



HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

January-February | 2024



Cover Artwork "Hull Village in Snow" by Bart Blumberg

Bart Blumberg has been the president of the Hull Artist Association since 2017. His many beautiful photos can be seen in local galleries and exhibitions along the South Shore.

GET IN TOUCH

781-925-1239 (p)

781-925-8114 (f)

town.hull.ma.us/council-aging

facebook.com/HullCOA

Hours of Operation

Mon - Thu | 9:00am-4:00pm

Fri | Closed. Holidays | Closed

OUR MISSION

The purpose of the Hull Council on Aging is to identify needs and implement programs that will enhance the quality of life and assist valued independence for Hull residents over 60 years of age. We also assist in educating our leaders and community to the needs of all our senior residents. Family members are invaluable in keeping many seniors home. We provide referrals, advice, and comfort to all our families. Feel free to call or visit.

WINTER EMERGENCY

PREPAREDNESS

Tuesday, January 9th, 1:00pm

Do you have a plan for an emergency? Do you know what supplies you need during storm events? Stay informed! Fire Chief Russo and Police Chief Dunn will visit the Hull Senior Center to discuss how you can prepare your home and belongings in the event of a weather emergency, including:

- Basic supplies & safe heating ideas
- Warming Centers
- When to shelter in place vs. evacuate
- How to sign up for notifications

RESOURCES, SERVICES AND MORE

Page 02

Office Hours with State Senator Patrick O'Connor

1/25 & 2/22 @ 10:30am

Office Hours with State Representative Joan Meschino

1/29 @ 10:00am

Blood Pressure Clinic

1st & 3rd Tuesdays: 1/2, 1/16, 2/6 & 2/20 at 10:30am-11:30am—Rachel Gerold, Hull Board of Health

Town Nurse Time at Senior Center

3rd Tuesdays: 1/16 & 2/20, 11:30am-12:00pm—Hull Town Nurse, Rachel Gerold

Meals on Wheels

South Shore Elder Services, Call to sign up at 781-848-3910 x415

Stretch Your Food Budget

Free & Nutritious Meal Kits to Hull www.SYFB.space

Food Pantry Aunt Dot's Kitchen

Wellspring Multi Service Center
781-925-3211 x112
Make an appointment to shop regularly. Aunt Dot's Kitchen receives donations multiple times a week that are featured in the food pantry. Most visits you will find prepared meals crafted by the talented team.

SHINE—Serving the Health Information Needs of Everyone

Thurs appt. times, 9am-1pm
1/4, 1/18, 2/1 & 2/15
Call to book an appointment at the Senior Center with Volunteer Counselor, Elaine Schembari.

Life Insurance & Long Term Care Consultation

Call to schedule. 1/2 hour appts available with Elaine Buonvicino of Turning 65 Consulting.

Financial Aid Advisor

Call to schedule. 1/2 hour private appts available with Jason Luck of Commonwealth Financial.

Veteran's Office Hour

1/16 & 2/20, 9:30am
Paul Sordillo, Veterans Agent, Hull

Podiatrist Clinic

Monday, 1/29 at 10:15am-1pm
Call Dr. James Dwyer's office at 781-335-8811 to schedule appt.

Holidays Observed— Center Closed
Jan 1st—New Year's Day
Jan 15th—MLK Day
Feb 19th—President's Day

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A NOTE FROM THE DIRECTOR...

Have you ever wondered how some people get up each day and forge ahead? How do they find inner strength? Then, you might wonder how you can be more like that: strong, independent, resilient. But I learned recently, reading an article written by David Newheiser, about *hope*...chances are that person doesn't do it alone. They have others to help them because at our core, humans are *interdependent*. According to the article, "although hope is a capacity that each of us has, no one hopes alone." Anyone who imagines themselves as being self-sufficient, AND has experienced an illness, injury, surgery, chronic pain or mental health issues, and received care from others learns that "even our very resilience is sustained by the support of others". According to Newheiser, while recovering from an accident he suffered, "in those moments when hope ran dry, others renewed me. It is not simply that relationships enrich my life: interdependence is essential to who I am."

We rely on first responders, nurses, doctors, medical specialists, health & human service professionals, care providers, family, friends and community who provide care. Hull is a community who cares and a community of hope, and we hope that the Senior Center community can be a resource that supports you and renews you. As we begin the New Year, we hope you will find some opportunities for renewal and solidarity in 2024. The staff is working hard to share interesting programs, new adventures and important services. We hope you check out what we offer for yourself, and share something with a loved one you care about.

Just like you, we cannot do it alone. There are countless individuals, businesses and organizations that support us in surprising ways, and help us to give more, grow and thrive. This past Fall Semester, we had a special opportunity to collaborate with the students and faculty at Boston University through the *MetroBridge Program*. Graduate students conducted interviews and research to learn about Digital Literacy for Older Adults. We are looking forward to sharing their findings.

We are also excited to let you know that the Hull Council on Aging-Anne Scully Senior Center has very recently been awarded multiple grants in the various project areas...Nutrition Innovation-Expansion from MCOA/EOEA, Hybrid Programming from EOEA, Mobility Management from MassDOT's Community Transit Program, Memory Café from SSES, and Cultural Projects from Mass Cultural Council. Watch for more detailed information to be shared in the coming weeks on Facebook, Town website and the Hull Times.

Happy New Year!

Lisa

Our Staff

Main Number 781-925-1239

Director

Lisa Thornton | ext. 201
lthornton@town.hull.ma.us

Administrative Assistant

Jo Ann Rose | ext. 206
jrose@town.hull.ma.us

Activities & Volunteer Coordinator

Maura Quinn | ext. 205
mqquinn@town.hull.ma.us

Van Drivers

Mickey Corcoran, Alice Kaplan

Medical Ride Requests

ext. 209

Non-Medical Ride Requests

ext. 206

Rides to the Senior Center, around town, food shopping.

South Shore Elder Services Nutrition

Bruce Brennan | ext. 202



COA BOARD

Jim Richman, Chair

Marlene Earl, Vice Chair

Hannah Taverna, Secretary

Greg Grey, Select Board Liaison

Members: Peter Dewey, David Irwin, Mimi Leary, Irma Lefever, Maureen O'Brien



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SCAN QR CODE FOR ALL CONTACT INFORMATION

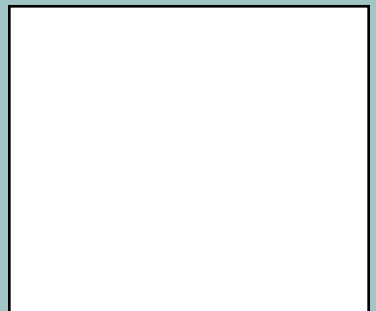


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CAN YOU VOLUNTEER?

Senior Friends—Our Mission

The goal of **Senior Friends** is to bring interest and joy to the lives of Hull seniors, embracing them as extended family and reinforcing the message that our community is *‘here for them’*.

If you're interested in joining this group or you would like to volunteer to support the programs we offer, please contact the Senior Center.

The more we do, the more we need you! Volunteer commitment can be as much or as little as you can share of your time and talent.

We are grateful for YOU!

TECH HELP Mondays, Jan 8th & 22nd, Feb 12th & 26th at 3pm



Having trouble with that new app on your iPhone or Android? Not sure how to get the most out of your tablet? Come see a Hull High National Honor Society student, to help you with all your technology questions. First come, first served every other Monday at the Hull Senior Center.

COMMUNITY

CAFÉ TALK BREAKFAST

Tues, Feb 6th, 10:00am

Join us at the Senior Center for a community breakfast with guest speaker Firefighter David Gibbons. David is the EMS Coordinator at the Hull Fire Department and is also responsible for the Emergency Medical Services in the Town of Hull. He will discuss his role at the Hull Fire Department and the community CPR campaign the HFD is currently working on. So that we can plan for food and set up, you **MUST** call to RSVP for this event, 781-925-1239. Requested donation \$3.

MONTHLY BOOK GROUP

Wednesdays, Jan 17th and Feb 21st, 2:00pm

Are you an avid reader? Would you enjoy having an in-depth discussion about a book you've just read? Come together with others who love reading for our monthly book group! A new book will be chosen every month for discussion at the following month's meeting. Open your mind to the different perspectives that other readers bring to a book!

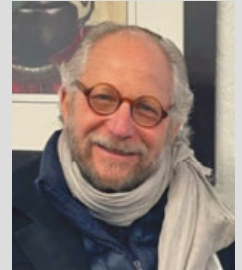
Call the Center for more information!



VOLUNTEER SPOTLIGHT

The Hull Council on Aging would like to highlight Steve Greenberg, one of several FISH (Friends In Service Helping) drivers at the Center.

Steve has spent every summer in Hull since birth, but became a year round resident 16



years ago. After serving as the Executive Director of several non-profits, Steve retired four years ago and has immersed himself in volunteering for the community of Hull. Steve is a member of No Place for Hate, the Hull Historic Commission, the Economic Development Committee and was just named the Interim-President of the Hull Chamber of Commerce. When he is not volunteering his time, Steve enjoys walking and taking in the beautiful views Hull has to offer. The Hull COA is fortunate to have Steve as a volunteer driver. He provides rides to medical appointments for many Hull Seniors when other means of transportation are not available. If you have an interest in volunteering and enjoy driving and meeting new people, we would love to add you to our FISH family!

GARDEN THERAPY

Monday, February 12th, 11:00am

Gardening has been proven to be therapeutic; it can help develop skills and improve social, psychological and physical well-being. The Hull Garden Club hosts this creative "therapy" time to come together and learn how to make flower arrangements or a floral craft!



This very popular class, with all materials and instruction, is generously provided by the members of the Hull Garden Club. Space is limited and only those who pre-register can attend.

Call the Senior Center to secure your spot, 781-925-1239!

FINANCIAL ASSISTANCE

If there is a class you wish to attend, but are experiencing financial difficulty, please call Lisa Thornton, Director, to discuss scholarship possibilities, 781-925-1239.

JANUARY 2024 CALENDAR

Monday		Tuesday		Wednesday		Thursday	
New Year's Day Senior Center Closed 		1 8:45 Zumba 9:45 Chair Yoga 10:30 BP Clinic 11:00 Qi Gong 1:00 Cards & Games	2 8:45 Zumba 9:45 Chair Yoga 10:30 BP Clinic 11:00 Qi Gong 1:00 Cards & Games	3 9:00 Strength 10:30 Not Just Yoga 12:30 Tai Chi 1:00 Bridge	4 9:00 SHINE 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga		
9:00 Strength 10:30 Crafts & More 1:00 Bingo 1:00 Knitting 3:00 Tech Help	8 8:45 Zumba 9:45 Chair Yoga 1:00 Cards & Games 1:00 Emergency Preparedness Meeting	9 8:45 Zumba 9:45 Chair Yoga 1:00 Cards & Games 1:00 Emergency Preparedness Meeting	10 9:00 Strength 9:00 Writing I 12:30 Tai Chi 1:00 Bridge	11 9:00 Writing II 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga			
MLK Day Observed Senior Center Closed 		15 8:45 Zumba 9:30 Veterans Hour 9:45 Chair Yoga 10:30 BP Clinic 11:30 Nurse 1/2 Hour 1:00 Cards & Games	16 8:45 Zumba 9:30 Veterans Hour 9:45 Chair Yoga 10:30 BP Clinic 11:30 Nurse 1/2 Hour 1:00 Cards & Games	17 9:00 Strength 9:00 Writing I 10:30 Not Just Yoga 11:30 Sand Bar Lunch 12:30 Tai Chi 1:00 Bridge 1:00 Manicures 2:00 Book Group	18 9:00 Writing II 9:00 SHINE 9:45 Chair Yoga 11:00 Cardio Strength 11:00 MahJong 1:15 History 3:00 Caregiver Support 4:15 Vinyasa Yoga		
9:00 Strength 10:30 Crafts & More 11:00 Motion Coach 1:00 Bingo 1:00 Knitting 3:00 Tech Help	22 8:45 Zumba 9:45 Chair Yoga 11:00 Weymouth Walmart Trip 1:00 Cards & Games	23 8:45 Zumba 9:45 Chair Yoga 11:00 Weymouth Walmart Trip 1:00 Cards & Games	24 9:00 Strength 9:00 Writing I 10:30 Not Just Yoga 12:00 Vision Board 12:30 Tai Chi 1:00 Bridge 2:00 Mass EDP Talk	25 9:00 Writing II 9:45 Chair Yoga 10:30 Sen. O'Connor Hr 11:00 Cardio Strength 11:00 MahJong 3:00 Caregiver Support 4:15 Vinyasa Yoga			
9:00 Strength 10:00 Rep J. Meschino Hr 10:15 Podiatrist 10:30 Crafts & More 1:00 Bingo 1:00 Knitting	29 8:45 Zumba 9:45 Chair Yoga 11:30 Town Manager Meet and Greet 1:00 Cards & Games	30 8:45 Zumba 9:45 Chair Yoga 11:30 Town Manager Meet and Greet 1:00 Cards & Games	31 9:00 Strength 9:00 Writing I 10:30 Not Just Yoga 11:30 Mia Ragazza Lunch 12:30 Tai Chi 1:00 Bridge				

Monday

Tuesday

Wednesday

Thursday

PEDDOCKS THE SERVICE DOG VISITS

Come to the Hull Senior Center to visit with K9 Officer Peddock and his handler, Officer Marshalsea. Peddock is a Police Comfort Dog for the Hull Police Force, and is trained in Missing Person Search and Rescue as well. Check Facebook posts for when this lovable Labrador retriever will be at the Center and come by to say hello!



9:00 SHINE 1
 9:00 Writing II
 9:45 Chair Yoga
 11:00 Cardio Strength
 11:00 MahJong
 1:15 History
 3:00 Caregiver Support
 4:15 Vinyasa Yoga

9:00 Strength 5
 10:30 Crafts & More
 1:00 Bingo
 1:00 Knitting

8:45 Zumba 6
 9:45 Chair Yoga
 10:00 Café Talk Breakfast
 10:30 BP Clinic
 1:00 At Home Hearing
 1:00 Cards & Games

9:00 Strength 7
 9:00 Writing I
 10:30 Not Just Yoga
 12:30 Tai Chi
 1:00 Bridge

9:00 Writing II 8
 9:45 Chair Yoga
 11:00 Cardio Strength
 11:00 MahJong
 1:15 History
 3:00 Caregiver Support
 4:15 Vinyasa Yoga

9:00 Strength 12
 10:30 Crafts & More
 11:00 Garden Therapy
 1:00 Bingo
 1:00 Knitting
 3:00 Tech Time

8:45 Zumba 13
 9:45 Chair Yoga
 11:30 Valentines Lunch
 1:00 Cards & Games

9:00 Strength 14
 9:00 Writing I
 11:30 Sandbar Lunch
 12:30 Tai Chi
 1:00 Bridge

9:00 SHINE 15
 9:00 Writing II
 9:45 Chair Yoga
 11:00 Cardio Strength
 11:00 MahJong
 1:15 History
 3:00 Caregiver Support
 4:15 Vinyasa Yoga

19
President's Day
 Senior Center Closed

8:45 Zumba 20
 9:30 Veterans Hour
 9:45 Chair Yoga
 10:00 Watercolor Class
 10:30 BP Clinic
 11:30 Nurse 1/2 Hour
 1:00 Mass Audubon - Love is in the Air
 1:00 Cards & Games

9:00 Strength 21
 10:30 Not Just Yoga
 11:00 Sullivan's Lunch
 12:30 Tai Chi
 1:00 Bridge
 1:00 Manicures
 2:00 Book Group

9:45 Chair Yoga 22
 10:30 Sen. O'Connor Hr
 11:00 Cardio Strength
 11:00 MahJong
 1:00 Hull Lifesaving Talk
 3:00 Caregiver Support
 4:15 Vinyasa Yoga

9:00 Strength 26
 10:30 Crafts & More
 1:00 Bingo
 1:00 Knitting
 3:00 Tech Time

8:45 Zumba 27
 9:45 Chair Yoga
 10:00 Acrylic Class
 11:00 Weymouth Job Lot/
 Dollar Store Trip
 1:00 Cards & Games

9:00 Strength 28
 10:30 Not Just Yoga
 12:30 Tai Chi
 1:00 Bridge

9:45 Chair Yoga 29
 11:00 Cardio Strength
 11:00 MahJong
 3:00 Caregiver Support
 4:15 Vinyasa Yoga

CLASSES & PRESENTATIONS

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SPEAKER PRESENTATIONS

MASS EDP PRESENTS

Specialized Phones for Disabled Persons Wednesday, January 24th, 2:00pm

The Massachusetts State 911 Department oversees the Massachusetts Equipment Distribution Program, more commonly referred to as MassEDP, and provides adaptive telephone equipment to people who have difficulty using a landline or wireless telephone due to issues such as hearing loss or vision loss. The telephones that are part of the program can assist with providing a more clear, independent phone communication and the ability to contact 9-1-1 in the event of an emergency. The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. Please call to register for this informative talk, 781-925-1239.

AT HOME HEARING HEALTH-CARE

Tuesday, Feb 6th, 1:00pm

At Home Hearing Healthcare is a mobile Hearing Instrument Specialist team with over 30 years experience. They specialize in detecting and resolving issues with hearing loss. Come learn how we hear, what hearing loss is and why it happens. Find out what different types of technology and hearing aids are available to resolve individuals hearing health issues and improve your quality of life! Call the Senior center to reserve your spot for this informative talk, 781-925-1239.

LOVE IS IN THE AIR: FROM PARTNERS TO PARENTHOOD

Presented by Mass Audubon Tuesday, Feb 20th, 1:00pm

What birds mate for life? What about raccoons? How do animals attract a mate? Learn about the mating habits of wildlife in Massachusetts and how they vary between species. Discover how the seasons influence mating, reproduction, and raising offspring! Call to register, 781-925-1239. \$5 suggested donation per class.



ENGAGE IN LIFE LONG LEARNING!

MARY EVELYN SPARROW ~ SPEAKING OF COURAGE

Presented by Hull Lifesaving Museum Thursday, February 22nd, 1:00pm

Step back in time to the days when intrepid mariners braved the winter seas, crewing coasting schooners along the Atlantic seaboard. Told through the rare voice of a lifesaver's wife, *Speaking of Courage* offers an intimate and vivid account of what happened when those intrepid ships and their crews met with treacherous New England weather. Call to save your spot, 781-925-1239.

HISTORY LECTURE SERIES

National Prohibition and Local Rum Running

Thursdays, 1/4, 1/11, 1/18, 2/1, 2/8 & 2/15, 1:15PM

Presented by Bob Jackman

This six week history series will examine the national history of prohibition and the brief history of prohibition – era rum running in the local area. A highly motivated minority group used false “information” to win approval for a restrictive amendment, and the majority found farcical ways of ignoring it. This course will probe the consequences of rum running for displaced brewers, governmental departments, workers, consumers, families, real estate owners and the town’s tax revenue.

Limited to 22 participants. Cost is \$25.

PAINTING CLASSES

Tuesdays, Feb 20th & 27th, 10-11:30am

Join Fine Artist Marianne F. Buckley Curran, a Hull resident and a Hull Artist member, as she provides two distinct introductory painting classes. Try your hand at painting in watercolors or acrylics. Marianne has taught at the Fuller Art Museum, South Shore Charter School, and Hull Continuing Education.

Painting classes are as follows:

- Feb 20th—Intro to Watercolor Painting
- Feb 27th—Intro to Acrylic Painting

There is no cost for these classes and all materials are provided. Space is limited, call for more info.

Signing-up in advance for classes and presentations helps us plan. Thank you!

ZUMBA TONING W/ MOROCCAN STICKS

Tuesdays at 8:45am

With Justine Hobin

Let yourself dance and tone to the beat of Latin/American music! Zumba toning combines body-sculpting exercises and a cardio workout with Zumba moves to create a calorie burning/strength training fitness workout. The class is focused on using lightweight toning sticks to enhance rhythm and tone the target zones, including arms, abs, and thighs. Come join us for a fun 45 minutes of joy and movement. \$5 per class. Sign up by calling 781-925-1239.

VINYASA YOGA

Thursdays at 4:15pm

with Sara Pearson

Vinyasa is a type of yoga in which the instructor strings postures together so that you flow from one to another, seamlessly, while also practicing breath work. Vinyasa classes offer a variety of postures and can be modified if needed. This slow flow vinyasa mat class will improve strength and mobility while helping you attain balance in the mind and body. All levels are welcome. Please call ahead to register for this class, 781-925-1239. \$5/class

CARDIO STRENGTH FUSION

Thursdays at 11:00am

with Marcia Patch

A fun and effective workout that combines the high-energy nature of HIIT intervals with the strength-building benefits of resistance training. This class offers a well-rounded fitness experience that improves cardiovascular endurance, burns calories, and enhances overall strength and body composition. Modifications and progressions for different fitness levels will be provided, ensuring that everyone can participate and challenge themselves at their own pace. The class concludes with a cool-down including stretching to promote flexibility and prevent muscle soreness. Call to register! \$5/person, first class is free!



STRENGTH & FLOW

Mon. & Wed. at 9:00am

with Sara Pearson

Strength and Flow is a dynamic class that integrates breath, mindful movement, and yoga with the use of small hand weights, resistance bands, and balls to increase strength & flexibility. *Benefits:* Strengthen and tone major muscle groups, improve overall flexibility, link breath to movement. \$5/class.

CHAIR YOGA

Tues. & Thurs. at 9:45am

with Kathy Dunn

Stay active, flexible, and strong. Chair Yoga will improve balance, build muscle strength, and it even supports brain health! A little bit of movement every day can make all the difference in your balance. Helps with fall prevention. Pull up a chair! NAMASTE. \$3.25/class.

NOT JUST YOGA

Wednesdays at 10:30am

No class on 1/10 & 2/14

with Nicole Palermo

Infuses mindfulness, breath work, Reiki, and sound healing with mat-based movement to cleanse and release the issues within your tissues. Bring a mat and beach towel or small blanket. \$5/class. Pre-registration is encouraged.

QIGONG/TAI CHI

Wednesdays at 12:30pm

with Bill Mazzeo

Qigong is a mind-body-spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, sound, and focused intent. Tai Chi can improve strength, flexibility, and range of motion w/ gentle movements. \$3.25/class.

VISION BOARD

WORKSHOP

Wednesday, Jan 24th, 12pm

Join Nicole Palermo of Sanctuary Fitness at the Senior Center to create a vision board for the new year. Using collage materials, you will design a road map for 2024, helping you visualize new intentions and resolutions. Images and affirmations will inspire you to define what you want most and then serve as a reminder to work towards those goals throughout the year. Light appetizers and beverages will be served. \$5 per person. Call to sign up 781-925-1239.



WEEKLY GROUPS AND SPECIAL EVENTS

Page 10

WEEKLY GROUPS

CRAFTS & MORE

Mondays at 10:30-noon

WITH SANDY BLOOM



BINGO

Mondays at 1-3:30pm

KNITTING GROUP

Mondays at 1:00pm

WITH INSTRUCTION BY MARGE SULLIVAN



BRIDGE

Wednesdays at 1:00pm

MAH JONG

Thursdays at 11:00am

.Always looking for new players! Instruction available for beginners.



CARDS AND GAMES

Tuesdays at 1:00pm



Sharpen your brain with games! Meet new and old friends for a game of your choice during CARDS AND GAMES on Tues! We will have Scrabble, Uno, Whist, Cribbage, or a game of your choice! What's your favorite?

WRITING COURSES

Wednesdays, Jan 10th—Feb 14th, 9-10:30am

Thursdays, Jan. 11th—Feb 15th, 9-10am

These six week writing sessions are for any level of writer! Laura Leventhal will explore techniques to jump start your creativity, help you find your writer's voice, and enjoy the magic of writing. Notebooks and pens will be supplied, but bring your own if you have a personal favorite. 10 person limit for Wednesday class.

6 person limit for Thursday class. Cost \$18/person. Call to register!

MEET AND GREET WITH NEW TOWN MANAGER

Tuesday, Jan 30th, 11:30am

Join us in welcoming Jennifer Constable as the new town manager of Hull! Light refreshments will be served. Please call to register as space is limited, 781-925-1239.

MOTION COACH PRESENTATION

Monday, Jan 22nd, 11:00am

Diana & Allen Arseneau are the co-founders of Motion Coach. They started Motion Coach after launching free on-line Hand Yoga classes during the pandemic, and helped tens of thousands have less hand pain and better hand health. They have expanded their on-line instruction to include better grip, healthy knee and neck, and balance classes. Come to the Center to try a free class demonstration. Call to register, 781-925-1239.

MANICURES WITH NAILS TO YOU MOBILE NAIL SPA

Wednesdays Jan 17th and Feb 21st, 1-4pm

Pamper yourself with a manicure at the Senior Center! A Spa manicure is \$20 and a Dazzle Dry manicure is \$25. Dazzle Dry is a healthy alternative to gel and dip. Call the Senior Center to book your 1/2 hour appointment, 781-925-1239!

VALENTINE'S DAY LUNCH

Tuesday, Feb 13th, 11:30am

Valentine's Day is a great reason to come together with friends and enjoy the company of others. Join us at the Center for a Valentine's lunch with live music from pianist, Mark Davis, in part sponsored by a donation from Porchfest. A light lunch will be served compliments of Bridges by Epoch in Hingham. \$3 per person .You must register to attend, please call 781-925-1239.

LUNCH AND BINGO AT THE SANDBAR

Wednesdays, January 17th & February 14th at 11:30am

Sign up and join us at the Sandbar Restaurant, 297 Nantasket Ave. for delicious food and fun. Call the Senior Center, at 781-925-1239, to reserve your seat. Transportation available upon request. Cost \$5 each date. This event does fill up quickly, so call in advance on the first of each month. Preference given to those on the previous month's waitlist.

SAVE THE DATE!

CELEBRATE ST. PATRICK'S AT THE PARROT RESTAURANT
Thursday, March 7th, 5-8pm

We had so much fun last, year we decided to do it again! Join us for live music, traditional St. Patty's Day fare, and a cash bar. Sign-ups begin February 1st, \$20/person at time of registration at the Senior Center.

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OUTREACH AND RESOURCES

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SUPPORT GROUPS

Alzheimer's Association Caregiver Support Group at the Hull Senior Center on Thursdays at 3pm. Call the Hull COA for more information, 781-925-1239.

Hingham Elder Services offers a Parkinson's Disease Caregiver Support Group, the 4th Monday of the month at 11am (call to confirm if Monday holiday). Hingham Elder Services is located at 224 Central Street in Hingham. Their phone number is 781-741-1458.

South Shore Health has a Stroke Support Group for survivors and their caregivers on the 3rd Thursday of the month from 3-4pm. Virtual and in person meetings offered at South Shore Hospital. To register and learn more, call 781-624-8303.

INFORMATION AND REFERRALS

St. Vincent de Paul Society of St. Mary Parish helps a number of Hull residents by providing direct financial support. They offer critical assistance for clothing, food, medicine, housing, and utilities; they also provide emotional and spiritual support to those who feel they have nowhere to turn. If you or someone you know is in need, please call 508-510-7765.

Wellspring Multi-Service Center, in addition to their self-select food pantry, prepared meals, and thrift store, offers a variety of services, including legal advocacy and financial assistance. For more information, call Pat Martin, LCSW, at 781-925-3211 x112.

South Shore Elder Services offers a variety of in-home services in addition to the Meals on Wheels program. Those interested in learning more about laundry services, home care, or medical needs such as LifeAlert or medication management systems can call 781-848-3910 and speak with someone in the Information, Outreach & Referral (IOR) Department. These services are often

offered on a sliding scale basis although there may be a wait list for home care services.

The Anchor of Hull provides a safe, sober, and supportive environment for building community, wellness, and recovery. They offer sober activities and events, Recovery Coaching, access to resources, and assistance to all individuals and their families. Visit theanchorofhull.org or call 781-534-9327.

Hull Light Financial Hardship Program – if you have financial hardship, your Hull Light account may be protected from termination for non-payment if someone in your household is seriously ill (a doctor's letter is required), and/or if you have a child under the age of 12 months (birth certificate required). For questions, call Hull Light at 781-925-0051. If you'd like assistance with the forms, call the Senior Center at 781-925-1239.

FUEL ASSISTANCE

November 1st– April 30th

Eligibility is based on gross income, household size, and vulnerability to heating costs. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal. Available for all residents of Hull. Call 781-925-1239

Stay tuned for an upcoming New Memory Café this spring, in partnership with Kristen Ward of Allerton House at Harbor Park in Hingham!

CIRCUIT BREAKER TAX CREDIT

The Circuit Breaker tax credit is available to seniors over 65 and is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2023 is \$2,590. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. Check out the MassTaxConnect website or ask your tax preparer.

CRITICAL HOME REPAIR PROGRAM

Offered by South Shore Habitat for Humanity

This program focuses on repairs that address health, safety and code issues. It is supported through donations and grants, and projects are accepted based on current funding.

You MUST apply and qualify for this program. For information call the Senior Center or visit www.sshabitat.org/critical-home-repair.



SENIOR CENTER VAN TRANSPORTATION

Medical, Local Errands, Out-of-Town Medical

The Hull Senior Center provides transportation for seniors 60+ and disabled adults in our community. Our van service is in full demand and we may not be able to accommodate all ride requests. All requests should be made at least 10 days before appointment dates. Call 781-925-1239 X206 to request a ride or information.

Medical Rides

Available Monday—Thursday with 7-day notice required.

- Hull \$3, Cohasset \$5
- Scituate, Hingham, Weymouth \$10
- Braintree, Quincy, Hanover, Norwell, Marshfield \$15
- Duxbury, -Plymouth Area \$20
- Boston Area Medical fee varies

Transportation to Boston-area hospitals, VA hospitals or those rides we can't accommodate along the Route 3 corridor are scheduled through South Shore Community Action Council (SSCAC) This is a Title IIIb grant-funded program offered through South Shore Elder Services and is scheduled by the Senior Center. Early AM and Late PM appts cannot be accommodated.



Grocery shopping

3-day advance notice is required.

Stop and Shop

Cohasset -Weds 10:00 am \$3
Hingham- Thurs 11:00 am \$3

Market Basket

Every other Thursday, 11am, \$4

Local Shopping

Rides to local businesses in Hull, including market, pharmacy, library, etc. Call for specific dates.

To help us better PLAN and SCHEDULE as many rides as possible, please :

- Give advance notice on all rides.
- Do not call last minute to request a ride. Same day rides cannot be accommodated.
- The Senior Center will not call you to ask if you need a ride. Riders should call the Center, 781-925-1239.
- The Senior Center van is not available for appointments before 9:30am or after 2:30pm (unless the driver can be back in Hull by 3:45pm).
- Cancellations need to be made ASAP!
- Grocery Shopping Trips - Call early! Seating is limited.

OTHER RIDE OPTIONS

South Shore Hospital Shuttle

Provides rides to SSH or a program or service directly affiliated with SSH. They will not deliver patients to physician offices. For information, call 781-624-4350. Appts. must be made two weeks in advance. Shuttle days available: Tues. & Thurs. FIRST PICK UP time is 8:00 a.m. - LAST trip leaving facility (SSH) is 3:00 p.m. Call Hull COA for more info.

THE RIDE

Flex Pilot Program 617-222-3200
This transportation option is facilitated through the MBTA. Ride shares such as Lyft, Uber, etc. are used.

REQUEST A RIDE FROM YOUR PHONE OR TABLET



On the Town Webpage

www.town.hull.ma.us/council-aging

Using your smart phone camera, scan the image, click the link, & request a ride! If you don't want to submit a request online, you can still call us and leave a message. 781-925-1239 x206 and x209.

Volunteer Driver Program

FISH—Friends In Service Helping

The Hull COA has launched a volunteer transportation program. Fully vetted FISH volunteers provide rides for medical and other appointments in Hull, surrounding towns, and Boston when other means of transportation are not available. As with all medical rides, 7 days advance notice is required.

If you have an interest in volunteering, and enjoy driving and meeting new people, we would love to talk to you. Certain criteria pertaining to volunteer drivers and their vehicle will need to be supplied. Call the Hull COA for more information.

LUNCH AROUND THE SOUTH SHORE

Hop on the Hull COA van as we travel around the South Shore to enjoy some warm fare at these popular dining establishments during the cold winter months. Van cost is \$4, bring money to order from the menu:

- Mia Raggazza, Marshfield—Wednesday January 31st, 11:30am
- Sullivan’s Castle Island, Hanover —Tuesday, February 21st, 11:30am

ALICE’S ADVENTURES

Join COA van driver, Alice, for a destination or shopping trip. Call to reserve your spot: Cost is \$4/person/trip. Bring money for lunch.

- Tues, 1/23—Weymouth Walmart, 11:00am
- Tues, 2/27—Weymouth Job Lot and Dollar Store, 11:00am

Space is limited! Call the Hull Senior Center to sign up for a trip and find out about van departure times, 781-925-1239.

Trips may be cancelled or rescheduled due to unforeseen circumstances. Make sure we have your best contact information! Trip Policies & Procedures available at the Senior Center. Please ask for details.

A SPECIAL THANK YOU!!

The Hull Senior Center would like to thank all who donated gifts, gift cards or their time to older adults in Hull over the holiday season. Through our Senior Santa drive, we were able deliver over 125 gifts during Hanukkah and Christmas. Additionally, donated gift cards were mailed to those in need, making the season a little warmer. The staff at the Center is honored to be part of such a caring and generous community!



TAX WORK OFF PROGRAM FOR SENIORS AND VETERANS

Are you interested in working for the Town of Hull in exchange for abatement on your real estate taxes? There are limited spots available, and applicants must qualify.

If you would like to complete an application, contact Lisa Thornton at the Senior Center, 781-925-1239 x201

IMPORTANT NUMBERS

Hull Veteran’s Service Office

781-925-0305

South Shore Elder Services

781-848-3910

Wellspring Multi Service Center

781-925-3211

Elder Hotline, Medical, Abuse (physical, mental, financial...)

1-800-922-2275

Massachusetts Health

1-800-841-2900

Senior Protection Team

1-508-584-8120

Social Security

1-800-772-1213

Mass. Securities Division

1-800-269-5428

Better Business Bureau

1-508-652-4800

Suicide and Crisis Lifeline
988

The ANCHOR OF HULL Substance Abuse

Resource

781-534-9327



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RETURN SERVICE REQUESTED

INCLEMENT WEATHER If Town Hall is closed, the senior center is closed. If schools in Hull are closed, the VAN does NOT operate. It is the discretion of the Director of the Senior Center to cancel van rides due to poor road conditions. During inclement weather, call the center to check if activities have been cancelled. The office remains open unless there's a severe storm. If your call is not answered please leave a message - 781-925-1239

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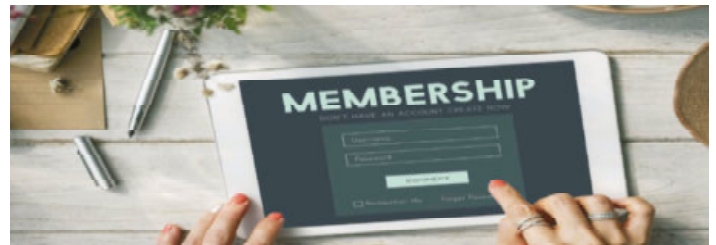
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WE WANT TO SEE YOUR SMILE!



We have been seeing many new faces here at the Hull Senior Center and we'd like to get to know you better! Our Average Daily Attendance is up by 50% from last year! Next time you come to the Center, please consider letting us take a picture of you to enter into our database. This will help us put a face to your name, and make it easier for us to introduce ourselves!



MY ACTIVE CENTER

HOW IT WORKS:

If you have been issued a My Senior Center Key Tag by the Senior Center, you can create a log-in and activate your account using the link below:

<https://myactivecenter.com>

Follow the instruction on the site to create your 'My Active Center' account. There are only a few steps to create your log-in. You can do this from home, or you can call the center and a staff member will be happy to assist you. When your registration is successful, you will be able to scroll through available programs and find the events you would like to register for. For more information, call the Hull Senior Center at 781-925-1239.