

Silver Threads

October 2023, Vol 10 No 4



Out with the old and in with the new!

There's a new Director in town and she's going to do a bang up job! Join me in congratulating Elise Johnson on her promotion. She has been diligently learning all the ins and outs of what I've been doing and she's been really good at adding her own twist. I'm sure she will do an excellent job as I ride off into the sunset!

I'd like to take this opportunity to thank all of you for your support, friendship and patronage over the nine years I have been here. We've been through some exciting highs (more room!) and some miserable lows (COVID and loss). We have held celebrations and cried together. We have grown...in oh so many ways. I could spout all kinds of statistics at you, but you don't need those. Just look around. You'll see how many programs have been added to the schedule, how many new people we have walking through the doors, two vans (Roadrunner and Wile E. Coyote), and how good the food has always been and will continue to be.

Through the years I have been fortunate enough to work with an incredible staff and multiple variations of an always-supportive COA Board. When I started, Linda Salisbury made me feel welcome right off the bat. My Donna's have always been there for me and taught me so much. Who could have any better fashion sense than Janet? Then there are those who you watch metamorphize before your very eyes. When I first met Greg I thought he was a wall flower. Little did I know...you have no idea how much he does here! Peter has been driving the van

for as long as I've been here and has been a great President of the Friends of the Townsend Seniors. Who could ever forget Katie Petrossi? She came in like a whirlwind! We had Abby and Sue. Lorraine started in the office and now loves life in the kitchen as well as driving the van on Mondays. Steve and John take you places just like Jerry, Dick and Anne used to. What a great team!

I have to say, I'm very excited about going and starting a new chapter, but leaving... leaving makes me sad. I will sit on my mountainside and think of you often and raise a glass to you, my friends!

I thank you from the bottom of my heart. Hope we have made you feel welcome and certain that this is where you WANT to be!

Love you, miss you, see ya later!

Karin

Friends of the Townsend Seniors Proudly Presents the
20th Annual
William E. May Endowment Dinner
Honoring
Lindsay Morand
Saturday
October 21, 2023
\$75
Tickets are available at the Townsend Senior Center



Northern Spy
Country Club
Townsend

Don't forget!!! Advance registration is required for all programs.

You can register at myactivecenter.com

This provides patrons an option to sign up for programs online through your computer, tablet or smart phone.

Or you can call us at 978-597-1710, Option 0. Thank you!

Important Note: If you can't make it to something you've signed up for, please remember to cancel your reservation. Someone may be waiting for a spot!

Karin Canfield Moore, Director
Elise Johnson, Assistant Director & Program Coordinator
Janet Cote, Volunteer Coordinator
Lorraine Farmer, Senior Meals Associate
Donna Fenton, Kitchen Manager
Donna Howard, Transportation Administrator & Outreach
Greg Smith, Assistant Program Coordinator

Townsend Senior Center Hours
Monday, Tuesday and Thursday: 9am-4pm
Wednesday: 9am-8pm; Friday: 9am-3pm
16 Dudley Road, Townsend, MA 01469
978-597-1710
<https://www.townsendma.gov/senior-center-council-aging>



JANET CRAMB
REAL ESTATE BROKER
Lic. in MA & NH



CELL: 978.852.5704
janetcramb@gmail.com
www.JanetCrambAndCompany.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@4LPi.com or
(800) 477-4574 x6377

McNabb Pharmacy & Home Health Care

Celebrating our 90th Anniversary
978-597-2392

Medication Packaging
Home Medical Equipment
Free Medicare Part D Consults



Your Locally Owned
Health Mart
PHARMACY

233 Main St.
Townsend

AEP or New to Medicare Need Help?

Schedule Appointment to
Review Prescription Costs
Supplement & Medicare Advantage

Call 978-314-3760

Deb Haley

Certified Enrollment Agent MA, NH, VT, ME & FL
Licensed Health Insurance Broker - NPN#18509337



We do not offer every plan available in your area. Any information we provide is limited to those plans we offer in your area. Please contact MEDICARE.gov or 1-800-MEDICARE to get information on all your options.

Robin B. Buxton Attorney At Law

978.650.1120

111 Main St., Pepperell

robinbuxton@rrbuxtonlaw.com

www.rrbuxtonlaw.com

• DOMESTIC RELATIONS •
• PROBATE •

• CRIMINAL DEFENSE •

"Toughness doesn't always wear a tie"



Edward Jones

Member SIPC

Want a financial advisor that puts you first?



Mark Collier, AAMS™

Financial Advisor

18 Main Street, Suite #205, Townsend, MA 01469

978-597-0537

MKT-5894N-A

edwardjones.com

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

CENTURY 21 North East

GRETCHEN ARCHAMBAULT
REALTOR | MA NOTARY

📞 978.505.5990

✉ GretchenArch@gmail.com

*Local Resident

*Extensive Market Knowledge

*Trusted Advisor of Your Best Interests

Facebook Instagram Twitter EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

**AD
CREATOR
STUDIO**



lpicommunities.com/adcreator



One commitment
community
choice

**Life
Care
Centers
of America**

The Highlands

5-Star CMS Rating • 978.343.4411
335 Nichols Rd. • Fitchburg, MA 01420
TheHighlandsMA.com

Life Care Center of Leominster

5-Star CMS Rating • 978.537.0771
370 West St. • Leominster, MA 01453
LifeCareCenterOfLeominster.com

YOUR SKILLED NURSING CARE SPECIALISTS.



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Townsend Council on Aging, Townsend, MA

06-5303

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	3 9:00 Quazy Quilters 9:00 Zumba 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mobile Market 10:30 Mexican Train 11:00 Women's Conversation 12:00 Donna's Diner 12:30 Trivia 1:30 Line Dancing	4 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Watercolor 11:30 Groton Hill Community Concert 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 5:30 Grief Support 6:00 Free Yoga 6:00 Friends Meeting 6:30 TOPS	5 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 12:00 Donna's Diner 1:00 Concert: John Garret 1:00 Charcoal Drawing 1:00 Cribbage 1:00 Tech Help 1:30 Osteo Movement	6 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:30 Movie Matinee "Young Guns" 1:00 Cornhole
9 Closed For Indigenous Peoples Day	10 Closed For Staff Development	11 6:00 Jeff Rapsis-Silent Film Music Closed For Staff Development	12 12:00 to 4:00 Podiatrist Closed For Staff Development	13 Closed For Staff Development
16 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 12:30 Faux Stain Glass 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	17 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 11:00 Women's Conversation 12:00 Donna's Diner 12:30 Trivia 1:00 Crafting w/Angela 1:30 Line Dancing	18 *Medicare 9:00 Quazy Quilters 9:30 Chair Exercise 10:00 Hearing Clinic 10:00 Watercolor 12:00 Donna's Diner 1:00 Bingo 1:00 Table Shuffleboard 3:30 Hybrid Yoga 4:00 Galloping Gourmet Tiny's Diner 6:00 Free Yoga 6:30 TOPS	19 *Massage 9:00 Cribbage Tournament 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi with Richele 11:00 Diabetes Support 11:30 Beth Walsh from Senator Cronin's Office 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Downsizing Seminar 1:00 Tech Help 1:30 Osteo Movement	20 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 10:30 Genealogy 11:00 Podiatrist 11:00 Woman's Meditation 12:30 Faux Stain Glass 12:30 Movie Matinee "Crazy Heart" 1:00 Cornhole
23 *Massage 9:30 Chair Exercise 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 12:30 Faux Stain Glass 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	24 *Massage 9:00 Quazy Quilters 9:00 Zumba 9:30 Felting 9:30 Walking Club 10:00 3 Chord Strum Band 10:30 Mexican Train 12:00 Donna's Diner 1:00 Alcohol Inks 1:30 Line Dancing	25 *Medicare 9:30 Chair Exercise 10:00 Watercolor 12:00 Donna's Diner Nutrition Debunked 1:00 Bingo 1:00 Book Club 1:00 Table Shuffleboard 3:30 Hybrid Yoga 6:00 Free Yoga 6:30 TOPS	26 *Massage 9:00 Fit & Fabulous 9:30 Wood Carving 9:30 Walking Club 10:00 Beginner Tap Dance 10:00 Tai Chi with Richele 12:00 Donna's Diner 1:00 Charcoal Drawing 1:00 Cribbage 1:30 Osteo Movement 4:00 Flu Clinic	27 9:00 Weaving 9:30 Beginner Yoga 9:30 Chair Exercise 9:30 Zumba 11:00 Woman's Meditation 12:30 Movie Matinee "The Furies" 1:00 Cornhole
30 *Massage 9:30 Chair Exercise 9:30 Coffee with Karin- Farewell! 10:00 Chorus 11:00 Hybrid Yoga 12:00 Ping Pong 12:30 Knitting 1:00 Tap Dance 1:00 Wii Bowling 1:00 Rummikub 2:00 Osteo Movement 3:00 Water Aerobics	31 *Massage 9:00 Quazy Quilters 9:30 Walking Club 10:30 Mexican Train 11:30 Donna's Diner Happy Halloween! 1:00 Alcohol Inks 1:30 Line Dancing	<div><div>October</div><div></div></div>		

Fitness and Exercise RSVP required for ALL programs - 978-597-1710

Move your body with Carin:

Hybrid Yoga; \$5 per class

Mondays at 11:00am and Wednesdays at 3:30pm

Osteo Movement

Mondays at 2pm and Thursdays at 1:30pm; \$5 per class

This class focuses on balance, weight bearing exercises using hand weights -Bring a mat and walking stick.

Learn to Tap Dance

Mondays at 1pm, Beginners Thursdays at 10am

You can't help but feel joyful learning this dance style! Tap shoes helpful but not required; we can loan some. \$5 per class

Fit & Fabulous

Thursdays at 9am; \$5 per class

This class is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance

Beginner Yoga

Fridays at 9:30am; \$5 per class

Free Yoga with Kris

Wednesdays at 6pm

Join Kris for some of her favorite YouTube videos.

DVD Chair Exercise

Mondays, Wednesdays and Fridays at 9:30am

Walking Club

Tuesdays and Thursdays at 9:30am

Inside and outside options, weather permitting.

Line Dancing

Tuesdays at 1:30pm. \$5 per class

Zumba with Nee

Tuesdays at 9:00am, Fridays at 9:30am. \$5 per class

Tai Chi with Richele

Thursdays at 10am \$5 per class

Through the slow gentle movements of Tai Chi, you can have better physical, mental & spiritual balance

For Your Health RSVP required for ALL programs - 978-597-1710



Massage with Morningstar:

By appointment. See calendar for October schedule. \$45/50mins.



Sarah from Footcare Focus

offers podiatry services, \$45
Thursday, Oct. 12th from 12pm to 4pm,
Friday, Oct. 20th from 11am to 3pm.
Call 978-597-1710 for an appointment.



Wellness Clinic

On Hiatus in October
BP screening, glucose check, etc.



Diabetes Support

Thursday, October 19th at 11am



Women's Meditation

Fridays at 11am



Hearing Clinic

Wednesday, October 18th at 10am

Water aerobics at the YMCA!

Mondays at 3pm

Meet at the Fitchburg "Y"! Call for more information.

TOPS (Take Off Pounds Sensibly)

Wednesdays at 6:30pm

Reach your weight-loss goals by getting the tools, information and support you need to succeed.

Medicare Consultation

Wednesday, Oct. 4th, hourly appts. from 2pm to 7pm

Annual open enrollment starts October 15th!

Appointments available with a consultant from SHINE

The SHINE Program (Serving the Health Insurance Needs of Everyone) provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare.

Representatives are David Chenelle and Jean Emerson.

Healthy Living

On Hiatus in October

This group offers the opportunity for open discussion on healthy eating, exercise, and well-being.

Grief Support Group

Wednesday, October 4th at 5:30pm

Are you grieving? Lonely?

Please join us for free adult bereavement support offered by Nashoba Nursing Service and Nashoba Associated Boards of Health.

Offered by Nashoba Nursing Service and Nashoba Associated Boards of Health. Call 978-597-1710 and reserve your seat.

Technology Help

Do you have a phone or tablet and need help?

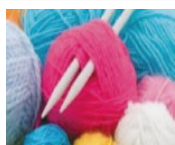
Learn to use popular programs including Zoom, PayPal, Gmail, Facebook

1st and 3rd Thursdays at 1pm

Call 978-597-1710 to make an appointment. No charge.



ARTS AND CRAFTS *Registration required for ALL programs - 978-597-1710*



Knotty Knitters

Monday at 12:30pm Knit or crochet with other beginners or get help from those who are more experienced.



Watercolor with Sue!

Wednesdays at 10am
\$20 per month.
Limit of 16 students per class.



Warped Weavers

Fridays at 9am
Zoom Loom Turkeys! Just in time for November decorating! All skill levels. Free!



Wood Carving

Thursdays, 9:30am-noon
Experienced carvers and beginners



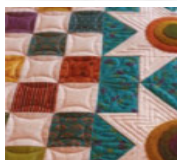
Felting

October 17th & 24th @ 9:30am
Pumpkins! Just in time for Halloween!
\$3 fee for materials.



Charcoal Drawing with Sue!

Thursdays at 1:00
Charcoal has unique characteristics that will encourage your creativity.



Quazy Quilters

Tuesdays, 1st & 3rd Wednesdays at 9am
Work on your latest project, or use our supplies to create something new!



Crafting with Angela

Tuesday, October 17th at 1pm
Learn to make flowers from seeds!
\$5 material fee.

For Fun *Registration required for ALL programs - 978-597-1710*

Women's Conversation

First & Third Tuesdays at 11am

Trivia

First & Third Tuesdays at 12:30pm

3 Chord Strum Band

Tuesday at 10:00am (Except 10/31) -
Open to all! For acoustic string instruments only.

Book Club

Wednesday, October 25th at 1pm
"The Midnight Library"
by Matt Haig

Bingo

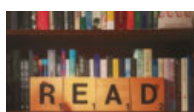
Wednesdays at 1pm
Cost: \$5.00; limit 4 cards.

Hope Community Chorus

Mondays at 10am

Genealogy with Dwight Fitch

Friday, October 20th at 10:30am
Trace your ancestry and find out where your family tree has roots.



Ping Pong

Mondays at 12pm
Join us for a game! Bring a friend!

Cornhole

Fridays at 1pm
Indoors in the Meeting Hall

Mexican Train Dominoes

Tuesdays at 10:30am

Table Shuffleboard

Wednesdays at 1pm

Rummikub

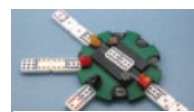
Mondays at 1pm

Wii Bowling

Mondays at 1pm

Cribbage

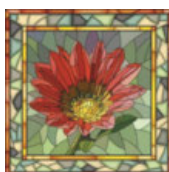
Thursdays at 1pm, except...
Tournament on 10/19 at 9am



Faux Stained Glass

October 16, 20 & 23 @ 12:30pm

Bring your own frame or we'll provide one. \$5 fee for materials



August Cribbage Tournament Winners!

High Score: Jeanne Carbonneau, 709 points

Runner Up: Fern Niemi, 703 points

High Hand: Rich Diggs, 23 points

Coffee with Karin!
Drop in Farewell Party
Monday, October 30th
 9:30am-11:30am



Drop in anytime between 9:30am-11:30am to wish Karin a HAPPY RETIREMENT!

We will be serving pastries and coffee and lots of good wishes for Karin as she gets ready for her new life adventure!

Halloween Lunch Buffet
Tuesday, October 31st
 at 11:30am

Join us to hear the Hope Community Chorus sing scary Halloween songs and then enjoy a delicious buffet.

The staff will be dressed in costume and we hope that you will too!



Groton Hill Community Concert
Wednesday, October 4th

The Groton Hill Music Center presents a free community concert:
Dave Fox Quartet

Please sign up at the front desk
 Space is limited
 The van will leave the senior center at 11:30am (cost is \$5 for van ride)

Tai Chi with Richele
Thursdays at 10am- \$5 per class

Richele has been practicing Yang Tao style Tai Chi for 10 years under the guidance of Tai Chi Master, Ray Caisse.

She has proudly worked her way up to Advanced Tai Chi Instructor. Richele grew up in the area, has recently moved to Townsend and is looking forward to bringing Yang Tao Tai Chi to our community. Through the slow gentle movements of Tai Chi, you can have a better physical, mental & spiritual balance as well as regain range of motion and more...

Begins Thursday, October 19th

Gallopig Gourmet
 Tiny's Diner in Ayer
Wednesday, October 18th

Sign up at the front desk!
 Van will leave at 4:00pm
 Cost is \$5 for van ride plus price of meal



Downsizing with Michael Roy
Thursday, October 19th at 1pm

Selling your treasures!
 Get an estimate on what your items are worth
 Bring in your item to get an estimated value

Please register in advance for this program

Jeff Rapsis
Silent Film Music
Wednesday, October 11th
 6-8pm

Jeff will play live piano music to accompany the 1939 Silent Film "The Cat and the Canary" starring Bob Hope and Paulette Goddard

Sponsored by:
 The Townsend Senior Center, the Townsend Public Library and the Amanda Dwight Entertainment Fund

Note: The Senior Center will be closed but you can still attend and we ask that you register in advance at the library

John Garret Music
Thursday, October 5th

1-2pm (After Donna's Diner)

John Garret, a talented local musician who specializes in playing folk-style guitar and delivering versatile vocals that entertain audiences of all ages!



October Lunches at Donna's Diner

RESERVATIONS REQUIRED

24 hours in advance

Suggested **\$4.00** donation

All onsite lunches

are prepared by

Donna and the Kitchen Staff

Meals are subject to change without notice

Tuesday	Wednesday	Thursday
10/3: Soup & Salad	10/4: Chicken LoMein	10/5: Chicken w/ Cheddar Cheese Biscuits
10/10: <i>Closed</i>	10/11: <i>Closed</i>	10/12: <i>Closed</i>
10/17: Soup & Salad	10/18: Vegetable Quiche	10/19: Stuffed Acorn Squash
10/24: Soup & Salad	10/25: Cuban Sandwich	10/27: Pan Fried Pork Chops
10/31: Halloween Buffet		

Tax-Aide Needs Volunteers!!



Join Our Team

Volunteer in Your Community Today

We are looking for compassionate and friendly people to join our volunteer team this upcoming tax season. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping someone else.

AARP Foundation Tax-Aide provides free tax-filing help to those who need it most.
Join our team today!

Go to mataxalde.org/interest to get more information.

AARP Foundation
For a future without senior poverty.



Nutrition Debunked

Wednesday, October 25th

This is a lunch time presentation brought to you
by MOC (Making Opportunities Count)

Movie Matinees for October– A Nod to New Mexico

Oct. 6th **“Young Guns”** *The film is a retelling of the adventures of Billy the Kid during the Lincoln County War, which took place in New Mexico in 1877–78.*

Oct. 20th **“Crazy Heart”** *Starring Jeff Bridges, Maggie Gyllenhaal, Colin Farrell, and Robert Duvall, the film follows an alcoholic country singer and songwriter who tries to turn his life around after beginning a relationship with a young journalist.*

Oct. 27th **“The Furies”** *The Furies is a 1950 American Western film-its plot follows the ruthless daughter of a tyrannical rancher in 1870's New Mexico territory who struggles with her stake in his estate*

Pizza provided by Friends of the Townsend Seniors

All showings begin at 12:30pm, Please call the Senior Center to sign up at least 24 hours in advance.



Meals on Wheels

Provided by MOC

Call: 978-345-8501 Ext. 5 to register

Hot meal includes:

Entree, Bread, Fruit, Milk

Meals Delivered Monday & Wednesday
each week between 11am –12:30pm.

Someone must be home to receive the meal.

Important Phone Numbers

Elder Abuse Hotline: (800) 922-2275

Executive Office of Elder Affairs: (617) 727-7750

Fuel Assistance: (978) 342-4520

Aging Services: (978) 537-7411

Nashoba Nursing Service: (978) 425-6675

Townsend Ecumenical Outreach (Food Pantry):
(978) 597-2209

SHINE Medicare Counseling: 508-422-9931

Please let us know if you are living alone and would like a weekly phone call to check in on you.

ROAD RUNNER AND WILE E. COYOTE BUS SCHEDULE

PLEASE CALL IN YOUR RESERVATION AT LEAST **48** HOURS IN ADVANCE. TOWNSEND RESIDENTS ONLY.

Schedule all appointments by calling 978-597-1730.

ALL stops must be scheduled. Up to two stops are included in your fare.

For each additional stop, you will be charged 50 cents per stop.

DESTINATIONS:


- **Medical:** Doctors, Dentists, Therapies, Lab work, etc.
- **Errands:** Shopping, Post Office, Banks, Employment, etc.

FARES (One Way):

- Within Townsend: \$1.25; Outside Townsend: \$1.75
- Discounted rate for Atwood Acres/Townsend Woods to the Senior Center (roundtrip): 50¢

**Buy a Bus Card
and Save!
10 rides
\$22.50 (In Town)
\$31.50 (Out of Town)**

Please note the new bus schedule on Tuesday!

Monday	Tuesday		Wednesday	Thursday		Friday
Townsend & Lunenburg Errands	Leominster & Fitchburg Errands	Leominster & Fitchburg Medical	Townsend & Pepperell Errands & Medical	Townsend Errands	Groton & Ayer Medical	*Rotating Locations Errands <i>See schedule Below</i>
 Roadrunner & Wyle E. Coyote			Wednesdays 3:00-8:00 PM By Appointment	* Rotating Locations: Fridays Oct. 6th: Lunenburg Walmart Fitchburg Market Basket Oct. 13th: Daniel Webster Highway Oct. 20th: Shopping Rt. 101A Area Oct. 27th: Watertower Plaza, Leom.		

Friends of the Townsend Seniors - Become a Member Today!

The Friends meet at 6pm at the Senior Center the first Wednesday each month.

You don't have to be a Townsend resident, you don't even have to be a Senior Citizen, whatever that is. *We've heard it's merely a state of mind.*

The only requirement is an interest in the Friends' activities, mission and goals and a desire to support the Townsend Senior Center and the entire senior community - 25% of Townsend's population.



___ New membership ___ Renewal ___ \$5 Friend ___ \$10 Family \$ ___ Benefactor

___ I am interested in volunteering for:

___ Program Development ___ Fundraising ___ Baking ___ Recruiting volunteers. ___ Other

Name: _____ Mailing Address: _____

Phone: _____ Email: _____

To learn more about the Friends - our mission, membership and reorganization plans contact:
friendsofthetownsendseniors@hotmail.com

Mission Statement: *The Townsend Council on Aging is committed to the continued growth and wellbeing of our senior citizens by providing programs, education, information and referral services with a goal of helping seniors achieve the best quality of life possible.*