Season which runs through November 30th. However, the majority of tropical storms and hurricanes have typically impacted New England during the months of August and September. So, now is the time to begin preparing yourself, your family and your home. Throughout hurricane season the MEMA will share preparedness information to help residents be aware of and prepare for the impacts of tropical storms and hurricanes. As hurricane season rolls in, MEMA is actively planning for how to respond to disasters while considering the public health challenges of COVID-19.

The National Oceanic and Atmospheric Administration (NOAA) seasonal outlook predicts an above normal number of hurricanes this season. Regardless of the seasonal forecast, it only takes one storm to make landfall and severely impact an area. The beginning of hurricane season is a great opportunity for all residents to learn if they live in a hurricane evacuation zone, make an emergency plan, assemble an emergency kit, and stay informed. This is especially true for the 2020 hurricane season as we continue to manage the complexity of COVID-19.

You should Make an Emergency Plan and develop it with the members of our household to prepare for what to do, how to find each other, and how to communicate in a tropical storm or hurricane. An emergency plan should include: Meeting Locations, Emergency Contact Information, Evacuation Plans, Shelter-in-Place Plans and Considerations for Family Members with Access and Functional Needs and Pets.

It is recommended that you Build an Emergency Kit containing items that will sustain you and your family in the event you are isolated for three to five days without power or unable to go to a store. Emergency kits are particularly important during hurricane season due to potential extended power outages, flooding, and impassable debris-covered roads. While it is important to customize your emergency kit, it should include bottled water, food, flashlight, radio and extra batteries, a first aid kit, sanitation items, and clothing. Depending on your family’s needs, emergency kits should also include medications, extra eyeglasses, medical equipment and supplies, food and supplies for pets and service animals, and other items you might need... (You may also want to bring a mask and sanitizer) Stay Informed by receiving advance warnings and timely emergency alerts and information from public officials is critical to staying safe during a storm or hurricane. Every family should have multiple methods for receiving emergency alerts. Learn more about different types of alerting and information tools including the Emergency Alert System, Wireless Emergency Alerts, NOAA Weather Radio, Social Media & Traditional Media, 2-1-1 Hotline, Local Notification Systems: https://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts.

Peace, love and stay safe, Carol Hamilton

FOR QUICKER ACCESS TO OUR NEWSLETTER GO ONLINE TO - WWW.OURSENIORCENTER.COM/FIND/MARSHFIELD-COUNCIL-ON-AGING
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

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!

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

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

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
Wealth Distribution in America since 1950.

other stimulating, topical subjects.

We read and rigorously discuss current events and
events, quintessential American cookie. Based on real
rant, used a few simple ingredients to create the
field, owner of the Toll House Restau-
know the story about how Ruth Wake-
where enjoy this treat, but not many
hometown of Whitman. People every-
chip cookie was invented in her
book about how in 1937 the chocolate
setts Legislature, she wrote a children's
a family, and serving in the Massachu-
states most of her life. After teaching English, raising
Kathleen Teahan lived in the small town of Whitman,
will be sent prior to each meeting.

781-834-5581.

new to the group
tact Bob Jackman at 781-837-3844 and if you are
If you have questions about this group, please con-
MEET THE AUTHOR SERIES ON ZOOM
~Featuring Kathleen Teahan~
On Wednesday, August 19 at 10:00 am
Kathleen Teahan lived in the small town of Whitman, Mass. most of her life. After teaching English, raising
a family, and serving in the Massachusetts Legislature, she wrote a children's book about how in 1937 the chocolate
chip cookie was invented in her
call the Senior Center to register at 781-834-5581. New members welcome! An email meeting
invitation containing Zoom details will be sent the week of August 10th.

COOKING ON ZOOM WITH BARBARA ~
REGISTERED DIETICIAN NUTRITIONIST
On Friday, August 28 at 1:00-1:45 pm
Barbara Nalen-Cardosa, MS, RDN, LDN,
from OCES is hosting a live Zoom ses-
ioin. Join Barbara while she makes gua-
camole dip and talks about fresh herbs,
vegetables, and healthy fats. If you are
interested in registering for this session,
please email Barbara at bnalencar-
dosa@ncesma.org. Once you’ve registered with Barb-
bara, she will send a Zoom link to your email address approximately 1 week prior to the class.

GREAT DISCUSSIONS ON ZOOM
On Tuesday, August 4 and 18 from 10:00-11:30 am
We read and rigorously discuss current events and other stimulating, topical subjects. August 4 topic:
Wealth Distribution in America since 1950. August
18 topic: The Black Lives Matter Movement in 2020. If you have questions about this group, please con-
tact Bob Jackman at 781-837-3844 and if you are
new to the group call the Senior Center to register at 781-834-5581. An email with Zoom meeting details will be sent prior to each meeting.

BOOK DISCUSSION GROUP ON ZOOM
This month the Webster Readers, facilitated by Alia
Antoon, will meet on Monday, August 17 on Zoom at
11:00 am. This month we will read “Circe” by
Madeline Miller. If you are not currently a
member of the group but would like to join, call the Senior Center to register at 781-834-5581. New members welcome! An email meeting
invitation containing Zoom details will be sent the week of August 10th.

ART MATTERS ON ZOOM
“American Art Part 1—1776-1900
On Monday, August 24 at 1:00 pm
The United States was not founded by schooled artists, but by people seeking freedom and adven-
ture. American artists have been like America itself, pioneering, bold, and independent. Early American artists had their roots firmly planted in European tra-
ditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of a nation. Join us for a look at the roots of American Art from 1776 until 1900 with its pio-
neering courage, independent drive, and rebellious spirit. Suggested donation $3. Call the Senior Center to register at 781-834-5581.

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

MEN’S COFFEE & CHAT
On Friday, August 28 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, call the Senior Center to register at 781-834-5581.

ANTIQUE SLIDESHOW
“Mocha Pottery in 19th Century America”
On Thursday, August 27 at 1:00 pm
Mocha pottery, produced primary in England, provided vivid colors and patterns that stimulated excite-
ment in American homes in the early decades of the nineteenth century. The program will survey the full
range of mocha decoration used in the era, and also
the range of forms on which the mocha surface was displayed. The program will also show a few American made examples of period mocha. Mocha pottery is striking and an interesting cate-
gory of early ceramics. 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. Watch on TV or Call the Senior Center at 781-834-5581 to obtain a link that will be active for 48 hours after the initial broad-
cast.

COFFEE & CHAT
On Fridays at 8:30 am
Join us on Zoom for a virtual Coffee and Chat. Pour your-
self a cup of coffee and recon-
nect with your friends from the Senior Center.

MEN’S COFFEE & CHAT
On Friday, August 28 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, call the Senior Center to register at 781-834-5581.
COA ACTIVITIES

**HOW TO ZOOM CLASS**
On Friday, August 14 at 10:00 am
Free Introductory Zoom Class with Katy Mayo. Call the Senior Center to register at 781-834-5581.

**CONVERSATIONAL SPANISH ON ZOOM**
On Friday, August 21 at 10:00 am
Join Spanish instructor Cathy Spiegel and learn to speak conversational Spanish! New students welcome for this exciting class. Knowledge of Zoom required to join (see above class description). Call the Senior Center to register at 781-834-5581.

**“AN 18TH CENTURY CLAIRVOYANT” ZOOM LECTURE WITH HISTORIAN ANN BARRETT**
Wednesday, August 20 at 10:00 am
Over 200 years ago world renowned clairvoyant Moll Pitcher of Lynn could cause an entire ship’s crew to resign with her prediction of a doomed voyage. Call the Senior Center to register at 781-834-5581.

**TED TALK & DISCUSSION ON ZOOM**
On Wednesday, August 26 at 10:00 am
The Ted Talk presented is from Poet Ali. “You speak far more languages than you realize, says Poet Ali. In a profound talk, he reveals how the idea of “language” goes far beyond a lexicon of words, communicating universal experiences like love, laughter and loneliness -- and serving as a portal to cultures, feelings and thoughts that unite us all.” Call the Senior Center to register at 781-834-5581.

**OUTDOOR TAI CHI w/MIKE SHOWSTACK** on Mondays at 9:00 am in the Senior Center parking lot (weather permitting) Tai Chi is the healing power that transcends the limitations of human ability and imagination. Chi improves posture, circulation, respiration and digestion, and harmony of the body and mind as one. Members to maintain 6 foot distance from classmates, wear facemasks and loose clothing. Cost: $6.00 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 20. 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!
August 6 – Rexhame Beach @ end of Winslow St. South River side
August 13 – Two Mile Reservation westerly side of Union Street, south of Pine Street
August 20 – Rexhame Beach @ end of Winslow Street, South River side
August 27 – Camp Wing Conservation Area – off of Franklin Street, Duxbury
September 3 – Norris Reservation, behind Norwell Post Office—coffee on the North River

**OUTDOOR ZUMBA CLASS w/JUSTINE HOBIN** on FRIDAYS! Classes are 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 20. Cost: $5.00 per class. Call the Senior Center to register at 781-834-5581.
This month welcome new volunteers: Serge Canepa and Jennifer McGee

Special Happy Birthday wishes for the month of August: Pat Alconada, Marcia Ballou, Holly Brazel, Serge Canepa, Barry Cornwall, Theresa Crocker, Karen Deangelis, Rockie DeLoach, Marian Graczyk, Constance Hodakoski, Allyson Jameson, Pat Kelso, Laurie Lamont, Theresa Manchester, Patricia McIntyre, Therese McLaughlin, Marie Murphy, Marilyn Nee, Robert Parkman, Kathleen Pinkham, Ronald Reilly, Marshall Salowe and Elizabeth Stacey.

Thanks, again, to our current Volunteers who have helped us get through the last few months: Meals on Wheels Drivers, Kitchen Volunteers who pack these meals, Shoppers, Friendly Phone Callers and Mask Makers.

We will keep you informed as we slowly and cautiously progress into the next phase of operation. We are still not providing volunteers to transport clients to medical appointments outside of Marshfield. If a senior in the community needs in town shopping or has an in-town medical appointment, the COA van is available. If a senior is unable to travel on our COA van, they may call our office, and I will look for a personal volunteer to shop for them.

We can always use more Volunteers: Bus Escorts, Meals on Wheels Drivers, Shoppers, Friendly Phone Callers, Mask Makers, Outside Grounds Helpers and a Book Club Leader. 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

A few pics of the good old days to share...

Your Social Services/SHINE team are here for you! While we may be in the office or working remotely from home, we are doing our very best to help you with your health insurance and other needs. Simply call the Senior Center at 781-834-5581 and someone will get back to you shortly!

Some Social Services/SHINE news:

Farmers Market coupons worth $25.00 for fresh produce from the Marshfield Farmers Market are available to low income households ($23,606 for 1, $31,894 for 2) over age 60 from Old Colony Elder Services. In fairness to everyone, a lottery will be held for these coupons. Please call Judy at the COA and ask to be added to the lottery for the coupons. Last day to call in for your spot in the lottery is Friday August 7th. Winners will be picked August 10th and winners will be notified by phone with instructions on how to get them. We’re trying this new system this year and thank you for your patience.

The COA received a limited supply of frozen sausages for low income seniors that are available by calling the COA. Pick-up and delivery options are available. The SNAP (formerly food stamps) program is now allowing the use of your EBT benefits to purchase food online thru Walmart.com and Amazon.com and pay for the items with your EBT card. Walmart is only pickup at the store, Amazon will deliver to your home. Call us with any questions. Unfortunately, we cannot do online ordering for you.

Social Security has many new ways to apply online for Medicare Part B, including submitting employment information without your employer filling out forms. It is suggested that if you can, create a SSA.gov account to see what new options are available, and you can view your benefits online.

Not to toot our own horns, but... All of the Marshfield COA SHINE counselors received 100% on our annual SHINE recertification exam! Have a safe and fun filled month! Judy, Ken and Alan
From Marilee Comerford-Activities Coordinator

Feeling Irritable? Here are some suggestions.

There is so much going on in the world right now and it seems pretty small cheese to complain about minor inconveniences but it is August, hot and humid, and even small pleasures like dinner out with a friend are unavailable. We have been battered this spring and summer and it is no surprise that folks are feeling irritable. In an article in Psychology Today, by Beth Kurland Ph.D. “The Well-Being Toolkit” Posted Jul 02, 2019, the author presented ways to short-circuit irritability. Here is what she wrote: “Name what you are feeling. Be kind to yourself. You might recognize “this is a moment of difficulty.” When we name our emotions, it often helps to take the intensity out of them. When we take the time to name our feelings we also create the space to experience greater self-compassion and ease.”

“Notice the habitual and often instinctual tendencies to react from an automatic place of stress. When our brain perceives a threat, stress is our evolutionary response. Once you can accept this initial reaction as part of our common humanity, there is an opportunity to pause. Helping the autonomic nervous system with a few minutes of mindful breathing can be immensely helpful. Once the body feels calmer, it is easier to see things from a broader perspective.”

“Ask yourself what opportunity might be present in this seemingly difficult situation. Experiment with seeing if you might find an opposite, more positive feeling hiding in the situation in which you find yourself. For example, if you are stuck in line, or in traffic, you might look around and notice things you wouldn’t ordinarily notice, such as the person next to you who is also struggling. A moment of compassion or connection or an understanding glance from you to another can help shift your mood. Even amidst some of our bigger challenges, when we can find opportunities to connect with another person, ask for or offer help, or be compassionate with ourselves, we open ourselves up to comfort, care, and greater well-being.”

“Zoom out. Imagine you had a camera lens or binoculars and zoom out so that you see the widest view possible. Take into account all angles and perspectives that don’t involve your immediate point of view. For example, before reacting when you find your spouse left their dishes in the sink (or something else that annoys you), consider all of the times they have helped you with tasks, and consider the day they have had and their current stress level. Then craft your response from this wider vantage point.” We all can do small things that will open ourselves up to connection and compassion. Pass on a kind word or a smile. Life is hard right now, let’s not make it harder.”

From Lynn Gaughan-Assistant Director

“My Senior Center”

The implementation of the My Senior Center program is complete and was launched on July 1st. This program will replace our former database software, Serv Tracker. The new program is web-based which will allow employees to access the program anytime, anywhere with an internet connection. This has become extremely important during the pandemic as staff work from home.

My Senior Center also has the capability of sending an automated or “robo” call to members simultaneously. This feature will allow us to better advise you of changes at the Senior Center such as class cancellations, class offerings, snow closings and other important, relevant information. Some of you may have already received a call when we recently began offering transportation services again. The program also allows group emails.

When you return to the Senior Center, you will notice a new look on the touch screen that you use to check in. If you don’t have your key tag with you, it is easier to check in. You simply enter your first name and phone number. No more entering your full name, date of birth, etc. The program also has the ability to store more than one key tag number for those of you who misplace your key tag and then find it later!

The icons are larger and the naming of the classes has been improved to allow more accurate check in and reduce confusion. For members who are also volunteers, you will now see only the “jobs” you volunteer for instead of having to search through the entire listing of volunteer opportunities. Again, with larger icons and pictures!

When we reopen we will schedule a picture day to allow you to customize your check in screen and allow us to better serve you.
SUMMER FUN WHILE SOCIAL DISTANCING

Summer is upon us, but amid the coronavirus (COVID-19) pandemic, it will certainly be different. In light of this, here are some ideas for staying busy, entertained and connected to others while continuing to take precautions and practicing social distancing.

Green thumb. Gardening is a wonderful way to spend time outdoors. Not only is gardening good exercise, you’ll be able to enjoy the fruits of your labor. If space allows, how about planting a vegetable garden or a tomato patch? If you like flower blooms all summer long, consider planting annuals. Limited space? How about a window box of fragrant herbs or a container garden of flowers and plants which could be placed on a deck, porch or walkway.

Coffee sunrise. Grab your favorite mug and head outside to revel in nature’s sights and sounds at dawn.

Get creative. Whether you take pleasure in drawing, painting or photography, bring your sketchbook, paints and camera outdoors to gain inspiration from the natural world.

Take a stroll. Walking is one of the most pleasant forms of exercise. During the heat of summer, opt to walk when it’s a little cooler, typically early morning or late in the day. It doesn’t matter how fast or how far you walk; simply enjoy it. Not able to get out outdoors? Take advantage of the virtual exercise programs that local Senior Centers offer for free or reach out to your local YMCA.

Beach books. Like a good “beach read”? Reading is an ideal activity, particularly on a record-breaking humid or rainy day. Looking for new material? Many libraries offer eBooks, audiobooks, streaming media and digital resources. Visit your local library’s website to learn more about these options.

Puzzle mania. Whether you’re working on an intricate jigsaw puzzle that takes many hours to finish or you’re completing the daily crossword - puzzles are great brain games. Can’t figure out a crossword clue? Phone a friend and work on it together.

Toe-tapping tunes. Music is powerful. Studies have shown that listening to music can help to boost mood and may even help people to feel calmer. Listening to upbeat music can bring joy. Make time for music each day.

Virtual tours. Enjoy viewing incredible works of art from the comfort of your home. Many museums, including the Museum of Fine Arts Boston, offer online exhibitions and collections. In fact, there are many popular places offering tours and videos online, including zoos, aquariums, even national parks.

Stargazing. Consider the wonders of the night sky. Gaze at the moon, find the Big Dipper and wait for a shooting star. Curious about constellations? The next Perseid meteor shower? It’s a great time to delve into the universe.

Although this time of social distancing is challenging, maintaining social connections is key. Stay in touch with family and friends on a regular basis through phone calls, emails and texts. Learn how to use videoconferencing technology such as FaceTime on your phone or Zoom for virtual visits. Stay up-to-date on state and local city/town guidance by monitoring Mass.Gov, the local city/town website or call 211 for more information. Above all, stay positive and enjoy the warm, sunny days ahead!
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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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<td></td>
<td>Ann Barrett</td>
<td>w/Katy Mayo</td>
</tr>
<tr>
<td>8:30 am</td>
<td>10:00 am</td>
<td>10:00-10:00 am</td>
</tr>
<tr>
<td>Walking Group</td>
<td>Zumba w/Justine</td>
<td>Zumba w/Justine</td>
</tr>
<tr>
<td>w/Tyler Nims</td>
<td>10:00 am</td>
<td>10:00-10:00 am</td>
</tr>
<tr>
<td></td>
<td>Zoom Lecture w/Historian</td>
<td>Zoom Class</td>
</tr>
<tr>
<td></td>
<td>Ann Barrett</td>
<td>w/Katy Mayo</td>
</tr>
<tr>
<td>8:30 am</td>
<td>10:00 am</td>
<td>10:00-10:00 am</td>
</tr>
<tr>
<td>Walking Group</td>
<td>Zumba w/Justine</td>
<td>Men's Zoom Coffee &amp; Chat</td>
</tr>
<tr>
<td>w/Tyler Nims</td>
<td>10:00 am</td>
<td>9:00-10:00 am</td>
</tr>
<tr>
<td></td>
<td>1:00 pm Antique Slideshow on MCTV</td>
<td>Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>Antique Slideshow on MCTV</td>
<td>1:00—1:45 pm</td>
</tr>
<tr>
<td></td>
<td>Zoom Lecture w/Katy Mayo</td>
<td>Cooking with Barbara on Zoom</td>
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</table>
The Link • Marshfield delete

TRANSPORTATION

Accommodations

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 (was on) 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.
We are glad that restrictions are being gradually eased in our state but we encourage all of you to still be vigilant and follow the rules and regulations for masks, social distancing and hand washing.

The Boosters are delighted to see the implementation of outside exercise classes as well as Zoom classes and workshops now being offered. Although the Senior Center has been closed, the staff has been busy providing services and support for those in need. As you know, the Senior Center Building Committee is making good progress on the new expansion for the Senior Center. We are looking forward to the new space and flexibility it will provide for future Booster events. As a result, the Boosters are actively working with the COA in support of the expansion. We realize that in order to furnish and equip this new space, there will be a need for a special fundraising sub-committee to assist the COA. We are looking for volunteers who may have fundraising experience or those that are just willing to help out on such a committee. If interested, please contact Susanne Allmendinger or Carol Hamilton.

Please support the Marshfield COA Boosters. We need your help more than ever!! 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 year’s annual goal of $19,500.

Finally, please consider naming the Boosters as a beneficiary under your will or estate planning instrument. The beneficiary should be designated as The Marshfield COA Boosters Inc. a 501 © (3) corporation under the laws of the Commonwealth of Massachusetts with a mailing address of PO Box 165, Marshfield, MA 02050. For more information or questions, please contact our Development Officer, Suzanne Allmendinger at 781-834-7854.

"Recreation in our national parks and public lands can be a valuable healing tool for veterans living with physical and emotional wounds as a result of their service," said Sen. Jon Tester, D-Montana. "I'll continue fighting to make sure our legislation crosses the finish line in Congress."... If approved by the House, the bill would grant a National Parks and Federal Recreational Lands Pass to any veteran with a disability rating through the Department of Veterans Affairs. "National parks can connect our veterans with nature and increase their spiritual, mental and physical well-being," Rep. Raul Ruiz (D-CA) said.

"The Senate approved a bill 22 JUN to grant all veterans with service-connected disabilities free lifetime entry to America’s 419 national park sites. The Wounded Veterans Recreation Act (S.327), introduced 24 JUN 2019 by Sen. Jeanne Shaheen, Jeanne [D-NH] was passed to the House on 24 JUN for consideration. It amends the current eligibility standards for national park passes which would result in granting them to millions more U.S. veterans. Now, veterans must have a 100% permanent disability to receive free lifetime entry..."
BRAINPOWER WORKOUT

Sudoku

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

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

DIFFICULTY: ★★★☆☆

Sudoku

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

```
8 1 3 6 5 4 2
1 7 9 5 4 8 3
4 7 6 9 1 2 8
5 6 9 3 7 1 4
3 2 1 4 8 7 5
```

DIFFICULTY: ★★★★★

Birds of a Feather

```
W W E E D A K C I H C D R I B W O C S W
O E O S T A R L I N G J U N C O P N R A
O E K R U L A B T O S U N O F E T A
D G W G R E A T B L U E H E R O N Z Q T
T O A R K A F A L C O N C P L Y E B U R
H L H U E R P T N A A L G B N A F O H
D B R H W O S S C R E A T B R E S
U F A C V O B O I D M E V R T E I G R
S I L T U R U L I A K O C I D N R N R E
H N D A L C E N R C D G M T H W D D O H
R C E N T E T H C O T H Y F V I S C
E H A T U L I F N I R T M B I R X G B T
P R G U R N D I E P M L B B G I O E A
T E L N E O N O O O I A G L K R L B A C
P L E I O R O R O U N C N U U I A L U N K Y
D B V W H U I S G K I E P E L C U N E L
N R A O W W O E B B K J O O B D K G T E F
A A M I L U I I C A L U M I E I L A I L R
S W C E N N A R O Y S C D A E N N W
L A R D D D M P I G E O N D R K S G R K
```

Word List:

ALBATROSS BLUEBIRD COWBIRD GOLDFINCH HAWK KILDEER NUTHATCH ROBIN STARLING WHOOPINGCRANE

BALDEAGLE BLUEJAY CROW GRACKLE HUMMINGBIRD LOONS PELICAN SANDPIPER TUFTEDTITMOUSE WOODPECKER

BALTIMOREORIOLE CARDINAL FALCON GREATBLUEHERON INDIGOBUNTING MOKINGBIRD PIGEON SEAGULL TURKEYVULTURE WOODTHrush

BLACKBIRD CHICKADEE FLYCATCHERS GROSBEAK JUNCO MOURNINGDOVE PURPLEMARTIN SPARROW WARBLER WREN

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

—GEORGE BERNARD SHAW
Social Security Unveils Redesigned Retirement Benefits Portal at socialsecurity.gov

The Social Security Administration announced the first of several steps the agency is taking to improve the public’s experience on its website. The newly redesigned retirement benefits portal, at www.socialsecurity.gov/benefits/retirement, will help millions of people prepare for and apply for retirement. “We are working hard to continue improving our website to provide people with clear, helpful information and easy access to our online services,” said Andrew Saul, Commissioner of Social Security. “Our new retirement portal is more user-friendly and easier to navigate, whether someone is ready to learn about, apply for, or manage their retirement benefits.” The redesigned portal will make it easier for people to find and read about Social Security retirement benefits, with fewer pages and condensed, rewritten, and clearer information. The portal also is optimized for mobile devices so people can learn and do what they want from wherever they want, and the portal now includes the ability to subscribe to receive retirement information and updates. Click on www.socialsecurity.gov/benefits/retirement to find out how to Learn, Apply, and Manage retirement benefits, and learn how to create a personal my Social Security account online. More improvements to Social Security’s website are planned for later in 2020 as the agency seeks to continuously improve the public experience at www.socialsecurity.gov. This press release was produced and disseminated at U.S. taxpayer expense. Delia M De Mello, Metropolitan Public Affairs Specialist, (866)296-8181 ext 16413

AARP 2019 TAX RETURN PREPARATION UPDATE

The filing deadline of July 15, 2020 has passed. Perhaps you have not yet filed your 2019 tax returns because you expect to get refunds for tax year 2019. Or, you failed to file for some other reason. AARP Foundation Tax-Aide continues to offer 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. Unfortunately, volunteer assistance with self-preparation is no longer offered by Tax-Aide. Here is the URL for preparing your own 2019 tax return, without online volunteer assistance: https://signup.aarpfoundation.org/preparing-your-taxes-online-v2/ Each taxpayer can select one of two products, either TurboTax or Online Taxes, depending on their expected Adjusted Gross Income (AGI). We understand that 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 they 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.

Governor Signs Bill Allowing All Residents to Vote by Mail in 2020 Elections (article by Mass Healthy Aging)

Massachusetts this week became the latest state to allow all residents to vote by mail in any 2020 election, with no excuse needed. Marshfield is an “Age Friendly Emerging Community” and the Mass. Healthy Aging Collaborative encourages communities working to become age-friendly to promote this option among their older residents. According to the Secretary of the State’s office, a Vote by Mail application will be mailed to every person who was registered to vote as of July 1 and who had not already requested an absentee ballot for the State Primary or for all elections this year. A second mailing will be sent out in September to all voters who have not already applied for a Vote by Mail ballot for the November election. The applications are pre-addressed to your local election official and no postage is necessary. Vote by Mail applications must be delivered to your local election office no later than 4 business days before the election. For a State Primary ballot, your application must reach your local election office no later than August 26. For a State Election ballot, your application must reach your local election office no later than October 28. Those interested in voting by mail are strongly encouraged to return an application as early as possible, to make sure that you will receive your ballot in time to return it and have it be counted. Vote by Mail applications are available for download and may also be requested by contacting the Elections Division. You can find more information on voting by mail on the Secretary of State’s Voting by Mail FAQs page.

AUGUST 2020
The Link • Marshfield

NEWS YOU CAN USE
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.

Estate Planning
Elder Law
Wills & Trusts
FREE CONSULTATIONS
DISCOUNTS FOR SENIORS / VETERANS
WE MAKE HOUSECALLS

JAMES P. Sweeney
attorney at law
781-277-0377

OCES Providing services to the community since 1974

508-584-1561 info@ocesma.org www.ocesma.org
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NEW!
Slimline Rail for curved stairs

GLIDE UPSTAIRS with a Stannah Stairlift

Enjoy the full use of your home and live independently in comfort and safety!

☑ For Curved & Straight Stairs
☑ 7-Day Money Back Guarantee
☑ Rentals Available

Stay in the Home You Love!
At Stannah, we’ve designed chairs that fold up neatly at the push of a button, and recharge themselves constantly for reliable service. For stairs that turn, we have a customizable duo-tube design for the snug fit or a single tube design for most curved staircases.

Stay in the Home You Love!

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
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>3</td>
<td>4 Baked Chicken with WG Lasagna Rolls</td>
<td>5</td>
<td>6 Roast Pork with Cauliflower (17)</td>
<td>7 Cold Meal Parmesan Cheese (55)</td>
</tr>
<tr>
<td>5</td>
<td>Yaldostano Sauce* (519)</td>
<td>Sloppy Joe (333)</td>
<td>Italian Roasted Potatoes (6)</td>
<td>Tuna Salad w/Lettuce (125)</td>
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<td>(554)</td>
<td>Served Over Parsley</td>
<td>Italian Roasted Carrots (67)</td>
<td>Brown Rice w/ Orzo (4)</td>
<td>Sweet Potato &amp; Mango</td>
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<td>16</td>
<td>Penne Pasta</td>
<td>Italian Roasted WW/Hamburger Roll (90)</td>
<td>Pork (4)</td>
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<td>Fiesta Vegetable Crackled Wheat Bread (150)</td>
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<td>Mini Kaiser Roll (200)</td>
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<td>10</td>
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<td>Fresh Pear (2)</td>
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<tr>
<td>11</td>
<td>Potato Crunch Fish</td>
<td>12 Cold Meal</td>
<td>13 Beef Stew</td>
<td>14 Chicken Scallopinis (351)</td>
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<tr>
<td>10</td>
<td>Butternut Squash * (150)</td>
<td>Chef Salad (417)</td>
<td>Parsleyed Potatoes</td>
<td>Spring Summer Pastas (1)</td>
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<td>10</td>
<td>Herbed Brown Rice (5)</td>
<td>Italian Dressing (20)</td>
<td>Italian Vegetable Blend (9)</td>
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<tr>
<td>10</td>
<td>Tartar Sauce (85)</td>
<td>Multigrain Bread (150)</td>
<td>Cracked Wheat Bread (150)</td>
<td>WW Dinner Roll (180)</td>
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<tr>
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<td>Oatmeal Raisin Cookie (110)</td>
<td>MOD: Lorna Dones (100)</td>
<td>Hot Caramelized Pears (19)</td>
<td>Fresh Apple (2)</td>
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<tbody>
<tr>
<td>17</td>
<td>Chicken Parmesan</td>
<td>19 Cold Meal</td>
<td>20 Spanish Pot Roast</td>
<td>21 Baked Chicken with Tuscansauce (415)</td>
</tr>
<tr>
<td>17</td>
<td>Served Over w/Tomato Sauce* (881)</td>
<td>19 Cold Meal</td>
<td>Roasted Sweet</td>
<td>21 Baked Chicken with Tuscansauce (415)</td>
</tr>
<tr>
<td>17</td>
<td>Parsleyed Penne</td>
<td>19 Cold Meal</td>
<td>20 Spanish Pot Roast</td>
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</tr>
<tr>
<td>17</td>
<td>Pasta</td>
<td>19 Cold Meal</td>
<td>Roasted Sweet</td>
<td>21 Baked Chicken with Tuscansauce (415)</td>
</tr>
<tr>
<td>17</td>
<td>Multigrain Bread (150)</td>
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<td>21 Baked Chicken with Tuscansauce (415)</td>
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<tr>
<td>17</td>
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<td>MOD: Lorna Dones (100)</td>
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<td>Roasted Sweet</td>
<td>21 Baked Chicken with Tuscansauce (415)</td>
</tr>
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<td>Sodium: 649mg Carb: 86g</td>
<td>Sodium: 759mg Carb: 104g</td>
<td>Sodium: 449mg Carb: 90g</td>
<td>Sodium: 735mg Carb: 108g</td>
</tr>
</tbody>
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**Notes:**
- *high sodium meal day
- **food item with >500mg/sodium
- **Milk is not served when yogurt is on the menu
- Nutrition information is for the entire meal including bread, milk, & margarine. Each item is followed by milligrams
TECHNOLOGY CORNER

HOW TO ZOOM COMPUTER CLASS
See Page 3 for details.

OTHER VIDEO CONFERENCE 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
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
On Wednesday, August 12 at 1:00 pm
“Fit to a T”
Presented as a zoom program. Fit to a T is a public/patient education program, presents the necessary steps to understanding why bones break suddenly and apparently without warning, and how to prevent such events which can cause people, particularly older people, to lose their independence. The incidence of these fractures in the US was declining, but in recent years this improvement has reversed. Covering bone health throughout the lifespan, the new version of Fit to a T focuses especially on those at highest risk of a fracture, and how to prevent these. The presentation covers the basics of bone health and how bone quality can deteriorate as people age, or at any age due to other health factors. It covers racial and ethnic differences. It covers the prevention, early detection, diagnosis, and treatment of osteoporosis, and fall prevention, a leading cause of fractures. Call the Senior Center to register at 781-834-5581.