



# 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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MAY 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

##### MAY

- 5/1 Museum of Fine Art-Art in Bloom 9:00 \$23
- 5/8 Low Vision @ The Plains 1:00
- 5/10 Depot Diner 11:00
- 5/13 Malls 10:00
- 5/17 Mystery Ride 1:00
- 5/19 Walmart in NH 10:00
- 5/23 Lunch of the Month @ The Chapel \$8 12:15
- 5/24 Tea @ The Historical Society & Delvena Theatre 1:30
- 5/26 Trader Joe's 10:00
- 5/29 Memorial Day -Town Hall/COA office closed
- 5/31 Wednesday Movie Matinee @ Newport Park 1:30

##### JUNE

- 6/6 Go the Distance 1 mile walk 10:00 @ C.O.A. office
- 6/9 Malls 10:00
- 6/27 Lunch of the Month @ The Chapel \$8
- 6/27 Concert in the Park 6:00-8:00 pm

**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.**

**Check out our 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:

5/10/17 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

5/16/17 @ 9:30 am  
@ The Plains Community Room

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

5/23/17 @ 4:30 pm  
@ The Congregational Chapel Conference Rm

### What is a MOON?

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.


For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

\*\*\* Nancy Hammond, Director of Manchester C.O.A., is a SHINE Counselor. 978-526-7500\*\*\*

### Facts about Memorial Day

- ◆ Memorial Day originally honored military personnel who died in the Civil War (1861-1865).
- ◆ It wasn't always Memorial Day — it used to be known as Decoration Day.
- ◆ Even though Memorial Day began as a holiday honoring Union soldiers, some states still have Confederate observances. Mississippi celebrates Confederate Memorial Day on the last Monday of April, Alabama on the fourth Monday of April, and Georgia on April 26. North and South Carolina observe it on May 10, Louisiana on June 3 and Tennessee calls that date Confederate Decoration Day. Texas celebrates Confederate Heroes Day on Jan. 19 and Virginia calls the last Monday in May Confederate Memorial Day.
- ◆ Even though numerous communities had been independently celebrating Memorial Day for years, the federal government declared Waterloo, N.Y. the official birthplace of Memorial Day. Waterloo first celebrated the holiday on May 5, 1866.
- ◆ Memorial Day was celebrated on May 30 for decades, but in 1971, Congress established Memorial Day as the last Monday in May and a federal holiday.
- ◆ President Bill Clinton signed the National Moment of Remembrance Act on Dec. 28, 2000, designating 3 p.m. local time on Memorial Day as a National Moment of Remembrance.
- ◆ Red poppies are known as a symbol of remembrance, and it's a tradition to wear them to honor those who died in war.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30 Strong Women</p> <p>9:00 Museum of Fine Art</p> <p>9:30 Quilting</p>	<p>2</p> <p>10:00 Zumba</p> <p>1:00 Bridge Club</p>	<p>3</p> <p>10:00 Yoga</p>	<p>4</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>5</p> <p>9:30 Longevity</p>
<p>8</p> <p>8:30 Strong Women</p> <p>9:30 Quilting</p> <p>1:00 Low Vision Meeting @ The Plains—Guest Terry Feinberg from The Store from the Carroll Ctr for the Blind featuring low vision aids.</p>	<p>9</p> <p>10:00 Zumba</p> <p>1:00 Bridge Club</p>	<p>10</p> <p>10:00 Yoga</p> <p>11:00 Depot Diner</p>	<p>11</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>12</p> <p>9:30 Longevity</p> <p>9:30 Malls</p>
<p>15</p> <p>8:30 Strong Women</p> <p>9:30 Quilting</p>	<p>16</p> <p>10:00 Last Zumba Class til September</p> <p>1:00 Bridge Club</p>	<p>17</p> <p>10:00 Yoga</p> <p>1:00 Mystery Ride</p>	<p>18</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>19</p> <p>9:30 Longevity</p> <p>9:30 Walmart in NH</p>
<p>22</p> <p>8:30 Strong Women</p> <p>9:30 Quilting</p>	<p>23</p> <p>12:15 Lunch of the Month @ The Chapel \$8</p> <p>1:00 Bridge Club</p>	<p>24</p> <p>10:00 Yoga</p> <p>1:30 Tea @ Historical Society &amp; The Delvena Theatre</p>	<p>25</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>26</p> <p>9:30 Longevity</p> <p>9:30 Trader Joe's</p>
<p>29</p> 	<p>30</p> <p>1:00 Bridge Club</p>	<p>31</p> <p>10:00 Yoga</p> <p>1:30 Wednesday Matinee Movie—"Patriots Day"</p>		

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.

**Wednesday Movie Matinee**

Wednesday May 31st  
Newport Park  
1:30 p.m.  
Refreshments will be served



**TEA & THEATRE  
at the Trask House  
Wednesday May 24th  
1:30 p.m.**

The Manchester Historical Society has extended an invitation to Manchester seniors to enjoy a “Tea” on Wednesday, May 24th. In addition the Delvena Theatre Company will present “The Funniest Woman EVER!” The show centers around the inspiring, hilarious Totie Fields. She will perform some of her funniest stand up comedy routines along with singing and interacting with her audience.

Reservations are necessary so please call the Council on Aging Office at (978)525-7500.

Upcoming Trips

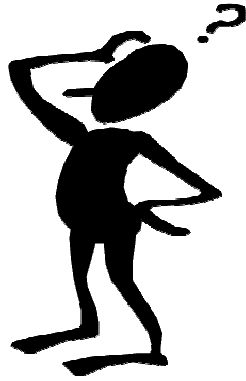
Join others from the Hamilton C.O.A. and surrounding communities on an air conditioned motor coach to visit some great places.

- \* **June 29th Blackstone Valley Experience**  
Lunch at Wrights Farm then head to Pawtucket to tour Slater Mill. Then enjoy a 45 minute cruise along the Blackstone River. \$81
- \* **July 17th Kennebunkport**  
Enjoy a visit to Stonewall Kitchen then lunch at Clay Hill Farm, a restored old farmhouse with gardens and bird sanctuaries. After lunch there will be a guided tour of the Kennebunkport area. \$69
- \* **August 10th Block Island**  
Meet the high speed ferry at Point Judith RI and take a 30 minute ride to Block Island. Embark on a tour of the Island with a stop at the historical Southeast Light. We'll have lunch at National Hotel. Then enjoy time exploring and shopping. \$105.

Call the C.O.A. office for more details and to reserve your spot. (978)526-7500. Space is limited.

### Answers to Brain Teasers on pg. 7

1. Lazy afternoon
2. You're under arrest
3. Tunafish
4. Long time no see
5. Excuse me
6. Going on a diet
7. Banana split
8. Job takeover



9. A period in history
10. Midterm exam
11. Repeat after me
12. Season's greetings
13. Too little too late
14. Back door
15. Forgive and forget
16. I'm overworked and underpaid.

### SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall, Manchester-by-the-Sea

Room 5

1:00-2:00 P.M.

Wednesday, May 10, 2017

### A May Poem

Among the changing months, May  
stands confessed  
The sweetest, and in fairest colors  
dressed.

-James Thomson, "On May"

### Joke of the Month

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, "Only take one. God is watching." Further down the line is a pile of cookies. A little boy makes his own note, "Take all you want. God is watching the apples."

### VNACare Network Keep Well and Blood Pressure Clinics in Manchester

Keep Well clinics are free and open to residents age 60 and over. Run by community health nurses from VNA Care Network. Services include health assessments (blood pressure, blood sugar, weight monitoring, cardiopulmonary assessments, etc.) teaching (medication, diet, disease management, preventive health, etc.) and referral to community resources.

The clinic is located at the Congregational Chapel on the first and third Thursday of the month from 10:00 to 12:00 Noon. Appointments are not necessary.

### **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.

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 was written by a class participant.



### **THINGS PASSED DOWN** (Ray Frieden)

I have never thought of any of my possessions as being worth very much because they weren't. I've had a motorcycle since college and I would have passed that down to my oldest boy but my wife (and his wife, as well) would have none of that (so I still have it). Ultimately, he bought one of his own-much faster and, in my opinion, more dangerous than the one I was going to give him. My wife, Nancy, thinks it is too dangerous for me to ride a bike, never mind one of her children. It's a good thing we never had a girl. She would have buried the motorcycle and me in a deep, dark hole as soon as she could figure out how to get away with it. No daughter of hers was going to get the chance of even thinking about riding on a motorcycle.

Although it was true that SHE liked riding around with me on the back of the bike. She had a long, flowing cape and, as long as I went slow, she was very happy to ride with me, seeing all the sights and letting the cape flow out behind her.

I asked my middle son what he thinks I passed down to him and was very surprised at the list he gave me. He said that he felt that he got the following from me:

Math skills;  
Problem-solving skills;  
People skills;  
A daily routine.

Maybe he did, but I never thought I was giving him anything, just teaching him things that he would need throughout his life.

My youngest is the one I see most often. He gave his son my name as his middle name-something that I am very proud of, especially since his wife likes it too. At my suggestion, they also gave him his wife's last name-'Surabian'-(rather than Frieden) since there are no males in her family to carry it on. He has a daughter now-Gesse ('Jess-Uh') Lee Frieden-who is very beautiful and whom they (and we) love very much.

### **Recipe of the Month** **Cream Cheese and Bacon Stuffed Jalapeno Poppers**

#### **Ingredients:**

- 10 fresh jalapenos, sliced in half lengthwise, seeds removed
- 10 oz low fat cream cheese, softened
- 7-8 slices of lean bacon, cook until crisp and chopped into small pieces.
- Plain Panko crumbs

#### **Directions:**

- Preheat the oven to 375 degrees. Line a baking sheet with tin foil and coat with cooking spray.
- Mix bacon crumbles into cream cheese until thoroughly combined.
- Smear each jalapeno half with cream cheese and bacon mixture.
- Pour the panko crumbs onto a plate and dip the stuffed jalapeno into the Panko crumbs, cream cheese side down.
- Put on pan and cook 20-25 minutes. The crumbs should be golden brown. Enjoy!!





# Brain Teasers

## Can you guess what the word or phrase is?

1  <b>NOON LAZY</b>	2  <b>REST YOU'RE</b>	3  <b>NAFISH NAFISH</b>	4  <b>T I M E ABDEF</b>
5  <b>XQQQME</b>	6  <b>GOING DIET</b>	7  <b>BAN ANA</b>	8  <b><u>TAKE</u> JOB</b>
9  <b>HIS.TORY</b>	10  <b>TEEXAMRM</b>	11  <b>ME/REPEAT</b>	12  <b>FALL ALOHA WINTER HELLO SPRING SHALOM SUMMER HI</b>
13  <b>LITTLE LITTLE</b>  <b>LATE LATE</b>	14  <b>ROOD</b>	15  <b>GIVE X 4 + GET X 4</b>	16  <b>PAID I'M WORKED</b>



**3RD ANNUAL "GO THE DISTANCE" 1-MILE WALKING CHALLENGE**

Date: *Tuesday, June 6, 2017*

Time/Place: *10:00 AM at the C.O.A. office*

We have designated a 1-mile loop starting at the C.O.A. office through down town. Take as long as you need to finish walking 1 mile.

All walkers with varying speeds and abilities are welcome to participate in the 1-mile challenge.

Please register by 6/1/17. Register to walk by calling or visiting the Council on Aging. Call 978-526-7500 to register.

On the day of the walk, check-in will begin at 9:45 AM.

Certificates will be awarded to all *walkers* who complete the loop.

Raffles add to the fun! Your name along with our Council on Aging office will be entered into a state wide raffle for six special prizes.

**Walking has a direct link to sustained independence and better health.** In fact, it could be called a "wonder drug" for many of today's most common medical problems. If it were recognized as a drug, then a doctor's prescription would read: *"Take a Walk. Recommended dosage is 30 minutes a day, five days a week. Side effects may include weight loss, improved mood, improved sleep, better balance, stronger muscles and bones, prolonged independence, as well as looking and feeling better"*

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

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