

SOUTH SHORE SENIOR NEWS



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Always Free. Always Interesting.

Don't Fear The Holidays TIPS AND HELPFUL HINTS TO HELP YOU ENJOY THE SEASON



Kate Granigan

Ask Kate - Kate Granigan

It is important to acknowledge changes in our lives. Traditions of Holidays past may need to be altered and family roles changed. Don't let the increased stress of Holiday obligations and upholding tradition limit your holiday enjoyment. Find out more on page 16.

Volunteering - Joan Thompson

Helping someone else may be addressing your own needs, whether you are consciously aware of them or not. While helping others, you make Holidays more enjoyable all around. Find out how on page 17.



Joan Thompson

Observations - Reno Litterio

We all have responsibilities and obligations and some we are not happy to face. A positive attitude is 90 percent of the minds work force that brings a task to a quick end. Believe in hope this Holiday season. Learn how to believe on page 18.



Beverly Moore

Matters Of The Mind Beverly Moore

The hectic Holiday season can be trying and exhausting. One of the benefits of loving a person with Alzheimer's is learning to slow down and enjoy the moment. Slowing down the pace of our own lives can help us find Holiday joy as we rush to and fro. Tips on page 19.



Lynn Serper

Enhance The Brain

The brain likes teamwork. Take advantage of the talents and creativity of all your loved ones and guests this Holiday season. Ask

for help when you need it and provide it when you are able. Find out more on page 20.

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TWO FOR THE ROAD - Beth Sobloff (left) and Virginia Just look to take their lives and businesses cross country in an RV starting in March, 2010. They have affectionately named the journey, "Two Grannies on the Road." (Photo by Tom Malames).

ADJUSTING TRAVEL PLANS

By Peter Hans

PLYMOUTH - For many couples, taking an RV trip across country is first on the agenda once you hit retirement age. Divorce, a dwindling nest egg due to the economy, illness and even death can put that trek on the back burner for some seniors.

Adjusting, continued on page 6



Reno Litterio

Now You Can Stay In Your Home With Safe, Comfortable Bathing

Adjusting, continued from page 1

Two Plymouth grandmothers, Beth Sobloff and Virginia Just, have chosen another course. Just, 63, and Sobloff, 59, realized that to make their dream of a cross-country trip a reality would require a little creative financing. For starters, the two small business owners, both divorced and single, would have to continue to work while on the road. Fortunately, the two women have professions that lend themselves nicely to working remotely. Just is a freelance graphic designer; Sobloff is a Web designer/search engine optimization specialist.

Even while sustaining their current client base, Sobloff and Just knew additional funds would be needed to make their trip happen. They say from desperation comes inspiration and that's how the idea for the Two Grannies on the Road campaign came about. The two set a target departure

date of March 2010. To help fund their journey, Sobloff and Just have been selling advertising space on their blog, www.twogranniesontheroad.com and time on a blog radio broadcast, which would take place during their journey.

In addition to selling sponsorships, the "grannies" would also generate funds for their trip by stopping off at chambers of commerce and other networking groups along the way and promoting their businesses and the tour. From their earnings on the trip, the two plans to donate ten percent of the proceeds raised from sponsorships to the BNI Misner Foundation, a non-profit that supports charitable causes relating to children and education in countries where Business Networking International (BNI) operates.

My company, Resort Maps (www.resort-maps.com), is a proud sponsor of the "Two



Peter Hans of Resort Maps.

Grannies on the Road" for several reasons. As the creator of more than 90 customized travel maps across the United States, England and Puerto Rico, we believe that every trip is about the journey as much as the final destination. The Two Grannies epitomize that philosophy.

It's their willingness to make the journey happen and not be content spending their reclining years, well, reclining, that makes their story compelling. For more information on the Two Grannies for the Road, please visit their blog at www.twogranniesontheroad.com.

ABOUT THE AUTHOR

Peter Hans is the president of Resort Maps Franchise, Inc., based in Waitsfield, Vermont. Resort Maps creates customized travel maps over 90

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