



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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

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October 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 C.O.A. EVENTS/TRIPS

OCTOBER

- 10/5 Flying Horse Outdoor Sculpture 9:00
- 10/5 CharlieCard Event @ Town Hall 12:30
- 10/7 Mall 9:30
- 10/10 Columbus Day- C.O.A/Town Hall closed
- 10/12 The Village Restaurant 11:00
- 10/14 Trader Joe's 9:30
- 10/17 Low Vision Meeting @ The Plains 1:00
- 10/19 Wegmans 10:30
- 10/21 Walmart 9:30
- 10/22 Drug Take Back Program 10-2 Police Station garage
- 10/24 Monday Movie Matinee @ Newport Park 1:30
- 10/25 Lunch of the Month @ The Chapel 12:15 \$8
- 10/26 Mystery Ride 1:00
- 10/27 The Davis Museum 10:00

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.

DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO,PPO), you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in you plan for 2017. During the annual Medicare Open Enrollment (October 15-December 7), you will have a chance to **CHANGE** your plan for next year. A SHINE Counselor can help you understand your plan changes, as well as other options you may have. Call the C.O.A. for an appointment with a SHINE Counselor. (978) 526-7500



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

C.O.A. BOARD MEETING:

10/12/16 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

10/18/16 @ 9:30 am
@ Newport Park Community Room

FRIENDS OF THE C.O.A. MEETING:

10/25/16 @ 4:30 pm
@ First Parish Church Chapel

Mark Your Calendars Senior CharlieCard Event

Town Hall
10 Central Street
Room 5

Wednesday

October 5, 2016

12:30PM-2:00PM

On Wednesday, October 5th the Council on Aging is conducting a Senior CharlieCard Event at town hall. A Senior CharlieCard allows seniors to have a discounted fare on the MBTA. This is for seniors 65 years of age or older who are interested in applying for an initial Senior CharlieCard. Please call the Council on Aging at 978-526-7500 to sign up.

Pumpkin Head

We bought a pumpkin big and round
that lived the summer through
Without an eye to look at things...
and now it looks through two.

It used to be all dark inside
when growing on the vine,
but now it has a toothy smile
and face that's full of shine.
-Aileen Fisher



Time Change for Quilting Club

The club will now start at 9:45 instead of 9:30.

Location Change for Friends of the Council on Aging Meeting

The meeting of the Friends of the Council on Aging will now be at the First Parish Church Chapel.

SHINE

Serving the Health Information Needs of Elders

The Massachusetts Executive Office of Elder Affairs SHINE Program provides free confidential health insurance information, education, counseling and assistance to Medicare beneficiaries of all ages, their family members and other caregivers.

SHINE counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs in many areas of health insurance including original Medicare, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Medicare Rights and Protections, Prescription Advantage, MassHealth and many other programs for people with limited income and resources, and other Medicare, government and private health plans.

SHINE counseling is available by appointment in the Council on Aging office. Please call Nancy Hammond with questions or for more information (978)526-7500.

Senior Tax Work Off Program

The Town of Manchester-by-the-Sea Council on Aging is now accepting applications from seniors interested in participating in the Senior Tax Work Off Program. This program allows a senior to work up to 125 hours for the Town between September 1, 2016 and May 31, 2017 to receive up to a \$1000 credit on their property taxes.

Seniors over the age of 65 with a primary residence in Manchester-by-the-Sea, and with a gross income not exceeding 500% of the Federal Poverty Level are eligible for the program. Seniors with a gross income at or below \$58,350 for individuals or \$78,650 for couples may qualify for the program.

For more information about the program contact Nancy Hammond, Director of Senior Services at (978) 526-7500 or email at hammondn@manchester.ma.us.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Strong Women 9:45 Quilting	4 10:00 Zumba 1:00 Bridge Club	5 9:00 Flying Horse Outdoor Sculpture 10:00 Yoga 12:30 Charlie Card Event	6 8:30 Strong Women 10:00 VNA Health Clinic @ The Plains Market Basket Trip	7 9:30 Longevity Training @ Magnolia Library 9:30 Mall Trip
10 	11 10:00 Zumba 1:00 Bridge Club	12 10:00 Yoga 11:00 The Village Restaurant	13 8:30 Strong Women Market Basket Trip	14 9:30 Longevity Training @ Magnolia Library 9:30 Trader Joe's
17 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting @ The Plains	18 10:00 Zumba 1:00 Bridge Club	19 10:00 Yoga 10:30 Wegman's	20 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	21 9:30 Longevity Training @ Magnolia Library 9:30 Walmart
24 8:30 Strong Women 9:45 Quilting 1:30 Monday Movie Matinee	25 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club	26 10:00 Yoga 1:00 Mystery Ride	27 8:30 Strong Women Market Basket Trip	28 10:00 The Davis Museum 9:30 Longevity Training @ Magnolia Library
31 8:30 Strong Women 9:45 Quilting				

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 A.M. 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 A.M. 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 A.M. 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 9:45 A.M. at the Community Center. Free beginners and advanced quilting classes. Knitters welcome.

BRIDGE CLUB: Tuesday, 1:00—4:00 P.M. at the Plains 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. This 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.

Flu Clinic Coming Soon

Look for a notice in the Cricket or call the C.O.A. office for more information.

We Like You.....So Like Us.....On Facebook

Search for Manchester Council on Aging and be the first to know all our exciting news.

**Drug Take Back Program
Saturday Oct.22nd
10:00 a.m.-2:00 p.m.
At the Police garage behind Town Hall**

The Manchester Council on Aging, the Manchester Police Department and the Drug Enforcement Agency (DEA) are pleased to offer a drug take back program for all residents of Manchester and the Cape Ann area.

Any and all medications, prescription or otherwise, can be dropped off at the Police Station garage between 10:00 a.m.-2:00 pm on October 22nd. The police ask that you take all your medications out of the pill bottles and combine into a zip lock bag. This same procedure is to be used if you drop medications off at the Police Station drop box at another time.

NO SHARPS ALLOWED

If you need to discard any sharps, please contact the Board of Health during business hours.

Call the Manchester Council on Aging with any questions. 978-526-7500

COMMUNITY AND OUTREACH INFORMATION

OUTREACH PROGRAM

The Manchester C.O.A. offers the following outreach services. Please contact the C.O.A. office at 978-526-7500 for more information or to schedule an appointment.

- Insurance Counseling
- Friendly Visitors
- Transportation needs
- Help with errands
- Information, referral & advocacy
- Support for Caregivers

PROTECTIVE SERVICES FOR ELDERS

Manchester's protective services office for elders is SeniorCare, Inc. at 1-866-927-1050 (toll free), available 24 hours a day for elder abuse or neglect and can work with the highest degree of confidentiality for sensitive situations.

MONEY MANAGER

Volunteers are available and trained through SeniorCare, to help you do your bills. Call the C.O.A. office at 978-526-7500 if interested.

VETERAN'S AGENT

If you are a veteran or relative of a veteran and have questions contact the District Office at 12 Emerson Ave., Gloucester 978-281-9740.

MEALS ON WHEELS PROGRAM

Are you homebound, just getting home from a hospital stay, having trouble preparing your meals? If you are over 60 and need some nutritional support. Meals on Wheels could be your answer. The program offers nutritionally balanced hot meals at lunch time five days a week. Small donation requested for meals. This program, along with the congregate meals, is sponsored by SeniorCare, Inc.

HEALTH INSURANCE INFORMATION/SHINE PROGRAM

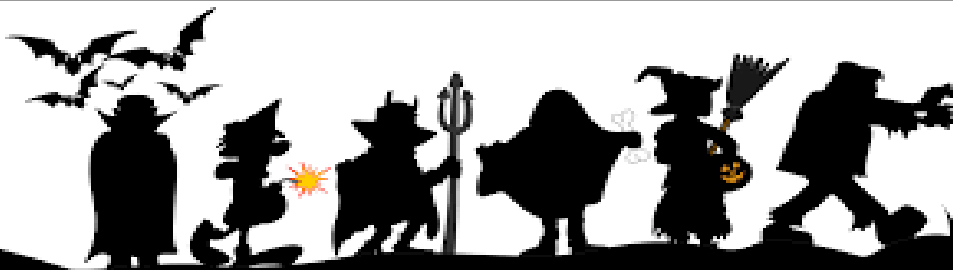
Serving Health Information Needs of Elders. Nancy Hammond is available by appointment by calling the C.O.A. office at 978-526-7500 to answer questions regarding health insurance and prescription plans.

NOTARY SERVICES

Nancy Hammond, Director of the C.O.A., is a notary public. So the next time you need something notarized give us a call, this is a free service.

TRIAD COUNCIL

TRIAD's ongoing programs consist of the File of Life and the shredder program. These programs could save a life. TRIAD has monthly meetings the third Tuesday of every month in Town Hall. All are welcome to join. Please call the C.O.A. office for more information at 978-525-7500.

Recipe of the MonthDirt Cups

Ingredients:

- ◆ 2 cups cold milk
- ◆ 1 (4 oz) package instant chocolate pudding mix
- ◆ 1 (8 oz) container frozen whipped topping, thawed
- ◆ 1 (16 oz) package chocolate sandwich cookies, crushed

Directions:

- ◆ Beat milk and pudding mix together in a bowl until well blended and slightly thickened, let stand to thicken, about 5 minutes
- ◆ Stir whipped topping and 1/2 of the crushed cookies into pudding. Spoon 1 tablespoon crushed cookies into each serving cup. Fill each cup 3/4 full with pudding mixture and top with remaining crushed cookies. Refrigerate for 1 hour.
- ◆ Garnish with gummy worms.

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 story was written by a class participant.



Grandparents (Ray Frieden)

My father's parents were quite sedentary. His mother, Sarah, died when I was quite young. I remember his father's second wife, Jenny, much better. She was much more active and took care of my grandfather as he aged and, eventually died. I don't remember seeing her after that. I think that she had children by her first marriage and probably spent her time with them.

So we never spent much time with them, rather spending time with my mother's parents, Irving and Sarah, at the carpet store and at my grandfather's farm in Banning-in the country outside of L.A. That was a wonderful place and he loved being there rather than at his carpet store. I loved being there as well and I especially remember the ride out there. It was on a long country road that ran parallel to a pair of railroad tracks. The tracks, of course, ran flat and true: the road alongside, however, ran up and down a whole series of rises and dips that had not been flattened out as had the railroad bed. We always drove to L.A. from Boston to visit so my father always bought Buick cars which were big and softly suspended so the ride was a series of soft rebounds and floats as it reacted to the road.

Funny, I don't remember much about the house in Banning. My son-who lives in Los Angeles-and I once tried to find it based on directions from my aunt. I'm pretty sure that we got to the spot where it had been but, if we did, it was no longer there, having been replaced by subdivision of small houses and an adjacent field filled with weeds.

Being a city kid, the house in Banning was of no interest to me but the carpet store in L.A. was. As much as it was a retail store, it also served as the warehouse with a huge floor filled with 12 and 15 foot-long rolls of carpet, each between 18 and 24 inches in diameter. They were lined up so that you could walk along the ends of the rolls and inspect the color, material and the way they were made. The cotton carpets were just bits of cotton adhered to a reinforced latex sheet. The wool carpet were loops of wool squeezed into a matrix of cotton and the trimmed at the top to give a dense look of what was referred to as 'pile'.

Up above one side of the store was the apartment that my mother had grown up in and that my grandparents still lived in. It opened out onto a flat roof with the huge curved roof of the rest of the store off to the left. My grandfather would dry some of his fruits and vegetables on that roof for use in the winter. In one corner at the other end of the flat roof was a little shed that held my grandfather's pride and joy: his carrot-juicing machine. It would turn carrots into a thick warm, sweet concoction that was like nothing else to drink. They sell carrot juice in bottles at supermarkets and I've tried it but it seems to me to be thin and tasteless in comparison.

My grandmother also made 'strudel': a pastry made of a sheet of dough cut into three-inch strips and then wrapped around a mixture of raisins, dates and almonds which have been minced almost into a paste-almost but not quite so there is still a somewhat gritty texture with bits of each that you bite into and get a surprising burst of flavor. After each strip was wrapped around

Continued on the next page

Grandparents—continued from previous page

The raisin/date/almond mix, my grandmother would carefully wrap each piece in waxed paper and fold each end over to keep it sealed and the moisture in. A box of strudel was a great treat and eagerly looked forward to by my college roommates.

My father's father owned a store in what is now the Watts neighborhood of Los Angeles called 'Frieden's Department Store'. At the time, the neighborhood was occupied by Russian and Polish Jews and Frieden's Department Store supplied them with everything they needed for life in the neighborhood and outside where the younger and more adventurous residents might look for work. I don't know if I ever looked for or found Frieden's Department Store. By that time I was much more impressed by my father's academic life and his focus on biochemistry. He was a PhD and worked first at Harvard and then at Tufts. I especially loved the biochem building at Harvard with the two stone rhinoceri out in front. My father mostly used guinea pigs in his experiments but also had some tiny alligators which I would let loose in the corridor outside his lab to watch them skittle along. I think he found it as amusing as I did but he would always scold me for letting them loose.

I think that Jenny brought my grandfather (then known as Grandpa Sam') to visit in Boston but I don't remember much about that visit. I think he died soon after that and Jenny went back to stay near her own kids.

FLU SEASON IS RIGHT AROUND THE CORNER

Take everyday preventative actions to stop the spread of germs

- Try to avoid contact with sick people.
- While sick, limit contact with other as much as possible to keep from infecting them.
- If you are sick with flu symptoms, the Center for Disease Control and Prevention recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hand often with soap and water. If soap and water is not available, use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu

Info found at www.cdc.gov

There are three things I have learned
never to discuss with people: religion,
politics and the Great Pumpkin.
~ Linus Van Pelt in "It's the Great Pump-
kin, Charlie Brown"

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Reasons I love Fall



1. Pie

Pusheen.com



2. Pie

Pusheen.com



3. Pie

Pusheen.com



4. Pie

Pusheen.com



5. Pie

Pusheen.com



6. Also pie

Pusheen.com

Hearing Aid Recycling

Do you have old hearing aids laying around? You can donate them to the Starkey Hearing Foundation and they will refurbish them and give them to someone in need. Many of the hearing aids used on international hearing missions come from the recycling program, making hearing aid donations vital to the success of the Foundation.

Follow these simple steps to donate your hearing devices and change someone's life today.

1. Place the hearing aid in a crush-proof box, old pill bottle or other secure package.
2. Mail to: Starkey Hearing Foundation, ATTN: Hearing Aid Recycling, 6700 Washington Avenue South, Eden Prairie, MN 55344
3. Please include your name and address where you would like a donation receipt sent.

For more information contact them at 800-328-8602 or recycling@starkeyfoundation.org

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

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