



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.

APRIL IS VOLUNTEER APPRECIATION MONTH!

It's hard to believe this is the second April during which we're unable to celebrate our volunteers in person, but with more shots getting into arms, there's hope for normalcy. I so look forward to seeing our volunteers back at Willcutt Commons once the time comes. With any luck, maybe we'll be allowed to include hugs with our hearty welcomes!



Liza Salerno
Services Coordinator

While we've had to learn to do business differently over this last difficult year, our volunteers saw us through the test. Through their support, Meals on Wheels continued to be delivered to homebound elders. Grab & Go meals were distributed to seniors, allowing for fewer trips to the grocery store. Critically ill seniors made it to treatment. Gifted cooks came to the Willcutt Commons kitchen and practiced social distancing while preparing "pick up" meals for Harvest Fest, Thanksgiving, St. Patrick's Day and a few special meals, "just because." This year, we're grateful to have partnered with folks from St. Stephen's Church, who prepared and delivered delicious soups to seniors every other Friday. A huge shout goes out to volunteers from Cohasset Emergency Management who helped staff vaccine clinics which ran so seamlessly, and members of the National Honor Society at CHS who used their free time to call and remind folks of vaccine appointments. Talented gardeners from the Community Garden Club of Cohasset led remote floral workshops. Other volunteers held intergenerational game nights by Zoom. I'd be remiss if I didn't offer an enduring thank you to Launch, our community partner, who provided grocery shopping support, meal prep, MOW delivery and pretty much anything else we asked.

If you happen to be one of the many people who stepped forward seeking to help, only to find we were "full up" please know you are still appreciated. We can't wait to take you up on your offers!

As I write this, crocuses are emerging. By the time you receive it in the mail, maybe we'll see a daffodil or two. Slowly but surely, we are getting there. Please know, when we finally do reach the end of this challenge, Cohasset Elder Affairs and Willcutt Commons will be in great shape and ready to find use for willing hands. Meanwhile, please know how much we appreciate all our volunteers, not only for what they've done, but for the help I know they'll provide once the doors to Willcutt Commons open once again.

In gratitude,

Liza Salerno
Services Coordinator



2 - COHASSET VISTA APRIL 2021



Cohasset Elder Affairs Board of Directors

Tana Carlson, Chair
Diana Karcher, Vice Chair
Elinore Barrett, Secretary
Elaine Coyne, Treasurer
Jim Carpenter
Rich Hynes
Paul Kierce
Taffy Nothnagle
Sue Reagan

Associate Members

Sarah Livermore
Jim Murphy
Beth Tarpey

Liaisons to Board of Directors

Diane Kennedy
Helene Lieb
Kevin McCarthy
Ed Mulvey
Karen Oronte
Chief Robert Silvia
Sgt. Jeffrey Treanor

Cohasset Elder Affairs Staff

Nancy Lafauce,
Director

Diane Picot,
Assistant Director, Out-
reach and Program
Coordinator

Liza C. Salerno,
Services Coordinator

Richard Gibbons,
Administrative Assistant

Siobhan Lynch,
Services Assistant

Stephanie Saunders
Social Worker

Nettie Nuttle,
Program Assistant

Gerard Buckley,
Van Driver

Fred Huntwork,
Van Driver

Steve Glenzel
Van Driver

Greetings!

Happy Spring to all of you!

I know I am not alone when I say I am so glad to know the warmer weather is on its way back. It gives me a chance to get outdoors and breathe deeply in the sunshine. Along with many months of COVID and socially-distanced lock-down, the colder weather stifles my desire to enjoy the outdoors.

As I write this letter, the decision by the Governor of Massachusetts has been to limit the vaccines that were previously being sent to many community health departments. Here in Cohasset, our Public Health Department is maintaining a list of people who preregistered for a shot in town, in case this directive changes. As of this moment, mass vaccination sites, chain pharmacies and some larger medical practices are our only options. With the approval of the Johnson & Johnson vaccine, I am hopeful the current stress and frustration in obtaining a vaccine appointment will ease. *Please remember as you get your vaccination it is very important that you keep the vaccination card you receive as proof that you are fully immunized (per CDC guidelines fully immunized is 2 weeks after your last shot). This may be necessary in our post pandemic new world.* As a reminder, if you are struggling to obtain an appointment for a shot, the state call center will assist those who do not use a computer to access appointments. Dial 2-1-1 to be connected.

In the meantime, we are as busy as ever at Willcutt Commons, adding activities and events for upcoming months. We are excited for the warm weather so we can offer some of our programs in person, outdoors (appropriately socially distanced, of course). This will be the first time in a long time we have offered programs other than via Zoom, YouTube and Cohasset 143tv station. We are excited to see progress in this direction!

On another note, Cohasset is designated as a Dementia-Friendly Community. Recently a few staff members received training from the Massachusetts Councils on Aging and the Mass. Alzheimer Association in our ongoing efforts in regard to this designation. In the coming months we will be exploring other assistance we may offer to those afflicted with dementia, and their caregivers. To that end, in the near future we will be introducing a memory café to our programming. Memory cafés are comfortable, relaxed gatherings through which people experiencing memory loss and their caregivers may connect, socialize and build support networks. This cafe will meet virtually to start, and when COVID allows, in person here at Willcutt Commons. Memory cafés include fun interactive conversations, arts, crafts or musical activities. As we plan more dementia-friendly events in the future, we would love to hear from you if you or someone you know has dementia or if you are a caregiver looking for support.

Here at Willcutt Commons, we are working toward a new normal and it feels pretty good! In the meantime, until we can open our doors wide again, perhaps you will enjoy the following quote, which I find apropos to the last twelve months:

“Life isn’t about waiting for the storm to pass. It’s about learning how to dance in the rain.” (author and motivational speaker, Vivian Greene).

Live, laugh and learn at Willcutt Commons,

Nancy Lafauce, Director

Happy April Birthdays to our Volunteers!

Carol Meers—1st
Don Dickinson—10th
Lynne Buckley—21st

Geoffrey Nothnagle—26th
Averyll DePalmer—27th

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

Earth Day

Earth Day Network (EDN), the organizing body for Earth Day worldwide, declared the theme of Earth Day, April 22, 2021 as “**Restore Our Earth.**” Recycling plays a crucial role in nurturing our environment. There is always room for improvement when it comes to our recycling efforts. Here are some ways to help with this important process.



IN the Recycling Bin (all items must be empty and clean)

- Metal food and beverage cans
- Plastic bottles, jars, jugs and tubs
- Glass bottles and jars.
- Paper and cardboard- empty and flatten

NOT in the Recycling Bin

- No plastic bags or plastic wrap. These items can be returned to retail store collection bins.
- No food or liquid. Empty all containers.
- No clothing or linens. Use donation programs.
- No tangles, no wires, chains or electronics.
- Visit Recycle Smart for more tips at <https://recyclesmartma.org/smart-recycling-guide> for more information and for a search tool to lookup how to recycle anything!
- The Earth Day Town Cleanup will be held on Saturday 4/24 with registration at the front of Town Hall from 9:00 am to 2:30 pm. Volunteers must wear a mask and we recommend gloves. At registration, volunteers can select an area that they would like to clean up or be assigned an area, pick up a trash bag and an Earth Day tote bag. Trash will be returned to the dumpster at the rear of the Town Hall parking lot.

April is National Humor Month

Did you know that laughter is the best medicine? Humor is one of the most essential qualities to human life. Larry Wilde, an author and humorist, started National Humor Month in April 1976. He created this idea to bring public awareness to the therapeutic value of humor. Older adults generally have a great sense of humor combined with an abundance of life experiences that enable them to easily relate to irony and humor. After all, you have heard it all!

“I want my children to have all the things I couldn’t afford. Then I want to move in with them.”~Phyllis Diller
After this past year, we could all use a laugh. **Do you have a favorite joke or quote you would like to share in our newsletter?** Email dpicot@cohassetma.org.

Pen Pal Program

When is the last time you received a piece of good mail? Sending mail is a simple way to make someone’s day. Consider being a part of the Cohasset Correspondence Project.

Students are excited to participate and will earn community service hours through an exchange of letters with an older adult. Staying connected directly impacts mental health and improves well-being. Receiving a card, letter or drawing has a very positive impact on your day, even when it is from someone you do not know. It only takes a couple of minutes to brighten someone’s life with a thoughtful note as well as helping out some of our students. Please register by calling Cohasset Elder Affairs at 781-383-9112.

Stay Well and Happy Spring~
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 APRIL 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, 4/19.**

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.

ART MATTERS (TWO PROGRAMS) Animals in Art, Beasts of Fame and Fable and Animals in Art, Wild and Domestic, available for viewing April 5-April 30. Humans are the only animals that communicate with art, but we love animals, and we especially love art about animals. Journey around the world and through history to appreciate how connected we are with animals and how this connection improves the quality of our lives. RSVP by Friday, April 2, by calling 781-383-9112 or register via www.myactivecenter.com. Valid email required for this course. Two classes \$5.

DRIVE-BY & PICK UP MEAL from HEART TO HOME MEALS and CEA's EARTH DAY RECOGNITION, Tuesday, April 13, 11:30 am-12:30 pm. Receive a complimentary meal from Heart to Home Meals and say hello to the staff. Choice of one of the following frozen to-go meals served in a microwavable and recyclable container: **Chicken à la King**, Chicken, peas, mushrooms, and bell peppers in a creamy sauce, with mashed potatoes and carrots (*low-fat and low-calorie*) or **Crumb Topped Cod in Lemon Sauce**, Cod fillet, topped with a parsley crumb, in a lemon butter sauce. Served with rice, asparagus, and green beans. (*low-fat, low-calorie, low sodium and high-fiber*). RSVP by Friday April 9, at 781-383-9112 and tell us your food selection. FREE.

TECHNOLOGY FOR ADULT LEARNERS, Introduction to Zoom, Wednesday, April 14, 10:00-11:00 am. Instructor Katy Mayo. Zoom is here to stay and will supplement our in person programming offerings when CEA re-opens our doors to the public. If you haven't already, now is the time to learn to use Zoom for meetings, social gatherings, or to connect with family. Learn to accept a Zoom invitation, turn video and audio on and off, use the filter feature and more. *Please note: you need an email to register for this course and a tablet or laptop. RSVP by Monday April 12 by calling 781-383-9112 or register via www.myactivecenter.com FREE.

BCBS LIVE WEBINAR, FOODS FOR

THOUGHT: Superfoods to Boost Memory, Mood and Mental Functioning, Thursday, April 15, 10:00-10:30 am. Presenters: Luisa Luis and Tricia Silverman, R.D. All are welcome; you do not have to be a BCBS member to participate. Register now at bcbsma.info/April15. FREE.

UKULELE LESSONS VIA ZOOM, Thursdays, April 15, 22, 29 and May 6, 13, and 20, 1:00-2:00 pm. South Shore Conservatory Instructor, Nick Biagini's 4th class installment. Learn simple songs, scales, techniques, and easy music theory. Mail payment to Cohasset Elder Affairs, Willcutt Commons, 91 Sohier St, Cohasset, MA 02025 or register at www.myactivecenter.com. RSVP by Tuesday, April 13. \$65.

GARDEN WORKSHOP VIA ZOOM, "April Posie's," Thursday, April 15, 1:30-2:15 pm. Join the Community Garden Club of Cohasset to create a floral arrangement. We'll drop off supplies for Cohasset residents the morning of class. Out of towners: pick up at Willcutt Commons. Limited space. RSVP by Friday, April 9 at 781-383-9112 or register via www.myactivecenter.com *but checks must be made out to The Community Garden Club of Cohasset and mailed to 91 Sohier Street, Cohasset, MA 02025 \$3.*

DOWNSIZING FROM YOUR FAMILY HOME, VIA ZOOM. Wednesday, April 28, 1:00-2:00 p.m. Join us for a discussion with Gail Petersen Bell, President of Transitions and Senior Vice President at Compass, who has developed a program to address the issues and tasks involved in a downsizing move. Gail and her team will be joined by Real Estate Attorney Steve Kellem of Kellem and Kellem LLC, and The Clutter Coach, Molly McGowan. RSVP by Monday April 26 by calling 781-383-9112 or via www.myactivecenter.com FREE.

ELEMENTS OF COHASSET HISTORY- Colonial New England Life Seen through Diaries. Tuesdays, May 4-June 8. Bob Jackman will draw upon diaries, journals, and insightful letters about the lives of residents in colonial New England. These sources, written by men and women, will be selected for their expression of life experiences and convey humorous or skeptical perspectives, with an emphasis upon the common man's world. Participants will receive an email with a YouTube link the morning of each session, available for viewing for 48 hours. RSVP by Friday, April 30. Register and pay on-line via www.myactivecenter.com or by calling 781-383-9112. \$25.

Programs and activities continued on Page 8.

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 RESOURCES

MA Development Grant: For a limited time, Cohasset may contract with a local livery service to get you to an appointment. Subject to availability. Contact Cohasset Elder Affairs for more information.

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

Joseph Walsh
 Therese & Thomas Lincoln
 Annellen Walsh,
 Thanks for good job with vaccines!
 Martha Gjestebj
in memory of Arne Kjell Gjestebj
 Anna & Michael Abbruzzese
in memory of Trudy Salerno

MONDAY	TUESDAY	WEDNESDAY
	<p>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.</p>	 <p>Animals & ... These on-line presentations will be available through Friday April 30th. Please email rgibbons@cohasset.org</p>
<p>(5) 9:30 – Food Pantry Deliveries 2:00-3:30 – Poetry, Yes we Can! (online ZOOM platform) 3:00-4:30 – “Grieve Not Alone” – Grief Support Group (through Scituate COA – ZOOM online)</p>	<p>(6) 9:30-10:30 – Gentle Yoga (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 – Elements of Cohasset History: Early Cohasset Shipwrecks (6-week course – YouTube) 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(7) 9:30-11:00—Grab and Go Breakfast 10:30-11:30 – Gentle Chair Yoga (online ZOOM platform)</p>
<p>(12) 9:30 – Food Pantry Deliveries 2:00-3:30 – Poetry, Yes we Can! (online ZOOM platform) 3:00-4:30 – “Grieve Not Alone” – Grief Support Group (through Scituate COA – ZOOM online)</p>	<p>(13) 9:30-10:30 – Gentle Yoga (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 11:30 – Drive-by and pick-up “Heart-to-Home” Meals and CEA’s recognition of Earth Day 1:00 – Elements of Cohasset History: Early Cohasset Shipwrecks (6-week course – YouTube) 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(14) 9:30-11:00—Grab and Go Breakfast 10:00-11:00 – “Introduction to ZOOM” 10:30-11:30 – Gentle Chair Yoga (online ZOOM platform)</p>
<p>(19)</p>  <p>Patriots Day Holiday CEA Office Closed—NO PROGRAMMING</p>	<p>(20) 9:30-10:30 – Gentle Yoga (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 – Elements of Cohasset History: Early Cohasset Shipwrecks (6-week course – YouTube) 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(21) 9:30-11:00—Grab and Go Breakfast 10:30-11:30 – Gentle Chair Yoga (online ZOOM platform) 12:00-1:00 – CAREGIVER SUPPORT GROUP (online ZOOM platform)</p>
<p>(26) 9:30 – Food Pantry Deliveries 2:00-3:30 – Poetry, Yes we Can! (online ZOOM platform) 3:00-4:30 – “Grieve Not Alone” – Grief Support Group (through Scituate COA – ZOOM online)</p>	<p>(27) 9:30-10:30 – Gentle Yoga (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(28) 9:30-11:00—Grab and Go Breakfast 10:30-11:30 – Gentle Chair Yoga (online ZOOM platform) 1:00 – Downsizing from your Home (online ZOOM platform)</p>

LET US PLACE YOUR AD HERE.

WEDNESDAY	THURSDAY	FRIDAY
 <p>Art Part 1 & 2 available starting Tuesday April 5th please call 781-383-9112 or email etma.org to register.</p>	<p>(1) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(2) Friday’s meal is provided by Cohasset Senior Concierge powered by the LAUNCH program. 9:30 a.m. – Pilates (online ZOOM platform)</p>
<p>st and Lunch Deliveries (online ZOOM platform)</p>	<p>(8) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(9) Saint Stephen’s Episcopal Church Friday Soup Deliveries 9:30 a.m. – Pilates (online ZOOM platform)</p>
<p>st and Lunch Deliveries OM” (online ZOOM platform)</p>	<p>(15) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 – Learn to play the Ukulele (online ZOOM platform) 1:30 p.m. – 2:15 p.m. Community Garden Club of Cohasset: ZOOM with Blooms – “April Posies” 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(16) Friday’s meal is provided by Cohasset Senior Concierge powered by the LAUNCH program. 9:30 a.m. – Pilates (online ZOOM platform)</p>
<p>st and Lunch Deliveries (online ZOOM platform) RT GROUP— SCITUATE n) – 3rd Wednesday of the month</p>	<p>(22) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 – Learn to play the Ukulele (online ZOOM platform) 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(23) Saint Stephen’s Episcopal Church Friday Soup Deliveries 9:30 a.m. – Pilates (online ZOOM platform)</p>
<p>st and Lunch Deliveries (online ZOOM platform) ne (online ZOOM platform)</p>	<p>(29) 9:00-11:00 – Men’s Group (online ZOOM platform) 9:00-10:00 – Gentle Yoga Fusion & Meditation (online ZOOM platform) 9:30-11:00—Grab and Go Breakfast and Lunch Deliveries 1:00 – Learn to play the Ukulele (online ZOOM platform) 3:30-4:30 - TAI JI QUAN: Moving for Better Balance (online ZOOM platform)</p>	<p>(30) Friday’s meal is provided by Cohasset Senior Concierge powered by the LAUNCH program. 9:30 a.m. – Pilates (online ZOOM platform)</p>

SUPPORT OUR ADVERTISERS!



COMING IN MAY

TECHNOLOGY FOR ADULT LEARNERS: Safe internet searches. Don't be fooled! How to recognize and avoid clicking on a fraudulent links or websites.

LIVING YOUR BEST LIFE: a 10-week program with one 1-hour class per week. This course contains ten proven strategies or "tools" that can help adults feel stronger and more hopeful. The course will have several guest speakers and relevant materials relating to resiliency building. The course will be held either by Zoom or in-person depending on weather and COVID-19 restrictions. Further information regarding schedule will appear in the May newsletter.

LOCAL SUPPORT GROUPS:

PARKINSON'S SUPPORT GROUP, via Zoom every Tuesday from 5:30-6:30 pm. Please contact Leslie Vicker, Group Facilitator and Certified Rehabilitation Nurse, at 617-750-2275 for more information. FREE

ALZHEIMER'S CARE GIVER SUPPORT Call the Alzheimer's Association 24/7 Helpline (800-272-3900) anytime to receive reliable information, advice and support. Trained and knowledgeable staff are ready to listen and can help you with referrals to education, crisis control and emotional support. Care consultations are provided by the master's level clinicians.

GRIEF SUPPORT: Monday 3-4:30 pm, **CAREGIVER SUPPORT:** 3rd Wed., Scituate COA, 781-383-8873.

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

Join us via Zoom to discuss local issues around town, national events and interests. RSVP to 781-383-9112 to receive the Zoom link or the call-in telephone number.

IPADS and TELEHEALTH

If you are having difficulty getting to medical 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

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 MEDICAL 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**

| RAVEIS.COM |

BETH TARPEY
REALTOR®

48 S Main Street
Cohasset, MA 02025

Mobile: 781.635.7900
Beth.Tarpey@raveis.com

Let me be your trusted real estate advisor.

www.BethTarpey.raveis.com



WILLIAM RAVEIS
Real Estate • Blue Chip • The Best Way



LILLY SESTITO, REALTOR®

48 South Main Street
Cohasset, MA 02025

O: 781.383.0759 | C: 781.956.0070

lilly.sestito@raveis.com
www.raveis.com

raveis.com

"The Best Website in Real Estate"



Insuring Your Lifestyle Since 1948

Home • Auto
Boat • Business
(781) 383-0783

lehrbarnes@lbinsure.com
www.lbinsure.com

Care
**You Can
Count On**



**Compassionate skilled nursing &
short-term rehab serving the South Shore.**



Know us before you need us!

781.545.1370

309 Driftway

Scituate, MA 02066

LifeCareCenteroftheSouthShore.com

116324



**Elena Schepis
Tzeng, AuD.**
Doctor of Audiology



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

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

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

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



SafeStreets

1-855-225-4251



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!

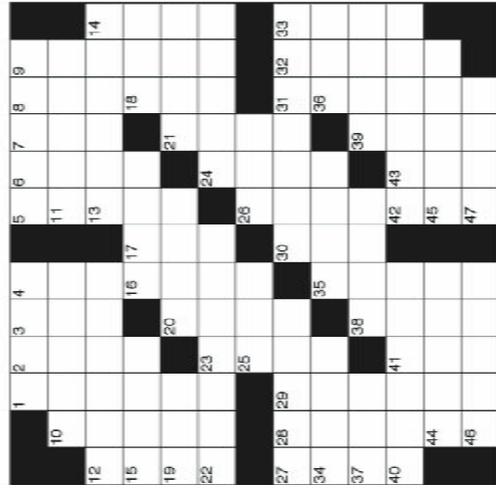
CROSSWORD PUZZLE

ACROSS

1 Post
5 Eyelashes
10 Rom. Furies
11 Astirigent
12 Farewell (2 words)
13 Unassuming
15 E. Indian
16 Scheme
18 Modernist
19 Civil War
20 With joy
21 Bluish-white metal
22 Ant
24 Hundred (pref.)
25 Rear
26 Council for Econ. Advisors (abbr.)
27 Soap plant
30 Wine vessel
34 Dear (Ital.)
35 Song (Ger.)
36 Federal

DOWN

1 Swed. sculptor
2 Venezuelan
3 copper center
4 John, Gaelic
5 Shin (2 words)
6 Sleek used in hurling
7 Went first
8 Peaceful
9 Off
10 Jap. news agency
12 Oceanic tunicate
14 S.A. toucan
17 Decline
20 Small flute
21 Ardor
23 Prayer beads
24 Principal
26 Axis deer
27 Top
28 Fist
29 Planetarium
30 Circuit (abbr.)
31 Once (2 words) games
32 Pole in Gaelic
33 Male noble
35 Rom. poet
38 CA Rivera,
39 Gooseberry
41 Nothing
43 Herb of grace



©2021 Satori Publishing A38

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 photo may be showcased in next month's newsletter. Send your picture and a short explanation of the shot to: Rgibbons@CohassetMA.org.



Call this one, "Right Place, Right Time." On a ride home from Hull one Friday afternoon in February, I decided to take the shore route and saw the moon rising over the water. I rushed to Sandy Beach to take this shot. Photo by Liza Salerno,

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 at Willcutt Commons, we'd like to share your comments. Please email Dpicot@cohassetma.org. We will put your comments and name in our upcoming Cohasset Vista Newsletter.

DO YOU HAVE A TALENT OR INTEREST TO SHARE?

We are seeking volunteers to lead or teach programs or classes. Currently all activities are virtual, but we hope to be back to in-person 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.

COHASSET CARES CORNER

By Siobhan Lynch

Even though the days are staying light longer, it's still important to have sufficient lighting, especially at night. Nightlights are a great and economical way brighten up dark areas of your home. Its also smart to keep a flashlight next to your bed.





COASTAL

Speech and Language Therapy

Speech | Voice | Swallowing
Language Comprehension
In Home | In Office | Via Zoom

781-205-9796 www.coastalslt.com
WE ACCEPT MEDICARE
350 LINCOLN STREET, HINGHAM

Robert K. Thompson, Jr.,
DMD, Family Dentistry

4 Stagecoach Way
Cohasset

781-383-1450
www.cohassetdmd.com

Allerton House

at Harbor Park in Hingham
Traditional Assisted Living & Assisted Living Memory Care
15 Conditto Road • Hingham, MA • Email: ctaylor@welchhrg.com



CALL 781-749-3322 FOR A
COMPLIMENTARY LUNCHEON & TOUR!



**Your Trusted
Real Estate
Resource**



**COLDWELL BANKER
REALTY**



**Results That
Move You!**

Lansing Palmer
Realtor®/Sales Associate
Cohasset & South Shore
617-312-8266(C)
781-383-9202(O)
781-383-0772(F)
www.lansingpalmer.com
info@lansingpalmer.com

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers

**NEVER MISS
A NEWSLETTER !**

Sign up to have our newsletter
emailed to you at

www.ourseniorcenter.com

Keeping your loved one safe, happy & living independently

Home Helpers®
Making Life Easier®



- **Cared-4 Program** - Scheduled Wellness Calls, Meals and Nutrition Planning, 24-Hour Monitoring, Day-to-Day Assistance & Companionship
- **Escort** - To appointments, including medical, dental and shopping
- **Help with ALL ADL and IADL Services**
- **Direct Link** - Fall Detection, 911 calls, GPS, Medication Management, Vital Monitoring

Call **508-843-9461** for your free in-home consultation

www.homehelpershomecare.com/south-shore-ma for ALL services

HINGHAM, MA



McNamara-Sparrell

FUNERAL HOME

DIRECTOR/OWNER

BRENDAN M. McNAMARA

COHASSET & NORWELL

781-383-0200 • 781-659-2200

WWW.McNAMARA-SPARRELL.COM

FAMILY OWNED AND OPERATED



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpieniors.com

Cohasset Elder Affairs, Cohasset, MA

06-5276

Willcutt Commons
91 Sohier Street
Cohasset MA 02025
781-383-9112



NONPROFIT
US POSTAGE
PAID
PERMIT #6
ABINGTON, MA

Recipe from Anna's Kitchen Lentil Soup with Fried Shallots

1 stalk celery, finely chopped
1 carrot, finely chopped
2 Tbsp olive oil
1 sweet onion
1 tsp cumin
1 tsp coriander
Pinch of red pepper flakes (optional)
1 cup lentils (red or green)

1 tomato chopped
4 cups veggie broth (or beef)
Salt and pepper
Juice of one-half lemon
Shallots:
3 T olive oil.
1-2 shallots, peeled and sliced very thin
salt

Warm olive oil in heavy pot, add onion and sauté until opaque. Add cumin, coriander, pepper flakes and stir for about 20 seconds.

Add lentils, carrot, celery, tomato, and broth, bring to simmer. Cover and simmer for 25 minutes.

Puree soup in processor, blender or use an immersion blender. Add lemon juice. Return soup to pot and keep warm. Add salt and pepper to taste.

Heat oil in shallow pan. Fry shallots until crispy. Remove from pan and drain on a paper towel. Toss with salt. Ladle soup into bowls and serve with shallots on top.

If you receive this newsletter by mail, PLEASE inform us in advance of a change of address. If you would prefer to read your newsletter online, call us at 781-383-9112 so we can remove your name from our mailing list. A link to our most recent edition is available at: [http://www.cohassetma.org/Government/Departments/Elder Affairs](http://www.cohassetma.org/Government/Departments/Elder%20Affairs). To receive this newsletter by email, please contact our office at 781-383-9112 (if you are a Cohasset resident, you may still receive the newsletter in the mail if you choose).