



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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July 2019

Nancy Hammond
Director of Senior Services

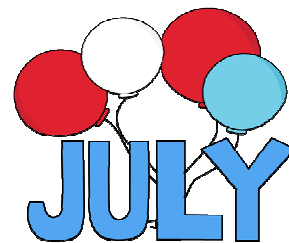
MANCHESTER COUNCIL ON AGING VAN SCHEDULE



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

JULY

- 7/1 Planting event @ Newport Park 10:30
- 7/2 Concert in the Park @ Masco Park 6:00
- 7/4 C.O.A. office/Town Hall is closed for the holiday
- 7/5 C.O.A. office closed
- 7/10 Ocean State Job Lots Plaza 10:00
- 7/12 Museum of Fine Arts 10:00 Free
- 7/17 Seaport Grille 11:00
- 7/18 Gloucester Boulevard & Farmer's Market 2:00
- 7/19 Malls 10:00
- 7/23 Lunch of the Month @ Tuck's Point 12:15 \$8
- 7/24 Cape Ann Lanes 11:45
- 7/26 Trader Joe's/Walmart 10:00
- 7/31 Mystery Ride 1:00

AUGUST

- 8/2 Lynn Museum 10:00 Free
- 8/7 Mile Marker Restaurant
- 8/9 Christmas Tree Shops 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.

"That beautiful season the Summer!
Filled was the air with a dreamy and
magical light;
And the landscape
Lay as if new created in all the freshness
of childhood."
- Henry Wadsworth Longfellow

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:

9/11/19 @ 5:30 pm
@ Town Hall Room #7

TRIAD MEETING:

To Be Announced

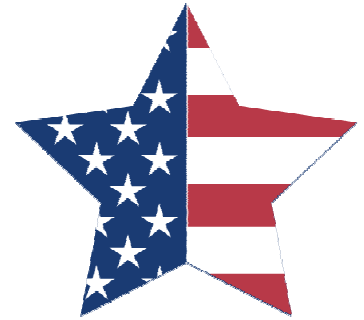
FRIENDS OF THE C.O.A. MEETING:

9/24/19 @ 4:00 pm
@ Town Hall Room #7

Recipe of the Month **Fro-Yo Berry Bark**

Ingredients:

- 3 c. mixed berries, such as raspberries, blackberries, blueberries & strawberries
- 2 tbsp. orange juice
- 2 tbsp. honey
- Kosher salt
- 1 tsp pure vanilla extract
- 4 (5.3 oz.) containers strawberry Greek low-fat yogurt




**Directions:**

1. In a small pot over medium heat, combine berries, orange juice, and honey with a large pinch of salt. Bring to a boil over medium heat and continue to boil until fruit is broken down and liquid thickens slightly, about 8 minutes. There should be 1 cup of berry mixture. Remove from heat, stir in vanilla, and let cool.
2. Line a rimmed baking sheet with parchment paper. Using a spatula, spread yogurt into a thin layer on prepared baking sheet.
3. Using a teaspoon, dollop small amounts of cooled berry jam all over top of yogurt. Using a toothpick or wooden skewer, swirl jam and yogurt layers. Gently tap baking sheet on surface to settle swirled yogurt back into place. Sprinkle with remaining cup of mixed berries.
4. Freeze until solid, at least 2 hours or up to a week covered.
5. Peel bark from parchment paper and break into pieces. Serve frozen.

Fun Facts about the 4th of July

- John Hancock was the only member of the Continental Congress to formally sign the Declaration of Independence on July 4, 1776.
- The 4th of July was not declared a federal holiday until 1938.
- The first White House 4th of July party was held in 1804.
- Around 150 million hot dogs are consumed on the 4th of July.
- Back in 1776 when the Declaration of Independence was signed, 2.5 million people lived in the U.S. Now over 311 million people live here.
- The now American-celebrated song, Yankee Doodle, was originally written by officers of the British army to make fun of backwoods Americans.
- Three U.S. presidents died on the 4th of July: John Adams, Thomas Jefferson, and James Monroe.
- The 4th of July is also celebrated in the Philippines, because in 1946 the country was recognized as an independent nation.
- In one year \$600 million is spent on fireworks alone in the U.S.
- Most of the signers of the Declaration did not formally sign until August 2, 1776.
- “Original Declaration of Independence dated 4th July 1776” is written upside down on the back of the Declaration of Independence.
- Bristol, Rhode Island is home to the world’s oldest Independence Day celebration. It dates back to 1785!
- The great state of Massachusetts became the first one to declare Independence Day a holiday.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30 Strong Women</p> <p>10:30 Planting Event @ Newport Parks by Manchester Garden Club</p>	<p>2</p> <p>1:00 Bridge Club</p> <p>6:00 Concert in the Park</p>	<p>3</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>11:00 Yoga</p> <p>Market Basket Trip</p>	<p>4</p> 	<p>5</p> <p>9:00 Longevity Training @ Magnolia Library</p>
<p>8</p> <p>8:30 Strong Women</p>	<p>9</p> <p>1:00 Bridge Club</p>	<p>10</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Ocean State Job Lots</p> <p>11:00 Yoga</p>	<p>11</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>12</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Museum of Fine Arts</p>
<p>15</p> <p>8:30 Strong Women</p>	<p>16</p> <p>1:00 Bridge Club</p>	<p>17</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>11:00 Yoga</p> <p>11:00 Seaport Grille</p>	<p>18</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p> <p>2:00 Gloucester Boulevard & Farmer's Market</p>	<p>19</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Malls</p>
<p>22</p> <p>8:30 Strong Women</p>	<p>23</p> <p>12:15 Lunch of the Month @ Tuck's Point \$8</p> <p>1:00 Bridge Club</p>	<p>24</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>11:00 Yoga</p> <p>11:45 Cape Ann Lanes</p>	<p>25</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>26</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Trader Joe's/Walmart</p>
<p>29</p> <p>8:30 Strong Women</p>	<p>30</p> <p>1:00 Bridge Club</p>	<p>31</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>11:00 Yoga</p> <p>1:00 Mystery Ride</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, 11:00 - 12:00 AM at the Congregational Chapel, Chapel Lane. Carla Mattioli a certified instructor, invites seniors to participate in a traditional yoga class. Any and all levels of experience are welcome. \$7 per class payable to the instructor.

LONGEVITY TRAINING: Wednesday & Friday, 9:00-10:00 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: Will resume in 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.



Last Chance to get in on the July and August trips. Contact the C.O.A. at 978-526-7500 to sign up.

July 23 - Day trip to Sandwich, MA - Visit the Sandwich Glass Museum, Heritage Museums & Gardens. Lunch at the Dan'l Webster Inn. \$90

August 22 - Portland by land and sea - A tour of Portland, a lighthouse lover's cruise & lunch at the Old Port Sea Grill. \$89
Trips depart from the Hamilton C.O.A.

From Gloom To Gratitude: 8 Skills To Cultivate Joy

By Allison Aubrey www.npr.org

Feel like you're living under a rain cloud? Life not going your way? Lots of us have a bit of Eeyore's angst and gloom. But here's the good news (sorry to be so cheery): You can be taught to have a more positive attitude. And — if you work at it — a positive outlook can lead to less anxiety and depression.

The latest evidence comes from a new study of caregivers — all of whom had the stressful job of taking care of a loved one with dementia. The study found that following a five-week course, participants' depression scores decreased by 16 percent and their anxiety scores decreased by 14 percent. The findings were published in the current issue of *Health Psychology*. The course teaches eight skills to help people cope with stress. Techniques include mindfulness and deep breathing, setting an attainable daily goal, keeping a gratitude journal and — yes, it works — performing small acts of kindness.

Skeptical? Melissa Meltzer Warehall was too. She's caring for her husband, Paul, who is 64 and was diagnosed with early onset Alzheimer's in his 50s. "It's very, very frustrating," Warehall says, "to know the man he used to be and the shell of the person he is now." When she agreed to be a participant in the study, it was a way to reach out for help. She knew she couldn't change her circumstances, but she wanted to learn to cope better.

"When you're experiencing a lot of stress, it's easy to head into a downward spiral," says Judith Moskowitz of Northwestern University. She is trained as a psychologist and studies the ways positive emotions can influence people's health and stress. She developed the program taught to the caregivers. As part of her research, hundreds of stressed-out people have taken the five-week skills class, including women with breast cancer, people newly diagnosed with HIV, people managing Type 2 diabetes and people with depression. She has documented benefits in each of those studies. "These skills can definitely help people, no matter what type of stress they are experiencing, even if it is 'minor' everyday stress," Moskowitz says.

Warehall says she began to feel a shift to a sunnier outlook just a few weeks into the program. One skill she learned: how to reframe the daily hassles of life into something positive. For instance, she says it can be challenging to take her husband on outings; she has to be on guard against him wandering off. Also, he has begun to have trouble navigating in and out of the car, and that can be frustrating for them both. But instead of focusing on the downside, she has taught herself to spend those long moments being consciously grateful for what they're still able to do together.

Though her husband can't work or take trips anymore, she has helped him rediscover music. "I signed him up for harmonica lessons every Saturday," she says. And that's great for both of them. "Just being with him when he makes music — he plays a mean blues harmonica — it's wonderful for me too." She's learning to cling to the positive moments that come alongside the stress. And this makes it easier. "Everything that we do that's challenging, I look for that silver lining," Warehall says. But this doesn't come naturally, she says; she has tried to build a habit of gratitude. Writing down one thing each day is a good reminder that there are still lots of joyful moments — despite their stressful situation. "[Paul] picks up on my energy, and if my energy is positive, it's easier to care for him," Warehall says. She has learned to focus on what *is*, instead of what's lost. "I remind myself I still have him. I can still hug him and hold him and tell him I love him."

"In the context of stress, it can be hard to see the positive things," says Moskowitz. "So taking a moment to notice things you're grateful for is really beneficial."

Continued on the next page

Moskowitz says she knows the hesitation or resentment people sometimes feel when they're told, "Chin up! It'll all be OK." That's a hard message to handle if you're reeling from the news of a serious diagnosis or other traumatic experience. "We're not saying don't be sad or upset about what's going on," Moskowitz emphasizes. "But we know people can experience positive emotion alongside that negative emotion, and that positive emotion can help them cope better."

She says these strategies and skills are widely applicable. "Anyone can be taught to be a little more positive."

She says the strength of the eight-technique approach is that there's no single skill that helps everyone. "It's a buffet of skills," Moskowitz says, so it gives people lots of options.

Here's a quick summary of the eight techniques used in Moskowitz' study:

1. Take a moment to identify one positive event each day.
2. Tell someone about the positive event or share it on social media. This can help you savor the moment a little longer.
3. Start a daily gratitude journal. Aim to find little things you're grateful for, such as a good cup of coffee, a pretty sunrise or nice weather.
4. Identify a personal strength and reflect on how you've used this strength today or in recent weeks.
5. Set a daily goal and track your progress. "This is based on research that shows when we feel progress towards a goal, we have more positive emotions," Moskowitz says. The goal should not be too lofty. You want to be able to perceive progress.
6. Try to practice "positive reappraisal": Identify an event or daily activity that is a hassle. Then, try to reframe the event in a more positive light. Example: If you're stuck in traffic, try to savor the quiet time. If you practice this enough, it can start to become a habit.
7. Do something nice for someone else each day. These daily acts of kindness can be as simple as giving someone a smile or giving up your seat on a crowded train. Research shows we feel better when we're kind to others.
8. Practice mindfulness by paying attention to the present moment. You can also try a 10-minute breathing exercise that uses a focus on breathing to help calm the mind.

Janice Kiecolt-Glaser of Ohio State University was not involved in this study but has researched the effects of caregiving on the aging process, and she says Moskowitz's work dovetails with many of her own findings. "There's certainly ample evidence from our research and others' that the stresses of dementia family caregiving can take a toll on mental and physical health," Kiecolt-Glaser says. "This study used a simple intervention that had measurable positive benefits. It's a lovely contribution to the literature, and I would hope to see wider implementation of this and similar approaches," she says.

STAY HYDRATED

Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure.

Dehydration can be caused by a variety of factors. The ability to notice changes in body temperature typically decreases with age, decrease in thirst, many medications make seniors more susceptible to dehydration and there are many more causes.

Follow these tips to stay hydrated this summer.

- Drink fluids on a regular basis during the day, whether you're thirsty or not.
- Drink 8 oz. of fluid each time you take medication.
- Keep water bottles and/or a water cooler available to you wherever you are.
- Keep favorite "mocktails" or favorite beverages on hand (make sure they are not caffeinated or alcoholic).

Excerpted from aplaceformom.com

Have fun with this puzzle on the full moon happening Tuesday July 16th!

Full Moon Names Word Search

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

Barley

Beaver

Blue

Buck

Corn

Crust

Death

Dying Grass

Fish

Flower

Frost

Grain

Hare

Harvest

Hunger

Hunter's

Long Night

Micro

Milk

Pink

Rose

Snow

Storm

Strawberry

Sturgeon

Super

Thunder

Travel

Wolf

Worm

SNAP

The Open Door SNAP office is open to help seniors with all things SNAP (Food Stamps) related:

- Help seniors to apply for SNAP
- Help seniors to recertify for SNAP benefits
- Help to make sure that seniors are receiving the correct amount of benefits
- Check to make certain that seniors are submitting medical deductions if needed
- Advocate for seniors with the Department of Transitional Assistance (DTA) with any issues/problems.

Call the C.O.A. office with any questions. 978-526-7500

SUMMER SAFETY TIPS

-  *Stay hydrated.*
-  *Don't stay out for too long.*
-  *Check the forecast beforehand.*
-  *Keep sunscreen nearby and use it.*
-  *Check your prescriptions' side effects.*
-  *Turn on the A/C.*
-  *Beware of heat-related illnesses.*

SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Aide to Senator Tarr, will hold office hours

Town Hall, Manchester by the Sea

Room #7

Wednesday, July 10, 2019

1:00PM—2:00PM

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

U.S. POSTAGE

PAID

Manchester, MA
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