
The Prime Times

CHAIRPERSON ANN HARRIGAN
DIRECTOR ROSEMARY O'CONNOR
OUTREACH DIANE M. McCARTHY

293 PINE STREET
P.O. BOX 699
TEL. 781-659-7878
HOURS 8:30 - 4:30 MON - FRI

NOVEMBER/DECEMBER 2008

This newsletter is made possible through the Friends of Norwell Council on Aging.

DIRECTOR'S MESSAGE

I am sure everyone has been listening, reading and watching what is happening to our economy. It has been reported that other countries are going through a similar situation, but perhaps not to the extent that we are at this time. The question is, how is it affecting our personal lives? Some of you are waiting to retire, some of you are retired and watching your investments and some of you are watching the whole situation and waiting for the swing upward. Like many, I'm not sure it is going to happen anytime soon. Some economists feel it will get worse before it gets better. If that is the case, then we need to look at how we can survive. Analysts suggest that we keep our finances and resources right where they are and most importantly not to panic.

Some of you remember the "Great Depression;" the rationing and bread lines. In 1929, we were vulnerable and lost our prosperous way of life. The important thing we learned during that time however, was how to survive and take care of one another. Like then, we will endure this challenging period of our lives. We have a great country, with wonderful people who care and will go the extra mile to help others.

While this may all sound daunting, we need to remember the spirit of the holidays and the joy it brings. During this time we usually "come to the plate" and offer help and support to others. Knowing times are tough, we can work on our own resources, simplify things and make it a bright and joyous time. Check in with your neighbors, your friends and those that have helped you in the past. Just remember the greatest gift you can give to them is yourself!

On behalf of the Council on Aging staff and Board, I wish you and your families a happy and healthy holiday season. We look forward to seeing you in the New Year.

*Respectfully,
Rosemary O'Connor
Director*

VETERANS' PANEL

Last Spring, the Norwell High School in collaboration with the Council on Aging, hosted a WWII Veteran's Panel. The panel allowed servicemen and women to share their personal stories and answer questions from the students. This program was such a tremendous success that the High School is interested in hosting a panel with Korean War and Vietnam veterans. The program would be held in early November, on a date to be determined.

The panel is a nice compliment to the classroom social studies program and helps bring this period in history to life for the students. Anyone interested in participating in this outstanding intergenerational program should contact the COA at 781-659-7878. Any WWII veterans interested in participating in our spring panel, may contact us as well. We thank you all for your service, your stories and your time!

COA RECEIVES NEW TV

Thanks to the generosity of one of our residents, the Council on Aging has a new 50" plasma T.V. in the lower level. This is a great addition to the center and will make our Monday Movies and playing Wii more enjoyable.

HEALTH NEWS

FLU CLINICS

The Norwell Health Board, in conjunction with the Norwell Visiting Nurse Association and COA are offering a free flu vaccine clinic on **Wed., Nov. 5 at 10 a.m. - 12 p.m.** in the lower level of the senior center. Pneumonia shots will not be offered at this time. *This clinic is only for Norwell residents age 60 and older.* To sign up, please call the COA office at 781-659-7878 and leave your name and contact information.

Note: A clinic will also be held for Norwell Gardens Residents only on Nov. 19, during blood pressure clinic.

SHINE UPDATE

November 15 begins open enrollment period for many health insurance plans. This is the time when people can make new decisions about health plans. Tish Clark, our SHINE Counselor will come talk at the senior center on Thurs., Nov. 6 at 10:30 a.m. about considerations for the upcoming enrollments. If you are unable to make the meeting or have specific questions about your coverage, feel free to call the COA at 781-659-7878 to make an appointment to meet with Tish.

Don't forget, Prescription Advantage now offers open enrollment all year.

ALZHEIMER'S AWARENESS MONTH

November is National Alzheimer's Disease Awareness Month and educational activities are scheduled everywhere to raise public awareness of this degenerative and fatal disease. Those with Alzheimer's slowly lose their ability to remember,

think, communicate and care for themselves. Despite research progress, there is no medical treatment to reverse its progress and Alzheimer's has become the fourth leading cause of death among adults. For more information about the disease, call the Massachusetts Chapter of the National Alzheimer's Association at 1-800-272-3900 or the Alzheimer's Disease Support Group of the South Shore at 781-749-5417.

HEARING SCREENING

John Klefeker, board certified hearing instrument specialist, will be at the COA to provide free hearing screenings, free minor repairs to hearing aids and hearing testing. Appointments are available on the following Mondays:

- Nov. 10, 1 - 3:00 p.m.
- Dec. 8, 1 - 3:00 p.m.

Please call the COA at 781-659-7878 to sign-up.

COLD WEATHER POLICY REMINDER

The Norwell Council on Aging provides a number of services to area seniors, in addition to on-site programs. When there is a winter storm, the senior center typically remains open. The COA does not automatically close when the Norwell public schools are closed, although depending on weather conditions, programs and/or services may be cancelled because of safety concerns. Cancellation notices can be heard on WATD, 95.9 FM or you may call the COA office at 781-659-7878 with any questions.

VETERAN'S DAY OBSERVED NOV. 11TH

Please take a moment to remember all those who have served our country and helped to preserve our freedom. Thank you all.

OUTREACH NEWS

FUEL ASSISTANCE BEGINS NOV. 1

The state/federal Fuel Assistance Program, operated and administered by the South Shore Community Action Program (SSCAP), begins Nov. 1. The program is open to the community and the Norwell Council on Aging is the agent for the town of Norwell. The income guidelines for fuel assistance are within the following range

Household of 1: \$10,400 - \$20,800

Household of 2: \$14,000 - \$28,000

Household of 3: \$17,600 - \$35,200

Household of 4: \$21,200 - \$42,400

Household of 5: \$24,800 - \$49,600

Applicants are required to provide the following information for all family members aged 18 and older;

- Identification
- Social Security numbers for all household members
- Proof of **all** income for everyone age 18 or older in the household. This includes such items as employment pay stubs, social security letter, IRA or pension plan disbursements, checking account direct deposit information and any other form of income.
- Copies of heating, electric and phone bills.

Families that have been awarded a federal fuel assistance benefit automatically qualify to receive a one-time delivery of up to 200 gallons of heating oil at 40% off retail price. Households that do not receive federal fuel assistance but need help can complete an application for discount heating oil

All information is kept strictly confidential. For a fuel assistance appointment, or if you have any questions about these program, please contact Norwell COA Outreach Coordinator, **Diane McCarthy**, at **781-659-7878**.

Other heating alternatives include:

Salvation Army Good Neighbor Fund: To apply or learn about eligibility, call (800) 262-1320, (617) 542-5420 or visit www.magoodneighbor.org.

Citizens Energy Oil Heat Program

1-877-JOE-4-OIL (1-877-563-4645)

www.citizensenergy.com

ATTITUDE - *Anonymous*

There once was a woman, who woke up one morning, looked in the mirror and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today!" So she did, and she had a wonderful day.

The next day, she woke up, looked in the mirror and saw she had only two hairs on her head. "Hmm," she said. "I think I'll part my hair down the middle today." So she did and she had a grand day.

The next day, she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "today I'm going to wear my hair in a ponytail." So she did and she had a fun, fun day.

The next day, she woke up, looked in the mirror and noticed that there wasn't a single hair on her head. "Yeah!" she exclaimed, "I don't have to fix my hair today."

Attitude is everything!

"LIFE CHANGES" SUPPORT GROUP

The Council on Aging is excited to announce a new group "Life Changes." This group provides support for older adults who have experienced changes or loss in their lives. Some topics will include

- Loss of a pet, family member or friend due to death, relocation or change in family status.
- Loss of a family home
- Changes associated with health or aging,
- Weight loss and smoking cessation,
- Changes in financial situation,
- Change in work or retirement status,

In this group, we discuss coping with life changes, stages of change and believe it or not the fact that change can do you good! The group will meet every other Friday beginning Nov. 7 from 10:30 a.m. to 12 Noon and is open to anyone age 60 and older. For more information or to sign up, please call the COA office at 781-659-7878. 7

CHANGE YOUR CLOCK BACK

Don't forget to turn your clock back on Saturday, November 1 at 2 a.m.

WHAT'S HAPPENING

WINTER CAR CARE CLINIC

It's the time of year to have your car checked up for winter. On Sat., Nov. 1, BJ's Auto Repair will host a special car care clinic. The clinic will be held at 223 Main St., Norwell, from 9:30 to 11:30 a.m. You can have your battery tested, fluid levels checked and even have your antifreeze tested. Please call the COA office at 781-659-7878 to sign-up.

BREAKFAST ON THE 9'S

Mark these dates on your calendar to meet Rosemary for breakfast at 9:00 a.m.

- Wed., Nov. 19, at The Omelette Factory, Rte. 139 in Pembroke.
- Tues., Dec. 9, The Eating Establishment, Assinippi

Call the COA office at 781-659-7878 to signup.

LEGAL EASE - Ask the Lawyer!

Local attorneys are available for 45-minute complimentary consultations, at the senior center. Clinics are for general information and guidance with appropriate referrals made if necessary. During the holiday season, clinics will be held on the following dates;

- Wed., Nov. 19. 1:30 - 4:30 p.m.
- Wed., Dec. 10. 1:30 - 4:30 p.m.

Call the COA office at 781-659-7878 to schedule an appointment. All consultations are strictly confidential. Please remember that these professional volunteer their time. If you are unable to make your appointment, please call to let us know.

"LUNCH ON THE ROAD"

We'll be going to the following locations in November and December for lunch on the road.

- Nov. 14 at 1:00, Brass Lantern
- Dec. 12 at 1:00, On Rye Deli

Please call the COA office at 781-659-7878 to reserve your space. Transportation is available.

COLE SCHOOL LUNCH SCHEDULE

Due to the holidays, lunch at Cole School will be held earlier in the month than usual. We'll be going to Cole School on Thursdays, Nov. 20 and Dec. 11, at 1:15 p.m. If you'd like to sign-up for lunch, please call the COA office at 781-659-7878.

RED HAT RENDEVOUZ

The Red Hat group is planning several events for the upcoming months. Watch the local cable station and newspaper for more information.

Wii WANT YOU TO COME LEARN AND PLAY!

Come to the senior center on Mon., Nov. 10 and Dec. 1 at 1:00 p.m. to learn how to play the hottest game - Wii. Designed for ages 5 to 95, Nintendo's Wii is a virtual reality, interactive system that gets you off your feet and moving. With the swing of a hand-held controller, you can play tennis, bowl, play baseball, shoot pool and much more.

The system was made possible through a Formula grant from the Executive Office of Elder Affairs, Friends of the Norwell Council on Aging and NPD Officer Sean Sutton. Thank you all!

HYNES FAMILY STRING QUINTET

The COA welcomes back the Hynes Family Quintet on **Mon., Dec. 22 at 12:45 p.m.** for a holiday concert



The siblings range in age from 7 to 17, and play a selection of classical and folk pieces. The group includes Maggie Hynes (17) on Cello, Robbie Hynes (14) on 1st Viola, Tommy Hynes (12) on 1st Violin, Brigid Hynes (10) on 2nd Violin, and Brendan Hynes (7) on 2nd Viola. Maggie and Robbie were selected to perform in District and SEMSBA regional orchestras. Please call the COA office at 781-659-7878 to sign up.



COA LUNCH PROGRAM

Lunch is served at the Norwell Senior Center on Mondays at 12:00 p.m. and Thursdays at 12:30 p.m. and we welcome all who'd like to join us. The food must be ordered in advance, so we request that you make reservations at least two days in advance of the day you'd like to come for lunch. For reservations and transportation call the COA at 781-659-7878.

SENIOR WORK PROGRAM

A mandatory meeting will be held on Jan. 12, 2009, at 10:00 a.m. for anyone interested in participating in the Senior Work Program for Fiscal Year 2010. Eligible participants who complete 94 hours of work, will receive a reduction/credit of \$750 on their real estate taxes. Call the COA office for more details or to register for this meeting.

KNITTING COMFORT DOLLS IS A SUCCESS!

Our new Comfort Doll group is a success. The group will meet on the 1st and 3rd Wednesday of each month at 10:00 a.m. These adorable dolls are donated to soldiers in Iraq to give to children as well as to children in local hospitals. Beginning knitters are welcome. For more information about the class, call the COA at 781-659-7878.

3rd ANNUAL PEN PAL PROGRAM

The COA and Cole Elementary School are excited to begin the third annual Pen Pal program. other exciting intergenerational program. In January, this exciting intergenerational program will kick-off with students from Mrs. Melody Truesdell's class. Twenty six seniors are needed to correspond with student partners over a six-week period. The program will finish with a luncheon in February. If you're interested in being a part of this exciting program, please call the COA office at 781-659-7878.

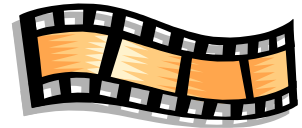
AFTERNOON OF APPETIZERS

Do you have a favorite appetizer recipe? Are you looking for something new to serve during the holidays? Join us for an Afternoon of Appetizers on Wednesday, Dec. 10 at 3:30 p.m. Be sure to bring your favorite appetizer and a copy of the recipe to share. This is a great chance to visit with friends, make some new ones and share some delicious food. To sign up, call the COA office at 781-659-7878.

GREATER BOSTON LEGAL SERVICES

Greater Boston Legal Services is a non-profit legal aid agency, funded in part by South Shore Elder Services, which provides free non-criminal, legal assistance to qualified low-income Seniors age 60 and older. Our Elder Unit offers assistance to Seniors with a legally related problem resulting in significant hardship in such areas as Housing, Long Term Care, Guardianship Defense, Public Cash & Health Benefits, Social Security and Consumer Issues. Our website, www.gbls.org, contains further information or you can call to inquire about services by contacting our Elder Intake Line at (617) 603-1776 and by visiting our office at 197 Friend Street, Boston Massachusetts. We are conveniently located near North Station and accessible by public transit or the Orange & Green Subway Line.

MONDAY MOVIE MATINEE



Each month, we'll offer a movie selection, on our beautiful new 50" television. Show time is at 12:45 p.m. Here are the upcoming movies.


Nov. 24 - "The Bucket List" (2007) 1 hr., 37 min.
Jack Nicholson, Morgan Freeman

Corporate billionaire Edward Cole (Nicholson) and working class mechanic Carter Chambers (Freeman) have nothing in common except for their terminal illnesses. While sharing a hospital room together, they decide to leave it and do all the things they always wanted to do before they die. In the process, they become unlikely friends, and ultimately find the joy in life.

Dec. 8 - "White Christmas" (1954) 2 hrs.
Bing Crosby, Danny Kaye, Rosemary Clooney, Vera-Ellen, Dean Jagger

Two talented song-and-dance men, - reserve officers - team up after the war with a sister act and trek to Vermont for a white Christmas. Shenanigans begin when they discover that the inn they've chosen is run by their old Army general, who's in financial trouble.

Call the COA office at 781-659-7878 to sign up.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:15 Quilling 12:00 Lunch @ COA 1:00 Book Club</p>	<p>4</p> <p>9:30 Bank 10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @ NPL 1:00 Mah Jongg 2:00 Election transportation 2:00 Poker Election Day</p>	<p>5</p> <p>10:00 Grocery Shopping 10:00 Flu Clinic 1:00 Cribbage 1:30 Bingo @Norwell Gardens</p>	<p>6</p> <p>10:30 SHINE Update 12:30 Lunch @COA 2:00 Bingo</p>	<p>7</p> <p>9:30 Exercise Class 10:30 Life Changes Support Group 1:00 Bridge</p>
<p>10</p> <p>9:30 Coffee Hour @ N. Gardens 12:00 Lunch @ COA 1:00 Hearing Screening 1:00 Wii Demonstration 5:30 Board Meeting Friends' Fundraising Day @ The Toy Box See Newsletter</p>	<p>11</p> <p>Veteran's Day Office Closed</p> <p>Friends' Fundraising Day @ The Toy Box See Newsletter</p>	<p>12</p> <p>9:00 Veteran's Panel @ NHS 10:00 Grocery Shopping 10:00 Hot Topics 1:00 Quilling 1:00 Cribbage 1:30 Bingo @Norwell Gardens</p>	<p>13</p> <p>10:00 Glucose Screening 11:00 Blood Pressure 12:30 Lunch @COA 2:00 Bingo</p>	<p>14</p> <p>9:30 Exercise Class 1:00 Bridge 12:00 Lunch @ Brass Lantern Friends' Fundraising Day @ Borders Express 11/14 & 11/15 See Newsletter</p>
<p>17</p> <p>9:30 MBTA Smart Cards @ COA 9:15 Quilling 12:00 Lunch @ COA 1:30 Senior Work Program Meeting</p>	<p>18</p> <p>10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @NPL 1:00 Mah Jongg 2:00 Poker</p>	<p>19</p> <p>9:00 Breakfast @ Omlette Factory 10:00 Comfort Dolls 10:00 Grocery Shopping 11:00 Blood Pressure @N. Gardens 1:00 Cribbage 1:00 Quilling 1:30 Legal Ease 1:30 Bingo @Norwell Gardens</p>	<p>20</p> <p>11:00 Bingo 1:15 Lunch @ Cole School</p>	<p>21</p> <p>9:30 Exercise Class 10:30 Life Changes Support Group 1:00 Bridge</p>
<p>24</p> <p>10:00 Bake Sale 12:00 Lunch @ COA 1:00 Movie Monday "The Bucket List"</p>	<p>25</p> <p>10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @ NPL 1:00 Mah Jongg 2:00 Poker</p>	<p>26</p> <p>10:00 Grocery Shopping 10:00 Hot Topics 1:00 Cribbage 1:30 Bingo @Norwell Gardens</p>	<p>27 28</p>  <p>CENTER CLOSED - HAPPY THANKSGIVING!</p>	

November 2008



Life Care Center
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Scituate, MA 02066
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Norwell Visiting Nurse Association and Hospice, Inc.

- Home Health Care Services
- Community Health Programs
- Hospice Services
- Private Care Services

781-659-2342

91 Longwater Circle, Norwell, MA 02061

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<p>1</p> <p>9:15 Quilling 12:00 Lunch @ COA 1:00 Wii Demonstration 1:00 Book Club</p>	<p>2</p> <p>10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @NPL 1:00 Mah Jong 2:00 Poker</p>	<p>3</p> <p>10:00 Grocery Shopping 10:00 Comfort Dolls 1:00 Cribbage 1:00 Quilling 1:30 Bingo @ Norwell Gardens Friends Trip to Forest Park</p>	<p>4</p> <p>12:30 Lunch @COA 2:00 Bingo</p>	<p>5</p> <p>9:30 Exercise Class 10:30 Life Changes Support Group 1:00 Bridge</p> <p>Friends' Fundraising Day @ Learning Express See Newsletter</p>
<p>8</p> <p>9:30 Coffee Hour @ N. Gardens 9:15 Quilling 12:00 Lunch @ COA 12:30 Movie Monday "White Christmas" 1:00 Hearing Screening by Appt. 5:30 COA Board Meeting</p>	<p>9</p> <p>9:00 Bank 9:00 Breakfast @ Eating Establishment, Assinippi 10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @NPL 1:00 Mah Jong 2:00 Poker</p>	<p>10</p> <p>10:00 Grocery Shopping 10:00 Hot Topics 1:00 Quilling 1:00 Cribbage 1:30 Legal Ease 1:30 Bingo @Norwell Gardens 3:30 Afternoon of Appetizers</p>	<p>11</p> <p>10:00 Glucose Screening 11:00 Blood Pressure 11:00 Bingo 1:15 Lunch @ Cole School Friends' Fundraising Day @ Moe's See Newsletter</p>	<p>12</p> <p>9:30 Exercise Class 1:00 Lunch @ On Rye Deli 1:00 Bridge</p>
<p>15</p> <p>12:00 Holiday Open House</p>	<p>16</p> <p>10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @ NPL 1:00 Mah Jongg 2:00 Poker</p>	<p>17</p> <p>10:00 Grocery Shopping 10:00 Comfort Dolls 11:00 Blood Pressure @N. Gardens 1:00 Knitting 1:00 Cribbage 1:30 Bingo @Norwell Gardens</p>	<p>18</p> <p>12:30 Lunch @COA 2:00 Bingo</p>	<p>19</p> <p>9:30 Exercise Class 10:30 Life Changes Support Group 1:00 Bridge</p>
<p>22</p> <p>12:00 Lunch @ COA 12:45 Hynes Family String Quintet</p> <p>Hanukkah Begins</p> 	<p>23</p> <p>10:00 Hanover Mall 11:00 Tai Chi @NPL 1:00 Mah Jongg 2:00 Poker</p>	<p>24</p> <p>10:00 Grocery Shopping 10:00 Hot Topics</p> <p>Office Closes @ 12:00 for Christmas</p> 	<p>25</p> <p>Merry Christmas Office Closed</p> 	<p>26</p> 
<p>29</p> <p>12:00 Lunch @ COA</p>	<p>30</p> <p>10:00 Hanover Mall 10:00 Art Class 11:00 Tai Chi @ NPL 1:00 Mah Jongg 2:00 Poker</p>	<p>31</p> 	<p>DECEMBER</p> <p>2008</p>	

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Norwell Visiting Nurse Association and Hospice, Inc.

- Home Health Care Services
- Community Health Programs
- Hospice Services
- Private Care Services

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91 Longwater Circle, Norwell, MA 02061

KEEP SAFE – KEEP WARM – Mass Dept. of Fire Services

Winter 2008-09

Think safety first when heating your home this winter!

Heating is the #2 cause of home fires in Massachusetts, causing over 14,000 fires over the past five years. Use your home heating system and space heating appliances wisely and responsibly. That's the way to...Keep Warm - Keep Safe.

COVER THE ABCS OF FIRE SAFETY

- Make sure there are working smoke alarms on every level including one outside the bedrooms.
- Test smoke and carbon monoxide alarms monthly and change batteries twice a year, when you change the clocks.
- Hold home fire drills to practice the home escape plan.
- Practice home fire safety and set a good example for the children.

BE CAREFUL WHEN USING FIREPLACES AND SOLID FUEL STOVES

If you heat your home by burning solid fuels (coal, firewood, pellets), be careful before, during and after using these kinds of fuels.

- Have the chimney professionally cleaned every year.
- Make sure the stove is approved by a national testing agency such as Underwriter's Laboratory (UL).
- You must get a building permit before installing a gas or wood stove.
- Keep anything that can burn 3-feet away.
- Dispose of the ashes in a metal container, with a lid, away from the house, garage and porch.

SPACE HEATERS NEED SPACE

Fires caused by space heaters are rare but often deadly. If you must use a space heater, do so safely.

- Do not use space heaters as your #1 heating source.
- Keep anything that can burn 3-feet away. Use only heavy-duty extension cords.
- Always turn off when going to bed or leaving home.
- Portable kerosene heaters are illegal in MA to use in your home.

MAINTAIN NATURAL GAS EQUIPMENT

Natural gas is a safe and efficient way to

cook, heat our homes and hot water.

- Have your furnace and hot water heater professionally checked every year.
- Do not use or store gasoline or painting supplies inside where they can be ignited by the pilot light.

Gas leaks can be dangerous – if you smell something like rotten eggs or you think there might be a leak,

- Move outdoors.
- Do not smoke or turn on or off electrical switches - sparks can cause an explosion.
- Dial 911 immediately.

MAINTAIN OIL HEATING EQUIPMENT

Home heating with fuel oil is also safe and efficient.

Have your furnace professionally cleaned and checked every year.

CARBON MONOXIDE: THE SILENT KILLER

- Don't let the tank get below one-quarter.
- If the oil burner releases smoke or soot in the house, call for service.

Heating equipment is the leading source of carbon monoxide (CO) in the home.

- Install carbon monoxide alarms on every level of your home.
- Don't use the gas stove or oven for heat
- Have furnaces and chimneys checked annual by a professional.
- Keep appliance vents and exhaust pipes clear of drifting snow and bushes.

For further information go to:
www.mass.gov/dfs

UPCOMING BOOK CLUB SELECTIONS

The Book Club meets the first Monday of each month, unless otherwise noted. Here is a list of the upcoming book selections.

Nov. - "Digging to America" by Anne Tyler

Dec. - "A Christmas Secret" by Anne Perry and "A Christmas Memory" by Truman Capote.

These selections may be subject to change after the first meeting. If you enjoy reading, we hope you will join us. For more information, call the COA office at 781-659-7878.

COMMUNITY NEWS

Norwell Public Library

Books To Go

The Norwell Public Library's "Books To Go" program visits residents who are unable to get to the library. Louise Painter is the "Books To Go" volunteer. She is looking forward to meeting other readers and to share her love of mysteries. Anyone wishing a home visit to either receive, return or even donate books, please contact Librarian, Rebecca Freer at 781-659-2015 or the COA at 781-659-7878.

James Library & Center for the Arts

Upcoming Events

The following concerts will be held at the James Library and Center for the Arts. Tickets are \$20 for Adults and \$18 for Seniors.

- **November 9, 3:00 p.m.**
Meet Eleanor Roosevelt
A one-woman theatre piece performed by Elena Dodd

For adults and children 12+. Tickets \$10 available in advance and at the door.

SNOW SHOVELING & PLOWING

Winter will soon be upon us and that means snow! Again this year, we are preparing a list of individuals available for snow shoveling. We are also compiling a list of snow plow companies. Please call the COA office at 781-659-7878 for more information.

MERRILL LYNCH CHRISTMAS CALLS

To celebrate the holiday season, and give back to our local community, the Merrill Lynch office, located at 1050 Hingham Street, 2nd Floor, in Rockland will open it's doors, on Sat., Dec. 6, 9:30 - 12:30, to local seniors to call loved ones worldwide. This is a free service. Seniors will have one hour to make as many calls as they want. Refreshments are provided and volunteers are on hand to help and celebrate with our guests. If you're interested, please contact the COA office at 781-659-7878 to sign up.

WINTER TIPS FOR SENIORS

Winter is once again upon us in New England and forecasters are promising a cold and snowy season. It is particularly important that elders, among the most vulnerable to inclement weather, are prepared for cold winter temperatures and take measures to stay well. Here are some tips to have a healthy and safe winter.

How Cold Is It?

The first line of protection is to be aware of weather forecasts and prepared for days when you are unable to go shopping, keep medical appointments and get to personal and social appointments. Find out how cold it will be by listening to, reading or watching the weather forecast, and remaining indoors during very cold weather. Make sure to pay attention to the Wind Chill, which is based on the rate of heat loss from exposed skin by combined effects of wind and cold.

What do I wear to stay warm?

When it's very cold, make sure to dress in warm, dry clothes. You should wear a hat, layers of loose-fitting clothing, a scarf, mittens, thick pants, heavy socks, and closed-in shoes or boots.

How Do I Keep My Home Warm?

Heating your home is expensive, but important to staying healthy in the winter. Make sure that you have insulated your home and sealed any air leaks. Be very careful of space heaters, which can pose a burn and fire risk.

Ask Yourself: Who Is Looking Out For Me?

In bad weather, tell a friend, family member, or neighbor where they will be able to find you. Ask them to call you regularly to check on your well-being. Tell them where an extra key is located so that they can get into your home in the event of an emergency. If you have special health needs such as oxygen, contact your police station and let them know you may need assistance if the power fails.

Stay Safe in the Snow and Ice

Avoid over exerting yourself. Shoveling is very strenuous exercise and can quickly take a toll on your body. Ask someone to shovel for you if you are at high risk of a heart attack or other injury. If you must shovel, always go slowly, take breaks, drink a lot of water, dress warmly, lift carefully and stop if you have any pain or exhaustion.

Have a safe and healthy winter.

FRIENDS NEWS

WHO ARE THE FRIENDS OF NCOA?

The "Friends of the Norwell Council on Aging" is a non-profit group that helps support the Council on Aging's efforts within the community. As a non-profit group, the "Friends" have access to general funds that allow them to provide immediate financial assistance that the COA - as a town department - is unable to provide, due to time constraints. This helps the COA Director and Outreach Coordinator to better serve residents in need.

Each year, the Friends' provide support in the following ways;

- Underwriting educational and cultural programs offered at the senior center.
- Preparing and mailing the bi-monthly newsletter.
- Sponsoring special meals and events.
- Supporting seniors in financial distress.

In these difficult times when household expenses continue to escalate and many seniors struggle to afford the basic necessities of life, the COA and the programs offered at the Senior Center keep these seniors connected.

For more information about supporting or becoming a Friend of the Norwell Council on Aging, please call the COA office at 781-659-7878.

BAKE SALE

Do you need goodies for Thanksgiving or a holiday party? The Friends of Norwell COA will hold a bake sale on Mon., Nov. 24, beginning at 10:00 a.m. The sale will take place at the senior center, located at 293 Pine St. Don't miss out on all of the tasty treats!

CHRISTMAS TABLE

Looking for holiday decorations or a gift idea? Don't miss the Friends' Christmas Table. The table will be set up in the lower level from Dec. 1st. through 19th. If you have any items you'd like to donate for the table, please drop them at the COA office. Sorry, no clothing, tattered or broken items can be accepted.

RAISING DAYS

As you get ready for the holidays, you can also help support the Friends of the Norwell Council on Aging by shopping at local businesses on specified Fundraising Days. Bring the coupons included in this newsletter and a portion of sales for these days will be donated directly to the Friends of the Norwell Council on Aging. Fundraising Days are scheduled at the following locations.

Borders Express

Nov 14 & 15, 10:00 a.m. - 9:00 p.m.

10% discount and 10% donation to the Friends

The Toy Box

Nov. 10 & 11, 9:30 a.m. - 8:00 pm.

10% discount and 10% donation to the Friends

For the past 32 years, The Toy Box, an independent family-owned specialty toy store, has been helping grandparents find toys and gifts that put smiles on the faces of their grandchildren. The Toy Box will provide complimentary gift wrap and free out-of-state delivery for Norwell seniors making purchases during these dates.

Moe's Southwest Grille

Dec. 11, 11:00 a.m.—9:00 p.m.

10% donation to the Friends

The Learning Express

Dec. 5, 9:30 a.m. - 8:00 p.m.

10% discount and 10% donation to the Friends

Coupons may be copied and given to family members and friends to use as well. Coupons are also available to the COA office. For more information, call 781-659-7878.

BRIGHT NIGHTS AT FOREST PARK TRIP

Join the Friends on Wed., Dec. 3, for a wonderful holiday trip. First stop is at the Christmas Tree Shop in Holyoke, before arriving at the Yankee Pedlar Inn for an early dinner. Choose from baked schrod, chicken pot pie or Yankee pot roast. Following dinner, you'll take a breathtaking ride through Forest Park for a spectacular display of over 500,000 Christmas lights. The cost of this trip is \$56. Payment is due at the time of registration. To sign up or for more information, please call the COA office at 781-659-7878. This trip will fill up, so call early to reserve a seat.



COA OFFERS MBTA SMART CARDS

Seniors, 65 and older can complete an application to obtain a new MBTA Smart Card, at the COA, on Mon., Nov 17, 9:30 - 11:30 a.m. These cards offer the discounts on public transportation, including the new Greenbush line. Proof of age is required. To sign up or for more information, please call the COA office at 781-659-7878

CHRISTMAS DINNER AT CHURCH HILL

Church Hill United Methodist Church, located at 11 Church Street, Norwell, invites singles, couples and families to a Christmas Day Dinner. Gathering time for refreshments is 12:00 Noon and turkey dinner will be served at 12:30 p.m. The dinner is free and transportation is available. Reservations must be made before Sunday, December 21, by calling Gail at 781-545-1666 or Lori at 781-826-4763. Join them for some great fun and fellowship.

NEW REVERSE MORTGAGE WEBSITE

The Massachusetts department of Consumer Affairs and Business Regulations has launched a new Reverse Mortgage website for seniors. While reverse mortgages are not for everyone, they are often times the only option for seniors wishing to remain in their home. This website helps to explain what is involved with reverse mortgages, the costs, required counseling and details about how they work. If you're considering a reverse mortgage, visit the website at www.mass.gov/reversemortgage for more information. Remember, given today's economy, careful consideration

should be made prior to making a decision.

VOLUNTEERS FOR VETERANS

Old Colony Hospice is looking for veterans, from all branches of the military, who are willing to volunteer in the Volunteer for Veterans program. Volunteers provide friendly visits and respite to terminally ill veterans and their caregivers. A select group of patient care volunteers are trained to help acknowledge and support veterans' especially those who have been in combat, as they share stories and memories. This program is a cooperative effort between Old Colony Hospice and the Veterans Administration. For more information, please call Christina Finelli at 781-341-4145, ext. 201

ELECTION DAY IS NOV. 4

The 2008 Presidential Election will be held Tues. Nov. 4, 2008. The polls are open from 7 a.m. to 8 p.m. There are also three binding questions on the ballot this year.

- Question # 1 - State Personal Income Tax
- Question # 2 - Possession of Marijuana
- Question # 3 - Dog Racing

Full text for these important questions can be found on the Secretary of the Commonwealth's website at http://www.sec.state.ma.us/ele/ele08/ballot_questions_08/message.htm.

Transportation to the polls will be available between 2:00 and 3:00 p.m. For more information, call the COA office at 781-659-7878.

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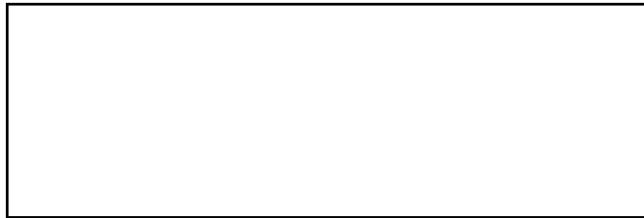
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- Community News, pg. 9
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If you don't want to receive this newsletter, PLEASE call the COA office at 781-659-7878 to remove your name from the list.

THANKSGIVING GIVING

For the 13th consecutive year, the COA will deliver home-cooked turkey dinners to older Norwell residents on Thanksgiving Day. If you know anyone who might like to have a dinner brought to the door or if you're home and would like a wonderful dinner, please call Rosemary or Diane at 781-659-7878.

HOLIDAY OUTREACH

Every year, the COA works with members of the community, to support and reach out to those who could use a little extra help during the holidays. If you would like to support our endeavors, could **use** a helping hand yourself or know someone else who could, please call Rosemary or Diane at 781-659-7878.

WANTED: YARN

The Comfort Doll group needs scrap yarn. If you have any extra yarn that you don't need, you can drop it off at the COA office. Thank you for your help!

HOLIDAY OPEN HOUSE

The Council on Aging invites everyone in the community to a Holiday Open House on Monday, Dec. 15, from noon to 3 p.m. in the Senior Center at 293 Pine St. Stop by and enjoy traditional eggnog, goodies and entertainment. It's a fun time of year and the COA wants to take this opportunity to wish you all a happy and healthy holiday.



*Happy Holidays
from Everyone at the
Norwell Council on Aging!*