



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

Manchester-by-the-Sea, Massachusetts 01944-1399

Telephone (978) 526-7500 • FAX (978) 525-6441

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April 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

APRIL

- 4/6 Christmas Tree Shops 10:00
- 4/9 Low Vision Meeting @ The Plains 1:00
- 4/11 Special Market Basket Trips
- 4/12 The Beacon Café @10:15 \$5+tip
- 4/13 Mall 10:00
- 4/16 Patriot's Day—Office is closed
- 4/18 Special Market Basket Trip
- 4/20 Trader Joe's 10:00
- 4/24 Lunch of the Month @ The Chapel 12:15 \$8
- 4/25 Mystery Ride 1:00
- 4/27 Walmart 10:00
- 4/28 Drug Take Back Day @ Police Station 10:00-2:00

MAY

- 5/2 Needlecraft Exhibit @ Hellenic Center of Ipswich 10:15
- 5/9 Spring Tea @ Historical Museum 1:30
- 5/23 Concert @ Crowell Chapel 2:00 - WWI & WWII songs

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.**

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

COLLECTION PROGRAMS

The Council on Aging continues to collect cell phones, eye glasses, hearing aid batteries and pop tops. Please call the C.O.A. office with any questions. (978) 526-7500

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

C.O.A. BOARD MEETING:

4/11/18 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

No meeting this month

FRIENDS OF THE C.O.A. MEETING:

4/24/18 @ 4:00 pm
@ Town Hall Room #5

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall, Manchester by-the-Sea

Room 5

1:00 PM-2:00 PM

Wednesday, April 11, 2018

Health Tip:**Friendships May Stem Cognitive Decline in Seniors**

Forging new friendships and maintain old ones may help slow cognitive decline among seniors, the U.S. National Institute on Aging says.

For seven years, researchers at Northwestern University studied a group of so-called "superagers" — people 80 and older who had maintained long-standing friendships.

The researchers found that the group collectively had memories of past personal events that rivaled people up to 30 years younger.

What's more, the area of the brain called the anterior cingulate — important for emotions and attention — showed less cognitive decline among superagers than among others of a similar age group.

Participating in social activities such as visiting friends, volunteering and going on trips has been associated with better brain function, while older people who don't socialize as much have been found to be at increased risk of dementia, the Institute says.

From: www.healthday.com

**The Silent Call Procedure**

The Silent Call procedure is a unique program in the Massachusetts Enhanced 9-1-1 system that allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response.

If you need to call 9-1-1 and you are unable to speak for any reason, such as a physical disability, domestic violence or home invasion, follow these simple steps using a touch tone wireline telephone or a cell phone:

FIRST DIAL 9-1-1

Once the call is answered, indicate your need to by pressing the appropriate number on your telephone.

If you need **POLICE**—Press **1**

If you need **FIRE**—Press **2**

If you need **AMBULANCE**—Press **3**

The 9-1-1 Dispatcher may ask questions that require yes or no answers.

Press **4** for **YES**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Strong Women 9:45 Quilting	3 10:00 Zumba 1:00 Bridge Club	4 10:00 Yoga	5 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	6 9:30 Longevity 10:00 Christmas Tree Shop
9 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting @ The Plains	10 10:00 Zumba 1:00 Bridge Club	11 10:00 Yoga Market Basket Trip	12 8:30 Strong Women 10:15 Beacon Cafe	13 9:30 Longevity 10:00 Mall
16 	17 10:00 Zumba 1:00 Bridge Club	18 10:00 Yoga Market Basket Trip	19 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel	20 9:30 Longevity 10:00 Trader Joe's
23 8:30 Strong Women 9:45 Quilting	24 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club	25 10:00 Yoga 1:00 Mystery Ride	26 8:30 Strong Women Market Basket Trip	27 9:30 Longevity 10:00 Walmart Trip
30 8:30 Strong Women 9:45 Quilting			SATURDAY 28 Drug Take Back Day 10:00-2:00 Police Station Garage	

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.

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.

Recipe of the Month**Peach Cobbler**

April 13th is National Peach Cobbler Day

So enjoy this quick and easy recipe

Ingredients:

- 1 cup self-rising flour
- 1 cup white sugar
- 1 cup milk
- 2 (16 ounce) cans sliced peaches in heavy syrup
- 1/2 cup butter

**Directions:**

- Melt butter in 9 X 13 inch pan.
- Mix together the flour, sugar and milk. Pour mixture into the pan.
- Spread peaches, including syrup, evenly around the pan.
- Bake at 350 degrees for 30-40 minutes until the crust turns golden brown.
- Let cool for about 10 minutes before serving.

4 Types of Exercise

from the National Institute on Aging

Exercise and physical activity fall into four basic categories—endurance, strength, balance, and flexibility. Most people tend to focus on one activity or type of exercise and think they're doing enough. Each type is different, though. Doing them all will give you more benefits. Mixing it up also helps to reduce boredom and cut your risk of injury. Though we've described each type separately, some activities fit into more than one category. For example, many endurance activities also build strength. Strength exercises also help improve balance.

Endurance - Endurance or aerobic, activities increase your breathing and heart rate. They keep your heart, lungs, and circulatory system healthy and improve your overall fitness. Building your endurance makes it easier to carry out many of your everyday activities.

- Brisk walking or jogging
- Yard work (mowing, raking, digging)
- Dancing

Strength - Strength exercises make your muscles stronger. They may help you stay independent and carry out everyday activities, such as climbing stairs and carrying groceries. These exercises also are called "strength training" or "resistance training."

- Lifting weights
- Using a resistance band
- Using your own body weight

Balance - Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance.

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility - Flexibility exercises stretch your muscles and can help your body stay limber. Being flexible gives you more freedom of movement for other exercises as well as for your everyday activities.

- Shoulder and upper arm stretch
- Calf stretch
- Yoga

*** Check out **Go4Life**, the exercise and physical activity campaign, from the National Institute on Aging, it has sample exercises and free resources for older adults at <https://go4life.nia.nih.gov>. Also look into joining any of the Council on Aging's fun fitness classes. Gain strength at the Strong Women's class and Longevity, improve your flexibility with Yoga on Wednesdays, or get your heart pumping to great music with Zumba, plus much more. ***

APRIL FOOL'S Day

APRIL 1st

Y	L	L	I	S	B	P	E	L	Z	O	O	B	M	A	B
E	B	E	W	I	L	D	E	R	C	A	P	E	R	W	Q
E	A	S	H	E	N	A	N	I	G	A	N	S	B	U	P
F	R	E	S	I	R	P	R	U	S	G	U	O	D	R	E
A	E	T	U	P	S	L	B	S	E	K	O	J	E	E	E
R	D	T	O	N	D	U	P	E	H	U	F	P	T	K	L
C	U	S	I	M	S	C	L	M	F	D	O	R	Y	A	A
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A	E	J	N	I	D	O	I	U	T	C	T	G	E	K	L
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APRIL
BAMBOOZLE
BEFUDDLE
BEMUSE
BEWILDER
CAPER
DELUDE
DUMBFOUND
DUPE
FARCE

FIRST
HOAX
HOODWINK
JEST
JOKES
LAUGHTER
LEVITY
MALARKEY
MISCHIEF
MONKEY

BUSINESS
PRANK
PREPOSTEROUS
SHENANIGANS
SILLY
SURPRISE
TOMFOOLERY
TRICK
WACKY



Drug Take Back Program

**Saturday, April 28th
10:00 a.m. - 2:00 p.m.
At the Police garage behind Town Hall**

The Manchester Council on Aging, the Manchester Police Department and the Drug Enforcement Agency (DEA) are pleased to offer a drug take back program for all residents of Manchester and the Cape Ann area.

Any and all medications, prescription or otherwise, can be dropped off at the Police Station garage between 10:00 a.m.-2:00 pm on April 28th. The police ask that you take all your medications out of the pill bottles and combine into a zip lock bag. This same procedure is to be used if you drop medications off at the Police Station drop box at another time.

NO SHARPS ALLOWED

If you need to discard any sharps, please contact the Board of Health during business hours.

Call the Manchester Council on Aging with any questions. 978-526-7500

Contact Your Local Legislator

U.S. Senator Elizabeth Warren	(617)565-3170
U.S. Senator Edward Markey	(617)565-8519
U.S. Congressman Seth Moulton	(978)531-1669
MA Senator Bruce Tarr	(617)722-1600
MA Representative Brad Hill	(617)722-2100

SENIOR CITIZEN TEXTING CODE:

1) ATD-At The Doctors	10) OMSG- Oh My! Sorry Gas
2) BFF-Best Friend Fell	11) ROFLACGU-Rolling On Floor And Can't Get Up
3) BTW-Bring The Wheelchair	12) TTYL-Talk To Ya Louder
4) BYOT-Bring Your Own Teeth	
5) FWIW-Forgot Where I Was	
6) GGPBL-Gotta Go Pacemaker Battery Low	
7) GHA-Got Heartburn Again	
8) IMHO-Is My Hearing-aid On	
9) OMMR-On My Massage Recliner	

Timely Joke of the Month

I saw Arnold Schwarzenegger eating a chocolate egg so I said to him, "I bet I know what your favorite Christian festival is."
He said, "Have to love Easter, baby."

Even More Timely Joke of the Month

I'm combining Easter and April Fools day this year...
I'm sending the kids out to look for eggs I haven't hidden.



What would you do if you became seriously ill?

There is a document called Five Wishes that will help you with this difficult question. Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care. It's also easy to use. All you have to do is check a box, circle a direction, or write a few sentences. For your copy of Five Wishes drop by the Council on Aging office

Red Sox Home Opener is April 5th

FENWAY PARK
CARLTON "PUDGE" FISK
GREEN MONSTER
BOSTON
RED SOX
YAWKEY WAY
THE LONE RED SEAT
PESKY POLE
CURSE REVERSED
SWEET CAROLINE **EST. 1901**

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.

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

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of The Friends of The COA**