



# 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

January 2016

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 3:00
THURSDAY	9:00 to 3:00
FRIDAY	9:00 to 2:00

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

##### JANUARY

- 1/6 Red's Kitchen & Tavern 11:00
- 1/8 The Mall's @ 9:30am
- 1/11 Low Vision Meeting @ The Plains 1:00
- 1/13 Wegman's 11:00
- 1/15 Trader Joe's @ 9:30
- 1/18 Martin Luther King Day -C.O.A. closed
- 1/19 Zumba resumes @ The Chapel 10:00
- 1/19 Write Time begins @ The Community Center 1:30
- 1/20 Mystery Ride 1:00
- 1/22 Walmart @ 9:30
- 1/25 Monday Movie Matinee @ Newport Park 1:30
- 1/26 Lunch of the Month @ The Chapel 12:15 \$10
- 1/29 Christmas Tree Shops @ 9:30

##### FEBRUARY

- 2/12 The Malls @ 9:30
- 2/19 Trader Joe's @ 9:30

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

***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.***

#### REMINDER

If the Manchester schools are closed due to inclement weather, the C.O.A. vans do not operate

**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

#### COA BOARD MEETING:

1/13/16 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

1/19/16 @ 9:30 am  
@ Town Hall, Room #5

#### FRIENDS OF THE COA MEETING:

1/26/16 @ 4:30 pm  
@ The Plains Community Room

**SENATOR TARR'S DISTRICT OFFICE HOURS**

Dick Curran, Constituent Services Advisor

Town Hall, Manchester by the Sea

Room 5

12:30PM—1:30PM

Wednesday, January 13, 2016

**YOU MAY QUALIFY FOR AN EXEMPTION OFF OF YOUR REAL ESTATE TAX BILL.**

**You may be eligible to reduce a portion of the taxes assessed on your domicile if you meet the qualifications for one of the personal exemptions allowed under Massachusetts Law. The following is a list of exemptions Manchester has.**

**Clause 37A-Blind Persons**

**Clause 22-Qualifying Veterans**

**Clause 41C-Elderly Persons**

**Clause 41A-Deferral**




**For further information or a complete listing of the exemptions please call the Council of Aging office at 978-526-7500 or the Board of Assessors at 978-526-2010.**

**Winter Facts**

1. The definition of a blizzard is when visibility is reduced to 1/4 of a mile and winds are 35 MPH or more. This must last at least 3 hours otherwise it's just a snowstorm.
2. Chionophobia is the persistent fear of snow, especially being trapped by snow.
3. Meteorologists define winter as the three calendar months with the lowest average temperatures. For the northern hemisphere, this is Dec-Feb, for the southern hemisphere, it is June-August.
4. Mt. Baker ski area in Washington state holds the world record for snowfall at 1,140 inches of snow during the 1998-1999 winter season.
5. The largest recorded snowman ever built was in Bethel, Maine, in February 1999. It was actually a snow woman and she stood 113 feet, 7 inches.
6. One inch of snow will produce just less than 1/10 of an inch of water when melted.
7. The first winter Olympics were held in Chamonix, France, in 1924.
8. No country in the Southern hemisphere has ever been a host for the winter games.
9. The coldest winter on earth occurs at the polar plateau in Antarctica. The average mean annual temperature is -72.9 degrees Fahrenheit. The coldest temperature ever recorded was -123 degrees C (-189 degrees F) at Vostok station in Antarctica in 1983.

**New Year's Prayer**

God, grant me the senility to forget the people I never liked anyway, the good fortune to run in-to the ones that I do, and the eyesight to tell the difference. - Author Unknown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 
4 8:30 Strong Women 9:30 Quilting	5 1:00 Bridge Club	6 10:00 Yoga 11:00 Red's Kitchen & Tavern	7 8:30 Strong Women  Market Basket Trip  10:00 VNA Health Clinic @ Newport Park	8 9:30 Mall Trip  9:30 Longevity
11 8:30 Strong Women 9:30 Quilting  1:00 Low Vision Meeting @ The Plains guest- Leslie Sands	12 1:00 Bridge Club	13 10:00 Yoga 11:00 Wegman's	14 8:30 Strong Women  Market Basket Trip	15 9:30 Trader Joe's  9:30 Longevity
18 	19 10:00 Zumba (resumes) 1:00 Bridge Club 1:30 Write Time begins @ The Community Center	20 10:00 Yoga  1:00 Mystery Ride	21 8:30 Strong Women  Market Basket Trip  10:00 VNA Health Clinic @ The Chapel	22 9:30 Walmart  9:30 Longevity
25 8:30 Strong Women 9:30 Quilting  1:30 Monday Movie Matinee @ Newport Park	26 10:00 Zumba  12:15 Lunch of the Month @ The Chapel \$10 1:00 Bridge Club	27 10:00 Yoga	28 Market Basket Trip	29 9:30 Christmas Tree Shops  9:30 Longevity

**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:** Tuesdays, 10:00-11:00 AM. 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 9:30 AM at the Community Center. Free beginners and advanced quilting classes.

**BRIDGE CLUB:** Tuesday, 1:00—4:00 P.M. at the Plains 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.

## Happy New Year

BEGINNING  
FRIENDS  
MIDNIGHT  
TIME

CELEBRATIONS  
GAMES  
NEW  
YEAR

EXPECTATIONS  
HAPPY  
PARADES  
JOY

FAMILY  
HOLIDAY  
PARTIES

FOOD  
HOPE  
PLANS

FOOTBALL  
JANUARY  
RESOLUTIONS

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

### Joke of the Month Snow Plow

A blonde driving a car became lost in a snowstorm.

She didn't panic however, because she remembered what her dad had once told her. "If you ever get stuck in a snowstorm, just wait for a snow plow to come by and follow it."

Sure enough, pretty soon a snow plow came by, and she started to follow it.

She followed the plow for about forty-five minutes.

Finally the driver of the truck got out and asked her what she was doing.

And she explained that her dad had told her if she ever got stuck in a snow storm, to follow a plow.

The driver nodded and said, "Well, I'm done with the Wal-Mart parking lot, do you want to follow me over to Best Buy now?"

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".

The following is written by a class participant.



### **MY PASSION-TRAVEL** (Lindsay Schnabel)

I can remember 3 instances in my earlier life that could have been an indicator of what was to come: this urge to see and experience other countries, customs, natural beauty, habits, diets and the general throbbing of their life style. I seem to have drifted into this passion without a true design but ended up in my later life managing to support my wander lust.

The first was when I was probably between 6 and 8 years old. I simply couldn't understand how people left where they grew up and went to another place. I don't recall being worried about growing up because that would just happen on it's own; but just how you physically moved to another place baffled me. After all I didn't know anyone from someplace really far away except my great aunts and it was quite obvious I couldn't move in with them. My parents friends didn't all come from here so how did they end here??? It was such a mystery. It wasn't that my childhood was particularly awful. I didn't seem to think it necessary to run away I simply wanted to know how I was going to make the exit that must have been expected of me. My mother's parents always traveled and their postcards home gave me some idea of everything I was missing.

The 2nd clue was when I applied to the Peace Corps in my late 20s after 2 years of college. It was a gradual introduction to travel as I first worked in the Washington office. It took about 3 years before I couldn't stand the bureaucracy another minute. I marched myself upstairs to the recruiting office and found there were 3 programs that fit my timing but only 1 program that seemed not to be an excuse to occupy these American volunteers. That program was tuberculosis control in Bolivia. I had always thought Bolivia must be some sort of backwater but never mind, I'd learn Spanish and probably more about tuberculosis than anyone who wasn't a medical professional. My father and his very conservative tendencies thought I'd be home in a few weeks; but I extended my stay after 2 years. My grandmother sent out some inquiries to Washington to find me as there had been a political coup. In the midst of all this we were thrown out of the country; but I had changed my name locally so I could still be effective and live with my then boyfriend, feigning marriage on a vacation. I was deliriously happy unaware I was causing my family undue stress. I had no idea the press had blown the news all over the world.

The 3rd clue was when I was on vacation traveling with a friend from Bolivia to Paraguay via Brazil. We went, of course, by local transportation. It was a multi-faceted trip and we were on our last leg which was to take us from Asuncion, Paraguay to Tarija, Bolivia (home). We knew we should be able to get from one country to the one beside it; and we definitely shouldn't have to go to Brazil again. My friend, by the way, had lost his passport on a bus but everything had been fixed by going to the local police station and having them write up his story about how it was probably stolen from under his seat. For extra measure we went to the local Peace Corps office where they put purple stamps all over the page about adventure. Even we were worried about more than one border crossing. Armed with the new "passport" we marched into the local travel agent to ask how to get home only crossing on border and the reply was "you can't".

I don't actually remember how we did it. As I recall it wasn't that difficult, although I may not think that today but I knew the travel agent industry needed help.

***"If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward." - Martin Luther King Jr.***

### 7 WINTER SAFETY TIPS FOR SENIORS

During the winter months, ice, snow and cold temperatures can make life challenging for everyone. Slippery sidewalks and cold weather can cause a wide range of injuries and illnesses -- especially for seniors.

Here is some helpful advice for preventing common winter dangers that the elderly population faces.

**\* Avoid Slipping on Ice** Icy, snowy roads and sidewalks make it easy to slip and fall. "Unfortunately, falls are a common occurrence for senior citizens, especially during the winter months," says Dr. Stanley Wang, a physician at Stanford Hospital in Palo Alto, Calif. Often these falls cause major injuries such as hip and wrist fractures, head trauma and major lacerations.

While younger people often recover relatively quickly from such injuries, older adults face complications, which Dr. Wang says are a leading cause of death from injury in men and women over the age of 65.

Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.

**\* Dress for Warmth** Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

So don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

Your body temperature should never dip below 95 degrees -- if it does get medical assistance immediately.

**\* Fight Wintertime Depression** Because it can be difficult and dangerous to get around, many seniors have less contact with others during cold months. This can breed feelings of loneliness and isolation.

To help avoid these issues, family members can check in on seniors as often as possible; even a short, daily phone call can make a big difference. Seniors can also arrange a check-in system with neighbors and friends, where each person looks in on one or two others daily.

**\* Check the Car** Driving during the winter can be hazardous for anyone. But it is especially dangerous for older people, who may not drive as often anymore or whose reflexes may not be as quick as they once were. Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads. Also make sure your AAA membership is up-to-date in case of emergencies.

**\* Prepare for Power Outages** Winter storms can lead to power outages. Make sure you have easy access to flashlights and a battery-powered radio in case the power goes out. Stockpile warm blankets. Longer power outages can spoil the food in your refrigerator and freezer so keep a supply of non-perishable foods that can be eaten cold on hand. If the power goes out, wear several layers of clothing, including a hat. Move around a lot to raise your body temperature.

**\* Eat a Varied Diet** Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits -- especially Vitamin D deficiency -- can be a problem. Nicole Morrissey, a registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

**\* Prevent Carbon Monoxide Poisoning** Using a fireplace, gas heater or lanterns can lead to carbon monoxide poisoning. Ensure your safety by checking the batteries on your carbon monoxide detector and buying an updated one if you need to.

The most important tip to keep in mind during the colder months is to ask for help. If you need to clear your property of snow and ice, don't hesitate to ask a family member or neighbor, or hire a professional. Arrange rides to the grocery store and doctor's appointments. Many communities have shuttle services specifically for seniors. Don't be afraid to reach out for help.

Wintertime certainly poses challenges for seniors, but with a bit of planning and awareness, you will stay healthy and experience the joys of springtime soon enough.

Article from Care.com



**If Disaster Struck  
Would You Need Extra Help?  
Let Us Know!**

The Manchester Council on Aging is compiling a database to serve the needs of everyone in the case of a long term power outage, extreme weather or natural disaster. This database will be used to assist those who need more help during a crisis.

If you have any issues that would be problematic in an emergency (i.e. oxygen dependent, hearing or visually impaired, mobility issues, etc...), please call the C.O.A. office at 978-526-7500.

Thank you for your assistance.

"Learn from yesterday, live for today, hope for tomorrow" —Albert Einstein's answer when asked for his New Year's resolution.



**OTHER COLLECTION PROGRAMS**

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

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

U.S. POSTAGE

**PAID**

Manchester, MA  
Permit No. 14

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