



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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March 2017

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 4:00
THURSDAY	9:00 to 4:00
FRIDAY	9:00 to 3:00



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

MARCH

- 3/3 Ocean State Job Lots 10:00
- 3/8 Reds 11:00
- 3/10 Mall 10:00
- 3/13 Low Vision Meeting @ The Plains 1:00
- 3/15 Boston Public Library 10:00
- 3/18 Magic of Ireland @ Crowell Chapel 3:00
- 3/20 Monday Movie Matinee @ Newport Park 1:30
- 3/22 Mystery Ride 1:00
- 3/23 Boston Flower & Garden Show \$16 9:00
- 3/24 Trader Joe's 10:00
- 3/28 Lunch of the Month @ The Chapel \$8 12:15
- 3/31 Walmart 10:00

APRIL

- 4/7 Christmas Tree Shops 10:00
- 4/10 Low Vision Meeting @ The Plains 1:00
- 4/14 Mall 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.



**WE LIKE YOU SO
LIKE US ON FACEBOOK.**

We have a brand new Facebook page. Just search for Manchester Council on Aging and click LIKE and you can be up to date with all the C.O.A. happenings.

**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:
hammondn@manchester.ma.us**

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

C.O.A. BOARD MEETING:

3/8/17 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

3/21/17 @ 9:30 am
@ Newport Park

FRIENDS OF THE C.O.A. MEETING:

3/28/17 @ 4:00 pm
@ The Congregational Chapel Conference Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curren, Constituent Services Advisor

Town Hall, Manchester by the Sea

Room 5

1:00PM—2:00PM

Wednesday, March 8, 2017

Discounted Cape Ann Symphony Tickets

Romantic Masters

2:00 p.m., March 26th

At Manchester Essex Regional High School

\$20 (regularly \$35)

Hear this world class orchestra perform Dvorak, Symphony NO. 8 and Saint-Saens Cello Concerto with BSO cellist Blaise Dejardin. Contact the C.O.A. office by 3/16 to reserve your ticket 978-526-7500.

Pi Day is celebrated on March 14th (3/14) around the world. Pi is the symbol used in mathematics to represent a constant-the ratio of the circumference of a circle to its diameter-which is approximately 3.14159. Pi has been calculated to over trillion digits beyond its decimal point. As an irrational and transcendental number, it will continue infinitely without repetition or pattern. Here are some limericks to celebrate Pi Day!

Pi day's pretty unique,
Celebrating a letter from Greek
3rd month 14th day,
Say hip-hip hurray,
A day for math interest to peak!

A Greek guy helped prove pi so true,
And others from other lands too...
But it wasn't Horatio,
Who uncovered the ratio,
But a dude who invented a screw...
(Archimedes screw)

The smartest dude ever on Earth?
Einstein? For what it's all worth...
Relativity surmised,
I'm not that surprised,

Used Medical Equipment

The Masonic Hall in Ipswich stores donated, used medical equipment such as walkers, toilet seats, canes and occasionally wheelchairs. Call the Masonic Hall at 978-356-9716 to donate items or for information on obtaining items.

Or

Choose to ReUse Your Equipment with dmeREquipment.org or 1-800-261-9841. REquipment is an innovative durable medical equipment (DME) reuse program that gives a second life to un-needed medical equipment. REquipment provides free refurbished equipment to adults, children and seniors. REquipment accepts donations of gently used DME that is not older than 5-6 years.

Monday Movie Matinee

Monday March 20th

Newport Park

1:30 p.m.

Refreshments will be served



Contact Your Local Legislator


U.S. Senator Elizabeth Warren (617)565-3170

U.S Senator Edward Markey (617)565-8519

U.S. Congressman Seth Moulton (978)531-1669

MA Senator Bruce Tarr (617)722-1600

MA Representative Brad Hill (617)722-2100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Yoga	2 8:30 Strong Women 10:00 VNA Health Clinic @ Newport Park Market Basket Trip	3 9:30 Longevity 10:00 Ocean State Job Lots
6 8:30 Strong Women 9:45 Quilting	7 10:00 Last Zumba class of this session 1:00 Bridge Club	8 10:00 Yoga 10:45 Depot Diner	9 8:30 Strong Women Market Basket Trip	10 9:30 Longevity 10:00 Mall Trip
13 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting @ The Plains	14 1:00 Bridge Club	15 9:00 Boston Public Library 10:00 Yoga	16 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	17 9:30 Longevity 18 3:00 The Magic of Ireland Concert @ Crowell Chapel
20 8:30 Strong Women 9:45 Quilting 1:30 Monday Movie Matinee	21 1:00 Bridge Club	22 10:00 Yoga Market Basket Trip	23 8:30 Strong Women 9:00 Boston Flower & Garden Show \$16	24 9:30 Longevity 10:00 Trader Joe's
27 8:30 Strong Women 9:45 Quilting	28 10:00 Zumba resumes 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club	29 10:00 Yoga 1:00 Mystery Ride	30 8:30 Strong Women Market Basket Trip	31 9:30 Longevity 10:00 Walmart

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: 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.

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.

QUILTING: Monday, starts at 9:45 AM at the Community Center. Free beginners and advanced quilting classes.

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.

What would you do if you became seriously ill?

There is a document called Five Wishes that will help you with this difficult question. Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care. It's also easy to use. All you have to do is check a box, circle a direction, or write a few sentences.

For your copy of Five Wishes drop by the Council on Aging office.

Income Tax Advice

Free income tax advice will be available for qualified senior citizens and low income residents began on Thursday, February 9, 2017. This service is available through a cooperative effort of the AARP Foundation tax-aide program and the SeniorCare RSVP program.

All volunteer counselors are trained by the Internal Revenue Service; counselors will have hours at the Town Hall in Manchester on Thursday's 12:45 to 4:00 p.m. with appointments scheduled every 45 minutes. APPOINTMENTS ARE NECESSARY AND CAN BE SCHEDULED BY CALLING THE COUNCIL ON AGING OFFICE. (978) 526-7500 Seniors coming in for tax advice should bring with them copies of their **previous year's federal and state tax returns, any forms including W-2s and other relevant material showing income for the year.** Please call (978) 526-7500 for an appointment or for more information.

Recipe of the Month Irish Bananas

Ingredients:

1/2 cup butter
1/2 cup packed light brown sugar
1/2 cup Irish whiskey
4 large bananas-peeled and halved lengthwise

**Directions:**

Melt the butter in a skillet over medium heat. Stir in the brown sugar and whiskey. Bring to a boil and cook until sugar has dissolved. Add bananas to the skillet and simmer gently until bananas are tender and glazed with the syrup. Serve immediately with vanilla ice cream.

Spring Training



BASEBALL
CATCHER
GRAPEFRUIT LEAGUE
OUTFIELD
PRESEASON
ROSTER
STATISTICS

BATTING PRACTICE
CLUBHOUSE
INNINGS
PITCHER
REGULAR SEASON
SPRING TRAINING
TRY OUTS

CACTUS LEAGUE
EXHIBITION GAME
OPENING DAY
POSITION
ROOKIE
STARTING ROLE
UNIFORMS



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.

The inspiration for this story was a photo of an Indian figurine of a mother holding two children.

It represents the story tellers-those who pass down tribal stories to children.



FAMILY STORIES TO BE PASSED TO CHILDREN (Nancy Frieden)

On Sunday, many Friedens met in New Hampshire at Roger and Katherine's home. There, Justin and Gessa were honored as new and almost new members of the Frieden family.

Gessa Lee is only six weeks old and Justin is still in his mummy's belly. He was due to arrive in January.

Emily, Justin's aunt, asked us all to share stories about birth and labor. What was insightful was older siblings remembering births of their younger sisters and brother, husbands and wives discussing their recollections and how the same event was viewed rather differently. Each has a different point of view, of course. Yes, in more ways than one. So storytelling in the Frieden family is always a part of any reunion which is so wonderfully fun and insightful. A look into the hearts of the people involved.

The story that occurred to me that I didn't share but is a recurring mental theme that runs through my mind is unconditional love. That begins at birth. I think it is amazing how easily forgotten the work and pain of childbirth is almost immediately forgotten with the joy of holding and seeing the child you just produced. And that is just the beginning of what at 73 years old has taught me about unconditional love. I think it is the amazing ability that the mind has to forget pain and unhappiness when love and good fortune comes into the picture. It is the ability to encourage good behavior rather than dwell on the bad behavior. Not that the wrongs don't deserve analysis but as a learning lesson on how to find ways not to repeat the same unrewarding behavior.

For example, I was in charge of Theron. He is a two year old. We had been staying in the driveway in their yard for hours having a wonderful time: with play-dough, chalk, cars, basketballs, golf balls, reading books; just a delightful experience for me alone with my adorable grandson. It was pickup time. We were sort of working together. I turned my back on him and carried some pillows to the door of the house and threw them inside and turned around and Theron wasn't there. It shocked me. 'Theron where are you!?' I yelled 'Theron' in that voice that makes everyone know something's wrong. Hannah came running out and she went one way and I went the other. She found him sitting on the back stairs knowing he was in trouble and scared and crying. Mostly from my screams of 'Theron, where are you?' Hannah took him inside and calmed him down and I calmed down and realized I had scared everyone with my yelling.

Hannah has since practiced regularly in a calm voice "Theron, where are you?" and he answers "Here I am!" He is a good boy and listens carefully and, for the most part, does what he is told. But he is one and fast and smart and has a mind of his own so learning to come when called is important.

My first son, Marc, ran away on his Fisher-Price truck out the gate and up the street in Cambridge. When I got him I spanked him. I think Hannah handled it better but, in the end, it is love that comes through. That's all! Just love. Mums don't want anything bad to happen to their

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babes and to protect them at all cost but I think to make it all work well you must learn from the unwanted behavior and then encourage good behavior-and hug and love them always. Even when they are 34, 39, and 45. Unconditional love is the story I want those two babies in the figurines arms to understand and cherish.

I'll love you forever

I'll like you for always

As long as I'm living

My baby you'll be.

Be Alert to Tax Scams

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications.

The IRS will NEVER:

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.

Demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

Ask for credit or debit card number over the phone.

The IRS does not initiate contact with taxpayers by email, text messages or social media to request personal or financial information. **The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.**

-Courtesy of the Commonwealth's Comptroller



Keep Those Irish Eyes A-Smiling!!

The Magic of Ireland Concert

Saturday 3/18

3:00 p.m.

Crowell Chapel.

Listen & sing along to traditional Irish music:
ballads, jigs, reels, folk & drinking songs.

Free

Treats will be served

Call the C.O.A to reserve a seat 978-526-7500

Transportation is available

Limerick

I'm really determined and keen
 To start giving this house a spring clean.
 I will do it I say,
 Yes, I'll do it today ...
 Well, I'll do it tomorrow, I mean.

VETERAN'S SERVICES

The Department of Veteran's Affairs provides a wide range of benefits to all veterans. Here is a reminder of some services that are available:

- Bronze or granite grave markers are provided and installed at no cost.
- The VA replaces lost medals, ribbons, and other awards, again at no cost.
- Prescription drugs can be obtained at the cost of \$8.00 per month per prescription.

Please contact the District Office at 12 Emerson Ave. Gloucester at 978-281-9740.

Joke of the Month in honor of
St. Patrick's Day

An Irishman was flustered not being able to find a parking space in a large mall's parking lot.

"Lord," he prayed, "I can't stand this. If you open a space up for me, I swear I'll give up drinking me whiskey, and I promise to go to church every Sunday."

Suddenly, the clouds parted and the sun shone on an empty parking spot. Without hesitation, the man said, "Never mind, I found one."



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

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