



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

July 2017

Nancy Hammond

Director of Senior Services

MANCHESTER COUNCIL ON AGING VAN SCHED-



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

STAR SPANGLED BANNER
SPARKLERS
4TH OF JULY
FIREWORKS
Red White Blue
America
STARS AND STRIPES
freedom
Independence

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

JULY

- 7/1 Stars & Stripes Show @ Crowell Chapel 3:00 pm Free
- 7/4 C.O.A. office/Town Hall is closed for the holiday
- 7/5 Mile Marker Restaurant 11:00
- 7/7 Malls 10:00
- 7/12 Trader Joe's 10:00
- 7/14 Cape Ann Museum 10:00 Free
- 7/19 Mystery Ride 1:00
- 7/21 Spellman Museum of Stamps 10:00 Free
- 7/25 Lunch of the Month @ Tuck's Point 12:15 \$8
- 7/28 Walmart 9:30

AUGUST

- 8/2 Malls 10:00
- 8/4 The Old Manse 10:00
- 8/9 Charlie's Place Restaurant 11:00
- 8/22 Lunch of the Month @ Tuck's Point 12:15 \$8

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:

9/13/17 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

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

FRIENDS OF THE COA MEETING:

9/26/17 @ 4:00 pm
@ The Chapel Conference Room

IRS Warns of New Twist to Old Phone Scams

Just because it's summer doesn't mean that scammers are taking a break. The Internal Revenue Service (IRS) has issued a warning about a new telephone scam.

In the scam, callers posing as IRS representatives advise potential victims that two certified letters were sent to the taxpayer in the mail but were returned as undeliverable. The callers then threaten to arrest the potential victim if a payment is not immediately made through a prepaid debit card. The scammer also tells the victim that the purchase of the card is linked to the Electronic Federal Tax Payment System (EFTPS) system: it is not.

To ensure that the potential victim doesn't back out, the caller warns the taxpayer not to contact their tax preparer, an attorney or their local IRS office until after the tax payment is made. **This should be a red flag.** You should always have the opportunity to contact your tax professional before resolving a tax dispute. Additionally, if you're not sure that you owe taxes, you always have the opportunity to hang up and call the IRS directly (1-800-829-1040) for more information. Don't be pressured into making a spur of the moment payment.

The scammers are hoping that you'll recognize the EFTPS: it's a real government system used for paying your federal taxes electronically. Paying taxes through EFTPS is free through the U.S. Department of Treasury and does not require the purchase of a prepaid debit card, so don't be fooled. Also, the EFTPS is an automated system, which means that you won't receive a phone call from the IRS. It's one of a number of ways that you can pay what you owe.

As a reminder, the IRS will never:

- Call to demand immediate payment over the phone, nor will the agency call about taxes owed without first having mailed you a bill.
- Threaten to immediately bring in local police or other law enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Require you to use a specific payment method for your taxes, such as a prepaid debit card, gift card or wire transfer.
- Ask for credit or debit card numbers over the phone.

Don't engage or respond with scammers. Do not give out any information. Just hang up. If a message is left, don't call back. You can always call the IRS at 1-800-829-1040 to verify any information.

You can also contact TIGTA to report scam calls by calling 1-800-366-4484.

Don't fall for the tricks. Keep your personal information safe by remaining alert.

Excerpted from MSN.com

Timely Advice

Before you criticize someone, walk a mile in their shoes.
That way when you do criticize them you're a mile away and have their shoes.

SATURDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>3:00 Of Thee We Sing America: The Stars & Stripes Show @ Crowell Chapel-Free</p> <hr/> <p>MONDAY</p> <hr/> <p>3</p> <p>8:30 Strong Women</p>		<p>5</p> <p>10:00 Yoga</p> <p>11:00 Mile Marker Restaurant</p>	<p>6</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>7</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Malls</p>
<p>10</p> <p>8:30 Strong Women</p>	<p>11</p> <p>1:00 Bridge Club</p>	<p>12</p> <p>10:00 Yoga</p> <p>10:00 Trader Joe's</p>	<p>13</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>14</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Cape Ann Museum</p>
<p>17</p> <p>8:30 Strong Women</p>	<p>18</p> <p>1:00 Bridge Club</p>	<p>19</p> <p>10:00 Yoga</p> <p>1:00 Mystery Ride</p>	<p>20</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>21</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Spellman Museum of Stamps</p>
<p>24</p> <p>8:30 Strong Women</p>	<p>25</p> <p>12:15 Lunch of the Month @ Tuck's Point \$8</p> <p>1:00 Bridge Club</p>	<p>26</p> <p>10:00 Yoga</p>	<p>27</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>28</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Walmart</p>
<p>31</p> <p>8:30 Strong Women</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 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 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. Will resume in 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.

RECIPE OF THE MONTH

EVERYTHING BAGEL DOGS

Ingredients:Everything Bagel Seasoning:

2 tbsp. poppy seeds
2 tbsp. dried minced onion
2 tbsp. sesame seeds
2 tsp. garlic powder
1 tsp. coarse salt

For Bagel Hot Dogs:

1 package puff pastry,
thawed
1 package cream cheese,
softened
1 package hot dogs
1 1/2 c. water

**Directions:**

- Preheat the oven to 400 degrees.
- Make the Everything Bagel Seasoning: Combine all seasonings into a small bowl, stirring until well blended. Set aside.
- Make the Bagel Hot Dogs: Slice the puff pastry into 1" strips lengthwise. Spread cream cheese along each strip, then roll around a hot dog, covering it from end to end. Set aside.
- Microwave water until it starts to steam a little, about 1 minute. Pour into a large bowl, stirring in baking soda until dissolved. Dip each hot dog in the baking soda-water mixture, then place on a parchment-lined baking sheet. Liberally sprinkle each hot dog with Everything Bagel Seasoning. Bake until the pastry has puffed up and turned a light golden brown, 10-12 minutes.

Answers for Brain Teaser on pg. 5

1. Two peas in a pod 2. Forever on my mind 3. Big fish in a small pond 4. Held in high regard
5. Keep it under your hat 6. Party of four 7. One step forward two steps back 8. Cornerstone
9. Quite right 10. The sun also rises 11. Two Thumbs up 12. On the outside looking in
13. Home is where the heart is 14. Put two and two together 15. No one to blame 16. One life to live

Brain Teasers

Answers on pg. 4

1 PpOpD	2 <u>ever ever ever ever</u> my mind	3 poFISHnd	4 REheldGARD
5 <u>your hat</u> keep it	6 partypartypartyparty	7 STEP PETS PETS	8 S T O N E
9 QUITE	10 O S L SUN A	11 S B M U H T S B M U H T	12 looking
13 Brain Kidney <i>Home</i> Heart	14 2TO	15 3. BLAME 4. BLAME	16 LIFE LIVE LIVE

On
the

1 _____ 2 _____ 3 _____ 4 _____

5 _____ 6 _____ 7 _____ 8 _____

9 _____ 10 _____ 11 _____ 12 _____

A Quick Laugh

- ◆ My wife told me I had to stop acting like a flamingo so I had to put my foot down.
- ◆ I told my girlfriend she drew her eyebrows too high. She seemed surprised.
- ◆ What's the difference between a hippo and a zippo? One is really heavy, and the other is a little lighter.
- ◆ I've found a job helping a one armed typist do capital letters. It's shift work.
- ◆ I couldn't figure out why the baseball kept getting bigger. Then it hit me.
- ◆ I know some jokes about unemployment but they need some work.



The "Write Time" is a creative writing class offered by the Council on Aging and taught by Katherine Robertson Arthur, local author of "Life in Violet". The following are written by class participants.



Luxury (Nancy Frieden)

I have the luxury of being born in America. I have an American passport and it says my birthplace is Massachusetts, USA. Many unfortunate people are distressed because they can't come here. My son has an American passport but it says birthplace Tehran Iran. Ray and I were Peace Corps volunteers in Iran at the time. Now my son says he will never leave this country again because of the fear of being separated from his family.

I have the luxury of turning on my faucet and finding clear clean water for drinking. I can water my trees and shrubs flowers and vegetables daily if I want to. Many poor lands are suffering from drought and have not enough water to survive. And water is such a commodity that in many places only the richest and most powerful people get clean water.

I have the luxury of speaking out, exclaiming my rights, according to the Constitution of the United States of America. Some of these rights are being up-ended by the new administration. Therefore it is time to march and protest as we have the right to do.

I have the luxury of sitting in my warm, beautiful home and watching the sunset every single evening and to take a rest from the woes and problems of the day.

I have the luxury of many beautiful beaches in our area to walk on any day I see fit. Many times my two adorable dogs are allowed to walk with me according to the rules of the beach.

I have the luxury of healthcare. I can go to the doctor of my choice for a nominal fee and be seen, diagnosed and be offered several remedies.

I have the luxury of good food grown and raised organically right here in my town.

I have the luxury of a supportive family that loves me and cares about my well-being.

I have so many luxuries that so many people desperately want and so many people have put in place for me, that there is nothing more that I need or want to add to my fortunate life.

Luxury (Ray Frieden)

Al Gregory was one of my Professors at the Graduate School of Design (GSD). We shared several interests, among them flying kites at Savin Hill in Dorchester, near the offices and printing plant of the Boston Globe. I went for simpler, homemade kites but Al went for big, complicated box kites which he would attach to the bumper of his Land Rover ear the top of Savin Hill. These kites were really high fliers when they got up and it was always a pleasure to see them up in the sky and to feel the tension in the 200-pound test braided line that he used to try to keep them from completely flying off. I've always thought of a Land Rover as a real luxury.

I never had such a car. When I got into Harvard with a scholarship my grandmother bought me a car. We Went to look at various models and I indicated my preference for a Jaguar four-door sedan. In the end She bought me a two-door Rambler American with a a little four cylinder engine whose block I eventually cracked. I don't think I ever did anything wrong to that car but it died after four or five years. Only one other of my roommates had a car when we started. He came from a wealthy family in Cincinnati. They owned Kenner toys, a major manufacturer of kids' toys, several of which were very popular. His car was a Chevrolet Impala-a big, heavy car with lots of room in the cabin and in the trunk.

That Impala was a really luxurious car. It had big, wide, soft seats with high backs. The motor was a big V-8 that had lots of power and used lots of gas. John didn't care. Money was never a problem with him. I don't think he got anything like an allowance. I think he had a checking account which was never empty and he could cash a check at any one o the banks in Harvard Square if he wanted hard cash. If I had thought about it, that would have been a real luxury. But I didn't and so it wasn't. I'd go along to get along and that was fine with me.

Healthy Aging: Expert advises older adults to continue using abilities

The adage of “use it or lose it” is true for seniors’ strength, balance and flexibility, according to an expert on aging at Kansas State University.

Gayle Doll, associate professor of human ecology and director of the university’s Center on Aging, said older adults can continue to be flexible and strong for much longer than society assumes if they simply continue doing what they can for as long as possible.

“Many of us are accustomed to believe that as we get older, we shouldn’t do certain things like climbing the stairs or getting up from the floor, so we quit,” Doll said. “In reality, we’re still capable of doing those things, but once you stop doing them, they become impossible because we lose the skills.”

Most issues seniors face — from physical immobility issues to lack of mental clarity — can be delayed by engaging in physical activity, Doll said.

“The most important thing for mental acuity is exercise,” she said.

Even diagnosed diseases can be eased and minimized through frequent exercise, which Doll said doesn’t have to be a formal routine or workout video. Aerobic exercise, such as walking, helps reduce fatty levels in the blood and can help prevent strokes, which can lead to cognitive losses, she said.

While walking is one of the simplest, low-impact forms of physical activity, Doll said abilities can be maintained longer for people who do various types of exercises, including strength, balance and flexibility.

Doll said a strength exercise can be as simple as lifting a can of food in each hand for 10-20 repetitions or doing pushups against a wall by leaning toward the wall and pushing back to stand up straight.

Balance can be practiced by holding onto a chair and lifting one leg for a minute, Doll said. The person can then try balancing with only one finger from each hand on the chair. Eventually, they can progress to balancing on one foot without holding onto anything.

“However, doing that exercise might only lead to being able to stand on one leg — it might not translate to other balancing tasks, like walking over curbs,” Doll said. “Balance is a really prevalent issue, and if you’re going to rebuild it after you’ve lost it, it requires a lot of slow determination and work.”

Flexibility is especially key for maintaining the ability to play sports — a pastime that Doll said does not have to end after a certain birthday.

A client once told her that he had given up tennis, his favorite hobby. When she asked why, he described a tight tendon in his ankle. Doll taught him some stretches, and within a few weeks, he was back to playing tennis. Doll said flexibility issues can affect not only the ability to play sports but also the ability to walk normally.

“A lot of people shuffle because they’ve lost their ability to lift their toe when they put their foot forward, which is really a matter of flexibility,” she said. “The flexibility of the feet and ankles is important.”

From themercury.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.**

News from the Annual Meeting of the Friends of the Council on Aging

At the Annual Meeting of the Friends, the out-going President Martha Elder and Vice President Adele Ervin were recognized and thanked for their many years of dedicated service to the Friends.

The slate of officers for 2017-2018 was approved: Co-Presidents Sue Thorne and Joan Wogan, Secretary Joan Brennan, Treasurer Patty Ambrose and Assistant Treasurer Georgia Pepper. The members at large are: Anne Coccoluto, Rosemary Comiskey, Charlotte DiBiasio, Marcia DeFelice, Martha Elder, Norma Kelley, Bev Melvin, Andrea Morgan and Judy White.

The guest speaker was Chris Olney, Trustee of the Manchester Affordable Housing Trust, who spoke about the Trust and its mission and housing issues.

The next meeting of the Friends will be on Tuesday, September 26th.

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, July 12, 2017

1:00PM—2:00PM

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

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