

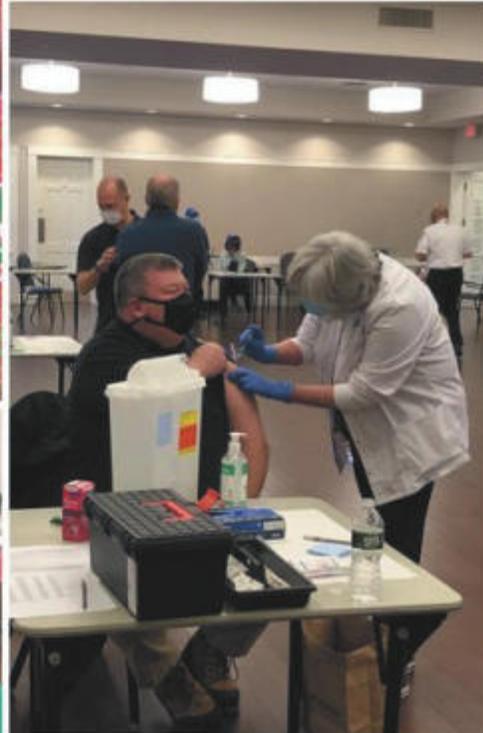


Cohasset Elder Affairs Willcutt Commons

Services, Programs and Activities for Seniors and their Families

Like us on Facebook: Cohasset Elder Affairs

Mission Statement: To offer outstanding programs and services that provide for the physical, social and emotional well-being of our older adults by assisting them to lead independent, stimulating and self-reliant lives as members of the community.



Pictures clockwise from top left, Cohasset Elder Affairs received such an outpouring of donations for our December Toys for Tots drive that in January, CEA donated gifts received after the deadline to Scituate resident Richard Bonnano who coordinates donations to individuals in need all year long. **Top and bottom right:** Cohasset Fire Chief Robert Silvia and Cohasset Police Chief William Quigley receive Covid vaccines at Willcutt Commons. **Bottom Left:** “Virtual” classes continue. Sue Reagan and Dolores Roy demonstrate how to make a floral arrangement for a “Zoom with Blooms” online audience.

2 - COHASSET VISTA FEBRUARY 2021



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Greetings!

Well, there's a light at the end of a long, dark tunnel. COVID-19 vaccinations have begun!

Thanks to hardworking scientists and medical professionals working together, we have more than one approved vaccine to protect us from the coronavirus, and additional vaccines are on the horizon. As of this writing (early January), the Town of Cohasset has registered with the State to receive COVID-19 vaccines. While plans for distribution are still evolving, we will follow state guidelines. As soon as we have specific details we will notify residents through various channels including social media and the Mariner newspaper. In the meantime, current information may be found by calling Mass 211 (dial 211), or online at the Mass Department of Public Health at www.mass.gov/covid-19-vaccine-in-Massachusetts. According to the Center for Disease Control, even after you receive the vaccine it is imperative to continue safe practices until we achieve community immunity. Please continue to social distance and wear a mask until the CDC informs us otherwise. Of course, handwashing is always important.

In addition to the information above, I want to share an alert from the Massachusetts Senior Medicare Patrol regarding vaccination scams. Please be advised:

There is no cost to you to receive this vaccine during this public health emergency

If someone offers to put you on a vaccination list in exchange for money, it is a scam. You do not need to pay to get on any list.

If someone contacts you via a call, text, email, or an in-person visit and offers you early access to the vaccine in exchange for your credit card or Medicare number, it is a scam. You cannot pay to get early access to the vaccine.

No one from Medicare or your municipal or state health department, a vaccine distribution site or a private insurance company will call you asking for a Social Security number, your credit card number, or bank account information to sign up to get the vaccine. If you get such a call, it is a scam.

Report scams by calling the Mass Senior Medical Patrol Program's Report-a-Scam line at 978-946-1243 or ReportAScam@masmp.org.

We have come a long way over the past year, but patience, safe practices and caution are still required. In the meantime, I wish each of you good health, and share this small but important reminder: Put out one positive thought each morning...it can change your whole day. (Dalai Lama)

Live, laugh and learn at Willcutt Commons,

Nancy Lafauce, Director

Happy February Birthdays to our Volunteers!

Anna Abbruzzese—5th
Taffy Nothnagle—5th
Melissa Peralta—6th
Heidi Arnold—8th

Thank you for all you do for Cohasset Elder Affairs!

For yard work, light housecleaning and small jobs, call LAUNCH, a division of South Shore Support Services -781-383-0902/781-740-1206. *Free estimates, reasonable rates.*

OUTREACH NEWS FROM DIANE

Information about Services & Benefits/Personal Advocacy/Office and Home Visits

Diane Picot, Assistant Director, Outreach Coordinator

781-383-9112~ dpicot@cohassetma.org



TIPS FOR CAREGIVERS—KEEPING A SPOUSE OR FAMILY MEMBER COMFORTABLE AND SAFE IN YOUR HOME OR THEIRS:

"There are only four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers." ~ Rosalynn Carter

53 million: Approximate caregivers who have provided unpaid care to an adult or child in the last 12 months.

16.3 million- Number of adult family caregivers who care for someone with Alzheimer's or a Dementia-related disorder.

A 2018 AARP survey of U.S. older adults found that nearly two-thirds want to stay in their current residence for as long as possible. The study found half of the adults already share or would be willing to share a home as they age. Among those who did not want to share a home, nearly six in ten said they would reconsider if they needed help with daily activities and personal care. (Source: 2019 Home and Community Preferences: A National Survey of Adults 18+, AARP Research)

Develop a plan: Planning for both the short and long term is essential. Being forward-thinking and prepared now will help you respond more quickly and, in an emergency. Summarize the plan in writing. A written record will ensure everyone on your team, including your loved one, is on the same page. Stay on top of the daily stuff, the doctor appointments and prescription refills.

Form a support network of others to help you: Even if they live far away, others can help by paying bills and scheduling medical appointments.

Be honest with yourself: If you are uncomfortable with caregiving tasks, such as helping a family member bathe, ask if another team member can step in. Determine if money is available to hire a professional.

Make Adaptations for safety sake and fall prevention: If the person you are caring for has limited mobility, compromised vision or hearing, consider ways to make the home less hazardous. Consult a professional, such as an occupational therapist, who can assess the home and make recommendations. Low-cost changes include removing trip hazards such as throw rugs, making sure the home is well lit (use automatic night-lights), install adjustable shower seats, grab bars, and handrails. Contact Cohasset Elder Affairs for more information on the Cohasset Cares Program for home safety at 781-383-9112.

Create an updated medication list: including dosage, and prescribing doctor. Bring it to all appointments. Consider mail-order prescriptions and blister packs for organization.

Dementia brings particular worries about wandering and self-injury, but there are many ways to reduce risks: Install remote door locks, disable the stove when it is not in use, and keep the water heater temperature to 120 degrees Fahrenheit or less.

Contact: the MA Alzheimer's Association helpline at 800-272-3900 or visit their website: <https://www.alz.org/manh>.

Home health services: Medicare covers certain in-home services deemed medically necessary, including part-time or intermittent skilled nursing care and physical, occupational, or speech therapy. Call CEA for a list of resources at 781-383-9112.

Take Responsibility for Your Care: You cannot stop the impact of a chronic or progressive illness for someone you care for, but you can still take care of yourself. Learn stress reduction techniques such as meditation, prayer, yoga, and Tai Chi. Join a virtual caregiver support group (see page 4 of newsletter for a local option). Visit the Family Caregiver Alliance, National Center on Caregiving @ <https://www.caregiver.org/>.

“Take care” and stay well~

Diane Picot

Are you interested in being added to our email list? We'll update you on upcoming activities and send links to the online version of this newsletter. If yes, please contact Diane Picot at dpicot@cohassetma.org or call 781-383-9112.

4 - COHASSET VISTA FEBRUARY 2021

CEA ONLINE FITNESS/SOCIAL AND EDUCATION SCHEDULE

The following programs/events are on the Zoom platform unless otherwise noted.

Register and pay online at MYACTIVECENTER.com or call 781-383-9112.

ZOOM EXERCISE CLASSES:

GENTLE YOGA	Tuesdays, 9:30 am
CHAIR YOGA	Wednesdays, 10:30 am
GENTLE YOGA/FUSION	Thursdays, 9:00 am
PILATES	Fridays, 9:30 am

Please note no exercise classes: Monday, 2/15.

Mail payment to Cohasset Elder Affairs, Willcutt Commons 91 Sohier Street., Cohasset, MA 02025. You may also register and pay on-line via My Active Center, www.myactivecenter.com, \$5 per class.

VIRTUAL INTERGENERATIONAL GAME

NIGHT, TRIVIAL PURSUIT, Tuesday, February 2, 5:00- 6:00 pm. Please join the student ambassadors from Safe Harbor for this fun event. This game is an interactive trivia-based game where participants attend via Zoom and respond to questions using their smartphone. Topics will include geography, entertainment, history, art & literature, science and technology, and sport and leisure from 2011-2018. Please call Cohasset Elder Affairs to register 781-383-9112. RSVP by Monday, February 1. FREE.

VALENTINES SING ALONG via Zoom, Thursday, February 11, 2:00-3:00 pm. Sing along to your favorite '70's love songs. Musician Pam Steinfeld recreates the age of the singer/songwriter. She brings James Taylor, Carole King, Carly Simon, Eagles, Elton John to life on guitar, piano, and vocals. An award-winning singer/songwriter herself, Pam peppers the show with anecdotes about the artists, songwriters, and often lyrical meaning behind the songs. Join the party! Please RSVP by Tuesday, February 10, by calling 781-383-9112. You may also register via www.myactivecenter.com FREE.

UKULELE LESSONS VIA ZOOM. Thursdays February 4, 11, 18, 25 and March 4, 11, 1:00-2:00. Join us for South Shore Conservatory Instructor, Nick Biagini's THIRD class installment. Learn simple songs. (Opportunities are available for vocalists to play while singing!) Learn scales, techniques, and easy music theory. Please mail payment to Cohasset Elder Affairs, Willcutt Commons 91 Sohier Street, Cohasset, MA 02025. You may also register and pay on-line via My Active Center, www.myactivecenter.com RSVP by Tuesday, February 2. \$65.

GARDEN WORKSHOP VIA ZOOM, "Hearts and Flowers," Thursday, February 18, 1:30-2:15. Join the Community Garden Club of Cohasset and create your own floral arrangement. Supplies will be dropped off at the homes of Cohasset residents the morning of the class.

Out of town residents must pick at Willcutt Commons. Space is limited. Please RSVP by Friday, February 12, by calling 781-383-9112. You may also register via www.myactivecenter.com but checks must be made out to Community Garden Club of Cohasset and mailed to 91 Sohier Street, Cohasset, MA 02025. \$3.

CALLING ALL KNITTERS AND HANDCRAFTERS, Mondays, 12:30-1:30.

Call in and join fellow knitters and handcrafters for some friendly conference-call conversation while working on your project. We miss having you here at Willcutt Commons, and we know you miss each other! Join us by calling 1-888-788-0099. When requested, using your telephone key pad, punch in meeting i.d. 82244419985 and then hit #. Call CEA at 781-383-9112 with questions. No registration. FREE.

MEN'S GROUP, via ZOOM, Thursdays, 9:00 am.

Please join us via Zoom to discuss local issues in and around town and national events and interests. Please RSVP by calling 781-383-9112 and register to receive the Zoom link or the call-in telephone number. FREE.

VIRTUAL CAREGIVER SUPPORT GROUP, third

Wednesday of the month from 12:00-1:00 pm via Zoom or by phone. Presented by Scituate Council on Aging. Led by licensed social worker Suzanne Otte. This group is open to all individuals. To sign up, call Jenny Gerbis at 781-545-8873. Newcomers are welcome to begin at any time. FREE.

GRIEF SUPPORT GROUP, GRIEVE NOT

ALONE, Mondays from 3:00-4:30 pm. Join via Zoom, or call in by phone. Presented by the Scituate Council on Aging. Trying to navigate your way through a profound loss in your life is very challenging and difficult. This group will help those who may be struggling or in need of extra support. Open to all. Please contact Lisa Thornton, Scituate Senior Center at 781-545-8875, to register. FREE.

SAVE THE DATE!

ST. PATRICK'S DAY CELEBRATION

Drive up and pick up a corned beef and cabbage luncheon and say hello to the Cohasset Elder Affairs Staff. Thursday, March 17, 12:00. More information will appear in the March 2021 newsletter.



SHINE & COVID TRANSPORT

SHINE APPOINTMENTS, Serving the Health Insurance Needs for Everyone. Appointments available remotely with SHINE COUNSELOR, Lynne Buckley. Please call 781-383-9112 to schedule.

TRANSPORTATION DURING COVID

Cohasset Elder Affairs will provide *limited* medical transportation (to essential appointments only, within 15 miles of Cohasset) to eligible residents under the following guidelines:

- **Prior to calling us, please contact your provider to be sure you need an office visit.**
- ALL requests for medical transportation must be scheduled **NO LESS THAN one week in advance of the appointment.**
- **Pick ups will be Tues-Thus between 9-2:30 and Fri: 9-11:30, pending driver availability. Please schedule your appointments between these times. Transportation will not be available on Mondays.**
- Riders will be asked prescreening questions at the time the ride is scheduled (if within 14 days of the appointment), again 24-hours before, and on the day of the ride, prior to pick up time. **If we are unable to reach you by phone on the day of the ride, we will be unable to transport you.**
- A rider who is not feeling well or who has a household member not feeling well, has been in contact with someone who has tested positive, is running a temperature or responds positively to questions that may indicate a possible exposure to COVID-19 or has tested positive for COVID-19 will not be allowed to ride the van.
- Riders will be directed to a seat socially-distanced from the driver and must remain seated at all times until the driver gives permission to exit the van.
- Riders and drivers **MUST** wear face coverings at all times. **Masks must cover nose and mouth. In addition, passengers will be required to wear a shield provided by CEA.**

ADDITIONAL TRANSPORTATION RESOURCES

MassHealth—1-800-841-2900

Medical transportation for individuals approved for Medicaid (MassHealth)

The Ride (MBTA)—call 617-337-2727, or email trec@paratransit.org to schedule an eligibility phone interview.

FRIENDS of COHASSET ELDERS

Tax deductible donations to the Friends of Cohasset Elder Affairs help to fund educational, social and exercise programs as well as outreach activities and supplies for Cohasset Elder Affairs.

Name: _____

Address _____

City/Town/Zip _____

Telephone: _____ Email: _____

\$25 \$50 \$75 \$100 \$125 \$150 Other ____

Donation in memory/honor of: (circle one)

Name(s)

Please make checks payable to:
The Friends of Cohasset Elder Affairs
91 Sohier Street
Cohasset, MA 02025

If you are a Cohasset resident, check if you would like to receive a mailed copy of VISTA: ____

Outside Cohasset, or if you would prefer to read your newsletter online, it can be found at:

<https://www.cohassetma.org/170/VISTA-Newsletter> or

Email DPicot@CohassetMA.org if you want a copy emailed monthly.

THANK YOU FROM THE FRIENDS

Tim & Mary Burnieika
Engracia Adams
Jane Ellis
Joan B. Graham

Ellen Malloy in memory of William F. Malloy



MONDAY	TUESDAY	WEDNESDAY
<p>(1) 9:30 – Food Pantry Deliveries 11:00-12:00—Seniors Got Strength (ZOOM) 12:30-1:30 – Knitters & Handcrafters Meeting (ZOOM Conference Call) 3:00-4:30 – “Grieve Not Alone” – Grief Support Group via Scituate COA – ZOOM)</p>	<p>(2) 9:30-10:30 – Gentle Yoga (ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 p.m. – Elements of Cohasset History: Early Cohasset Storms to 1870 (6-week course via YouTube 5:00 p.m. – 6:15 p.m. - Virtual Intergenerational Game Night “Trivial Pursuit”</p>	<p>(3) 9:30-11:00—Grab and Go Breakfast and 10:30-11:30 – Gentle Chair Yoga (ZOOM) 10:30-12:00 Introduction to Islam (6-we</p>
<p>(8) 9:30 – Food Pantry Deliveries 11:00-12:00—Seniors Got Strength (ZOOM) 12:30-1:30 – Knitters & Handcrafters Meeting (ZOOM Conference Call) 3:00-4:30 – “Grieve Not Alone” – Grief Support Group via Scituate COA – ZOOM online)</p>	<p>(9) 9:30-10:30 – Gentle Yoga (ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 p.m. – Elements of Cohasset History: Early Cohasset Storms to 1870 (6-week course via YouTube)</p>	<p>(10) 9:30-11:00—Grab and Go Breakfast and 10:30-11:30 – Gentle Chair Yoga (ZOOM) 10:30-12:00 Introduction to Islam (6-we</p>
<p>(15)</p>  <p>CEA OFFICES CLOSED (no programs or activities today)</p>	<p>(16) 9:30-10:30 – Gentle Yoga (ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 p.m. – Elements of Cohasset History: Early Cohasset Storms to 1870 (6-week course via YouTube)</p>	<p>(17) 9:30-11:00—Grab and Go Breakfast and 10:30-11:30 – Gentle Chair Yoga (ZOOM) 12:00-1:00 – CAREGIVER SUPPORT O SCITUATE (ZOOM)</p>
<p>(22) 9:30 – Food Pantry Deliveries 11:00-12:00—Seniors Got Strength (ZOOM) 12:30-1:30 – Knitters & Handcrafters Meeting (via ZOOM Conference Call) 3:00-4:30 – “Grieve Not Alone” – Grief Support Group via Scituate COA – ZOOM)</p>	<p>(23) 9:30-10:30 – Gentle Yoga (ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries</p>	<p>(24) 9:30-11:00—Grab and Go Breakfast and 10:30-11:30 – Gentle Chair Yoga (ZOOM)</p>
		<p>SAVE THE DATE- ST. PATRICK'S DAY CELE Drive up and pick-up a corned beef and Details in March news Thursday March 17th @ 1 Willcutt Commons – 91 Sol</p>

LET US PLACE YOUR AD HERE.

	THURSDAY	FRIDAY
Lunch Deliveries (M) (Week course—ZOOM)	(4) 9:00-11:00 – Men’s Group (ZOOM) 9:00-10:00 – Gentle Yoga Fusion & Meditation (ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 10:45-11:45—Seniors Got Strength (ZOOM)	(5) Friday’s meal is provided by Cohasset Senior Concierge powered by the LAUNCH program. 9:30 a.m. – Pilates (ZOOM)
Lunch Deliveries (M) (Week course—ZOOM)	(11) 9:00-11:00 – Men’s Group (ZOOM) 9:00-10:00 – Gentle Yoga Fusion/Meditation(ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 10:45-11:45—Seniors Got Strength (ZOOM) 1:00 – Learn to play the Ukulele (ZOOM) 2:00-3:00 – Valentine’s Day Sing-a-long (ZOOM)	(12) Saint Stephen’s Episcopal Church Friday Soup Deliveries 9:30 a.m. – Pilates (online ZOOM platform)
Lunch Deliveries (M) (GROUP—)	(18) 9:00-11:00 – Men’s Group (ZOOM) 9:00-10:00 – Gentle Yoga Fusion & Meditation (ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 10:45-11:45—Seniors Got Strength (ZOOM) 1:00 – Learn to play the Ukulele (ZOOM) 1:30 p.m. – 2:15 p.m. ZOOM with Blooms – “Hearts and Flowers”	(19) Friday’s meal is provided by Cohasset Senior Concierge powered by the LAUNCH program. 9:30 a.m. – Pilates (ZOOM)
Lunch Deliveries (M)	(25) 9:00-11:00 – Men’s Group (ZOOM) 9:00-10:00 – Gentle Yoga Fusion & Meditation (ZOOM) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 10:45-11:45—Seniors Got Strength (ZOOM) 1:00 – Learn to play the Ukulele (ZOOM)	(26) Saint Stephen’s Episcopal Church Friday Soup Deliveries 9:30 a.m. – Pilates (ZOOM)
~ CELEBRATION d cabbage luncheon! letter 2:00 p.m. nier Street	Cold Weather is Here! *Fuel Assistance is Available!!! <i>See Diane Picot in the CEA Offices for an appointment.</i>	COHASSET ELDER AFFAIRS Office Hours are: Mondays – 8:00 a.m. to 4:00 p.m. Tuesdays – 8:00 a.m. to 6:30 p.m. Wednesdays – 8:00 a.m. to 4:00 p.m. Thursdays – 8:00 a.m. to 4:00 p.m. Fridays – 8:00 a.m. to 12:30 p.m.



OUTREACH
(CONTINUED FROM PAGE 3)

HELP US SPREAD THE WORD!

We would like to hear for you! We often get calls from people complimenting our service and program offerings. To increase participation and spread the word about all the wonderful things we are doing, we'd like to share your comments. Please email us. We will put your comments and name in our upcoming Cohasset Vista Newsletter.

DO YOU HAVE A TALENT OR INTEREST YOU WOULD LIKE TO SHARE?

We are looking for volunteers who would be interested in leading or teaching programs or classes. Currently all activities are virtual, but we hope to be back to in-person participation soon. If you have a skill or talent or knowledge you would like pass on to others, please contact Diane Picot at 781-383-9112 or Dpicot@cohassetma.org.

IPADS and TELEHEALTH

At Cohasset Elder Affairs, we know how challenging these times are. If you are having difficulty getting to your appointments or accessing Telehealth options, please let us know and we can help! We now have the ability to assist you by offering the use of our traveling iPad so you can access your appointments from home. For assistance, please contact Stephanie Saunders at 781-383-9112.

Puzzle Solution from page 10

S	K	Y	E		O	W	E		T	A	C	T
A	E	O	N		R	A	N		A	P	A	R
B	L	U	E		S	T	A	R		N	E	M
A	P	R	5		P	O	C	A	N		R	E
					P	A	N		G	I	S	T
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M	E	R	E		S	A	D		O	R	A	L
C	L	A	V	A	T	E		A	R	E	N	A
		S	E	A	R		C	H	M			
T	B	S		L	A	I	U	S	H	T	A	I
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K	A	D	I		M	A	A		P	E	T	R

TRANSPORTATION PROGRAM
SEE PAGE 5

Transportation for Cohasset residents 60+ or disabled. 24-hour notice required. Call 781-383-9112, M-TH., 8-3; Fri., 8-12. \$5.00 suggested donation for out of town rides with the exception of Wednesday scheduled trips \$3.00). *No one will be denied a ride due to an inability to pay.* **Please note: Requests made over the weekend for Monday rides cannot be honored.**

Shaws: Tuesdays at 1:00 pm
Stop & Shop: Fridays at 9:30 am
Trader Joe's/ Marshalls/
Fruit Center: 2nd Fri. at 9:00 am
Around Town

SHOPPING TRANSPORTATION ON HOLD UNTIL FURTHER NOTICE.

Monday, 1:00 pm, Route 3A retail shops and businesses.
Thursday, 9:30 am, Cohasset Village, including the post office, library, banks and other shops.

Wednesday Trips: (Suggested donation \$5.00)
3rd Wed: Marshfield Center/Ocean State, Marshalls 9:00 am
5th Wed: (if applicable) Target Hanover 9:00 am
Quarterly Trips: (March, June, Sept. and Dec.)
Derby Street Shops: 3rd Friday at 9:00 am
Dollar Store/Michael's: 4th Friday at 9:00 am
MBTA: Thursdays, pick-ups for 9:04 am Greenbush Train. Return pick-up at 3:08 pm. By appointment.
Exercise Classes: 24 hour notice required. Yoga, Seniors Got Strength, Stretch and Balance Conditioning.

MEDICAL TRANSPORTATION

CEA MEDI- scheduled
CAL VAN For appts. M-TH 8:30-2:00. Fri. 8:30-11:00 am. First-come, first-served within a 15-mile radius of Cohasset. Call 781-383-9112 with transportation requests. No weekend calls for Monday medical transportation will be honored. We request as much advance notice as possible with a minimum 24-hour notice required. Out of town trips, \$5 charge.

LIMITED BASIS MEDICAL RIDES ONLY. SEE PAGE 5 FOR DETAILS.

FISH: FRIENDS IN SERVICE TO HUMANITY
 Call our office at 781-383-9112 for rides to appointments outside of Cohasset, provided by volunteers in personal vehicles. (Non-wheelchair accessible). First come, first served. As much notice as you can give us is appreciated, with a minimum 24-hour notice required.

MEDICAL ACCESS PROGRAM (MAP): Out-of-town appointments for adults 60+. Wheelchair accessible. Free service made possible through Title III-B funding under the Older Americans Act from SS Elder Services. Donations encouraged to offset the costs. Mon-Fri. Call 781-383-9112.

**WILLIAM
RAVEIS**

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REALTOR®

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Cohasset, MA 02025
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COMPASS

WO Let's get moving
WENDY OLEKSIAK GROUP MOVING TIMELINE

Honesty, hard work and professionalism paved the road to the Wendy Oleksiak Group becoming top selling agents.

Wendy is active in the south shore senior community, a columnist in The South Shore Senior News, and most recently a featured speaker at the third annual St. Elizabeth Hospital's Parkinson's Symposium.

It would be my pleasure to send you my free moving guide, complete with timelines and lists to help organize your move.

Please reach out by phone 781.267.0400
or email, wendy.oleksiak@compass.com

© Wendy Oleksiak Group is a team of real estate agents affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws.

compass.com

HAVE SOME (SIDEWAYS) FUN!

CROSSWORD PUZZLE

ACROSS
 1 Scot. island
 5 Have debts
 8 Diplomacy
 12 Time period
 13 Bled
 14 Three-banded armadillo
 15 Vega (2 words)
 17 Earthworm
 18 Month abbr.
 19 Pokeweed
 21 King (Sp.)
 22 Move a camera
 23 Nub
 25 Yellow
 28 Possidon
 31 Bare
 32 Lugubrious
 33 Of the mouth
 34 Shaped like a club
 36 Realm
 37 Wither
 38 Chairman
 39 Tablespoon (abbr.)

DOWN
 1 P.I. food
 3 Iodine source
 4 Pronoun
 5 Eng. dramatist
 6 Women's Army Aux. Corps (abbr.)
 7 Irrate
 8 Buff
 9 Gap
 10 Window lead
 11 Salver
 16 Rod
 20 Drink of liquor
 22 Ink
 24 Fume
 25 Television channel
 26 Honey
 27 Armband
 28 No. (Scott.)
 29 Bobbey twins
 30 Guido's note (2 words)
 32 Layer
 35 Mulberry of India
 36 Alaska Hawaii Std. Time (abbr.)
 38 Papal court
 39 Tree
 40 Mineral tar
 42 Sayings (suf.)
 43 Linden
 44 Family relative
 45 Elbe tributary
 47 Thou (Fr.)
 49 Amer. College of Physicians (abbr.)

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PUZZLE SOLUTION, PAGE 8

SEND US YOUR BEST SHOT!

We miss you! Send us a picture of what you have been up to. Give us your best shot and your picture may be showcased in next month's newsletter. Send your picture and a short explanation of the shot to:

Rgibbons@CohassetMA.org

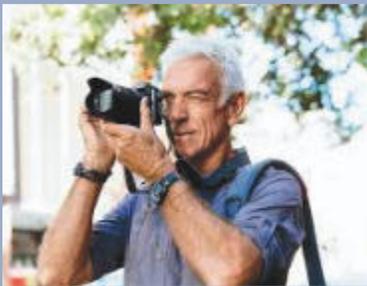


Photo courtesy of lifegen.net

RESOURCES FOR INCOME TAX PREPARATION FOR 2021

- The IRS has two taxpayer assistance offices that may be able to help with preparing a federal tax return. The Brockton IRS Office is located at 120 Liberty Street. Please call 508-586-4671 to see if services are available. The Boston IRS Office is located in the JFK Federal Building, 15 New Sudbury Street. Please call 617-316-2850 for more information.
- You may also consider filing your federal taxes online for free (based on income). You can find more details on the IRS website – www.irs.gov/filing/free-file-do-your-federal-taxes-for-free#what
- Massachusetts taxpayers have many e-file options available to choose from – including free filing options (restrictions apply). For more information please go to www.mass.gov/service-details/e-file-your-personal-income-taxes-for-free. This information is from the Massachusetts Dept. of Revenue and was updated as of 12/30/2020. Please continue to check this website for more updated information.
- South Shore Community Action Council (SSCAC). SSCAC has provided free electronic tax return preparation and filing for low income families in the past. At the time this newsletter was printed, details on how tax preparation will be handled for 2021 weren't available. Please contact them at 508-747-7575 for more information on assistance with filing your tax returns.

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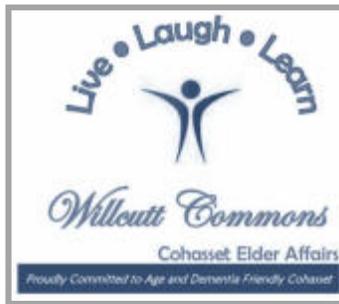


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Recipe from Anna's Kitchen

Roasted Sweet Potato Soup

- | | |
|---|--------------------------------|
| 1 1/2 lbs. sweet potato peeled and cubed | 1 tsp fresh ginger, grated |
| 1 Tbsp. olive oil | 2 cups vegetable broth |
| 1 Tbsp. brown sugar | 1 cup orange juice |
| 1 Tbsp. butter | 2 cups water |
| 2 medium leeks, cleaned and thinly sliced | Sea salt and pepper to taste |
| 1/4 cup fresh fennel, chopped | Chives or cilantro for garnish |
| 2 stalks celery, chopped | |

Toss potato cubes with olive oil, place on a baking sheet and roast in oven for 30 minutes.

When potatoes are almost done, melt butter in a sauce pan and sauté leeks, celery, fennel, and grated ginger for two minutes.

Add the roasted potatoes along with the stock, water and juice to the contents of the pan. Simmer for 20 minutes.

Using a blender or immersion blender, puree soup.

Serve with optional garnish if desired.

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