



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

August 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

AUGUST

- 8/2 Malls 10:00
- 8/4 The Old Manse 11:00
- 8/9 Charlie's Place Restaurant 11:00
- 8/11 Griffin Museum of Photography 10:00
- 8/16 Mystery Ride 1:00
- 8/17 Gloucester Boulevard & Farmer's Market 2:00
- 8/18 Trader Joe's 10:00
- 8/22 Lunch of the Month @ Tuck's Point 12:15 \$8
- 8/23 Salem Willows 11:00
- 8/25 Walmart 10:00
- 8/30 Movie Matinee @ Newport Park 1:30

SEPTEMBER

- 9/1 Christmas Tree Shops 10:00
- 9/4 C.O.A./Town Hall closed for Labor Day
- 9/8 Malls 10:00
- 9/26 Lunch of the Month @ The Chapel \$8 12:15

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.**

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 C.O.A. MEETING:

9/26/17 @ 4:00 pm
@ The Congregational Chapel

SENATOR TARR'S DISTRICT OFFICE HOURS
 Richard Curran, Aide to Senator Tarr, will hold office hours
 Town Hall, Manchester by the Sea
 In Room #5
 Wednesday, August 9, 2017
 1:00PM—2:00PM

Summer Season Word Search

Find the words from the right column in the grid.

Words may be forward, backward, up, down or diagonal. Good luck!



B R P
 S W I M S U I T G
 X S X R Z X K B C M G Y I
 J H U I R A I Q Z W P G I X P C A
 N V X Z M H L Z Z J T J N E Y F R A Z
 V N V H F Z L R S P I L G I P T W P P P V
 C P D H H N X M G H O S U M M E R O M V T
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 F V J G I C J B E A C H G U N J Z
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 G P T

AUGUST
 BARBECUE
 BEACH
 CAMPING
 FLOWERS
 GRASS
 JULY
 JUNE
 PARK
 PICNIC
 POOL
 POPSICLE
 SAILING
 SANDALS
 SANDCASTLE
 SEASHORE
 SUMMER
 SUN
 SURF
 SWIMMING
 SWIMSUIT
 VACATION
 WARM
 WATERMELON
 WAVES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 1:00 Bridge Club	2 10:00 Yoga 10:00 Malls	3 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket	4 9:30 Longevity Training @ Magnolia Library 10:00 The Old Manse
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28 8:30 Strong Women	29 1:00 Bridge Club	30 10:00 Yoga 1:30 Movie Matinee @ Newport Park	31	 STAY COOL!!!

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.

QUILTING: Off until September.

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.

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.

STAY HYDRATED

Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure.

Dehydration can be caused by a variety of factors. The ability to notice changes in body temperature typically decreases with age, decrease in thirst, many medications make seniors more susceptible to dehydration and there are many more causes.

Follow these tips to stay hydrated this summer.

- Drink fluids on a regular basis during the day, whether you're thirsty or not.
- Drink 8 oz. of fluid each time you take medication.
- Keep water bottles and/or a water cooler available to you wherever you are.
- Keep favorite "mocktails" or favorite beverages on hand (make sure they are not caffeinated or alcoholic).

Excerpted from aplaceformom.com

Learn to Relax and Meditate

Heartfulness Meditation is a simple and practical way to relax, feel better, sleep better, center yourself, and find peace in any situation.

The Council on Aging is offering this class on Wednesdays starting September 13th from 1:00-2:00 pm at Newport Park Community Room. Please call the C.O.A. office at 978-526-7500 to sign up.

**August 16th is National Tell A Joke Day
Here's your Joke of the Month**

The oldest computer can be traced to Adam and Eve. Yes, it was an Apple. But with an extremely limited memory. Just one byte. Then everything crashed.



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.



Earliest Feelings of Being a Strong, Capable Adult (Ray Friedan)

When I was in college I volunteered to teach math at the State Prison Colony in Norfolk, MA. The class was fairly low level in order to accommodate all of the students but that bored some of the brighter, more advanced minds. What they were doing there in prison was somewhat of a mystery to me but it didn't enter my thinking much. One guy, in particular, stood in the corner of the classroom and put up with most of the easy stuff while he waited for me to get to something interesting. I don't even remember what it was that he was fascinated by but it was certainly a time when I felt like I was being treated like an adult with something to offer another adult.

I guess there was a time earlier than that when I was in high school. The chemistry teacher, J.C. Hall, was showing the class some kind of reaction and I was behind the lab counter where he did his demonstrations, helping him. The reaction went bad and started flaming up. He asked me for the fire extinguisher out of the corner of his mouth and I grabbed it, pulled the pin that prevented accidental discharge, and put it in his hand with the handle in exactly the right place so that he could just point it at the fire and push. He did and the fire was out in seconds. We never talked about it but after that he always looked me straight in the eye.

After college I went to the Harvard Graduate School of Design (GSD), intending to be an architect. I started working for the Cambridge Seven Associates (C7A), a young firm that got their start working on the Boston Aquarium and the interior of Buckminster Fuller's geodesic dome at Expo '67 in Montreal. For the Aquarium, I designed the large 'rock' that stood in the middle of the central tank. It had a number of critical requirements related to the large number and variations in size of the fish that occupied the tank. I made many holes and crevasses that small fish could escape into. For Expo '67, I designed a plexiglass jungle gym that allowed a large collection of Raggedy Ann dolls to be displayed. The design was so successful that it was placed on the edge of a platform right next to the very long escalator that took people to the top of the exhibit where they could then stroll down a gentle ramp that looped several times around the entire display, look at every exhibit and stop to study any one that particularly caught their eye.

I had the opportunity to start working full time for C7A when I finished the GSD, but Nancy and I were of the John f. Kennedy era and decided to go into the Peace Corps. My father-in-law, already dismayed by my lack of focus on a professional career, was apoplectic about this decision which he viewed as downright dangerous. I didn't mention that it was as much Nancy's decision as mine. We went out to Red Rocks in Colorado to start our training and to learn about Iran. It turns out that the Mormons in Utah invite a lot of Iranians to Utah in hopes of converting them. I don't know how well that worked for them but Nancy and I certainly enjoyed our time out there, learned a lot of Persian and were eager to get started in Iran.

We flew home to say goodbye, then on to Teheran with a stop somewhere in Switzerland, where our bags were thoroughly checked. After landing in Teheran, we were bussed to the train terminal where we were put on a train in Mashedd, a town at the northeast corner of the great desert that occupies all of the center of Iran. From Mashedd, we took a bus south through the dessert to Yazd and then another, smaller (12 passenger) bus to Ferdowse. Ferdowse is a very small town.

Continued on next page

"Earliest Feelings of a Strong Capable Adult continued from pg. 5

We were very fortunate that the engineer that I worked for spoke excellent English and that one of the Persian teachers that Nancy worked with, Setigheh, was very happy to help her in everything she did. Very early on, she helped Nancy buy a 'chadour'- the head-to-toe scarf that Persian women wear out in the street wrapped completely around them. Unfortunately, Nancy's blond hair poked out of the chadour and was a great focus of attention for the young Iranian men who promenaded up and down the street. I walked behind Nancy and gave them a healthy 'bump' if they got too interested.

It was unclear what-if anything-I was supposed to do in Ferdowse. There was a huge, blank wall on the outside of the compound that housed the school that Nancy taught in. I decided to paint a 'zoo' of animals from all around the world on that wall-animals that the children were unlikely to ever see, even in their books-which were very elementary. It was a real pleasure and everyone in the town enjoyed it. My supervisor-'Mr. engineer Saddri'-thought it was terrific and was proud that I worked for him.

Construction of buildings in most of Iran was pretty simple. It consisted of small steel I-beams about three feet apart spanning between clay brick bearing walls and then filled in with shallow 'jack arches' made of clay bricks. The whole was then covered over with a mixture of sand, clay and dung that could absorb and re-radiate the heat of the sun. That was certainly the case in Ferdowse and Yazd which rarely saw anything like rain.

After the Peace Corps I was still not interested in working as a regular architect. I noticed an ad for a Planning Director in Plymouth, MA. Plymouth had never had a Planning Director because it had never seen much growth. But the construction of the Plymouth Pilgrim Nuclear Power Plant changed all of that and help was needed to control the growth that was a result of the lowered tax rate and the enthusiasm of local builders and carpenters. I went to an interview for the position and while I was reviewing a plan, Nancy came over to see what I was doing and try to help. From the glint in the Planning Board chairman's eye, I'm not sure whether he hired me or her!

It turned out that most of my job as Planning Director was controlling the location and construction of roads in subdivisions. The homes were individually planned and built so I did make sure that we got an aggressive Building Inspector (BI) who would make sure that they were well-done. The roads were done with inspections by a well-known engineering firm-Whitman and Howard. As a result, I think that most of the construction that was done there was done well. Eventually I got the Design Review Board (DRB) set up by the zoning by-law to be filled with members. It became a fairly popular subject for articles in the local paper-The Old Colony Memorial. Local developers and builders felt that they should be able to build whatever they thought customers would buy but the DRB was fierce about the quality and appearance of the homes that got built. The DRB and the BI didn't exactly agree on the style of the homes but they did concur that the homes should be well-built with superior material. At one point, the Building Inspector's wife became the chairperson of the Board of Selectmen and the result was some spirited discussion about zoning and building in the town.

Recipe of the Month: Banana S'mores Ice Cream

Ingredients:

4 ripe bananas
1/2 cup chocolate chips
(+ more for sprinkling)
4 graham crackers, crushed
(+ more for sprinkling)
1/2 cup mini marshmallows

Directions:

1. Slice bananas into thin coins. Spread out on a parchment paper-lined baking sheet and freeze for 2 hours, or until frozen.
2. Blend bananas in a food processor (or a blender) until smooth. Fold in crushed graham crackers, marshmallows and chocolate chips, then transfer mixture to a loaf pan. Garnish with more graham crackers, marshmallows and chocolate chips, and freeze until solid, about 1-2 hours more.

When an old lady died in the geriatric ward of a small hospital near Dundee, Scotland, it was believed that she had nothing left of any value.

Later, when the nurse were going through her meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Ireland.

The old lady's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the North Ireland Association for Mental Health. A slide presentation has also been made based on her simple, but eloquent poem. And this little old Scottish lady, with nothing left to give to the world, is now the author of this "anonymous" poem making its way across the globe.

Crabby Old Woman

What do you see, nurses? What do you see?
What are you thinking, when you're looking at me?

A crabby old woman, not very wise,
Uncertain of habit, with faraway eyes?

Who dribbles her food, And makes no reply
When you say in a loud voice, "I do wish you'd try!"

Who seems not to notice the things that you do,
And forever is losing a stocking or shoe.

Who, resisting or not, lets you do as you will,
With bathing and feeding, the long day to fill.

Is that what you're thinking? Is that what you see?
Then open your eyes, nurse, you're not looking at me.

I'll tell you who I am as I set here so still,
As I do at your bidding, as I eat at your will.

I'm a small child of ten with a father and mother,
Brothers and sisters, who love one another.

A young girl of sixteen with wings on her feet.
Dreaming that soon now a lover she'll meet.

A bride soon at twenty. My heart gives a leap.
Remembering the vows that I promise to keep.

At twenty-five now, I have young of my own.
Who need me to guide and a secure happy home.

A woman of thirty, my young now grown fast.
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone.
But my man's beside me to see I don't mourn.

At fifty once more, babies play round my knee.
Again we know children, my loved one and me.

Dark days are upon me, my husband is dead.
I look at the future, I shudder with dread.

For my young are all rearing young of their own.
And I think of the years and the love that I've known.

I'm now an old woman and nature is cruel;
Tis jest to make old age look like a fool.

The body, it crumbles. Grace and vigor depart.
There is now a stone where I once had a heart.

But inside this old carcass, a young girl still dwells.
And now and again, my battered heart swells.

I remember the joys, I remember the pain.
And I'm loving and living life over again.

I think of the years, all too few, gone too fast.
And accept the stark fact that nothing can last.

So open your eyes, people. Open and see.
Not a crabby old woman; Look closer...see ME!!



Recycle Button-Cell Batteries

Did you know that button-cell batteries (found in hearing aids, watches, cameras, calculators, and digital organizers) contain mercury and should not be thrown away? Well the Council on Aging is here to recycle those batteries for you. Bring those batteries down to the C.O.A. office and we'll take care of the rest. Look for other battery deposit boxes around town: Newport Park and The Plains Community Rooms, and the Public Library. So please recycle your button-cell batteries, not only will you be greener, but so will the C.O.A. because when you recycle your used button-cell batteries you help support the C.O.A. Call the C.O.A. with any questions. (978)526-7500

Wednesday Movie Matinee

Wednesday August 30th
Newport Park
1:30 p.m.
Refreshments will be served



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.

Farmer's Market Coupons Available For Income Eligible Seniors

Coupons are available now at the C.O.A. office. Coupons are limited and will be distributed on a first come, first served basis. There are income requirements as well as services and insurance requirements. Please contact the C.O.A. for more information (978)526-7500.

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

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