



# HULL HEARTBEAT

HULL COUNCIL ON AGING | ANNE SCULLY SENIOR CENTER

197A Samoset Avenue, Hull, MA 02045

July-August | 2023



Cover Artwork by Skip Tull

Skip Tull, photographer for the Hull Times, also has a large collection of beautiful, and often local, photographs such as this one, featured at the Nantasket Gallery, the Hull Life Saving Museum and online on Hull Artists' website.

## GET IN TOUCH

781-925-1239 (p)

781-925-8114 (f)

[town.hull.ma.us/council-aging](http://town.hull.ma.us/council-aging)

[facebook.com/HullCOA](https://facebook.com/HullCOA)

## Hours of Operation

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

## OUR MISSION

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

## THIRD ANNUAL HULL COA BLOCK PARTY

**Wednesday, July 26th, 12:30-3pm**

Back by popular demand, we are once again shutting down Lewis Street and inviting the community to celebrate summer while enjoying a glimpse of the many programs and events offered by your Senior Center. We will have live music food and an ice cream truck, games, raffles prizes (generously donation by local businesses and organizations around town) and more! Bring a friend or stop by and make a new one. To help us plan, please call to sign up by Monday, July 17th!

# RESOURCES, SERVICES AND MORE

Page 02

**Office Hours with State Senator Patrick O'Connor**  
7/27 & 8/24 @ 10:30am

**Office Hours with State Representative Joan Meschino**  
7/17 & 8/21 @ 10:00am

**Caregiver Support Group**  
Thursdays each week at 3:00pm  
With Kelly Reilly, LICSW Outreach Coordinator

**Blood Pressure Clinic**  
1st & 3rd Tuesdays, 7/6, 7/18. 8/1, 8/15 at 10:30am-11:30am—Rachel Gerold, Hull Board of Health

**Town Nurse Time at Senior Center**  
3rd Tuesdays, 7/18 & 8/15, 11:30a-12:00p  
Hull Town Nurse, Rachel Gerold

**Meals on Wheels**  
South Shore Elder Services, Call to sign up at 781-848-3910 x415

**Stretch Your Food Budget**  
Free & Nutritious Meal Kits to Hull [www.SYFB.space](http://www.SYFB.space)

**Food Pantry -Dot's Kitchen**  
Wellspring Multi Service Center  
781-925-3211 x112

**SHINE—Serving the Health Information Needs of Everyone**  
Thursday appt. times , 9am-1pm  
7/6, 7/20, 8/3, & 8/17

Call to book an appointment at the senior center with Volunteer Counselor, Elaine Schembari x203

**Life Insurance & Long Term Care Consultation**  
Thursdays, 7/20 & 8/17, 10am – 12pm, 1/2 hour appts available with Elaine Buonvicino of Turning 65 Consulting.

**Financial Aid Advisor**  
Thursdays, 7/20 & 8/24, 1-3pm, 1/2 hour private appts available with Jason Luck of Commonwealth Financial.

**Veteran's Office Hour**  
7/11 & 8/15, 9:30am  
Paul Sordillo, Veterans Agent, Hull

**Podiatrist Clinic**  
Monday, 8/28 at 10:15am-1:00pm  
Call Dr. James Dwyer's office at 781-335-8811 to schedule appt.

**Holidays Observed— Center Closed**  
July 3rd—Hull Town Holiday  
July 4th—Independence Day

## A NOTE FROM THE DIRECTOR....

Ralph Waldo Emerson once said "*Not in his goals but in his transitions man is great.*" Often, I find myself looking forward to a time in the future, after I've gotten through a tough transitional period, when I can truly rest, enjoy the fruits of my labor, and be the person I am striving to become. Yet I don't ever seem to make it to this place. Life always throws something new at me and as soon as I feel I have my footing, here comes another change!

It is natural to be constantly moving, evolving, changing our minds. Rather than resist this reality, we can embrace it and work each day to gain the skills we need to move gracefully and successfully through our lives. On Julia Louis-Dreyfus' podcast "Wiser than Me," Jane Fonda, the actress turned workout guru turned activist talks about the many careers she has had and wisdom she has gained to change them successfully. At 85 she still exercises, but the key she says is that she does it "slowly!"

Here at the center, we are constantly checking in to find out what our community needs as they learn to age in a happy, healthy, connected way. As we recently wrapped up the 24-week "de-cluttering" course, I couldn't believe the profound change I saw in participants over the 12 class sessions. New class offerings like the upcoming "Changing Gears" course aims to support the transition that comes with driving as we age. One of the best ways to keep up our driving skill is to keep moving our body which you can do at one of our many exercise class offerings like "Beach Yoga, QiGong, Not Just Yoga or Line Dancing" just to name a few. These classes and others are detailed on page 9. Aging doesn't need to mean we stop moving our bodies - as Jane Fonda says, we just may need to do it "slowly!"

Change can be a scary part of life. But change is the only thing we can count on! If we learn to make the most of our transitions, we can become great.

Be well and stay connected.

Lisa Thornton

## WELCOME BRUCE!

Bruce is the new Nutrition Site Manager for Hull. He brings great experience to his work from the Quincy Site working for South Shore Elder Services supporting the Quincy site manager, and as a driver ensuring that meals get to those in need. Bruce is a Hull resident, so he is happy to be working in Hull- he can get to know Hull residents and volunteers, and because he can walk to work! However, you will see him driving his car too, so he can help out the team of volunteer drivers. Stop by to say 'Hello'.

### Our Staff

Main Number 781-925-1239

#### Director

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

#### Administrative Assistant

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

#### Outreach Coordinator

Kelly Reilly | ext. 207  
kreilly@town.hull.ma.us

#### Activities & Volunteer Coordinator

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

#### Van Drivers

Mickey Corcoran, Alice Kaplan

#### Medical Ride Requests

Ext. 209

#### Non-Medical Ride Requests

Ext. 206

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

#### South Shore Elder Services Nutrition | ext. 202



## COA BOARD

Rob Goldstein, Chair  
Marlene Earl, Co Vice Chair  
Peter Dewey, Co Vice Chair  
Hannah Taverna, Secretary  
Greg Grey- Select Board Liaison  
Members: Jim Richman, David  
Irwin, Mimi Leary, Irma Lefever,  
Maureen O'Brien



## CAN YOU VOLUNTEER?

### Senior Friends—Our Mission

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

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

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

We are grateful for YOU!

## STAY TUNED FOR THE END OF SUMMER SOIREE

**Thursday, Sept 7th, 5pm**

Join us at the DCR pavilion for a fun evening of music, food and friends as we stretch out the remaining days of summer! Call the Senior Center for more information., 781-925-1239.

Generously funded through a grant from Save the Harbor, Save the Bay.



## COMMUNITY

### CAFÉ TALK BREAKFAST

**Tues, Aug 1st, 9:30am**

Join us at the Senior Center for a community breakfast with guest speaker Rich Bonanno, founder of the non-profit organization Rolling Wave Foundation. Rich will discuss why he started the foundation, what donations he collects and the people who benefit from your community donations. So that we can plan for food and set up, you **MUST** call to RSVP for this event, 781-925-1239. Requested donation \$3

### MONTHLY BOOK GROUP

**Wednesdays, July 19th and  
August 16th, 2:00pm**

Come together with others who love reading for our monthly book group!

A new book will be chosen every month for discussion at the following month's meeting. Open your mind to the different perspectives that other readers bring to a book!

Join Harriet, Volunteer Facilitator for this newly formed book group. Harriet is a 1970 Hull Graduate with a rich work history in human services. She loves gardening, going to museums and dining.

Call the Center for more information!



## VOLUNTEER SPOTLIGHT

This month we would like to spotlight one of our volunteer, Senior Friends, Annie McQuade.



Annie has lived year round in Hull since 2006, but has spent summers here since she was a child. After teaching preschool for many years, Annie worked for Harvard Vanguard Medical before retiring. She loves entertaining friends, walking her Shih Tzu, Bernie, and reading non fiction. She also spends time visiting with her son, who is a broadcast journalist in Richmond, Virginia. As a member of the Senior Friends, Annie is essential in the planning and facilitating of many events held at the Senior Center such as the Annual Block Party, the Halloween Party and the Holiday Party. She also spends many hours during the holiday season delivering packages to older adults in the community as part of our Senior Santa program. Many thanks to Annie for her continued time and dedication to the Hull Senior Center!

## MEET PEDDOCKS TOWN OF HULL SUPPORT DOG

**Thursday, July 13th, 10:30am**

Come to the Hull Senior Center to meet the newest member of the Hull Police force, K9 Officer Peddock. Peddock is an 8 month old Labrador retriever who is currently attending the Police Comfort Dog Academy and will also be trained in Missing Person Search & Rescue. Peddock has been seen about town at schools, parades and fairs. meeting members of the Hull community. Stop by and get acquainted with Peddock and his handler, Officer Marshalsea.



## FINANCIAL ASSISTANCE

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

# JULY 2023 CALENDAR

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Monday	Tuesday	Wednesday	Thursday
<b>3</b>  <b>Hull Town Holiday</b> <b>Senior Center Closed</b>  	<b>4</b>  <b>Independence Day</b> <b>Senior Center Closed</b>  	<b>5</b> 9:00 Strength 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge	<b>6</b> 9:00 SHINE 9:45 Chair Yoga 10:30 BP Clinic 11:00 MahJong 11:00 Line Dancing 3:00 Caregiver Support
9:00 Strength <b>10</b> 10:30 Crafts & Games 1:00 Bingo 3:00 Tech Help 1:00 Knitting	8:45 Zumba <b>11</b> 9:30 Vet Office Hour 9:45 Chair Yoga 10:30 Kam Man Trip 11:00 Qi Gong 1:00 Whist 1:00 Chair Massage	9:00 Strength <b>12</b> 10:30 Not Just Yoga <b>11:30 Sandbar Lunch</b> 12:30 Qigong/Tai Chi 1:00 Bridge	9:45 Chair Yoga <b>13</b> <b>10:30 Peddocks Pup Visit</b> 11:00 MahJong 11:00 Line Dancing 3:00 Caregiver Support
9:00 Strength <b>17</b> 10:00 Rep J. Meschino 10:30 Crafts & Games 1:00 Bingo	<b>Isle of Shoals Trip</b> <b>18</b> 8:45 Zumba 9:45 Chair Yoga <b>10:00 Estate Planning</b> 10:30 BP Clinic 11:00 Qi Gong 11:30 Nurse 1/2 Hour 1:00 Chair Massage 1:00 Whist	9:00 Strength <b>19</b> <b>10:00 RMV Shifting Gears Talk</b> 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge <b>2:00 Book Group</b>	9:00 COA Board <b>20</b> 9:00 SHINE 9:45 Chair Yoga 10:00 Insurance Advisor 11:00 MahJong 11:00 Line Dancing 1:00 Financial Advisor 3:00 Care Giver Support
9:00 Strength <b>24</b> 10:15 Podiatrist 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting 3:00 Tech Help	8:45 Zumba <b>25</b> 9:45 Chair Yoga <b>10:00 Peddocks Island Trip</b> <b>11:15 Art For Your Mind</b> 1:00 Whist	9:00 Strength <b>26</b> 9:00 Writing 10:30 Not Just Yoga <b>12:30 3rd Annual BLOCK PARTY</b>	9:45 Chair Yoga <b>27</b> 10:30 Sen. O'Connor Hour 11:00 MahJong 11:00 Line Dancing 3:00 Caregiver Support
9:00 Strength <b>31</b> 10:30 Crafts & Games 1:00 Bingo	<div> <b>NATIONAL WATERMELON DAY!</b>  <b>Thursday, August 3rd, 12pm</b>            Nothing says summer like a cold slice of watermelon! Join us as we celebrate National Watermelon Day and the height of summer with grilled hot dogs, chips, ice cream and of course, watermelon! \$3 per person. Please call by July 31st to reserve your spot!         </div> 		

# AUGUST 2023 CALENDAR

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Monday	Tuesday	Wednesday	Thursday
	8:45 Zumba <b>1</b> <b>9:30 Café Talk Breakfast</b> 9:45 Chair Yoga 10:30 BP Clinic 11:00 Qi Gong 1:00 Chair Massage 1:00 Whist	9:00 Strength <b>2</b> <b>10:00 Dementia Talk</b> 10:30 Not Just Yoga 10:30 Cardinal Cushing Trip 12:30 Qigong/Tai Chi 1:00 Bridge	9:00 SHINE <b>3</b> 9:45 Chair Yoga 11:00 MahJong 11:00 Line Dancing <b>12:00 Watermelon Party</b> 3:00 Caregiver Support
	9:00 Strength <b>7</b> 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting 3:00 Tech Help	8:45 Zumba <b>8</b> 9:45 Chair Yoga 10:30 Trip to Marshfield Job Lot 11:00 Qi Gong 1:00 Whist <b>1:00 Nutrition Talk</b>	<b>9:00 York ME Doo Wop Trip</b> <b>10</b> 9:45 Chair Yoga 11:00 MahJong 11:00 Line Dancing 3:00 Caregiver Support
9:00 Strength <b>14</b> 10:30 Crafts & Games 1:00 Bingo	8:45 Zumba <b>15</b> 9:30 Vet Office Hour 9:45 Chair Yoga <b>10:00 Gut Health Talk</b> <b>9:30 Ferry Trip &amp; Lunch</b> 11:00 BP Clinic 11:00 Qi Gong 11:30 Nurse 1/2 Hour 1:00 Chair Massage 1:00 Whist	9:00 Strength <b>16</b> 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 1:00 Bridge <b>2:00 Book Group</b>	9:00 SHINE <b>17</b> 9:00 COA Board 9:45 Chair Yoga 10:00 Insurance Advisor 11:00 MahJong 11:00 Line Dancing 3:00 Caregiver Support
9:00 Strength <b>21</b> 10:00 Rep J. Meschino Hr 10:30 Crafts & Games 1:00 Bingo 1:00 Knitting 3:00 Tech Help	8:45 Zumba <b>22</b> 9:45 Chair Yoga <b>10:30 Marshfield Fair Trip</b> <b>11:15 Art For Your Mind</b> 1:00 Whist	9:00 Strength <b>23</b> 10:30 Not Just Yoga 12:30 Qigong/Tai Chi 2:00 Book Group 1:00 Bridge	9:45 Chair Yoga <b>24</b> <b>10:00 Bee Talk</b> 10:30 Sen. O'Connor Hr 11:00 MahJong 11:00 Line Dancing <b>12:30 Grilling with Mickey</b> 1:00 Financial Advisor 3:00 Caregiver Support
9:00 Strength <b>28</b> 10:15 Podiatrist 10:30 Crafts & Games 1:00 Bingo	8:45 Zumba <b>29</b> 9:45 Chair Yoga 11:00 Qigong 1:00 Whist 1:00 Chair Massage	9:00 Strength <b>30</b> 10:30 Not Just Yoga 12:30 Qigong/Tai Chi <b>1:00 Drum Circle</b> 1:00 Bridge	9:45 Chair Yoga <b>31</b> 11:00 Line Dancing 11:00 MahJong 3:00 Caregiver Support

# CLASSES & PRESENTATIONS

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## SPEAKER PRESENTATIONS

### ESTATE PLANNING CLASS

**Tuesday, July 18, 10am**

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Do you know what those documents are? Offered through Mass Bar Association, join this presentation with Atty. Shani Collymore and learn how to avoid a crisis for your family. Don't delay in getting your most crucial estate planning documents in place. Each participant will receive the 14th annual edition of the Elder Law Guide work book which will help you find information on law issues that affect older adults. Call to register for this informative talk, 781-925-1239.

### SHIFTING GEARS WORKSHOP

**Wednesday, July 19th, 10:00am**

Driving a car may seem a necessary part of life, yet owning a vehicle and holding a drivers license are privileges that come with a great deal of responsibility. Michele Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles, will discuss issues facing senior drivers, the Commonwealth's rules of the road, defensive driving tips and warning signs of unsafe driving during this one hour long program. Call to register for this informative talk, 781-925-1239.

### NUTRITION PRESENTATION

**Tuesday, August 8th, 1pm**

Good nutrition throughout life helps prevent chronic disease. It's never too late to make improvements to support healthy aging.



Abigail Benson, Registered Dietitian for Manet Community Health, will visit the Hull Senior Center to discuss what nutrients your body needs to keep you fueled as you get older. When it comes to nutrition, there is always something new to learn! Please call to register for this informative talk, 781-925-1239.

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

## ENGAGE IN LIFE LONG LEARNING!

### ART FOR YOUR MIND

**Tuesdays, July 25th & August 22nd, 11:15am**

This one-hour art experience, presented by Jill Sanford, continues in July with **Edward Hopper**. Admire the work of one of America's most prominent artists of the 20th century. With a focus on his images of New England's coastal regions – experience the way Hopper's unique, solemn style continues to captivate and intrigue viewers today. And in August, three generations of the **Wyeth Family** will be discussed—N.C.'s oil paintings of American leaders and heroes, Andrew's unique landscapes and still life paintings, and Jamie's imaginative images – all come together to reveal an interesting progression of American creativity. Call to register for this popular series, 781-925-1239 \$3 suggested donation per class.

### BEES: WHAT'S HAPPENING TO THEM WITH JUDY MACIOCI

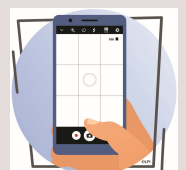
**Thursday, August 24th, 10:00am**

What's the buzz about our bees? Judy Macioci is a retired Science educator and currently a teacher naturalist who presents natural history programs throughout the South Shore. She will discuss the bees who visit our yards and what the difference is between a bee and a wasp. Discover how and where they live, the pollination process and how environmental changes are negatively affecting their habitat. Discover what we can do to help them! Cost \$5. Call to register at 781-925-1239.

### TECH HELP

**Mondays, July 10th & 24th, Aug 7th & 21st, 3pm**

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





# WELLNESS & GROUP FITNESS CLASSES

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## ZUMBA TONING W/ MOROCCAN STICKS

**Tuesdays at 8:45am**

With Justine Hobin

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

## QI GONG

**Tuesdays at 11:00am, no class 7/25 or 8/22**

With Sandy O'Hara

Qigong is for anyone who wants to lower their stress levels and maintain long term health and wellness. With roots in Chinese medicine, philosophy, and martial arts, Qigong is traditionally viewed by the Chinese and throughout Asia as a practice to cultivate and balance Qi (Chee) which is "life energy". Qigong is the perfect exercise for anyone looking for mental and physical balance. Call to Sign Up. \$5 per class



## BEACH YOGA

**Friday at 7am—July & August**

with Sara Pearson



Start your day with ocean breezes, beautiful sights and gentle yoga on Nantasket Beach. Back by popular demand, this slow flow vinyasa mat class will improve strength and mobility by linking movement and breath to help you attain balance in the mind and body. Bring your mat and a beach towel, and meet at the Lewis St. beach access. Hull permit parking is available in municipal lot behind St. Ann's Church. Parking also available at the Senior Center only during class time. All levels welcome. Must pre-register, \$5/class. If class is cancelled due to weather or instructor availability, messages will only go out to those pre-registered.

## STRENGTH & FLOW

**Mon. & Wed. at 9:00am**

with Sara Pearson

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

## NOT JUST YOGA

**Wednesdays at 10:30am**

with Nicole Palermo

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

## CHAIR YOGA

**Tues. & Thurs. at 9:45am**

with Kathy Dunn

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

## LINE DANCING

**Thursday at 11:00am**

with Mimi Leary

Anyone can learn line dancing with this 4 week series! It's a terrific way to get some exercise and have a fun time while supporting the brain, body and your balance. Build strength and community. Come for one session and you might just get hooked! Cost \$5/class.



## QIGONG/TAI CHI

**Wednesdays at 12:30pm**

with Bill Mazzeo

Qigong is a mind-body-spirit practice that improves ones mental and physical health. Tai Chi can improve strength, flexibility, range of motion w/ gentle movements \$3.25/class.

## CHAIR MASSAGE

WITH SANDY O'HARA

**Tuesdays 7/11, 7/18, 8/1, 8/15, & 8/29, 1-3pm**

These 20 minute chair massages focus on your back, shoulders, neck and arms and are done over clothes. For chair massage, you are seated in a special chair while Sandy relieves muscle tension using compression and kneading. Cost is \$20/20 minute session. Call 781-925-1239 for an appointment.



# WEEKLY GROUPS

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## GAMES AND CARDS

### BINGO

**Mondays at 1-3:30pm**



### WHIST

**Tuesdays at 1:00pm**



### BRIDGE

**Wednesdays at 1:00pm**

### MAH JONG

**Thursdays at 11:00am**



## CRAFTS & MORE

WITH SANDY BLOOM

**Mondays at 10:30-12:00pm**



## KNITTING GROUP

WITH INSTRUCTION BY MARGE SULLIVAN

**Mon, July 10th & 24th, August 7th & 21st**

We are happy to offer an opportunity for knitters, new and seasoned, to come together to knit, crochet and share conversation.

## SPECIAL EVENTS AND PROGRAMS

### LUNCH AND BINGO AT THE SANDBAR

**Wednesdays, July 12th &  
August 9th at 11:30am**

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

### THE FAMILY DYNAMICS OF DEMENTIA

**Wednesday, August 2nd,  
10am**

Why is caring for someone with dementia more difficult than other diseases? What are the biggest mistakes families make when caring for a loved one? How can you effectively plan for the future? Lynn Stefano, Senior Advisor at Bridges by Epoch, will lead a discussion on how relationships within families can change while caring for a loved one with memory

issues. Call the Senior center to save your spot.

### GUT HEALTH TALK Tuesday, August 15th, 10am

Elizabeth Nelson-Frazier, MSN, APRN—Doctoral Candidate at Salve Regina University, will discuss the reasons for gastrointestinal tract disorders and specific diagnoses related to the stomach and intestines for those of advanced age. She will also cover how to treat everyday digestion disorders and when to seek medical help. Call the Senior Center to register for this informative talk, 781-925-1239.

### GRILLING WITH MICKEY

**Thursday, August  
24th, 12:30pm**



Join us for summertime fun, laughter and lunch. Our very own Mickey Corcoran will be grilling up burgers and hot dogs! We have picnic tables, tents and beverages, all we need is you!

\$4 per person, please sign up by August 21st. Call 781-925-1239

### DRUM CIRCLE WITH ED SORRENTINO

**Wednesday, August 30th,  
1pm**

A drum circle/rhythm event is appropriate for participants of all ages. Every session is specifically designed to maximize individual creativity, improve health and wellness, and build confidence, while creating FUN in the moment. All instruments provided or bring your own. Call to register at 781-925-1239. GENEROUSLY SUPPORTED BY A DONATION FROM HULL PORCHFEST. Thank you!

### Returning in the Fall

### MEDITATION

WITH JANEY TENAGLIA

**4-WEEK Series**

**Thursdays in September**

Meditating is a routine, like brushing your teeth daily, that allows the mind to rest. Janey will return to the Senior Center this fall to help you begin your practice. \$20 per person. Must sign up for the series. No drop ins. First class Sept 7th. Don't miss it!

# OUTREACH AND RESOURCES

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## SUPPORT GROUPS

### Alzheimer's Association

Caregiver Support Group at the Hull Senior Center on Thursdays at 3pm. Call Kelly Reilly, LICSW at 781-925-1239 x207 for more information.

Hingham Elder Services offers a Parkinson's Disease Caregiver Support Group, 4<sup>th</sup> Monday of the Month at 10am (call to confirm if Monday holiday). Hingham Elder Services is located at 224 Central Street in Hingham, their phone number is 781-741-1458.

South Shore Health has a Stroke Support Group for survivors and their caregivers on the 3<sup>rd</sup> Thursday of the month from 3-4pm. Virtual and in person meetings are offered at South Shore Hospital. To register and learn

## INFORMATION AND REFERRALS

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

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

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

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

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

Hull Light Financial Hardship Program – if you have financial hardship, your Hull Light account may be protected from termination for non-payment if someone in your household is seriously ill (a doctor's letter is required), and/or if you have a child under the age of 12 months (birth certificate required). For questions, call Hull Light at 781-925-0051. If you'd like assistance with the forms, Senior Center Outreach Coordinator can assist; call Kelly at 781-925-1239 x207.

## HULL OUTREACH INFO

Our Outreach Coordinator, Kelly Reilly, is a Licensed Independent Clinical Social Worker (LICSW). She is able to offer home visits to assess residents in need of specialized care and support, and connect residents and their families with resources. She works closely with Elder Protective Services to provide case management for those with complex needs and those who are at risk of financial, physical, and/or emotional abuse. Kelly is also able to work closely with Hull emergency personnel to address mental health emergencies for local seniors. If you

or someone you know has concerns about the safety or wellbeing of a senior, please contact Kelly at 781-925-1239 x207. Kelly is also happy to connect you or a loved one with mental health resources.

## MEMORY CAFE

Through a grant from South Shore Elder Services, the Hull COA will be holding luncheons for Caregivers and their loved ones with memory issues. For more information call Kelly at 781-925-1239 x207.



## CRITICAL HOME REPAIR PROGRAM

**Offered by South Shore Habitat for Humanity**

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

You MUST apply and qualify for this program. For information call the senior center or visit [www.sshabitat.org/critical-home-repair](http://www.sshabitat.org/critical-home-repair)



## SENIOR CENTER VAN TRANSPORTATION

### Medical, Local Errands, Out-of-Town Medical

**The Hull Senior Center provides transportation for seniors 60+ and disabled adults in our community. Our van service is in full demand and we may not be able to accommodate all ride requests. All requests should be made at least 7 days before appointment dates. Call 781-925-1239 X206 to request a ride or information.**

### Medical Rides

**Available Monday—Thursday with 7-day notice required.**

Hull \$3 Cohasset \$5

Scituate, Hingham, Weymouth \$10  
Braintree, Quincy, Hanover, Norwell,  
Marshfield \$15

Duxbury, -Plymouth Area \$20

Boston Area Medical fee varies

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

### Medical out-of-area Rides

MAPC Transportation Grant provides medical rides through Seaside Transport to Boston area hospitals, VA hospitals, or those rides the senior van cannot accommodate. Please call at least 7 days in advance to request a ride.



### Grocery shopping

**3-day advance notice is required.**

#### Stop and Shop

Cohasset -Weds 10:00 am \$3

Hingham- Thurs 11:00 am \$3

#### Market Basket

Every other Thursday, 11am, \$4

#### Local Shopping

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

## ALICE'S ADVENTURES Tuesdays in July and Aug

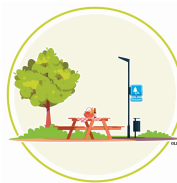
Join COA van driver, Alice, for a destination or shopping trip. Call to reserve your spot:

- 7/11: Kam Man Asian Market, Quincy
- 8/2 Hanover Target
- 8/8: Marshfield Job Lot

Trips Subject to Change.

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

Cost is \$4/person/ trip. Bring money for lunch.



## RIDE REQUEST ONLINE



### On the Town Webpage

[www.town.hull.ma.us/council-aging](http://www.town.hull.ma.us/council-aging)

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

## OTHER RIDE OPTIONS

### South Shore Hospital Shuttle

Provides rides to SSH or a program or service directly affiliated with SSH. They will not deliver patients to physician offices. For information, call 781-624-4350. Appts must be made 2 weeks in advance. Shuttle days available: Tues. & Thurs. FIRST PICK UP time is 8:00 a.m. - LAST trip leaving facility (SSH) is 3:00 p.m. Call Hull COA for more info.

### THE RIDE

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

## Volunteer Driver Program

### FISH—Friends In Service Helping

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

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

## PEDDOCKS ISLAND TRIP Tuesday, July 25th, 10:00am

Just across the gut, Peddocks Island is one of the largest of the Boston Harbor Islands and is rich in history as well as incredibly scenic. Join us for a guided tour by a DCR ranger of historic structures, such as Fort Andrews, along with the restored WWII-era Chapel. Enjoy time for lunch and exploring afterwards. \$25 includes guided tour and ferry ride. Bring your own picnic lunch.

## FERRY RIDE AND LUNCH

Tuesday, Aug 15th, 9:30am

What could be better than a summer boat ride into Boston for lunch? Bring a friend and take a trip on Boston Harbor Cruises to the Boston waterfront for lunch at Joe's American Bar and Grill. Order from their delicious lunch menu then take in the views and ocean air as you return home to the Hingham Shipyard. \$14 includes van and ferry ride. Bring \$money for restaurant.

## MARSHFIELD FAIR SENIOR DAY

Tuesday Aug 22nd, 10:30am

There is so much to see at the annual Marshfield Fair! The Hull COA van will drive you (\$4/person) to the fairgrounds so you don't have to worry about parking! Take in all the vendors, horticultural displays and, of course, the farm animals! You'll want to indulge in traditional fair food offerings, so bring some money for lunch! Call to reserve seat on the van.

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

## BIG BUS TRIPS ARE BACK!

### Isle of Shoals

July 18

Learn the fascinating legends that surround this Nine island archipelago aboard the M/V Thomas Loughton followed by a delicious meal at the Portsmouth Gas Light Company. SIGN-UP with payment begins on May 1st. Cost \$149 Call the Hull COA for more info!

### Corvettes Doo Wop Revue

Aug 10

Travel to York, Maine and enjoy the Doo Wop music of the 50's with the incredibly popular revue band, The Corvettes. Groove to old favorites like *Earth Angel*, *Runaround Sue* and *Rock Around the Clock*. Afterwards, enjoy a traditional lobster bake at Fosters Lobsterbake. SIGN UP with payment begins June 1st. Cost \$119.

### Charles River Boat Cruise

Sept 14

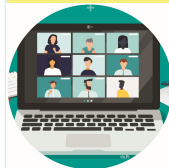
View famous landmarks from Boston and Cambridge, including Beacon Hill and Harvard, all while traveling on a climate controlled boat. Afterwards, enjoy a delicious lunch at The Cheesecake Factory with time left for shopping at the Cambridgeside Galleria. SIGN UP with payment begins July 1st. Cost \$110.

### NH's Foliage Splendor

Oct 11

Visit the famous Granite State Candy Shoppe and take a behind the scenes tour with samples of their delicious chocolates. Enjoy an uncommon meal at the Common Man Restaurant in Concord, NH. Then visit Meadow ledge Farm for farm stand goodies. SIGN UP with payment begins August 1st. Cost \$129.

## WE WANT TO SEE YOUR SMILE!



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

## IMPORTANT NUMBERS

### Hull Veteran's Service Office

781-925-0305

### South Shore Elder Services

781-848-3910

### Wellspring Multi Service Center

781-925-3211

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

1-800-922-2275

### Massachusetts Health

1-800-841-2900

### Senior Protection Team

1-508-584-8120

### Social Security

1-800-772-1213

### Mass. Securities Division

1-800-269-5428

### Better Business Bureau

1-508-652-4800

### Suicide and Crisis Lifeline

988

### The ANCHOR OF HULL

### Substance Abuse Resource

781-534-9327

### RIDE Flex Pilot Program

617-222-3200



# HULL COUNCIL ON AGING

## Department of Elder Services

### Anne Scully Senior Center

197A Samoset Avenue, Hull, MA 02045



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#### RETURN SERVICE REQUESTED

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

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## AROUND TOWN

### Christmas in July Craft Fair

Saturday, July 8th, 9am-4pm

Sunday, July 9th, 9am-3pm

The Hull Knights of Columbus host their 4th annual Christmas in July Craft Fair at the K of C Hall, 440 Nantasket Ave. Crafts, jewelry, gifts, food, raffles and more will be available for purchase. All proceeds benefit the Knights of Columbus.

### HYFA Summer Carnival

July 14th-18th, 5-10pm

Organized by the Hull Youth Football Association, this annual event will be held at the Hull HRA lot (near the hotel).

Rides, games and carnival fare will help you kick the summer into high gear.

Wristbands available every day for \$35.



### Hull Lifesaving Museum Annual Illumination

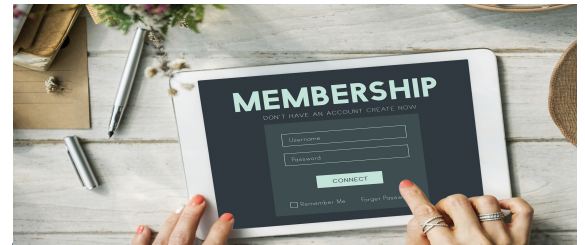
Saturday July 29th, 6:00-9:00pm

For one summer night each year, Hull Lifesaving Museum organizes the magical Harbor Illumination. Join them as they once again light the harbor with more than one thousand flares celebrating Hull's maritime heritage. To purchase flares, please visit the Hull Lifesaving Museum site: [www.hulllifesavingmuseum.org/](http://www.hulllifesavingmuseum.org/)

### Marshfield Fair Senior Day- Free Admission for Seniors

Tuesday, August 22, Noon-10pm

The Marshfield Fair is one of the best summer events on the South Shore. From great horticulture exhibits to award winning farm animals and special events, this fair is not to be missed! See inside for details.



## MY ACTIVE CENTER

### HOW IT WORKS:

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

<https://myactivecenter.com>

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