



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

June 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

JUNE

- 6/2 Malls 10:00
- 6/6 1 Mile Walking Challenge @ C.O.A. office 10:00
- 6/7 Garden Club Planter Project @ The Plains 10:00
- 6/9 Trader Joes 10:00
- 6/14 Wegmans 10:45
- 6/16 Walmart 10:00
- 6/19 Low Vision Meeting @ Windward Grille 11:45
- 6/19 CarFit @ The Plains Parking Lot 10:00-12:00
- 6/22 Wednesday Movie Matinee @ Newport Park 1:30
- 6/22 CarFit @ Newport Park Parking Lot 10:00-12:00
- 6/23 Fun Free Fridays Peabody Essex Museum 10:00
- 6/27 Lunch of the Month @ The Chapel 12:15 \$8
- 6/27 Concert in the Park @ Masco Park 6:30
- 6/28 Mystery Ride
- 6/30 Christmas Tree Shops 10:00

JULY:

- 7/1 Stars & Stripes Show @ Crowell Chapel 3:00-4:00 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:

6/10/17 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

9/19/17 @ 9:30 am
@ The Plains Community Room

FRIENDS OF THE C.O.A. MEETING:

6/13/17 @ 10:30 pm
@ Crowell Chapel

SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Aide to Senator Tarr, will hold office hours

Town Hall, Manchester by the Sea

Room #5

Wednesday, June 7, 2017

1:00PM—2:00PM

CONCERT IN THE PARK

Come and enjoy The Riverside Renaissance Swing Band at Masconomo park on Tuesday June 27th. The band features big band swing, jazz and contemporary vocals by stylist Caroline Griep. Bring your chair and come down to Masconomo Park and enjoy the wonderful music, the sea breeze and popsicles to keep you cool. The music starts at 6:00 p.m. and transportation is available. Please call the C.O.A. for more information or to sign up for the van. 978-526-7500

**Wednesday Movie
Matinee**

Wednesday June 21st

Newport Park

1:30 p.m.

Refreshments will be served



***** Reminder *****

1-Mile Walking Challenge

Tuesday 6/6/17

It starts at 10:00 a.m. at the C.O.A. office

Call to sign up 978-526-7500

BRIDGE GROUP

Would you like to play Bridge with us, the C.O.A. Bridge Group? We are looking for players, of all ages, for our Tuesday afternoon game at Newport Park Community Room. We play rubber Bridge and/or Chicago, do not talk politics, and enjoy the challenges of the game! Call the C.O.A. Office at 526-7500 to sign up. For more information please call Elizabeth Moon (978)526-4515 or Dottie Sieradzki (978)526-8040.

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 both the first and third Thursday of the month from 10:00 a.m. to 12:00 p.m.. Appointments are not necessary.

**CarFit**

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community. Officers from the Manchester Police Station will be doing the CarFit program at **The Plains on 6/19 from 10-12** and **Newport Park on 6/21 from 10-12**. Please call the C.O.A. at 978-526-7500 to reserve your spot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	2 9:30 Longevity Training @ Magnolia Library 10:00 Malls
5 8:30 Strong Women	6 10:00 1 Mile Walking Challenge 1:00 Bridge Club	7 10:00 Yoga 10:00 Manchester Garden Club Planter Project	8 8:30 Strong Women Market Basket Trip	9 9:30 Longevity Training @ Magnolia Library 10:00 Trader Joe's
12 8:30 Strong Women	13 1:00 Bridge Club	14 10:00 Yoga 10:45 Wegmans	15 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	16 9:30 Longevity Training @ Magnolia Library 10:00 Walmart
19 8:30 Strong Women 10-12 CarFit @ The Plains 11:45 Low Vision Annual Summer Lunch @ Windward Grille	20 1:00 Bridge Club	21 10:00 Yoga 10-12 CarFit @ Newport Park 1:30 Movie Matinee @ Newport Park	22 8:30 Strong Women Market Basket Trip	23 9:30 Longevity Training @ Magnolia Library 10:00 Fun Free Friday Peabody Essex Museum
26 8:30 Strong Women	27 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club 6:00 Concert in the Park @ Masconomo Park	28 10:00 Yoga 1:00 Mystery Ride	29 8:30 Strong Women Market Basket Trip	30 9:30 Longevity Training @ Magnolia Library 10:00 Christmas Tree Shop

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: Off until September.

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.

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: Off until September.

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.

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.

Joke of the Month

A tramp knocks on the door of an inn known as St. George and the Dragon. The landlady answers. "Could you give a poor man something to eat?" asks the tramp. "No!" yells the woman, slamming the door in his face. A few minutes later, he knocks again. "Now what do you want?" the woman asks. "Could I have a few words with George?"

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. A baseball player, a mushroom, a bottle:

2. A boat, the nightly news, a tug of war:

3. A cherry, a rose a wine glass:

4. A fiancée, a baseball field, a deck of cards:

5. A film strip, a game of bowling, a window:

6. A map, a fish, a weight loss clinic:

7. A river, a pickup truck, a hospital:

8. A saw, a comb, humans:

9. A steak, a steep road, a student:

10. A party, a tapeworm, a talk show:

Answers on pg. 8

A Message from the Friends of the Council on Aging

The Friends of the Council on Aging cordially invites you to attend our Annual Meeting being held on Tuesday, June 13, 2017, 10:30 a.m. The meeting will take place at the Crowell Chapel on Rosedale Avenue. After a brief meeting, Chris Olney, member of the Affordable Housing Trust, and Connie Sullivan, member of the Planning Board will discuss affordable housing in Manchester.

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".

This was a prompt on luxury.



Heidi (Elizabeth Gautier)

When I was a child, I watched a movie called 'Heidi'. For some reason, she ended up in the Swiss Alps living with her poor, old grandfather who led a simple peasant life, chewing on tough, hard black bread and drinking goat's milk. Then, Heidi found herself befriended by a crippled little rich girl. The girls were served soft white rolls for every meal.

Heidi could not believe how much better this bread tasted than her grandfather's hard, tasteless bread. This was the first time I realized that for some people white bread was a luxury.

Luxury—just saying the word make me feel delicious. It slips and melts inside my mouth like rich dark chocolate.

I was laying in my bed this morning warm and cozy under my puffy down comforter feeling like I was wrapped in Luxury.

When I am able to pay attention and live in the present moment, I am able to see and feel all the simple luxuries in my life. A good example is a day without a schedule, when I can float like a cloud through each moment, thought, activity and whim. I do not look at my watch and I let time go.

My first luxury of every day is one hour of drawing or writing, reading and praying.

I also enjoy yoga, walking, reading, napping, good food, fine wine, fresh flowers and candle light.

There are pleasures in every season of the year but summertime is

'Pure Luxury' to me:

a whole day at the beach;

picnics;

sunshine;

gardens, flowers;

fresh vegetables;

green grass;

the light and long days;

ice cream cones;

the smell of the ocean.

I have also been treated and indulged in many more expensive luxuries.

Travelling to beautiful countries and cities, luxurious hotels, fancy restaurants, a cruise across the Atlantic on the Queen Elizabeth, a trip to the Orient Express, visits to famous museum, castles and churches, conversations with unique and gifted people. The memories of these precious experiences and luxuries will always belong to me and always give me pleasure. I feel lucky and extremely grateful.

I always say "Yes" to luxury.

Technology is becoming the Fountain of Youth for the Aging Consumer

Technology provides a platform for consumers to extend their communities. It is working to connect all of us to each other to help build relationships and new opportunities that reach beyond any preexisting barriers. It's been a game-changer for many consumers, providing a wide range of smart devices and communications tools. With our smartphones, we literally have computers that fit into our pockets to keep us connected to work, home, and loved ones. However, for the aging community and those with accessibility issues, technology is much more than simply a device for communication or entertainment to enhance daily life. Technology provides an opportunity for aging in place and independence that is often hard to achieve for our aging population.

With the continued advancement of broadband networks and Internet of Things (IoT) capabilities, the aging community will continue to reap the benefits of its proliferation in extraordinary ways. Connected technology allows individuals to remotely manage appliances, lighting, a thermostat, and even lock and unlock a door. More importantly, smart appliances can provide greater safety with auto shut-off features for stoves, faucets, and toasters, just to name a few. Smart home technology is paving the way for greater independence and community integration for aging adults.

In the health space, technology assists with simple tasks such as reminding an individual to take medication as prescribed, or more complex monitoring and communications directly with healthcare professionals. Technology for monitoring diabetes and blood pressure are already in use by consumers today and it is anticipated that advancements in connected technology will bring specialized telehealth services and better access to expert care to more remote areas of the country.

For older adults that have acquired disabilities – like low vision or hearing loss – technology provides a bridge to staying engaged in everyday life. This means continuing to stay active in the workplace and socializing with friends, family, and neighbors. This sustained level of engagement helps older adults stay in their communities (rather than relocate to elder care facilities) and avoid feelings of isolation that could lead to depression and other health issues.

Voice-activation technology has particularly benefited the lives of the aging. It wasn't that long ago that Siri joined our smartphones and voice activated technology and became the new normal for consumers. Voice-activated devices such as Amazon's Echo and Google Home enable an individual with accessibility issues or limited mobility to engage with technology and receive information and assistance. For example, a voice-activated device can read books to an individual with low vision. They can control the lights and thermostat for someone with mobility issues. They can even help an individual shop and have the items delivered right to their door. Voice-activated technology, while not originally designed for the aging community, has many real life applications that are making lives easier – and safer.

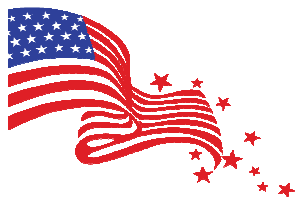
Of course, new technology can be daunting for older consumers. Instead of worrying about the unknown, we should focus on making sure seniors of all walks of life have the help they need to understand and use the communications products and services that best meet their unique needs.

As our cars, homes, appliances and mobile devices become more integrated and connected both to each other and other machines, the Internet of Things will require a user interface that is approachable and easily understood by all. Technology service providers and manufacturers can become better aligned with the aging market with an eye towards making end products more accessible to all consumers. Voice activation is a perfect example of a product feature that was not developed with the aging in mind, but it has enhanced product accessibility for all users.

We must do all we can to educate providers, manufacturers, and consumers themselves about the opportunities for aging in place – and aging on the move – that technology affords. For consumers, these devices, innovations, and capabilities hold the ability for more independence, better community integration, and increased safety.

By: Debra Berlyn from thehill.com

Of Thee We Sing America!:
The Stars and Stripes Show



Join us in the Crowell Chapel on **Saturday July 1st** from 3:00-4:00 p.m. to enjoy The Stars and Stripes Show. Presented by Big Smile Entertainment, celebrate the pride of America, with a musical tribute featuring all the great American Classics from America the Beautiful to the great songs of Irving Berlin. This powerful presentation salutes the various divisions of our armed forces and honors those who have fought to protect our freedom. Uplifting and Inspiring and, of course, fun. Celebrate being proud to be an American; and wear your Red, White and Blue! Call the C.O.A. for more information and to sign up 978-526-7500. Free.

There is still time available to call the
C.O.A. to sign up for a fun trip.

July 17: Kennebunkport \$69

Have lunch at Clay Hill Farm where you'll see gardens and bird sanctuaries. Enjoy a guided tour of Kennebunkport then free time to shop. And there will be a stop at When Pigs Fly.

August 10: Block Island \$105

Enjoy a ferry ride to Point Judith, R.I. then off to Block Island. Visit Southeast Light. Lunch at National Hotel. Free time for shopping and exploring.

Answers to Commonyms on pg. 5

- | | |
|------------|----------|
| 1. Cap | 6. Scale |
| 2. Anchor | 7. Bed |
| 3. Stem | 8. Teeth |
| 4. Diamond | 9. Grade |
| 5. Frame | 10. Host |

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

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