



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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June 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

JUNE

- 6/1 Tour of the Memorial School 8:45
- 6/1 Christmas Tree Shops 10:00
- 6/5 The Village Restaurant 11:00
- 6/8 Malls 10:00
- 6/13 Wegmans 11:00
- 6/15 Trader Joe's 10:00
- 6/16 Walmart 10:00
- 6/18 Low Vision Meeting/lunch 11:45
- 6/19 Elder Abuse Awareness Day Event @ Town Hall 10-12:00
- 6/20 Mystery Ride 1:00
- 6/22 Walmart 10:00
- 6/26 Lunch of the Month @ The Chapel 12:15 \$8
- 6/26 Concert in the Park @ Masco Park 6:30
- 6/29 Fun Free Fridays M.I.T. Museum 10:00

JULY:

- 7/6 Fun Free Fridays New England Quilt Museum 10:00

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**

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

C.O.A. BOARD MEETING:

6/13/18 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

No meeting until September

FRIENDS OF THE C.O.A. ANNUAL MEETING:

6/12/18 @ 10:00 pm
@ Town Hall Rm. #7

SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Aide to Senator Tarr, will hold office hours
Town Hall, Manchester by the Sea Room #5
Wednesday, June 13, 2018
1:00PM—2:00PM

CONCERT IN THE PARK

Come and enjoy The 215th Army Band of the Massachusetts Army National Guard at Masconomo Park on Tuesday June 26th. Bring your chair and enjoy the Army's fine musical traditions. This concert is sponsored by the Friends of the C.O.A. and the Community Center. The Community Center will also be hosting their annual BBQ and a tasty dessert will be served as well. So come down for the wonderful music, delicious food neighbors, friends, and ocean breezes. The music starts at 6:00 p.m. and transportation is available. Please call the C.O.A. for more information or to sign up for the van. 978-526-7500

Take A Stand Against Elder Abuse**Tuesday, June 19, 2018****10am-12pm @ Manchester Village Green (in front of Town Hall)**

Show your support for World Elder Abuse Awareness Day. Drop by for information, treats, and gifts.
Sponsored by Manchester Council on Aging, Manchester Police and SeniorCare



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

Recipe of the Month
Caprese Corn Salad

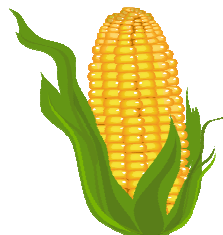
June 11th is Corn on the Cob Day and June 17th is Eat Your Vegetables Day so let's combine them to enjoy a delicious summer recipe.




Ingredients:

- 3 cups corn
- 1 1/2 cup halved grape tomatoes
- 1 cup small mozzarella balls, quartered.
- 1/2 cup sliced basil
- 3 tbsp. red wine vinegar
- 2 tbsp. extra virgin olive oil
- 1 tsp. Italian seasoning
- 1/2 tsp. garlic powder
- Kosher salt
- Freshly ground black pepper.

Directions:

In a large bowl, combine all ingredients. Stir until ingredients are completely mixed and coated in dressing. Garnish with herbs, if desired, then serve.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>8:45 Tour of Memorial School</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Christmas Tree Shop</p>
<p>4</p> <p>8:30 Strong Women</p> <p>12:00 Quilting group lunch</p>	<p>5</p> <p>11:00 Village Restaurant</p> <p>1:00 Bridge Club</p>	<p>6</p> <p>10:00 Yoga</p>	<p>7</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>8</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Malls</p>
<p>11</p> <p>8:30 Strong Women</p>	<p>12</p> <p>1:00 Bridge Club</p>	<p>13</p> <p>10:00 Yoga</p> <p>10:45 Wegmans</p>	<p>14</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p> 	<p>15</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Trader Joe's</p>
<p>18</p> <p>8:30 Strong Women</p> <p>11:45 Low Vision Annual Summer Lunch</p>	<p>19</p> <p>1:00 Bridge Club</p> <p>10:00 World Elder Abuse Awareness Day Event</p>	<p>20</p> <p>10:00 Yoga</p> <p>1:00 Mystery Ride</p>	<p>21</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>22</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Walmart</p>
<p>25</p> <p>8:30 Strong Women</p>	<p>26</p> <p>12:15 Lunch of the Month @ The Chapel \$8</p> <p>1:00 Bridge Club</p> <p>6:00 Concert in the Park @ Masconomo Park</p>	<p>27</p> <p>10:00 Yoga</p>	<p>28</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>29</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 M.I.T. Museum</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 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 A.M. 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: 6/4 last meeting until September.

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.

COMMUNITY AND OUTREACH INFORMATION**OUTREACH 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.

Did you know that Rocky Road Day is June 2nd and Chocolate Ice Cream Day is June 7th?
Enjoy a cone while solving this puzzle.

ICE CREAM FLAVORS WORD SEARCH PUZZLE



BLACK CHERRY	COOKIES AND CREAM	MOOSE TRACKS	PRALINE PECAN
BUBBLE GUM	COTTON CANDY	NEAPOLITAN	RAINBOW SHERBET
BUTTER PECAN	FRENCH VANILLA	NUTTY COCONUT	ROCKY ROAD
CHOCOLATE CHIP	MINT CHIP	PEANUT BUTTER CUP	STRAWBERRY
COOKIE DOUGH	MOCHA ALMOND FUDGE	PISTACHIO ALMOND	VANILLA BEAN



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".

This was a prompt on the event in your past that influenced your adult life.



Peace Corp Volunteer Iran 1969-1971 How this has changed my life: (Nancy Frieden)

- I learned to speak a language called "Farsi".
- I saw up close a culture that was thousands of years old.
- I saw what happens to a land after thousands of years of the population using it for wood, water and food.
- I saw a land that had seen wars by invading armies for centuries.
- I saw people who prayed in buildings that did not look like churches and had no chairs.
- I saw women who covered themselves from head to toe with a giant scarf.
- I ate food that smelled and tasted different from any that I had ever had.
- I found out my country was not perfect. It had killed people in power in this country.
- I saw homes with architecture that was completely different from any I had ever seen.
- I saw interior gardens in the middle of their homes that were filled with exotic birds and trees that had glorious fountains that made me cry because they were so lovely.
- I saw camel trains walking through the desert carrying supplies of silk and spices and people dressed in exotic costumes walking next to them.
- I saw a polo game of men on beautiful horses dressed in animal skins using the bladder of a pig for a ball.
- I saw beautiful carpets being weaved by families in all regions of the country.
- I met people who had never heard of America.
- I saw a whole country that did not celebrate Christmas.
- I saw refrigerators in the front foyers of a home far from the kitchen because they wanted everyone who came to their home to know they owned this new contraption.
- I saw televisions in the bazaar for sale before they had service in their country.
- I saw American movies dubbed in *farsi* that made American women look sexy and enjoying free love (Doris Day was the star).
- I was stared at. And I was pointed at. I was different looking and an oddity.
- My panty hose were stolen off the line in my garden where they were drying.
- My best friend, another PC volunteer in our group was killed in an automobile accident. It was the first time a friend my age had died.
- I cried with some homesickness each time I received a letter from home.
- I learned that Iranian women had very few freedoms. They had to carry a letter of permission from their father or husband or brother to travel on buses, trains or planes.
- Their children were a possession of their husbands, not theirs.
- Most marriages were arranged.
- I met volunteers from Norway and Denmark who were in organization similar to the Peace Corps.

Continued on pg. 8

12 Summer Safety Tips

Summer starts June 21st. The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly can use to make sure they have a fun, safe summer.

- ♦ **Stay Hydrated** Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.
- ♦ **Talk to Your Doctor** Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.
- ♦ **Keep Your Cool** Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned.
- ♦ **Stay in Touch** High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.
- ♦ **Meet Your Neighbors** Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a neighbor can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!
- ♦ **Know Who to Call** Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.
- ♦ **Wear the Right Stuff** Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.
- ♦ **Protect Your Eyes** Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
- ♦ **Know the Risks of Hyperthermia** During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms: Body temperature greater than 104 degrees, A change in behavior, such as acting confused, agitated or grouchy, Dry, flushed skin, Nausea and vomiting, Headache, Heavy breathing or a rapid pulse, Not sweating, even if it's hot out, Fainting.
- ♦ **Rub on Sunscreen and Wear Hats** Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy.
- ♦ **Apply Bug Spray** The elderly is particularly prone to West Nile Virus and encephalitis. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.
- ♦ **Exercise Smart** If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

C.O.A. Trips

The Manchester C.O.A. has teamed up with the Hamilton C.O.A. to provide some great trip opportunities this summer. So leave the driving to someone else and join the fun.

Falmouth, MA June 27 - Visit Highfield Hall and Gardens, an exquisite estate and gardens. Have lunch at Coonamessett Inn and enjoy free time to shop the downtown area. \$89

Wolfeboro, NH July 30 - Enjoy a narrated boat ride on the Winnepesaukee Belle. Have lunch at the Wolfeboro Inn. Take in a visit to the Wright Museum. \$83

Sea'ing the South Shore August 25 - Visit Scituate Lighthouse and hear about it's history. Have lunch at the Barker Tavern. Afterwards enjoy a narrated cruise on the Pilgrim Belle. \$101

Enjoy these tours on an air conditioned luxury motor coach, departing from the Hamilton C.O.A. Please call 978-526-7500 for more information.

Peace Corp continued from page 6.

- Peace Corps has a poster that says It is the hardest job you'll ever love.
- I knew I was going to carry these memories, lessons learned, friend made with me for the rest of my life.
- When I got off the plane in Boston, I got down on my knees and kissed the earth. This is my country and in my world it is the greatest place on earth.

A Message from the Friends of the Council on Aging

The Friends of the Council on Aging cordially invites you to our Annual Meeting being held on Tuesday, June 12, 2018, 10:00 a.m., room 7 in Town Hall. All are welcome to attend.

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

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