



Prime Times

MAY/JUNE 2021

Chairperson:

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Director:

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DIRECTOR'S NOTE

Spring is here with summer quick on our heels! Flowers and trees are blooming, signs of a new beginning. As more people are being vaccinated, we are beginning to see familiar faces out and about. We love hearing stories about you finally reuniting with family and celebrating milestones once again. Mother's Day will be here soon, Memorial Day and Father's Day not far behind. We are so glad that you can gather with family and friends, just remember to be safe. This year families will get to celebrate graduations again, including Debbie and I, as our daughters both get ready to graduate from college! Best of all, after many months away from you all, we soon get to see you at the senior center!

Plans are in progress to resume in-person programming in late May and we are very excited to welcome you back! We've missed the hustle and bustle in the building and conversations with visitors. Reopening to the public will be slow and cautious. We still have several safety restrictions that we must follow, including reduced class sizes. As a result, our in-person programs will continue to be limited to Norwell residents. Virtual programs are open to residents from any community, based on availability. We hope that we can soon welcome back our out-of-town friends, who we also miss very much.

One of the lessons we learned this year is that it's important for us to not only bring you to the center, but to find ways to bring the center to you! We also had great response to offering outdoor programming. At the center, we will continue to offer more programming outside, hybrid Zoom programs and in-person classes, some very popular Grab & Go events, as well as limited indoor programs. We will also continue to provide an offering via Zoom and continue to expand our programming via Norwell Spotlight TV. Not everything will return at once, but please know we are working to find

the safest way for you to be here with your friends.

One way that we are hoping to expand our outdoor space is with the installation of a patio and tent area in our backyard area. We have a CPC article going before Special Town Meeting to fund this project. If it passes, we hope to be able to start soon so that we can enjoy the space during the summer months.

It's been a long year, but we are working our way back to some sense of normalcy and can't wait to see you in person again! Be well.

Respectfully,

Susan Curtin,

Director



BE WELL IN NORWELL

In June, we are running a month long series "Be Well in Norwell" Each of the five weeks will be dedicated to a different topic and include different talks, events, grab & go and maybe a raffle or two! The focus will be Fitness, Mindfulness, Nutrition, Caregiving and Health. More details are found on pages 9 and 10 inside the newsletter. Be sure to check our emails, Facebook page and website as more things are added during the month!

ARE YOU A SENIOR NORWELL RESIDENT?

If so, then you can sign up and join us for any of our wonderful Grab 'n Go events! Norwell really turned out for National Blueberry Pie Day and we were ready thanks to the help of Susan Beckett who made all the pies serving @120 people!



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WALK MASSACHUSETTS CHALLENGE BEGINS MAY 1!

Lace up your sneakers and get ready to join the "Walk Massachusetts" challenge! And...give the Council on Aging a chance to win \$1,000 for fitness programming and you a chance to win a \$50 gift card! The challenge begins on May 1 and runs through September 30. During that time, register to walk and then choose one of the designated challenges. Walk inside, outside, on a track or a treadmill – wherever you want! Track your progress online or on a paper journal available at the Council on Aging. Six different challenges are being offered and tie into a fun fact about Massachusetts.

- Walk 65 days (Fun Fact: Did you know...From the canal to Provincetown, Cape Cod is 65 miles long)
- Walk 1,788 minutes (Fun Fact: Did you know...Massachusetts became a state in 1788)
- Walk 126.5 miles (Fun Fact: Did you know...It is 126.5 miles from Boston to Lee along the Massachusetts Turnpike)
- Walk 192 miles (Fun Fact: Did you know...The Massachusetts shoreline is 192 miles long)
- Walk 692,600 steps (Fun Fact: Did you know...Approximately 692,000 people reside in Boston)
- Walk 351 miles (Fun Fact: Did you know...There are 351 cities and towns in Massachusetts)

Complete one of the designated challenges and submit your walking journal for a chance to win a \$50 Visa gift card, a \$25 Amazon gift card or a \$10 Dunkin' gift card. And, for each person registered who completes the challenge, the Council on Aging gets an entry to win up to \$1,000 to support our fitness programming! The more of us who walk, the better the chances! The nice weather is coming, so let's get walking Norwell, on our beautiful trails and beyond! This program is sponsored by the Massachusetts Council on Aging with funding from Blue Cross Blue Shield of Massachusetts. For program and registration information visit: <http://mcoonline.com/.../keep-moving.../walk-massachusetts/> or call the COA office at 781-659-7878 for more information.



THANK YOU VOLUNTEERS

On March 13, 2020, COVID-19 forced the Council on Aging to close its doors to the public, for what was to be a few weeks. Little did we know what the next year would bring! Volunteers have always been an integral part of our work. This past year however, in the midst of a global pandemic, volunteers played a critical role in helping us to serve Norwell's older residents. No matter how large or small a role you played, we are grateful for your commitment, dedication, flexibility and compassion during the most trying of times, and for making a difference in the lives of so many in our community. Thank you!

COVID Precautions While Visiting the Senior Center

For the health, safety and well-being of all, the following requirements have been implemented.

- Follow proper hand hygiene and respiratory etiquette.
- Masks are currently **required** inside all public buildings.
- Ensure social distancing is maintained and/or abide by assigned seating.
- Other than lunch, the center will not provide food, drink, supplies or equipment at this time. You may bring your own, but are not allowed to share.
- You may only enter 15 minutes before your program and asked to please exit immediately after (no loitering please).
- There will be screening before or upon entering the building.
- Cleaning protocols may impact scheduling between programs, so please be patient
- You **must** sign up in advance for the programs you want to attend and realize that you may not be able to attend everything you want to, so that others may also have a chance.

Thank you for helping to keep our staff and visitors safe by following this protocol.

EXERCISE CLASSES IN PERSON, ONLINE & ON NSTV

We are springing forward with a limited opening of the Council on Aging and that means that your favorite exercise classes are returning in person! But we know not everyone can be here and with class size limits you may not be able to attend each week. So, we want to be sure that you can continue to exercise by watching on Norwell Spotlight TV or online. Days and classes are listed below. Please remember that NSTV programming may be subject to change.

SIGNING UP FOR A EXERCISE CLASS

With COVID restrictions, we need to make temporary changes to exercise class registration. Pre-registration is required for all exercise classes. **To fairly manage the demand, sign up is currently limited to one week at a time and pre-registrations must be made on Fridays only, for the upcoming week.** To register for a class, please call the office at 781-659-7878. Due to current gathering restrictions, we need to limit participation to Norwell residents. We are hoping to hold classes outside, weather permitting. This gives us a chance to allow more people to participate. In case of inclement weather, only 6 participants can attend inside. If we need to move inside, we will select participants based on a lottery and notify everyone. Thank you for your understanding as we work hard to bring everyone back safely.

FITNESS SAFETY POLICY:

Please remember to consult with your physician before engaging in any physical activity program. By participating in these online exercise classes you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructor in these online classes may be physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.



DANCE IN YOUR CHAIR with Rena This exercise class with music and simple dance choreography is safe and energizing...all while sitting in your chair! Get in the groove with a mix of classic oldies, show tunes and current upbeat pop music.

How to participate in this class:

At the center: Mondays at 11:00 a.m. (pre-registration required) at the COA beginning June 7.

Via Zoom: In May, Mondays at 11:00 a.m.—No class Memorial Day. Beginning June 7, Mondays at 9:30 a.m. Call the COA for your link: **781-659-7878. No zoom or in person classes on Monday, June 28.**



CHAIR YOGA with Ana

Join Ana DePaz as she guides you on this comfortable exercise program of gentle chair yoga and meditation. Exercises may done seated and standing.

How to participate in this class:

At the center: Fridays at 9:30 a.m. (pre-registration required)

NSTV (Comcast 22 and Verizon 39): 9:30 a.m.

Online: Visit the COA page at www.townofnorwell.net



ARTHRITIS EXERCISE with the NVNA! This class from the NVNA and Hospice leads you in both sitting and standing exercises to improve joint mobility, muscle strength and endurance, in order to improve the performance of daily activities.

How to participate in this class:

At the center: Wednesdays at 9:00 & 10:00 a.m. (pre-registration required)

NSTV (Comcast 22 and Verizon 39): 10:00 a.m.

Online: Visit www.nvna.org/nvna-supports or the COA page at www.townofnorwell.net



BALANCE ~STRETCH~ & STRENGTH Instructor Sue Ribeiro from the NVNA will lead you through a series of seated and standing exercises. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, core strength and range of motion.

How to participate in this class:

At the center: Thursdays at 9:00 a.m. (pre-registration required)

NSTV (Comcast 22 and Verizon 39): 11:00 a.m.

Online: Visit the COA page at www.townofnorwell.net

OUTREACH NEWS by Dee Dee



Do You Have a Health Care Proxy?

It is never too soon to choose a health care proxy. Everyone 18 years of age and older, people who are healthy as well as those who have compromising health conditions, should all complete a Health Care proxy form. Many serious health problems come up unexpectedly. Think of the Proxy as a form of insurance, you hope you never need it, but if you do, it is important that you are prepared. When completing the Health Care Proxy form you are choosing an Agent, this Agent will be your voice and can speak for you no matter what health care decision needs to be made.

Additionally, in Massachusetts, if you cannot make or express your own health care decisions, a completed health Care Proxy form is the only legally binding document related to your health care.

Your Agent makes decisions for you only after your doctor has said that you are not able to make or express decisions about our care. Once your Agent begins making decisions for you, they will have access to any medical information that you would have access to yourself. It's up to you to pick your Health Care Agent. This person can make sure your care providers know what matters to you if you are ever too sick to speak for yourself.

Your Agent speaks for you only as long as you remain unable to communicate your own wishes. If your doctor says that your ability to speak for yourself has returned, your Agent no longer speaks for you.

When health care decisions are made, our voice and opinion are of utmost importance. In fact, expressing your personal health care wishes and taking part in decisions related to your health care are part of your basic rights as a patient. However, situations, such as accidents or severe illnesses sometime s arise that can prevent you from participating in decisions about your care. Therefore, while you are able, it is important for you to decide what is important to you about your care in case you ever become too sick to speak for yourself. It is equally important that you communicate your

wishes to your family and friends and your health care providers. You can add as much information to your Health Care Proxy form as you would like, you can be very specific on your wishes about any medical circumstance that may arise should the Health Care Proxy need to be activated.

A photo copy of your Health Care Proxy form is accepted and is as good as the original., many people keep a copy in their glove compartment of their car should an accident occur. Your physician as well as the person you have chosen to be your Agent should also have a copy.

The Health Care Proxy form is available at the Mass.gov website. If you are unable to access the internet and would like a form they are also available in my office, please feel free to contact me, Dee Dee Rogers, if you would like a form or more information.

ARE YOU TURNING 65 SOON?

Please call me, Dee Dee Rogers, at the COA for any questions you have regarding Medicare, Supplemental plans and Drug Plans. I am available by appointment Monday through Thursday 8:30 through 4:30. I look forward to helping you navigate through the maze of Medicare!



SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Do you need help buying healthy food? You may be eligible for SNAP benefits. Find out if you're eligible in 10 seconds by visiting <http://DTAConnect.com/screening>. SNAP (Food Stamps) If you need assistance applying for SNAP benefits, please contact Dee Dee Rogers at 781-659-7878.



NORWELL FOOD PANTRY

The Norwell Food Pantry is open to support Norwell residents, on Thursdays from 2 – 4 p.m., located at Norwell Town Hall, at 345 Main St. For the safety of patrons and volunteers, masks are required at all times. Patrons are required to fill out a preprinted checklist each week and bring it to the Food Pantry. Volunteers will pick your order while you wait in your vehicle. Only a registered family member is allowed to pick up. For more information, call 781-690-5050.

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ARE YOU INTERESTED?-

In Zoom Tai Ji Quan class? We have the opportunity to have this class which is a **modified Tai Chi for fall prevention** from the NVNA. We currently have a list of potential participants, but need a few more to make this happen. Please call Debbie if you would like to participate: 781-659-7878

UKULELE

UKULELE class at the COA is BACK outside, weather permitting, beginning on Tuesday, May 18 at 9:45 am. If weather is inclement, class will move to zoom. Please sign up by calling the COA so we know how many people to expect. Class will run throughout June. (\$8 per class) payable to the teacher. Call 781-659-7878 to sign up.



BEGINNER UKULELE is available via zoom on Saturdays. Call 781-659-7878 for more information.

DRUMMING RETURNS!



We know how much you enjoy the Drum Circle with Ed Sorrentino at the COA. Covid permitting, we will be holding Drumming on Friday, May 21 and June 11 at 11:30 am. Call the COA at 781-659-7878 to sign up.

Open to Norwell adult residents of all ages. Non-Norwell residents are also welcome based on space availability.



"This program is supported in part by a grant from the Norwell Cultural Council, a local agency which is

supported by the Mass Cultural Council, a state agency."

SPRING FLORAL ARRANGING



Susan Solis brings her love of gardening and interior design together for this fun hands-on workshop on **Tuesday, May 18 at 11:30 a.m.**, where you get to create your own silk floral arrangement. Participants should bring a container of choice, pictures of arrangements you like or of the space you want to use it, scissors and wire cutters. The flowers have been generously donated by the Ackers family. Space is limited and open to Norwell residents only. To sign up, please call the COA office at 781-659-7878. This class will be held outside, unless the weather is inclement.



PICNIC IN THE PARKING LOT



We are slowly looking to bring back our in-person lunch program and invite you to join us for a picnic in the parking lot! Come see old friends and make new ones. **This is currently open to Norwell Residents Only.** Gathering requirements now allow 6 people per table, however we know that not everyone may be comfortable doing so. To help, we will pilot making a group reservation for those who are interested in sitting together. For individuals, we seat you at a smaller table with one or two others. Seating is limited and if we have an increased demand, a lottery system may be used to give everyone a chance to come. If weather is inclement, this will be turned into a Grab & Go event. Lunches will be held on the following dates:

- **Thursday, May 27 at 12:30 p.m., Cost - \$5**
Turkey & Cheddar on brioche with cole slaw from On Rye Deli, with dessert & drink
- **Monday, June 14 @ 12:30 p.m., Cost - \$5**
Chicken Salad wraps from DKD Marketplace with chips and dessert & drink
- **Monday, June 28 @ 12:30 p.m., Cost - \$5**
Salad with grilled chicken, dessert & drink

To make a reservation, please call the COA office at 781-659-7878.



MEALS ON WHEELS IS A GOOD OPTION

If you are having challenges accessing or preparing meals, Meals on Wheels may be available to you. For information about eligibility, please contact South Shore Elder Services at 781-848-3910 and ask for their intake and referral department. Delivery arrangements are subject to change. Thank you to our amazing volunteers that continue helping us to get meals on wheels out on a weekly basis.

ELDER ABUSE AWARENESS DAY is June 15!

If you have any concerns regarding elder abuse, neglect, self-neglect or financial exploitation, you may call the State wide Elder Abuse Hotline at 800-922-2275. This Hotline operates 24/7. You may also reach out to Dee Dee Rogers at 781-659-7878 if you need support through this process.

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GRAB & GO EVENTS

We are offering limited "Grab & Go" events for Norwell residents only.

- Pre-registration is required by the date noted with each event. Sorry, but we cannot serve anyone who is not pre-registered. To sign up, call 781-659-7878.
- Unless otherwise noted, Grab & Go can be picked up at the senior center between 11:30 a.m. and 12:30 p.m. on the designated dates.
- When you arrive, please pull up to the table in front of the center and give your name to the volunteers. Your Grab & Go will be placed in your car.



MOTHER'S DAY TEA GRAB & GO

it's our annual Mother's Day Tea, but Grab & Go style. Don't miss out! **Sign up BEGINS April 12 and ENDS May 4. Pick up date is May 11** at the COA from 11:30-12:30. This event is free, courtesy of the Norwell Women's Club and a surprise treat from the Norwell Garden Club. *Norwell Residents Only.* Arrangements will be made to deliver to those who are unable to drive.



SEND A CARD TO A FRIEND GRAB & GO—SUMMER THEME!

Would you like to make some personalized cards? Cards with Christine is offering this 4 pack kit (of Summer Themed Cards) with video instruction for this Grab & Go on **Wednesday, May 26** between 11:30—12:30. **Cost is \$5.** Call the COA to sign up. **Sign up deadline: May 19.** Arrangements will be made to deliver to those who are unable to drive. *Norwell Residents Only.*



NATIONAL CHOCOLATE ICE CREAM DAY GRAB & GO

Come celebrate National Chocolate Ice Cream Day on **June 7 at 1:00 p.m—1:45 p.m.**, with us and Dairy Twist's "On the Moo-ve!" Choice of three flavors and yes, one is Chocolate! **Sign up deadline: Tues., June 2. Cost is \$4.** Call the COA to sign up. ***This is an IN PERSON event only.*** *Norwell Residents Only.*



FATHER'S DAY GRAB & GO

Men of Norwell, it's time to celebrate our Dad's and like-Dads! We invite the gentlemen for a Grab & Go Father's Day meal from Extreme Tailgators BBQ on Thursday, June 17. Menu includes smoked chicken breast, sliced smoked sausage, cornbread and mac & cheese. *Norwell Residents Only.* Arrangements will be made to deliver to those who are unable to drive. Registration is required by June 7 by calling 781-659-7878.



BE WELL IN NORWELL MONTH OF JUNE GRAB & GO

Look on pages 9 and 10 for the group of special Grab & Go events we have for the month of June, all having to do with being well. We end our month of June with a special Grab & Go for Caregivers. **If you are a Norwell resident and would like to participate in any of these, please give us a call at 781-659-7878. Specific instructions and deadlines are on pages 9 and 10.**

SUPPORT OUR ADVERTISERS!



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TRANSPORTATION

We are currently providing limited transportation to medical appointments, grocery shopping and local prescription pick up. Please call the COA at 781-659-7878 a minimum of 3 business days in advance. No Friday or weekend calls for Mondays.

REQUIREMENTS FOR RIDERS: *Service may be denied if protocol is not followed.*

- Wear masks or face coverings at all times. *If your physician feels you are exempt from this requirement you **MUST** notify the COA when you make your ride request.*
- You will be pre-screened when ride is scheduled and day of ride.
- If you or a household member is not feeling well or you have been in contact with someone who has tested positive for COVID-19, **you will not be allowed** to ride the bus.
- Riders and drivers must practice social distancing regarding seating, boarding and exiting the bus.
- Riders **MUST be ready at least 15 minutes before designated pickup time** at home. Our schedules are tight and drivers cannot wait.
- Transportation is available Monday through Thursday. Appointments can be made between 9:00 am start time and no later than 2:00 pm.
- **Transportation is available on Friday mornings between 9:00 and Noon, in Norwell and Hanover only.**
- Be sure to ask your medical provider about their waiting policy before and after your appointment.
- Grocery shopping will be done on Wednesdays based on previously scheduled medical appointments. Please be ready at designated gro-

cery store pickup time.

- Riders must schedule a minimum of 3 business days in advance.

**FOR MORE POLICY INFORMATION
OR IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE
COA 781-659-7878**

SENIOR WORK PROGRAM 2021

The Senior Work Program was halted last spring due to COVID and postponed for this year. We are now planning to offer a modified program for the remainder of this year. This year will be very different, with limited work opportunities and a rolling application program. We've asked departments to be creative with opportunities including special projects, possibly remote or outside work. It is important to ensure the safety of both Town employees and our senior volunteers. We cannot guarantee that all applicants will be placed or that each will be able to work 100 hours. We are just glad to be able to offer some opportunities.

Forms will be available from Barbara Childs in the Human Resources office, downloaded from the Human Resource page at the Town of Norwell website, or picked up at the Council on Aging office. We plan to take this slow and be sure that all measures are taken to ensure the safety and well-being of everyone involved. If you have any questions, please contact Susan at 781-659-7878.

Call the COA at 781-659-7878 if you are interested in speaking with your local Senator or Representative. Even though meetings at the COA are not possible at this time, we will try to put you in touch to have a meeting via zoom or phone.

 **The Council on Aging will be closed on the following dates:**

- Monday, May 31 for Memorial Day

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Lisa Templeton** to place an ad today!
ltempleton@4LPi.com or (800) 477-4574 x6377

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HESITANT ABOUT LEARNING ZOOM?

CALL THE COA FOR A ONE-ON-ONE SESSION WITH YOUR SMART PHONE, TABLET, or LAPTOP! Call 781-659-7878 today!

DESIGN ORIGAMI QUILTS

Zoom Class with Andrea Plate
Mondays, June 7—28 at 9:30 am



This is an online class that has been successfully taught to new and experienced folders. Day 1 and 2 will focus on single sheet tiles and many origami techniques that add texture and interest to the finished tile. Day 3 and 4 will add more color and texture as more layers enhance your tiles.

Supplies:

- Tuttle Brand origami paper, duo (different color on each side). If you are new to origami order **solid colors ONLY (rainbow or vibrant)**. One package each 6 inch and 4 inch paper. Available for online purchase.
- Traditional Bone folder (or an old credit card will work)

Call the COA at 781-659-7878 to sign up by Friday, May 28. We need at least 5 people to run this class.

 *"This program is supported in part by a grant from the Norwell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."*

LIKE us on Facebook and stay up-to-date on what's happening!



SCAMS AND PHISHING

with Robin Putnam
On Zoom!
Tuesday, May 25
at 1:30 pm



Hear the latest about Scams and Phishing! Robin Putnam, from the Office of Consumer Affairs and Business Regulation and Amy Schram from the Better Business Bureau, will deliver a program on scams & fraud prevention. The presentation will include information about their offices and what they do. It will also cover how to be safe online whether it be on your smart device, social media or online banking, phishing emails, and general protection from scams and identity theft. To sign up call the COA at 781-659-7878.

THE BEAUTY AND BASICS OF HUMMINGBIRDS with Judy Macioci
Thursday, May 20 at 1:30 pm *Live on Zoom*



The Beauty and Basics of Hummingbirds— Hummingbirds are tiny, beautiful creatures who visit us in our gardens. Learn about the many species here and around the globe. What do they eat? What are their migration patterns and how do we attract them to our gardens. Call the COA to sign up today: 781-659-7878.

QUILTING IS STARTING UP!

Have you always wanted to learn to quilt? Do you quilt but need some assistance with a project? Come join the Quilting Group, led by instructor Mary Merritt on Fridays at 1:00 p.m. For more information, call the COA office at 781-659-7878.



KEEP YOUR EYE ON THE HORIZON!

Thanks to grants from the Mass Cultural Council and the Hanover, Norwell, Scituate, Marshfield and Pembroke Local Cultural Councils, five North River area historical societies are banding together to present five fabulous lectures in May and June! All of these lectures - one each by the Norwell, Hanover, Marshfield, Scituate and Pembroke historical societies - will cover topics pertaining to the shipbuilding days on the North River. We will announce dates and times when they are released, so until that time, please keep a weather eye out, batten down the hatches and prepare to ship to sea! Watch the Norwell COA Facebook page, emails and flyers for these upcoming details!

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BE WELL IN NORWELL MONTH OF JUNE Week 1: Fitness

**FREE
SAMPLE**

All of our Exercise classes will be demo classes the first week of June! That means you can try as many as you would like for FREE!



- Advance registration is **required**.
- Norwell Residents Only for in person classes.
- Check the calendar for class schedule.
- Call to sign up for any or all at 781-659-7878

Tues., June 1, 1:30 p.m. FITNESS WEEK

GRAB & GO Kick off "Be Well in Norwell" month and pick up your wellness grab & go bag with a reusable water bottle, pedometer and other surprises. Call to sign up at 781-659-7878. This event is made possible through a grant from the Norwell Women's Club.

Wed., June 2 @ 9:00 a.m., Summer Foot Care and Choosing the Right Footwear for an Active Lifestyle

Dr. Mark Lawrence, DPM from Scituate Podiatry joins us to talk about the best way to care for your feet during the summer months. As an active outdoorsman, Dr Lawrence will also give you some tips on choosing the best footwear for your active life. Call the center at 781-659-7878 to sign up.

Thurs., June 3 @ 10:30 a.m. Tick Talk & Shoe Spraying

Blake Dinius, Entomologist Educator at Plymouth County Extension Service joins us to talk about protecting yourself from tick-borne disease. The key to staying healthy is awareness, not fear. As an avid angler, camper, and hiker, Blake believes New Englanders should enjoy the outdoors. With the right knowledge and tools, all vector-borne diseases are preventable. Be sure to bring (not wear) shoes and a bag that you would like to have sprayed with permethrin. Call the center to sign up at 781-659-7878

Thurs., June 3 @ 11:30 a.m. Gentle Yoga

Join Rena Thorbahn as she demonstrates the movement of gentle yoga and speaks of its benefits. Try it out with your own mat and towel. If you are interested in this becoming a regular class in the future, please let us know!

BE WELL IN NORWELL MONTH OF JUNE Week 2: Mindfulness, Meditation & Relaxation



Thurs., June 10, 10:30 a.m.

Mindfulness with Cyndi Sweetser

Mindfulness is a meditation practice that has been shown to improve our physical, mental, spiritual, and emotional health. Cyndi Sweetser, M.S., bring her 60-minute Mindfulness class to us, that focuses on life in the present moment. Begin with a 20-minute meditation followed by group discussion on meditation and the benefits of having a meditation practice. All you need is a comfortable chair where you won't be distracted and an open mind to just try this as one way to take care of yourself - a path to wellness. To sign up, call the center at 781-659-7878.



Wed., June 9, 11:30—Noon

WELLNESS JOURNAL GRAB & GO

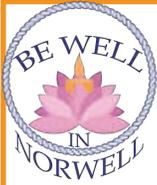
A gratitude journal is a simple tool to keep track of the good things in life. No matter how difficult and defeating life can sometimes feel, there is always something to feel grateful for. Gratitude journaling can:

- lower your stress levels;
- help you feel calmer, especially at night;
- give you a new perspective on what is important to you and what you truly appreciate in your life;
- help you find out and focus on what really matters to you;
- helps you learn more about yourself and become more self-aware;
- Help you adjust your attitude when you are feeling down and remember all the good things in your life

In the spirit of "Be Well in Norwell" month, we are giving out wellness planners that offer a chance to journal about gratitude and also track your daily mood and wellness. Be sure to call the COA office at 781-659-7878 to sign up to get a free copy.

This program is made possible through a generous grant from the Norwell Women's Club.

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BE WELL NORWELL MONTH OF JUNE

Week 3: Nutrition

Tues., June 15, 10:30 a.m. Garden Fresh, Cooking with Herbs!

Summer is almost here, the growing season has begun and Farmer's Markets are open. It's a great time to learn to use fresh herbs to add pizzazz to your meals and reduce sodium. Tara Hammes, RD from Mass. Council on Aging is a Registered Dietician and will offer this fun program via ZOOM. Be sure to register and we'll give you a shopping list and herb samples if you'd like to cook along. Call the COA at 781-659-7878 to sign up!

More exciting things are coming, so be sure to pick up a flyer during Week 1, watch our Facebook page, sign up for our emails or check the COA website!

We hope you are enjoying successful gardening from our Grab 'n Go National Gardening Day last month! Special thanks to the Norwell Garden Club!



BE WELL NORWELL MONTH OF JUNE

Week 4: Caregivers
Week 5: Your Health



We are planning on some activities and special Grab & Go events for caregivers of all ages and during "Your Health" week. Be sure to check our Facebook page or website, sign up for email notifications, pick up a flyer during Week 1 or call the office at 781-659-7878 for more information.

Just a peek at some of our happy volunteers faces from our COVID Volunteer Recognition Grab & Go event! Thanks to Fasano's Catering for providing another great meal!



CORAL REEFS,
AN OCEAN STUDY with
Judy Macioci
Thursday, June 24
at 1:30 pm

Live on Zoom and at the
COA, limited seating
based on Covid guidelines and restrictions



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If so, one of the ways we have been trying to keep you up to date with things that have been happening at the COA is through email blasts. Please be sure to check your junk or spam folder so you don't miss out. You may also select unsubscribe if you wish to be removed from the list. To be included, please call the office at 781-659-7878 to give us your email address.

ALL EARTH DAY PARTICIPANTS!

Don't forget to send us pictures of your caterpillar's development and your emerging butterfly!



*Thank
you*

The Friends of the NCOA would like to thank all those who have graciously joined us this year in supporting the NCOA by returning the yellow supporter forms. Special thanks to those who have been so generous in their additional gift giving.

It is never too late to join us in our efforts to support the Council. Please send any donations to Friends of the NCOA, P.O. Box 699, 293 Pine St, Norwell, MA 02061. Stay well and thank you for all you do.

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