



# 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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**MAY 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

#### **MAY**

- 5/2 Needlecraft Exhibit @ Hellenic Center 10:15 Free
- 5/4 Ocean State Job Lots 10:00
- 5/9 Spring Tea @ The Historical Society 1:30
- 5/11 Malls 10:00
- 5/14 Low Vision @ The Plains 1:00
- 5/16 Brown Bag Jewelry Event & Tea 2:00
- 5/18 Trader Joe's 10:00
- 5/22 Lunch of the Month @ The Chapel \$8 12:15
- 5/23 WWI & WWII concert @ Crowell Chapel 2:00 Free
- 5/25 Walmart 10:00
- 5/28 Memorial Day -Town Hall/COA office closed
- 5/30 Mystery Ride 1:00

#### **JUNE**

- 6/1 Christmas Tree Shops 10:00
- 6/13 Wegman's 10:00
- 6/26 Lunch of the Month @ The Chapel \$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](mailto:hammondn@manchester.ma.us)**

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

#### **C.O.A. BOARD MEETING:**

5/9/18 @ 5:30 pm  
@ Seaside One

#### **TRIAD MEETING:**

5/15/18 @ 9:30 am  
@ Town Hall Room #5

#### **FRIENDS OF THE C.O.A. MEETING:**

5/22/18 @ 4:00 pm  
@ Town Hall Room #5

### What is a MOON?

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

\*\*\* Nancy Hammond, Director of Manchester C.O.A., is a SHINE Counselor. 978-526-7500\*\*\*

### **SHINE — Serving the Health Information Needs of Elders**

The Massachusetts Executive Office of Elder Affairs SHINE Program provides free confidential health insurance information, education, counseling and assistance to Medicare beneficiaries of all ages, their family members and other caregivers.




SHINE counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs in many areas of health insurance including original Medicare, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Medicare Rights and Protections, Prescription Advantage, MassHealth and many other programs for people with limited income and resources, and other Medicare, government and private health plans.

SHINE counseling is available by appointment in the Council on Aging office. Please call Nancy Hammond with questions or for more information (978)526-7500.

### **VNACare 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 the first and third Thursday of the month from 10:00 to 12:00 Noon. Appointments are not necessary.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Zumba 1:00 Bridge Club	2 10:00 Yoga 10:00 Needlecraft Exhibit @ Hellenic Center Free	3 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	4 9:30 Longevity 10:00 Ocean State Job Lots
	7 8:30 Strong Women 9:30 Quilting	8 10:00 Yoga 1:30 Spring Tea @ Historical Society	9 8:30 Strong Women Market Basket Trip	10 9:30 Longevity 10:00 Malls
14 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains - guest Stu Flom from Adapt-A-Vision.	15 10:00 Last Zumba Class 1:00 Bridge Club	16 10:00 Yoga 2:00 Nancy Larson Jeweler Brown Bag Event & Afternoon Tea	17 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	18 9:30 Longevity 10:00 Trader Joe's
21 8:30 Strong Women 9:30 Quilting	22 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club	23 10:00 Yoga 2:00 Concert @ Crowell Chapel WWI & WWII Songs - Free	24 8:30 Strong Women Market Basket Trip	25 9:30 Longevity 10:00 Walmart
28 	29 1:00 Bridge Club	30 10:00 Yoga 1:00 Mystery Ride	31 8:30 Strong Women Market Basket Trip	

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.

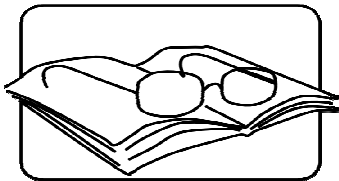
**BRIDGE CLUB:** Tuesday, 1:00—4:00 P.M. at Newport Park Community Room. All are welcome. Please call Elizabeth Moon at (978) 526-4515 for more information or to register.

### Do you need non-prescription reading glasses?

Allen's Pharmacy is offering to give away free non-prescription reading glasses to those who need them.

Please call the C.O.A. and let us know the strength you need at 978-526-7500.

This offer available to the first 15 seniors who call.



### SPRING TEA at the Trask House Wednesday May 9th 1:30 p.m.

The Manchester Historical Society has extended an invitation to Manchester seniors to enjoy a "Spring-Tea" on Wednesday, May 9th.

Reservations are necessary so please call the Council on Aging Office at (978)526-7500.

Join us  
At  
The Crowell Chapel  
On  
Wednesday  
May 23rd  
At 2:00 p.m.  
For a free concert  
From  
Big Smile Entertainment  
Of  
WWI & WWII Songs

Transportation is available.  
Call the C.O.A. to sign up.  
978-526-7500



## SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall, Manchester-by-the-Sea

Room 5

1:00-2:00 P.M.

Wednesday, May 9, 2018

**10 Things to Know About Your New Medicare Card**

Medicare started mailing new Medicare cards in April 2018. Here are 10 things to know about your new Medicare card:

1. **Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
2. **Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
3. **Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
4. **Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
5. **Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
6. **Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
7. **Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
8. **You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
9. **Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare - you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
10. **Help is available:** If you don't get your new Medicare card by **April 2019**, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

**Memorial Day is May 28th**

**Remembering those who gave their lives while serving in the country's armed forces.**

"We do not know one promise these men made, one pledge they gave, one word they spoke; but we do know they summed up and perfected, by one supreme act, the highest virtues of men and citizens. For love of country they accepted death, and thus resolved all doubts, and made immortal their patriotism and their virtue." James A. Garfield



## **Leafy Greens Linked With Slower Age-Related Cognitive Decline**

A recent report in the journal *Neurology* found that a diet containing approximately one serving of green leafy vegetables per day is associated with slower age-related cognitive decline.

Dr. Martha Clare Morris and colleagues from Rush University in Chicago and the Tufts Human Nutrition Research Center in Boston followed 960 older adults enrolled in the Rush Memory and Aging Project. The research team focused on the level of consumption of green leafy vegetables, like spinach, kale, collards, and lettuce, which have been suggested in previous research to have protective factors against cognitive decline (Kang et al., 2005; Morris et al., 2006), and looked at the association with performance on cognitive tests.

The average age of the participants was 81 years and all were dementia-free at the beginning of the study. Over an average of nearly 5 years, participants underwent an annual battery of tests that assessed cognition in five domains (episodic memory, working memory, semantic memory, visuospatial ability, and perceptual speed). Data from food frequency questionnaires administered at the beginning of the study were used to assess how frequently people ate some 144 items over the previous 12 months. Dietary intake levels of the nutrients of interest were estimated from responses to all food items. The three green leafy vegetable items and their serving sizes included in the questionnaire were: spinach (1/2 cup cooked), kale/collards/greens (1/2 cup cooked), and lettuce salad (1 cup raw). Additional diet, health, and demographic information was collected during annual visits.

In the study, consumption of green leafy vegetables was positively and significantly associated with slower cognitive decline. When comparing the highest daily consumption (median 1.3 servings a day) with the lowest (median 0.09 servings a day), the rate of cognitive decline among those who consumed the most to those who consumed the least was equivalent to being 11 years younger cognitively, based on average global cognitive scores over time. There was no evidence that the association was affected by cardiovascular conditions, depressive symptoms, low weight, or obesity.

The researchers also examined the relationship between cognitive change and nutrients for which green leafy vegetables are a rich source (folate, phylloquinone, nitrate,  $\alpha$ -tocopherol, kaempferol, and lutein). Intake of these nutrients were each individually positively and significantly associated with slower rates of cognitive decline and were not due to other underlying health issues. Further investigation indicated that phylloquinone, lutein and folate likely were the source of the effect seen on cognitive decline.

This study indicates that consumption of green leafy vegetables is associated with a slower rate of cognitive decline in older adults, possibly due to the neuroprotective actions of specific nutrients. As research continues, the researchers suggest that adding a daily serving of green leafy vegetables to one's diet may contribute to brain health.

Enjoy this puzzle on the first Friday of the month  
and  
May the fourth be with you ;)

# Star Wars Characters

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

LANDO  
HAN SOLO  
PALPATINE  
CALRISIAN  
YADDLE  
JINN  
QUI-GON  
CHEWBACCA  
SABE  
DARTH VADER  
STORMTROOPER  
JANGO  
YODA  
WICKET  
PADME  
BOBA  
ANAKIN  
FETT  
LEIA  
LUKE

Play this puzzle online at : <http://thewordsearch.com/puzzle/1508/>

**Did you know?**

A celebration that continues to rise in popularity with each passing year, Cinco de Mayo is considered as one of the more enjoyable events throughout the United States and in various parts of Mexico. A holiday that honors the Mexican victory over French forces at the Battle of Puebla on May 5, 1862.

While many in Mexico use the day to reenact the battles of Puebla along with attending various political events, folks in the U.S. have turned the day into a festive celebration.

**Mother's Love**

Her love is like  
an island in life's ocean,  
vast and wide  
A peaceful, quiet shelter  
From the wind, the rain, the tide.

Tis bound on the north by Hope,  
By Patience on the West,  
By tender Counsel on the South  
And on the East by Rest.

Above it like a beacon light  
Shine Faith, and Truth, and Prayer;  
And thro' the changing scenes of life  
I find a haven there.

By and unknown poet



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

U.S. POSTAGE

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Manchester, MA  
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