



The Age of Mastery

VOLUME XII, ISSUE 4

MAY 2011

**TOWN OF MIDDLETON ~ OLD TOWN HALL
38 MAPLE STREET P.O. BOX 855
MIDDLETON, MA. 01949
978-777-4067**

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Susan Gannon ~ Executive Director & Editor

Special points of interest:

Trips & Special Events

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From the Director...

May is Older Americans Month 2011

"Each year the Administration on Aging (AoA) issues a theme for Older Americans Month to assist our National Aging Services Network of state, tribal, area agencies on aging, and community services providers plan for activities that might take place in May or throughout the year. The theme of this year's celebration-Older Americans: Connecting the Community - pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. It also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives."

For more info, please go online to: <http://www.aoa>

Think Spring.....Susan, Staff and Volunteers

To correct an error in the April newsletter, the wonderful Wednesday onsite Chef prepared meals are \$3. On Mondays and Thursdays we serve a delicious catered meal, through North Shore Elder Services, that is available for a donation of \$2.25

With much appreciation...



We are surrounded by individuals and organizations who are so supportive of us.

We are in need of Coffee Café sponsors ~ can you help us so that we may continue to provide the food/social time that is so valued by our guests? Sometimes the Coffee Café serves as "breakfast" for people. Other Senior Centers charge or ask for donations from their guest seniors for coffee and pastries. We have always been able to absorb the cost instead, particularly with the generous donations of donors when our budget is stressed. We suggest \$25/mth for sponsorship.

We thank the **Prentakis family** for their support in April. In May we have more wonderful sponsors. We want to thank **Donna and Fred Nelson** and also **William Walczak**. Bill has made his donation in sweet memory of his beloved Angela Valentino.

In June we will be sponsored by **Lois LeMay**. Lois already does so much for us with her numerous volunteer activities and we very much appreciate her generosity on all occasions. Lois also is responsible for applying the gift from the **American Legion Ladies Auxiliary** that goes toward table decorations for special events.

- On Wednesdays and most Thursdays we are able to offer delicious "homemade" soups, courtesy of Essex Park Rehabilitation & Nursing Center, Beverly, MA and Peabody Glen Health Care Center, Peabody, MA. Thank-you! We also are on a roll now with delicious fresh-cooked meals on Wednesdays, prepared by "Chef Ron". The cost of these complete, nutritious, delicious meals is \$3.00, all inclusive.
- A special thank-you to The Friends of the Middleton Council on Aging. They support our seniors in so many ways. The Friends will draw one name for a free ticket to every trip we attend. The ticket will be drawn during transport to the event. They are also donating \$20 each month toward a special bingo. Bingo is played on Mondays after lunch.
- We thank our biggest supporters....the people who attend our programming regularly, whether meals, trips, exercise programs, educational and other clinics....whatever way in which you gather with us, we appreciate your time and attention.

With Great Appreciation, We Acknowledge and Thank:

2010 ~ 2011 Friends of the Middleton Council on Aging Meets First Monday of the Month 6:00 ~ 7:00pm

Joan Garber ~ Chair
Ann Couture
Pat Diskes
Joyce Moreschi
Linda Parker

Kate Brochu ~ Treasurer
Cindy Dellea
Mary Farley
Barbara Mortalo
Alice Tierney

2010 ~ 2011 Council On Aging Board of Directors Meet Last Wednesday of the Month 9:15am

David Cowie ~ Chair
David Leary ~ Vice-Chair & Representative TRIAD
Ethel Lee ~ Liaison Friends MCOA
Kay Martinuk ~ Activities & Newsletters
William Walczak ~ Job Developer
Ann Donahue ~ Alternate

John Goodwin
Frank Leary ~ NSES, TRIAD
Lois LeMay ~ Liaison Friends MCOA
Betsy Racine ~ Activities & Newsletters
Mary Jane Morrin ~ Board Secretary
Martha Fucarile ~ Alternate

OAM 2011



Older Americans:
connecting the community

OLDER AMERICANS MONTH PROCLAMATION

A Proclamation!!!

Whereas, THE TOWN OF MIDDLETON, MA is a community that includes over 2,000 citizens aged 58 and older; and

Whereas, the older adults in THE TOWN OF MIDDLETON, MA. are the roots from which our community grows; who bestow gifts of wisdom and insight upon younger generations, and strengthen the bonds between neighbors to create a better place to live; and

Whereas, our society can be enhanced by older adults aging peacefully in their communities; and

Whereas, the older adults in THE TOWN OF MIDDLETON, MA should be commended for their role in creating and bolstering the fiber of our community and nation; and

Whereas, our community can provide that recognition and respect by enriching the quality of life for older Americans by: Increasing their opportunities to remain in their communities as active and engaged citizens; Providing services, technologies, and support systems that allow seniors to foster and maintain connections within the community; Emphasizing the value of elders by publically recognizing their contributions to the diversity, strength, and unity of our community

Now Therefore, THE COUNCIL ON AGING OF THE TOWN OF MIDDLETON, MA. does hereby proclaim May 2011 to be Older Americans Month. We urge every citizen to take time this month to honor our older adults and the professionals, family members, and volunteers who care for them. Our recognition of older Americans and their involvement in our lives can help us achieve stronger and more meaningful connections with each other and enrich our community's quality of life.

Proclaimed this month of May, 2011

TOWN OF MIDDLETON. MASSACHUSETTS
COUNCIL ON AGING AND SENIOR CENTER

N o r t h ★ S h o r e
SENIOR FIELD DAY
SATURDAY 7TH MAY 2011

Pre-Registration Required. Sign up at your local Council on Aging!

Gordon College, 255 Grapevine Road
Brigham Athletic Complex
Rain location: Bennett Center

10:00 am-12:00 pm
Check-In begins @ 9:45 am

Ticket: \$5
Lunch included

★ **Badminton, Bocce, Croquet** ★
and much, much more!

Brought to you by the students of Gordon College!

Questions? Kendra Seavey: Activities Coordinator, Beverly Council on Aging (p)978-921-6017



**Beverly Council
on Aging**

**The North Shore Directors
of Council on Aging**



**Center for Balance,
Mobility and Wellness**

THANK YOU TO EXECUTIVE OFFICE OF ELDER AFFAIRS FOR FORWARDING THIS LIST TO US

Advance Care Planning Improves End of Life Care and Reduces Stress for Relatives

(By Emma Dickenson, British Medical Journal via EurekAlert!, March 23, 2010)

http://www.eurekalert.org/pub_releases/2010-03/bmj-acp032210.php

Study: 1 in 4 Seniors Need Health Care Decisions Made for Them

(By Anonymous, Associated Press via USA Today, April 1, 2010)

http://www.usatoday.com/news/health/2010-04-01-elderly-living_N.htm

Advance Directives for End-of-life Care Result in Preferred Treatment

(By Shari Roan, Los Angeles Times, March 31, 2010)

<http://articles.latimes.com/2010/mar/31/science/la-sci-end-of-life1-2010apr01>

Study Shows Strong Interest in Palliative Care Programs, Services and Integration Vary Across Nation

(By Julie Penne, University of Texas M.D. Anderson Cancer Center via EurekAlert!, March 17, 2010)

http://www.eurekalert.org/pub_releases/2010-03/uotm-sss031710.php

Numerous Factors Weighed When Patients Cannot Make Their Own Decisions

(By Cindy Fox Aisen, Indiana University School of Medicine via EurekAlert!, March 22, 2010)

http://www.eurekalert.org/pub_releases/2010-03/iuso-nfw032210.php

Stressful but Vital: Picking a Nursing Home

(By Walecia Konrad, The New York Times, March 18, 2010)

<http://www.nytimes.com/2010/03/20/health/20patient.html>

Maintaining Regular Daily Routines is Associated with Better Sleep Quality in Older Adults

(By Kelly Wagner, American Academy of Sleep Medicine via EurekAlert!, April 1, 2010)

http://www.eurekalert.org/pub_releases/2010-04/aaos-mrd031810.php

Adult Day Programs: A Reprieve for Families and the Elderly

(By Paula Span, The New York Times, March 31, 2010)

<http://newoldage.blogs.nytimes.com/2010/03/31/a-reprieve-for-caregivers-and-the-elderly-alike/>

Self-esteem Declines Sharply Among Older Adults While Middle-aged are Most Confident

(By Audrey Hamilton, American Psychological Association via EurekAlert!, April 1, 2010)

http://www.eurekalert.org/pub_releases/2010-04/apa-sds040110.php

A Snapshot Along the Path of Alzheimer's Progression

(By Anonymous, USA Today, April 4, 2010)

http://www.usatoday.com/LIFE/usaedition/2010-04-05-blackwells05_ST_U.htm?csp=34

Middle-aged Americans Reporting More Mobility Related Disabilities, Study Finds

(By Warren Robak, RAND Corporation via EurekAlert!, April 6, 2010)

http://www.eurekalert.org/pub_releases/2010-04/rc-mar040210.php

Grouping All Asians Together Could Be Bad For Health

(By Paul Kleyman, New America Media, April 5, 2010)

http://news.newamericamedia.org/news/view_article.html?article_id=015fb08939d8b0e72e1ab66356f77031

New Survey Finds Grandparents Play Key Role in Lives of Children With Autism

(By Megan Lustig, Kennedy Krieger Institute, April 6, 2010)

http://www.kennedykrieger.org/kki_news.jsp?pid=8729

Report: More Seniors to be Homeless by 2020

(By Brent D. Winstrom, The Wichita Eagle, March 30, 2010)

<http://www.kansas.com/2010/03/30/1247226/report-more-seniors-to-be-homeless.html>

Walking Associated with Lower Stroke Risk in Women

(By Bridgette McNeill, American Heart Association via EurekAlert!, April 6, 2010)

http://www.eurekalert.org/pub_releases/2010-04/aha-waw040210.php

Aging Motorcyclists Hit the Road, But at Greater Risk of Injury, Death

(By Emily Butler, University of Rochester Medical Center, April 5, 2010)

<http://www.urmc.rochester.edu/news/story/index.cfm?id=2813>

Some Older ER Patients are Getting the Wrong Medicines, U-M Study Finds

(By Bruce Spiher, University of Michigan Health System via EurekAlert!, March 12, 2010)

http://www.eurekalert.org/pub_releases/2010-03/uomh-soe031210.php

Gay Seniors Come Out Late, Start Second Lifetime

(By Matt Sedensky, Associated Press via Boston.com, March 15, 2010)

http://www.boston.com/news/nation/articles/2010/03/15/gay_seniors_come_out_late_start_second_lifetime/

Poets of Dementia

(By Paula Span, The New York Times, April 9, 2010)

<http://newoldage.blogs.nytimes.com/2010/04/09/poets-of-dementia/>

Unemployment Rate Doubles For Older Women

(By Gloria Hillard, National Public Radio, March 15, 2010)

<http://www.npr.org/templates/story/story.php?storyId=124532069>

Do You Know How Much to Save for Retirement?

(By Michelle Singletary, The Washington Post, March 21, 2010)

<http://www.washingtonpost.com/wp-dyn/content/article/2010/03/19/AR2010031905579.html?sid=ST2010032003289>

More Multigenerational Families Living Together

(By Hope Yen, Associated Press via Boston.com, March 18, 2010)

http://www.boston.com/news/nation/articles/2010/03/18/more_multigenerational_families_living_together/

Drug Assistance Programs Keep Seniors on Track

(By Susan Jaffe, Kaiser Health News via USA Today, March 22, 2010)

http://www.usatoday.com/news/health/2010-03-22-medication-seniors_N.htm

Dance and Drama Workshops Helping Dementia Sufferers

(By Barbara Lantin, The Times Online, March 16, 2010)

http://www.timesonline.co.uk/tol/life_and_style/health/mental_health/article7062937.ece

HEALTH PROGRAMS

PODIATRIST APPOINTMENTS DR. MC CULLOUGH

First Wednesdays @ 10:00 by appointment ~ \$30
For certain medical conditions, insurance may cover the cost!



May 4th

June 1st

WELL-BEING CLINICS @ SR. CTR

2nd and 4th Mondays 10:30 ~ 11:30

You may drop in for these clinics

May 9th R.N. from Peabody Glen
 Rehab & Nursing Home
 May 23rd Carol O'Keefe, R.N.

WELL-BEING CLINICS

2nd Tuesdays OFF-SITE ~ May 10th

Public Health Nurse Tracy

9:00~10:00 Oak Knoll Community Rm
 10:15~11:15 Ferncroft Towers
 11:30~12:30 Orchard Circle Community

S.H.I.N.E. PROGRAM

(Serving Health Insurance Needs of Elders)

S.H.I.N.E Specialist Joe Younger

- Medicare Parts A, B & C
- Medigap Insurances
- Various Prescription Drug Programs
- Enrollment processes for all the above, as well as eligibility and choices
- Long-Term Care Options

Joe Younger is available again for consultations!!

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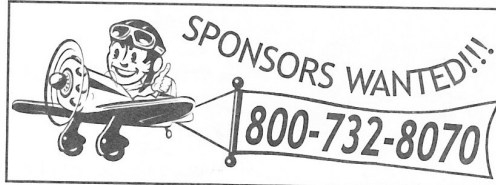
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WE'RE HERE FOR YOU!!



We want to remind people about three programs on Tuesdays:

Liquid Muscle Aquatic Exercise ~ 1st two classes free!!!

Watercolor Classes

FM Radio Show

MEN'S BREAKFAST Friday, May 6th, May 20th

Please join the group for good food and good conversation. We pick up primarily at Angelica's rear parking lot. Maximum of 12 people. Destination will be determined. Please call for details. \$2 transportation cost.

LUNCH BUNCH Tuesdays, May 10th, May 24th

Charlene P. will be back in April to welcome spring with the lunchers!!

May 10th Free Lunch and Tour sponsored by Pace Program in Beverly
May 24th Spud's in Rowley

MIDDLETON FOOD BANK Fridays, 1:00 ~ 3:00

Care to make a donation? Monetary and paper goods and non-perishable food items are always appreciated and used by local residents of all ages. Bulk type items are sometimes used in the Congregate/Subsidized meals program, which serves many seniors.

COA WEBSITE: Our website has links to many other relevant sites. Also, if you are interested in the details on something you see in the calendar, you can find out that info on the website by simply clicking on the item of interest.

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CURRENT RESIDENT, OR

The Health Benefits by Color Category of Eating Fruits and Vegetables

Dessert & Presentation by Karen Andrew, NSES Meals Assessor
Content Provided by Andrea Kingsley, NSES Nutritionist



Day & Date: Wednesday, May 18, 2011

Time & Location: Middleton COA

R.S.V.P.— 978-777-4067

Middleton Town Meeting

May 10, 2011 7:30 PM

Transportation provided for those that need it call the Senior Center to reserve your spot at 978-777-4067

Annual Town Election

May 16, 2011

Transportation provided for those that need it call the Senior Center at 978-777-4067
Polls are open 7:00 AM – 8:00 PM

“BREAKING THE SILENCE: VOICES OF HOPE”

Skit is written and directed by Kelsey McCabe

Please join us on

Wednesday, May 4, 2011 at 10:00 AM in Jubilee Hall

For this original play raising awareness about – and providing hope to – victims of elder abuse and neglect. The Play is a collaboration between the Peabody Council on Aging and the Elder Justice Network of the Greater North Shore and Peabody Triad.

The volunteer actor from the Peter A. Torigian Community Life Center will act out the powerful, true stories shared by those who have experienced abuse and found a way to move forward to a place of hope.

Admission is **FREE** and light refreshments will be served.

Alzheimer's News 04/19/11

New diagnostic criteria and guidelines for Alzheimer's disease published for first time in 27 years

New criteria and guidelines for the diagnosis of Alzheimer's disease have been published — for the first time in 27 years — by three expert workgroups spearheaded by the Alzheimer's Association and the National Institute on Aging (NIA) of the National Institutes of Health (NIH).

The workgroups published four articles including ready-to-use clinical diagnostic criteria for Alzheimer's disease dementia and mild cognitive impairment (MCI) due to Alzheimer's. A research agenda was proposed for preclinical Alzheimer's. The use of biomarkers in Alzheimer's dementia and MCI due to Alzheimer's was also proposed as a research agenda only, and is not intended for application in clinical settings at this time.

The articles — collectively, the National Institute on Aging/Alzheimer's Association Diagnostic Guidelines for Alzheimer's Disease — expand the definition of Alzheimer's to include two new phases of the disease: (1) presymptomatic and (2) mildly symptomatic but pre-dementia, along with (3) dementia caused by Alzheimer's. This reflects current thinking that Alzheimer's begins creating distinct and measurable changes in the brains of affected people years, perhaps decades, before memory and thinking symptoms are noticeable.

"It is our hope that incorporating scientific knowledge gained and technological advances made over the past quarter century will improve current diagnosis, bring the field closer to earlier detection and treatment and, ultimately, lead to effective disease-modifying therapies," said William Thies, Ph.D., Alzheimer's Association chief medical and scientific officer. "Development and publication of these articles is a major landmark in the field. That said, publication of these articles is not yet the end of the process of developing new diagnostic criteria for Alzheimer's, but is another major step in the process."

"The new guidelines reflect today's understanding of how key changes in the brain lead to Alzheimer's disease pathology and how they relate to the clinical signs of mild cognitive impairment and Alzheimer's disease dementia," said Creighton Phelps, Ph.D., program director of the

Alzheimer's Disease Centers Program at the National Institutes of Health. "We are also beginning to be able to detect these changes at a preclinical stage, long before symptoms appear in many people. With further research on biomarkers, as set forth in the new guidelines, we may ultimately be able to predict who is at risk for development of mild cognitive impairment and Alzheimer's dementia, and who would benefit most as interventions are developed."

The proposed new Alzheimer's disease diagnostic guidelines were published online today by Alzheimer's & Dementia: The Journal of the Alzheimer's Association. Hard copy publication is scheduled for the May 2011 issue.

To learn more, visit www.alz.org/research/diagnostic_criteria.

National Institute on Aging (NIA)

NIA, part of the National Institutes of Health, a component of the U.S. Department of Health and Human Services, leads the federal government effort conducting and supporting research on aging and the health and well being of older people. For information on age-related cognitive change and neurodegenerative disease, go to the NIA's Alzheimer's Disease Education and Referral (ADEAR) Center at www.nia.nih.gov/Alzheimers. For more on health and on aging generally, go to www.nih.nia.gov. Media contact is Peggy Vaughn, Office of Communications and Public Liaison, at 301.496.1752 or mnianews3@mail.nih.gov.

Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. For more information, visit www.alz.org.

Contact: Alzheimer's Association

Media line: 312.335.4078

E-mail: mailto:media@alz.org

• Leave a Legacy AND Enjoy More Income

As you were planning for retirement, your own financial future was your top priority. But, you also kept in mind the legacy you would leave your children when you were gone.

As retirement drew nearer, you had every intention of sticking with your original plan and budget. But now, after being retired for a short while, you have found that you want additional discretionary income. Still, you're unsure about increasing your savings withdrawals since doing so would erode the assets you had hoped to leave your heirs.

Consider this hypothetical situation about how one 70-year old woman tackled the very same challenge. She had set aside \$500,000 for her children's inheritance. Yet, once she actually retired, she realized that the annual budget she had carved out for herself was insufficient for the retirement lifestyle she desired. She considered simply buying an annuity to generate more discretionary income for herself until her financial professional suggested a two-step life insurance plus annuity strategy to help her avoid choosing between her financial future or her family's.

First, she bought a permanent life insurance policy with a \$500,000 death benefit, naming her children as beneficiaries. Based on her age, gender and the options chosen, the annual premium for this policy was approximately \$17,000.

Next, she purchased a \$500,000 Lifetime Income Annuity that generated a guaranteed annual after-tax payout of almost \$37,000 that would continue every year for the rest of her life. The annuity payouts covered the entire life insurance premium each year, plus she still received the nearly \$20,000 remaining per year of income just as she had hoped.

The life insurance plus annuity strategy achieved both important goals: Our retiree got the extra income she needed, and was still able to help secure her family's financial future with a generous, guaranteed inheritance.



This educational third-party article is being provided as a courtesy by **Chad Pick of New York Life**. For additional information on the information or topic(s) discussed, please contact **Chad Pick** at 978-533-9014.

Low Vision Occupational Therapy for Seniors



E

By: Barbara Smith, M.S., O.T.R.

<http://barbarasmithoccupationaltherapist.com>

Many seniors have low vision, yet they are not blind. The term "low vision" means that they have limitations that cannot be corrected with standard eye glasses or contact lenses. The most common diseases that cause low vision in the elderly population are macular degeneration and glaucoma. The low vision occupational therapist works in a patient's home (which may be an assisted living or long

term care facility) to help the patient be as independent as possible. The therapist may suggest ways to adapt the environment, use adaptive equipment or learn special viewing techniques to help patients perform activities of daily living including reading and writing.

How do Seniors Find Low Vision Services?

An ophthalmologist or low vision optometrist can make a referral for occupational therapy services. A person who has macular degeneration or glaucoma is probably already receiving treatment from an ophthalmologist (who is a medical doctor) that may include medication, injections or surgery. A low vision optometrist is specially trained to evaluate and prescribe lenses that increase functional skills such as reading or viewing a sports event.

Occupational therapy services are reimbursed by Medicare when the patient meets the criteria for low vision. This is defined as less than 20/60 acuity in the best corrected eye or significant loss of peripheral field. Many individuals with low vision meet this criteria and are not legally blind (with vision 20/200 or worse in best eye or severe field loss). However, individuals who are legally blind are also eligible for low vision occupational therapy services as well as services from the state agencies such as The Massachusetts Commission for the Blind.

What Happens at a Low Vision Evaluation?

The therapist will ask many questions related to how low vision is impacting the patient's abilities to perform self-care skills such as bathing; daily living skills such as meal preparation or reading medication labels and recreational pursuits such as crafts or reading books. The therapist will also ask to walk around the home paying special attention to lighting, color contrast and areas with glare. Then the therapist will use this information to write a treatment plan with specific goals that the patient and therapist will work on together.

Examples of Low Vision Treatment

Treatment will vary depending on the setting. A patient who lives in a facility may not need to cook, clean or do laundry. Many patients are most interested in ways to enhance reading abilities. Such treatment might include:

- Exploring use of large print books or books on tape
- Recommendations on ways to improve lighting and decrease glare
- Discussion/demonstration of various types of adaptive equipment such as a talking clock or large numbered remote control.
- Determining whether the patient is a good candidate for services by a low vision optometrist who may prescribe very strong reading or distance glasses.
- Teaching techniques to use peripheral vision if person has macular degeneration or scanning techniques if the person has glaucoma.
- Information on available technologies that enlarge reading materials or create auditory access.

Patients who live in their own homes may benefit from home organization tips, safety adaptations, ways to increase color contrast and adaptive devices to increase function. Examples of these are:

- Locating most frequently used dishes on most accessible shelves
- Adding orange tape or paint to step edges to increase visibility
- Placing white soap in a blue dish to increase color contrast
- Using large print calendars, address books or check registries
- Tactile bumps placed on oven and stove to indicate setting by touch

Seniors with low vision are often amazed at how some very simple changes can greatly improve their quality of life. This home care service can help individuals with vision loss improve their quality of life in a variety of residential settings.

By: Barbara Smith, M.S., O.T.R.

<http://barbarasmithoccupationaltherapist.com>

From: <http://www.theelderinsider.com/health-wellness-5.html#3>