



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

September 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

SEPTEMBER

- 9/1 Christmas Tree Shops 10:00
- 9/4 Labor Day - Town offices will be closed
- 9/8 Malls 10:00
- 9/11 Low Vision Meeting @ The Plains 1:00
- 9/13 The Village Restaurant 11:00
- 9/15 Trader Joe's 9:30
- 9/19 Zumba resumes 10:00 @ the Chapel
- 9/20 Mystery Ride 1:00
- 9/22 Falls Prevention Awareness Day @ The Balance Center
- 9/26 Lunch of the Month @ The Chapel 12:15 \$8
- 9/27 Russell Orchards 10:00
- 9/29 Walmart 10:00

OCTOBER

- 10/4 Farnham's 11:00
- 10/6 Tour & Lunch @ The State House 9:00
- 10/9 Columbus Day-Town offices will be closed

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.

Life by Mother Theresa

Life is an opportunity, benefit from it.

Life is a beauty, admire it.

Life is a dream, realize it.

Life is a challenge, meet it.

Life is a duty, complete it.

Life is a game, play it.

Life is a promise, fulfill it.

Life is sorrow, overcome it.

Life is a song, sing it.

Life is a struggle, accept it.

Life is a tragedy, confront it.

Life is an adventure, dare it

Life is life, fight for it!

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
@ Congregational Chapel Conference Room

SENATOR TARR'S DISTRICT OFFICE HOURS
 Richard Curran, Constituent Services Advisor to Senator Tarr,
 will hold office hours
 Town Hall, Manchester by the Sea
 Room 5
 1:00PM—2:00PM
 Wednesday, September 6, 2017

Hearing Aid Recycling

Do you have old hearing aids laying around? You can donate them to the Starkey Hearing Foundation and they will refurbish them and give them to someone in need. Many of the hearing aids used on international hearing missions come from the recycling program, making hearing aid donations vital to the success of the Foundation.

Follow these simple steps to donate your hearing devices and change someone's life today.

1. Place the hearing aid in a crush-proof box, old pill bottle or other secure package.
2. Mail to: Starkey Hearing Foundation, ATTN: Hearing Aid Recycling, 6700 Washington Avenue South, Eden Prairie, MN 55344
3. Please include your name and address where you would like a donation receipt sent.



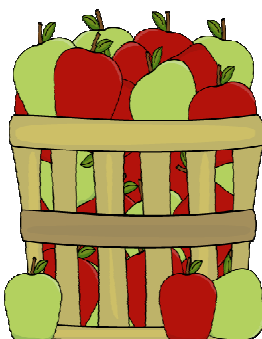

NATIONAL FALLS PREVENTION AWARENESS DAY

On Friday, September 22nd, the Manchester Council on Aging is pleased to offer a trip to the Gordon College Center for Balance, Mobility and Wellness to celebrate the 10th anniversary of the National Council on Aging National Falls Prevention Awareness Day. The Center for Balance will be offering informational sessions as well as hands-on individualized balance screenings and appropriate recommendations for next steps to address any potential concerns. The cost is free and the event will happen from 10:30 am-12:00 pm. Refreshments will be served. The van will start picking up seniors around 10:10 a.m. For further information or to sign up please call the C.O.A. Office at 526-7500.

**Zumba resumes
 September 19th.
 Tuesdays
 10:00 AM
 at the
 Congregational
 Chapel
 Come join the fun!!**

**Low Vision Meeting
 resumes
 September 11th
 with
 special presenter
 Leslie Sands
 Holistic Nutritionist**

**Quilting
 resumes
 Monday
 September 11th
 9:45 AM
 @ The Community
 Center
 Knitters Welcome**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	We Like You So Like Us On Facebook!!!			1 9:30 Longevity Training @ Magnolia Library 10:00 Christmas Tree Shops
4 	5 1:00 Bridge Club	6 10:00 Yoga	7 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	8 9:30 Longevity Training @ Magnolia Library 10:00 Mall Trip
11 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting Guest Speaker: Leslie Sands , Holistic Nutritionist	12 1:00 Bridge Club	13 10:00 Yoga 11:00 The Village Restaurant	14 8:30 Strong Women Market Basket Trip	15 9:30 Longevity Training @ Magnolia Library 10:00 Trader Joe's
18 8:30 Strong Women 9:45 Quilting	19 10:00 Zumba 1:00 Bridge Club	20 10:00 Yoga 1:00 Mystery Ride	21 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	22 9:30 Longevity Training @ Magnolia Library 10:10 Fall Prevention Awareness Day @ Gordon Balance Center
25 8:30 Strong Women 9:45 Quilting	26 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club	27 10:00 Yoga 11:00 Russell Orchards	28 8:30 Strong Women Market Basket Trip	29 9:30 Longevity Training @ Magnolia Library 10:00 Walmart

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.

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 the 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.

MANCHESTER ELDER BRETHREN PICNIC AND MEETING **SEPTEMBER 9TH**

Attention all Manchester males who are at least forty-nine years of age. The 140th annual meeting of the Elder Brethren will be held on Saturday, September 9, 2017 at the Tuck's Point Chowder House. The group will gather between 11:00 a.m. and 11:45 a.m., a group photo will be taken and then the meal will start at 12:00 noon. The meeting is an opportunity to visit with old friends and make new friends during this great long-lasting Manchester tradition.

Known by some as the "old man's chowder party", the event will feature an opportunity to socialize, have appetizers provided by past president Chris Nahatis, a noon meal featuring chowder, hot dogs and hamburgers, potato salad and apple pie for dessert.

Following the meal, the guest speaker, Captain Stefan Edick the captain of the Schooner Adventure from Gloucester will address the group. A short business meeting will conclude the festivities. As part of the business meeting, the Boston Post Cane will be presented to the "most senior" member present and the Slade Eaton Trophy will be awarded to the member who has provided service to the elder brethren and/or the Town of Manchester.

Cost for the event is \$20.00/person. Put September 9th on your calendar and see you at Tuck's Point for the Elder Brethren Picnic

BRIDGE CLUB

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.

Do You Remember**ALL IN THE FAMILY?**

1. What was the family's last name? _____
2. What was their home address? _____
3. Who played Archie and Edith? _____
4. What did Archie often call Edith? _____
5. What was their daughter's name? _____
6. Who did she marry? _____
7. What did Archie always call him? _____
8. Who played Irene and Frank Lorenzo? _____
9. Who played Louise and George Jefferson? _____
10. Name the longtime producer. _____

Answers on pg. 7

Jokes of the Month

It's back to school month so here are some math and science jokes to get you thinking...and chuckling.

Q: Why should you never talk to pi? A: Because he'll go on forever.

Q: What did 0 say to 8? A: Nice belt.

Q: What did the DNA say to the other DNA? A: Do these genes make me look fat?

Q: Do you know what seems odd to me? A: Numbers that aren't divisible by two.

Parallel lines have so much in common...it's a shame they'll never meet.

Do not trusts atoms...they make up everything.

Did you hear oxygen and potassium when on a date? It went OK.
Not even a week later oxygen and magnesium went out. OMg.
Oxygen then tried to ask nitrogen out. She said NO.

An infectious disease enters a bar.
The bartender says, "We don't serve your kind in here."
It replies, "Well you're not a very good host."

When life give you mold....make penicillin.



I FOUND
THIS
HUMERUS

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.



WISH YOUNG ONES KNEW ABOUT US (Ray Frieden)

It probably comes as a surprise to most of us that, more or less, we all go through the same things. The important thing about that fact is that young ones can ask us questions about what they are going through, discover that we have gone through similar things, and get pretty good answers to their questions. They will also have the opportunity to have discussions about the particulars and the peculiarities of each one's experience and understand the uniqueness of their own compared to their friends.

In my case, though, my father and mother each had very different upbringings and gave each of their children different senses of themselves. My father was brought up in a fairly orthodox Jewish household. Although he did not raise us as orthodox Jews because my mother was basically an Agnostic, he did make sure that we went to temple frequently and got a fairly good (if somewhat secular) Jewish education. The rabbi at our reform synagogue (Roland Gittleston) even wrote a book about Jews called "Little Lower than the Angels", and taught us his sense of how we younger people should view ourselves and our religion. It was more as a moral code than as a set of ceremonies. That always satisfied me and I have always been happy to rely on that code when an issue of importance came up.

WHAT DO YOU THINK THEY WISH WE KNEW ABOUT THEM?

Younger people probably wish we thought them to be more intelligent and thoughtful than we often seem to. That is probably because they express themselves in simpler language than more senior adults do. So we slip into the assumption that their thoughts are simpler rather than that they are more comfortable with simpler forms of expression.

Do you like to write?

A new Write Time Class is starting September 19th .

It meets on Tuesdays from 1:30 pm—3:00 pm at the Manchester Community Center and costs \$50 for the 6 week class.

Call the C.O.A. today and sign up at (978)526-7500. Space is limited. And maybe next month we'll see your story published in the Newsletter.

USED MEDICAL EQUIPMENT

The Masonic Hall in Ipswich stores donated, used medical equipment such as walkers, toilet seats, canes and occasionally wheelchairs. Call George Wallich at 978-697-3920 or the Masonic Hall at 978-356-9716 to donate items or for information on obtaining items.

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

Answers to All In The Family from pg. 5

- | | |
|--|--|
| 1. Bunker | 6. Michael Stivic |
| 2. 704 Howser St. Queens, NY | 7. "Meathead" |
| 3. Carroll O'Connor and Jean Stapleton | 8. Betty Garrett and Vincent Gardenia |
| 4. "Dingbat" | 9. Isabel Sanford and Sherman Helmsley |
| 5. Gloria | 10. Norman Lear |

Tour of the State House & Lunch

Representative Brad Hill and Senator Bruce Tarr have extended an invitation to a small group of seniors to a tour of the State House and lunch on Friday October 6th. This exciting tour is limited to 10 people and the cost is free. We'll provide the transportation and we'll start picking up at 9:00 a.m. and should be home around 2:00 p.m. Please call the Council on Aging at (978)526-7500 to sign up.

COMMUNITY AND OUTREACH INFORMATIONOUTREACH 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.

National Do Not Call Registry

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do you can file a complaint at www.donotcall.gov. You can register your home or mobile phone for free by going to www.donotcall.gov or calling 1-888-382-1222 using the phone you want to register.

**COMMUNITY WIDE SHREDDING EVENT
SATURDAY OCTOBER 14, 2017
9:00 AM - 12:00 PM
BEHIND TOWN HALL**

The Manchester Council on Aging in cooperation with The Cape Ann Savings Bank and Town Hall will sponsor a shredding event behind Town Hall. Come between the hours of 9:00 am and 12:00 pm and bring all the documents that you would like shredded.

Don't Ignore Your Medicare Mail

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

SHINE counseling is available by appointment in the Council on Aging office. Please call Nancy Hammond to make an appointment (978)526-7500.

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

U.S. POSTAGE

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