



# SENIORS BY-THE-SEA

## COUNCIL ON AGING NEWSLETTER

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

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

[hammondn@manchester.ma.us](mailto:hammondn@manchester.ma.us)

August 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

##### AUGUST

- 8/7 Captain Carlos Restaurant 11:00
- 8/9 Christmas Tree Shops 10:00
- 8/14 Salem Willows 11:00
- 8/15 Gloucester Boulevard & Farmer's Market 2:00
- 8/16 Malls 10:00
- 8/21 Mystery Ride 1:00
- 8/23 Trader Joe's & Walmart 10:00
- 8/27 Lunch of the Month @ Tuck's Point 12:15 \$8
- 8/28 Cape Ann Lanes 11:45
- 8/30 Ipswich River Wildlife Sanctuary 10:00 -Free Fun Fridays

##### SEPTEMBER

- 9/2 C.O.A/Town Hall closed for Labor Day
- 9/4 The Village 11:00
- 9/6 Ocean State Job Lots Plaza 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.***

**Friends,  
sun,  
sand,  
and sea,  
that sounds like  
a summer to me  
- Unknown**

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

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)

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

9/11/19 @ 5:30 pm  
@ Town Hall Rm. #5

#### TRIAD MEETING:

To Be Announced

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

9/24/19 @ 4:00 pm  
@ Town Hall Rm. #5

SENATOR TARR'S DISTRICT OFFICE HOURS  
Richard Curran, Aide to Senator Tarr, will hold office hours  
Town Hall, Manchester by the Sea  
In Room #5  
Wednesday, August 14, 2019  
1:00PM—2:00PM

**Recipe of the Month**  
**Mediterranean Chickpea Salad**

**Ingredients:**

For the salad:

2 (15 oz.) cans chickpeas, drained and rinsed  
1 medium cucumber, chopped  
1 bell pepper, chopped  
1/2 red onion, thinly sliced  
1/2 c. chopped Kalamata olives  
1/2 c. crumbled feta  
Kosher salt  
Freshly ground black pepper

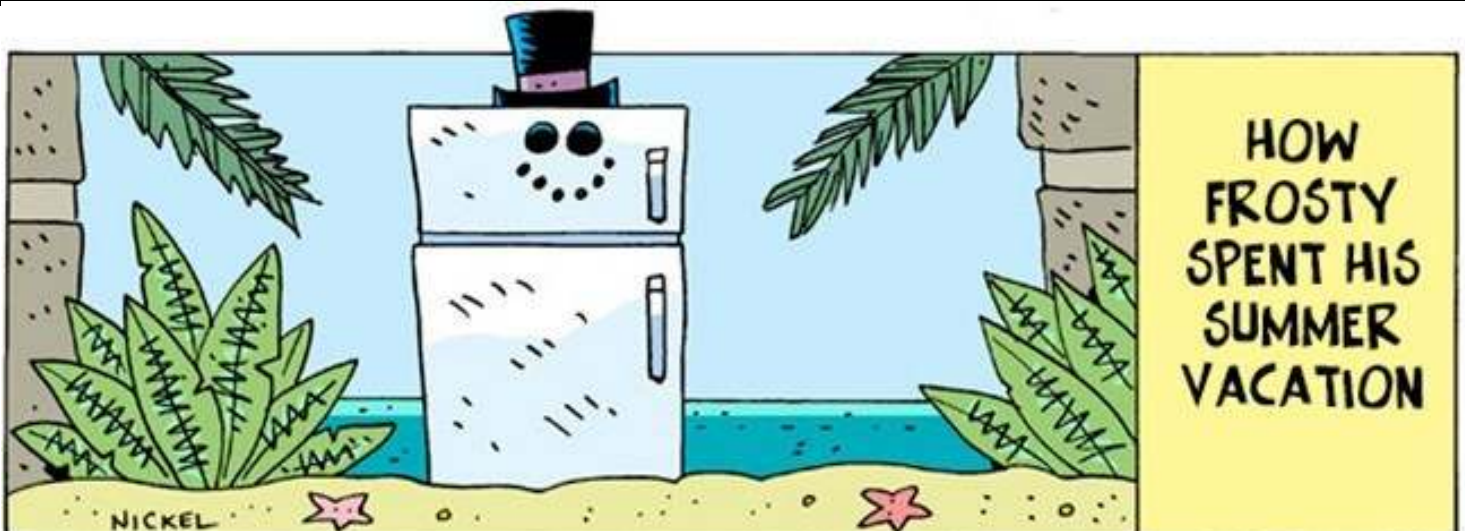
For the Lemon-Parsley Vinaigrette

1/2 c. extra virgin olive oil  
1/4 c. white wine vinegar  
1 tbsp. freshly chopped parsley  
1/4 tsp red pepper flakes  
Kosher salt  
Freshly ground black pepper

**Directions:**

1. Make salad: In a large bowl, toss together chickpeas, cucumber, bell pepper, red onion, olives and feta. Season with salt and pepper.
2. Make Vinaigrette: In a jar fitted with a lid, combine olive oil, vinegar, lemon juice, parsley, and red pepper flakes. Close the jar and shake until emulsified, then season with salt and pepper.
3. Dress salad with vinaigrette and serve.

from [www.delish.com](http://www.delish.com)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket	2  9:00 Longevity Training @ Magnolia Library  10:00 Lynn Museum
5  8:30 Strong Women	6  1:00 Bridge Club	7  9:00 Longevity Training @ Magnolia Library  11:00 Yoga  11:45 Capt. Carlos	8  8:30 Strong Women  Market Basket	9  9:00 Longevity Training @ Magnolia Library  10:00 Christmas Tree Shop
12  8:30 Strong Women	13  1:00 Bridge Club	14  9:00 Longevity Training @ Magnolia Library  11:00 Yoga  11:00 Salem Willows	15  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket  2:00 Gloucester Boulevard & Farmer's Market	16  9:00 Longevity Training @ Magnolia Library  10:00 Malls
19  8:30 Strong Women	20  1:00 Bridge Club	21  9:00 Longevity Training @ Magnolia Library  11:00 Yoga  1:00 Mystery Ride	22  8:30 Strong Women  Market Basket	23  9:00 Longevity Training @ Magnolia Library  10:00 Trader Joe's/Walmart
26  8:30 Strong Women	27  12:15 Lunch of the Month & entertainment @ Tuck's Point. \$8  1:00 Bridge Club	28  9:00 Longevity Training @ Magnolia Library  11:00 Yoga  11:45 Cape Ann Lanes	29  8:30 Strong Women  Market Basket	30  9:00 Longevity Training @ Magnolia Library  10:00 Mass Audubon Ipswich River Wildlife Sanctuary - Free

**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 come relax, increase strength, and cultivate concentration with chair and gentle yoga postures. Any and all levels of experience are welcome. \$7 per class payable to the instructor.

**QUILTING:** Off until September.

**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.

**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.

### **Poor Social Life Could Spell Trouble for Older Women's Bones**

A lack of positive connections with others may do more than make older women lonely, with new research suggesting it can also weaken their bones.

In a long term study of more than 11,000 postmenopausal women in the United States, lower bone mineral density with associated with higher "social strain," a measure of negative social interactions and relationships. Weaker bones were also tied to lower levels of social activity.

Higher social strain was associated with greater bone mineral loss of the total hip. Lumbar spine (lower back) and femoral neck (just below the ball of the ball-and-socket hip joint).

From HealthDay News at [www.healthday.com](http://www.healthday.com)

### **SCAM ALERT**

Scammers are trying to get beneficiaries to give them your Medicare numbers in return for a kit with a swab that detects hidden medical conditions.

**THIS IS BOGUS!!!**

Please report any incidence of this to 1-800-Medicar(e) (800-633-4227) so that Medicare can take action.

Go to <https://www.aarp.org/money/scams-fraud/info-2019/dna-testing-scam.html> for more information.

### **Farmer's Market Coupons Available For Income Eligible Seniors**

Coupons are available now at the C.O.A. office. Coupons are limited and will be distributed on a first come, first served basis. There are income requirements as well as services and insurance requirements. Please contact the C.O.A. for more information (978)526-7500.

**What's Behind Women's Increased Risk of Alzheimer's.****Research shows how men's, women's brains may experience it differently.****By Hallie Levine, [www.aarp.org](http://www.aarp.org)**

Almost two-thirds of Americans living with Alzheimer's disease are women, and women in their 60s are twice as likely to develop Alzheimer's as they are breast cancer. They're also more likely than men to develop the brain disease, even after factoring in women's typically longer lifespans. New research presented today at the Alzheimer's Association International Conference 2019 suggests that sex-specific genes and crucial differences in the brain may help explain why women appear to be more at risk for this devastating disorder.

"These new studies make clear that there are biological and perhaps environmental factors that account for sex differences," says Gary Small, M.D., Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA. "Just like we take gender into account when determining risk for other health conditions, like depression or heart disease, we need to be aware of its impact on Alzheimer's, as well.

Several studies recently presented make clear that the brains of women are structured differently than men, and that in turn may impact risk of Alzheimer's.

The first study related to something that has always puzzled Alzheimer's researchers—that women tend to outperform men on verbal memory tests, even when both have similar levels of Alzheimer's brain-related changes. As a result, women are often diagnosed in the later stages of Alzheimer's since early screening tests, which include verbal memory tests, may not detect any cognitive impairment.

In the study, researchers gave over 1,000 older adults brain scans to measure levels of amyloid plaque, one of the hallmarks of the disease. They also measured how well the participants' brains metabolized glucose in regions affected by Alzheimer's. "Glucose is the primary energy source of the brain, so having trouble metabolizing it could indicate brain dysfunction," explains study author Erin Sundermann, a neuropsychologist at the University of California San Diego School of Medicine.

Then when they gave both men and women verbal memory test, they found, not surprisingly, that women were able to outperform their male peers when mild to moderate amyloid plaque was present. But they discovered that women were metabolizing more brain glucose. "This suggests that women actually have better brain efficiency, and that they're able to use the glucose to help compensate for a growing brain deficit," says Sundermann.

But this advantage disappears once more severe amyloid plaque develops, and "that's when glucose metabolism in women just tank," she adds. "Once they can't compensate any longer, their memory start rapidly declining."

A second study to shed light on why women may be more susceptible to Alzheimer's focused on a different hallmark of Alzheimer's called tau, and another kind of a brain protein that clumps as it forms, causing brain cell death. Researchers at Vanderbilt University Medical Center examined tau in the brains of both men and women who had mild cognitive impairment (MCI), which is a precursor to Alzheimer's and in a healthy control group.

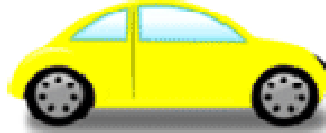
They found that women with MCI not only had more tau but more complex networks of it. "The good news is that, initially, women are able to overcome challenges related Alzheimer's more easily, since they draw on the greater networking power of the brain," explains Maria Carrillo, chief science officer of the Alzheimer's Association. "But the bad news is once the tau tangles have spread all along those networks, it leads to a more rapid cognitive decline."

A third study reveals 11 different sex-specific genes for both men and women that may predispose them to Alzheimer's. Certain genes, such as MCOLN3, raise the risk only in men, while others raise the risk only in women. While this research is still in its infancy, eventually it may be able to be used to pinpoint those at higher risk of disease. "no one has ever looked at how genetic risk factors in men and women may interplay differently with women's hormones and life course, such as childbirth and going through menopause," says Carrillo. "What is this research all shows is that women are differently activated—our biology is different, our genetics are different, and our life course is different."



# Road Trip

## Word Search Challenge



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

BILLBOARD

BUMPER STICKER

BUS DRIVER

DOUBLE LINES

EXIT

GAS STATION

HIGHWAY

LICENSE PLATE

MINIVAN

MOTORCYCLE

OFF RAMP

OVERPASS

PASSING LANE

PICKUP TRUCK

REST AREA

SEDAN

SPEED LIMIT

TOLL BOOTH

TRAFFIC CIRCLE

TRAFFIC LIGHT



If you remember the Original Hollywood Squares and its comics, this may bring a tear to your eyes.  
These great questions and answers are from that show .  
Peter Marshall was the host asking the question of course.

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads under water long enough they will.

Q. You've been having trouble going to sleep. Are you probably a man or a woman?

A. Don Knotts: That's what's been keeping me awake.

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency.

Q. According to Ann Landers, is there anything wrong with getting into the habit of kissing a lot of people?

A. Charley Weaver: It got me out of the army.

Q. As you grow older, do you tend to gesture more or less with your hands while talking?

A. Rose Marie: You ask me one more growing old question Peter, and I'll give you a gesture you'll never forget.

Q. Paul, why do Hell's Angels wear leather?

A. Because chiffon wrinkles too easily.

Q. Can boys join the CampFireGirls?

A. Marty Allen: Only after lights out.

Q. If you were pregnant for two years, what would you give birth to?

A. Paul Lynde: Whatever it is, it would never be afraid of the dark.

Q. Who stays pregnant for a longer period of time, your wife or your elephant?

A. Paul Lynde: Who told you about my elephant?

Q. Jackie Gleason recently revealed that he firmly believes in them and has actually seen them on at least two occasions. What are they?

A. Charley Weaver: His feet

### **I AM A SEENAGER (Senior teenager)**

I have everything that I wanted as a teenager, only 50 years later.

- I don't have to go to school or work.
- I get an allowance every month.
  - I have my own pad.
  - I don't have a curfew.
- I have a driver's license and my own car.
  - And I don't have acne.

**Life is Good!**



### Recycle Button-Cell Batteries

Did you know that button-cell batteries (found in hearing aids, watches, cameras, calculators, and digital organizers) contain mercury and should not be thrown away? Well the Council on Aging is here to recycle those batteries for you. Bring those batteries down to the C.O.A. office and we'll take care of the rest. Look for other battery deposit boxes around town: Newport Park and The Plains Community Rooms, and the Public Library. So please recycle your button-cell batteries, not only will you be greener, but so will the C.O.A. because when you recycle your used button-cell batteries you help support the C.O.A. Call the C.O.A. with any questions. (978)526-7500

### OTHER COLLECTION PROGRAMS

The Council on Aging continues to collect old cell phones and old eye glasses for recycling. Please call the C.O.A. office with any questions. (978) 526-7500

### 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.

**Health Clinic**  
**1st & 3rd Thursdays of the Month**  
**10:00-11:45 a.m.**  
**At the Congregational Chapel**

This is a reminder that the VNA Health Clinic is available for you to walk in and get your blood pressure checked, or your glucose level check. And much more. Feel free to drop by.

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

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 of The Friends of The C.O.A.**