

## KINGSTON RECREATION CORNER

Article and photo submitted by Susan Woodworth, Director of Parks & Recreation



There's a place where worry can't find you, but the sunshine can. A place where you don't need passports or plane tickets to make memories. Just good company. And it turns out, that place is right here... in our community! That is the atmosphere we instill to bring to the Parks & Recreation Programming. Many programs are offered this summer. Thanks to my colleague Debbie Doherty, for all the coordination and planning for so many wonderful options for everyone.

Spaces are still available in many programs; College Essay Writing Workshop, Dance For Fun Clinic, Field Hockey Clinic, Kiddie Kamp, Learn Modern and Off Beat Board Games, Nature Workshop, Volleyball Clinic, Musical Theater, in addition to our Krec Kconnect Program.

We are also collaborating with some of our Kingston teachers to offer some great programs as well, such as Book Club with Mrs. Leavitt and Mrs. Lunde, a Dinosaur Program, and Gearing Up for Grades K – 2.

Another great location in our community is our beautiful Gray's Beach Park. Community activities happening there this Summer and Fall beginning with Tuesday night Music Nights, two Movie Nights, Yoga in the Park, and the new monthly Farmer's Markets; which are operated and managed by residents in our community of Kingston Farmers Market, Inc.

Activity continues at the Athletic Complexes, at the Opachinski Athletic Complex, and Govoni & Lootz/Candler Fields at the Reed Community Building Property, with lots of fun games. We need to thank our community and members of the Silver Lake Hockey and Silver Lake Baseball Team, and Coach Tocci for their help in cleaning up our Children's Garden at the Opachinski Complex, and a huge thank you to Mary Rizzo for all she continues to do.

Susan Woodworth, *Director of Parks & Recreation*  
www.kingstonrec.com

## Kingston Council on Aging Advance Care Planning – We Can Help

Article and Photo submitted By Holly Nighelli, Media and Marketing Coordinator, Kingston Council on Aging

As we age, it becomes increasingly more important to ensure that our wishes are followed if we experience a medical emergency or have a change in health status. Advance care planning is something we all need to do but might struggle with how to have these difficult conversations with loved ones. At the Kingston Council On Aging, our Outreach Coordinator, Martha Shanahan has resources and information that she can share with families to help designate a health care proxy, and create a MOLST (a Massachusetts Order of List Sustaining Treatment) form, or create an advance care directive. Research shows 87% of people say these are important documents to complete but only 23% of people have actually done them! If you could benefit from an advance card planning tool kit package or a wallet card stating your Health Care Proxy information, contact Martha at 781-831-6044.



Martha Shanahan

You can also check out these helpful websites to help you understand why advance care decisions are so important and browse topics that may fit with your unique healthcare needs.

<https://theconversationproject.org/>

<https://www.honoringchoicesmass.com/>



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