



# SENIORS BY-THE-SEA

## COUNCIL ON AGING NEWSLETTER

Manchester-by-the-Sea, Massachusetts 01944-1399

Telephone (978) 526-7500 • FAX (978) 525-6441

hammondn@manchester.ma.us

September 2016

Nancy Hammond  
Director of Senior Services

### MANCHESTER COUNCIL ON AGING VAN SCHEDULE



MONDAY	9:00 to 2:00
TUESDAY	9:00 to 3:00
WEDNESDAY	9:00 to 3:00
THURSDAY	9:00 to 3:00
FRIDAY	9:00 to 2:00

24 hour notice is requested for transportation

(978) 526-7500



#### COUNCIL ON AGING MISSION

By keeping our elders as integral members of the community and supporting them through community services, resources and intergenerational activities, we endeavor to improve their well-being and enjoyment of life.

#### MANCHESTER COA EVENTS/TRIPS

##### SEPTEMBER

- 9/2 Christmas Tree Shops 9:30
- 9/5 Labor Day - Town offices will be closed
- 9/7 Salem Willows 11:00
- 9/9 Malls 9:30
- 9/12 Low Vision Meeting @ The Plains 1:00
- 9/13 Zumba resumes 10:00 @ the Chapel
- 9/14 Coffee w/Det. Locke @ The Plains 10:00
- 9/16 Trader Joe's 9:30
- 9/19 Monday Movie Matinee 1:30 @ Newport Park
- 9/21 Mystery Ride 1:00
- 9/22 The Big E 8:00
- 9/28 Walmart 9:30
- 9/27 Lunch of the Month @ The Chapel 12:15 \$8
- 9/30 Russell Orchards 9:00

##### OCTOBER

- 10/5 CharlieCard event @ Town Hall 12:30-2
- 10/12 The Village Restaurant 11:00
- 10/19 Wegman's 11:00

**PREREGISTRATION IS NECESSARY FOR ANY AND ALL ACTIVITIES OR TRIPS.**

**CANCELLATION POLICY: REFUNDS ARE ONLY AVAILABLE FOR CANCELLATIONS MADE UP TO 48 HOURS BEFORE EVENT.**

#### COMMUNITY WIDE SHREDDING EVENT

**SATURDAY SEPTEMBER 24, 2016**

**9:00 AM - 12:00 PM**

**BEHIND TOWN HALL**

The Manchester Council on Aging in cooperation with the Manchester Police Department and Town Hall will sponsor a shredding event behind Town Hall. Come between the hours of 9:00 am and 12:00 pm and bring all the documents that you would like shredded. There will be a truck on site from Shred-It Company and you will be able to view your documents being shredded right then.

**PLEASE SEND US YOUR EMAIL ADDRESS SO YOU CAN RECEIVE THIS NEWSLETTER VIA EMAIL. ALL EMAIL INFORMATION WILL REMAIN CONFIDENTIAL. PLEASE FORWARD YOUR INFORMATION TO:**

**MONTHLY MALL & TRADER JOE'S SHOPPING TRIPS**  
**MARKET BASKET SHOPPING-THURSDAY**  
**ZUMBA-TUESDAY- YOGA-WEDNESDAY**

#### C.O.A. BOARD MEETING:

No Meeting this month

#### TRIAD MEETING:

9/20/16 @ 9:30 am  
@ Town Hall, Room #5

#### FRIENDS OF THE C.O.A. MEETING:

9/27/16 @ 4:30 pm  
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS  
 Richard Curran, Constituent Services Advisor to Senator Tarr,  
 will hold office hours  
 Town Hall, Manchester by the Sea  
 Room 5  
 12:30PM—1:30PM  
 Wednesday, September 7, 2016

# ZUMBA!



**Zumba resumes September 13th.**

**Tuesdays**

**10:00 AM**

**at**

**The Congregational Chapel**

**Come join the fun!!**

**Don't miss this month Lunch of the Month on Tuesday September 27th.**

Not only will you enjoy a delicious meal there will be a presentation afterward by  
 Ellen Blomerth, DC, CNPS (certified neuropathy pain specialist)

On the topic of

**Helpful Non-Drug Treatments for Long Term Pain**

Do you or someone you care about suffer from long term pain? Neuropathy? Nerve, muscle or joint pains? What would life be like if you could lessen some of that suffering? In this presentation you can find out how you may be able to feel better, get better and use less medication. Even if you have had pain for years and even if you have been told that you will just have to 'live with it' many people can be helped. One of the worst things about long term pain is that you end up doing less and less. Ongoing pain can leave you with little energy to enjoy life. Learn about some simple positive and natural things that you can do for yourself, as well as about treatments that have been shown to help long term pain sufferers without the dangers of drugs and surgery.

**Low Vision Meeting  
 resumes  
 September 12th  
 with  
 special presenter  
 Leslie Sands  
 Holistic Nutritionist**

### An Autumn Greeting

"Come" said the Wind to the  
 Leaves one day.

"Come over the meadow and we  
 will play.

Put on your dresses of red and  
 gold.

For summer is  
 gone and the  
 days grow cold."



**Quilting  
 resumes  
 Monday  
 September 12th  
 9:30 AM  
 @ The Community  
 Center  
 Knitters Welcome**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	We Like You So <b>Like Us</b> On Facebook!!!		1  8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	2  9:30 Longevity Training @ Magnolia Library  9:30 Christmas Tree Shops
5 	6  1:00 Bridge Club	7  10:00 Yoga 11:00 Salem Willows	8  8:30 Strong Women  Market Basket Trip	9  9:30 Longevity Training @ Magnolia Library  9:30 Mall Trip
12  8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting Guest Speaker: Leslie Sands , Holistic Nutritionist	13  10:00 Zumba  1:00 Bridge Club	14  10:00 Yoga  10:00 Coffee w/Det. Chris Locke discussing scams	15  8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	16  9:30 Longevity Training @ Magnolia Library  9:30 Trader Joe's
19  8:30 Strong Women 9:30 Quilting  1:30 Monday Movie Matinee @ Newport Park	20  10:00 Zumba  1:00 Bridge Club	21  10:00 Yoga  1:00 Mystery Ride	22  8:00 The Big E  8:30 Strong Women  Market Basket Trip	23  9:30 Longevity Training @ Magnolia Library  9:30 Walmart
26  8:30 Strong Women 9:30 Quilting	27  10:00 Zumba  12:15 Lunch of the Month @ The Chapel \$8  1:00 Bridge Club	28  10:00 Yoga	29  8:30 Strong Women  Market Basket Trip	30  9:00 Russell Orchards  9:30 Longevity Training @ Magnolia Library

**WEEKLY CLASSES**

Please call the Council on Aging Office at (978) 526-7500 for further information or as otherwise noted. As always, the C.O.A. van is available for transportation. Beginners are welcome and encouraged to attend.

**STRONG WOMEN PROGRAM:** Meets every Monday and Thursday, 8:30 - 9:30 AM at the Manchester Community Center. Classes are \$3 per session or \$6 a week. Classes designed to increase strength, flexibility and endurance. Lynne Umstead, a physical therapist leads the classes. Paperwork is available at the C.O.A. Office.

**ZUMBA:** Tuesday, 10:00 - 11:00 AM at the Congregational Chapel. Pat Martines, a Zumba Gold Instructor, invites seniors to come and experience the benefits of Zumba. Any and all seniors are welcome—experience does not matter!

**YOGA:** Wednesday, 10:00 - 11:00 AM at the Congregational Chapel, Chapel Lane. Nana Dunn, a certified instructor, invites seniors to come relax, increase strength, and cultivate concentration with chair and gentle yoga postures. Any and all levels of experience are welcome. \$5 per class payable to the instructor.

**QUILTING:** Monday, starts at 9:30 AM at the Community Center. Free beginners and advanced quilting classes.

**BRIDGE CLUB:** Tuesday, 1:00—4:00 P.M. at the Newport Park Community Room. All are welcome. Please call Elizabeth Moon at (978) 526-4515 for more information or to register.

**LONGEVITY TRAINING:** Friday, 9:30-10:30 A.M. at the Magnolia Library. The mission of Longevity Training is to provide you with a simple and complete fitness plan to help create a stronger YOU! This exercise class is taught by a personal trainer of the Cape Ann YMCA. All are welcome.

**MANCHESTER SENIORS CITIZENS GOING TO THE BIG E FAIR-2016**

The Manchester Council on Aging is pleased to offer a special day at the BIG E. The C.O.A. has been awarded a special grant that will allow 55 senior citizens to travel to the Big E Fair in Springfield on September 22nd. The grant pays for luxury coach transportation to and from Springfield. Admission is \$15.

The luxury coach will leave from the Town Hall Parking lot at 8:00 a.m. sharp with a return expected around 8:00 p.m. Participants will be dropped off around 10:00 a.m. at a special gate at the fair so that they will not have to walk far to reach the entrance. The bus will pick up seniors at the same gate promptly at 6:00 p.m. for the return home ride. Reserve your seat by Friday September 16.

Ask anyone who has ever been to this Fair and they will tell you this is an extraordinary opportunity, not to be missed! Also, each state in the Union is represented with a special display. To make this trip even more special, it is "Massachusetts Day" and there will be many special offerings at the Massachusetts State display.

For the convenience of the fair goers, there are many seating areas dispersed throughout the fairgrounds. Although the fairgrounds are large, it is possible to enjoy the many offerings and at a walking pace suited to the many needs of seniors. There are also ample rest rooms throughout the grounds. This great opportunity is available to the first 55 senior citizens who call the C.O.A. office at (978) 526-7500

**ELDER BRETHREN CELEBRATION 2016 - FAST APPROACHING**

Yes – it will not be long until the Manchester Elder Brethren Association is meeting for the 139<sup>th</sup> time. This year's gathering will be held on Saturday, September 10<sup>th</sup> at the Tuck's Point Chowder House. Registration will start at 11:00 a.m. and the cost for the day is set at \$20.00. Gather at the punchbowl or on the chowder house porch, and talk with old friends and make new friends.

The meal, prepared by chefs Stan Koch and Bill Scott will be served just after noon and will feature fish and clam chowder, hot dogs and hamburgers with potato salad and apple pie for dessert. Following the meal, there will be a short business meeting and the presentation of the Boston Post Cane to the most senior elderly and the presentation of the Slade Eaton Trophy to the member who has made major contributions to the town and/or the Elder Brethren Association.

Following the meeting, we will hear from Edward Becker, President of the Essex County Greenbelt. Ed, who has been president of the organization for almost 30 years, will be talking about the conservation efforts around the North Shore carried out the organization.

So, put Saturday, September 10<sup>th</sup> on your schedule and join in the 139<sup>th</sup> Elder Brethren Celebration at Tuck's Point. Be part of Manchester's oldest and longest meeting organization. Come and enjoy friendship and a beautiful day at one of Manchester's most iconic sites, the Tuck's Point Chowder House.

**COMMONYMS**

What is a commonym you ask? A commonym is a group of words that have a common trait in the three words/items listed. For example: The words; A car - A tree- An elephant....they all have trunks. Enjoy!!

1. An Airline - A Dart - A Stairwell: \_\_\_\_\_

2. A foot - Cinderella Fairytale - A Christmas Tree: \_\_\_\_\_

3. A Compass - A Doctor - An Evergreen: \_\_\_\_\_

4. Time - A Kite - A Flag: \_\_\_\_\_

5. A Bottle - A River - A Guitar: \_\_\_\_\_

6. Deer Antlers - A Horse - An Attack: \_\_\_\_\_

7. A Whip - A Joke - A Safe: \_\_\_\_\_

8. A Dog - A Kite - A Storyteller: \_\_\_\_\_

9. A Golf Ball - A Nail - A Car: \_\_\_\_\_

10. A Peach - A Long Jump - A Pole Vault: \_\_\_\_\_

Answers on pg. 8

The "Write Time" is a creative writing class offered by the Council on Aging and taught by Katherine Robertson, local author of "Life in Violet".

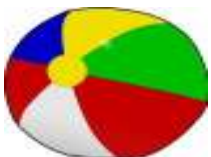
The following is written by a class participant.



### ***Birthdays*** (Lindsay Schnabel)

I really don't think as an adult I need to celebrate my birthdays. However because my birthday falls in the middle of the summer, my favorite time of year and because I had launched myself into my 70th year feeling healthy and good about myself, my friends and my family, decided a celebration was necessary.

The plan was to have it catered with a bartender so I wouldn't have to sweat the small stuff. It was going to be on our beach at the Cape house in West Falmouth. The house, a converted boat house, is small but oozing with charm, and been in our family for over 90 years. It's not about the house but the location, the island, the summer life, the water, the channel swims, the feeling you get when you first approach the island when all you can see is beach, ocean, inlets, sand dunes and boats. Many of the people on the island I've known since I was a child. Things change and people grow old and some have to sell but the ones that stay never get over the draw of the Summers to Chapoquiot Island. The party list was growing but not to the out of towners because I didn't have much room to offer beds. Good friends from Washington, Montreal, and Florida signed on with heart and soul. There were also my island buddies which swelled the guest list to a bit beyond manageable. Yes, it was going to be a large group of friends. As my actual birthday is the 5th of July I'd decided to have this grand event on the 4th, a Saturday. All was going well in the planning department until there were mumblings about a hurricane. I didn't pay too much heed because it might just blow off shore and I'm a positive thinker; but when Mayor Menino of Boston cancelled the Boston fireworks for the 4th of July because of the impending hurricane, it caught my attention. I thought my beach party might be in trouble. The house had been a whirlwind of activity for a few days with friends and family enjoying tennis, lounging, meals on the beach, sailing and of course trips to the French Bakery. Lots of talk about extra hors d'oeuvres, planning and cooking. In the interim I decided to relocate the party to the barn on the island. This is where they store the boats in the winter but in the Summer it becomes a great venue for parties, although not often used. As chance had it, friends had celebrated a wedding there the previous weekend. They asked if they should leave up the decorations. That was a no brainer. Of course! My out of town friends sprang into action and did lots more decorating, which I wasn't supposed to know about. There was this pre-hurricane rain and wind in the morning that made you feel glad you had afternoon plans, just to divert your thoughts of how much of a rage the storm could create. People were rushing about trying to secure their boats and locate their candles. As the barn was on the other side of the island from our house there was a constant shuttle of hors d'oeuvre platters in spite of the driving rain and caterer whose assignments diminished in the light of my own cooking crew. I don't think anybody will forget that night as almost everybody on the island sheltered themselves from the storm in the barn. The bartender was featuring the hurricane special of her own invention. The food was flowing and everybody was happy to have a place to escape as the hurricane threw the rain and wind violently at my favorite island. Yes we all loved the evening's venue and the island survived the beating and I don't think it even lost a tree.





## Successful Aging: A brain game that reduces dementia risk

Keeping our memories sharp and our reasoning skills at their optimum has been addressed by well-marketed and big business enterprises — the brain game industry. The number of games available is astounding. Writer Amber Hensley identifies online “100 awesome anti-aging brain games” and divides them into categories such as online brain sharpeners; puzzles and word games; video games; Wii games; board, card and strategy games; classic games online and more. Many claim to mitigate risks of dementia.

Henry Mahncke, CEO of Posit Science, says that there is only one problem with the brain games — the lack of sound scientific evidence. That’s about to change.

At the recent Alzheimer’s Association International Conference in Toronto, Jerri Edwards, an associate professor in the School of Aging Studies at the University of South Florida, announced a breakthrough study that reduces the risk of dementia with compelling scientific evidence.

The study was conducted over a 10-year period with 2,802 healthy adults living in the community, age 65 and older. The bottom line: An exercise was found to cut the risk of dementia by 48 percent in people asked to train 14 hours.

Participants were randomized into a control group and to one of three cognitive training programs: A memory program and reasoning program both taught by an instructor or a computerized speed-training program. All but the control group received a total of 10 hours of training (two hours a week for five weeks) at the beginning of the 10-year period. A subset of participants was asked to complete additional training after 11 and 35 months. All participants were measured on a battery of assessments after years one, two, three, five and 10.

Researchers found that different types of training had different results. The memory and reasoning training taught by an instructor did not show a significant effect. The computerized speed-training group had a 33 percent risk reduction of dementia. Those who trained an additional four hours from this group had a 48 percent risk reduction.

This scientific study is considered the first to demonstrate that a behavioral intervention, i.e. training, can reduce the incidence of dementia.

A note on speed training — it is designed to improve the speed and accuracy of something called the processing of visual information, the visual area that a person takes in to make a quick decision without moving one’s head or eyes. This processing speed decreases with age and is considered a key index of brain health. It has been compared to the diagnostic value of blood pressure measurements for cardiovascular health.

Mahncke calls this research one of “a gold standard, letting us know there is something you can do before a brain catastrophe happens.” He added that “people often believe that the brain is like a machine and wears out over time. Not true. The brain constantly adapts and reorganizes.”

The concern about dementia, particularly Alzheimer’s disease, is well founded. We are an aging society, and age is a risk factor. Alzheimer’s disease is progressive with no known cause or cure and is the sixth leading cause of death in the U.S. In 1998, it was the 12th leading cause.

The next step for Posit Science is to submit the data to the Food and Drug Administration for a medical device application. The brain exercise has been exclusively licensed to Posit Science Corp. and is available as the Double Decision Maker exercise in its BrainHQ.com training program.

From Los Angeles Daily News-Helen Dennis

If all the cars in the U.S. were placed end to end it would probably be Labor Day Weekend. - Dave Lawson



**Answers to Commonyms puzzle on pg. 2**

1. They have flights
2. They have balls
3. They have needles
4. They all fly
5. They have necks
6. They are mounted
7. They are cracked
8. They have "tails/tales"
9. They are driven
10. They have pits



**RMV Near Me**

The Registry of Motor Vehicles is partnering with area Councils on Aging to provide five of the most common transactions at C.O.A. sites to hopefully decrease wait times at registry branches. The Manchester C.O.A. will be one of those sites. Transactions are: license renewals (for licensed drivers younger than age 75), registrations renewals, change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. If you need assistance with one of the above transactions please drop by the C.O.A. office on Thursdays from 1:00-2:30 p.m. and speak with Eva. You must have a valid checking account or credit card to process any transaction: no cash will be accepted. Please be advised that the Manchester C.O.A. is not required to provide assistance and there may be instances where we may decline to process your transaction with the Registry.

**Manchester Council on Aging**  
10 Central Street  
Town Hall  
Manchester by-the-Sea, MA 01944

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