



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

March 2018

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

MARCH

- 3/2 Ocean State Job Lots 10:00
- 3/6 Maple St. Bistro 10:15
- 3/9 Addison Gallery of Art 10:00
- 3/12 Low Vision Meeting @ The Plains 1:00
- 3/14 Special Market Basket Trips
- 3/15 Boston Flower & Garden Show \$16 8:30
- 3/16 Malls 10:00
- 3/21 Mystery Ride 1:00
- 3/23 Trader Joe's 10:00
- 3/27 Lunch of the Month @ The Chapel \$8 12:15
- 3/30 Walmart 10:00

APRIL

- 4/6 Christmas Tree Shops 10:00
- 4/9 Low Vision Meeting @ The Plains 1:00
- 4/13 Mall 10:00
- 4/28 Drug Take Back Day @ Town Hall

MONTHLY MALL & TRADER JOE'S SHOPPING TRIPS
MARKET BASKET SHOPPING-THURSDAY
ZUMBA-TUESDAY— YOGA-WEDNESDAY

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**

C.O.A. BOARD MEETING:

3/14/18 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

3/20/18 @ 9:30 am
@ Town Hall Rm #5

FRIENDS OF THE C.O.A. MEETING:

3/27/18 @ 4:00 pm
@ Town Hall

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall, Manchester by the Sea

Room 5

1:00PM—2:00PM

Wednesday, March 7, 2018

Recipe of the Month
Cheesy Pesto Spinach Flatbread

Ingredients:

- ♦ 2 packaged naan flatbreads or 1 cooked thin-crust pizza crust
- ♦ 1/2 c. pesto
- ♦ 6 oz. Fresh mozzarella, shredded
- ♦ 1/3 c. baby spinach
- ♦ Crushed red pepper flakes

Directions:

- ♦ Preheat oven to 425 degrees. Line a baking sheet with parchment paper or a silicone baking mat and set aside
- ♦ Spread pesto evenly over flatbreads or pizza crust. Sprinkle evenly with mozzarella, top with spinach, then sprinkle with red pepper flakes.
- ♦ Bake until cheese is bubbling, 10-13 minutes. Remove from oven and slice warm.

Reminder!

Motor Vehicle excise tax bills are due in to the Collector's Office no later than March 12, 2018. Please remember to leave time for mailing. Bills may also be paid online 24 hours a day, 7 days a week at www.manchester.ma.us/465/Town-Bills If you did not receive a bill for your vehicle(s), or if you have any other questions, please contact the Collector's Office at 526-2030

**YOU MAY QUALIFY FOR AN EXEMPTION OFF OF YOUR REAL
ESTATE TAX BILL.**

You may be eligible to reduce a portion of the taxes assessed on your domicile if you meet the qualifications for one of the personal exemptions allowed under Massachusetts Law. The following is a list of exemptions Manchester has.

Clause 37A-Blind Persons

Clause 22-Qualifying Veterans

Clause 41C-Elderly Persons

Clause 41A-Deferral

For further information or a complete listing of the exemptions please call the Board of Assessors at 978-526-2010.

Answers to Commonyms on pg. 5

- | | |
|--------------------|------------------------|
| 1. Thing you raise | 6. Tests |
| 2. Shells | 7. Measured in degrees |
| 3. Balls | 8. Bombs |
| 4. They have racks | 9. Boats |
| 5. Types of stops | 10. They are stuffed |

Drug Take Back Day

Saturday

4/28/18

At Town Hall

Any and all medications can be dropped off.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>2</p> <p>9:30 Longevity 10:00 Ocean State Job Lots</p>
<p>5</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>6</p> <p>10:00 Last Zumba class of this session</p> <p>10:15 Lunch @ Maple St. Bistro</p> <p>1:00 Bridge Club</p>	<p>7</p> <p>10:00 Yoga</p>	<p>8</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>9</p> <p>9:30 Longevity 10:00 Addison Gallery of Art</p>
<p>12</p> <p>8:30 Strong Women 9:45 Quilting</p> <p>1:00 Low Vision Meeting @ The Plains—Stu Flom from Adapt-a- Vision.</p>	<p>13</p> <p>1:00 Bridge Club</p>	<p>14</p> <p>10:00 Yoga</p> <p>Market Basket Trip</p>	<p>15</p> <p>8:30 Strong Women 8:30 Boston Flower & Garden Show \$16</p> <p>10:00 VNA Health Clinic @ The Chapel</p>	<p>16</p> <p>9:30 Longevity 10:00 Mall</p>
<p>19</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>20</p> <p>1:00 Bridge Club</p> 	<p>21</p> <p>10:00 Yoga</p> <p>1:00 Mystery Ride</p>	<p>22</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>23</p> <p>9:30 Longevity 10:00 Trader Joe's</p>
<p>26</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>27</p> <p>10:00 Zumba resumes</p> <p>12:15 Lunch of the Month @ The Chapel \$8</p> <p>1:00 Bridge Club</p>	<p>28</p> <p>10:00 Yoga</p>	<p>29</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>30</p> <p>9:30 Longevity 10:00 Walmart</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: 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.

**ALERTS!**

~ from the Clerk ~

Beach Stickers are available NOW!

Visit the Town Clerk's office with your vehicle's registration or order online at www.ManchesterStickers.cityhallsystems.com.

March 27th: Last day to pull ***Nomination Papers*** to run for local office (5:00 p.m.)
Are you interested in running for local office?
Help support the community you love and call home?
The following positions will be on the ballot: Housing Authority, Library Trustee, Moderator, Planning Board, School Committee and Board of Selectmen.

March 31st: ***2018 Dog Licenses*** due – avoid the late fee!
All dogs aged 6 months and older must be registered by March 31st.
Order in person, by mail or online at www.epay.cityhallsystems.com

April 2nd: **Annual Town Meeting**, Memorial Elementary School, 7 p.m.
Visit www.manchester.ma.us at the end of February to view the warrant.

May 15th: **Annual Town Election**, Memorial Elementary School, 7:00 a.m.-8:00 p.m.
Visit www.manchester.ma.us mid-April to view the sample ballot.
Out of Town on May 15th? Absentee Ballots will be available the week of April 15th

Questions? Contact the Town Clerk's Office at 978-526-2040 or townclerk@manchester.ma.us

Reading Aloud Can Be a Memory Booster

Want to remember certain information? Try reading it out loud.

A new study finds that improves your chances of remembering it.

Canadian researchers asked 95 people to remember written information in four different ways: reading the information silently; hearing someone else read it; listening to a recording of themselves reading it, and read it aloud.

Reading out loud proved to be the best way to remember the information, the study found. That “confirms that learning and memory benefit from active involvement,” study co-author Colin MacLeod said in a news release from the University of Waterloo in Ontario. He’s chair of the university’s psychology department.

When we add an active measure or a production element to a word, that word becomes more distinct in long-term memory, and hence more memorable,” he said. MacLeod’s earlier research involved how writing and typing words enhanced memory retention.

As for the “practical applications o this research,” MacLeod said, “I think of seniors who are advised to do puzzles and crosswords to help strengthen their memory.

This study suggests that the idea of action or activity also improves memory,” he said. That adds to existing knowledge that “regular exercise and movement are also strong building blocks for a good memory,” he added.

The findings were published recently in the journal *Memory*.

Article from <https://consumer.healthday.com>

Commonyms

A Commonym is a group of words that have a common trait in the tree words listed. For example A car-A tree-An elephant...the commonym is they all have trunks.

1. Your hand-Your voice-Your children: _____
2. Sea-Taco-Turtle: _____
3. Base-Beach-Billiard: _____
4. Coat-Spice-Bicycle: _____
5. Short-Bus-Rest: _____
6. Blood-IQ-Ink Blot: _____
7. Burns-Angles-Temperatures: _____
8. Time-Stink-Atomic: _____
9. Tug-Sail-Steam: _____
10. Turkey-Teddy Bear-Christmas stocking: _____

Answers on pg. 2

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 is written by the class instructor



Attitudes Towards Money in my Family of Origin (Katherine Arthur)

My mother told a story about a young man who wanted a sailboat so badly he could taste it. But he got married early and never had his boat. He had a perfectly happy marriage, but there was always a nagging sadness in him, a deep desire that had not been fulfilled when he was young. She also told stories of couples who postponed doing things together until retirement. Then one would die, and they would never have had that special time together.

The message was "carpe diem," seize the day, do it now when you can. Don't wait. She had a nature big on celebration and could make delights of small things such as the day Alaska became a state. She told us in a spirit of mystery and fun that we were going to have cold fish for dinner that night. We kids were all nervous and excited, but we did have cold fish. She bought an inexpensive copper fish mold and filled it with chocolate ice cream. Voila, —cold fish, Alaska welcomed into the union. Something we never forgot.

We had little money. I remember once when my father was out of work we had a can of Dinty Moore stew and a stack of bread shared among six of us. We once had a milk bill equal to four times our monthly rent posted on our refrigerator. The HOOD milkman was kind and somehow kept delivering milk.

Nevertheless, my mother insisted she was a rich woman. She always gave money away, whatever she had. I remember a Christmas toy campaign. Money was given in the names of her children, our initials: KHIV. Probably one dollar. That made a deep impression on me.

By the time I was in college she was the manager of a second hand bookstore. She had a recurrent dream of spending twenty-four hours in London, something she longed to do. She finally asked her boss if she was going to get a raise and then persuaded him to give her the raise in a lump sum to go to London, to buy books to be sent back to the bookstore. She did this for seven years in a row from her mid-sixties into her early seventies. It was the joy of her life.

She just did things. Made them work. She used gumption and imagination.

My poor father was poor. He believed he was poor, and he could not enter into these adventures. My mother could have made it work to have him join her on the first trip to London, but he felt out of false pride that if he couldn't travel across Europe in his own club car, he would not go.

Nonetheless, he sometimes gave absurdly expensive presents. I was given a Movado watch when I was in high school when I needed the most basic clothing. He refused to give my mother a red checked kitchen tablecloth, which we four kids wanted to give her, because he thought it had to be lace.

I came out of my childhood confused about whether I was rich or poor. I had no money handling skills. I gave money away freely as my mother did, but had trouble accumulating it for my own needs. It took a bit of time to sort out my own attitudes toward money. The good result is that I believe that money is not to be hoarded. It is meant to fill needs.

Continued on next page

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Consequently, I have a pretty solid sense that money should flow. It should move, take care of people. And I believe it will be there for me as I need it. Perhaps, not always in abundance, but I will have enough.

I have to give both parents credit for their influences on me. My father gave me the Movado watch at an impressionable time in my life. He believed in the best, in good quality, in beauty. My mother gave me a sense of celebration and of possibility. And of giving —always.

Not a bad mix!

Do You Enjoy Writing?

A new 6-week session of Write Time will be starting up.

Tuesday March 13th

at the

Community Center.

\$50

Call the Council on Aging to sign up

978-526-7500

Space is limited

Maybe we'll see your story in next month's newsletter.



Be Alert to Tax Scams

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications.

The IRS will NEVER:

Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.

Demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

Ask for credit or debit card number over the phone.

The IRS does not initiate contact with taxpayers by email, text messages or social media to request personal or financial information. **The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.**

-Courtesy of the Commonwealth's Comptroller

Are your eyes not quite what they used to be?

You are warmly invited to participate in a small group to learn about low vision resources for individuals with moderate to advanced vision loss. Guest speakers will present and demonstrate low vision aids and devices as well as various programs and services, all designed to promote confidence and independence in and out of the home. Together, participants will share tips and strategies to address challenges with everyday tasks and related issues associated with vision loss.

Day:

second Monday of the month (no July or August)

Time:

1:00 to 2:30 p.m.

Location:

Community Room at The Plains, Old Essex Road in Manchester

For more information, please call:
Manchester C.O.A. at (978) 526-7500 or
Laurie Werle at (617) 926-4268; email
lwerle@mabcommunity.org

VNA Care 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.

Here's an Irish toast for all those celebrating

St. Patrick's Day

on

March 17th.

Here's to a long life and a merry one.

A quick death and an easy one.

A pretty girl and an honest one.

A cold beer and another one.

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

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