



fiftyplus  
advocate

Legendary  
father-son duo  
continues to inspire,  
lead and advocate

TEAM HOYT

page 4

Dick Hoyt with his son Rick

PHOTO/SUBMITTED



**Goddard / Homestead**  
INDEPENDENT LIVING • REST HOME • RESPITE CARE

A caring community for elders





A Legacy of Providing Exceptional Senior Care Since 1874 • For information contact Tracey King at (508)868-0967 • [www.goddardhomestead.org](http://www.goddardhomestead.org)





**In a Livable Community,  
people of all ages can make  
their neighborhood, town or  
city a lifelong home.**



## MASSACHUSETTS

Visit **[aarp.org/livable](http://aarp.org/livable)** to learn how age-friendly, livable communities benefit people and places.

**AARP Massachusetts**  
1-866-448-3621 | [maarp@aarp.org](mailto:maarp@aarp.org)

**Connect with us:**  
 **@aarpma** |  **AARPMMA**

**AARP**® Real Possibilities  
**Massachusetts**

## Credit freeze bill closer to passage

By MIKE FESTA, STATE DIRECTOR  
AARP MASSACHUSETTS

Consumers are now two steps closer to having meaningful protections from identity theft.

The Massachusetts House of Representatives recently passed An Act Removing Fees for Security Freezes and Disclosures of Consumer Credit Reports (H.B. 4241 and S.B. 2304), and the Senate has now referred the bill to the Senate Ways and Means Committee, awaiting recommendation.

On behalf of 800,000 AARP members in Massachusetts, we praise our legislators for their support of this important bill, and urge the Senate to take final action to pass the bill and send it on to the governor for his signature.

One of the key provisions of these bills will prevent a consumer reporting agency from charging a fee when consumers elect to place, suspend or remove a security freeze from their credit report, giving the residents of Massachusetts the power to control access to their credit report without cost.

Older adults are increasingly the target for identity theft, and one of the most effective ways to protect consumers is through a security freeze, which safeguards a person's credit report. Without access to this information, identity thieves would be unable to obtain credit in that person's name, minimizing potential for fraud. These bills will go a long way in reducing the threat of identity theft for consumers.

With more access to credit due to their longer careers and higher incomes, older adults are the most common targets of identity theft nationwide. Individuals age 50-59 filed more than 7,200 complaints of identity theft in Massachusetts alone

in 2016, according to the Federal Trade Commission.

Credit reporting firm Equifax revealed in 2017 that hackers stole financial and consumer data on at least 143 million customers in the U.S., including at least 3 million residents of the commonwealth. It's quite possible that the personal information — including birth date, Social Security number, driver's license number and address — of many of us in this room has fallen into the hands of criminals. And just this week, Equifax indicated an additional 2.4 million Americans were affected by the breach.

A security freeze allows an individual to voluntarily restrict access to their credit report so that new lines of credit cannot be opened. Enacting such a freeze can make it more difficult for criminals to steal an identity and open up new credit accounts or loans in someone else's name. A credit report security freeze does not affect a person's credit score, and can be removed at any time. Currently, firms like Equifax can charge consumers whenever they freeze or unfreeze their credit report, and consumers trying to protect their identities would have to pay each of the three credit agencies every time they freeze or unfreeze their credit.

We thank Representatives Tackey Chan (D-Quincy), Jennifer Benson (D-Lunenburg), and Senator L'Italien (D-Andover) for their leadership and urge final passage of this bill in the Senate. We strongly encourage AARP Massachusetts advocates to call their Massachusetts State Senator at 617-722-2000 to offer support for this bill.

This system of charging consumers just to protect themselves from criminals has to end. Consumers in Massachusetts shouldn't have to pay to control access to their credit reports. AARP Massachusetts hopes the Senate will act swiftly to advance H.B. 4241 and S.B. 2304.

We look forward to working with all interested parties to ensure the final legislation protects all Massachusetts consumers.



**Mike Festa**



# Making life better for people with dementia and their caregivers

By ALICE BONNER, PH.D., RN, FAAN  
SECRETARY, MASSACHUSETTS  
EXECUTIVE OFFICE OF ELDER AFFAIRS

**A** top priority for the Executive Office of Elder Affairs (EOEA) is promoting the best possible quality of life for individuals living with dementia and their care partners.



Alice Bonner

Dementia may be an unfamiliar term or one that is misunderstood. It describes a variety of changes in thinking, memory, and behaviors that

are not a part of normal aging. Alzheimer's disease is the most common form of dementia, but any form of dementia can cause significant problems that can impact a person's life.

An estimated 5.3 million people age 65 and older in the United States suffer from Al-

zheimer's-disease or related dementia, including an estimated 120,000 right here in Massachusetts. The number of Massachusetts residents with Alzheimer's is expected to rise to 150,000 by the year 2025, and continue to grow in the decades that follow. Because of this, we must prepare for many more people in our families and our Commonwealth living with some form of dementia.

I know about this issue all too well because, in addition to leading EOEA, I'm also a care partner for my mother, who is 88 years old and has Alzheimer's. I've seen first hand the challenges and stress that dementia can bring -- both for the person with the condition and for those of us caring for them. However, being a care partner for someone with Alzheimer's also brings opportunities and rewards. For example, when we go out for lunch in my mother's hometown of Northampton, there are many restaurants where the staff and servers recognize us and are willing to take a little ex-

tra time for her to figure out the menu. They are kind and patient; even if my mother's behavior isn't always "typical," we still can enjoy going out to lunch together.

This example of kindness and understanding is representative of work many cities, towns, and individuals are doing in Massachusetts to make life better for people with dementia and their care partners.

Last summer, the Alzheimer's and Related Dementias Acute Care Advisory Committee, which I was honored to co-chair with the Massachusetts Department of Public Health, delivered a set of recommendations for improved care of people with dementia when they are admitted to hospitals, emergency departments, and other acute care settings.

This is critical because we know that people with dementia are at higher risk of injuries, illnesses, and hospitalizations because of their condition. Often a trip to a busy emergency room or

inpatient hospitalization is very disorienting for people with dementia, and the dementia-related communications challenges can often make treatment more difficult.

The Commission recommended better planning to provide for the special needs of individuals with dementia, and that hospitals include the knowledge and the needs of care partners in that planning, especially regarding transfers and discharge to home. The recommendations also call for better training for hospital staff on the needs of people with dementia and their care partners.

Residents living with dementia also benefit from numerous activities that are part of Dementia Friendly Massachusetts. This grassroots movement's goal is making our communities safe, inclusive and respectful of people with dementia. There are more than 20 cities and towns that are actively implementing comprehensive dementia-friendly efforts

MassOptions page 4



## Are you an older person... and need services to live on your own?

MassOptions staff will quickly connect you with services, so you can continue to live in the setting of your choice. They'll even stay on the line to ensure that you are connected directly with the right service agency in your city or town.

### Services include:

- In-home Care
- Health and Nutrition Services
- Medical Equipment & Devices
- Housing Needs
- Transportation
- And MANY more

**MASS**  
**OPTIONS**  
Your link to community services

A FREE public resource

SPECIALISTS AVAILABLE:  
8AM – 8PM 7 Days a Week

TOLL FREE 1-844-422-6277 OR VISIT [MassOptions.org](http://MassOptions.org)

A service of the Massachusetts Executive Office of Health and Human Services, connecting elders, individuals with disabilities and their family members with agencies and organizations that can best meet their needs.



# TEAM HOYT

## Legendary father-son duo continues to inspire, lead and advocate



PHOTOSUBMITTED

Dick and Rick Hoyt

By BONNIE ADAMS  
MANAGING EDITOR

The words “heros,” “legends” and “icons” are used so often now, they have almost become trite. But those words are truly ways to describe the father-son duo of Dick Hoyt and Rick Hoyt. For over 40 years, the two have inspired millions around the world as they have watched Dick,

and his son, Rick, who has cerebral palsy, compete in over 1,000 road races, marathons and triathlons. In doing so, they have also become leaders in helping to pave the way for others with disabilities, emphasizing the importance of inclusion of these individuals in all facets of daily life.

The story of Team Hoyt has been told many times, yet never

fails to impress. When Rick was born, he suffered a lack of oxygen to his brain, leading him to be diagnosed as a spastic quadriplegic with cerebral palsy. His parents were advised to institutionalize him – there was little hope, they were told, that their son would live a “normal” life.

But what those experts didn’t know then – and what the world knows now – the Hoyts do not give up. Rather, they accept every challenge sent their way with an amazing blend of positive thinking, hard work and love. Indeed, their motto now of “Yes, you can” was their philosophy right from the start.

“There is no such thing as ‘no,’” Dick said emphatically.

Rick’s parents fought for years to get him integrated into public schools, finally achieving that goal when he was 13.

It was in 1977 that Rick told his father that he wanted to participate in a five-mile benefit run for a schoolmate who had

been paralyzed in an accident. Although Dick had been active in team sports as a high school player, he was, he admitted, “not a long-distance runner” at that time. But he nevertheless agreed to push Rick in his wheelchair in the race.

The two came in next to last. But instead of being discouraged, Rick was thrilled, noting to his father, that when they ran, it “feels like I’m not handicapped.”

That was enough to inspire Dick to want to do more so Rick would continue to feel that way.

Over time the two entered more road races, ultimately building up to marathons.

“Everyone who runs a race dreams of doing a marathon, right?” Dick said.

As time went on, Dave McGillivray, a local race director (and who is now the Boston Marathon race director), suggested the Hoyts try a new

Team Hoyt page 10

## Making life better for people with dementia and their caregivers

MassOptions  
Continued from page 3

in their communities, including the new program ‘Dementia Friends’.

Additionally, there are now more than 75 communities in Massachusetts with “memory cafés.” Memory cafés provide a welcoming place for people with dementia, their family, and friends to visit, relax and connect with others who understand the challenges and joys of dementia and caring for someone with the condition.

Want to get involved? You don’t need to have dementia or be caring for someone who does to take part in making our state

more welcoming for people with this condition.

Dementia Friends Massachusetts offers a one-hour information session on what dementia is and the simple things that you can do to support people living with the disease in your community. To find out more about attending a Dementia Friends information session, visit [www.DementiaFriendsMA.org](http://www.DementiaFriendsMA.org).

If you’re caring for someone with dementia and looking for help or services, call MassOptions toll free at 1-844-422-6277 or visit [massoptions.org](http://massoptions.org). MassOptions is a free public service connecting older residents and those with disabilities to the services they need to live independently.

### Things to Do, People to See, the Place to Go!



**Norwood  
ADULT DAY  
HEALTH CENTER**

**We are here to help!**

Affordable, safe, medically monitored  
daytime care for aging loved ones  
and adults with disabilities.

**Call to schedule a tour!**

595 Pleasant Street, Norwood, MA 02062

[Norwoodadhc.com](http://Norwoodadhc.com) | 781.769.4495 | [info@norwoodadhc.com](mailto:info@norwoodadhc.com)



# april

## Inside this issue

Ten ways  
to age  
positively

page 6



Author shares  
joy of healthful  
green cleaning

page 14



## Departments

Travel .....	12	Money Matters .....	19
Caregiving Tips .....	18	Housing Options .....	21

## Index of Services

<b>Adult Day Care</b> Adult Day Club at Dodge Park...12 Norwood Adult Day Health Center.....4	<b>Medical Research</b> Brigham & Women's Hospital ...17 Harvard University .....17 PMD Alliance.....23
<b>Affordable Housing</b> Bigelow Village.....6 Sherwood Village, Natick.....24E* Sitkowski Apartments.....21	<b>Mortgage Financing</b> Helping Hands .....22
<b>Assisted Living</b> Oasis at Dodge Park .....14 Tatnuck Park at Worcester .....6 Goddard Homestead .....1	<b>Real Estate</b> Sell Mom's House .....9
<b>Attorneys, Elder Law</b> Durbin & Veglia, Attorneys .....17	<b>Rehabilitation</b> St. Mary's Healthcare .....18 HealthSouth Rehabilitation ....23
<b>Banking Services</b> Avidia Bank .....10	<b>Rest Homes</b> Goddard Homestead .....1
<b>Cemetery/Cremation Services</b> St. John's Cemetery & Mausoleum .....21 Cremation Society of Central MA.....23	<b>Senior Services</b> AARP of MA .....2
<b>Community Resource Connection Assistance</b> MassOptions .....3	<b>Subsidized Housing</b> Bixby/Brockton Centre.....24E* Colony Retirement Homes.....15 Congregational Retirement Homes, Melrose .....24E* Emanuel Village .....7 Green Hill Towers .....11 Hawthorne Hill .....8 Illyrian Gardens .....8 Lampighter Village, Canton...24E* Mt. Pleasant Apartments, Somerville .....24E*
<b>Fitness</b> YMCA of Central MA .....13	<b>Veterans Services</b> VA Boston .....16
<b>Funeral Homes</b> Shaw-Majercik Funeral Home..16	<b>Walk-In Medical Centers</b> AFC Urgent Care, North Andover, Burlington, Saugus, Malden, Waltham, Natick, Watertown, Dedham, Braintree, Marlborough, New Bedford, Worcester .....13 ReadyMed.....10
<b>Home Care Services</b> Care Solutions.....7 Old Colony Elder Services .....18	
<b>Hospice &amp; Primary Care</b> Hope Health Hospice .....6	
<b>Hospitals</b> Athol Hospital .....24C*	<i>*E = Eastern edition *C = Central edition</i>

**If you use any services listed above,  
please mention you saw their ad in  
the Fifty Plus Advocate**

**fiftyplus**  
advocate

Serving the fifty-plus community since 1975

[www.fiftyplusadvocate.com](http://www.fiftyplusadvocate.com)

**Publisher:** David Bagdon  
**Managing Editor:** Bonnie Adams ext. 14  
**Creative Director:** Tina Berthiaume

Fifty Plus Advocate is published monthly, 12 times annually by Bagdon Advertising, 32 South Street, Westborough, MA 01581. Fifty Plus Advocate accepts no responsibility for unsolicited manuscripts or materials and does not return them to sender. Retractions for any inaccuracies will be printed when necessary. Unsolicited letters to the editor become the property of this newspaper and can be reprinted in part or in whole unless otherwise stated. Fifty Plus Advocate columnists writing under a byline are expressing their personal opinions and not necessarily those of the newspaper.

**Contact us: 508.366.5500 - 32 South St., Westborough, MA 01581**

**Advertising Sales:**  
**Sales Coordinator :**  
Barbara Clifford, ext. 19

Diane Sabatini: ext. 12  
Cindy Merchant: ext. 15  
Mary Ellen Cyganiewicz: ext. 17



# Ten ways to age positively

By JANE KELLER GORDON  
ASSISTANT EDITOR

**G**eriatrician Dr. Jerry Gurwitz's challenge is to help his older patients maximize their quality of life. Longevity is not the ultimate goal.

"Successful aging is not defined by how long you live," explained Gurwitz, 61. "It's maintaining a functional and healthy lifespan that's most important. A lot of people would trade living a shorter, healthier and more functional life, than living a longer life with multiple illnesses and impaired function."

Gurwitz knew that he wanted to be a geriatrician before he started medical school. Growing up in Worcester, he enjoyed spending time with his grandparents. When he was in high school, he volunteered at the former Jewish Home for the Aged on Pleasant Street.



PHOTO/JANE KELLER GORDON

**Dr. Jerry Gurwitz**

Today, he wears many hats: researcher, teacher and clinician. Among his many positions, he is chief of the Division of Geriatric Medicine at the University of Massachusetts (UMass) Medical School, and the execu-

tive director of the Meyers Primary Care Institute, which is a joint research and educational endeavor of UMass Medical School, Fallon Health and Reliant Medical Group.

As a researcher, Gurwitz

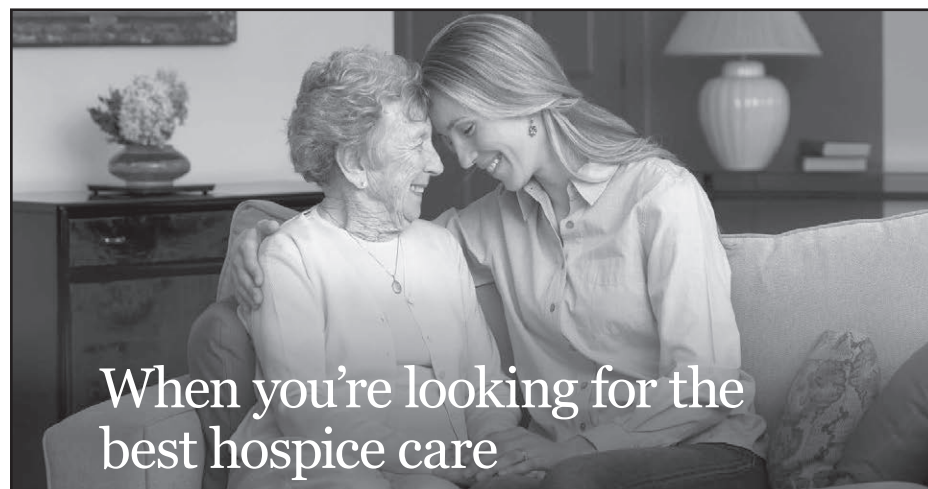
studies potentially preventable problems that occur in the routine use of medications in older adults in different clinical settings, including nursing homes.

As a clinician, he sees many patients who are living with multiple complex medical conditions, along with functional impairment, diminished cognitive ability, and limited supports. Many of these geriatric patients take numerous medications that may interact, producing difficult side effects and increasing healthcare costs.

"When I was training to be a geriatrician, one of my professors taught us that if you've seen one older person, you've seen one older person. People are so different and you can't generalize about the effects of aging," Gurwitz said.

"In the past, whether you were rich or poor, if you became functionally impaired, the only

Age positively page 7



When you're looking for the best hospice care

## Look to Hope.

Hope Hospice has provided care and support for those facing serious illness for over 35 years. Our dedication, respect and compassion help provide the best quality of life possible. That's why so many families look to Hope for hospice care.

To learn more, call 508.957.0200 or visit [HopeHospiceMA.org](http://HopeHospiceMA.org).



Part of the HopeHealth family of services  
Hope Hospice | Hope Care For Kids  
Hope Dementia & Alzheimer's Services | Hope Academy

## Discover Our Caring Tradition

**Offering:**

- Live Now, Live Well™ assisted living
- Live Now, Live Engaged™ memory care
- Award-winning Dining

Stop by or call 508-755-7277 to tour



A Benchmark Senior Living Community

340 May Street  
Worcester, MA 01602

**508-755-7277**

[WWW.TATNUCKPARKWORCESTER.COM](http://WWW.TATNUCKPARKWORCESTER.COM)



ASSISTED LIVING • MEMORY CARE

**A state of the art, affordable retirement village in Rutland starting at \$150,000.**



**Call for an Appointment.**

Model has been sold, please ask about other designs.



Bigelow Village

Create and design your own home  
**Call 508-886-6565 for more information**  
**[bigelowvillage.com](http://bigelowvillage.com)**

Lighting the way to a new beginning • Conveniently located near town center  
Maple Avenue • Rutland, MA (½ mile from town center)



# Ten ways to age positively

“Successful aging is not defined by how long you live, it’s maintaining a functional and healthy lifespan that’s most important.”

Dr. Jerry Gurwitz

Age positively  
Continued from page 6

option was a nursing home or your family had to be totally committed to you,” Gurwitz said. “It’s better now that there are so many different options available, including a variety of home care services, assisted living, and Programs of All-inclusive Care for the Elderly (PACE) like Summit Elder-Care, to name a few.”

As for successful aging, Dr. Gurwitz emphasizes 10 things to maintain good health:

1. Exercise regularly.
2. Eat well.
3. Get a good night’s sleep, but don’t expect to sleep as long as when you were younger. Avoid sleeping pills and using alcohol to fall asleep.
4. Don’t smoke (including cigars).
5. Drink moderately, which means no more than two per night for a man, and one for a woman.
6. Maintain and foster relationships with friends and family.
7. Do something intellectu-

ally stimulating – take a course, attend public lectures, and read.

8. Follow health maintenance recommendations like periodic screening for diabetes, high cholesterol, high blood pressure, breast cancer and colon cancer. Make sure to get the flu shot and immunizations against pneumonia.

9. Help others.
10. Be an engaged member of your community.

Now that Gurwitz is approaching the age of many of his patients, he said, “I see them as my peers. I just need to make sure I start following all the advice I give to my patients.”



## Come see us first ...

Emanuel Village apartments offer affordable senior living to persons who are 62 and older or mobility impaired.

We offer studio, one-bedroom and mobility impaired accessible apartments.

Applications being accepted for income eligible seniors and/or mobility impaired adults

- HUD subsidized units available
- Includes all utilities and free parking
- Near bus line and shopping

 Emanuel Village  
A member of Ascentria Care Alliance

59 Evelyn Street, Worcester, MA 01607  
Formerly Lutheran Social Services of New England





## Care Solutions, Inc.

PROVIDING QUALITY CARE IN YOUR HOME

*Proud to be your locally owned and privately held home health care provider in Westboro since 1997*

### 10% Off!!!

First Time Clients  
Mention This Ad  
& Receive 10% Off  
Your First Invoice!

### Ask about our “Home But Not Alone” Program

#### Specialty Services Include:

- Home Health Aides, Homemakers, Companions
- 2 to 24 Hour Care
- Live-In Care
- Individualized Wellness Plan
- Dementia Care
- 24 Hour On-call
- In-Home, On-site, On-going Supervisions
- Licensed, Insured and Bonded



Stay home with quality care customized to meet your needs. Please call our Care Coordinator at 508-366-5689 to learn more.

[www.care-solutions.net](http://www.care-solutions.net) • email: [info@care-solutions.net](mailto:info@care-solutions.net)

## Are you looking for Housing? Let us help!



Please contact me regarding the housing opportunities I've checked off below.

**SEND THIS COMPLETED FORM TO:**  
**ATTN: FREE FIFTY PLUS HOUSING INFORMATION**  
**32 SOUTH STREET, WESTBOROUGH, MA 01581**

### AFFORDABLE HOUSING

☐ Bigelow Village - Rutland

### ASSISTED LIVING FACILITIES

☐ Dodge Park Oasis - Worcester  
☐ Goddard Homestead - Worcester  
☐ Tatnuck Park - Worcester

### REST HOMES

☐ Goddard Homestead - Worcester

### SUBSIDIZED APARTMENTS

☐ Bixby/Brockton Centre - Brockton  
☐ Colony Retirement - Worcester  
☐ Congregational Retirement Homes - Melrose

### SUBSIDIZED APARTMENTS Cont'd

☐ Emanuel Village - Worcester  
☐ Green Hill Towers - Worcester  
☐ Hawthorne Hill - Rutland  
☐ Lamplighter Village - Canton  
☐ Sherwood Village - Natick  
☐ Sitkowski School Apartments - Webster

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_ PHONE \*( ) \_\_\_\_\_

EMAIL \_\_\_\_\_

\*Your phone number is required to process your request. It will be used only in regard to the properties that you have marked.



# A lifelong commitment to the military

By JANE KELLER GORDON  
ASSISTANT EDITOR

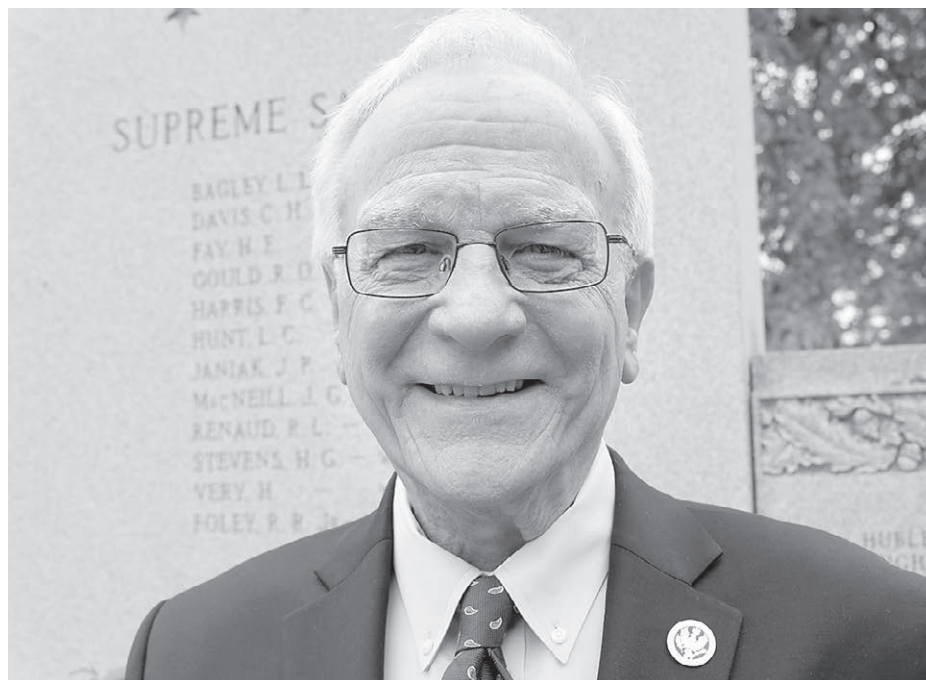
SOUTHBOROUGH – Chris Robbins, 74, believes that military training creates a lifelong backbone of leadership and character.

“We were trained in ways to optimize performance. I know that these skills carry over to business and government,” he said. “I can always tell when someone is military.”

Robbins served in the U.S. Army for 21 years: three years on active duty, and 18 in the Army Reserves, achieving the rank of major.

Serving in the military runs in Robbins’ family.

“My family’s service dates back before the Revolutionary War. My relatives served in the Battle of Bunker Hill (1775), the Battle of the Wilderness (1864), WWI, WWII, and the Korean Conflict,” he said.



Chris Robbins

PHOTO/JANE KELLER GORDON

Robbins grew up in Rye, N.Y., where he met his wife of 46 years, Terry, a retired English teacher. They have two children and three grandchildren. He and his wife have lived in Southbor-

ough since 1979.

A graduate of Defiance College in Ohio, Robbins received his master’s degree from Suffolk University. He embarked on a career as a teacher, which was

cut short in 1969. At the age of 25, Robbins was drafted at the height of the Vietnam War.

Robbins trained to be an infantry soldier and signal officer. His basic training was at Fort Dix in New Jersey, followed by advanced training at Fort Leonard Wood in Missouri, and officer’s training at Fort Benning, Ga.

While on active duty during the Cold War, Robbins served in the Army Security Agency, intercepting enemy information. He was the lead manager for a program called Spartan Pathfinder.

“We took recalcitrant soldiers through the rigors of leadership and an Outward Bound-like experience. After 30 days, they had the possibility of changing their impending discharge from dishonorable to honorable,” he said.

Towards the end of Rob-

Robbins page 9

## “Country Living in the City.”



1 bedroom and efficiency affordable HUD subsidized apartments. Rent is 30% of adjusted income. Heat and utilities included. 62 years or older or disabled.

Professionally managed by Barkan Management Company.

**For an application or an appointment  
call 508-753-7217.**

**ILLYRIAN GARDENS, Inc.**

Illyrian Garden Apts. ~ 545 Salisbury Street, Worcester, MA



## Hawthorne Hill Elderly Housing

Phase I & II • 106 Main Street, Rutland, MA 01543



**Bright & airy one  
bedroom units,  
both subsidized  
and non-subsidized.**

Elderly & disabled rental units.

“62 years of age or older,

handicap/disabled regardless of age.”

Eligible tenants pay 30% of monthly income.

HUD Section 8 Subsidy and USDA/RD Rental Assistance.

To obtain applications, please call Brenda  
at 508-886-6920 • TDD 1-800-439-2370

Laundry Facilities • Community Rooms • Accessible Units

“This institution is an equal opportunity provider and employer”





# A lifelong commitment to the military

Robbins

Continued from page 8

bins's active duty, he had orders to Vietnam. They were cancelled at the last minute; the war was winding down.

Unfortunately, that was not true for his close friend from Rye, who died in the U.S. of wounds sustained in Vietnam.

"I carry my friend close to

my heart in everything I do that's related to veterans. I think of him often," Robbins said.

During his time in the reserve, he worked in sales, marketing, training and consulting.

For his last few years in the Army Reserve, Robbins was the public affairs officer for a unit stationed at Hanscom Air Force Base.

Robbins is a former president and current board member of The Armed Forces Committee of Worcester County, a nonprofit that exists to honor and support area veterans.

"We are here to support area veterans," he noted.

In addition to his veterans' activities, Robbins is a member of the Economic Development

Committee in Southborough, and serves on the board of the Corridor Nine Area Chamber of Commerce. He is working on a fictional novel about terrorism in Boston.

Robbins is also on the board of Alliance Health and Human Services, a nonprofit that runs nursing homes and foster care programs.

## We'll help you get to the life you've imagined

### with our **PROVEN 3 STEP** Relocation Process

We understand that selling a longtime home has its challenges, but for our clients, the change brings about a new, simplified lifestyle without the burdens of managing and maintaining a home that is too large or too expensive for your needs.

**Call now to discover what your home is worth!**



**David J. Dowd**  
President, Sell Mom's House  
Cell: 774-696-6124

**KW**  
KELLERWILLIAMS.

1.

### Simplify

We help you deal with a lifetime of possessions. Call for our **Free Downsizing Guide**. We manage your downsizing for free.

2.

### Sell

No one markets better than **Sell Mom's House & Keller Williams Realty**. Fast results for homes in **any** condition.



3.

### Move & Enjoy Life

Relax & enjoy life more in your new, simplified setting. **Make these years the best years of your life!**

Call now for your **FREE** • Downsizing Guide • Valuation of your home  
• Customized downsizing & selling plan or  
• a seat at our next seminar: "Downsizing & Selling from Daunting to DONE!"

**508-691-0080 or email: info@sellmomshouse.com**

Each KW office is independently owned and operated 508-877-6500



# TEAM HOYT

## Legendary father-son duo continues to inspire, lead and advocate

### Team Hoyt

Continued from page 4

challenge – triathlons. Rick was excited about doing one of those, too, Dick recalled.

“He is always so positive and willing to try anything,” Dick said.

But there was one problem – Dick didn’t know how to swim. He also had not been on a bike since he was 6 years old.

“I lived in a house on a lake so I had someone drop me off in the middle of that,” he recalled. “That’s how I learned to swim. Because you have to get back somehow!”

The two have competed in 257 triathlons (including six Ironman distances and seven half Ironman distances). While triathlons can be varied for the respective portion distances, the Ironman is particularly strenuous, requiring

“I have always loved sports. I just like to be moving and doing something. Even after I finish marathons I would come home and do yard work.”

*Dick Hoyt*

Dick pushing Rick 26.2 miles in a special racing wheelchair, towing him 2.4 miles in a dinghy while he swam, and pedaling 112 miles with Rick sitting in a special seat.

“We loved doing triathlons – we just love the challenge,” Dick said.


One of the many highlights of their storied career was meeting President Ronald Reagan. The former president had contacted Dick after watching an

self-confidence and self-esteem of America’s disabled young people through inclusion in all facets of daily life, including in family and community activities, especially sports, at home, in schools, and in the workplace. The Foundation also provides advice and support to groups and individuals who share this mission.”


For years, the Hoyts were familiar and beloved figures at the Boston Marathon but planned on 2013 being their last one. But the tragic bombings that day changed that. Although they themselves were not physically injured, their hearts were heavy. So they felt compelled to run again in 2014 as a way to honor those who had been killed or injured.

Rick has continued competing in Boston, running with family


Team Hoyt page 11



**adventurous**  
**energetic**  
**positive**

 **Avidia Bank**  
800-508-2265  
avidiabank.com

  
Member FDIC | Member DIF



 **Walk-In Urgent Care**

Our medical team is here to help adults and children of all ages with a wide range of non-emergency medical issues.

**Open 7 Days a week**  
**9:00am – 8:00pm**

**Check wait times online!**  
**www.readymed.org**

ReadyMED accepts most health insurance plans, cash, personal checks and major credit cards.

**Four convenient locations:**  
**Auburn** 460 Southbridge Street (Route 12)  
**Hudson** 234 Washington Street (Route 85)  
**Milford** 340 East Main Street (Route 16)  
**Worcester** 366 Shrewsbury Street



# Legendary father-son duo continues to inspire, lead and advocate

## Team Hoyt

Continued from page 10

friend Bryan Lyons.

Last year was tough for Rick, as he was quite ill battling pneumonia. Thankfully he has made a complete recovery.

"He is in the best shape of his life now, he looks sharp and is very motivated," Dick said. "He just never gets discouraged or lets problems get to him. He is always positive."

As proud as Dick is of his son, he is equally proud of the eight Team Hoyt organizations around the country and Canada, which are set up to continue the mission of Dick and Rick - to enable those who cannot run the opportunity to run with the wind while being pushed in a running chair - to cross the finish line as Dick and Rick continue to do. Each group is made up of a board of directors that volunteers their time to assist these athletes.

At age 77, Dick is slowing now...a bit. He noted he is re-



**Dick Hoyt pushes son Rick in the Marine Corps Marathon in Washington, DC in 1987**

PHOTOS/SUBMITTED

covering nicely from back surgery that he had in December. He now works out in a gym most days but has been given the go-ahead to start running once the winter weather passes. He plans to run a 5K with Rick in April two days prior to the Boston marathon.

"I have always loved sports," he said. "I just like to be moving and doing something. Even after I finish marathons I would come home and do yard work."

He also continues to travel the country for corporate speaking engagements each year, as well as at local schools and other venues.

To Dick, age really is just a number. That "Yes, you can" attitude applies to everyone, no matter their age, he insists.

"You are never too old to do anything," he added. "You just have to have a positive attitude and try things."

For more information on the mission of Team Hoyt, and how you can donate, visit [www.team-hoyt.com](http://www.team-hoyt.com).

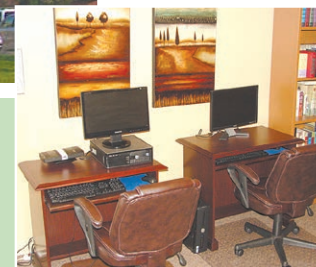
## Newly Remodeled Apartments with a contemporary flair



- Contemporary styled 1 & 2 bedroom apartments
- New kitchens with built-in microwaves and granite-like countertops
- Small pets welcome
- Heat and Hot water included
- Bus route / ample parking
- Beautiful landscaped grounds with gazebo

### Within the building amenities include:

- A Theater-like media center
- Handicap-accessible lounges on every floor
- Library equipped with two computers and free internet access
- Physical fitness center
- Game room with billiard table
- Community room with bingo board and large screen TV



## Green Hill Towers

27 Mount Vernon Street, Worcester, MA • OFFICE OPEN DAILY 8:00AM - 4:30PM

To receive an application please call 508-755-6062 TDD# 508-755-0228

Now accepting applications for 62 years of age and older and those who are under 62 years of age and are permanently disabled. Applicants must meet HUD annual low income guidelines. Preference is given to individuals 62 and older.



Managed by **CORNERSTONE** Corporation  
Financed by MHFA





## travel and entertainment

# Unusual town names from Allgood to Zig Zag

BY VICTOR BLOCK  
TRAVEL WRITER

Vacationers seeking a double thrill enjoy an exciting whitewater rafting trip on the Colorado River followed by a zip line ride over the canyon through which the rapids race.

Eating rather than excitement is the goal of folks in North Carolina, while visitors to a tiny community in Minnesota have an immersion in Finnish culture.

If these travel experiences sound interesting, where they're located adds to their appeal. They're among countless towns and communities throughout the United States whose names are delightful and droll, sometimes comical and always curious.

Consider the Colorado destination. When Interstate 70 was being laid out there, a future exit was located near an unnamed village. Highway planners identified the off-ramp as "No Name" and the term stuck.

Despite this affront, No Name is not a no-show when it comes to attractions. Nearby parks offer hiking, biking, rock climbing and other outdoor pursuits as well as lovely waterfalls and breathtaking views.

The tale of the North Carolina community began when a settler thought that mist rising from a creek resembled meat-cooking pits he had seen. He called the

stream Barbeque and that name was adopted for the community which grew nearby. Visitors today may enjoy North Carolina-style barbeque in its chopped, sliced or pulled manifestations.

A small community in Minnesota holds the title of coldest place in the continental United States. When French animal trappers in the area had trouble navigating a river they called it "Embarras."

Later immigrants from Finland arrived in Embarrass (an "S" had been added) to work at mines and logging camps. They built houses, barns and saunas using traditional methods and

materials which provide tourists with an introduction to a slice of Finnish culture.

A very different lifestyle greets visitors to a community in Pennsylvania whose name has a double meaning. One explanation is that it was located at the intersection of two major roads. Another is that when the community was a British colony, social interaction among people -- called "intercourse" at that time -- was an important part of the culture.

The lifestyle of the Amish who live in Intercourse today has changed little over time. Manicured farms have no electric

wires, horses pull plows and buggies take the place of cars.

Other communities with enticing names have their own stories. A small town in New Mexico originally was called Hot Springs because of mineral-rich thermal waters which spas claimed could cure "anything that ails you." In 1949, the producers of the "Truth or Consequences" radio program sought a town willing to take on the show's name as a publicity stunt. The people of Hot Springs agreed and the rest, as they say, is history.

Countryside setting in Accident, Maryland



PHOTOS SUBMITTED

Travel page 13

## Our adult day care is there for you.

- Supervised care up to 12 hours per day. More affordable than any other care option.
- The day club allows members to spend the day in a comfortable, stimulating environment.
- Perfect for working caregivers or to give you a respite from caregiving.
- Memory impaired welcome.
- Daily Activities Include: *Exercise, Music, Art and Intergenerational Programs, among others.*
- Meals included.
- You can choose a schedule that fits your lifestyle; 1 day or as many as 7 days a week.
- Transportation in our safe van or handicap bus is available.

"Caring for your family members since 1967."

### THE ADULT DAY CLUB at Dodge Park

101 Randolph Road, Worcester, MA • [www.dodgepark.com](http://www.dodgepark.com)

Call Ben or Mike at 508-853-8180 for a free, no obligation tour.

DAY CLUB AVAILABLE 7AM - 7PM, SEVEN DAYS A WEEK. YOU CHOOSE ONLY THE HOURS YOU WANT!





# Unusual town names from Allgood to Zig Zag

Travel  
Continued from page 12

No one is sure how Accident, Maryland, got its name. One story is that it came about, well, by accident. After British Lord Baltimore opened western Maryland for settlement in 1774, two men set out to survey the area. However they began to

chart the same tract of land “by accident,” and decided to call it that.

The name of Boring, Oregon, doesn’t describe what the community has to offer. Visitors find an antiques mall, pick-your-own-produce farms, and microbrewery tours and tastings, among other attractions. They

learn that a pioneer named William Boring settled in the area in 1856. Later town fathers, displaying a sense of humor, adopted the motto, “The most exciting place to live.”

Another idea to cash in on a town name came to an enterprising man in Georgia who sold pecans to people driving from the northeast to Florida. He incorporated his farm, named it Santa Claus and became its mayor. Later the land was developed as a housing community with street names like Candy Cane Road and Rudolph Way.

A very different story awaits visitors to a town in Michigan that was settled in 1838 by a man who operated a grist mill. When he was short of cash to purchase grain and he paid farmers with home distilled whiskey, some of them went on a several-day bender. Asked where their husbands were, wives often replied, “He’s gone to Hell again.”

According to local folklore, when townspeople were seeking an official name for the community the mill owner remarked, “Call it Hell. Everyone else does.” Hence a new industry was born, based on tourism. Today people are invited to “Bring your family for a little bit of Hell on Earth” to mail postcards from the Hell Post Office, and to drop by the Hell ice cream store.

If none of these humorously named hangouts prompts you to consider a visit, there’s an alphabet-long list of other alternatives, from Allgood, Alabama, to Zig Zag, Oregon. Not to mention Looneyville, Texas, and Little Heaven, Delaware; Money, Mississippi, along with Marmaduke, Arkansas, and Ding Dong, Texas, as well as Disappointment, Kentucky. The choices cover the country, tempt the imagination, and offer a different way to explore and experience the United States.



PHOTOS/SUBMITTED

Finnish architecture In Embarass, Minnesota



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CONNECT

IN MORE WAYS THAN ONE.

### Join Today!

When you join the Y, you’re committing to more than simply becoming healthier. You are supporting the values and programs that strengthen your community.

**Special Rates for Seniors 65+**  
**Ask about our health insurance reimbursements!**

**Financial Assistance Available**  
**[www.ymcaofcm.org](http://www.ymcaofcm.org)**



**When your doctor is too busy to see you, we aren't.**

No Appointment Needed

X-Ray & Lab Services On Site

Vaccinations & Physicals

Most Insurance Plans Accepted, including Medicare

**AFC URGENT CARE**  
**american family care**  
(formerly AFC Doctors Express)

Getting you better quickly is our number one priority. At AFC/Doctors Express, you'll get the same attention to every single detail that you would from your current family doctor. But you'll get it immediately, right when you need it the very most.



**Located next to CVS**

117 A Stafford Street, Worcester, Ma 01603

Open 7 days a week: M-F 8-8, S-S 8-5

508-755-4010

**[DoctorsExpressWorcester.com](http://DoctorsExpressWorcester.com)**



# Author shares joy of healthful green cleaning

By ED KARVOSKI JR.  
CULTURE EDITOR

NORTHBRIDGE – Leslie Reichard of Northbridge often got sick in the 1990s when she owned a home cleaning service and used certain products. While her doctor diagnosed the frequent illnesses as possibly an immune deficiency, she stumbled upon a different solution. Green cleaning became her natural remedy.

Now as the author of “The Joy of Green Cleaning,” she spends much of her time publicly sharing a healthier way of doing daily chores.

“When you spray a cleaner, and feel it in your throat and eyes, that’s your body telling you there’s something wrong – you shouldn’t be using it,” she said. “Whenever I got sick, I wouldn’t just get a cold; I’d get pneumonia or bronchitis. One time, I got poison ivy in the



Leslie Reichard, author of “The Joy of Green Cleaning”

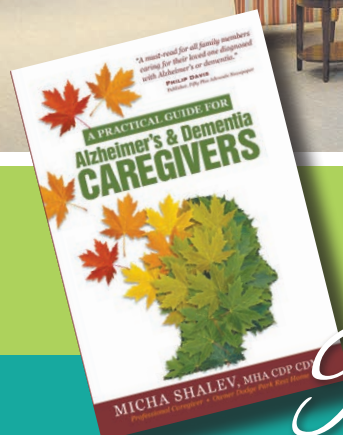
middle of winter.”

Also at that time, Reichard inherited her great-grandmother’s Bible. Tucked inside of it she found an old-fashioned laundry soap recipe consisting of four ingredients: baking soda, washing soda, oxygen bleach or borax, and Ivory soap grated flakes.

“It was unbelievable how well it worked,” Reichard declared. “It works differently than our laundry detergent today. It pulls the dirt out and leaves no residue. My clothes were getting clean without a funky smell or feeling stiff.”

Reichard compiled more recipes with common household ingredients and wrote “The Joy of Green Cleaning.” Her book explains how to clean without toxic chemicals. She recommends for homes to have four basic items stocked to use as ingredients.

Green cleaning page 15



We're so passionate about cognitive care  
that we wrote a book on it.

We have a copy for you when you visit!

*Reserve today!*

LIMITED AVAILABILITY DUE TO HIGH DEMAND

A Revolutionary Alzheimer's and  
Dementia Residential Care Facility  
for the Elderly in Central Massachusetts

Bringing *LIFE* to those we serve  
**OASIS**  
AT DODGE PARK

102 RANDOLPH ROAD, WORCESTER • 508-853-8180/877-363-4775 • WWW.OASISATDODGEPARK.COM AND DOWNLOAD OUR FREE INFORMATIONAL BROCHURE



# Author shares joy of healthful green cleaning

## Green cleaning

Continued from page 14

“You can make a ton of different cleaners with vinegar, baking soda, salt and lemon juice,” she said. “The cleaning industry doesn’t tell you what’s in their products. They call it an ‘active ingredient.’ The government says its proprietary information.”

When Reichard encounters skeptics reluctant to invest time and energy into green cleaning, she challenges them to make a simple cleanser to replace commercial products such as Comet.

“Comet has seven carcinogens and 146 airborne allergens in it,” she noted. “We can make the same thing and it will work better, with only three ingredients: baking soda, table salt, and either oxygen bleach or borax. Mix a cup of each together. You can add seven to nine drops of essen-



Leslie Reichard on “The Dr. Oz Show”

tial oil for fragrance to trick your brain. If it doesn’t smell like a cleaner, you’re not going to use it.”

She shared green cleaning tips twice in 2015 with viewers of “The Dr. Oz Show.” First, she was among a panel of guests discussing various ways to use olive oil. Reichard

cleans refrigerators with it.

Several months later, she was invited back to “The Dr. Oz Show” along with inventor and entrepreneur Lori Greiner of ABC-TV’s “Shark Tank.” Greiner was asked to determine if Reichard’s green all-purpose cleaner is a “fix or fail.”

Reichard created her “happy hour cleaner” with vodka, white vinegar, lemon juice, essential lemongrass oil and castile soap. She demonstrated her cleaner on a dirty countertop. A member of the show’s medical team tested how effectively it disinfected the scrubbed area. The test results scored impressively well and Greiner deemed Reichard’s green cleaner “a fix.”

“It’s satisfying to be able to clean your home in a healthy way,” Reichard said. “It’s so ironic that some of the cleaners that we use have such nasty things in them. The joy comes from keeping your home, family and pets in a natural way.”

“The Joy of Green Cleaning” is available at online retailers in paperback and eBook. For more information, visit [greencleaningcoach.com](http://greencleaningcoach.com) and on Facebook at [facebook.com/GreenCleaningCoach](https://www.facebook.com/GreenCleaningCoach).



## Subsidized senior housing with a meal program option that makes us different!



**Colony Retirement Home III** is congregate housing for seniors. Enjoy nutritious “Home Cooked Meals,” served in our attractive dining room with your neighbors and friends.



**COLONY RETIREMENT HOMES III** : Congregate Housing  
101 Chadwick Street, Worcester  
(508) 755-0444



All apartments at Colony Retirement Homes receive rental assistance through the HUD section 8 program. Rent is 30% of your adjusted monthly income. Rent includes all utilities except phone and cable TV.

Call Monday thru Friday,  
9am to 5 pm for more information.

**Colony Retirement Homes I** are garden style studio apartments, located in a country-like setting. A short walk takes you to shopping centers, banks, restaurants and the bus line. A little bit of the country adjacent to the city.



**COLONY RETIREMENT HOMES INC. I**  
485 Grove Street, Worcester  
(508) 852-5285



## COLONY RETIREMENT HOMES

Worcester, MA

Not For Profit Corporation

[www.colonyretirementhomes.com](http://www.colonyretirementhomes.com)





# Nonprofit uses ancient custom of 'gleaning' to provide fresh produce for the hungry

BY VALERIE FRANCHI  
CONTRIBUTING WRITER

Most of us don't think about what happens to surplus crops that are unharvested, but a Massachusetts nonprofit organization has made it its mission to ensure they are not wasted. Boston Area Gleaners, founded in 2004, coordinates with local farms to harvest and distribute crops that would otherwise go unused.

According to the organization's website, "gleaning" is the act of collecting surplus crops from farmers' fields. In ancient times, landowners invited peasants onto their fields after the main harvest to take what was left over. Gleaning was a method of improving food security for the poor.

"A large amount of food is wasted," explained Education



Volunteers show off some of the produce they harvested from a local farm.

and Outreach Coordinator Jack Leng. "An average of 20 percent goes to waste on farms alone."

He noted that farmers have excess produce for various reasons, such as bumper crops, impending weather events, lack of staff or time to harvest, or imperfections that make produce

unmarketable.

"What is not harvested is eventually broken down and turned into soil so it's really not wasted," Leng said, "but farmers want to see their crops eaten. They've put time and energy into growing it, so our relationship with farmers is mutually beneficial."

Boston Area Gleaners was founded by Oakes Plimpton, who was retired from Waltham Fields Community Farm.

"He worked out of a mini-van," Leng noted, adding that the organization grew exponentially through word of mouth and outreach. It was incorporated in 2007.

By the end of 2017, Boston Area Gleaners volunteers will have harvested more than 600,000 pounds of crops from over 50 farms in eastern Massachusetts. Leng noted that it is the only organization that harvests food directly from farms in Massachusetts for distribution to hunger relief organizations, such as Boston-area food banks, pantries, meal programs and low-income markets.

"We work with 25 smaller relief agencies and three big

Gleaners page 17

## Preserving Memories with Dignity

CREMATION AND AFFORDABLE FUNERAL OPTIONS

*When it comes to your final arrangements...*

Shouldn't you make the decisions? The arrangements you make will reflect your exact wishes and desires.

Arrangements can be made in the comfort of your own home.

The Shaw-Majercik Funeral Home provides affordable cremation and traditional funeral services. We are the largest cremation provider in Worcester County.

Complete  
**\$1475**  
Direct Cremation

*Shaw-Majercik  
Funeral Home*

ESTABLISHED 1910

RICHARD D. MAJERCIK  
Director

**Over 100 Years of Continuous Service**

48 School Street, Webster, MA 01570

508-943-6278 • www.shaw-majercik.com

**1(800)279-7429**

Serving  
All  
Faiths

Veteran  
Owned &  
Operated

## Honoring Our Heroes

Veterans receive affordable health care at their local VA

**20**

Did you know VA  
has 20 clinics and  
hospitals in  
Massachusetts?

At these convenient locations VA offers the most comprehensive health care options that a Veteran could ask for.

**\$0**

Did you know VA  
has no fees,  
premiums, or  
deductibles?

Enroll today and take advantage of the benefits you earned such as prescription benefits, hearing aids, glasses, and much more.



U.S. Department of Veterans Affairs  
Veterans Health Administration

**1-844-VA-CARES (822-2737)**

**www.newengland.va.gov/50plus**





# Nonprofit uses ancient custom to provide for the hungry



**(Left) Volunteers glean surplus carrots from a local farm. Photo**

**(Below) A volunteer carries a box of produce packed for distribution.**



PHOTOS/BOB DURLING

**Gleaners**  
Continued from page 16

distributors who work with hundreds of other smaller organizations,” Leng said.

Since it began, Boston Area Gleaners has gleaned over 1.8 million pounds of fresh local produce for the benefit of people in need. By 2019, they hope to collect one million pounds of crops every year.

Leng said by next year they hope to be able to track the food from the farm all the way to the individuals who receive it so they

know exactly where the crops are going.

Like most nonprofit groups, Boston Area Gleaners depends on volunteers.

“We are only as strong as our volunteer force,” Leng admitted. “It’s not easy work; it’s intense labor. But we have a diehard following.”

Volunteers can “get outside, embrace a traditional work ethic, and meet people who believe in a common cause,” according to Leng.

The group has hundreds of

volunteers, but there’s always need for more – to harvest, transport, pack and deliver the crops.

In addition to individual volunteers, Boston Area Gleaners enlists groups from corporations, educational institutions

and faith-based congregations.

The organization’s ultimate goal, according to Leng, is to “leave no crop behind.”

To become involved or to donate, visit [bostonareagleaners.org](http://bostonareagleaners.org) or call 781-894-3212.

## Just How Well Prepared Are You?

- ❖ Estate Planning
- ❖ Elder Law
- ❖ Long Term Care Planning
- ❖ Masshealth Applications
- ❖ Corporate & Business Planning
- ❖ Real Estate
- ❖ Powers of Attorney
- ❖ Guardian/Conservator Issues



Josephine L. Veglia, Esq.

Member: *National Academy Elder Law Attorneys*



**Durbin & Veglia**  
ATTORNEYS AT LAW

275 R Main Street | Oxford, MA 01540 | 508-987-3981 | Fax 508-987-1317  
[www.durbinandveglia.com](http://www.durbinandveglia.com)

## • MEDICAL RESEARCH STUDIES •

### SENIORS

#### CONTRIBUTE TO THE UNDERSTANDING OF AGING AND COGNITION

Are you healthy, mentally active, over the age of 65?  
**The Aging and Cognition Lab is looking for subjects**  
The experiment explores effects of aging on cognition.  
Noninvasive and no medication involved.

- 2 hour time commitment
- Provides \$15/hour

Call (617) 495-3856  
Department of Psychology  
HARVARD UNIVERSITY

#### Contribute to the Understanding of Visual Cognition In Aging

##### Are you healthy and over the age of 65?

The Visual Attention Lab is seeking **healthy volunteers aged 65-85**.

Participants of our studies will have to pass vision and cognitive tests, and perform a computer-based experimental task. No invasive methods and no medication involved.

• 2 - 5 hours time commitment • \$11/hr reimbursement for your time  
Call 617-768-8814 or send an email to [study@rics.bwh.harvard.edu](mailto:study@rics.bwh.harvard.edu).



**Visual Attention Lab**  
Brigham & Women's Hospital, Harvard University  
64 Sidney Street, Cambridge, MA 02139, USA  
[iwigand@partners.org](mailto:iwigand@partners.org)





## caregiving tips

# Improve overall health with proper breathing

By MICHA SHALEV  
MHA CDP CDCM

**D**eep breathing exercises just might save your sanity. The next time you feel angry, stressed or anxious, pay attention to your breathing. Chances



## Caregiving Tips

are, when negative emotions run high, your breaths become short and shallow. In fact, I would bet that many of us rarely more than a couple deep breaths during an entire day, even when we're not feeling stressed (and when is that?). And if you're not taking deep breaths,

you could be missing out on one of the simplest ways to drastically improve your health.

Stress management is an important key for improving your health and quality of living, and I believe deep breathing exercises are a foundational principle of managing life's stresses. Whether you experience negative emotions or physical pain, the body responds in a similar way every time. You may experience a rapid heartbeat, tightening muscles, dilated pupils and perspiration in addition to short, quick breaths. This is not only an instinctual reaction, but a habit the body has developed over time in response to stressful situations. And any time you feel a twinge of anger or anxiety coming on, the body starts pumping out the juices (namely adrenaline and cortisol) that fuel this response

once again.

In Eastern cultures, great significance is placed on proper breathing techniques, and for good reason. Proper deep breathing lowers your heart rate; lowers blood pressure and cardiac output; increases blood oxygen levels; promotes clearer thinking; relieves stress; increases metabolism; improves circulation; and supports detoxification. Proper breathing can even help prevent heart attacks.

In Western cultures, however, little emphasis is placed on breathing methods, which can lead to, or exacerbate, many health problems. Fortunately, changing your breathing habits is something you can do quite easily once you understand how.

Here is a simple Far Eastern breathing exercise you can do to "train" your body to breathe in a more efficient manner. It will help your body better use oxygen, increase your energy levels, improve clarity, and promote an overall feeling of calmness.

1. Start by counting how many times you breathe each minute. In a relaxed sitting posture, most people breathe anywhere from 15 to 25 times a minute. (After practicing these exercises, your breathing rate may drop to as low as five times a minute, with a greatly increased level of oxygen use.)

2. Lie down on either a bed or the floor. Place a fairly heavy book (a large phone book works well) on your abdomen just below your navel.

3. Breathe through your nose, inhaling in such a manner that you raise the book. When you exhale, the book should lower.

4. Continue practicing this until this breathing pattern be-

comes natural.

Although this is exactly the way we breathe during sleep - by inflating and deflating our lower abdomen - for some reason our breathing becomes more labored and inefficient during our waking hours. We seem to shift everything up to our chest area and breathe more shallowly.

Here are some more general rules for more efficient breathing:

- Breathe through the nose as much as possible. The nose pre-warms, moistens, and filters the air before it reaches the lungs.

- Stand erect with your hands to the side. Begin to inhale slowly and concentrate on allowing the air to fill the lower portion of your lungs first. To do this you must relax your abdominal, or stomach, muscles.


- While still inhaling, let the air fill the middle portion of the lungs as you let the rib cage relax and expand.

- Continue inhaling as the upper part of the lungs fill. As this happens, gently raise your collarbone and pull your shoulders up and back.

- Now exhale reversing the above sequence - that is, let the air release from the upper lungs by relaxing the collarbone and shoulders, then the middle portion of the lungs, and so forth.

- Make sure your breaths are even, and visualize each section of the lungs completely filling with air. As you fill the upper portion of the lungs, picture your chest expanding and your shoulders becoming more erect and higher.


Learn how to breathe properly, and I guarantee you'll experience significant health benefits for years to come.



Physical Therapy  
Occupational Therapy  
Speech Therapy  
Hospice Care  
Holistic Approach to Resident Care

A non-profit Rehabilitation and Skilled Nursing Facility specializing in long term care and short term rehab with private rooms. Our Special Care unit offers a safe, secure environment and activities tailored to the need of those with dementia and Alzheimer's.

For more information or to schedule a tour:  
**EdieNelson@stmaryhc.com**, Director of Marketing and Admissions  
St. Mary Health Care Center | 39 Queen Street, Worcester, MA 01610  
508-753-4791 | [www.stmaryhc.com](http://www.stmaryhc.com)

**Old Colony Elder Services**  
Providing services to the community since 1974  
508-584-1561 • [www.ocesma.org](http://www.ocesma.org)

Micha Shalev MHA CDP CDCM CADDCT, is the co-owner of The Oasis at Dodge Park, Dodge Park Rest Home and The Adult Day Club at Dodge Park located at 101 and 102 Randolph Road in Worcester. He holds a master's degree in healthcare management and is a graduate of the National Council of Certified Dementia Practitioners program, and well-known speaker covering Alzheimer's and dementia training topics. He can be reached at 508-853-8180 or [m.shalev@dodgepark.com](mailto:m.shalev@dodgepark.com). Archives of articles from previous issues can be read at [www.fiftyplusadvocate.com](http://www.fiftyplusadvocate.com).



# money matters

## You're a winner

BY ALAIN VALLES, CRMP,  
MBA, CSA  
MANAGING DIRECTOR  
HELPING HANDS COMMUNITY  
PARTNERS, INC.

"The winner is..." – YOU!

I enjoyed watching the Academy Awards last month to see the surprised and happy faces of the film artists in the lesser known categories like best production design, costume design, or sound mixing – all the people behind the scenes who work



### Reverse Mortgage

so hard but are often not acknowledged.

As the Managing Director of the nonprofit housing organization Helping Hands Community Partners, Inc., my observation is that our senior homeowners are the "behind the scenes" backbone of America – often overlooked, forgotten, and taken for granted. Or worse, taken advantage of and not given the resources necessary to make sound housing decisions.

You don't you feel like you're winning?

FACT: Of the \$26 trillion dollars of real estate owned in the U.S., older Americans (55+) control over two-thirds of the housing wealth. You may have owned a home for decades and built up equity, but might not feel like a winner. Why? My research and experience of helping thousands of

homeowners helped me to develop the following list:

- Living costs have increased, so you need a little bit more monthly cash flow every year
- You are still making a mortgage or home equity line payment
- Credit card balances have increased with higher interest rates
- You need to make home repairs or desire home improvements
- Real estate taxes are increasing
- A stressful life event occurs: retirement, divorce, caring for children and grandchildren, health crisis, loss of a spouse
- You are house wealthy but "cash poor" and cannot afford to enjoy traveling, being with family, or helping loved ones

financially

- You don't have a financial plan to remain independent

### How to WIN

If you are an older homeowner, now is the time to gather information and facts to analyze your future housing options. You may be able to stay the course. Or you may need to refinance, obtain an equity line, sell your home, or obtain a reverse mortgage. The hard part is making a decision. But doing nothing will surely lead to regret. And the sadness and disappointment over "what could have been" is brutal, especially if it could have been avoided. The first step is to contact our organization to learn about different housing options.

In particular, if you're 62 or older and own a home with

You're a winner page 20

# SUPER CROSSWORD PUZZLE

"OH GEE"  
(answers on page 20)

#### ACROSS

- 1 Pres. Lincoln  
4 Bar mitzvah officiant  
9 Placed a burden on  
14 Broke, as a horse  
19 Fake signatures  
21 Billy Joel's "— Extremes"  
22 Rock's Cooper  
23 "The Golden Girls" co-star being a rascal?  
25 Bit of gossip  
26 Conical-bore woodwinds  
27 Winslet and Middleton  
28 Source of great wealth  
30 Make juice of  
33 Mean beasts wearing disguises?  
35 Burg  
38 Life story, for short  
40 Suffix with cloth or cash  
41 With 45- Down, place for paternity testing  
42 "Sad to say ..."  
43 Record of the years

- 47 Serpentine fish  
49 Unearthly  
53 Stared creepily at a group of wolves?  
56 Long deli sandwiches  
58 Pretend to be  
59 Mythical man-horse  
60 Red chapter heading, e.g.  
62 Ancient French region  
64 In re  
67 Minerva, to the Greeks  
69 Comes out on top  
70 "Make no edits to those script lines!"  
76 Sleek, informally  
77 How some freelancers work  
78 Bellyache  
79 Iditarod Trail animal  
81 Very spirited  
84 Swiftly  
89 Brand of fruit drinks  
90 Notion, to Luc  
92 Heavy work shoe filled with currants?

- 95 Comedian Smirnoff  
97 Apr. clock setting  
99 Countdown expression  
100 Manila money  
101 Lively spirit  
103 Smidge  
105 Phys ed class  
106 Epochs  
107 Airport area that's only an illusion?  
114 Stair unit  
116 Mexican revolutionary  
117 Oasis beast  
119 Capital of the Beaver State  
123 Poe's bird  
124 Evil poet  
128 Belgian port  
129 Wise up  
130 Aggressively defiant  
131 — Domingo  
132 Unable to relax  
133 Composer Erik  
134 "Prob'ly not"

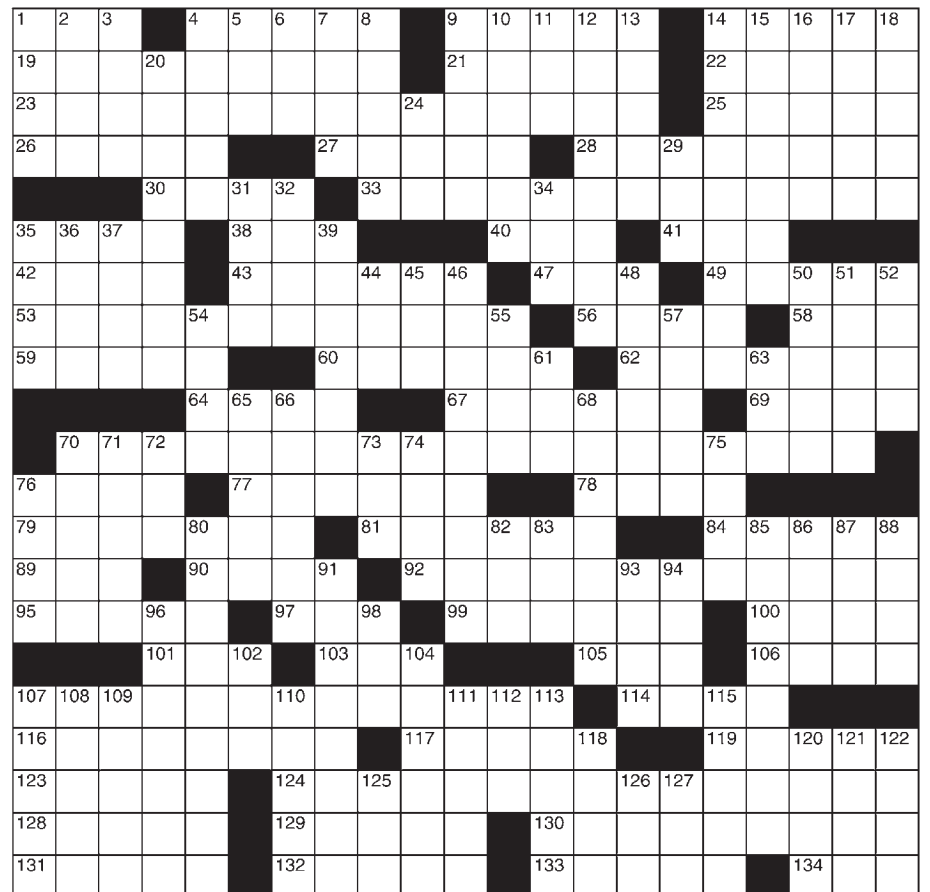
#### DOWN

- 1 "Hair" style  
2 — tube (TV)  
3 Therefore

- 4 Actress Witherspoon  
5 Equip for war  
6 Razor brand  
7 Radio host Glenn  
8 Koran's faith  
9 Tablecloth material  
10 Tennis great Andre  
11 Shout on "The Simpsons"  
12 Curio display stands  
13 Giving type  
14 Late state  
15 Female grads  
16 Copy closely  
17 Low-cost, in product names  
18 Freedom from govt. control  
20 Brown-and-white cow  
24 Get from — B  
29 '60s drug  
31 Blind as —  
32 Ho Chi —  
34 Golf peg  
35 New Mexico ski spot  
36 Bond girl Kurylenko  
37 Drawer  
39 Burdensome

- 44 Storekeeper on "The Simpsons"  
45 See  
41-Across  
46 Try to harm with claws  
48 Angola's capital  
50 Cosine, e.g.  
51 Cake topper  
52 JFK guesses  
54 "Blast!"  
55 Kin's partner  
57 Linda of "The Exorcist"  
61 "— -ching!"  
63 Hole tool  
65 Stomached  
66 Used a tool to grab, as an ice block  
68 Engraved work of art  
70 Screenwriter Ephron  
71 Big name in vacuums  
72 "Yes" signal  
73 EMS skill  
74 Tune in to  
75 On — with (similar to)  
76 Pasty  
80 Enters headfirst, as a pool  
82 Cup edge  
83 "So far — know ..."  
85 Any of six pontiffs

- 86 Wine ripener, e.g.  
87 House, south of the border  
88 Son of Seth  
91 Female hormone  
93 Van —, Calif.  
94 Cellar, in apt. ads  
96 Luxurious  
98 Piper's cap  
102 School gp.  
104 Kitchen choppers  
107 Arctic floaters  
108 Large city in Nebraska  
109 Established fact  
110 — Gay (warplane)  
111 Tot watcher  
112 Latin "I love"  
113 Some jabs  
115 Suffix similar to -like  
118 Pre-euro Italian money  
120 Security claim  
121 Italian peak  
122 Tall tale  
125 "Gimme —!" (rude demand)  
126 Granola bit  
127 Here, in Lyon





# Barry Scott finds his groove with 'The Lost 45s'

BY ED KARVOSKI JR.  
CULTURE EDITOR

BOSTON — Radio deejay Barry Scott is committed to keeping more of the notable 1970s and '80s recording artists' songs heard during an era of tight playlists. He coined the phrase "The Lost 45s" in 1981 while a freshman hosting his show at Emerson College in Boston, where he studied radio, communications and creative writing. "The Lost 45s" is currently syndicated on 52 radio stations nationwide and available 24/7 online.

His vast record collection began while growing up in Newington, Conn.

"I bought tons of 45s," he recalled. "I never wanted to do anything other than be a radio deejay."

Scott's passion was encouraged by his middle school music teacher Katherine Brinnier, to whom he dedicated his book "We Had Joy, We Had Fun: The Lost Recording Artists of the Seventies." She subscribed to the music industry's Billboard magazine and posted its weekly top-100 songs in her classroom.

"It was invaluable what I learned about the industry before I started working," he said.

His radio education continued while in high school as an intern



Barry Scott (second from left) with (l to r) Paul, Susan and Bill of The Cowsills last summer at Hampton Beach

Barry Scott with David Cassidy during his 1997 book-signing appearance for "Could It Be Forever? My Story" at downtown Boston's Barnes & Noble



PHOTO SUBMITTED

at Hartford's WPOP. In addition to writing advertisements and news copy, he learned the personal impact of a station abruptly changing its longtime format.

"I cried the day when WCOP switched from top-40 music to all-news," he acknowledged.

After moving to Boston in 1981 to attend Emerson, Scott proposed an idea for a radio show on the college's station WERS. He needed to describe

why it would be unique.

"Once disco ended in 1979, no stations played '70s music," he explained. "My show was called 'Gold Rush' with songs from the '50s, '60s and '70s. When I played a Partridge Family song, saying that it was a 'lost 45,' the phone lines lit up. 'The Lost 45s' became the show's highlight."

Scott graduated from Emerson in 1985. On his 21st birthday, March 4, 1986, "The Lost 45s" launched with '70s and early-'80s music on Boston's commercial radio station WZLX. It subsequently aired on five other Boston stations, most recently WROR up to 2014. While the show continues online and in 52 markets nationwide, Scott is hopeful that it will return to a Boston radio station.

"The show deserves to be back in its hometown," he said. "I get emails and Facebook notes every day asking why I'm not on in Boston. My goal is to better serve people over 50 by giving them the other 90 percent of the music they grew up with — songs that aren't getting played on any Boston stations."

"The Lost 45s" has also featured over 900 recording artists' interviews. Soon after the show's 1986 commercial debut, Scott's first



Barry Scott

interview was with Terry Jacks. An 11-year-old Scott bought the Jacks album with his hit single "Seasons in the Sun."

"Seasons in the Sun" was the biggest-selling 45 of the '70s with 11 million copies," Scott noted. "But no other deejay would play it after the '70s."

Scott produced a tribute to his show's most frequent guest, David Cassidy, soon after he passed away Nov. 21, 2017. Throughout the years, Scott brought Cassidy to Boston to perform concerts at dance clubs including Avalon and Zanzibar.

"David was on the show more times than any other artist," Scott noted. "He was always available for a call into the show. He always treated me and fans very well."

Scott plans to continue sharing "The Lost 45s" with more new interviews into the future.

"I'm still as excited about doing the show now as I was in college," he said. "It's still just as fun as it was then."

For more information about Barry Scott, visit [lost45.com](http://lost45.com) and [facebook.com/lost45s](https://facebook.com/lost45s).

## You're a winner

You're a winner  
Continued from page 19

some equity, a reverse mortgage may be a viable option to achieve your homeownership goals. The challenge is reverse mortgages have a negative stigma for most people. The great news is we have more licensed loan officers with the Certified Reverse Mortgage Professional (CRMP) designation than any other non-profit in the country. We are here to help take the mystery and misinformation out of reverse mortgages.

Alain Valles is Managing Director of Helping Hands Community Partners, Inc. and was the first designated Certified Reverse Mortgage Professional in New England. He obtained a Master of Science from the M.I.T. Center for Real Estate, an MBA from the Wharton School, and graduated summa cum laude from UMass Amherst. Alain can be reached directly at 781-724-6221 or by email at [av@hhcp.org](mailto:av@hhcp.org)

Obtain your free "How to Use Your Home to Stay at Home" 36-page book

Please give me a call at 781-724-6221 or email at [av@hhcp.org](mailto:av@hhcp.org) to receive your free copy of the official reverse mortgage consumer booklet approved by the U.S. Department of Housing & Urban Development called "Use Your Home to Stay at Home" published by the National Council on Aging. This is a great place to start to receive basic information.

## Answers to Super Crossword

(puzzle on page 19)

A	B	E	R	A	B	B	I	L	A	E	D	T	A	M	E	D	
F	O	R	G	E	R	I	E	S	I	G	O	T	O	A	L	I	C
R	O	G	U	E	M	C	C	L	A	N	A	H	A	N	R	U	M
O	B	O	E	S	K	A	T	E	S	G	O	L	D	M	I	N	E
			R	E	A	M					M	O	N	S	T	E	R
T	O	W	N	B	I	O					I	E	R	D	N	A	
A	L	A	S		A	N	N	A	L	S	E	E	L	E	E	R	I
O	G	L	E	D	T	H	E	P	A	C	K	S	U	B	S	A	C
S	A	T	Y	R		R	U	B	R	I	C	A	L	S	A	T	I
					A	S	T	O		A	T	H	E	N	A		
			D	O	N	T	T	O	U	C	H	T	H	A	T	D	I
A	E	R	O		O	N	S	P	E	C		C	A	R	P		
S	L	E	D	D	O	G		R	A	H	R	A	H		A	P	A
H	I	C		I	D	E	E		R	A	I	S	I	N	B	R	O
Y	A	K	O	V		D	S	T		T	M	I	N	U	S	P	E
			P	E	P		T	A	D		G	Y	M		E	R	A
B	O	G	U	S	T	E	R	M	I	N	A	L		S	T	E	P
E	M	I	L	I	A	N	O		C	A	M	E	L		S	A	L
R	A	V	E	N		O	G	D	E	N	O	F	I	N	I	Q	U
G	H	E	N	T		L	E	A	R	N		T	R	U	C	U	L
S	A	N	T	O		A	N	T	S		S	A	T	I	E	N	A



# When a blessing becomes a burden

BY MARIANNE DELOREY, PH.D.

**M**y grandmother was a crafter and a collector. She hand-braided rugs, created beautiful decoupage, quilted, and probably had her hand in many, many other crafts. She also collected antiques. Her house was full of interesting knick-knacks – a spinning wheel, mahogany bedroom set, bookcases full of hair receivers, hat pins, and various and sundry other prizes.



## Housing Options

When she died, my grandmother left a house full of treasures for her family to go through. I consider myself lucky. I inherited the hair receiver collection and many half-finished quilts. I had already been given many pieces of decoupage over the years, too. After the dust settled, however, I thought back on what I received and how I relate to these things today. Here is what I learned.

The half-made quilts were a treasure at first. I finished two of them and gave them to my brothers as a memento. I know one brother's dog ate one quilt and I haven't seen the

other quilt in years. I assume it is gone. There is one other half-made quilt that I intend to finish for myself. But right now, and for the last almost 20 years, it has remained a project, and a psychological burden. This doesn't mean that I won't eventually finish it and love the quilt, but even if I do, it has offered me more discomfort in the 20 years since she died than it can possibly offer joy in my remaining years.

The hair receivers were my pride and joy. I loved them, I displayed them, and then I had kids. They sit in storage now, boxed up and unappreciated. Maybe I will get them out one day. But they will require dusting. I love going to antique stores and seeing them. I love that they are somewhat unusual and not everyone knows what they are. I love having the connection with my grandmother of someone who can appreciate an old item. But in reality, I would have been just as happy with one as I am with the whole collection.

The decoupage still reminds me of her, but I have none of it hanging in my house. I'm not quite sure why, maybe it just doesn't go with the other \*ahem\* art on the wall. When I take it out and look at it, I do marvel at how creative she was. I wish I had learned more from her. But the decoupage itself is not as appreciated as I would think.

Now, when the house was being cleaned out, my cousin, Paul, asked for one, old, broken item. The rest of us did not think of it because it had no actual value. But all of us, upon hearing that he received it, felt a pang. THAT was the piece that mattered. It was an old cookie jar. Since it had been broken and re-glued, he never has to worry about accidentally breaking it. And that was what we remembered the most – going to Grammy's house meant we could get a treat. Sometimes just being with Grammy was a treat. And that cookie jar was the ultimate symbol of Grammy's affection.

A few years ago, I found the same style cookie jar on eBay. I bought it and gave it to my brother. I have a sweet

picture of his youngest son eating cookies right out of that jar. And that picture means more now than all the other stuff I inherited.

My advice to people who are looking to downsize or give away prized items to family members is to think twice about saving special heirlooms for after you pass. They can be a burden to the family, who hold on to items that aren't needed or wanted out of sentimental and guilt value. Give them a cookie jar – something that can be broken or thrown away if needed. Give them something that holds all the memories you need. Tell them a story and give them a picture of the item. If you must, give them the item, but also give them permission to throw it away.

Marianne Delorey, Ph.D., is the executive director of Colony Retirement Homes. She can be reached at 508-755-0444 or [mdelorey@colonyretirement.com](mailto:mdelorey@colonyretirement.com) and [www.colonyretirementhomes.com](http://www.colonyretirementhomes.com). Archives of articles from previous issues can be read at [www.fiftyplusadvocate.com](http://www.fiftyplusadvocate.com).

*Grant that our brother may sleep here in peace until you awaken him to glory...*  
- Prayers of Final Committal



## Pre-planning guarantees your wishes are met.

The loss of a loved one, young, old, expected, or unexpected is traumatic. Making the final arrangements with your funeral home and choosing the cemetery and the final resting place adds more trauma to a very sensitive time. At that time we are asked to make decisions very quickly. All this being said, we can be of assistance in the pre-planning portion and extend to all families an opportunity to benefit from our experience along with easy payment plans and burial options.

### The benefits of pre-planning are significant:

- Spares loved ones the agony of making hasty decisions while under great emotional stress
- Avoids tendency for emotional "overspending"
- Selections are less limited than in the future
- Affords the piece of mind that comes with the knowledge that everything will be handled according to your wishes
- Avoids inflation by purchasing at today's prices

*Our office will be happy to assist you in your family's pre-planning process*

**ST. JOHN'S CEMETERY & MAUSOLEUM**

260 Cambridge Street, Worcester • 508-757-7415  
Office Hours: Monday - Friday 8 a.m. - 4 p.m.; Saturday 8 a.m. - noon

## Now Leasing

Sitkowski School Apartments

29 Negus Street  
Webster, MA 01570

Sitkowski School Apartments is a 66 unit, 55+ affordable rental community that offers a safe convenient location in the historic Sitkowski School in the commercial center of Webster. The new Webster Senior Center is located in the former gymnasium which will provide an active, vibrant place for seniors to enjoy.



To request an application please call  
508.943.3406 TDD 800.439.2370  
Must Meet Income Requirements  
Rents Starting at \$650 • Section 8 Accepted



Reasonable Accommodations may be requested by calling 508-943-3406



Heat & Hot Water Included in the Rent  
Hardwood Floors  
Ceiling Fans  
Laundry Room on Each Floor  
Lounge Areas  
Smoke Free Community





# Helping Hands COMMUNITY PARTNERS

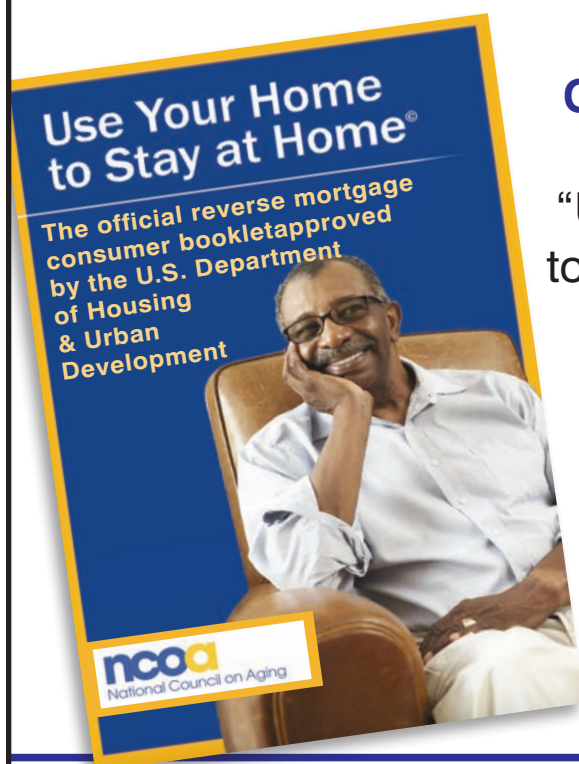
A 501(c)(3) non-profit charitable organization

## A Reverse Mortgage is not for everyone.

But everyone **should know the facts** about a Reverse Mortgage and how it works.

Helping Hands Community Partners, Inc., is a non-profit 501(c)(3) with a mission of educating senior homeowners about housing options. We can explain and, when appropriate, arrange reverse mortgages.

Call or email to receive a **FREE copy** of the National Council on Aging's 36-page "Use Your Home to Stay at Home," consumer booklet.



Call to get your  
**FREE copy** of  
"Use Your Home  
to Stay at Home"  
**(781) 724-6221**

Or email to:  
**av@hhcp.org**

Massachusetts Mortgage Broker License MB1553939 NMLS #1553939

We arrange but do not make loans.

**[www.helpinghandscommunitypartners.org](http://www.helpinghandscommunitypartners.org)**

40 Accord Park Drive – Suite 203 – Norwell, MA 02061

## Visit the past. It's safer.

By JANICE LINDSAY

For this column, I delve into the past. I need a vacation from the present, which I find a bit scary, given current events and politics and all. The past seems a safe place



### Inklings

to visit, at least for a while.

The most restful part about visiting the past is that we know how things turned out. We don't have to wonder, or worry

about, what happens next.

For example, I know that I was born. This was not a certainty at the time.

Some decades ago this month, a young couple awaited the birth of their first baby. Also waiting were people who could call themselves grandparents, aunts, or uncles only if I arrived safely, as I would be the first of the next generation.

I almost didn't arrive. My mother suffered in labor for three days. Apparently, I could not decide if I wanted to leave my warm, safe environment for the uncertainties of the cold, noisy world outside. I almost chose not to, and I almost took her with me. I don't remember why I finally decided to venture forth.

I cannot imagine the worry of those who waited for me to decide. They could not foresee that they would eventually welcome a healthy baby girl who would be their hearts' delight, until my little sister came along, then those aunts and uncles would welcome hearts' delight babies of their own.

Another restful reason to visit the past is this: Unlike the present, where all our personal flaws and foibles are constant companions, when we visit the past, we can leave out the inconvenient bits.

For instance, when we were very little, my sister felt

inspired to bite me. I can still see her tooth marks on my innocent, chubby arm, two perfect horseshoes of indents. Of course, I did nothing to inspire her anger. I do not remember doing anything, ever, to treat her unkindly. I do not understand why here favorite consolation when something bad happened to me, after she learned to talk, was "That's God paying you back." Paying me back for what?

A third pleasant and entertaining reason to visit the past is that, unlike in the present where everything happens in sequence and we have to wait for what's next, when we visit the past we can jump around.

Hop from yesterday's computer misadventure; to the afternoon our old cat got his head stuck in an empty can of baked beans (he survived); to the morning my two-year-old son locked me out of the house; to the day I was driving home from school on the main road and the muffler dropped out of my rattletrap, dragged along the road by a rusty pipe, creating embarrassing sparks and cacophony.

When we visit the past we find that it's not all as delightful as the time when I was 11 and we lived on a cove and had a hurricane and the drugstore lost its electricity and it couldn't be turned back on because the wires were wet and their soda fountain ice cream was melting so they had to give it all away for free and they had a huge supply of our favorite, butterscotch crisp.

When we visit the past, we sometimes see things that we wish hadn't happened. We sometimes see things we can't understand, even in the light of the present. But we can't change anything in our past, we can only try to learn from it. For example, you might learn that, if you're nice to your little sister, maybe she won't bite you.

Contact [jlindsay@tidewater.net](mailto:jlindsay@tidewater.net)



## Shopping for Rehabilitation Is Like Comparing Apples to Oranges

When comparing inpatient rehabilitation facilities (IRF) to skilled nursing facilities over two years, research\* concludes that long-term outcomes for IRF patients are superior:

- Return home two weeks earlier
- 8% lower mortality rate
- 5% fewer emergency room visits
- Significantly fewer hospital readmissions per year



Shop to compare and you will see that an inpatient rehabilitation hospital is more comprehensive than a skilled nursing facility. Make a return to independence and choose a higher level of care with HealthSouth Braintree Rehabilitation Hospital.

**Learn more about the difference we can make in your rehabilitation outcome at 781 348-2138.**

\*Dobson | DaVanzo analysis of research identifiable 20% sample of Medicare beneficiaries, 2005-2009

**HEALTHSOUTH**  
Braintree Rehabilitation Hospital

250 Pond Street • Braintree, MA 02184  
781 348-2138 • Fax 781 356-2748 • [healthsouthbraintree.com](http://healthsouthbraintree.com)

©2018:Encompass Health Corporation:1291302-02

## A Simple Cremation ...

More people than ever before are choosing cremation. It is a meaningful and respectful, yet simple tribute.

Whatever your reasons for selecting cremation, the Cremation Service of Central MA will make sure that it is dignified in every respect. Visit our website to see how you can make all arrangements in the comfort of your own home.

Sign up online when a loved one dies.  
**It's affordable ... and simple.**

**Cremation Society**  
OF CENTRAL MA



*Simple, Affordable & Trustworthy*

14 Walker Street, Suite A  
Leominster MA 01453  
844-380-7313  
[cremationscma@gmail.com](mailto:cremationscma@gmail.com)

[www.cremationserviceofcentralma.com](http://www.cremationserviceofcentralma.com)

 **PMD Alliance**  
Parkinson & Movement Disorder Alliance

For people impacted by  
**PARKINSON'S**

**LEARN. LIVE. CONNECT. PARKINSON'S CONFERENCE**

**Friday April 27, 2018**

**8:30-9:00 Breakfast • 9:00-12 noon Conference • Free**

**Join us to learn more about Parkinson's disease symptoms and treatments.**

**Embassy Suites Logan Airport • 207 Porter Street, Boston, MA**



**Laxman Bahroo, DO**

is an assistant professor and director of the Neurology Residency Program at MedStar Georgetown University Hospital. As a board certified neurologist and member of the Movement Disorders program, Dr. Bahroo's primary areas of focus include the medical and surgical management of Parkinson's disease and essential tremor.

### Agenda Highlights:

Understanding Neurogenic Orthostatic Hypotension  
Safely Navigating Hospitalization  
Learning about Parkinson's and OFF Time

### Register at:

**[www.pmdalliance.org](http://www.pmdalliance.org) or 800-256-0966.**

The Parkinson and Movement Disorder Alliance is a national 501(c)(3) non-profit organization dedicated to improving the lives of people impacted by Parkinson's by providing opportunities to learn, live more fully, and connect to community.





## Quality rehabilitation, comprehensive hospital care

### The Center for Skilled Nursing and Rehabilitation at Athol Hospital

After surgery, a stroke or extended illness, additional skilled nursing and rehabilitation can offer the post-acute care, support and recovery time that makes the difference for your continued quality of life, activity and independence when you return home. At the Center for Skilled Nursing and Rehabilitation at Athol Hospital, we offer patients a full array of nursing and rehabilitative care, along with immediate access to vital hospital services not available at long-term care, rehab facilities and nursing homes.

Quality skilled nursing and rehab care with the confidence of a hospital setting is just moments from home, at the Center for Skilled Nursing and Rehabilitation at Athol Hospital.

For more information visit [www.atholhospital.org](http://www.atholhospital.org) or call 978-249-1181

#### ONSITE SERVICES INCLUDE:

- Recovery from stroke, orthopedic surgery or extended illness
- 24/7 Access to Hospital Services including emergency services, skilled nurses, physicians, and respiratory therapy
- Physical therapy, occupational therapy, speech therapy
- Laboratory services, radiology services, including X-rays, CT-scans and MRIs
- On-site consultations with specialists in cardiology, orthopedics, oncology and surgery
- Wound care services
- Coming in 2018: Pulmonary Rehabilitation Program



**Athol Hospital**

Member of the Heywood Healthcare Family