

Duxbury Clipper

Wednesday, December 12, 2018

"Advice is what we ask for when we already know the answer but wish we didn't." – Erica Jong

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School budget gets backing

Parents worry about class size at Duxbury Middle School

By MATTHEW NADLER
CLIPPER EDITOR

Schools Superintendent John Antonucci likes his level services budget, but some stakeholders in the school system want more.

Town Manager Rene Read has said he will recommend the proposed \$36,936,947 budget that, according to Antonucci, would allow the district to provide services at the same level as they are currently offered.

Based on the town's formula for determining and allocating revenue, there was a \$300,000 gap between what the schools wanted and what was originally offered. "Last year at this time, we were not there. We fought over numbers until Town Meeting," School Committee Chairwoman Kellie Bresnehan said. She thanked all the people who had written

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Margot, Nicole and Chris Walters stop by the Tin Man's Retreat, a room Nicole helped decorate at the King Caesar House Christmas Showcase. See more photos of the "Wizard of Oz" themed event on page 12.

Photo by Karen Wong

Cameras at the Chestnut St. Grille

Restaurant told to address outdoor noise, parking issues

By SUSANNA SHEEHAN
CLIPPER REPORTER

At a meeting to address neighbors' concerns about late night noise and other issues at the Chestnut Street Grille, Duxbury Selectmen chose not

to alter the restaurant's liquor license, instead they voted unanimously to have the owner install a video camera and hire a bouncer on busy nights.

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Making it easy to remember

Senior Center offers memory training course

By JONATHAN PAPPALARDO
CLIPPER REPORTER

Chances are if you ask someone what concerns them as they age, they will mention their memory. General forgetfulness is common for everyone, which is why the Duxbury Senior Center has added a program on this very subject.

The Senior Center has a

Memory Training class for anyone with age-related memory concerns who want the opportunity to learn new techniques and strategies to help improve their memory. One class includes four sessions, held consecutively over four weeks. Each session is two hours long and each class can accommodate between 15 to 18 people.

The class came about last January when Senior Center Director Joanne Moore and Program Director Angela Sinnott were awarded grant money to fly to Los Angeles, where they received training from the Longevity Center at UCLA. The training certifies them to lead the program here

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Senior Center offers memory course

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in Duxbury, which is licensed directly to the Senior Center.

The class, Sinnott said, is for people who are concerned about their memory, not for those who have already been diagnosed with memory-related conditions such as Alzheimer’s and dementia. Common memory concerns, she says, include forgetting names and faces, blanking on where we left our wallet, keys, or cell phone, or not being able to remember a word or phrase that is literally on the tip of our tongue. Another big one, she says, is forgetting to do things in the future such as go to an appointment or even showing up for an appointment on the wrong day or at the wrong time.

Sinnott said one of the exercises people can expect is a memory test. “You will have two minutes to study up to 12 words,” she says. “Then we will have a class discussion and go back and see how many words you can recall. The two hours fly by.”

By the end of the class people will take away things they can use, including exercises to help them maintain neural flexibility, Sinnott said. One example, which she said is her favorite, is a technique for grouping mental images together known as the Roman Room Method. It works by having a person picture a room in their home they know well and then, by association, assigning whatever they’re trying to remember to the objects in that room.

Another technique is mindfulness, which, she said, is about developing good mental habits. It goes back to a theory on why people might forget things in the first place. “We live in a busy world and we’re easily distracted. We



Associating people with things like clothes is a good way to remember their name. Beth Cameron and Mil McGaffingan showed up to class wearing the same pink shirt. The week before one of them had worn the shirt, the other recognized it, and said ‘I have the same one.’ After that, they were never forgotten.

might not be paying attention. We need to be more aware of these distractions. For instance with our phone, we can’t just mindlessly put it down. It has to have a place it goes like on top of a desk or in our front hall near the door,” Sinnott said.

The classes themselves may only last four weeks, but it doesn’t mean people can’t return for more. Sinnott said that once the class ends, participants have access to once a month 90-minute booster sessions where they can practice and refresh their skills. There’s no requirement to attend any particular booster session, which means alumni can go whenever a session fits their schedule.

The memory training class, which requires a \$10 fee, has become so popular there was a gentleman from Plymouth “banging down the door,” as Sinnott put it, to learn about the class while she was being interviewed. Classes are made up of men, women, couples who attend together, and have attracted new people to the Se-

nior Center.

They’re so popular, participants have even signed up to become instructors themselves. Sinnott says there are currently six to eight instructors in the program. One of them, Duxbury resident Hannah Boulton, was inspired to sign up when looking at her datebook became a daily habit. Normally, she could remember what was coming up for an entire week without an issue. She signed up for the class with her husband and found it reassuring to learn everyone was in the same boat.

When describing her experience, Boulton said the classes are fun, full of laughter and good camaraderie. She loved it so much she volunteered to teach a class and was more than happy to be trained. “I’ve only taught one class,” she says. “It was a good core group. They were very open to trying new things to jog their memory.”

It was also good for Boulton, who often has trouble remembering names. “I’ve learned to associate the name

and the face with someone,” she says. “I’d repeat them several times. The association was great.”

In class, Boulton was known as “red-hot Hannah” after she showed up one day in a bright red shirt. When she was teaching she says there was one guy who’s name was Don Juan. “No one forgot that name. There was also a woman, Mil, who said she was one in a million. So we never forgot her name.”

The next Memory Training Class is Thursdays, from 1-3 p.m. beginning Jan. 10. There’s also a rolling waitlist, where people can leave their name, phone and email address to be notified when new classes are starting.

To register call Sinott at 781-934-5774 ext. 5710 or email angelasinott@duxburycoa.com.

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Clipper Archives

A look back in time... December 9, 1971 GUYS AND DOLLS



Jack Walkey, Peter Burnham and Bob Cunningham.



Hot Box girls “Down on the Farm” (l to r) Betty Burnham, Carol Nelson, Sandy Cheverie, Jane McNiff (front), Joan Walkey, Jan Hopkins, Peyton Wells and Rita Kenney. Hidden behind Jane is Shirley Martin.



David Wells and Jim Quine harmonize.