



CENTRAL TIMES



COME JOIN US FOR

REFLECTIONS

A Celebration Concert for All Ages

Bartholomew, Cappers and Waynen Trio

with the

O.P.A.L.S.

SUNDAY, MARCH 14

SANBORN AUDITORIUM

2:00 PM

ADVANCE TICKETS ON SALE BEGINNING TUESDAY, FEBRUARY 16

Adults - \$8.00/Ticket or 2 for \$15

Children ages 5 - 12 - \$5.00/Ticket

Under 5 years of age - free

**Tickets can be purchased at the Hingham Senior Center, Town Clerk's Office,
and the Hingham Public Library**

\$10.00/Ticket at the door

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SAVE THE DATE

HEALTH PLAN OPTIONS FOR THOSE
THINKING ABOUT RETIREMENT

TUESDAY, MARCH 30

6:45 PM - Light Supper will be served

Pre-registration Required

To register call the Senior Center

781-741-1458

FEBRUARY SENIOR VAN SCHEDULE

Monday

- No medical transportation
- Transportation to lunch at the Senior Center
- **Hanover Mall and Trader Joe's: Monday, February 8**

Tuesday

- Medical rides to appointments between 9:00 am and 3:00 pm*
- LOOP service to Stop & Shop for Lincoln Apartments and Thaxter Park. The van departs from Lincoln Apartments at 9:30 am and Thaxter Park at 10:00 am
- On-Call Shuttle for grocery shopping, hair appointments, library, errands within Hingham, and programs at the Senior Center

- **Food Pantry: Tuesday, February 23**

Wednesday

- Medical rides to appointments between 9:00 am and 3:00 pm*
- Transportation to lunch at the Senior Center

Thursday

- Medical rides to appointments between 9:00 am and 3:00 pm*
- On-Call Shuttle for grocery shopping, hair appointments, library, errands within Hingham, and programs at the Senior Center

Friday

- Medical rides to appointments between 9:00 am and 3:00 pm*

PLEASE NOTE FOR ALL TRIPS featured here and on page 4, Hingham residents 60 and older will be given priority. If there are unfilled seats, out-of-town and non-seniors on the waiting list will be contacted. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list: You may not make your own substitution.

Please note: Rides to malls and shopping plazas are subject to a minimum of 6 passengers. The minimum number for van trips is 8 passengers. This schedule is subject to van and/or driver availability.

* For medical transportation requests, call the Senior Center at least 5 business days in advance.
For all other transportation requests, except LOOP service, call the Senior Center at least 24 hours in advance.

FEBRUARY MINI-VAN TRIPS & RIDES



Mon. Feb. 8 Hanover Mall and Trader Joe's
Fri. Feb. 12 South Shore Vo-Tech Day of Beauty

South Shore Vo-Tech Day of Beauty: Choose either the complete "Day of Beauty" or individual options such as shampoo/set, scalp treatment, facial, manicure, etc. Please specify your wishes when signing up - the deadline for signing up is **Friday, February 5th**. After your time at "Salon Beverly," enjoy lunch in the Vo-Tech dining room. All treatments and lunch will be at your own expense. There is a transportation fee of \$5.

Don't forget: If there is a program or special event that you would like a ride to, please ask us. Often we can arrange for transportation on our Senior Center vans.

There is a suggested transportation donation fee of \$3 -\$5 for all van trips, when not included in the price.

FOUR CELTIC VOICES - Tuesday,

March 16 - \$69.00/person includes luncheon and show at the Venus DiMilo in Swansea. Space is limited to 10, on a first-come, first-serve basis. Reservations with payment can be made at the Senior Center.



Come Travel with Us



Best of Times Travel presents

The Finger Lakes Region - August 8 -11, 2010.

This 4-day, three-night trip includes tours of New York State Museum, dinner cruise on the lake, Women's Rights National Historic Park, Sonnenberg Gardens, Fox Run Vineyards, 3 breakfasts, 1 lunch, 3 dinners, lodging at the Double Tree Hotel in Syracuse. The cost for this trip is \$569/per person/double occupancy. Single and triple rates are also available. \$50 deposit due at the time of reservation, full payment due by July 1, 2010. To make a reservation, stop by the Senior Center. Space is limited.

INTERESTING PLACES TO TRAVEL IN 2010
(A Travelogue)

WEDNESDAY, FEBRUARY 17, 1:00 PM

Join us for this interesting and fun travelogue that will be presented by Collette Vacations. Reservations are required for this program. To make a reservation, contact the Senior Center at 781-741-1458.

VALENTINE'S LUNCHEON
FRIDAY, FEBRUARY 12

12:00 NOON

Sponsored by the Blue Cross/Blue Shield
Blue Crew

Reservations required. No reservations will be taken before Tuesday, February 3 and can be made by calling 781-741-1458. When making a reservation, you will be allowed to make one for yourself and one other person. The cost for this luncheon is \$3.00/person.

More Drawing with Color Continues

Dates: Wednesday, February 3, 10, 17, 24
March 3

Cost: \$35.00

Instructor: Patricia LaLiberte

Time: 2:00 - 3:30 pm



Working from still life, we will continue to hone our observation skills. We will also work on black/gray/white and color value studies to help develop a more realistic appearance to the objects within our still life drawings. Most class materials will be provided, AND lots of individual attention is given to each student. Registration with payment can be made at the Senior Center.

MAINTAIN YOUR BRAIN

Tuesday, February 23

10:00 am

Wondering if your mind is as sharp as it could be? Looking for ways to challenge your mind and keep it sharp? Then this program is for you. It will be led by Pam Talbot, Norwell Visiting Nurse and Hospice. Using logic puzzles, analogies, word games, trivia, and much more, we'll challenge our minds as a group and go home with ideas for daily mental exercises to stay sharp. This free program will be held the 4th Tuesday of each month and progress with new strategies each month. To register for the program, call the Senior Center at 781-741-1458.

MEDICATIONS - A PRIMER

Wednesday, March 10

1:30 pm

- Are you or a loved one having difficulty managing your medications?
- Have you had recent health issues related to medication issues?
- Could you use a helping hand to sort through the maze of medication and insurance questions that you face?

Then this program is for you. Join us on March 10, when Rita Finegan, Medication Management Specialist, Overlook C.A.R.E., will present an informative program about on medication management. Registration for this free program is required. To register, call the Senior Center at 781-741-1458.



EVERYONE CAN DRAW!

(Newbies Only)

Dates: Thursdays, February 4, 11, 18, 25
March 4

Cost: \$35.00

Instructor: Patricia LaLiberte

Time: 2:00 - 3:30 pm



Yes, everyone can draw!!! Drawing is a learned skill. If you tell people, "I can't draw a straight line without a ruler," or if you drew in the past and want to brush up on your skills, then this class is for you; and what fun it would be to try something new this winter. Class materials are provided. Lots of one-on-one attention. Registration with payment can be made at the Senior Center.

FITNESS CLASSES

Aerobic Exercise Class **Cost \$3.00**

Mondays: 8:30 am
Instructor: Mary Jane Butera
Wednesdays: 8:30 am
Instructor: Sharon Brodeur
Stay active and keep moving at a good pace while exercising your mind and your body.

Strength Training Class **Cost \$3.00**

Mondays: 9:30 am
Instructor: Mary Jane Butera
Tuesdays: 11:30 am
Instructor: Joan Endyke
Thursdays: 9:45 am
Instructor: Joan Endyke
Stretch those muscles and keep them firm and fit as you exercise with hand-held weights, weighted balls and resistance bands.

Good Morning Stretch **Cost: \$3.00**

Tuesdays: 8:45 am
Instructor: Mary Jane Butera
Stretch to relaxing music and feel strength build as you move through these simple yet effective movements designed to alleviate stress and tension in all parts of your body.



Arthritis Exercise **Cost: \$3.00**

Wednesdays: 10:00 am
Instructor: Sharon Brodeur
Guided exercise with a physical therapist for people with moderate problems affecting movement.

Yoga **Cost: \$3.00**

Thursdays: 8:30 am
Instructor: Mary Jane Butera
Mind and body work together to increase flexibility, improve breathing techniques and reduce stress.

Tai Chi **Cost: \$5.00**

Thursdays: 11:15 am
Instructor: Tony MacAlear
A slow-moving exercise to promote balance and mobility.

To help you decide which of the fitness classes might be best suited to your needs, you are more than welcome to audit any or all of the classes one time at no charge.

State Legislators' Hours at the Senior Center

Friday, February 19, 9:00 am - 10:00 am

Gigi Mirarchi from Representative Garrett Bradley's office will be at the Senior Center to meet with Hingham residents.

Thursday, February 25, 12:00 noon - 1:00 pm

Sandra Dalton from Senator Robert Hedlund's office will be at the Senior Center to meet with Hingham residents one on one.

MEN'S BREAKFAST

Tuesday, February 16, at 8:30 am

Presents

PICTURING HINGHAM'S PAST
BY Burt Longenbach
and other Linden Ponds Artists

Remember, reservations are required and can be made by calling the Senior Center at 781-741-1458.



WOMEN'S FORUM

Monday, February 22, at 9:30 am

Presents

PICTURING HINGHAM'S PAST
BY Burt Longenbach
and other Linden Ponds Artists

Reservations can be made by calling 781-741-1458

PICTURING HINGHAM'S PAST

We hope that you enjoy this Pictorial Review that will be featured in our Display Case and throughout the Senior Center at the end of February and during March

SUPPORT GROUPS

There are several Support Groups that meet regularly at the Senior Center and are open to anyone who may have an interest or need for the particular group. These groups provide education and support to those who attend. Call for transportation availability.

Caregivers Support Group meets the third Tuesday of each month at 7:00 pm, facilitated by C.A.R.E., LLC. The next meeting will be held on Tuesday, February 16, 7:00 pm.

Caregivers of Parkinson's Support Group generally meets the 4th Monday of each month. The group will meet on Monday, February 22, 10:30 am.

Parkinson's Support Group will meet on Monday, February 8, at 10:30 am. The group is facilitated by Leslie Vickers.

Stroke Support Group meets every Tuesday at 10:00 am.

Vision Support Group generally meets the third Monday of each month at 10:00 am. The next meeting will be on Monday, February 22.

HEALTH AND SCREENING CLINICS

Blood Pressure Clinic - 1st Thursday of each month
1:00 - 3:00 pm
Provided by Kathy Crowley, Public Health Nurse - free
Please note that we can no longer do blood sugar testing or give injections at the Blood Pressure Clinic.

Hearing Screening
2nd Thursday of each month
12:00 noon - 2:00 pm (by appointment)
The next screening will be held on Thurs., February 11
Provided by Family Hearing Center - free

Foot Care, Tuesday, February 2
9:00 am - 3:00 pm (by appointment)
Provided by PediCare
Cost: \$28.00

Reflexology
4th Tuesday of each month
8:30 am - 1:00 pm (by appointment)
The next session will be held on Tuesday, February 23
Provided by Linnell Reed, On the Path Wellness
Cost: \$30.00

Acupuncture
4th Thursday of each month
9:00 am - 11:30 am (by appointment)
Provided by The Acupuncture Advantage of Hingham
The next session will be held on Thursday, February 25
Cost: \$25.00

ASK A FINANCIAL CONSULTANT

Bulfinch Group - Thursday, February 11, 9:30 am - 12 noon, by appointment. This free service will provide individual consultations to Hingham seniors who have questions regarding financial, estate and related matters. To schedule an appointment, call the Senior Center at 781-741-1458.

SHINE (Serving Health Information Needs of Elders) For assistance with your health insurance questions including Medicare Part D prescription coverage and MA Prescription Advantage. Please call 781-741-1458 for an appointment.

The DEADLINE to file for Real Estate Tax Exemptions is March 31, 2010. If you are over 65 with limited income/assets (home excluded), a disabled Veteran or know someone who is legally blind (tell him/her), you MAY qualify for a deduction on your real estate taxes. Please call the Assessor's Office for information - 781-741-1455.

The Circuit Breaker MA Real Estate Tax Rebate must be applied for by filing a MA Income Tax form, even if you don't owe the state any money. You MAY qualify if your real estate taxes are roughly 10% or more of your gross income. This is NOT a town exemption or deduction. Call to schedule an appointment with an AARP Tax-Aid tax preparer by March 19th - 781-741-1458 (see next box).

FREE INCOME TAX ASSISTANCE

Through the AARP Tax-Aid Program, and locally under the leadership of Roger Sullivan, free assistance with filing your 2009 Federal and State income taxes is available at the Senior Center. To register for help with your tax returns, call the Senior Center reception desk at 781-741-1458, and leave your name and telephone number. An IRS-certified volunteer counselor will call you within a week to schedule an appointment. If you cannot come to the Senior Center, a home visit can be arranged. Please note, no appointments will be scheduled after April 2. Due to the high demand for this service, we recommend that you call as soon as possible to schedule an appointment.

Footcare Clinics return to the Senior Center Under the auspices of PediCare LLC, Lyla Krasner, RN, will be conducting our monthly footcare clinics. Services for those who are not diabetic will be offered and the cost is \$28.00 per half hour visit and are not covered by insurance. To schedule an appointment for the February 2 clinic, contact the Senior Center at 781-741-1458. Payment is due at the time of appointment.

Volunteer Corner

Service to a just cause rewards the worker with more real happiness and satisfaction than any other venture of life.
Carrie Chapman Catt



The first son of Agnes and Ralph Scally and oldest of four siblings, Ralph Jr. spent his formative years in Dorchester. He attended St. Gregory's Grammar School, Boston College High School, and graduated from Boston College where he received a degree in Accounting. Ralph joined the Coast Guard after graduation and spent six months in training, followed by seven plus-years in the Reserves.

Even as a kid, Ralph had a soft spot in his heart for the elders. He would run errands for elderly neighbors, cut their grass, and do small repair projects for them, gaining a reputation as the handyman of the neighborhood. As a teenager, he worked as a shelf stocker at a local grocery store and summers found him life-guarding on Martha's Vineyard, caddying, or working the concession stands at Fenway Park.

While in college, he was employed at Bank of Boston doing the odd accounting job and after graduating he stayed with the bank until he retired - except for a three-year hiatus when he worked for American Airlines in New York. After retiring, he was a consultant for the bank and health-related businesses.

He met Patricia Joyce "Tish" his wife to be through his college classmate who happened to work in the same office with her. She was a Dorchester gal and they dated during college, marrying three years after graduation. Their move to Hingham was facilitated by a need for more living space. Although Ralph had found a lovely place in Weymouth, Tish opted to move the family to Cushing Street in Hingham, where they raised their three daughters, Joyce, Teri, and Patti.

Ralph enjoys reading, following the New England sport clubs in their respective seasons, and home repairs, but his two major pastimes are golf and boating. His love of golf started at an early age. At age eleven he was caddying at the Wianno Golf Club in Osterville, MA and he even attended Caddy Camp. The boating started after he had his own family. He has recently finished restoring a turnabout, from the Lincoln Sailing School here in town. The project was an act of love, for he has given a 1/9 share in the boat and its upkeep to all nine of his grandchildren.

He was a long-time (35 years) CCD volunteer and teacher. When he started heading South for the winter, he had to give up this volunteer position and he found his way to the Hingham Senior Center through an ad in the local newspaper seeking volunteer van drivers. Even with his three-month sojourns to Florida, Ralph clocks well over 100 hours a year driving our seniors. He especially likes the long day trips to special places.

Ralph sees the Senior Center as a socializing facility that allows elders to form friendships and fosters an interest in LIFE.

Happy February Birthdays to our volunteers

Lynda Bennett, Charles Bernier, Susan Desmarais, Berniece Matzell, Win Messmer, Linda Murphy, Marian Ragagnin, Alice Spirito, Kevin Singleton, Bill Squires, Patricia Urbati, and Sylvia Zeppi



THE YEAR OF THE TIGER

虎

A Chinese New Year Celebration

Friday, February 19th
11:30 am

The Chinese New Year Celebration is determined by the lunar calendar and this year it falls on February 14th. Our Celebration on the 19th will begin with a talk by Frank Poon, Asian Outreach Worker, South Shore Elder Services, Inc., who will describe the cultural significance of this special celebration.

Following this introduction there will be demonstrations of some Chinese art forms, including dancing and Chinese painting, along with some surprises!

Lunch will be served and will include foods typically eaten as part of the New Year celebration.

The cost for this event, including lunch, is \$5 and registration is necessary. To register, call the Senior Center at 781-741-1458.

We will be offering a trip to a Chinese cultural destination in the spring. Watch for more information on this in future newsletters.

Come and join us as we celebrate this wonderful Chinese tradition.

Happy New Year!

新年好!
Xin nian hao

THE UPSIDE OF DOWNSIZING



While we can't stop the aging process, we can do many things to ease the difficulty of many of the decisions that we and our families are confronted with during retirement.

On Friday, March 5, from 11:00 am - 3:00 pm, Hingham Elder Services will host "*The Upside of Downsizing*" featuring a panel of experts in industries that cater to and provide professional services for older adults and their families. The event is free of charge and open to Hingham residents and surrounding communities.

During this seminar, presenters will discuss how to age in place and methods that can be used that save time, money and sanity when it is most needed. You will also learn how to downsize to make your home more habitable and explore steps that need to be taken to move into a residential care setting or a family member's home.

This seminar is sponsored by Home Care Partners, LLC. Lunch will be provided by Allerton House of Hingham. To help us plan for seating and lunch, we ask that you pre-register for this program by calling the Hingham Senior Center at 781-741-1458.

MY LIFE MY HEALTH

Thursdays

April 1 - May 6

10:00 am - 12:30 pm

At the Hingham Senior Center

This six-week series is for seniors who are living with the challenges of one or more persistent health conditions. Sponsored by Norwell VNA and Hospice, the workshops will be led by Alison Sheridan, RN, and Tammy Tavares, of Norwell VNA and Hospice. During this program you will learn from others who are experiencing similar challenges with chronic pain, decreased energy, and the impact that these factors have on your daily lives and social activities. You will also learn strategies to help you set and meet personal goals, identify simple techniques that improve your quality of life, handle stress and learn to relax, increase your energy level, improve communication with your doctor, and make good choices about your health, all in a fun and supportive learning environment. This Chronic Disease and Self-Management Program was developed by researchers at Stanford University Medical Center and has been proven to work. The program is free and comes with a CD and book. Space is limited to the first 15 who register. For more information or to register contact Alison Sheridan at 781-610-1435 at Norwell VNA.

CENTRAL TIMES

224 CENTRAL STREET
HINGHAM, MA 02043

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HINGHAM

Department of Elder Services

224 Central Street
Hingham, MA 02043
(Bus) 781-741-1458
(FAX) 781-741-1427
www.hingham-ma.gov/elder/index.html

Senior Center Hours

8:30 am - 4:00 pm
Monday - Friday

For a complete list of activities and events, see our calendar on pages 6 & 7.

Member of the Massachusetts Association of Councils on Aging and Senior Center Directors (MCOA)



Department of Elder Services Mission Statement

The Hingham Department of Elder Services is the town focal point for the delivery of social services to Hingham's population 60 and older. Its mission is to support the independence of Hingham's senior citizens, advocate for their needs and enhance the quality of their lives. In an atmosphere of respect for the older adult, the Department of Elder Services coordinates programs and services to encourage self-reliance, good health and community involvement.

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