



# Norwell Navigator

**Live Well, Age Well, Norwell**

**MAY/JUNE 2023**

**Chairperson:**  
**Director:**

**John Mahoney**  
**Susan Curtin**

**Community Services Coordinator:** **Dee Dee Rogers**  
**Program Coordinator:** **Debbie Blackington**

## DIRECTOR'S NOTE

Spring is here with summer quickly coming around the corner. This year, we look forward to moving some of our programs outside and inviting you to join us for some special events at our new "Patio on Pine!" Be sure to check out the details inside the newsletter. We welcome your suggestions for other outdoor programs as well! Debbie has some great programming and trips lined up that we think you'll enjoy! We look forward to seeing you at the center this Spring!

Many times I've written about what an honor and pleasure it is to work at the Council on Aging. There are several reasons I believe that, but the greatest is the incredible team of professionals that I work with each day. I had the chance to work with Betty, Robert, and Dee Dee as a peer before becoming the Director six years ago. We've experienced a great deal of growth and transition over the years. Once again we are preparing for transition as our Community Services Coordinator, Dee Dee Rogers, plans to retire on June 30.

I've had the privilege of working with Dee Dee for the past 10 years as a peer, partner, collaborator and most importantly as a friend. We share common values and vision about how to best serve and support Norwell's older adults and their families. It has taken us on journeys with those experiencing serious challenges, but also celebrating the joys and happy life milestones of our "extended family." I will miss my friend!

Dee Dee's commitment to our community has been unwavering. She continually goes above and beyond and looks out for Norwell's older adults as if they are her own family, because for many, that's what you've become. Those of you who have had the pleasure of knowing and working with Dee Dee understand the void we will experience in our team. But, now it's time for her to enjoy her family and all of those activities that many of you have time for. I hope you'll join us as we celebrate her on June 21. See the newsletter for more details.

From all of us, thank you Dee Dee for making our lives better and coming to work a pleasure. Wishing Dee Dee the best on her next journey.

Respectfully,

*Susan Curtin, MS*

Director

## CELEBRATING DEE DEE'S RETIREMENT



After 10 years at the COA, our Community Services Coordinator Dee Dee Rogers is retiring! Join us on **Thurs., June 21, 3:00 p.m. - 5:00 p.m.** as we celebrate all that she has done for the residents in Norwell! Refreshments will be served and transportation is available. Drop-ins are welcome, but if you know you will join us, please let us know so we can plan for refreshments. To register for transportation, please call the office at 781-659-7878.



## THANK YOU MARK AIGEN!

After five years as a van driver, Mark is hanging up the COA Van keys! He has been a great addition to our team. Thanks for your dedication to all of our riders and the COA staff! We will miss Mark very much but look forward to having him visit!

## GET READY TO POP BY THE PATIO ON PINE!

Last summer we installed a beautiful new patio in the backyard of the senior center. This year, we are excited to bring some fun programs outdoors including exercise, cornhole, line dancing, a "Music & Mocktails" series and more! Have an idea for a fun outdoor program or social event? Let us know. We'd love to hear from you!

### OUTREACH NEWS by Dee Dee

#### It is time to say Goodbye.....

In May of 2013, I was hired as the Outreach Coordinator for the Norwell Council on Aging. I had just turned 60, and was excited to start my new career at the COA. I intended to work until I was full retirement age, which for me is 66. I am now 70 years old, and I am still here! These 10 years have just flown by.

I could never have imagined what a wonderful journey I was embarking on. All the people I work for, and with, are second to none. My position with the COA, first as Outreach Coordinator, and now as Community Services Coordinator, has been one of the greatest experiences of my life. I only wish I had started working here many years before!

Now that I am 70, I have decided it is time for me to retire at the end of the fiscal year, on June 30<sup>th</sup>. I hope to have the time to focus on my health, Brett, my children and grandchildren, and pursue some of my many interests, as well as devote more time to the activities I am involved in with my hometown of East Bridgewater. I am also looking forward to being more active with the Norwell Grange.

The people who frequent the COA and those I have worked with have brought richness to my life. Sharing your lives with me, and allowing me to help you in so many aspects of your life, has been one of my greatest joys. I have learned so much from everyone, and I will always be grateful for getting to know all of you.

Susan Curtin and I were peers when she became Director of the COA. Sometimes that can be a difficult transition from peer to boss, but I must say Susan was a master at the transition, and has been the best boss I have ever had the pleasure to work for and with. We share so many of the same ideas and values. Working with Susan has been the most rewarding experience. The person who will be taking my place as the Community Services Coordinator is indeed very fortunate!

Susan, Debbie, Judy, Linda, Betty, Robert, Mark, Fred, Ken, the COA Board, and the Friends of the COA have made it so much fun working here. Everyone is very devoted to the work that we do, and I will miss seeing everyone on a regular basis.

Working closely with Dave Osborne, Veterans Service Officer, the Norwell Police Department, especially with Senior Response Officer Sean Sutton, Police Chief Lee, Chief Kean, the Norwell Fire Department and all the many employees of Norwell has been wonderful. I am so impressed with how well we all work together. The town of Norwell is a very special place, and will remain in my heart forever.

I want to thank all of you for allowing me into your life and I will always treasure my memories and time with the Norwell Council on Aging.

Fondly,

*Dee Dee Rogers*

#### NEW TO MEDICARE?

Medicare options can be confusing! Are you turning 65 or planning to retire and have questions about Medicare? As an Independent Medicare Consultant I will provide you with free unbiased information on Medicare and supplemental plans. Please call me, Dee Dee Rogers, at 781-659-7878 to request an appointment. No appointments will be scheduled with Dee Dee after June 20th.



#### TELEPHONE CHECK IN

Do you or someone you know live alone or have no family in the area? Are you recovering from illness or medical procedure or frail? The Telephone Check In offers you a chance to have someone check in on you daily, weekly, bi-weekly, or whatever works best for you. For more information please call Dee Dee, at 781-659-7878 for more information.



#### SOUTH SHORE HABITAT FOR HUMANITY CRITICAL HOME REPAIR

South Shore Habitat for Humanity launched the Critical Home Repair Program that offers assistance to qualified seniors, veterans and families who are struggling to maintain their home. The program focuses on repairs that address health, safety and code issues. As with all Habitat programs, this offers "a hand-up, not a hand-out". This is not an emergency repair program and projects are based on current funding. For more information or to access the application visit their website at [www.sshabitat.org/critical-home-repair](http://www.sshabitat.org/critical-home-repair)



#### "WHAT MATTERS MOST"

Join Aimee Yawnick for this eye opening, life enhancing conversation, as we explore living our best life through the lens of our own mortality. In this introductory program we'll discuss important topics about our physical, emotional and spiritual well-being, as well as the legacy we want to create. Exploring what's important to us at end-of-life can help us live richer lives today. Aimee is a Certified Conscious Dying Coach, Educator & Death Doula whose work helps individuals and families experience end-of-life with dignity and respect.

This workshop will be held on the following dates:

- Norwell COA - Wed., May 17, 11:30 a.m. to 1:00 p.m. a light lunch will be served
- Norwell Public Library - Tues., June 6, 6:00 - 7:30 p.m.

To register, please call the COA office at 781-659-7878. Open to adults of all ages.



#### PIZZA AND PROXY WORKSHOP

Come enjoy some pizza on us while we discuss some important issues in this Healthcare Proxy Workshop. All adults regardless of health status are encouraged to complete Advanced Care Planning paperwork. Join Dorothy Wisdom, Nurse Practitioner, for an in depth discussion about questions found on the MOLST form and how to communicate your wishes with your health care proxy. **Mon., June 12 at 11:30 am.** Call to sign up: 781-659-7878.



#### DISCOUNTED LIFETIME PARKING PASS TO STATE PARKS FOR SENIORS

Massachusetts residents age 62 or older are eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most State Parks, including Nantasket Beach. Parking pass: fee \$10 To purchase a pass or for more information contact the Department of Conservation and Recreation at 617-626-1250 or visit their website at [www.mass.gov/how-to/get-a-senior-parking-pass](http://www.mass.gov/how-to/get-a-senior-parking-pass).



#### CANCER TREATMENT SUPPORT GROUP with Dorothy Monday, May 15 at 1:00 p.m.

Join us for an overview of common side effects from chemotherapy and immunotherapy with a hematology/oncology Nurse Practitioner. For patients diagnosed with cancer and their support network. To be followed by an informal support group for those interested. Questions are welcomed.

#### WALK YOU CAN WALK AND WIN PRIZES!

The Massachusetts Council on Aging is hosting the Walk Massachusetts Challenge from May 1st through October 31st. During this time, you'll have chances to win gift card prizes for completing different walking/jogging/running challenges. Some of the challenges include: walking 30 minutes for 88 days to celebrate the year Massachusetts became a state 1788 (30 minute walk every other day for the length of the challenge); 192 miles to celebrate the length of the Massachusetts coastline (1.1 miles for length of challenge) and more!

When you complete a challenge, the Norwell Council on Aging will also be submitted for a chance to win \$1,000 to help support our fitness programs. You can register now and start your challenge on May 1, set different goals, and track your progress. The best part is you can walk anywhere! This program is open to adults of any age. For more information visit [www.walkmachallenge.com](http://www.walkmachallenge.com).



#### DRUMMING with Ed Sorrentino

Enjoy the Drum Circle with Ed Sorrentino at the COA! We'll be holding Drumming on **Friday, May 19 and June 16 at 11:00 am.** Call the COA at 781-659-7878 to sign up.

Open to Norwell adult residents of all ages. Non-Norwell residents are welcome based on space availability.

#### UKULELE With Juli Finn

**Come to Ukulele class Tuesdays at 9:30 am.** Please sign up by calling the COA so we know how many people to expect. The fee is \$10 per class payable to the teacher.



**LIKE the Norwell Council on Aging Facebook page and stay up to date on news and events.**





### DEMENTIA RELATED RESOURCES

#### LUNCH & LEARN

##### "Processed Foods & Dementia" with Ann McDonald

What are Ultra Processed foods and what is the link between them and dementia? Learn the latest research and changes you can make to decrease your risk! Join Anne McDonald, M.S., R. D. Nutritionist, South Shore Elder Services for this important presentation at the Norwell COA on **Monday, June 5**. A healthy **lunch will be served at 1:00 p.m.** and the **presentation begins at 1:30 pm**. Call to sign up at 781-659-7878 today!



**Dementia  
Friends**

Dementia Friends is an international interactive workshop to learn five key messages about dementia, what it's like to live with the disease and how to turn your understanding into action that supports people living with dementia. Please join us on **Thursday, June 8 at 2:00 p.m.** at the senior center. This workshop is open to adults of all ages. Out-of-town residents are welcome. To register, please call 781-659-7878.

#### CHECK OUT THE DEMENTIA RESOURCE AREA AT NPL!

A special thanks to Dementia Action Team member Julie Ingargiola and Adult Librarian Zoe Rath for creating a dementia-related resource area at Norwell Public Library. This will be a rotating resource offering information and materials for those living with dementia and their care partners. Be sure to check it out!



#### WELCOME TO KRISTIN AGGANIS

Welcome to Kristin Agganis our new Dementia Friendly Coordinator. Kristin joins us through a Title IIIB Grant from South Shore Elder Services to help develop a memory cafe and other dementia-related educational and supportive programs. We are excited to have her join us.

#### ART PROGRAM AT THE CORDWAINER

The Cordwainer Memory Care Living is hosting a dementia friendly art class on Tues., May 16<sup>th</sup> at 10:30 a.m. Caregivers are invited to bring their loved one with dementia to partake in the art class together then stay for a free lunch! The Cordwainer is located at 555 Cordwainer Dr. in Norwell. For more information call 781-544-2777.

#### DEMENTIA ACTION TEAM MEETING

The next Dementia Action Team meeting is May 22 at 2:00 p.m. New members are welcome!

### Caregiver Support Scholarship Programs

#### CAREGIVER RESPITE SCHOLARSHIPS

The Norwell Council on Aging received an \$8,000 Service Incentive Grant from the Massachusetts Council on Aging to provide scholarships to assist with caregiver respite. Respite is important to give caregivers a chance to address their own emotional, social and physical needs and varies based on each individual. This program is open to qualifying Norwell residents. For more information, please contact Susan at 781-659-7878. This grant expires as of June 30, 2023. "This program is made possible in part from a grant awarded to the Massachusetts Association of Councils on Aging by the Massachusetts Executive Office of Elder Affairs."

#### HOME INSTEAD HILARITY FOR CHARITY RECHARGE RESPITE GRANTS

The Recharge Respite Grant is a one-time grant of 50 hours of respite care by Home Instead, to be used within 3 months of being awarded. If awarded a Recharge Respite Grant, upon completion of this grant, applicants are able to reapply for another grant if needed. This grant is designed to provide respite to family caregivers that need to take time to personally recharge and focus on themselves. For more information visit <https://tinyurl.com/3zw3fy6j>

#### ALZHEIMER'S PARTNERSHIP SOUTH SHORE

The Respite Grant/Help Funds Program of the Alzheimer's Community Partnership of the South Shore provides funds for short-term respite care and financial assistance to benefit individuals with Alzheimer's disease or a related disorder and their family care partner. Scholarships may be available up to \$450. For more information please visit <https://tinyurl.com/bde3ennm>

### EXERCISE CLASS SCHEDULE

**Pre-registration is required for in-person classes.** Please call the office at 781-659-7878.



#### **JOY OF MOVEMENT with Rena!** **Mondays at 10:00 a.m.**

Join Rena Thorbahn for this exercise program for everyone! Either standing or with a chair, this class involves music and simple dance choreography. Get in the groove with a mix of classic oldies, show tunes and current upbeat pop music.



#### **ARTHRTIS EXERCISE with the NVNA! Wednesdays at 10:00 a.m.**

Join Phyllis Shea from the NVNA and Hospice as she leads you in both sitting and standing exercises to improve joint mobility, muscle strength and endurance, in order to improve the performance of daily activities.



#### **BALANCE ~STRETCH~ & STRENGTH**

**Tuesdays at 9:00 a.m. and Thursdays at 10:30 a.m.**

Join Instructor Phyllis Shea from the NVNA on Tuesdays and Thursdays as she leads you through a series of seated and standing exercises. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, core strength and range of motion.



#### **CHAIR YOGA with Ana** **Fridays at 9:30 a.m.**

Join Ana DePaz as she guides you on this comfortable exercise program of gentle chair yoga and meditation. Exercises may be done seated and/or standing.

### LOW VISION SUPPORT

**If you would like to be part of this support group, meetings are on Mondays May 22 and June 26 at 11:00 a.m. Call to sign up!**



### NEED YOUR BLOOD PRESSURE TAKEN?

Blood Pressure with the NVNA is available on **Monday, May 15 & Monday, June 26 at the COA 10:30 a.m. - Noon.**



### SIGNING UP FOR AN EXERCISE CLASS

Pre-registration is required for our exercise classes by calling 781-659-7878. If you cannot attend, please let us know since we may have a wait list.

**If you are not feeling well, please call and cancel, and we will look forward to seeing you on another day.** Thank you for your understanding as we work hard to keep everyone safe.

#### **FITNESS SAFETY POLICY:**

*Please remember to consult with your physician before engaging in any physical activity program. By participating in these classes you assume all dangers, hazards and risks of such participation. The exercises demonstrated by the instructor in these online classes may be physically demanding. If you are unable to safely perform these exercises, please modify them for your own safety or choose a different set of exercises.*

### LINE DANCING w/MAUREEN GODDING

Whether you've never danced before or it has been a while, this class is for you! Join us on Tuesday, June 13 at 3:00 p.m. out on the patio. You will learn terminology and movements and string them together in easy-to-follow dances. This class moves quickly and increases your heart rate with laughter. No partner necessary, all you need to know is your left from your right and how to smile and have a good time. To register, please call the COA office at 781-659-7878. Priority is given to Norwell residents. Out-of-town residents are welcome based on availability.

### AT HOME HEARING HEALTHCARE

FREE Hearing Clinics appointments are available at the COA on **Monday, June 5 at 11:00 a.m.** Call the COA to sign up.



### THURSDAY WALKERS



Put on your walking boots and join our Thursday Walkers group! Volunteers Margaret Lynch and Barbara Anderson are our leaders on Thursday mornings at 9:30 am. You'll receive an email with a confirmed destination or, if necessary, a cancellation. To walk, you must register and complete a waiver to walk. To register, please call 781-659-7878. We hope to see you!



### LUNCH AT THE COA

We invite you to join us and see old friends and make new ones.

**IMPORTANT:** Please keep in mind that the Council on Aging or Friends subsidizes the cost of the lunches. **If there are no-shows or last minute cancellations, we still need to pay the full cost of a meal.** If you sign up and need to cancel, please call us as soon as possible, so that we can open it up to our wait list or adjust our order. Thank you for your help and understanding.

**PLEASE NOTE:** Our food events, on-site or Grab 'n Go, are extremely popular and often are limited in number. Although we have sign up deadlines, capacity may be reached before then. Don't delay in signing up if you are interested, and please cancel if you find you can't come, as we often have a waiting list.

**REGISTRATIONS FOR LUNCH MUST BE MADE IN ADVANCE!** Call 781-659-7878.

Limited Seating available.

### UPCOMING LUNCHES AT THE COA

**12:30 PM - Thurs. May 18 Baked Ziti by the Norwell Schools. \*Free**

**12:30 PM - Mon. May 22 Chicken Taco Salad by the Friendship Home Cost: \$5**

**12:30 PM—Thurs. June 8 Egg Salad and Tuna Salad sandwiches with pasta salad Cost \$5**

**12:30 PM - Thurs. June 15 Turkey, Bacon, Club on croissant by the Norwell Schools. \*Free**

**12:30 PM - Mon. June 26 Strawberry Nut Salad with Grilled Chicken by the Friendship Home Cost: \$5**

### COFFEE WITH A COP

Join our Senior Resource Officer Sean Sutton and other members of Norwell Police Department for a monthly Coffee with a Cop. This is an opportunity to discuss scams and other safety issues and concerns, as well as hear about initiatives with the Police Department. This is a drop-in event on the second Wednesday of the month at 9:00 a.m.



### NEW! TEA AND TALK

Ladies? The gentlemen appear to have grabbed a corner on the Coffee and Conversation. Still interested in meeting up? Try this new opportunity. **Mondays at 9:00 am beginning May 8. Call 781-659-7878 to sign up so we know how much tea to brew!**



### SENIOR MOMS OF NORWELL! JOIN US



**FOR A MOTHER'S DAY TEA**  
**Friday, May 12 at 11:30 am** will be our annual Mother's Day Tea at the COA put on by the Norwell Women's Club. Flowers by the Norwell Garden Club. Norwell residents and out-of-town volunteers only. Space is limited so please sign up right away! Call 781-659-7878.

### HEALTHY EATING FOR SUCCESSFUL LIVING



Do you want to eat better? Have concerns about your diet and questions about nutrition? How about what to eat for best health and energy?

Join Anne McDonald, Registered Dietitian and Registered Nurse for a six week program: **Thursdays May 18, 25 and June 1, 8, 15 and 22 from 9:30 am—noon** for discussion on the latest guidance on food health.

Call the COA at 781-659-7878 to sign up. Advanced registration is required. Sponsored by South Shore Elder Services, The Healthy Living Center for Excellence.



### SENIOR DADS OF NORWELL! JOIN US

#### FOR A PANCAKE BREAKFAST

**Tuesday, June 13 from 9:00 am—10:30 am**, come to a Father's Day pancake breakfast by Chef Susan Curtin! Don't delay signing up! Space is limited. Call 781-659-7878.

### COFFEE & CONVERSATION



Come meet current friends or make new ones at Coffee & Conversation on **Thurs. at 9:00 a.m.** Topics of the day run the gambit and we ask that conversations be respectful of others opinions. Call 781-659-7878 to sign up.



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### CRAFT TIME! WOODEN SIGNS

Create a beautiful wooden sign for your home with Karen Kelley at the COA on **Weds., May 3 at 1:00 pm**



You will receive step-by-step instructions in creating a personalized wooden sign. You can customize this sign with your choose of colors, along with what you would like written on your sign. This is your sign and you will customize it any way you choose. Not crafty? No worries! You do not need to be crafty to make this sign, so please do not feel intimidated as there are lots of "cheats" and the instructor will be there to help you, if you need it. In the end, you will be amazed with your final results! **Cost is \$12.** Limited space available. Sign up today by calling 781-659-7878. Norwell resident priority.

### CRAFT TIME! NEW ENGLAND LIGHT HOUSES

Come join Karen Kelley at the COA on **Wednesday, June 14 at 1:30 pm** to paint your own lighthouse! What a great addition to your garden! Space is limited. Norwell resident priority. Cost: \$12 Call to sign up: 781-659-7878.



### NORWELL HISTORICAL SOCIETY NEEDS YOUR HELP!

#### LOOKING FOR NORWELL HIGH SCHOOL YEARBOOKS

The Norwell Historical Society maintains an archive of photos, books and documents from Norwell's History. They are currently looking for Norwell High School yearbooks for the following years: 1928, 1929, 1937, 1943, 1944, 1945, 1951, 1969, 1977, 1978, 1983, 1988, 1989 and all yearbooks from 1990 through 2022.

If you have one to donate, please contact Janet Watson at [watsonje@comcast.net](mailto:watsonje@comcast.net) or visit the Norwell Historical Society website at [Norwellhistoricalsociety.com](http://Norwellhistoricalsociety.com) and click on "Contact Us" under the "More" tab at the top of the page.

They would also love any photos or memorabilia related to Norwell Schools or bygone days in Norwell. They can scan photos, letters and documents if you don't want donate them permanently

### STOP BY WITH YOUR ITEMS AND ENJOY COFFEE AND REFRESHMENTS!

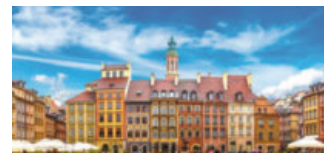
Join Janet Watson, Archivist for the Norwell Historical Society at the Norwell COA for coffee and bring your items with you!  
**11:00 am—noon on Wednesday, May 24**  
Call 781-659-7878 to sign up!



### ARMCHAIR TRAVEL TO SIENA—A Gothic Dream in Tuscany on Tuesday, May 16 at 1:00 pm.

Siena, located in central Italy's Tuscany region, is known for its ancient brick structures cuisine, art, museums and medieval architecture. This walking tour will show the highlights of the city. From the Piazza del Campo to the Duomo and beyond. We will talk History, Palio, Curiosities, Celebrities, Gastronomy and so much more. Join us in discovering Siena, a Gothic Dream, Unesco World Heritage and eternal rival of the almighty Florence. **Call for the link or come to the COA but sign up at 781-659-7878.**

### ARMCHAIR TRAVEL TO HISTORIC SITES OF WARSAW, POLAND on Tuesday, June 6 at 1:00 pm.



The city of Warsaw, which was almost completely destroyed during World War II, rose like a phoenix from the ashes. On our route, we will visit one of the most beautiful and important streets in the city - Krakowskie Przedmieście, and we will walk through the Old Town to feel the spirit of the historic Warsaw. We will find places related to the life of Marie Curie - the first woman to win the Nobel Prize and Frederic Chopin, a Polish-French composer, whose music you can hear in the film "The Pianist" by Roman Polanski. On the route, we will also see where the second (after the American) Constitution in the world was written and signed, how many mermaids there are in the city, where the Round Table meetings were held and where Mick Jagger ate the famous pierogi with cabbage and mushrooms. An hour-long walk filled with stories, anecdotes and curiosities about the capital of Poland. **Call for the link or come to the COA but sign up at 781-659-7878.**

### MAY FLOWERS ROCK PAINTING with Mary

Come join Mary and paint some pretty seasonal rocks! **Thursday, May 18 at 2:00 pm.** Cost: \$5. Norwell residents only. Limited space available. Advanced registration required. Call 781-659-7878.



### PROFESSIONAL SERVICES

#### NOTARY SERVICE

Community Services Coordinator Dee Rogers, is a Notary. Documents needing notarizing should not be signed until the Notary reviews the documents and checks the photo ID of the person needing the notarization.

**Please note that Chapter 222 section 17(e) of MA General Laws:**

*A notary public who is **not** an attorney licensed to practice law in the commonwealth shall not conduct a real estate closing and shall not act as a real estate closing agent, provided, however that a notary public who is employed by an attorney so licensed may notarize a document in conjunction with a real estate closing conducted by the attorney and a notary public who is employed by a lender may notarize a document in conjunction with the closing of such lender's real estate loans.*

#### Additional Important Information

**Please know Council on Aging Notary Service is not available for wills, living wills, power of attorney, living trusts, codicils or depositions. Please call Dee Dee Rogers at the Council on Aging for a Notary Service appointment. 781-659-7878.**

#### MEET YOUR REPRESENTATIVE

State Representative David DeCoste or his aide will hold office hours at the COA on the **1st and 3rd Fridays at 9:00 a.m.** of each month for anyone interested in meeting with him.

#### MEET YOUR STATE SENATOR

State Senator Patrick O'Connor's aide Lou Rizzo, will hold office hours at the COA on the **2nd Thurs. of the month at 10:30 a.m.** You are welcome to come discuss any of your questions or concerns.

#### GAMES! GAMES! GAMES!

Join us for games! To sign up, please call the COA at 781-659-7878.

**SCRABBLE** Mondays at 11:00 a.m..

**MAH JONG** Tuesdays at 1:00 p.m.

**GOLF! A CARD GAME** Tuesdays at 10:30 a.m.

**CORNHOLE** returns Tuesdays in June at 2:00 p.m.

**HAND & FOOT** Wednesdays at 1:00 p.m.

**NEW! RUMMIKUB** Thursdays, at 11:30 a.m.



#### QUILTING

Have you always wanted to learn to quilt? Do you quilt, but need some assistance with a project? Come join the Quilting Group, led by instructor Mary Merritt on **Fridays at 1:00 p.m.** Please contact the COA by calling 781-659-7878.



### TRANSPORTATION

We provide transportation to medical appointments, grocery shopping and local prescription pick up. Please call the COA at 781-659-7878 for additional information or to schedule a ride.

- **Riders must schedule a minimum of three (3) business days in advance.** No Friday or weekend calls for Mondays.
- Our priority is medical appointments (doctor, PT and other procedures not involving sedation) and our service area includes Norwell, Hanover, Hingham, Weymouth, Cohasset, Scituate and some parts of Pembroke.
- Transportation is available Monday through Thursday for appointments with a start time between 9:00 a.m. and no later than 2:00 p.m. Appointments on Friday mornings between 9:00 and Noon, in Norwell and Hanover only.
- Riders **must be ready at least 15 minutes before designated pickup time** at home. Our schedules are tight and drivers cannot wait.
- Be sure to ask your medical provider about their waiting policy before and after your appointment.
- We understand that things can come up last minute. If same-day transportation can be accommodated we will provide it, but it is not guaranteed.
- There is currently no fee for our transportation.
- Masks are strongly encouraged while riding on our vans.
- Due to liability, we do not provide transportation for hospital, nursing home or rehab discharge or procedures involving sedation. In some cases, South Shore Community Action Council may be able to assist in this type of transportation. Please call us to inquire.

#### MAP Transportation

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. This is funded through a Title IIIB grant of the Older Americans Act through South Shore Elder Services and is scheduled by us. Ride donations can be made to SSCAC at 71 Obery St., Plymouth, MA 02360.

#### Special Transportation schedule

Tuesdays - Library  
Wednesdays - Market Basket  
Thursdays - Food Pantry  
Fridays - Target or Stop & Shop or Big Y  
Local errands are scheduled based on availability.



**PROGRAMS WITH JUDY MACIOCI**  
Come to the COA for these  
two upcoming programs:

**THE MUSIC OF BIRDS**



**on Thurs., May 25 at 1:30 p.m.**

"Listening to the the birds singing in the spring is very relaxing! We will learn about the songs of our local birds, listen to their calls and discover why and how they sing and what they are communicating to each other and us!!



**THE HISTORY & MYSTERY OF SEASHELLS** **on Thurs., June 29, 1:30 p.m.**

We all love to collect shells. Did you know that each one holds secrets from the past? Learn how each shell is different, the creature who lives inside the shell and how they may be used for medicinal purposes and other ways to enhance our lives.

**Call 781-659-7878 to sign up for these free**



**MONDAY MATINEES**

Show times are at **1:45 p.m.** unless otherwise noted.



**Mon. May 8 — WON'T YOU BE MY NEIGHBOR?**

**PG-13 1 hr. 35 min. 2018**

**Documentary, Biography**

**Fred Rogers, Margaret Whitmer, Tom Junod**

Filmmaker Morgan Neville examines the life and legacy of Fred Rogers, the beloved host of the popular children's television show Mister Rogers' Neighborhood., a show which changed children's television forever.



**Mon. May 22 — ON A WING AND A PRAYER**

**PG 1 hr. 42 min. 2023**

**Drama**

**Dennis Quaid, Heather Graham, Jesse Metcalfe**

After a small-town pilot mysteriously dies during flight, passenger Doug White is forced to land the plane safely and save his entire family on board.



**Mon. June 26—KNIVES OUT!**

**PG-13 2 hr. 10 min. 2019**

**Comedy, Crime Drama**

**Daniel Craig, Chris Evans, Ana de Armas, Jamie Lee Curtis, Christopher Plummer**

The circumstances surrounding the death of crime novelist Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth.

**AUTHOR VISIT!!!**

**Wednesday, May 31 at**

**11:30 am**, join us at the COA

for light refreshments and the

intrigue of Modern Midwife

Mysteries, set in New England

and featuring a modern day

nurse midwife. Listen to and

meet the author Christine

Knapp as she discusses her

first two books in the series:

Murder at the Wedding, and

Murder on the Widow's Walk.

*Christine Knapp practiced as*

*a nurse-midwife for many*

*years. A writer of texts and*

*journal articles, she is now*

*thrilled to combine her love of*

*midwifery and mysteries as a*

*fiction author. Christine cur-*

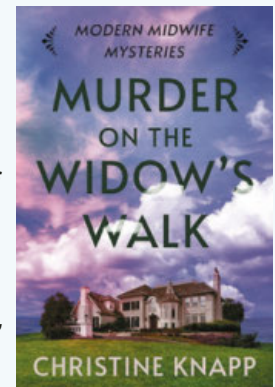
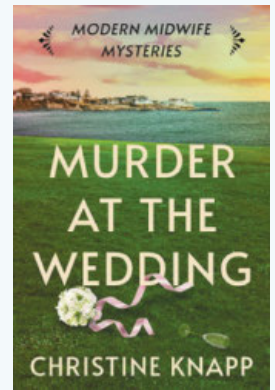
*rently narrates books for the*

*visually impaired. A dog lover,*

*she lives near Boston.*

**Call the COA to sign up to-**

**day! 781-659-7878.**



**NFD "SENIOR SAFE" PROGRAM**



The Norwell Fire Department a

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monoxide detectors or making recommendations

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sisting residents with other home safety concerns.

To schedule an appointment, please contact Sean

Ford at the Norwell Fire Department at 781-659-

8158 or via email at [sford@norwellfire.org](mailto:sford@norwellfire.org)

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### NORWELL CARES CONTINUES BOOK TALK

On March 23, the Norwell Cares Day continued with a Community Book Talk. Students and community members met, shared lunch and discussed this



year's theme, dementia. Middle school students read *The Space Between Lost and Found* and high school students and adult community members read *Still Alice*. Jennifer Pratt, High School Librarian, Jessica Kinsman, Middle School Librarian, Susan Curtin, Director of the Council on Aging, and Norwell Public Librarians, Rachel Breen, Zoe Rath and Brooke Vitagliano, led a discussion about the books and about the impact dementia has on the individual and their families. Additionally, Susan Curtin provided important education and information about dementia. Overall, it was a fun and educational program! Thank you to everyone who participated!

### VOLUNTEERS WANTED FOR NORWELL NEIGHBORS PROGRAM

Are you handy and like to fix things? Do you have some extra time? We are looking for volunteers to offer their skills and talents to help others with small household tasks. It could be help with simple tasks such as hanging a curtain, changing a lightbulb, setting up a television, or more complex help like fixing a mailbox. If you are interested in being part of this program, please call Susan or Dee Dee at 781-659-7878.

### EXCEPTIONAL NEEDS REGISTRY COMING TO NORWELL!

The Norwell Council on Aging, Fire Department, Police Department and South Shore Regional Emergency Communications Center (SSREC) are partnering to create an optional registry for individuals who may experience exceptional needs such as mobility issues, oxygen, life-sustaining treatment, dementia, autism and more. This will help identify individuals who may need assistance during emergency situations. Watch for more details on the roll-out of this new program!



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### SENIOR LEARNING NETWORK

Enjoy these great programs coming from Senior Learning Network. Watch Live on Zoom at the COA or we will also have a few home links for those unable to come on site. Call the COA to sign up today at 781-659-7878! All programs are at 2:00 p.m.

#### **Tues., May 2—The Story of Buffalo Bill—William F Cody: Buffalo Bill Center of the West**



William F Cody was a fascinating product of the American West. The complicated story of Cody's life and his exploits in the American West and later in performances depicting that "Wild West" will be examined using the Center's collections. George Miller presents this wonderful story spanning the mid to late 1800's to 1917, illuminating both the man and his times.

#### **Tues., May 9—Anderson National Historic Site**

Andersonville National Historic Site began as a stockade built about 18 months before the end of the U.S. Civil War to hold up to 10,000 Union Army prisoners captured by Confederate soldiers. At its most crowded, it held more than 32,000 men, many of them wounded and starving, in horrific conditions with rampant disease, contaminated water, and only minimal shelter from the blazing sun and the chilling winter rain. In the prison's 14 months of existence, some 45,000 Union prisoners arrived here; of those, 12,920 died and were buried in a cemetery created just outside the prison walls. Andersonville is the deadliest ground of the Civil War. The program will begin with a general overview of Civil War prison statistics and why Andersonville was chosen as a location for a prison site, cover living conditions inside the prison, the experience of prison guards, and the efforts to preserve the site after the Civil War.



#### **Tues., May 16—"Bravo" - National Portrait Gallery**

Florenz Ziegfeld orchestrating sequined spectacles at the *Follies* to Elvis Presley shaking up the cultural landscape. The creative diversity of the American experience is remarkably expressed in the exuberance, elegance, and dynamism of its performing arts. "Bravo!" presents a vibrant showcase of the performers who brought these arts to life. Beginning in years when artists performed only live and without microphones, "Bravo!" covers the technological evolution that has made performance accessible at the click of a mouse.



#### **Tues., May 23—The Johnstown Flood: The Stunning Story of one of America's Greatest Tragedies: Johnstown Flood National Memorial**



On Friday May 31, 1889, the South Fork

Dam failed, sending 20 million tons of water 14 miles down the Conemaugh Valley to Johnstown. The Johnstown Flood killed 2,209 people in one of the country's worst disasters. This program explores the causes and effects including the history of the South Fork Dam, the South Fork Fishing and Hunting Club who owned the dam in 1889, events on May 31, the large-scale recovery effort that followed.

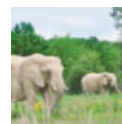
#### **Tues., June 6—Homestead National Historic Park: "Homesteading, Women's Suffrage, and the Wizard of Oz"**

This presentation explores the women's suffrage and homesteading themes in Frank L. Baum's, *The Wonderful Wizard of Oz*. The program highlights the ways those themes remain prominent in retellings of the classic tale. It uses brief vocal music elements to demonstrate the many interpretations of this American fairytale; including, songs from the 1939 Judy Garland film: *The Wizard of Oz*. *Homesteading, Women's Suffrage, and the Wizard of Oz*, is an engaging program that explores the experiences that helped Baum shape his iconic story.



#### **Tues., June 13—Return to the Elephant Sanctuary!**

Since 1995, The Elephant Sanctuary in Tennessee has provided elephants retired from performance and exhibition with a safe refuge and the companionship of other elephants. The facility has grown from 110 acres to 3,060 acres and has provided sanctuary to 29 elephants, making it North America's largest natural habitat refuge for captive elephants.

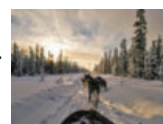


#### **Tues., June 20—Smithsonian's National Museum of Asian Art Cherry Blossoms: Japanese Custom of "Flower Viewing"**

What is it about cherry trees, or Sakura, that makes them so beloved? During this interactive webinar, we will explore Hanami, the traditional Japanese custom of "flower viewing." Through paintings, woodblock prints, and other art forms, we will discover Japanese symbols, values, and traditions associated with blooming cherry trees.



**Tues., June 27—North to Alaska!** On January 3, 1959, President Eisenhower signed a special proclamation admitting the territory of Alaska into the Union as the 49th and largest state. Join us as we take a virtual trip to Alaska, via the Alaska Public Lands Information Center representing natural, historical, and cultural features throughout the state. Wandering among the exhibits, visitors get a mini tour of Alaska. We look forward to learning all about this vast state of Alaska, "The Last Frontier".







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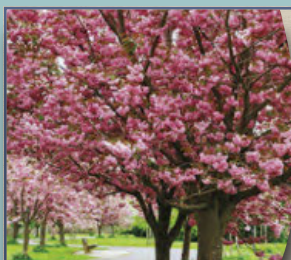
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## 14- Norwell Navigator May/June



### TRIPS!

#### Please Read the Rules Carefully!

The Norwell COA is pleased to offer a variety of trips with the COAs in Cohasset, Hull and Scituate. As we are working with various trip companies, please note payment procedures may vary, however **payment must be made when you sign up and during respective sign up dates. Each town's residents must sign up in their own town.** Please note that refunds are only available if you or the Norwell Council on Aging is able to find a substitute. We look forward to having you travel with us!

Please note: Trips through the Norwell COA are for Norwell residents. If you are interested in a trip and not a resident, you may leave your name on a waiting list. If, as we get closer to the trip date, or if a substitution needs to be made, space may be available.

*Important: Passengers with mobility or personal care concerns must be accompanied by family member or other escort. The COA, tour company and site staff cannot be responsible for personal care assistance.*

**We expect trips to fill quickly. Please note the date when registration opens and be prepared to sign up if you would like to have a spot.**

### Next Trips

#### Fri., June 23: Newport Flower Show

**Cost: \$150**

**Sign up is closed for this trip, however if you would like to be on the cancellation list, please call the Norwell COA front desk.**

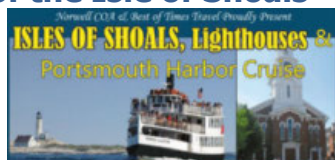


#### Tues., July 18: Tour of the Isle of Shoals

**Cost: \$149**

**Registration sign up for this trip begins May 8.**

Cruise through the Portsmouth Harbor aboard the Victorian style M/V Thomas Lighton and experience fascinating legends of the New Hampshire and Maine Seacoast to the little known, but historically crucial, legendary Isles of Shoals. Dine at the Portsmouth Gas Light Company: Choice of Chicken Breast Cordon Bleu, Baked Haddock or Slow Roasted Pork Tenderloin. Also included is House Salad, Homemade Roll, Roasted Red Potato, Seasonal Vegetable, Dessert, Coffee/Tea.



#### Thurs., Aug. 10: The Corvettes Doo Wop Revue

**Cost: \$119**

**Registration sign up for this trip begins June 1.**

Travel to York, Maine for a rollicking ride through the good old days of Rock & Roll with this fabulous touring group: The Corvettes, and enjoy a traditional Maine Lobsterbake at Fosters Lobsterbake. Your meal includes a whole boiled 1-1/4 lb. lobster, clam chowder, fresh steamed mussels, fresh Maine clams, corn-on-the-cob, potatoes & onions, blueberry cake, rolls, butter, and beverage **OR** a 1/2 BBQ chicken is available as a Non -Lobster Alternative!!

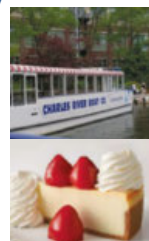


#### Thurs., Sept. 14: Charles Riverboat Cruise and Cheesecake Factory Lunch

**Cost: \$110**

**Registration sign up for this trip begins July 5.**

This 70-minute narrated cruise, hosted by Charles Riverboat Company, offers all the historic sights of Boston and Cambridge. Experience landmarks from Beacon Hill to Harvard, all while cruising along the Charles River on our climate controlled boat. After the cruise you will be treated to lunch at **The Cheesecake Factory**. Choose an entree from their fantastic menu, with cheesecake for dessert, of course! After lunch, take some time for shopping at the Cambridgeside Galleria.



#### Weds., Oct. 11: NH's Foliage Splendor

**Cost: \$129**

**Registration sign up for this trip will begin August 1.**

Our day includes a stop at the Granite State Candy Shoppe, in Concord, NH; luncheon at the Common Man Restaurant, and a visit to Meadow Ledge Farm (with apple cider donuts)! More details coming in our next newsletter!

**Watch for flyers and future newsletters for more trip details.**



### NORWELL FOOD PANTRY

The Norwell Food Pantry is open to support Norwell residents, on Thursdays from 2 – 4 p.m., located at Norwell Town Hall, at 345 Main St. Only a registered family member is allowed to pick up. For more information, call 781-690-5050.



# NEWS ABOUT TOWN



## TOWN MEETING & ELECTIONS

The Special/Annual Town Meeting will be held on **Mon., May 8, 2023 beginning at 7:30 p.m.**, at the Norwell Middle School, 328 Main St.

The Annual Town Election will be held on **Sat., May 20, 2023** at the Norwell Middle School, 328 Main St. The polling hours will be **from 8:00 a.m. until 6:00 p.m.**

Vote by Mail applications are available at the Town Clerk's office and online at [www.townofnorwell.net](http://www.townofnorwell.net). Call the Town Clerk's office with any questions, **781-659-8072**.



## MEMORIAL DAY OBSERVANCE

There will be a Memorial Day parade and ceremony on Monday, May 29, 2023. Those marching are asked to muster at United Church of Christ by 9:30 a.m. and the parade will begin at 10:00 a.m. and end at Town Common. The ceremony will begin following the parade. If you are part of a group planning to march, or have questions, please call the Veteran's Service office at 781-659-8004.

## NORWELL PUBLIC LIBRARY

Little Bee, Big World	5/2	6:00 PM
Basic Technology Help	Tuesdays @	3:00 PM
<i>Climate Conscious Gardening: Building Sustainable Landscapes</i>	5/9	6:00 PM
Craft: Mother's Day Cards	5/12	2:30 PM
Cooking with Abby: <i>Menu Planning &amp; Summer Meals, Easy recipes and demo</i>	5/16	5:45 PM
Craft Knitting Night	5/17	6:00 PM
Literary Circle Book Group	5/18	10:30 AM
Skipper the Therapy Dog	5/18	3:00 PM
Massachusetts South Shore Woodturners—Demo	5/20	2:00 PM
"Together they lived and together they died" - The Tragic Story of Bonnie & Clyde	5/23	6:00 PM
Stress Management Workshop	5/30	6:00 PM



## NORWELL CERT WANTS YOU!

If you're looking for a great way to get involved in the community, check out Norwell Cert (Community Emergency Response Team)! This group of incredible volunteers provide important support to Norwell's Emergency Management team, from weather events, power outages, road races, community events and much more. During COVID they played a critical role helping us to support many support of the seniors enter and many older adults in our community. The next basic training sessions will be offered on May 23, 25, 30 and June 1, from 6—10 p.m. For more information please email [norwellcert@gmail.com](mailto:norwellcert@gmail.com).

## NORWELL'S 13TH ANNUAL TRASH BASH

Saturday, May 6, 2023  
Raindate: Sunday, May 7



Pick up special yellow trash bags, gloves, coffee & donuts at Norwell Town Hall between 9—11 a.m. The week prior, you can also pick up bags at and at the Pour, Lucky Finn, Kappy's, Stop & Shop, Devine Feed & Pet, Norwell Package & General Store, Big Y and Shaws (Hanover Store). Your filled yellow bags can be left by your trash for pickup the week immediately after by your trash for pick up that week or drop them off at the Town Recycling center on Saturday, May 6, from 9 a.m. -3 p.m.



## NORWELL RECREATION DEPARTMENT ANNUAL FISHING DERBY

**Save the Date** for the Norwell Recreation Annual Fishing Derby on May 13 at 6:30 a.m. This free event will be held at Jacobs Pond parking and dock area. For more information, please visit the Norwell Recreation website at [www.townofnorwell.net/recreation-department](http://www.townofnorwell.net/recreation-department)

## NEW WALKING TRAIL MAP IS NOW AVAILABLE!

The Norwell Conservation Commission has printed new trail maps for 2023. Stop by the Conservation office at Town Hall to pick one up, or view it online at [www.townofnorwell.net/conservation-commission](http://www.townofnorwell.net/conservation-commission)



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#### **DON'T USE SOCIAL MEDIA? SIGN UP FOR OUR EMAIL NOTICES!**

One of the ways we have been trying to keep you up to date with things that have been happening at the COA is through email notices. Please be sure to check your junk or spam folder so you don't miss out. You may also select unsubscribe if you wish to be removed from the list. To be included, please call the office at 781-659-7878 to give us your email address.

#### **COMING TO A PROGRAM?**

Pre-registration is **required** for all of our program and events. Many of our programs have limits due to space and this helps us to plan. It also helps us to inform you of any program changes or cancellations. If you are interested in coming to a program, please call 781-659-7878. We look forward to seeing you!

The Senior Center will be closed on the following dates:

- **May 29: Closed for Memorial Day**
- **June 19: Closed for Juneteenth Freedom Day**



#### **WHO WILL HELP YOU DURING AN EMERGENCY?**

Do you live alone, with no family or friend support nearby? Are you concerned about being without power for more than 24 hours? Do you rely on oxygen or other life sustaining treatments? Are you recovering from an illness or surgery? If you answered yes to any of these questions, please consider registering your cell phone and emergency contact information with the COA, especially if you have concerns about well-being during a storm or prolonged power outage. This information is confidential and only shared with emergency personnel if needed. A reminder that in case of a weather situation, the senior center may open as a warming/cooling center, if the Town deems necessary. Please call us if you have any questions.

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