Dear Patrons,

Autumn is in the air with pumpkins, bright colored leaves and crisp cool days ahead! We are getting back into the swing of things at the Senior Center and are planning for indoor programs for November. This will be dependent upon getting permission from the town to open and monitoring what happens with the pandemic and flu. The COA staff continues to provide services and programs outside or remotely. This month we will add foot care through Pedicare, a new financial consulting service through McNamara Financial and a drive by box lunch program with Old Colony Elder Services. We have also added a third flu clinic date in October, as appointments are filling up fast.

The contractor for the new outdoor recreation park will finish up in October. We are so excited about the exercise equipment, the new ping pong tables, the pickleball court and additional parking. We are still working on a name for the park with an accompanying sign, benches, bocce court, a batting cage, trash barrels and hope to finish everything by late fall. We are also looking forward to going out to bid on the building expansion project early fall with groundbreaking to follow!

Below is some useful information about Domestic Violence from Old Colony Elder Services. October is National Domestic Violence Awareness Month and the COVID-19 pandemic has put the focus front and center on staying well. Social distancing and other guidelines are in place, many continue to work from home, modify their routines and adopt more “home-based” activities. Unfortunately, for individuals of domestic violence, being confined at home with an abusive partner may elevate the threat of violence. Domestic violence can affect anyone regardless of gender, sexual orientation, age, race, ethnicity or socioeconomic status. Domestic violence is perpetrated by a current or former intimate partner and is about the perpetrator having power and control. The signs of domestic violence are not always obvious and can be difficult to recognize. An accidental witness to verbal abuse may wonder, “Are those scathing comments indicative of something more?” When a relationship is in its early stages, jealousy and possessiveness may be quickly dismissed. Excuses for behavior are allowed and apologies accepted. But, domestic violence often escalates as the relationship progresses. Dictating how a partner should dress, who they are allowed to see, where they may go and when, are just a few instances of abusive tendencies.

Domestic violence involves behavior meant to control, scare or harm. It often occurs in the home and can include emotional abuse, psychological violence, sexual violence and physical violence. Specific examples of domestic violence include (but are not limited to): intimidation; verbal abuse; accusations; social isolation; hitting; kicking; shoving; sexual coercion; stalking; cyber-stalking and financial abuse. The frequency and severity of domestic violence can vary. Physical injury is usually the most obvious danger, but the emotional and psychological consequences are also quite significant. People who experience domestic violence may feel helpless and alone, and their self-worth can be destroyed. They may also experience anxiety and depression. Often times they are afraid for their safety which may prevent them from seeking help.

Old Colony Elder Services (OCES), a non-profit agency designated as one of 25 Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts, provides independent, conflict-free assessments and care coordination for in-home and community-based long-term services through many different programs, including a Protective Services Program. OCES’ Protective Services Program team 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. If you have a Protective Services concern, call the Massachusetts-based Elder Abuse Hotline (centralized intake) at 1-800-922-2275 or visit www.ocesma.org for more information.

OCTOBER IS WHITE CANE AWARENESS MONTH - Courtesy of Massachusetts Councils on Aging International White Cane Day is October 15. All states and many other countries have White Cane laws, which allow pedestrians, who are legally blind, the right of way at street crossings. Most people who are legally blind have some usable vision. When in doubt, ask if the person needs assistance. Do not grab the person, cane or dog guide and do not pet a dog guide. Most dog guides are working and should not be petted since it can be distracting for the dog. The white cane is a symbol of independence and blindness. The white cane allows an Individual who is legally blind to travel independently. In 1931, the Lions Club began promoting the use of white canes for people who are blind as a national identification program. Massachusetts White Cane Law states that all motorists, when they see a pedestrian who uses a dog guide or a white cane at a street crossing, must come to a complete stop.

Hope, faith and warm regards, Carol Hamilton and the COA Staff

FOR QUICKER ACCESS TO OUR NEWSLETTER GO ONLINE TO - WWW.OURSENIORCENTER.COM/FIND/MARSHFIELD-COUNCIL-ON-AGING
Wingate Residences
AT SILVER LAKE

Independent Living | Assisted Living | Memory Care

Life. With the emphasis on living well.
That’s life at Wingate.

At Wingate Residences at Silver Lake, we offer the care, comfort and support you need when you’re ready.
Our residents enjoy all the benefits of home without the hassle, including:

- Restaurant-Style Dining
- Concierge Services
- Lake-Side Patio Lounging
- Cultural, Educational & Social Events

We understand the changing landscape of the environment and can assure you that our location takes top precautions to protect the health and safety of our residents and community.

Call to learn more or schedule a tour: 781.536.7481
21 Chipman Way, Kingston, MA 02364 | WingateHealthcare.com

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

MASS BAY CREMATION SERVICE

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!

Homecare Express
Medical Equipment Rentals • Sales • Service
Lift Chairs • Scooters
Hospital Beds & More
781-826-9999
10 East Street, Hanover, MA
www.HomeCareXpress.com

LCCCA.com
Short and Long term Rehabilitation
Semi Private rooms Available

www.LCCCA.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
COA ACTIVITIES

GREAT DISCUSSIONS ON ZOOM
On Tuesday, October 6 & 20 from 10:00-11:30 am
We read and rigorously discuss current events and other stimulating, topical subjects. October 6 topic: American Voter Suppression Since 1965. October 20 topic: Long Lasting Covid-19 Conditions. If you have questions about this group, please contact Bob Jackman at 781-837-3844 and if you are new to the group call the Senior Center at 781-834-5581 to register. An email with Zoom meeting details will be sent prior to each meeting.

NEW! OUTDOOR SPANISH CLASS
On Thursday, October 8 & 22
Session 1 Beginners Group ~ 10:00-11:00 am
Session 2 Advanced Beginners Group ~ 11:15-12:15 pm
Join Spanish instructor Cathy Spiegel and learn to speak Spanish! In October, classes will be held outside at a cost of $4 per class. New students welcome! Class limit size is 10 students per session. Advance registration required. Call the Senior Center at 781-834-5581 to register.

CONVERSATIONAL SPANISH CLASS ON ZOOM
On Friday, October 2 & 16 from 10:00-11:00 am
Learn to speak conversational Spanish! New students welcome. Knowledge of Zoom required to join. Call the Senior Center at 781-834-5581 to register.

“HOW TO ZOOM” CLASS
On Friday, October 9 at 10:00 am
Free Introductory Zoom Class with Katy Mayo. Call the Senior Center to register at 781-834-5581.

ART MATTERS ON ZOOM
“American Art Part 3 1950-2000”
On Monday, October 26 at 1:00 pm
In the second half of the 20th century, America breaks free of its European bonds to defy convention, and then dominate the entire art world. There was an explosion of creativity on this side of the ocean. American Art grows up and demonstrates its own unique personality; innovative, and sometimes controversial. But whether you swear by it, or at it, it is always fun. Join us for a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. You can’t “like” it all, but you may go home with more than you thought. Where in the world do you think it is going next? Suggested donation $3. Call the Senior Center at 781-834-5581 to register.

BOOK DISCUSSION GROUP ON ZOOM
On Monday, October 26 on Zoom at 11:00 am.
This month we will read “Giver of Stars” by Jojo Moyes. The Webster Readers is facilitated by Alia Antoon. New members welcome! Call the Senior Center at 781-834-5581 to register.

TED TALK & DISCUSSION ON ZOOM
On Wednesday, October 28 at 10:00 -10:30 am
Brene Brown TED talk from 2010 on The Power of Vulnerability – talking about connection, empathy and belonging. After we view the classic talk on our computers we will have a brief discussion. Call the Senior Center at 781-834-5581 to register.

ANTIQUE SLIDESHOW
“Dedham Pottery”
On Thursday, October 29 at 1:00 pm
For five decades the Dedham Pottery produced and sold distinctive stoneware to enthusiasts across the nation. The program will follow the ceramic careers and techniques of the Robertson family that initially owned Chelsea Pottery and then the Dedham Pottery, and also highlight a few of their employees. The most significant features of Dedham’s crackle-glazed wares will be illustrated. We will then look at a gallery of items. 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 broadcast.
COA ACTIVITIES ~ WEEKLY OFFERINGS

**COFFEE & CHAT**
On Mondays at 9:00 -10:00 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. No meeting on Oct. 12. To register, call the Senior Center at 781-834-5581.

**TELEPHONE COFFEE & GROUP CHAT**
On Wednesdays 9:00-10:00 am
Mark your calendar! Pour yourself some coffee and grab your telephone and join us on Wednesday mornings for a coffee and chat on a conference call. The call will be facilitated by Marilee and there will be time to catch up on COA happenings and check in with each other and we will also have fun questions and discussions. To participate, call (978) 990-5014 access code 1790387.

**OUTDOOR TAI CHI w/MIKE SHOWSTACK**
On Mondays at 9:00 am-10:00 am
Classes are held in the Senior Center parking lot (weather permitting) Holiday-No class on 10/12. In these trying times, it is important to be aware that our program can help increase your immunity through the use of Chi. Chi has been used as a preventative medicine for thousands of years. Chi improves your posture, circulation, respiration, digestion and balance. Chi allows the body and mind to work in harmony for better quality of life. Members to maintain 6 foot distance from classmates, wear facemasks and loose clothing. Cost: $6.00 per class. Call the Senior Center at 781-834-5581 to register.

**SHARE & SHARE ALIKE**
(Formerly known as Men’s Coffee & Chat)
On Friday, October 30 at 9:00 am
All welcome. There will be brief guest appearances along with group participation. Everyone will have a chance to share on a presenter’s topic. Connect with old friends and make some new friends on Zoom! To sign up, call the Senior Center at 781-834-5581.

**OUTDOOR ZUMBA CLASS w/JUSTINE HOBIN**
On Fridays 9:00-10:00 am
Classes are held 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 at 781-834-5581 to register.

**OUTDOOR FITNESS CLASS w/JANET ENOS**
On Wednesdays 9:00-10:00 am
Classes are held 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 at 781-834-5581 to register.

**WALKING GROUP w TYLER NIMS**
On Thursdays at 8:30 am
The group meets at the Senior Center parking lot for a variety of scenic walks in and about the area. Come by & join us!
October 1 —Daniel Webster Wildlife Sanctuary
October 8 —Rexhame Beach @ end of Winslow (Standish) Street, ocean side
October 15 —Little’s Conservation Area, Union Street, Marshfield
October 22 —Rexhame Beach @ end of Winslow (Standish) Street
October 29 —Hoyt—Hall Trail off Careswell Street 1000 ft west of Webster Street, Marshfield
November 5—Rexhame Beach @ end of Winslow (Standish) Street
This month welcome new volunteer: William Barber, Paul Fitzpatrick, Jeff Forsythe, Janet MacLellan and Garrett Overhiser

Special Happy Birthday wishes for the month of October: Jean Billows, Donna Carchia, Timothy Connolly, Marsha Desantis, Angela Famulari, Michael Garcia, Robert Griffin, Mary Halliday, Dorothy Kay, Margaret Lightfoot, Dorothy Lynch, Janet MacLellan, Peter Mandly, Josephine Marchelletta, Edward Purcell, Joanne Regan and Lois Viau!

We can use the following volunteers: Volunteers with Technical/Online Skills, Bus Escorts, Shoppers, Meals on Wheels Drivers and Health Service Volunteers. 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

Miss you all, stay well and safe, can’t wait to have you back.

VETERAN’S CORNER

Veterans Meeting- If you have a computer or smart phone, you may join in our weekly veterans meeting on Zoom. Call 781-834-5576 for information if you would like to join. Meetings are Tues. at 2:00 pm

Applications are now being accepted for Marshfield Home for Veterans

Located at 2033 Ocean St. Marshfield MA 02050. The former South Grammar/ Marshfield Library building will be undergoing a renovation to convert this space into 8 single occupancy units for veterans. Each unit includes individual kitchenettes and bathrooms. There will also be a shared living room, laundry and restrooms. Please refer any potential applicants to call 508-942-1449 or email LeasedHousing@helpfbms.org to request an application. Eligibility requirements apply; inquire for details. Completed applications with all required income documentation and release forms must be post marked or returned by November 1, 2020 no later than 4:00 PM and will be time stamped.

MEDICARE OPEN ENROLLMENT
October 15 — December 7, 2020

Due to social distancing guidelines, we will not be able to use the previous ways we have counseled you during past open enrollment periods. IF we are able to do in person appointments, room availability will be limited and there will be extra time needed between appointments for cleaning the area. Waiting in the lobby possibly won’t be available and we may ask you to wait in your car until called. We have been doing virtual counseling over the phone the past few months, but that comes with its challenges. We are lucky to live in the age of technology, but we realize that not everyone has the capabilities of doing things electronically. We are hoping that for those who are tech savvy, we can hold a virtual appointment via phone and email. For those without the ability to do a virtual meeting, we will try doing a drug plan finder by mail and then a phone call to go over results. We will be able to do enrollments into new plans over the phone if necessary and mail you your confirmation.

To schedule an appointment, fill out the Open Enrollment form on the REVERSE SIDE of this page and send it back to the Marshfield COA. We will call you with an appointment time, if warranted. Unfortunately, we will not be able to assist non-Marshfield residents. We will have information for nonresidents as to where they can find their local SHINE counselor. The SHINE counselors here at the COA are grateful for the trust you have in our abilities to provide you with up to date health insurance information that can be both confusing and daunting. We are truly honored. As always, please contact the COA with any questions and someone will return your call as soon as we are available. Be well! Your SHINE team, Judy, Ken, and Alan

MBTA SENIOR CHARLIE CARD RENEWAL

To renew your Senior Charlie Card, you may need to reapply. Call 617-222-3200 for more info. You can also visit the Charlie Card Store. After you apply, you’ll get a 30 day reduced fare ticket while your new pass is sent to you. Or mail your expired Charlie Card to: MBTA Charlie Card Store, 7 Chauncy Street, Boston, MA 02111 and your new card will be mailed within 7-10 business days.

CARDIGAN NURSING & REHABILITATION CENTER

Short Term Rehabilitation • Long Term Care

59 COUNTRY WAY, SCITUATE

781-545-9477

Curious About the Value of your Home? Call me!

Roe Sheppard, Realtor, MST CT

William Raveis Real Estate

781-264-0856

http://roesheppard.raveis.com
LIFELONG LEARNING REGISTRATION FORM

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of Harding, Coolidge &amp; Hoover</td>
<td>October 1-29</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Overview of the Pilgrimage Experience</td>
<td>October 7-28</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Smartphone Photography</td>
<td>October 15-November 12</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Local History Lectures</td>
<td>October 19-November 9</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Exploring Spirituality</td>
<td>October 20-November 10</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td>Balance &amp; Conditioning</td>
<td>October 20-November 10</td>
<td>$20</td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NAME:____________________________________|
ADDRESS:__________________________________|
TELEPHONE:_______________________ EMAIL: __________________________
LIFELONG LEARNING FALL 2020

ALL OFFERINGS WILL BE CONDUCTED VIA ZOOM AND COST $20 EACH

HISTORY OF THE HARDING, COOLIDGE AND HOOVER ADMINISTRATIONS WITH JOHN SULLIVAN
Thursdays October 1, 8, 22, 29 (no class on Oct 15) @1:00pm-2:30pm
This four week course will examine the administrations of Harding, Coolidge, and Hoover. This period is often called the "Roaring Twenties". The roaring twenties span the end of World War I until the stock market crash of 1929. It was a time of prosperity and cultural changes. We will be looking at the time before the "Great Depression".

OVERVIEW OF THE PILGRIMAGE EXPERIENCE IN RELIGIOUS TRADITIONS WITH JUNAID YASIN
Wednesdays October 7,14,21,28 @ 10:30 am-12:00 pm
Junaid Yasin, a 30 year Scituate resident, is a practicing Muslim who has been active in various interfaith discussions and has travelled extensively overseas. In the four sessions, we will explore the thoughts and motivations that lead to these pilgrimages, as well as describe and discuss these pilgrimages. Pilgrimages are undertaken by all major religious groups. Participants will be encouraged to share their thoughts of the objectives and desired results from pilgrimages.

SMARTPHONE PHOTOGRAPHY WITH ROBIN BILLING
Thursdays October 15, 22, 29, Nov 5, 12 @ 10:00- 11:00 am
Would you like to increase your digital photography skills and develop greater confidence with smartphone technology? Then, this is the class for you! Robin will use an iPhone to demonstrate, but other smartphones are welcome. In this class, you will learn to: use your camera to take pictures and videos using a variety of settings, edit your photos and create special effects, navigate your photo collection and create personalized albums. Participants will be encouraged to practice skills on their own smartphones during class, so we can troubleshoot problems and address questions along the way. Limit: 10

LOCAL HISTORY LECTURES FROM THE MARSHFIELD HISTORICAL SOCIETY
Mondays October 19, 26, November 2, 9 @ 3:00 pm
Marshfield has a long and fascinating series of stories to tell. The presentations will be given by Marshfield Historical Society stalwarts Dottie Melcher and Tim Davidson and be on different topics each of the four weeks. The final order of the presentations is TBD. The topics will include: L.B. Howard, a turn of the 20th century photographer from Brant Rock. "Attic Treasures" talking about (and showing) some of the recent acquisitions of the Society. The first famous person from Marshfield’s Green Harbor, Edward Winslow who received a large land grant from the King in 1635-1640. Large portions of his Marshfield land eventually became owned by Daniel Webster in the 1800s. Travels of Trinity Episcopal Church from the Centre Marshfield, Seaview and Marshfield Hills neighborhoods and all of the various locations in Marshfield, a look at history of place.

EXPLORING SPIRITUALITY THROUGH POETRY WITH MARY BETH EMERSON
Tuesdays October 20, October 27, November 3, 10 @ 3:30 pm
Join us on an interior journey: Poetry and Spirituality, Explorations in Word and Image. Over four weeks, we'll play with the works of Poets known and unknown, we'll share the poetry that speaks to our souls, we'll play at being Poets ourselves ... and, we'll have fun with it! Facilitated by The Rev. Mary Beth Emerson, this journey of the spirit may open new portals of understanding and embracing the divine spark within us all. Mary Beth is a Poet, Spiritual Director and an Episcopal Deacon.

BALANCE & CONDITIONING EXERCISES TO HELP KEEP YOU SAFE AND STRONG WITH NEIL SULLIVAN
Tuesdays October 20, October 27, November 3, 10 @ 12:30—1:30 pm
Classes will consist of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. The stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the ROM (range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls.

REGISTRATION DETAILS

- Complete Lifelong Learning Registration Form at the bottom of the previous page and submit with payment to Marshfield Senior Center, 230 Webster Street, Marshfield, MA 02050 OR
- Register online by going to www.MyActiveCenter.com and submit your payment to Marshfield Senior Center at the address listed above.
  - Click on New User
  - Choose Marshfield Senior Center
  - Enter the number from the back of your swipe card and your home phone number. Enter your email and set up a password for your account.
  - Click on Details for the class you want to register for, then click on Register.
- All checks must be payable to the Marshfield Council on Aging.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OCTOBER 2020</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00 am</td>
<td>10:00-11:30 am</td>
<td>9:00-10:00 am</td>
</tr>
<tr>
<td>Zoom Coffee &amp; Chat</td>
<td>Zoom Great Discussions</td>
<td>Outdoor Fitness w/Janet Enos</td>
</tr>
<tr>
<td>9:00-10:00 am</td>
<td>10:00-2:00 pm</td>
<td>9:00-10:00 am</td>
</tr>
<tr>
<td>Outdoor Tai Chi</td>
<td>Flu Clinic</td>
<td>Telephone Coffee &amp; Chat</td>
</tr>
<tr>
<td>10:00 am-12:00 Noon</td>
<td>1:00 pm-3:00 pm</td>
<td>10:30-12:00 Noon</td>
</tr>
<tr>
<td>50+ Job Seekers</td>
<td>LLL-Religious Traditions</td>
<td>LLL-Religious Traditions</td>
</tr>
<tr>
<td>2:00 pm</td>
<td>1:00-3:00 pm</td>
<td>1:00-3:00 pm</td>
</tr>
<tr>
<td>Zoom Meditation &amp; Mindfulness</td>
<td>OCES Memory Training</td>
<td>OCES Memory Training</td>
</tr>
<tr>
<td>CENTER CLOSED</td>
<td></td>
<td>9:00-10:00 am</td>
</tr>
<tr>
<td></td>
<td>10:00 am-12:00 Noon</td>
<td>Outdoor Fitness w/Janet Enos</td>
</tr>
<tr>
<td></td>
<td>50+ Job Seekers</td>
<td>9:00-10:00 am</td>
</tr>
<tr>
<td></td>
<td>2:00-3:00 pm</td>
<td>Telephone Coffee &amp; Chat</td>
</tr>
<tr>
<td></td>
<td>Zoom Meditation &amp; Mindfulness</td>
<td>10:30-12:00 Noon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>LLL-Religious Traditions</td>
</tr>
<tr>
<td></td>
<td></td>
<td>12:00-2:00 pm Flu Clinic</td>
</tr>
<tr>
<td>10:30 am</td>
<td>1:00 pm</td>
<td>1:00 pm-3:00 pm</td>
</tr>
<tr>
<td>LLL-Religious Traditions</td>
<td>Zoom TRIAD Meeting</td>
<td>OCES Memory Training</td>
</tr>
<tr>
<td>1:00 pm</td>
<td></td>
<td>3:30 pm</td>
</tr>
<tr>
<td>9:00-10:00 am</td>
<td></td>
<td>COA Board Meeting</td>
</tr>
<tr>
<td>Outdoor Financial Consulting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00-10:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Starting @ 9:00 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outdoor Financial Consulting</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:30 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zoom Great Discussions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00-11:30 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zoom Great Discussions</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LLL-Balance &amp; Conditioning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LLL—Spiritual Poetry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LLL—Spiritual Poetry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10:00 am-12:00 Noon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>50+ Job Seekers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:30-1:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LLL-Balance &amp; Conditioning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:00-3:00 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zoom Meditation &amp; Mindfulness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LLL—Spiritual Poetry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3:30 pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LLL—Spiritual Poetry</td>
<td></td>
<td></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>DAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:30 am</td>
<td>9:00-10:00 am&lt;br&gt;Starting @ 8:30 am</td>
</tr>
<tr>
<td></td>
<td>Walking Group w/Tyler Nims</td>
<td>Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>1:00-2:30 pm&lt;br&gt;LLL-Presidential History</td>
<td>10:00-11:00 am&lt;br&gt;Conversational Spanish on Zoom</td>
</tr>
<tr>
<td>7</td>
<td>8:30 am</td>
<td>Starting @ 8:30 am&lt;br&gt;Foot care w/Flo</td>
</tr>
<tr>
<td></td>
<td>Walking Group w/Tyler Nims</td>
<td>9:00-10:00 am&lt;br&gt;Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>10:00-11:00 &amp; 11:15-12:15 pm&lt;br&gt;Outdoor Conversational Spanish</td>
<td>10:00-11:00 am&lt;br&gt;Zoom Class w/Katy Mayo</td>
</tr>
<tr>
<td></td>
<td>1:00-2:30 pm&lt;br&gt;LLL-Presidential History</td>
<td>9:00-10:00 am&lt;br&gt;Zumba w/Justine</td>
</tr>
<tr>
<td>14</td>
<td>8:30 am</td>
<td>10:00-11:00 am&lt;br&gt;Conversational Spanish on Zoom</td>
</tr>
<tr>
<td></td>
<td>Walking Group w/Tyler Nims</td>
<td>10:00-11:00 am&lt;br&gt;LLL-Smartphone Photography</td>
</tr>
<tr>
<td></td>
<td>10:00-11:00 am&lt;br&gt;LLL-Smartphone Photography</td>
<td>9:00-10:00 am&lt;br&gt;Zumba w/Justine</td>
</tr>
<tr>
<td></td>
<td>10:00-11:00 &amp; 11:15-12:15 pm&lt;br&gt;Outdoor Conversational Spanish</td>
<td>10:00-11:00 am&lt;br&gt;LLL-Presidential History</td>
</tr>
<tr>
<td></td>
<td>1:00-2:30 pm&lt;br&gt;LLL-Presidential History</td>
<td>9:00-10:00 am&lt;br&gt;Zumba w/Justine</td>
</tr>
<tr>
<td>21</td>
<td>8:30 am</td>
<td>9:00-10:00 am&lt;br&gt;Share &amp; Share Alike On Zoom</td>
</tr>
<tr>
<td></td>
<td>Walking Group w/Tyler Nims</td>
<td>10:00-11:00 am&lt;br&gt;LLL-Smartphone Photography</td>
</tr>
<tr>
<td></td>
<td>10:00-11:00 am&lt;br&gt;LLL-Smartphone Photography</td>
<td>1:00 pm&lt;br&gt;Antique Slideshow on MCTV</td>
</tr>
<tr>
<td></td>
<td>10:00-11:00 &amp; 11:15-12:15 pm&lt;br&gt;Outdoor Conversational Spanish</td>
<td>1:00-2:30 pm&lt;br&gt;LLL-Presidential History</td>
</tr>
<tr>
<td>28</td>
<td>8:30 am</td>
<td>9:00-10:00 am&lt;br&gt;Share &amp; Share Alike On Zoom</td>
</tr>
<tr>
<td></td>
<td>Walking Group w/Tyler Nims</td>
<td>10:00-11:00 am&lt;br&gt;LLL-Smartphone Photography</td>
</tr>
<tr>
<td></td>
<td>10:00-11:00 am&lt;br&gt;LLL-Smartphone Photography</td>
<td>1:00 pm&lt;br&gt;Antique Slideshow on MCTV</td>
</tr>
<tr>
<td></td>
<td>1:00-2:30 pm&lt;br&gt;LLL-Presidential History</td>
<td>1:00-2:30 pm&lt;br&gt;LLL-Presidential History</td>
</tr>
</tbody>
</table>

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY
TRANSPORTATION

Maxfield Council on Aging Bus Schedule
Also known as SATRA Dial-A-Ride
Call 781-834-5581 for more information
Reservation required, 24 hour notice requested

| MONDAY  | AM     | Shopping at Star Mkt, arrivals starting at 9:30 am
|         | PM     | In-town medical appointments 12:30 - 2:30 pm
|         |        | (NO EARLIER than 12:30 pm and NO LATER than 2:30 pm)
| TUESDAY | AM     | Shopping at Roche Bros every other week (call for dates)
|         | PM     | Marshfield Food Pantry from 10:00 am to 12 noon on request
| WEDNESDAY | AM   | Shopping at Stop & Shop, arrivals starting at 9:30 am
|         | PM     | In-town medical appointments 12:30 - 2:30 pm
| THURSDAY | AM     | Shopping at Plymouth Walmart every other week (call for dates)
|         | PM     | Arrivals starting at 9:30 am & 10:30 am
| FRIDAY   | AM     | Shopping at Star Mkt, arrivals starting at 9:30 am

SUGGESTED DONATIONS: $1.75 one way; $3.50 round trip for all in-town trips. Unmarked envelopes will be distributed upon disembarking from the bus for your donation. Envelopes should be placed in the cash box at the front of the bus at final destination. No one will be denied ridership for inability to donate.

MARSHFIELD COUNCIL ON AGING (COA) BUS PROTOCOL FOR PANDEMIC

AS OF 7/15/2020

1) All drivers, escorts and passengers must wear masks or face coverings.
2) Passengers who are not feeling well, who have a household member not feeling well or who have been in direct contact with a person who has tested positive for COVID-19, should not ride the bus. Those individuals may call the Senior Center at 781-834-5581 to arrange for a COA volunteer to shop for them.
3) Passengers will be limited to small groups of no more than four at a time.
4) Passengers and drivers will practice social distancing with regard to seating, boarding and disembarking from the bus.
5) COA Drivers/COA Escorts cannot go inside homes to assist clients.
6) The COA Bus Drivers will sanitize the buses at the end of each day with a deep cleaning mist.
7) Drivers will wipe down handrails and other frequently touched surfaces during the course of the day with sanitizer.

Affordable Housing Opportunity
Modera Marshfield, 1 Chestnut Street, Marshfield, MA 02050
Waiting Lists are Open!

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.

Interested households should email moderamashfield@millcreekplaces.com or call 339.244.1200 to obtain a Waiting List Application. As applicants reach the top of the Waiting Lists, they will be contacted by the Leasing Office to move forward in filling out a Lease Application.

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)

For a Waiting List Application, or for reasonable accommodations for persons with disabilities, please contact the Leasing Office directly. For TTY Services dial 711. Free translation available. More information about this property can be found at https://www.moderamashfield.com/
Town Clerk’s Corner

Presidential Election Nov. 3, 7:00 am–8:00 pm
This will take place at Marshfield High School Gym.
In-Person Early Voting for the Presidential Election will be October 17–30; times and location to be determined. Transportation provided by Marshfield COA upon request; please call 781-834-5581.

If you have applied for a ballot by mail you can check its status on the Town Clerk’s page at www.marshfield-ma.org or on the State Elections Division page at https://www.sec.state.ma.us/ele/

FLU SHOT CLINICS AT THE SENIOR CENTER
The CDC highly recommend that seniors get Flu and Pneumonia vaccines in light of the ongoing pandemic. Osco Pharmacy of Star Market will be here under the tent on Tuesday, October 6 from 10:00 am – 2:00 pm AND on Wednesday, October 14 from 12 – 2:00 pm. Appointments required; call 781-834-5581 to schedule. You will receive a call from Osco prior to your appointment to gather required information. If you need a ride, let the Senior Center know when making your appointment. The clinic will be held in the Senior Center parking lot. Please wait in your car until you are called. Masks are required.

FOOT CARE IS BACK AT THE SENIOR CENTER!
Friday, October 9 & Monday, October 26

Registered Nurse Flo McLain will be at the Senior Center for general foot appointments on the 2nd Friday and 4th Monday of each month. The services offered include: general assessment of feet & lower extremities; trimming, filing, cleaning of toe nails, reduction of thickened toe nails, smoothing of corns, calluses & massaging. Cost is $29. Checks must be made payable to Pedi-Care.

To schedule or cancel an appointment, please call the Senior Center at 781-834-5581.

VENTRESS MEMORIAL LIBRARY UPDATE!
We are excited to announce the Ventress Memorial Library is open for limited browsing and computer use on Wednesdays from 12:00—7:00 pm and on Thursdays from 10:00 am–4:00 pm. Please remember to bring your library card if you wish to check out materials. Seniors and High-Risk patron hours are Wednesdays from 11:00 am–12:00 pm and Thursdays from 9:00 -10:00 am. Computer use will be limited to one hour per day, exact change or single dollar bills will be needed to print. Patrons must wear masks at all times. For other guidelines visit: ventresslibrary.org

Outside Social
Gather for fun and games!
DSC Backyard Patio
Bocce and Cornhole Games
Bring your own snacks and beverages
Thursday, October 15th
3:00 p.m. to 4:30 p.m.

To register, call Donna at 781-934-5774 ext. 5730

GRAB & GO BOXED LUNCH
OFFERED BY OCES AT MARSHFIELD COA
AVAILABLE SOON!

Details to come. Call the Senior Center at 781-834-5581 to be on the interest list!

Get help With Your Health
Manage your Diabetes, Heart Attack, Pressure or other chronic diseases
Ask your doctor today to make a referral to BID Plymouth’s Outpatient Medical Nutrition Therapy or call Diabetes Educator Sarah Federoff at 508-210-5520 for more information!

What is a Registered Dietitian?
A Registered Dietitian (RD or RDN) is a food and nutrition expert who has met the following criteria to earn the RD, CDN credential:

• Earned a minimum of a bachelor’s degree at a U.S. nationally accredited university or college and the Academy approved course work.
• Completed an accredited supervised practice program/internship.
• Passed a national examination and completed continuing professional educational requirements to maintain registration.

Why should you meet with a Registered Dietitian?
• You want help with managing your Diabetes, High Blood Pressure or other chronic diseases
• You have Digestive Problems
• You’re pregnant, trying to get pregnant or a new mom
• Your teenager has issues with food or eating healthfully
• You’re caring for an aging parent
• You want practical lifestyle advice or you realize you need to feed your family healthy food but do not know how to cook
• You are interested in losing or gaining weight or you want to improve your performance in sports

Beth Israel Deaconess
Plymouth

If you have applied for a ballot by mail you can check its status on the Town Clerk’s page at www.marshfield-ma.org or on the State Elections Division page at https://www.sec.state.ma.us/ele/
50+ JOB SEEKERS WORKSHOP SERIES
RESUMES VIRTUALLY ON ZOOM

The 50+ Job Seekers will return this Fall with a virtual interactive, hands-on series on zoom meeting bimonthly-10:00 am-12:00 noon. Meet and network with fellow job seekers at their virtual workshops. It will focus on topics relevant and essential to your job search. It will equip and empower you to be successful. Come and learn from experienced Career Coaches who facilitate these workshops. Start your journey towards Re-Invention and Transformation. See Calendar!

10/13: Create a Robust LinkedIn Profile
10/27: Use LinkedIn as a Job Search Tool
11/10: Develop your STARS/PARS
11/24: Network your way to a New Career
12/08: Create a Marketing Plan/Job Search Toolbox
12/15: Panel Event: Practice Interview w/Employers

To Register: If you have already attended 50+ sessions or townhalls, you will receive an invitation from one of the Group Leaders to register and attend each of these events. If you are new to the 50+ program and have never attended any sessions, Registration is Required. Register: https://50plusjobseekers.org/outreach/registration/ select host location and complete the rest of the form. Upon receipt, you will receive email with link to attend the event. For more information, please contact: Susan Drevitch Kelly, Founder/Program Director at susan@sdkelly.com

What you will learn

· What memory is and how it works
· How memory techniques work
· Techniques and strategies to improve memory
· To improve memory habits
· To apply memory techniques in real life situations

Join us: Via ZOOM
Date: Continues on Wednesdays through October 21st
Time: 1:00 p.m. to 3:00 p.m.

REVERSE MORTGAGE CONSULTANT
On Wednesday, October 28 from 9:00 am to 12:00 pm
David Toutillott, Certified Reverse Mortgage Professional will be available for free 30 minute informational sessions on the benefits of Reverse Mortgages. Come learn about this option and David will be happy to answer any questions you may have. Appointments will be offered on a first come first serve basis. To make an appointment please call the Senior Center at 781-834-5581. Appointments will be held on the patio.

FREE 30-MINUTE FINANCIAL CONSULTS
On Tuesday, October 20 starting at 9:00 am
Have a question about investments, savings, insurance, debt, cash flow, taxes, Social Security, downsizing your home, helping out one of your children, or running out of money? Do you have appropriate legal documents in place to protect yourself and pass on assets to your heirs? Do you need a plan to financially survive and/or prosper in retirement? McNamara Financial Services Inc. is an independently owned Registered Investment Advisor with offices in Marshfield and Chelmsford. We are a local, family business consisting of Michael McNamara, Justin McNamara, Alyssa McNamara Reed & Kirk Reed. We are required by law to act as fiduciaries with our clients. We also think it is a pretty good way to run a business. We do not sell investment products or receive commissions. We are Certified Financial Planner Practitioners by training and experience familiar with a wide variety of financial issues and problems faced by all of us in this fast moving and confusing financial world. We look forward to volunteering our services on behalf of the Marshfield Senior Center. To make an appointment please call the Senior Center at 781-834-5581. Appointments will be held on the patio.
Dear Booster Members,

The members of the Board of Directors of the Marshfield COA Boosters hope you continue to stay safe and well and follow the guidelines of our Governor regarding the Covid 19 pandemic. We are sure you join us in the wish for a timely end to the pandemic and return to our normal lives or the New Normal as it is often referred to. As you probably know—our usual fundraising events have been curtailed because of the virus. Our Annual Craft Fair in November, a major source of fundraising income for the Boosters, has been cancelled. We have to look to other sources for fundraising and the renewal and growth of membership is one way to do this. Last month we included a membership form in the September Link asking for renewal of your 2020 membership or new membership if you were not a Booster or simply an additional donation if possible. We had good response to our request and thank everyone who sent contributions or renewals and remind those of you who are thinking about making a donation but just forgot to do so, please consider sending a check to the Marshfield COA Boosters at P.O. Box 165, Marshfield, MA 02050. Thank you for your consideration and generosity as we try to grow our bank balance in anticipation of the return of all of us to the Senior Center and to meet some of the additional expenses that may be incurred due to the Covid 19 pandemic.

Sincerely, The COA Boosters Board Members

SAVE THE DATE: VIRTUAL TOUR ON ZOOM OF THE RUSSIAN ICON MUSEUM

On Thursday, November 12 at 10:00 am
Details to follow. Call the Senior Center to register at 781-834-5581.

BE THE FIRST TO GET THE LINK

Go to www.townofmarshfield.org -
- Click on Government tab at top of page,
- Then click on Departments,
- Then Council on Aging.
- Then Senior Citizen Newsletter on the left.
- Then click on Download Latest Newsletter

To automatically receive notification and a link to the newsletter each month, click on subscribe and enter your email address. Your email address will not be shared or used for any other purpose.

COMMUNITY DINNER DRIVE THRU

On Wednesday, October 7TH
Pickup dinner between 5 and 6

NORTH COMMUNITY CHURCH PARISH HALL PARKING LOT (across from church)

See you there!

Halloween Word Search
PLEASERIGHTFULLCDTUSPOOKY LANTERN CANDYSCARYHORRORSHAMANCARRYSIWI SUGGLYMANPARTY APPARTITION KIDS WITCH O DEATHLIFE BY CAMP NO GHOSTS ELECTRIC MUMMYSKELETONS RED NOKKEY CUTE EUNICE DIBUCICIO BRICK ASTIKES WELSDUBKIXYCHT DCCLT SIULPEWISTIEIBEIECR NMAASIESXAHM JAROE ROCKYTOPSCARFCRROWN AOCHHCUGHOLICBOCTYTN BACKELEN MASKXARAS

ENIGMA CRYPTOGRAM

“B33JLNKTIU PNCJNP CP PGXRGWGLIP VOVVJROX”

HCJYLITSBI

ANSWER - LARRY NIVEN

“Everything starts as somebody’s daydream.”
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.

JAMES P. SWEENEY
attorney at law
781-277-0377
FREE CONSULTATIONS
Estate Planning
Elder Law Wills & Trusts
DISCOUNTS FOR
SENIORS / VETERANS
WE MAKE HOUSECALLS
JAMES SWEENEY, ESQ. | JIM@JAMESSWEENEYLEGAL.COM
1 PROPRIETORS DRIVE, MARSHFIELD, MA 02050 | WWW.JAMESSWEENEYLEGAL.COM
781-277-0377
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

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 snugger fit or a single tube design for most curved staircases.

*When purchased directly from Stannah Stairlifts. Guarantee excludes rentals & previous purchases.
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.

<table>
<thead>
<tr>
<th>OCES NUTRITION PROGRAM</th>
<th>October 2020</th>
</tr>
</thead>
</table>

**Community Dining Menu**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Baked Chicken with Scarpariello Sauce (382)</td>
<td>6 WG Lasagna Rolls with Meat Sauce (417)</td>
<td>7**Colby Jack Cheese Omelette (210)</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Served Over Broccoli (12)</td>
<td>Parsley Rotini Pasta (1)</td>
<td>Pork Sausage Patty (300)</td>
<td>Italian Pot Roast (190)</td>
<td>Butternut Squash (2)</td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Fiesta Veg.Blend (15)</td>
<td>Wheat Bread (150)</td>
<td>Peppers &amp; Onions (54)</td>
<td>Tartar Sauce (85)</td>
<td>WW Dinner Roll (180)</td>
</tr>
<tr>
<td>MOD:Lemon Grahams (95)</td>
<td>Apple Oatmeal Bar (105)</td>
<td>Blueberry Snack Loaf (160)</td>
<td>Sour Cream (13)</td>
<td>Fresh Pear (2)</td>
</tr>
</tbody>
</table>

### Calories:
- Calories:741
- Sodium:78mg Carb: 69
- Calories:743
- Sodium:872mg Carb: 78
- Calories:862mg Carb: 102
- Calories:720
- Sodium:879mg Carb: 90
- Calories:731
- Sodium:867mg Carb: 93

### 12 Columbus Day
**No Meals Served**

### 19 Swedish Chicken Meaballs Served Over Broccoli (12)
- Italian Roasted Potatoes (6)
- Green Beans (3)
- Cranberry Bar (210)
- MOD:Straw Grahams (95)

### 26 Cold Meal
- Chicken Strips Turkey w/Gravy (450)
- w/Bruscheata (219)
- Macaroni Salad (118)
- Toasted Broccoli & Carrots (45)
- Italian Dressing (30)
- Cracked Wheat Bread (150)
- Fresh Pear (2)

### Suggested Donation-$2.50/meal Menu subject to change without notice.

- **SF=Sugar Free, WG=Whole Grain, WW=Whole Wheat**
- **high sodium meal day**
- **food item with >500mg/sodium**
- **No milk served on this day**
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
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, October 14 at 1:00 pm
“Norwell VNA”

Triad is Law Enforcement and the Council on Aging working together for the betterment of Seniors in the Community. Triad provides education on Crime prevention, health, safety and wellness each month. This group is open to the public and meets the 2nd Wednesday of the month at 1:00 pm. In October, we are happy to announce that the Norwell Visiting Nurse and Hospice will present an interactive presentation that will outline risk factors for falls, prevention ideas, strategies and simple environmental modifications. Questions and answers to follow. This will be presented by Physical Therapist, Phyllis Shea, PTA on staff at the Norwell VNA. Call the Senior Center to register at 781-834-5581.

WE ARE NOW ACCEPTING MEDICAL EQUIPMENT DONATIONS & RETURNS
Please call 781-834-5581 if you are returning equipment or making a donation so that we can make arrangements to properly sanitize your donations and returns. Thank you!