

Norwood

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October 2021

The Voice of Your Community

2021 Norwood Day!



The 18th Annual Norwood Day celebration was held on Saturday, September 18 after being postponed in 2020 due to COVID restrictions

MORE NORWOOD DAY PHOTOS ON PAGE 2

The Norwood Craft Affair Returns for its 27th Year!

BY MICHELE TARANTO

Craft Lovers...it's back!! After two long years of waiting, due to its cancellation in 2020 due to health regulations from COVID-19, the Craft Affair has returned to Norwood!

This event brings together crafters and craft enthusiasts together for one of the largest fall shopping events in the area! The Norwood's infamous 27th Craft Affair, will be held on Saturday, Oct. 16, 9 a.m.-2:30 p.m., at Norwood High School.

Every October, the town of Norwood hosts a favorite fall shopping stop for crafting fans. The 'Affair' has grown to include approximately 80 crafters who travel to Norwood from all over New England to showcase their creative wares. The list is so impressive, and includes: sewn, crocheted, and knitted pieces, there will be chocolate and honey, items



for pets, jewelry, holiday decor, wreaths, stained glass, jams and jellies, mirrors, paintings, 3-tiered plates, bags, scarves, soap, wooden toys, painted glass, quilts, ornaments, hats and mittens, cards, plastic canvas, hand towels, hair bows, hen houses, ceramics, puzzle lights, decoupage plates and doll clothes, and much more! The huge assortments of raffles are always a popular corner with chances to win many handmade

CRAFT AFFAIR
continued on page 3

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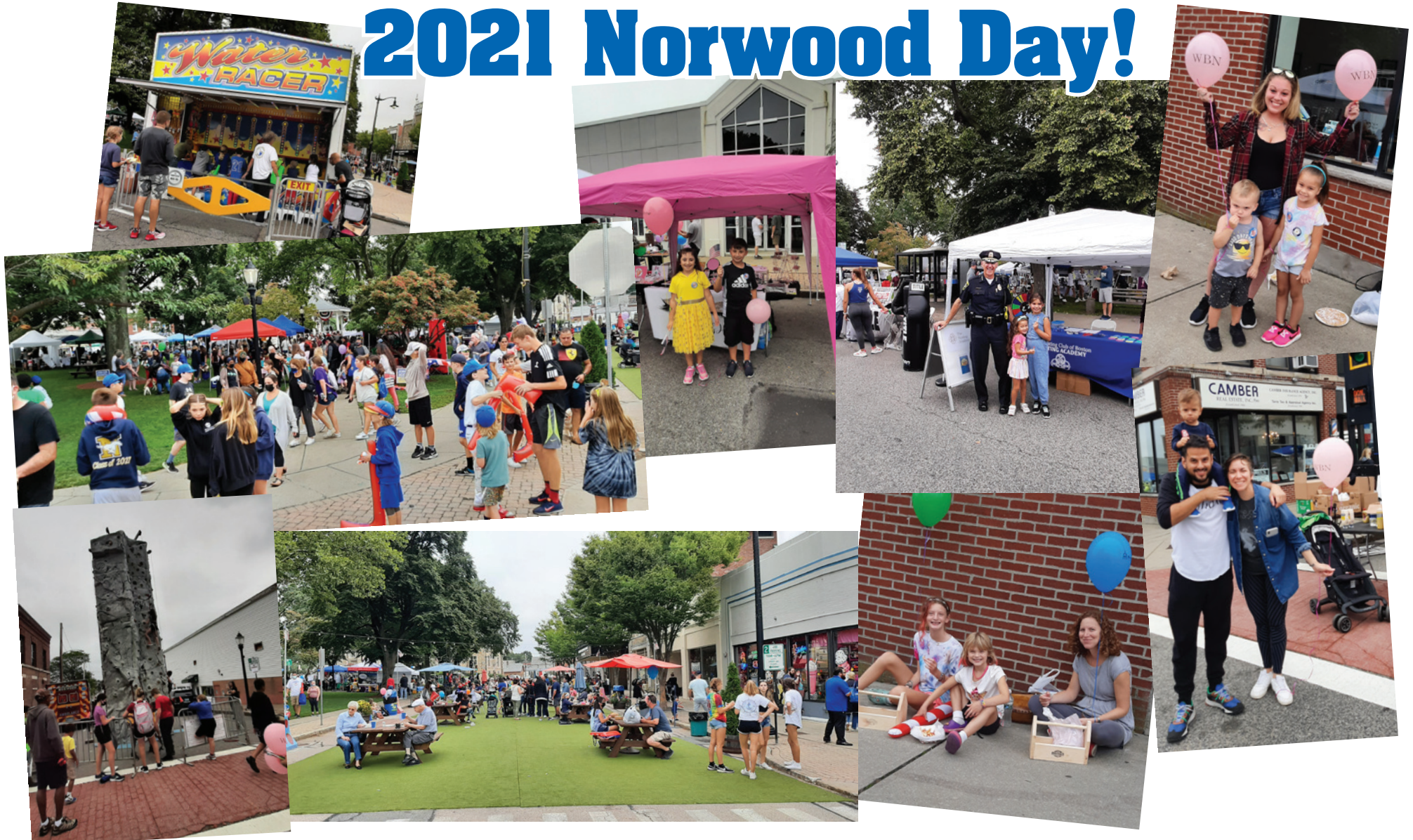


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CRAFT AFFAIR

continued from page 1

items, gift certificates and Mustang memorabilia!

This event, however, means a lot more than just a fun and successful shopping day. In addition to becoming one of the premier craft venues in the state, it is a very successful fundraiser for Norwood High School and local Norwood organizations.

The Craft Affair concept was spearheaded by then Norwood High School teacher Margo Mancinelli in order to raise funds for the Post Prom party and other NHS programs. She recruited school organizations, friends, and volunteers from other schools and the community and the Craft Affair was born! Since then, the event has been a brilliant success and grown in reputation as one of the best craft fairs in the area!

In addition to its positive attendance figures, crafters enroll in 'A Craft Affair' because the day is truly a community event. Norwood teams, clubs, groups, and students offer their services, from preparing the golf team that prepares the gym the night before, the freshman football team arriving at 6 a.m. to assist crafters deliver items from their cars, to the swim team, SADD, the drama club, TV studio, basketball teams,



gymnastics team, cheerleaders, and marching band helping out throughout the day, including running raffles and bake sales.

"Every year I hear how we are the only fair who does this and what a difference it makes to the crafters," Craft Affair Coordinator Amy Campbell said. "Last year, an older crafter who has been participating for years told me through tears that if it weren't for their help, she would have had to withdraw from the fair."

The Craft Affair yields approximately \$10,000 each year in profits. The Post Prom Party receives \$5,000, and depending on the year, roughly \$300 is given to each of the groups that help make this event such a success, as well as the high school PTO.

While a large amount of the proceeds go towards the Post Prom Party, any Norwood group or team that has students helping at the craft fair is eligible to apply for funds for their club from the day's profits. Past organizations have included, Norwood sports teams, the drama club, cheerleaders, SAAD (Students Against Destructive Decisions) and the fine arts department after school programs.

What is considered one of the leading craft fairs in the area, 'A Craft Affair' at Norwood, saw roughly 1,000 customers walk

through the door. With that kind of popularity, the craft fair is considered the largest Norwood High School fundraiser and is typically able to donate \$5,000 to the Post Prom Party Committee and up to \$300 for each school organization that applies.

Admission is \$3 for adults, and \$2 for seniors and children under 12 are free. Tickets available at the door the day of the event. Purchase hostess gifts and decorative items for the holidays, or come by and pick out something handmade and beautiful as a personal fall present!

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18 Cameron Rd \$607000	55 Anne Road \$760000	862 Washington Street U:5R. \$617500

The Fall Market is Here!
We are seeing higher inventory while listing prices seem to be leveling off. Interest rates remain at historic low levels. The fall market can be very busy before the winter takes hold, so if you're thinking of coming on the market or are looking to buy, give me a call anytime!!



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Gerry McDermott Returns to Volunteering

By DONNA LANE

The mission of St. Francis House is to help rebuild lives by providing refuge and pathways to stability for adults experiencing homelessness and poverty. Every day of the year, they enable individuals to meet their basic needs for food, clothing, and shelter. They transform lives using a holistic approach to understanding and addressing behavioral health, housing, and employment needs. And they have committed themselves to helping the people that they serve to achieve renewed lives of dignity and self-determination.

St. Francis House could not do all that they do without the ongoing help of its volunteers. One of those volunteers is Gerry McDermott, a Norwood resident for 53 years who recently moved to Walpole.

“St. Catherine’s [of Sienna Catholic Church] had a clothing drive for St. Francis House

a number of years ago,” McDermott said. “I donated some clothes at the time and then offered to help out and learned about all the good things they were doing.”

Some years later when he retired as Executive Vice President of a regional insurance company, he said he wasn’t looking for any management type position at St. Francis House.

“When I retired from my position I was looking to do something to help people who weren’t as lucky as I have been in my life,” McDermott said.

That commitment is as strong today as it was when he started this journey.

“The Wednesday after Labor Day I started my 10th year of volunteering at St. Francis House,” McDermott reminisced. “I did a little bit in several other departments then eventually ended up in the kitchen. I go in at 6:30 in the morning and I help prepare for breakfast which begins for the guests at 7:30.

Unlike other mornings, Wednesday breakfast is the same each week. Waffles and sausages! McDermott calls it “I-Hop Wednesday.” As people come in line to be served, he is often the first one that they see. He gives them waffles and starts their tray

process. McDermott feels that he needs to speak to each of the guests in some way. He might tell one person that he loves their hat; to another he might comment on their shirt; or he might ask if they got caught in the rain the previous day.

“They are 2-second conversations because people are moving but I think it’s important to interact with them because some of these people have no interactions with other people all day,” McDermott said.

McDermott also stays to help with lunch and usually leaves about 1 p.m. His service is more remarkable because he suffers from Parkinson’s disease.

McDermott is a member of the Wednesday Group of volunteers which is comprised of teachers, a judge, insurance and wall street people, and a college administrator.

“All of us made an unofficial commitment to St. Francis House to come every Wednesday to volunteer,” McDermott explained. “We have common beliefs and I think common faith – and we’re making a little change – not a great change, but a little change. There are just eight of us who come every Wednesday.

Before the pandemic, we’d have lunch together once a



Gerry McDermott, Lisa Brown, Christie Hedges and Bob Hurstak

month and we just bonded. There are no leaders; no one is trying to be top dog. Everybody checked their egos at the door. We’re just a group of people with one goal – to help others. I think we’re all over 70. In fact, one man is 92 years old; he comes in on the MBTA every Wednesday. He’s my idol! How can you complain about stuff when you see this person who’s 92 making the effort?”

I asked if he could think of one particular thing that touched him since volunteering at Francis House.

“There are many things every time we’re there,” McDermott said. “But the thing that tugs at

your heart is when you see some people coming through the line carrying all their worldly possessions in a green bag – tell me that wouldn’t tug at your heart.”

Almost all of St. Francis House guests are coping with some type of trauma. It may be focused trauma stemming from an incident, such as an assault. Or it could be the ongoing trauma of experiencing homelessness, or being continually at risk of becoming unhoused. This is a constant burden to many of the guests. Trauma manifests itself in

VOLUNTEER
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Norwood Residents Join Boston Marathon Jimmy Fund Walk

By MICHELE TARANTO

The Jimmy Fund Walk: Your Way, has a goal: to have a registered walker from all 50 states in its Oct. 3rd fundraiser. Norwood residents are assisting to well represent the town with 19 walkers participating:

Sue Bartlett, Jennifer Cronin, Michael Dooley, Jennifer Fiske, Carol Flaherty, Kerry Flaherty, Marie Jasset, Douglas Jasset, Nancy Kearney, Esther Morales, Albino Morales, Kathryn Mulligan, Karen Rossman, Jake Ryan, Barbara Susi, Christine Visco, Sharon Weidenaar, Jeff Weidenaar, and Rachel Wood

To help continue COVID precautions and keep walkers and the community safe, the walk will not follow the Boston Marathon course this year. Instead, participants will endure a virtual walk and are free to choose their own walk locations. This could mean, walking their city, town, neighborhood, park, trails, or even a treadmill!

The yearly event, now in its 30+ year, has raised more than \$150 million for the Dana-Farber Cancer Institute with critical funds for all forms of adult and pediatric cancer care and research.

The event also includes 'Walk Heroes,' which matches Jimmy

Fund Walk teams and gives walkers the opportunity to connect with patients. Seventeen year-old Norwood resident, Natalia Donnelly, who was diagnosed with choroid plexus carcinoma, was matched with Team Invictus.

This year's event will have a lower fundraising requirement, \$100 for adults and \$25 for those under 18, with a \$5 registration fee. All registered walkers will receive a bib and medal and the first 5,000 to register will receive a commemorative Jimmy Fund Walk T-shirt.

For more information, sign up to walk, or donate, visit www.jimmyfundwalk.org.

VOLUNTEER

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many different ways; it may come out in substance-use disorder as a means of coping, and it often produces depression and anxiety. The weight of trauma can be tremendously taxing.

The Saint Francis House is located in the heart of Boston at 39 Boylston St., Boston opened in 1984. It is the largest day shelter in Massachusetts. Currently, Saint Francis House has 177 guests who access mental health services monthly. It provides basic needs, such as food, clothing, and hygiene supplies, a medical clinic, behavioral health, women's cen-

ter, art therapy, workforce development, housing assistance, and more. They are a certified non-profit organization. For more information on the Saint Francis House, visit www.stfrancishouse.org or call 617-542-4211.

St. Francis House suspended its volunteer program on March 13th as part of their efforts to keep their guests, tenants, staff, and volunteers safe from Covid-19. From January 1, 2020 until they suspended their program on March 13, volunteers served 32,977 meals to almost 2,000 individual guests.

McDermott and the Wednesday Group couldn't wait to get back to volunteer. They are now back at their Wednesday posts.

These men and women have shown a true spirit of giving and as an unanticipated bonus they have made some very good friends in the process.

To Gerry McDermott and all those like him, we salute you and thank you for giving of yourselves to help others. May we all follow your example!

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SALMON at Medway Hosts Grand Opening Gala



On September 14, SALMON Health and Retirement's new Medway community opened its doors for their Grand Opening Gala. Masked attendees were ushered in through the front doors, warmly greeted by the sparkling chrome lettering: Whitney Place and The Willows at Medway, and chilled champagne. While some guests enjoyed the company of the entire SALMON family in the Bistro adjacent to the lobby, many attendees chose to embark on group scavenger hunts, with prizes in every corner of this brand-new campus, including candy in the game room, baskets of cookies in the Great Room, mini hand lotion samples at the campus Spa, Life Saver

candies decorating the pool area, oranges in the gym, and baskets of SALMON visors in backyard.

A catered party on the fourth floor highlighted the culinary offerings of the new community, with a raw bar, a cheese and anti-pasto station, a dessert table, chef station, and cocktail bar featuring SALMON's signature cocktail, as well as the company of the location's new Medway Residents.

After Executive Director Andy Freilich, and Matt and Andrew Salmon took turns welcoming the celebrants and thanking everyone who made such a grand opening possible, from the construction crews who built the campus, to the catering staff, to second-



Many members of the Salmon family joined in the celebration.

generation founders also present at the event, Danny and Dottie Salmon, State Representatives Brian Murray (D-Milford) and Jeffrey Roy (D-Medway) offered a proclamation from the state, noting that The Willows and Whitney Place at Medway will now be bringing more jobs, more opportunities, and a fantastic resource for the senior community to the Medway area.

It was then that the first SALMON at Medway Resident, Dottie, cut the ceremonial ribbon held up by Danny and Dottie Salmon to mark the exciting new chapter.



State Reps. Brian Murray and Jeffrey Roy issue Andrew Salmon a proclamations welcoming SALMON at Medway to the community.



SALMON at Medway's first resident, Dottie, center, is flanked by Andrew and Matt Salmon and their parents, Danny and Dottie Salmon, as she cuts the ribbon on the new cutting-edge residence in Medway.

About SALMON Health and Retirement SALMON Health and Retirement is a trusted leader in the operation of senior living communities. Founded as a skilled nursing center in 1952 by Dan and Helen Salmon, today, the third generation of the Salmon family runs the region's only complete care continuum—from active living to hospice care, and everything in between. To learn more, please visit www.SalmonHealth.com. SALMON at Medway is the organization's newest community, offering active independent living, assisted living, and memory care. For

more information, please visit www.MedwaySeniorLiving.com.

Become a part of our SALMON family!

Join us October 12th to learn more about Tapestry Memory Care with Executive Director Andrew Freilich.

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Discover what family means to us when you visit Tapestry at Whitney Place, SALMON at Medway's memory care community accommodating the unique and changing needs of Residents with Alzheimer's or other memory impairments. Take a tour on October 12th at 2pm with Executive Director Andrew Freilich and learn more about the secure and innovative community for loved ones to live a happy and fulfilling life.

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Rosetta's offers a variety of party platters for take out. Our half platters feed approximately 4 to 6 adults, and full platters feed 8 to 12 adults. All our platters are made fresh to order and typically require a 24 hour advance notice. We have listed our most popular platters below, but we can also prepare every item on our menu, platter style.

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Caesar Salad	\$30/\$55	Greek Salad	\$30/\$55
Crazy Wings	\$45/\$85	Boneless Wings	\$45/\$85
Sliders	\$35/\$65	Meatballs	\$45/\$85
Sausage, Peppers and Onions	\$45/\$85		

PLATTERS

Chicken Broccoli Alfredo and Pasta	\$45/\$85	Pasta Primavera	\$45/\$85
Shrimp Broccoli Alfredo and Pasta	\$60/\$115	Pasta Primavera with Chicken	\$55/\$105
Chicken Broccoletti and Pasta	\$45/\$85	Pasta Primavera with Shrimp	\$60/\$115
Vegetable Broccoletti and Pasta	\$40/\$75	Chicken Fingers & Fries	\$40/\$75
Pasta and Meatballs	\$45/\$85	Mac & Cheese	\$40/\$75
Chicken & Sausage Cacciatore	\$45/\$85	Mac & Cheese (Chicken)	\$50/\$95
Eggplant Parmigiana and Pasta	\$40/\$75	Chicken Marsala (potato and vegetables)	\$45/\$85
Chicken Parmigiana and Pasta	\$45/\$85	Veal Marsala (potato and vegetables)	\$55/\$105
Combo: Chicken-Eggplant Parmigiana	\$55/\$105	Turkey Tips (potato and vegetable)	\$55/\$105
Combo: Veal-Eggplant Parmigiana	\$60/\$115	Steak Tips (potato and vegetable)	\$55/\$105
Veal Parmigiana and Pasta	\$55/\$105	Mixed Grill (potato and vegetable)	\$55/\$105
Chicken Piccata and Risotto	\$45/\$85	Glazed Salmon (potato and vegetable)	\$50/\$95
Veal Piccata and Risotto	\$55/\$105	Baked Cod (potato and vegetable)	\$50/\$95
Cod Piccata and Risotto	\$55/\$105		

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Platters are prepared with your choice of pasta (penne, linguini or fettuccine); or substitute broccoli, vegetable du jour, parmesan risotto, mashed potatoes, fries, or cole claw at no additional charge.



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The Race is On!!

Norwood residents lacing up for the Boston Marathon



By MICHELE TARANTO

It's been a long wait for the 125th Boston Marathon. Due to the COVID-19 pandemic, the race was not held on its original Patriot's Day, April 20, 2020 date. It was postponed to September, and ultimately converted into a virtual experience September 5-14. Sixteen thousand, one hundred, and eighty-three finishers from all 50 states and nearly 90 countries joined in the event.

This year, the traditional race is on! It is scheduled for Monday, Oct. 11, and 13 Norwood residents will be competing through Boston suburbs and the city streets. In order to enter, runners must provide proof of vaccination or produce a negative COVID-19 test through a detailed process. Masks will not be required while running the 26.2-mile course, but enforced on participant transportation and other areas according to local guidelines. Marathon volunteers and officials will follow similar processes. All medical volunteers will

be fully vaccinated.

The Norwood community is well represented in this beloved yearly tradition with 13 local residents participating on Oct. 11.

Name	Age
Thomas Ahearn	58
Anthony Bonaccorso	67
Bill Conley	39
Marykate Galvin	27
Benjamin Hampton	37
Chunhua Liu	52
Jaime Mazzola	43
Roberta Myers	55
Michelle Nolan	30
Jennifer O'Donnell	26
Susan O'Donnell	58
Sean Rooney	42
Javier Velasquez	45

The Boston Marathon is the world's oldest annual marathon and has been organized by the Boston Athletic Association (BAA) since its inception in 1897 and is considered the world's most prestigious road races. A marathon has ancient roots but the 26.2 mile length was not es-

tablished until the 20th century.

The Distance

The first organized marathon was run in the Athens Olympics in 1896 was 24.8 miles and according to Greek legend, it was based on the Greek foot soldier Pheidippides who was sent from the plains of Marathon to Athens with news of victory over a superior Persian army.

The distance was extended in the 1908 London Olympic Games when King Edward VII and Queen Alexandria wanted the marathon race to begin at Windsor Castle so the Royal family could view the start. The distance from the castle and the Olympic Stadium is 26 miles and organizers added a few extra yards (385) so the runners would finish in front of the king and queen's royal box. Of the first seven Olympic games, there were six marathon distances until it was standardized for all future Olympic marathons at 42.195 kilometers, or 26 miles, 385 yards.

When

From 1897-1968, the Boston Marathon was held on April 19, Patriots' Day, which commemorating the start of the Revolu-

tionary War. The exception was when the 19th fell on a Sunday, then it was held on the following Monday. In 1969, the state holiday was officially moved to the third Monday in April and since then, the race has been held on

that day.

ON A MONDAY: THE PATRIOTS' DAY RACE.B.A.A. Announces Participant Health & Safety Policies for 125th Boston Marathon

T.O.N.Y. Nominations for 2021 Now Open

Nomination forms for the 52 Annual Ten Outstanding Norwood Youth award program are available at the Norwood Civic Center and the Morrill Memorial Library, or may be requested by mail at P.O. Box 362, Norwood, MA 02062. Completed nominations must be submitted by Thursday, October 15, 2021.

The T.O.N.Y. Award Program is celebrating 52 years of recognizing Norwood residents in grades 10-12 who make significant contributions of time, effort, and talent to volunteerism, church, or other charitable causes. The program seeks to honor these individuals and offer them as positive role models to younger students.

Besides the 10 T.O.N.Y. awards, there are the **Joe Pierce Scout-**

ing Award and the **Father Robert Dwyer Awards** for service to one's faith. Any individual over 21 years of age may nominate any youth for these prestigious awards. A panel of distinguished judges will select winners. Nominees must be residents of Norwood but they may attend any school.

The nominees will have to complete a short essay on what Volunteerism means to them and answer four additional questions to complete the nomination. These will be sent by the committee to the nominees and must be returned by November 15, 2021. An awards ceremony is tentatively planned for January 2022.

Co-Chairs: Mary Connolly, Dave Laronde
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Living Healthy

Grateful to be Growing

Move Well Physical Therapy (PT) in the Rama Plaza is celebrating its third-year anniversary this month and owner Michelle Donohue reports the business not only survived the downtime from the pandemic but she's happy to report her business is growing. "Things were progressing nicely with the business steadily growing until March of 2020 when things came close to a halt due to the pandemic."

As time progressed and the restrictions eased, Move Well PT returned to business as usual in July 2020. "I was not only able to return to pre-covid numbers, but I was able to add additional therapist hours" says Donohue. "This past spring the volume of patients in the clinic rose significantly allowing me to again add more clinical staff."

Why the increased volume? "I feel a lot of it has to do with vaccinated individuals feeling more confident in coming out to get treatment that they had been putting off" states Donohue. "However, I am also aware people really like the longer appointments we offer plus the individual treatment rooms make them feel safer."

Move Well's anniversary coincides with October being National Physical Therapy month. This yearly campaign was created to remind the public of the many benefits of seeing a physical therapist.

"Physical Therapists are the movement experts who improve quality of life through hands on care, patient education and personalized exercises" says Donohue. "Unfortunately, the ease at which we move sometimes becomes more difficult for a variety of reasons and that's where we can come in and help."



The Move Well PT team, from left: Mary Coe, Owner Michelle Donohue and Georgia Kostopoulos

"As PT's we are uniquely qualified to identify any physical limitations that may be impeding your ability to move well" says Donohue. "With this information we can help you safely manage your pain and appropriately guide you towards better movement and quality of life."

Donohue goes on to state, "The most important reason for our growth, however, is the support by the people of Norwood. It really is humbling to have so many people say such positive things about my business and I'm so thankful that we've earned their trust as a safe place to heal."



Congratulations to our Norwood Day raffle prize winner Jessica Kaplan, right, pictured here with Michelle Donohue, owner of Move Well PT

Not sure if Physical Therapy can help? Call to schedule a free phone consultation!

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Thank you to the people of Norwood, you are the reason for our continued growth and success. We are grateful to be part of such a wonderful community!



Georgia Kostopoulos, DPT



Mary Coe, PT



Michelle Donohue, PT/Owner

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Living Healthy

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Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Symptoms often begin after an event, such as physical trauma, surgery, infection or significant psychological stress. Symptoms can gradually accumulate over time with no single triggering event. Women are more likely to develop fibromyalgia than men.

Helen C presented to our office reporting severe joint and muscle pain all over her body. The deep ache and stiffness in her body has insidiously impacted her life preventing her from performing activities of daily living such as cleaning, cooking, laundry and food shopping. Her sleep was interrupted due to pain which has led to extreme fatigue, anxiety and depression.

Her exam revealed an underlying systemic Candida infection contributing to inflammation in the muscles and joints as well as Leaky Gut Syndrome. She was



Dr. Rochelle Bien & Dr. Michael Goldstein

put on a specific diet and a program of care to address the Leaky Gut and Candida infection. After several months on the program her pain levels were significantly reduced. She is sleeping better and slowly reclaiming her life.

If you are experiencing similar symptoms and have not been successful in improving your

health don't hesitate to call (508) 660-2722 today and set up an appointment with Dr Rochelle Bien or Dr Michael Goldstein. We are located at The Holistic Center at Bristol Square, 1426 Main Street Ste 6, Walpole MA. We look forward to assisting you on your health care journey.

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Norwood Sports

Norwood Football: Defending Their League Title

BY CHRISTOPHER TREMBLAY

The last time that the Norwood Mustangs stepped off the football field it was first for the program in many a year. Participating in the Fall II season, Norwood finished 4-1 in the abbreviated season and wound up in a three-way tie for the Tri-Valley League Championship with Holliston and Ashland. In addition to becoming TVL Champs, Norwood also possessed a Don Shula Coach of the Year nominee in Coach Manny Lopes.

Each NFL team nominates a coach, and one of those 32 coaches will be named Coach of the Year during an event later in the year. Lopes obviously was the New England Patriots choice, who also donated 194 tickets to the program to attend a game.

“I don’t know how long this award has been around, but it is an awesome feeling, and it is definitely a cool thing for this program,” the Norwood Coach said. “In regard to the team, this was our first league title in 19 years. I told them coming into this season we are walking in as defending league champions.”

The Mustangs fielded a very strong team last year that was

year’s squad will be as big size wise, as last year’s but he does

Norwood’s line checks and calls. He’s a true leader on the field for

Norwood backs to eclipse 1800 yards on the ground.



Lopes, who is entering his third year at the helm of the Norwood football program knows that he and his staff are not easy on the players but believes it has made the program successful.

“I push them pretty hard and it’s not easy playing for us, but I feel it benefits the team,” the Coach said. “The coaching staff knows what it takes to be successful on this level and win and the kids have bought into what we are teaching them, and it has paid off.”

As he noted earlier, Norwood opens the season as defending league champions playing in a qual-

made up of a lot of talented seniors and will have only one offensive line returning starter coming back this fall. Lopes will also see the return of a few seniors who opted out last year due to covid.

After finishing the shortened season that began late in the winter, Lopes does not think that this

know they are much more athletic.

“The kids have all bought into the program and worked extremely hard this summer improving their strength and conditioning,” Lopes said. “I was very surprised at how conditioned this year’s team has looked since the tryouts.”

Subodh Dhakai, a senior third year starting running back for the Mustangs, will see most of the action as the team’s number one back. Although Lopes plans on going with a multiple backfield, Dhakai will be the Mustangs staple at the position. Brian Metayer, another senior three-year starter, will see action as the team’s slot receiver, free safety, and outside linebacker. According to the Coach, Metayer is one of the best athletes in the Tri-Valley League.

Sean Quinn, the team’s center and only returner for the offensive line, will make all of

the Mustangs and will be around every play. Matt Alves will see action at both defensive end and on the offensive line and Lopes feels he is due for a breakout season.

“I really feel that Mattis going to turn some heads this fall on the defensive side of the ball,” Lopes said. “He is a kid with a motor that never turns off, he just keeps going.”

Senior Joey Steeves, Norwood’s back-up quarterback last year, will line up under center this fall. Steeves put a lot of work in during the off-season in order to get this opportunity. Looking to get the ball from Steeves will be receivers Ryan Flynn, who also plays free safety; Igor Reese, and Ryan Kelley, a junior who will also see action at cornerback and outside linebacker. This group of receivers may not possess the finesse of some of the past Norwood receivers, but they are all tough kids and contributed highly in terms of blocking to allow the

ity league. Norwood will begin the season with three nonleague contests before moving into the TVL games where Medfield and Hopkinton will be tough.

“I said this last year as well; I feel that going into the season that we can compete with each and every team within the Tri-Valley,” Lopes said. “We may not be the best team, but we will be competitive when we step onto that field.”

In order to recapture the TVL Title once again, Norwood needs to be a multi-faceted team.

“Last year we had a really good offensive line,” Lopes said. “This year I feel that we are much more athletic than some of the teams of the past. I have faith in the coaching staff to figure everything out as well as in the athletes themselves.”

A returning league championship team along with a potential Coach of the Year, Norwood looks primed to make another run this fall.

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Norwood Sports

Norwood Girls' Soccer Looks To Get On Track

By Christopher Tremblay

The Norwood girls' soccer team has had its share of tough seasons, and despite going 0-10 last year, the Mustangs are geared to turn things around this fall. According to Head Coach, Kim Brinklow, Norwood found themselves on some rather lopsided scores up until recently, but last year things started to move in a positive direction.

"We've dramatically improved our game from the previous years," the Mustang Coach said. "We were used to losing by double digits last year, and although we went winless, we never lost a game by more than two points. Needless to say, I am super optimistic about this season."

Last season, the coaching staff decided to change some formations on the field and the girls started to believe in themselves. In addition to the changes from a year ago, a lot more of the girls decided to take part in club soccer during the spring while also participating in a summer league in Norton, which they captured the championship.

Leading the Mustangs onto the field this season will be tri-captains, center back Cece Vendetti, defender Sam Reen, and midfielder Ally Steeves. Brinklow is looking for her captains to keep the girls motivated while making sure the positivity and energy are moving in the right direction. Vendetti will lock down the Mustang defense, Reen is the motivator who will defend the right side of the field



and look to move into the offense zone to provide Norwood with some goal scoring opportunities, and Steeves should see her playing time expanded. Brinklow sees Steeves as a strong, physical player with good passing skills and is hoping that the midfielder can do some scoring damage in the attacking zone.

"In the past, a lot of the girls were afraid to take that offensive shot, but having played in the summer league they have seen what positive things they could accomplish, and I hope that translates to the high school season," Brinklow said. "In addition to seeming a little looser on the field, the girls are all encouraging one another."

Not only does Brinklow have a talented group of captains at her disposal, but she also has four sophomores that got a lot of playing time last fall as first-year players. Leading the quartette will be goalie Trisha Wladkowski, who had a great season as a freshman keeper. Wladkowski is a very mobile keeper with solid hands that very rarely allows rebounds. Brinklow is working with her to filter the ball out of the Norwood end in a quicker fashion to get the Mustang transition moving downfield.

Michaela Reen will be playing top striker; Paige Barnette will be at center-mid, and Alexa Coras will be at center back.

The four sophomores will be an important nucleus for Norwood moving into the future. Brinklow has seen the confidence in their play increase and that should translate to the Mustangs producing more offense this season.

Over the past few seasons, Norwood's offensive attack has pretty much been non-existent, and if the Mustangs truly want to turn the corner while making a run, they are going to need to find an offensive groove sooner than later. In order to do that Brinklow will be relying on Coras and Vendetti to be those pivotal pieces to getting things going.

"We definitely need to focus on scoring and generating of-

fense this year," Brinklow said. "These girls are hungry for scoring now that they have been able to do so in the spring and summer leagues. Instead of playing defensively they are taking to the ball more aggressively."

The Norwood Coach is hoping that her squad comes out of the gates fast and with passion. She is also anticipating that they are able to put some balls behind the oppositions goalies so they can begin to move the team in the right direction. While Brinklow is not looking for the girls to go worst to first, she is hoping that they can secure some wins under their belts as the team begins its ascent toward the top of the Tri-Valley League.

Register for Turkey Trot



The 35th running of the Norwood Turkey Trot is accepting registration. The event will be held on Sunday, Nov. 21, 11 a.m., Norwood High School.

Pre-registration is \$30, \$35 on the day of the race. FREE long sleeve tee shirts to the first 200 pre-registered runners.

For more information or to register, visit runsignup.com/Race/MA/Norwood/TheNorwoodTurkeyTrot.

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Calendar of Events

The Community Calendar was prepared a few weeks before the August publish date. In consideration with the Coronavirus (COVID-19) and state and federal guidelines regarding public gatherings, some of these events may have been postponed or cancelled. It is recommended to call to confirm the event status before attending.

Oct. 4

Take & Make: Fall Crafts Morrill Memorial Library

Families can pick up prepared materials to create a fun, easy craft! Crafts are geared to preschool aged children but are fun for slightly older kids too! Register for the number of kits you need. Due to high demand, the library will hold materials for registered patrons until the following Monday. If registered patrons do not pick up their crafts within the week, the materials will be made available to people on the waiting list. Please be sure you receive a confirmation of your registration before you pick up your materials. For preschoolers. Registration required. To register, visit www.norwoodlibrary.org/morrillcalendar/. Call the library at 781-463-0146 if you have questions.

Outdoor Art Play Morrill Memorial Library Location: Carole Poirier Village Center (82 Roosevelt Dr.) 10:30 a.m.

Miss Kate (from the library) and Miss Marie (from CFCE) will set up tables outside the Village Center so we can read and create together! Participants register once for the entire program and will be automatically registered all 6 weeks. Questions? Email the library staff at norchild@minlib.net or contact Marie Kidd at CFCE (mkidd@norwood.k12.ma.us) For preschoolers. To register, visit www.norwoodlibrary.org/morrillcalendar/.

Movies You Missed on the Big Screen - 'Nomadland' Morrill Memorial Library 6:30 p.m.

Have you missed seeing movies in theatres? This line up of films were all released in 2020 and 2021, and they cross genres, MPAA ratings, and subject matter. 'Nomadland,' rated R, stars Frances McDormand, Bob Wells, David Strathairn, Tay Strathairn, and Cat Clifford. In the wake of the Great Recession,

an aging woman who lost her livelihood begins a solo expedition through the western United States. Converting a van into her living space, she styles herself a contemporary nomad and forges unexpected connections along the way. Based on the book of the same name by Jessica Bruder. Registration is required. To register, visit www.norwoodlibrary.org/morrillcalendar/.

Oct. 5

Chateau Fundraiser All Day & Night

Enjoy a meal at the Chateau and support the Bay State Animal Cooperative. The Chateau will generously donate 20% to help us provide for the cats and kittens we care for. Valid for eat in or take out. When you order, ask to flag your check for the fundraiser. Ordering online? Add the item "Fundraiser" to your cart and enter "BSAC" as a special instruction. www.chateaurestaurant.com/.

Oct. 6

Alphabits! Morrill Memorial Library (Virtual) 10:30 a.m.

Alphabits is a fun, engaging way for kids to learn their letters! Each week, the class will talk about two letters of the alphabet and read stories, sing songs, and more around those letters! This program is for preschoolers and it will be hosted virtually via Zoom. Registration is required. Please contact the Children's Department if you have any questions at 781-463-0146 or norchild@minlib.net. To register, visit www.norwoodlibrary.org/morrillcalendar/.

Movies You Missed on the Big Screen - 'Finding You' Morrill Memorial Library 6:30 p.m.

'Finding You,' stars Katherine McNamara, Saoirse-Monica Jackson, Vanessa Redgrave, Tom Everett Scott, and Patrick Bergin. Talented violinist Finley Sinclair recently fails to enter a prestigious music conservatory in New York, so she heads to Ireland to study for a semester instead. In a coastal village, she encounters Beckett Rush, a famous celebrity in town for a film shoot. The two start a romance, but his stardom impedes on their budding relationship. Registration is required. To register, visit www.norwoodlibrary.org/morrillcalendar/.

Oct. 7

Outdoor Story Time Morrill Memorial Library (Bond St. Tot Lot), 10 a.m.

Meet the Children's Room staff for some stories, songs, and movement. Library staff will bring the books and the PA system, you bring the kids and the blankets to sit on. This program is geared toward toddlers and preschoolers but older and younger siblings are welcome! Let's get back to reading stories and having a good time together. No registration. Weather permitting.

Out and About in Norwood: Afternoon Storytime Morrill Memorial Library (Central St.), 4 p.m.

Join the Recreation Department and the Morrill Memorial Library for this special program in different family-friendly locations around Norwood. Miss Dina from the library will read some stories and provide a craft for kids. The Recreation Department is providing a cool location and some tasty treats for snacks! Registration is required for each storytime. For ages 0-5 years old. Registration required. To register, visit www.norwoodlibrary.org/morrillcalendar/.

Sock Hop Civic Center, 6 p.m.

Come to the Civic Center for games, dancing, crafts, refreshments, face painting, and more! Come in costume as there will also be a parade! Cost is \$5 for residents, \$8 for non-residents. Register at the Civic Center.

ArtMatters LIVE featuring Marc Chagall Morrill Memorial Library, 7 p.m.

Known as the "Poet," Marc Chagall was one of the most versatile artists of the 20th Century. He merged the traditional images of his native Russian Jewish culture with the modern styles of Cubism and Fauvism. His paintings portray stories and fables, ideals of freedom, dreams of love, nightmares of war, passionate emotions, and soul-refreshing humor. He never finished a canvas until something in it "surprised" him. Join ArtMatters for a retrospective look at his work, his life, and his unique perspective of the world. Registration is required. To register, visit www.norwoodlibrary.org/morrillcalendar/.

South Norfolk Mental Illness Family and Friends Support Group

The Grange, 28 Rockwood Road (Route 115) in Norfolk, 7-9 p.m.

Mental illness is a label for a variety of diseases of the brain. Often it strikes in late adolescence, devastating the afflicted person and the family. The South Norfolk Mental Illness Family and Friends Support Group is composed of such families who find mutual support and join together to advocate for their loved ones. We welcome all families in the South Norfolk Area who are dealing with mental illness and their loved ones. Cooperation is asked of all in observing the Covid-19 precaution of wearing a mask while indoors during the meeting. For further information, call Ray at 508-668-2941.

Oct. 8

Virtual Fright Night Series: 'When Objects Talk Back: A Look Into Haunted Objects' with TAPS Morrill Memorial Library (Virtual) 7 p.m.

Join paranormal couple Cody Ray DesBiens & Satori Hawes from Travel Channel's "Ghost Nation" as they dive deep into the phenomena of Haunted Objects! During this presentation you will have the chance to see some of the alleged Haunted Objects that have been recovered by Cody & Satori during their actual paranormal investigations. Both Satori & Cody are investigators with the world renowned paranormal investigation team -- TAPS (The Atlantic Paranormal Society), which was founded by Satori's father Jason Hawes in 1990. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200, x2.

Halloween Spooktacular Civic Center, 7 p.m.

The middle school dance is back! This year's theme will be a black light glow party. Cost is \$10. School ID required.

Oct. 9

Trunk or Treat DPW Lot, 11 a.m.-12 noon

Join in the 10th Annual Trunk or Treat where cards and trucks will be decorated and candy will be passed out. Interested parties to host a vehicle should notify the Civic Center. Cost is canned goods or \$1 for the Norwood Food Pantry.

Kickball Tournament Coakley Middle School, 4 p.m.

Refreshments will be avail-

able. Single game elimination. Register at the Civic Center.

Oct. 10

Patriot's Game on the Big Screen Location to be determined, 1 p.m.

Watch the game on the big screen and participate in a corn hole tournament. Teams need to register before the event. Register at the Civic Center.

Pumpkin Float Hawes Pool, 6 p.m.

Local groups will carve pumpkins for the event. The Cub Scouts will also have a small camp fire to make s'mores, plus apple cider and fall treats.

Oct. 12

Women's Business Networking Meeting (Zoom) Norwood Town Common, 8 a.m.

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

Norwood Women's Club Meeting Knights of Columbus, 572 Nichols St., 12:30 p.m.

Entertainment by "Knock on Wood" who will perform folk songs and 50's to current hits. A light lunch will be served. Guests are welcome. Any questions please call Trina at 781-762-8173 or Nancy at 781-762-8892.

Norwood Toastmasters Zoom Meeting, 6:45 p.m.

The Norwood Toastmasters is dedicated to improving public speaking and leadership skills. They are currently meeting online via ZOOM. For log in, contact-3926@toastmastersclubs.org. For more information, visit norwoodtoastmaster.toastmastersclubs.org/.

Oct. 13

Alphabits! Morrill Memorial Library (Virtual) 10:30 a.m.

Alphabits is a fun, engaging way for kids to learn their letters! Each week, the class will talk about two letters of the alphabet and read stories, sing songs, and more around those letters! This

CALENDAR

continued from page 12

program is for preschoolers and it will be hosted virtually via Zoom. Registration is required. Please contact the Children's Department if you have any questions at 781-463-0146 or norchild@minlib.net. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200, x2.

Fall Sustainability Series - Sustainable Gardening with Blackstone Valley Veggie Gardens Morrill Memorial Library 7 p.m.

Climate Prep Week 2021 is here! This year's theme is "The Weather is Changing: Are You Prepared?" Climate Prep Week is a partnership between the Massachusetts Library System (MLS) and Communities Responding to Extreme Weather (CREW); learn more here, including events at other libraries.

As part of our Fall Sustainability Series, the talk will discuss sustainable gardening, presented by Kate Donovan of Blackstone Valley Veggie Gardens. The presentation will explain how you can become a more efficient gardener, learning how to elongate your growing season and maximize your output, all while preserving resources. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200, x2.

Oct. 14

Outdoor Story Time Morrill Memorial Library (Bond St. Tot Lot) 10 a.m.

Meet the Children's Room staff for some stories, songs, and movement. Library staff will bring the books and the PA system, you bring the kids and the blankets to sit on. This program is geared toward toddlers and preschoolers but older and younger siblings are welcome! Let's get back to reading stories and having a good time together. No registration. Weather permitting.

Movies You Missed on the Big Screen - 'Godzilla Vs. Kong' Morrill Memorial Library 6:30 p.m.

'Godzilla vs. Kong,' rated PG-13, stars Alexander Skarsgård, Jessica Henwick, and Rebecca Hall. Kong embarks on a journey to return to his birthplace. However, the awakening of a brutal creature soon threatens humanity's safety, forcing Kong and some unlikely allies to fight to protect the earth. Registration is required. To register, visit www.norwoodlibrary.org/morrillcalendar/

[norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781-769-0200, x2.

Oct. 15

Virtual Fright Night Series: 'The Legends And Lore Of The Bridgewater Triangle' Morrill Memorial Library (Virtual) 7 p.m.

Join paranormal researcher Tim Weisberg for a journey through the history, haunts, and high strangeness of southern New England's own paranormal vortex - the Bridgewater Triangle. UFOs spotted in the skies of colonial Massachusetts, cryptid creatures in the woods and the seas, ghostly encounters, the mysterious pukwudgies roaming the Freetown State Forest - it's going to get weird, which is just how we like it here in the Triangle. Weisberg, host of "Spooky Southcoast," one of the world's leading radio programs on the paranormal, is a writer, researcher and producer for several television programs, including 'Haunted Towns', 'Ghost Asylum', and 'Ghost Stalkers.' He has appeared on TV's "Ghost Adventures," "My Ghost Story," and 'Monster-Quest.' Weisberg is the author of 'Ghosts of the SouthCoast' and co-author of 'Haunted Objects: Stories of Ghosts on Your Shelf.' To register, visit www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200, x2.

Oct. 16

Craft Affair Norwood High School 9 a.m.-2:30 p.m.

Norwood's infamous 27th Annual Craft Affair brings together crafters and craft enthusiasts together for one of the largest fall shopping events in the area! The list is impressive, and includes: sewn, crocheted, and knitted pieces, there will be chocolate and honey, items for pets, jewelry, holiday decor, wreaths, stained glass, jams and jellies, mirrors, paintings, 3-tiered plates, bags, scarves, soap, wooden toys, painted glass, quilts, ornaments, hats and mittens, cards, plastic canvas, hand towels, hair bows, hen houses, ceramics, puzzle lights, decoupage plates and doll clothes, and much more! The huge assortments of raffles are always a popular corner with chances to win many handmade items, gift certificates and Mustang memorabilia!

Virtual Scary Saturday Series: 'Haunted Lighthouses of New England' Morrill Memorial Library (Virtual) 10 a.m.

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Oct. 20

Turn the Page-'Finding Dorothy' Morrill Memorial Library (Virtual) 10 a.m./6:30 p.m.

The group will be discussing 'Finding Dorothy,' by Elizabeth Letts. Please email Patty Bailey if you have any questions, pbailey@minlib.net or call 781-443-8864.

Oct. 22

Fall Rummage Sale Emmanuel Lutheran Church, Berwick St./Gardner Rd. 9 a.m.-1 p.m.

There will be clothing for all ages, shoes, linens, small household goods, books, toys, decorations, etc. All are welcome.

Oct. 23

Fall Rummage Sale Emmanuel Lutheran Church, Berwick St./Gardner Rd. 9 a.m.-1 p.m.

A bag sale will begin at noon on Saturday. Large trash bags will be available to purchase at \$5.00 each. There will be clothing for all ages, shoes, linens, small household goods, books, toys, decorations, etc. All are welcome.

Oct. 26

Women's Business Networking Meeting (Zoom) Norwood Town Common, 8 a.m.

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

Norwood Toastmasters Zoom Meeting, 6:45 p.m.

The Norwood Toastmasters

Join author Jeremy D'Entremont, the leading expert on New England's historic lighthouses, to explore some of the macabre tales of New England's coastal beacons, including the lovelorn spirit known as Ernie at Connecticut's New London Ledge Light and the piano playing ghost of Maine's Seguin Light. Also included will be accounts of strange happenings at America's oldest light station, Boston Light, and at Portsmouth Harbor Lighthouse in New Castle, NH. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200, x2.

Wings and Wheels Norwood Memorial Airport 10 a.m.-1 p.m.

Come to the Norwood Memorial Airport and see what a plane and trucks looks like up close. There will also be music, food, arts and crafts, and more! Pre-registration is required at the Civic Center. FREE!

Oct. 18

Take & Make: Fall Crafts Morrill Memorial Library

Families can pick up prepared materials to create a fun, easy craft! Crafts are geared to preschool aged children but are fun for slightly older kids too! Register for the number of kits you need. Due to high demand, the library will hold materials for registered patrons until the following Monday. If registered patrons do not pick up their crafts within the week, the materials will be made available to people on the waiting list. Please be sure you receive a confirmation of your registration before you pick up your materials. For preschoolers. Registration required. To register, visit www.norwoodlibrary.org/morrillcalendar/. Call the library at 781-463-0146 if you have questions.

is dedicated to improving public speaking and leadership skills. They are currently meeting online via ZOOM. For log in, contact 3926@toastmastersclubs.org. For more information, visit norwoodtoastmaster.toastmastersclubs.org/.

Titles on Tap Book Group Morrill Memorial Library (Virtual) 7:30 p.m.

Title to be determined at press time.

Oct. 27

Movies You Missed on the Big Screen - 'Limbo' Morrill Memorial Library, 6:30 p.m.

'Limbo,' rated R, Starring Amir El-Masry, Vikash Bhai, Kwabena Ansah, Grace Chilton, and Kenneth Collard. A young musician is separated from his Syrian family and stuck on a remote Scottish island while awaiting the fate of his asylum request. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200, x2.

Oct. 30

Scary Saturday Series: 'The Loch Ness Monster' Morrill Memorial (Virtual), 10 a.m.

Join New England Emmy Award-winning folklorist John Horrigan and explore the legend of the Loch Ness Monster, a creature in Scottish folklore that is said to inhabit Loch Ness in the Scottish Highlands. The monster (sometimes referred to as "Nessie") is often described as large, long-necked, and with one or more humps protruding from the water. Popular interest and belief in the creature has varied since it was brought to worldwide attention in 1933. Come and learn whether Nessie is the real deal or a mysterious folklore creature of the deep. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200, x2.

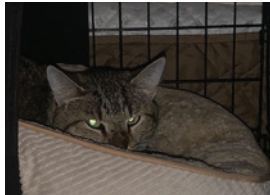
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Bay State Animal Cooperative

Lost/Found...needs your help!

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Pebbles has roamed the streets of Norwood for quite some time. Where she came from is still unknown. However, she has visited and made friends throughout the Norwood community but still has no real place to call home. Why? Because she has become un-socialized and prefers not to want to be included in a home like a traditional domestic cat. Currently she is in foster care but residing in a large dog crate. Pebbles is beautiful but has become accustomed to life in the "wild." With over 25 years of experience in rescue and



cat socialization BSAC would recommend Pebbles be cared for within the community she has become accustomed to. Soooo SHE NEEDS YOU! Seeking people in the Vernon, Maple, and Nichols' Sts. Area who are willing to put out a shelter (we can provide), feed, (we can advise on safe feeding that does not encourage feeding of other wildlife), watch over and communicate with us regarding Pebble's life. We will cover any veterinary care as it becomes necessary. It's a community effort. Are you in? Let us know by emailing us at www.baystateanimals.org.

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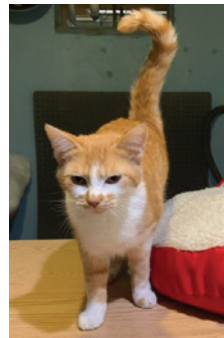


Meet Rainbow

Rainbow was surrendered to by a family who cannot take on the responsibilities of caring for a kitten. She is extremely sweet and affectionate and could probably do well in most settings if given a chance to acclimate. Please con-

sider her for your home to become her forever family.

For more information on Sammy or Rainbow or an adoption application, visit www.baystateanimals.org.



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The BSAC has a wish list on Chewy.com for food and litter we use to help feed and care for our cats in foster care. If you would like to donate, please visit www.baystateanimals.org, and click on Chewy Partner Page.

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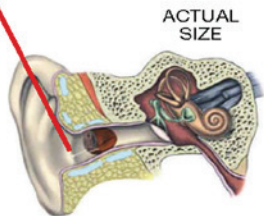
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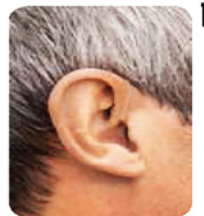
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Nursing Home Negligence or a Vibrant Life Plan Community?

BY HEATHER J. CULKEEN
EXECUTIVE DIRECTOR: PROJECT PERSEVERANCE

Doctors, nurses, patients, and their family members have all types of unpleasant conversations, according to Amy Sarah Marshall of the University of Virginia Medical Center magazine, *Healthy Balance*. For example: How to prepare for aging and caring for an aging partner or parent is one of those. For Lee Willis and her husband Hal, the conversation started this way: their beloved doctor of 15 years asked Lee, point-blank: "Are you prepared for the possibility that Hal may outlive you?"

At 94, Hal is ten years older than Lee. A plane accident broke multiple bones in his legs, and arthritis had settled in. Walking is hard for him. He does his own laundry and washes the dishes, but he doesn't drive and often uses a wheelchair.

Lee, on the other hand, just bought herself a new kayak. A nine-year cancer survivor, she relieves pain with exercise, not medicine. She swims three times

a week. When not caring for Hal, she's active, traveling, and socializing.

Still, the doctor had a point: Be prepared.

FACING THE FACTS OF AGING

Most people avoid the subject of getting old. Death is as natural as birth, but too many people simply don't want to think about it until they are too ill to participate in decision making, leaving family members and their physicians to make decisions that may or may not be what they would have wanted at the end of life. We need to prepare better.

FINDING A PLACE TO AGE

Lee's major purpose in preparing for Hal's aging and her own was to find a location where this could happen. Lee didn't simply conduct a Google search. She went to a lot of nursing homes. She compiled a list of in-home care services and went to each one.

But Lee wasn't satisfied, mainly because of shifting staff. "You can never guarantee the

same people. The bottom-line dictates staffing. This turnover and the resulting lack in continuity of care, is a problem."

So, she looked at the option of aging in place. She volunteered at programs of all-inclusive care for the Elderly, which offers 24/7 coverage for anyone qualified for a nursing home. It seemed like "this would probably be what we choose to do," she said.

But then Lee discovered The Green House Project, a new model for long-term care for elders. In 2001, a doctor named Bill Thomas was appalled at the state of elder care. He saw it was a hospital, not a home with people just sitting in wheelchairs. So, he introduced a lot of changes, bringing in birds, dogs, cats, and plants. But it still wasn't enough. So, he "super-trained" staff to behave like family members, not healthcare providers. He built a new structure, with one central room, the residents living in rooms off in spokes. It became a communal place, with a common kitchen where people cook family recipes and behave like relatives.

Lee found one in her state. "If we both have to go somewhere, this will be it!"

AGING GRACEFULLY: HOW TO GET STARTED NOW

The best advice Lee's received from her doctor: Exercise. He told her that the biggest factor that differentiates healthy from unhealthy aging is exercise—folks who remain sedentary clearly become frailer more rapidly than those who either remain or become active in their later years. Exercising on a regular basis makes a huge difference in how one ages.

Lee's primary lessons for younger people: Be proactive. "It's really hard when you're 50 to think about being 80, but you should." She advises younger people to:

- Take your health seriously—eat well and exercise.
- Prepare with a reputable Estate Planning Attorney who cares about your health as well as your assets.
- Be an advocate for yourself.

- Get political and advocate for end-of-life care.

Heather J. Culkeen is Executive Director of Project Perseverance. The public charity is dedicated to supporting rescue efforts, as well as assisting local, early-stage nonprofit organizations. We focus on protecting Families for Generations. We have protected families, children, boomers, seniors, and the elderly for generations. We welcome opportunities for growth and development.

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To donate to Project Perseverance to help support our mission to give back, please email us at ProjectPerseverance888@gmail.com with subject line: PP888. The QR Code and link will be emailed for you to donate. Please feel free to suggest a cause via email that you feel would benefit from our support as well. Thank You.

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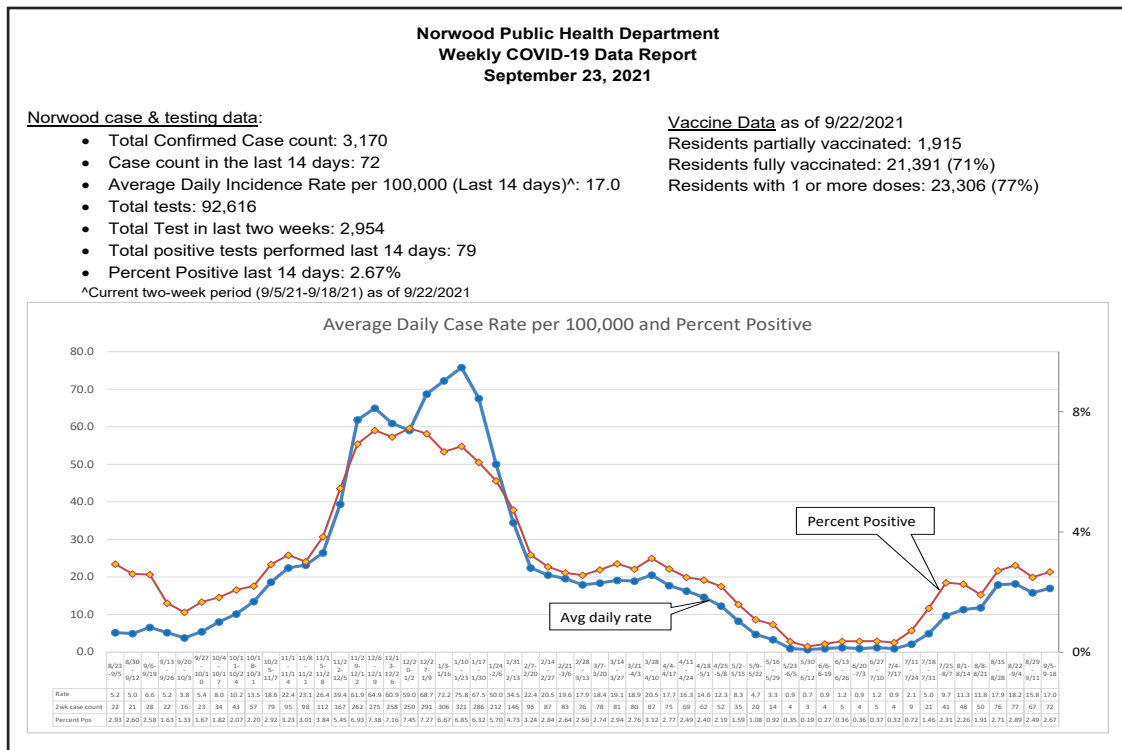
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Thank you - CMM

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Town of Norwood Awarded Grant for Restoration

General Manager Tony Mazzucco and Planning and Economic Development Director Paul Halkiotis are pleased to announce that the Town of Norwood has been awarded a state grant to support climate change resilience. The town was awarded \$682,421 through the Municipal Vulnerability Preparedness (MVP) Action Grant program which offers financial resources to municipalities that are seeking to advance priority climate adaptation actions to address climate change impacts resulting from extreme weather, sea level rise, inland and coastal flooding, severe heat and other climate impacts.

The Town of Norwood partnered with the Neponset River Watershed Association on the grant application for the Traphole Brook Flood Prevention and Stream Restoration Project. The grant money will be used to remove the Mill Pond Dam located off of Summer

Street in the town-owned Pezwick Park. The dam is in poor condition, is partially breached, and poses a potential flooding hazard if it were to completely fail as a result of more frequent and severe storms that are associated with the impacts of climate change. The removal of the dam will also have the co-benefit of helping to restore the trout fishery in Traphole Brook which supports the largest native brook trout population in Eastern Massachusetts.

“We are so grateful to see such widespread support for this project from the Conservation Commission, which stewards the property, as well as the immediate and downstream neighbors,” Conservation Planner Holly Jones said. “A project this big takes a village, and it’s been so inspiring to see support continue to build for it in Norwood and throughout the region.”

The town has been working

with the Neponset River Watershed Association, Greater Boston Trout Unlimited, abutting property owners, and several state agencies over the past two years on the planning, design, and permitting required for removing the Mill Pond Dam. The construction is scheduled to begin this fall and projected to be completed next spring.

“This project is a great example of how communities can be proactive in the face of the serious challenges presented by climate change,” Ian Cooke, Executive Director of the Neponset River Watershed Association said. “The project will help keep local residents safe from storms, improve recreational opportunities, and protect a really unique wildlife habitat, all while saving the Town a substantial amount of money. It’s been a pleasure working with the Town on this and we look forward to the construction process.”

“We look forward to putting this grant funding toward this important project that will mitigate potential flooding caused by climate change and restore the riverine ecosystem of Traphole Brook and the Neponset River,” Director Halkiotis said. “The Town is grateful for the support from the Baker-Polito Administration and the Municipal Vulnerability Preparedness Program, as well as our local, regional and state partners who have worked with us on planning for the project.”

The MVP grant program was created in 2017 by Gov. Charlie Baker’s administration to provide support for cities and towns in Massachusetts to identify climate hazards, assess vulnerabilities, and develop action plans to improve resilience to climate change. As part of the program, municipalities can apply to receive planning or action grants. The program is offered by the Executive Office of Energy and Environmental Affairs.

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Nature Calls

Monarchs - The Cockroach Of Butterflies

BY AMY BUSKEY
PART 2 OF A 2-PART SERIES

We certainly don't think of cockroaches when we envision a Monarch butterfly, but there are solid facts that make monarchs just as resilient. In our first look at Monarchs (September, 2021/ GOT MILKWEED?), the grim facts of their steep decline is sobering. It is well documented that the eastern population has declined over 80% in the last two decades. But for the western Monarchs, the decline is downright staggering at 99.9%. The population, counted by citizen scientists at Monarch overwintering locations in southern California dropped from around 300,000 three years ago to just 1,914 in 2020. However, last winter large numbers of Monarchs were found in San Francisco and Los Angeles - two areas that had not seen winter breeding of Monarchs prior to 2021.

What exactly does this mean? Professor David James (Washington State University's Department of Entomology) explains, "There's more to it than just counting overwintering butterflies," James said.

"It seems that Monarchs are evolving or adapting, likely to the changing climate, by changing their breeding patterns." The huge numbers of Monarch caterpillars in the Bay area indicates these populations are breeding, just in different areas than in the past - a very hopeful sign for their future. Professor James recalls a similar scenario that played out decades ago in Sydney, Australia, while working there on his Ph.D. dissertation. "In Australia, Monarchs haven't gone extinct," James said. "They've just adapted and moved along with a smaller population. And there's no effort to preserve them there because they aren't a native species. They're just very resilient."

While the declining numbers of Monarchs in both the western and eastern U.S. are certainly reason for concern, James believes there will be a plateau for the species, but not extinction. "San Francisco is very similar, climate-wise, to the area around Sydney," James said. "And seeing this winter breeding, which is something new we saw in Australia in the late 1970s, leads me to think that Monarchs will adapt

well to the changing climate in the western US." James is continuing his long-running Monarch tagging program where citizen-scientists like myself raise, tag, and release Monarchs so they can migrate south for the winter. Similar to the eastern monarch tagging program (<https://monarchwatch.org/tagging/>), James believes more tagged butterflies will be found around the Bay area this coming winter in breeding, instead of non-breeding overwintering colonies.

But more work with citizen-scientists is needed to arrive at solid scientific conclusions. "We don't know if this adaptation will continue and how successful it will be," James said. "The western Monarch population is quite precarious right now. It's at a tipping point, and something is happening. We need to do more work to find out exactly what is happening."

One factor scientists continue to point to for declining populations is habitat loss - both here and in Sydney. It is likely a combination of factors, including pesticides, climate change, and loss of habitat that has their numbers falling. Whatever the case may be, one of the easiest things we can do to plan for the monarchs' future is to plant

their host food - milkweed. Even an area as small as 10 x 10 can provide food for a hundred or more Monarch caterpillars throughout the season. At the time of penning this article, my husband and I have now collected, raised, and released over 100 Monarchs - with a couple dozen more coming down the pike. The key to raising these beauties is to be sure you'll have enough food for all the 'cats'.

As for tagging Monarchs, only the migrating generation - the butterflies of mid to late August and all of September in our area get stickered. What I had initially thought of as impossible - attaching a sticker to the wing of a Monarch, that is, has actually become secondhand. I simply reminded myself that I wasn't tagging a shark, just a butterfly. The area to attach a tag to is specific, the discal cell, shaped like a mitten, and can be found on the base of the large wing. And you need not raise Monarchs in order to tag, you can tag wild specimens as well. All the information you need including ordering tags, tag recovery lists, and tag data submission can all be found here: <https://monarchwatch.org/tagging/>. Tags for this area (Massachusetts/Rhode Island) can be ordered in July, and



are shipped after August 1 ahead of the migration times. Submitted tag information includes things like tag numbers, date of release, male or female, and location of release.

Should you recover a tagged Monarch (dead or alive), or observe one that is tagged and are able to get a look at the tag number, go ahead and report it on the monarch watch site. Your submission, however insignificant it may seem, provides important information in migratory patterns to those collecting the data. In the meantime, and while the best time of year to plant is upon us, get your hands on swamp milkweed plants and get going on your future Monarch habitat. Their future is literally in our hands.

Amy Buskey, formerly of Norwood, resides in coastal Rhode Island with her husband Rick and their beagle, Doug. She can be reached at abuskey67@gmail.com

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Good Deeds: Technology Drives Change

By WILLIAM P. O'DONNELL
REGISTER OF DEEDS

Growing up, my beloved Uncle Ray would say, "There

approved the world's first commercial portable cell phone? Although the cell phone was approved in 1983, it took years of technology and technological



is nothing as constant in life as change." We all have a beloved relative or parent or friend whose words of wisdom we often think of, act upon and repeat. Well, for this article I found out the sentiments expressed by my uncle were that of an ancient Greek philosopher Heraclitus who has been quoted as saying, "The only constant in life is change."

There have been a number of modernization initiatives implemented at the Norfolk Registry of Deeds. What has driven those modernization initiatives? It has been technology and the advances in technology which has been the foundation for change at the Norfolk Registry of Deeds.

My grandparents were immigrants that came from Ireland. I think of my grandmother who came to this country at 17 years of age in 1923 and lived to be 106 years old, and all the changes she witnessed in her lifetime. Some of that change was driven by technology: radio, television, color television, and the space program that landed an astronaut on the moon in 1969. It got me to think of changes driven by technology that we take for granted in our day-to-day lives.

Did you know on September 21, 1983, Motorola made history when the Federal Communication Commission (FCC)

improvements to get where we are today with cell phones and cell phone use. For you young readers you may not be aware of the "facsimile machine" which scanned printed textual and graphic material and then transmitted the information through the telephone network to similar machines where facsimiles were produced close to the form of the original document. The technology for "fax machines" was invented a long time ago. However, it was not until advances in technology and technological improvements took place that fax machines became popular with consumers and businesses in the 1980's.

Did you know on December 3, 1992, Neil Papworth, a 22-year-old software programmer, sent the first ever text message by typing, "Merry Christmas" on a computer and sending it to a cellphone of Vodafone director Richard Jarvis? Again, it took technology and advances in technology to get to where we are today in using and relying upon text messages for communication.

The Norfolk Registry of Deeds is an arm of government that deals with the biggest asset

GOOD DEEDS
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most of us have, our homes. As the eleventh (11th) Norfolk Register of Deeds, I take great pride in preserving these land records that were first recorded for the communities of Norfolk County dating back to 1793. The mission of recording land documents may be similar to the days of

scriveners and quill pens at the Norfolk Registry of Deeds. However, the delivery of services in this technology centric world we live in today is so vastly different than the days when land records were delivered by horseback to Dedham where the Norfolk Registry of Deeds is located.

As I reflect on my tenure as Norfolk Register of Deeds, the delivery of quality recording services to the Registry stake-

holders and citizens of Norfolk County has vastly changed. The quality services provided by and through the Norfolk Registry of Deeds, like so many other sectors in our society, is driven by technology and advances in technology. There was no internet land record research at the Norfolk Registry of Deeds when I

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GOOD DEEDS

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became Register of Deeds in 2002. Speaking of the internet, did you know January 1, 1983, is considered the official birthday of the internet which allowed various computer networks to communicate with each other? Now, because of technology, you can go to the Norfolk Registry of Deeds website at <http://www.norfolkdeeds.org> and search the county's land records. A lot of businesses and government entities like the Registry of Deeds did not have websites, something that is commonplace now. What happened? It was the technology. The advances in technology and improvements in technology continue at the Norfolk Registry of Deeds. The Registry's records in its internet library of over 15 million scanned images have been brought into homes and businesses because of technology. You can search and view land records from your computer, including those records related to four Presidents of the United States born in Norfolk County.

The Norfolk Registry of Deeds undertook a transcription project which transcribed over 450,000 recorded land documents hand written between 1793 to 1900. David McCullough, an American historian and author wrote, "I

was fascinated and delighted to learn about the way the Norfolk County Registry of Deeds and the Xerox Corporation are transcribing the historical deeds into easy-to-read computer text, and I say this as one who has spent a great deal of my working life struggling to read original letters, and diaries, and other old documents...you are making an important contribution and I send my warmest congratulations." It was technology and advances in technology that made this historical and impactful undertaking come about.


I could go on and on about other modernization initiatives that have been implemented at the Norfolk Registry of Deeds. These initiatives were driven by technology. There is electronic recording which was how most of the 205,000 land documents recorded last fiscal year at the Norfolk Registry of Deeds were recorded. A closing can take place in a lawyer's office and the land documents to be recorded are transmitted for recording to the Norfolk Registry of Deeds. Technology and abuses of technology in the form of cybersecurity risks drives developing plans to deal with disaster recovery, business continuity, and the protection of Registry data and operations. Because of cybersecurity intrusions and technological scams, the Norfolk Registry of Deeds makes available to consumers a "Consumer Notification Service." This Registry of Deeds service allows residents of Norfolk County to be notified if there is some type of document recorded at the Nor-

folk Registry of Deeds in that consumer's name. The "Consumer Notification Service" is a tool made available through technology to fight and be notified of fraudulent scams that could affect one's title to property. It is technology and advances in technology that allows these services and programs to be made available to the stakeholders of the Registry of Deeds and residents of Norfolk County.

Technology and advances in technology in our society and world will continue. Technology and the need to deal with technology as a way to deliver quality service by the Norfolk Registry of Deeds needs to continue. To those who may think otherwise, I will harken back to my Uncle Ray's words, "There is nothing as constant in life as change."

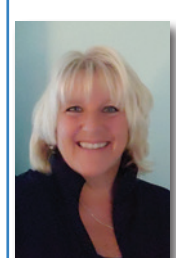
To learn more about these and other Registry of Deeds events and initiatives, like us at [facebook.com/NorfolkDeeds](https://www.facebook.com/NorfolkDeeds) or follow us on twitter.com/NorfolkDeeds and Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St., in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center via telephone at (781) 461-6101, or email us at registerodonnell@norfolkdeeds.org.






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