



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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April 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

APRIL

- 4/7 Christmas Tree Shops 10:00
- 4/10 Low Vision Meeting @ The Plains 1:00
- 4/12 No Van Service after 1:00
- 4/14 Mall 10:00
- 4/17 Patriot's Day—Office is closed
- 4/19 Mystery Ride
- 4/25 Lunch of the Month @ The Chapel 12:15
- 4/26 Wednesday Movie Matinee @ Newport Park 1:30
- 4/28 Walmart 10:00

MAY

- 5/8 Low Vision @ The Plains 1:00
- 5/10 Lunch at Depot Diner 11:15
- 5/13 Mall 10:00
- 5/17 Mystery Ride 1:00
- 5/19 Trader Joe's 10:00
- 5/24 Tea @ Historical Museum w/Delvena Theatre 1:30

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.**

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

COLLECTION PROGRAMS

The Council on Aging continues to collect cell phones, eye glasses, hearing aid batteries and pop tops. Please call the C.O.A. office with any questions. (978) 526-7500

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

C.O.A. BOARD MEETING:

4/12/17 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

4/18/17 @ 9:30 am
@ The Plains Community Room

FRIENDS OF THE C.O.A. MEETING:

4/25/17 @ 4:00 pm
@ The Congregational Chapel Conference Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall, Manchester by-the-Sea

Room 5

1:00 PM-2:00 PM

Wednesday, April 12, 2017

How Well Do You Remember the Batman T.V. Show?

1. Who played Batman and Robin? _____
2. What were their real names on the show? _____
3. What was the police commissioner's name? _____
4. Who played him? _____
5. What city did the show take place? _____
6. What were the nicknames for Batman and Robin? _____
7. Who was the only person to know the identity of Batman and Robin? _____
8. What nights of the week was the show on? _____
9. Who played Batgirl? _____
10. Three women played Catwoman. Name them. _____

Answers on pg. 8

The Silent Call Procedure

The Silent Call procedure is a unique program in the Massachusetts Enhanced 9-1-1 system that allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response.

If you need to call 9-1-1 and you are unable to speak for any reason, such as a physical disability, domestic violence or home invasion, follow these simple steps using a touch tone wireline telephone or a cell phone:

FIRST DIAL 9-1-1

Once the call is answered, indicate your need to by pressing the appropriate number on your telephone.


If you need **POLICE**—Press **1**

If you need **FIRE**—Press **2**

If you need **AMBULANCE**—Press **3**

The 9-1-1 Dispatcher may ask questions that require yes or no answers.

Press **4** for **YES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Strong Women 9:45 Quilting	4 10:00 Zumba	5 10:00 Yoga	6 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	7 9:30 Longevity 10:00 Christmas Tree Shop
10 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting @ The Plains	11 10:00 Zumba 1:00 Bridge Club	12 10:00 Yoga No Van Service after 1pm	13 8:30 Strong Women Market Basket Trip	14 9:30 Longevity 10:00 Mall
17 	18 10:00 Zumba 1:00 Bridge Club	19 10:00 Yoga 1:00 Mystery Ride	20 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	21 9:30 Longevity
24 8:30 Strong Women 9:45 Quilting	25 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club	26 10:00 Yoga 1:30 Movie @ Newport Park	27 8:30 Strong Women Market Basket Trip	28 9:30 Longevity 10:00 Walmart Trip



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.

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 Newport Park Community Room. All are welcome. Please call Elizabeth Moon at (978) 526-4515 for more information or to register.

Blackstone Valley Experience.**Thursday, June 29****9:30 AM– 7:00 PM****\$81.00**

Summer is going to be here before you know it. The Manchester Council on Aging has teamed up with the Hamilton Council on Aging to offer you great trips

Take a motor coach from the Hamilton Senior Center and start off the day with a tasty lunch at Wrights Farm Restaurant. Afterwards we'll head to Pawtucket to the Slater Mill. Here you will learn about the lives of the New England villagers, inventors, artisans, and entrepreneurs who created the American Industrial Revolution. End the day aboard the Blackstone Valley Explorer, a covered riverboat, to take a 45 minutes narrated tour along sections of the Blackstone River to see the beauty of the river and learn its ecology and history. Tour includes: motor coach, escort, driver gratuity, admission & tour of Slater Mill Site, narrated canal boat ride, lunch, snack & water on the motor coach and fun surprises.

Call the Manchester Council on Aging to sign up. Reservation and payment must be made by May 25th.

Other upcoming trips: Kennebunkport Monday, July 17 and Block Island on Thursday, August 10 — more information to come.

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.



How my Vision of Luxury changed throughout my Life (Lindsay Schnabel)

When I was probably 7 or 8 years old I remember seeing my grandmother's dining room table prepared for a party. It was the most beautiful thing I had ever seen. I couldn't have created such a scene of indulgence in my mind if I had tried. I probably closed my eyes and opened them again to make sure it was real. What I remember most clearly even now were the purple glasses sparking in the morning light. They couldn't have been a very thick glass because I remember seeing light thru them. It was magical as if I'd just been allowed into a new world of the most glittery things imaginable. I'm sure there was plenty of well polished silver to help create the effect but it's the purple glasses that unwrapped this fanciful world.

Many years later, maybe as many as 50, I went to visit my brother's dining room. His wife had picked out a wall paper she absolutely craved. They both decided it was simply too expensive. My brother being a very creative person decided to go study the wall paper and then paint the dining room wall to replicate the paper. He got into all the fine detail and then some. As I recall there are some flecks of gold in lovely design of colors. He felt the only way to completely create the full effect for the entire room was to gold leaf the ceiling. The effect is dazzling and I don't really need to mention that by now they had far exceeded the price of the wall paper but it was so worth it. In candlelight the room is transformed to a magical palace of luxury of their own creation. Drinking a glass of wine in their dining room maximizes the subdued fruity pleasure of the wine. And you wouldn't even have to be a great cook to make a gourmet statement in such a lap of luxury.

As my habit of travel intensified and I wandered to many countries in Asia, I found myself craving these wonderful resorts in Sri Lanka. My very favorite called Vil Uyana I visited one afternoon as a friend took 3 of us there to have a drink at sunset. I planned my subsequent visit to treat my little groups and myself to this very resort. It never disappoints! The rooms are entire houses or villas situated around the very lush property in the middle of Sri Lanka. Their goal is to preserve the land and creatures on it. Upon arrival one walks over strategically placed flag stones thru some sort of small pond to get to the reception area. Check in is more about the experience of walking over the stones than any paperwork. Once that experience is complete you're off to your room. And oh what a joy. It's luxury and the exotic all in one gulp. I find myself holding my breath as why bother to breathe if you might miss something in the very first glance. The ceilings are high, very high and there are several levels. One corner of my palatial accommodation is complete with all kinds of goodies like a huge sun hat, lip balm made from special plant extract, all kinds of special teas, and best of all a beautiful sari for use while on the premises. A few steps up take you to the gracefully draped mosquito netted bed and down a few steps should you want to have tea in a little sitting area. The bathroom area was an entire complex with a cement sunken tub and all sorts of exotic plants in there as well. I think it was more of a solarium. Another section was the shower area and then the sink and another category of amenities. The best was my little deck over the pond. I lay out on the deck at night in total darkness and perfect silence except for the ducks and birds having their gentle conversations. I could hear the water slightly swishing and hoped it wasn't anything bigger than a duck. It couldn't get any better than this. The air was a perfect 70 degrees. The previous year on the way to breakfast I saw a huge iguana, a peacock and a monkey so this last time when on the bank of the lake I saw this strange black iguana thing with little purple spots all over and a very skinny tongue about 2 feet long with a tiny butterfly on the end that I really knew I was in the land of the very exotic but viewing it in luxury!

Well it seems my more recent take on luxury is a cut below such a grand scope. It was earlier this month when I hauled a forgotten feather bed out of my mother's closet. It's the kind that about a foot high with just the proper density of feathers making it puffy and light. On a cold winter night there's nothing better than feeling warm, cozy and nestled in for a well deserved night's sleep after an active day. It's the featherbeds lightness that's so welcoming after the days burdens of decisions and activities. Sleep comes immediately and this is my new luxury.

15 Facts about the I.R.S to File Away

- **People have hated it from the beginning.** In 1861, the U.S. government under President Lincoln created the first income tax as a way to cover Civil War expenses. The Revenue Act of 1861 was repealed and replaced with the far more important Revenue Act of 1862. But the longest-lasting effect of the Revenue Act of 1862 was that it created the position of Commissioner of Internal Revenue, the forerunner of the IRS.
- **It has a long history of scandal.** Franklin Roosevelt used the IRS to target enemies like the publisher William Randolph Hearst, while Richard Nixon famously wielded it to investigate his Democratic opponents. Under FBI Director J. Edgar Hoover, the IRS audited the NAACP and civil rights leaders like Martin Luther King, Jr.
- **A former I.R.S. Commissioner was convicted of tax fraud.** In 1952 Joseph Nunan Jr. was found guilty of failing to report \$86,000 in personal income. Included in this was \$1800 he'd won after betting Truman would win the presidency in 1948.
- **It got Al Capone convicted.** After sifting through more than 2 million documents, the I.R.S. came across payments to Capone that hadn't been listed as income. This led to Capone's arrest on tax evasion charges, and an 11-year prison sentence.
- **Tax day was originally March 1st.** Congress set the due date back in 1913 with the passage of the Sixteenth Amendment, which formalized a nationwide income tax. A few years later, it pushed the date back to March 15th, and in 1955 revisions to the tax code moved the date back again to April 15th.
- **It misses out on about 15% of what it's owed.** It's called the tax gap, and it represents the funds that the IRS is owed but never receives due to taxpayers underreporting their income, making filing errors, and so on. The agency receives about \$2 trillion annually, and says it misses out on an estimated \$385 billion.
- **The tax code is more than 75,000 pages long.** There's a reason more and more people are relying on tax software and other services: The tax code is so complex.
- **They are not backing up their data properly.** A recent report from the Treasury Department found that the IRS didn't have sufficient data backup for taxpayer records, nor did it have plans to implement any in the near future.
- **Your chances of getting audited are lower than ever right now.** With fewer staffers and resources due to budget cuts, the IRS is performing audits on less than 1 percent of all tax returns.
- **The employees are not as unhappy as you'd think.** A survey taken by the Treasury Department several years ago found that 69 percent of IRS employees were satisfied with their jobs, and nearly two-thirds of employees say they'd recommend an agency job to a friend.
- **Some people have come in with some interesting challenges to tax laws.** In 1954, a Wichita man named Arthur Porth argued that income tax amounted to "involuntary servitude" and was illegal under the Thirteenthth Amendment. In 1969, Gladwin Lamb claimed his income was not taxable because it didn't come in the form of gold or silver. More recently, tax protestors like Larken Rose have rallied around what's called the 861 argument, named after the section of the tax code that outlines sources of taxable income, and which claims that only income that comes from "international commerce or foreign possessions" can be taxed.
- **Good luck getting them on the phone.** The IRS receives more than 100 million phone calls each year from taxpayers seeking help, and around 40 percent are unable to speak with an agent.
- **Fraud is a major problem.** Expert estimate tax-refund fraud will bilk the IRS of \$21 billion this year.
- **E-Filing started in 1986.** Only five tax preparers agreed to participate in the pilot program. After collecting data from their clients' returns, they called up an IRS processing center in Cincinnati and transferred everything to a device called a Mitron, which was essentially a tape drive hooked up to a modem. The Mitron then transferred the data to a Zilog supercomputer that processed the returns. The process was time-consuming, but it quickly improved. By 1990, the IRS was receiving more than 4 million returns through the new e-file system.
- **Now more than 90% taxpayers e-file.** Concerns over Internet security had taxpayers wary when e-filing first emerged but the IRS sped up its refund deliveries and now it's become the preferred method.

The Best Exercise for Aging Muscles

By Gretchen Reynolds found on www.nytimes.com

The toll that aging takes on a body extends all the way down to the cellular level. But the damage accrued by cells in older muscles is especially severe, because they do not regenerate easily and they become weaker as their mitochondria, which produce energy, diminish in vigor and number.

A study published in March in *Cell Metabolism* however, suggests that certain sorts of workouts may undo some of what the years can do to our mitochondria.

Exercise is good for people, as everyone knows. But scientists have surprisingly little understanding of its cellular impacts and how those might vary by activity and the age of the exerciser.

So researchers at the Mayo Clinic in Rochester, Minn., recently conducted an experiment on the cells of 72 healthy but sedentary men and women who were 30 or younger or older than 64. After baseline measures were established for their aerobic fitness, their blood-sugar levels and the gene activity and mitochondrial health in their muscle cells, the volunteers were randomly assigned to a particular exercise regimen.

Some of them did vigorous weight training several times a week; some did brief interval training three times a week on stationary bicycles (pedaling hard for four minutes, resting for three and then repeating that sequence three more times); some rode stationary bikes at a moderate pace for 30 minutes a few times a week and lifted weights lightly on other days. A fourth group, the control, did not exercise.

After 12 weeks, the lab tests were repeated. In general, everyone experienced improvements in fitness and an ability to regulate blood sugar.

There were some unsurprising differences: The gains in muscle mass and strength were greater for those who exercised only with weights, while interval training had the strongest influence on endurance.

But more unexpected results were found in the biopsied muscle cells. Among the younger subjects who went through interval training, the activity levels had changed in 274 genes, compared with 170 genes for those who exercised more moderately and 74 for the weight lifters. Among the older cohort, almost 400 *genes* were working differently now, compared with 33 for the weight lifters and only 19 for the moderate exercisers.

Many of these affected genes, especially in the cells of the interval trainers, are believed to influence the ability of mitochondria to produce energy for muscle cells; the subjects who did the interval workouts showed increases in the number and health of their mitochondria — an impact that was particularly pronounced among the older cyclists.

It seems as if the decline in the cellular health of muscles associated with aging was “corrected” with exercise, especially if it was intense, says Dr. Sreekumaran Nair, a professor of medicine and an endocrinologist at the Mayo Clinic and the study’s senior author. In fact, older people’s cells responded in some ways more robustly to intense exercise than the cells of the young did — suggesting, he says, that it is never too late to benefit from exercise.

Joke of the Month

The IRS suggest filing early to reduce the chance that someone will steal your identity and file before you. Honestly if someone wants my identity so badly they'll file my tax return for me, go crazy. You can mow my lawn while you're at it, too.—Jimmy Kimmel

Answers to Batman Quiz on pg. 2

1. Adam West and Burt Ward
2. Bruce Wayne and Dick Grayson
3. Commissioner Gordon
4. Neil Hamilton
5. Gotham City
6. The Caped Crusader and The Boy Wonder
7. Alfred, the butler
8. Wednesday and Thursday
9. Yvonne Craig
10. Julie Newmar, Lee Meriwether and Eartha Kitt.



Are you reliant on any medical devices that require electricity (such as oxygen)?

Call the Police Station at 978-526-1212 and tell them your name and address so the Police can check on you in case of a power outage.

Wednesday Movie

Wednesday April 26th

Newport Park

1:30 p.m.

Refreshments will be served



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

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