



# 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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October 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 C.O.A. EVENTS/TRIPS

#### OCTOBER

- 10/1 Topsfield Fair 10:15 \$8
- 10/5 Christmas Tree Shops 10:00
- 10/8 Columbus Day- C.O.A/Town Hall closed
- 10/10 Mile Marker Restaurant 11:00
- 10/12 Malls 10:00
- 10/15 Low Vision Meeting @ The Plains 1:00
- 10/17 Delvena Theatre presents "Isabella" @ The Chapel 2:00
- 10/19 Trader Joes 10:00
- 10/20 Town Wide Shredding Event behind Town Hall 9-12
- 10/23 Lunch of the Month @ The Chapel 12:15 \$8
- 10/24 Wegman's 10:30
- 10/26 Walmart 10:00
- 10/27 Drug Take Back Day @ Police Garage 10-2
- 10/31 Mystery Ride 1:00



**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.**

### DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO,PPO), you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in you plan for 2019. During the annual Medicare Open Enrollment (October 15-December 7), you will have a chance to **CHANGE** your plan for next year. A SHINE Counselor can help you understand your plan changes, as well as other options you may have. Call the C.O.A. for an appointment with a SHINE Counselor. (978) 526-7500

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

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

10/10/18 @ 5:30 pm  
@ Seaside One

### TRIAD MEETING:

To Be Announced

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

10/24/18 @ 4:00 pm  
@ Town Hall Room #5

### SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Constituent Services Advisor to Senator Tarr,

Will hold office hours

Town Hall

10 Central Street

Room 5

Wednesday

October 10, 2018

1:00PM-2:00PM



**Q: Why did the  
monster eat  
the light bulb?**

**A: Because he needed a  
light snack!**

**Zumba has started  
Come join the fun!  
Tuesdays  
10:00 am @ The Chapel**

### Halloween Party

We're having a Halloween party at school. I'm dressed up like Dracula. Man, I look cool! I dyed my hair black, and I cut off my bangs. I'm wearing a cape and some fake plastic fangs.

I put on some makeup to paint my face white, like creatures that only come out in the night. My fingernails, too, are all pointed and red. I look like I'm recently back from the dead.

My mom drops me off, and I run into school and suddenly feel like the world's biggest fool. The other kids stare like I'm some kind of freak—the Halloween party is not till next week.

— Kenn Nesbitt

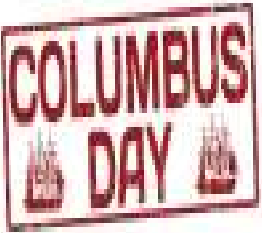

### SHINE

#### **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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  8:30 Strong Women 9:45 Quilting  10:15 Topsfield Fair	2  10:00 Zumba  1:00 Bridge Club	3  10:00 Yoga	4  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	5  9:30 Longevity Training @ Magnolia Library  10:00 Christmas Tree Shops
8    COLUMBUS DAY	9  10:00 Zumba  1:00 Bridge Club	10  10:00 Yoga  11:00 Mile Marker Restaurant	11  8:30 Strong Women  Market Basket Trip	12  9:30 Longevity Training @ Magnolia Library  10:00 Malls
15  8:30 Strong Women 9:45 Quilting  1:00 Low Vision Meeting @ The Plains—guest Kathy Fitzgerald - MA Commission for the Blind	16  10:00 Zumba  1:00 Bridge Club	17  10:00 Yoga  1:00 Devena Theatre Presents "Isabella" @ Congregational Chapel	18  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	19  9:30 Longevity Training @ Magnolia Library  10:00 Trader Joe's <hr/> 20  9:00-12:00 Shredding Event behind Town Hall
22  8:30 Strong Women 9:45 Quilting	23  10:00 Zumba  12:15 Lunch of the Month @ The Chapel \$8  1:00 Bridge Club	24  10:00 Yoga  10:30 Wegman's	25  8:30 Strong Women  Market Basket Trip	26  9:30 Longevity Training @ Magnolia Library  10:00 Walmart <hr/> 27  10:00-2:00 Drug Take Back Day @ Police Garage
29  8:30 Strong Women 9:45 Quilting	30  10:00 Zumba  1:00 Bridge Club	31  10:00 Yoga  1:00 Mystery Ride	<b>I threw a boomerang at a ghost the oth- er day.</b>  <b>I knew it would come back to haunt me</b>	

**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:** Tuesday, 10:00-11:00 A.M. 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 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.

**QUILTING:** Monday, starts at 9:45 A.M. at the Community Center. Free beginners and advanced quilting classes. Knitters welcome.

**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. This 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.

**Senior Tax Work Off Program**

The Town of Manchester-by-the-Sea Council on Aging is now accepting applications from seniors interested in participating in the Senior Tax Work Off Program. This program allows a senior to work up to 125 hours for the Town between September, 2018 and May 31, 2019 to receive up to a \$1000 credit on their property taxes.

Seniors over the age of 65 with a primary residence in Manchester-by-the-Sea, and with a gross income not exceeding 500% of the Federal Poverty Level are eligible for the program. Seniors with a gross income at or below \$60,700 for individuals or \$82,300 for couples may qualify for the program.

Seniors must apply to participate in the program, and open slots will be filled according to eligibility, skills and availability. With \$5000 funded in this current budget, there are 6 opportunities: four slots for \$1000 and two slots for \$500

The Senior Tax Work Off Program is allowed under MGL Chapter 59 Section 5K. The Town adopted this section of the law at Town Meeting in April of 2014.

Participants will be placed with Town departments based on their skills and interests. The program is not designed to fill existing positions, rather to augment existing operations with additional assistance from senior workers. Work assignments may vary from administrative support to providing assistance on ongoing projects.

For more information about the program contact Nancy Hammond, Director of Senior Services at (978) 526-7500 or email at [hammondn@manchester.ma.us](mailto:hammondn@manchester.ma.us). To apply, stop by the Council on Aging office for an application or download the application from the Council on Aging webpage at [www.manchester.ma.us](http://www.manchester.ma.us). Once the application is completed call the Council on Aging office to schedule an interview.

# SPOOKTACULAR WORD SEARCH

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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

## WORDS

AFRAID  
 AFTERLIFE  
 ALARMING  
 APPARITION  
 AUTUMN  
 BEAST  
 BIZARRE  
 BLACK  
 BOO  
 BROOMSTICK  
 CACKLE  
 CANDY  
 CARVING  
 CASKET  
 CATS  
 CAULDRON  
 COBWEBS  
 DARKNESS  
 DISGUISE  
 EERIE  
 FANTASY  
 HALLOWEEN  
 HAYRIDE  
 HOWL  
 LANTERN  
 MACABRE  
 MAKEUP  
 MIDNIGHT  
 MOONLIGHT  
 MYSTERIOUS  
 NIGHTMARE  
 PUMPKIN  
 SHOCK  
 SPECTER  
 UNEARTHLY  
 WIZARDRY



DELVENA THEATRE

PRESENTS

**ISABELLA**

WEDNESDAY

OCTOBER 17TH

1:00 PM

@ THE CONGREGATIONAL CHAPEL

\*Please note time & location change \*

**FREE!!**

And keep a look out for a trip to the Isabella Stewart Gardner Museum in the following weeks after the concert.

## COMMUNITY WIDE SHREDDING EVENT

**SATURDAY OCTOBER 20, 2018**

**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.

Call the Council on Aging with any questions.

(978)526-7500



## FLU SEASON IS RIGHT AROUND THE CORNER

Take everyday preventative actions to stop the spread of germs

- Try to avoid contact with sick people.
- While sick, limit contact with other as much as possible to keep from infecting them.
- If you are sick with flu symptoms, the Center for Disease Control and Prevention recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hand often with soap and water. If soap and water is not available, use an alcohol based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu

Info found at [www.cdc.gov](http://www.cdc.gov)

\*\*\* Flu Vaccines should be available from the Board of Health in October. \*\*\*

Watch the Cricket for more information.



## We Like You-So Like Us-On Facebook

Search for Manchester Council on Aging and be the first to know all our exciting news.



### **National Drug Take Back Day**

**Saturday, October 27th**

**10:00 a.m. - 2:00 p.m.**

**At the Police garage behind Town Hall**

The Manchester Police Department, Drug Enforcement Agency (DEA) and The Manchester Council on Aging 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 October 27th. 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

### **Recipe of the Month** **Candy Corn Pretzel Hugs**

#### **Ingredients:**

- Circle or square shaped pretzels
- Hershey's Kisses Hugs (or any flavor Kiss)
- Candy corn



#### **Directions:**

- Preheat oven to 250F degrees.
- Line baking sheet with parchment paper or a silicone baking mat. Align pretzels on the sheet. Unwrap Hugs and place one on each pretzel. Stick in the oven until the Hugs begins to melt down. (approximately 3-4 minutes)
- While the Hugs are melting in the oven, get your candy corn ready because you will have to move quickly once the pretzels are out of the oven.
- Remove pretzel hugs from oven and gently press a candy corn down on each one. The Hug should flatten out when you press the candy corn on it. If it is not flattening out, place the pretzel hugs back in the oven for 30 more seconds.
- Let the pretzel hugs cool completely and let the chocolate set for about 10 minutes in the refrigerator. These are a great make ahead treat: make them 1-3 days before you need them and store covered in the refrigerator.

**COLLECTION PROGRAMS**

The Council on Aging continues to collect old cell phones and old eye glasses for recycling. Old hearing aid batteries can be dropped off as well. Also collect and bring down pop tops. Those can be recycled too. Please call the C.O.A. office with any questions. (978) 526-7500

**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

**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

**SURVEY**

Age & Dementia Friendly Cape Ann (ADFCA), an initiative of SeniorCare Inc. and the four communities of Cape Ann, is working to create an environment where all residents, regardless of age, can thrive. ADFCA is in the process of conducting a community assessment of Cape Ann communities and invites residents of Gloucester, Rockport, Manchester-by-the-Sea, and Essex to share their views on aging on Cape Ann and how their community can become more age and dementia friendly.

This survey will take about 10 minutes to complete.

Hard copies available at the C.O.A. office and The Plains and Newport Park Community Rooms

If you would prefer to take this survey online, please go to our secure website at [www.ADFCA.org](http://www.ADFCA.org).

**We ask that all surveys be returned by September 30, 2018.**



**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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**Newsletter Mailing Courtesy  
of The Friends of The COA**