



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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February 2016

Nancy Hammond
Director of Senior Services

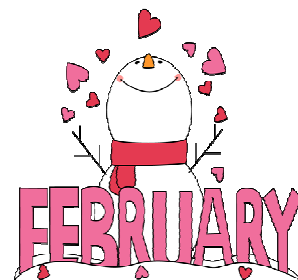
MANCHESTER COUNCIL ON AGING VAN SCHEDULE



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

FEBRUARY

- 2/5 Poet's Inn for lunch 10:00
- 2/8 Low Vision Meeting @ The Plains 1:00
- 2/10 Cosmetology Lab @ NSCC 9:00
- 2/12 Malls 9:30
- 2/15 Council on Aging/Town Hall closed
- 2/17 Coffee with the Fire Chief @ The Plains 10:00
- 2/19 Trader Joe's 9:30
- 2/22 Monday Movie Matinee @ Newport Park 1:30
- 2/23 Lunch of the Month @ the Chapel \$10 12:15
- 2/26 Walmart 9:30

MARCH

- 3/4 Christmas Tree Shops 9:30
- 3/11 Malls 9:30
- 3/14 Low Vision Meeting @ The Plains 1:00
- 3/16 Boston Flower & Garden Show \$16 9:00

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.

REMINDER

If the Manchester schools are closed, the C.O.A vans will not be operating. There will be no rides in that event.

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

COA BOARD MEETING:

2/10/16 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

2/16/16 @ 9:30 am
@ The Plains Community Room

FRIENDS OF THE COA MEETING:

2/23/16 @ 4:30 pm
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall

10 Central St. Manchester by-the-Sea

Room 5

12:30PM—1:30PM

Wednesday, February 10, 2016

SENIOR HOMEOWNERS & RENTERS**YOU MAY QUALIFY FOR CASH OR CREDIT FROM THE STATE IF YOU
PAY RENT OR PROPERTY TAX!**

The Massachusetts "CIRCUIT BREAKER" TAX PROGRAM is for people who meet the following criteria:

1. Aged 65 or older
2. Property taxes + water and sewer exceed 10% of adjusted gross income or rent exceeds 25%
3. Own or rent primary residence in Massachusetts
4. Do not receive subsidized housing
5. Assessed value of owned home does not exceed \$691,000 on January 1, 2013.
6. Adjusted gross income does not exceed \$70,000 for individuals or \$84,000 for couples.

If you meet the above criteria you are most likely due a "refund" check from the Dept. of Revenue for this year and the past 3 years EVEN IF YOU DON'T NORMALLY FILE STATE TAXES! The Maximum credit **you may receive for 2015 is \$1,070, for 2014 is \$1,050, for 2013 is \$1,030, and for 2012 is \$1,000.**


Joke of the Month

Phil, a smart and handsome young man, dressed in the latest fashion, walked into this local pub. He noticed a woman gazing at him without blinking her eyes. Phil felt flattered so he walked up to the woman and said in his deepest voice "I'll do anything you want for \$100, beautiful lady, but on one condition."

The woman appeared to be trapped in the moment and asked as if in a trance. "What's your condition?"

Phil answered "Tell me your wish in just three words."

There was a long pause, the woman opened her purse, counted out the money and handed it to the man along with her address. She then looked deeply into his eyes and whispered, "Clean my house."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>2</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>3</p> <p>10:00 Yoga</p>	<p>4</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Plains Market Basket Trip</p>	<p>5</p> <p>9:30 Longevity 10:00 Lunch @ The Poet's Inn in Haverhill</p>
<p>8</p> <p>8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains-guest Gail Yarnell from The Talking Book Library</p>	<p>9</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>10</p> <p>9:00 Cosmetology Lab @ North Shore Community College 10:00 Yoga</p>	<p>11</p> <p>8:30 Strong Women Market Basket Trip</p>	<p>12</p> <p>9:30 Mall Trip 9:30 Longevity</p>
<p>15</p> 	<p>16</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>17</p> <p>10:00 Yoga 10:00 Coffee with the Fire Chief @ The Plains</p>	<p>18</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip</p>	<p>19</p> <p>9:30 Trader Joe's 9:30 Longevity</p>
<p>22</p> <p>8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee</p>	<p>23</p> <p>10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$10 1:00 Bridge Club</p>	<p>24</p> <p>10:00 Yoga</p>	<p>25</p> <p>8:30 Strong Women Market Basket Trip</p>	<p>26</p> <p>9:30 Walmart 9:30 Longevity</p>
<p>29</p> <p>8:30 Strong Women 9:30 Quilting</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 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 at the Congregational Chapel. 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.

**Did you know?
Presidential Trivia**

- James Buchanan tired of being president and refused to run for reelection.
- John Adams was the first president to reside in the White House, moving in November, 1800 while the paint was still wet.
- William Taft was the first president to own a car.
- Jimmy Carter was the sixth cousin of Richard Nixon.
- Theodore Roosevelt was the first American to win the Nobel Peace Prize (1906) for his part as peacemaker in the Russo-Japanese War.
- Gerald Ford once worked as a fashion model for Cosmopolitan and Look magazines in the 1940's.
- John F. Kennedy was the only president to win a Pulitzer Prize for his biography "Profiles in Courage."
- Bill Clinton was the first president to be a Rhodes Scholar.
- John Tyler was the president with the most children—he had 15.
- During Rutherford B. Hayes administration, the first telephone was installed in the White House by Alexander Graham Bell himself.
- Warren G. Harding once lost all the White House china gambling, on one hand of cards.
- Herbert Hoover often spoke Chinese with his wife to keep their stories private.
- Thomas Jefferson was an avid inventor who is credited with inventing several items including the coat hanger, hideaway bed, and dumbwaiter.
- Ulysses S. Grant established Yellowstone as the nation's first national park on March 1, 1872.
- Andrew Jackson was the only president to serve in the American Revolution and the War of 1812.
- While governor of Massachusetts, Calvin Coolidge was punched in the eye by the mayor of Boston.
- Dwight D. Eisenhower was the only president to serve in both WWI and WWII.
- George Washington never lived in the White House. The nation's capital was located in Philadelphia as well as several other cities, prior to its move to Washington D.C.

Income Tax Advice

Free income tax advice will be available for qualified senior citizens and low income residents beginning on Thursday, February 4, 2016. This service is available through a cooperative effort of the AARP Foundation tax-aide program and the SeniorCare RSVP program.

All volunteer counselors are trained by the Internal Revenue Service; counselors will have hours at the Town Hall in Manchester on Thursday's 1:15 to 4:00 p.m. with appointments scheduled every 45 minutes. APPOINTMENTS ARE NECESSARY AND CAN BE SCHEDULED BY CALLING THE COUNCIL ON AGING OFFICE. (978) 526-7500 Seniors coming in for tax advice should bring with them copies of their **previous year's federal and state tax returns, any forms including W-2s and other relevant material showing income for the year.** Please call (978) 526-7500 for an appointment or for more information.

Federal Government Phasing-Out Social Security Numbers on Medicare Cards

Legislation passed by Congress and signed into law in 2015 requires the U.S. Department of Health and Human Services (HHS) to begin the process of issuing new Medicare cards that do not display Social Security numbers. The law requires HHS to issue modernized cards to new Medicare beneficiaries within four years, and issue new cards to existing beneficiaries within an additional four years.

As this process will occur over a lengthy period of time, senior citizens need to continue to be wary of the risk for Social Security number theft and fraud. With a stolen Social Security card number, thieves can commit numerous financial crimes in the victim's name or against the victim himself.

Senior citizens who continue to hold a Medicare card with their Social Security number as an identifier should strongly consider taking these preventive steps to safeguard this personal identifying information:

- Consider making a wallet sized photo copy of your Medicare card and cut out all but the last four digits of your social security number. This should be sufficient for coverage verification purposes.
- Unless you are visiting a new health care provider, you should not necessarily carry your Medicare card around with you. Store it safely in your home. If you must carry your card, put in an opaque cardholder to ensure your card details are not visible.

As a general rule, seniors and all U.S. citizens are strongly encouraged to verify the legitimacy of anyone who claims to be from the Social Security Administration or who seeks any personal identifying information. Contact Social Security's nationwide toll-free customer service line at 800-772-1213. Deaf or hard-of-hearing citizens may call Social Security's TTY number at 800-325-0778. Visit the Social Security Administration website at <https://www.ssa.gov/>.

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.



A Special Neighborhood (Lindsay Schnabel)

Nobody in my neighborhood knew the residents of the halfway house 2 doors up the road, except for maybe Ben my adorable and ever so loveable Bernese Mountain dog. He was a wonderful animal, although now gone to the land of eternal dog treats. His large size and thick coat of long black hair allowed him to lie out on the snow by the hour, and in the warmer months he would guard the neighbors chickens from hawks. I never realized he was their protector until after he died and a nasty hawk came down and attacked Helen, my favorite of the 4 "girls", the neighbor's chickens. I'd named Helen after a micromanaging boss as their mannerisms matched.

Ben was the sort of dog you could leave with a 2 year old and you knew they would get along. He had his defenses which some might call unhygienic. When my 2 year old grandson would yank with delight on his long black fur, Ben would lick Eric directly in the face and everybody would be happy. Eric would cuddle up even closer to Ben, but he would stop yanking on his fur.

Ben exhibited his same endearing and gentle character on the neighbors from the halfway house. They would sit on a few chairs not too far from their front door, perfectly still without reaction to anything...except Ben. He would wander over there about 10:00 ish in the morning when they'd be out for a smoke. I never had to worry about Ben crossing the busy street, he went straight to Mark, the guy with the beard and the skinny guy beside him. Ben would just lie there and be part of their lives and enjoy a pat or two. It wasn't long before a box of dog cookies were on hand which made the visits even more punctual. Ben and I always took an early morning walk and would pass the guys on their stoop for their earliest smoke. They always said "Hi Ben" as I would wave a good morning. I knew he'd go back later and it wasn't long before I received a phone call from the resident's supervisor at the home saying what a huge effect Ben was having on the men. He was helping them communicate and he added a purpose to their morning routine. It was his nonthreatening stance and gentle mannerisms that allowed him into their lives. Could it have been sharing a pat and a comforting nuzzle that gave them a perk in their stride? After several months of Ben's visits, I noticed their morning greeting showed a bit more interest in life. They started to look up when somebody would walk by. I knew Ben was doing what suited his nature and I'm quite sure he made a big difference in their lives, although the same 2 men are still out there, I like to think they miss Ben. I know I do.

Chinese New Year is February 8th

This is the year of the Monkey

If you were born in 1920, 1932, 1944 or 1956, your zodiac animal is the Monkey.

"Monkey's" are witty, intelligent and have a magnetic personality.

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

Another Study Shows Exercise Means Better Memory for Senior Citizens (excerpt)**By: Tucker Sutherland, editor, SeniorJournal.com**

A new study released today declares that older adults who take more steps than most by walking or jogging performed better on memory tasks. Really, how could this be news? It is just another way of looking at physical fitness and how it enhances memory and cognitive ability. But, this one does find a new twist.

As the editor of SeniorJournal.com for 16 years I have reported on dozens of studies that have come up with the same result – physical fitness, which can be obtained in many ways, helps people stay mentally fit as they age.

I'm not complaining but I am declaring this is an established reality – exercise equals better mental performance as people age.

This research started with the question, "Could staying physically active improve quality of life by delaying cognitive decline and prolonging an independent lifestyle?"

"Absolutely," is the answer I could have provided before their study. It has been proven in dozens of studies – maybe hundreds – that primarily have varied only by the technique used to gain the physical fitness – running, walking, swimming, weight-lifting, dancing, hula hoop, etc.

The differences in this study is it looked at groups of both young and old adults. Which leads them to look at long-term versus short-term memory.

The report appears online in the *Journal of the International Neuropsychological Society*.

The study included 29 young adults (ages 18-31) and 31 older adults (ages 55-82) who wore a small device called an ActiGraph, which recorded information including how many steps each took, how vigorous the steps were and how much time it involved. These are used in many, many studies of physical exercise.

Participants also completed neuropsychological testing to assess their memory, planning and problem-solving abilities.

In addition to standardized neuropsychological tasks of executive function (planning and organization abilities) and long-term memory, participants engaged in a laboratory task in which they had to learn face-name associations.

The researchers found that older adults who took more steps per day had better memory performance.

And, what will appeal to many elderly, the association between the number of steps taken was strongest with a task that required recalling which name went with a person's face – the same type of everyday task that older adults often have difficulty with.

In young adults, the number of steps taken was not associated with memory performance.

It is long-term memory that is improved by activity

This lead them to the conclusion that the effects of physical activity extend to long-term memory – the same type of memory that is negatively impacted by aging and neurodegenerative dementias such as Alzheimer's disease.

"Our findings that physical activity is positively associated with memory is appealing for a variety of reasons. Everyone knows that physical activity is a critical component to ward off obesity and cardiovascular-related disease. Knowing that a lack of physical activity may negatively impact one's memory abilities will be an additional piece of information to motivate folks to stay more active," explained corresponding author Scott Hayes, PhD, assistant professor of psychiatry at Boston University School of Medicine and the Associate Director of the Neuroimaging Research for Veterans Center at the VA Boston Healthcare System.

The authors point out that staying physically active can take a variety of forms from formal exercise programs to small changes, such as walking or taking the stairs.

6 Steps to Prevent a Fall