



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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April 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

APRIL

- 4/1 Mall 9:30
- 4/6 Wegmans 10:45
- 4/8 Trader Joe's 9:30
- 4/11 Low Vision Meeting @ The Plains 1:00
- 4/15 Isabella Stewart Gardner Museum 9:45
- 4/18 Patriot's Day—Office is closed
- 4/20 Coffee w/Moe Pratt @ The Plains 10:00
- 4/22 Walmart 9:30
- 4/25 Monday Movie Matinee @ Newport Park 1:30
- 4/26 Lunch of the Month @ The Chapel 12:15

MAY

- 5/9 Low Vision @ The Plains 1:00
- 5/11 Lunch at Depot Diner 11:15
- 5/13 Mall 9:30
- 5/16 Monday Movie Matinee @ Newport Park 1:30
- 5/18 Tea @ Historical Museum w/Delvena Theatre 1:30
- 5/20 Trader Joe's 9:30

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.**

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**

COA BOARD MEETING:

4/13/16 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

4/19/16 @ 9:30 am
@ The Plains Community Room

FRIENDS OF THE COA MEETING:

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



**Spring is nature's way
of saying "Let's Party!!"
-Robin Williams**

Did You Know? Patriot's Day is April 18th

- Patriot's Day is an official holiday in 3 states: Massachusetts, Maine, and Wisconsin, also observed, but not an official holiday, in Florida and Tennessee.
- It commemorates the Battles of Lexington and Concord, the first battles of the Revolutionary War which happened on April 19, 1775.
- It always coincides with the Boston Marathon, the oldest and prestigious in the world.
- The Red Sox play a home game each year at 11:00 am.
- It became a holiday in 1894.

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curren, Constituent Services Advisor

Town Hall, Manchester by-the-Sea

Room 5

12:30 PM-1:30 PM

Wednesday, April 13, 2016



I believe
we all should
pay our tax
with a smile.
I tried but
they wanted
CASH.

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



Joke of the Month




Young Ernie and his family were invited to dinner at his grandmother's house. Everyone was seated around the table as the food was being served. When Ernie received his plate he started eating straight away.

"Ernie, wait until we say grace," demanded his father

"I don't have to," the five year old replied

"Of course you do, Ernest," his mother insisted rather forcefully. "We always say a prayer before eating at our house."

"That's at our house," Ernie explained, "but this is Grandma's house, and she knows how to cook."

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Longevity 9:30 Mall Trip
4 8:30 Strong Women 9:30 Quilting	5 10:00 Zumba 1:00 Bridge Club	6 10:00 Yoga 11:00 Wegmans	7 8:30 Strong Women 10:00 VNA Health Clinic @ The Plains Market Basket Trip	8 9:30 Longevity 9:30 Trader Joe's
11 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains— Speaker: Leslie Sands & healthy potluck	12 10:00 Zumba 1:00 Bridge Club	13 10:00 Yoga	14 8:30 Strong Women Market Basket Trip	15 9:30 Longevity 9:45 Isabella Stewart Gardner Museum
18 	19 10:00 Zumba 1:00 Bridge Club	20 10:00 Yoga 10:00 Coffee w/Moe Pratt of The Sheriff's Office At the Plains	21 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	22 9:30 Longevity 9:30 Walmart Trip
25 8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee	26 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$10 1:00 Bridge Club	27 10:00 Yoga	28 8:30 Strong Women Market Basket Trip	29 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: Tuesday, 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.

Older adults Just Need to Move a Little to Extend Life

article from www.seniorjournal.com

Older adults – ages 50 to 79 – can give up just a few minutes of their sedentary time for some type of movement and it will add to their longevity. Washing dishes, sweeping the floor – it all helps seniors live longer.

"Get up and move." That's the take-home message from a new study from Ezra Fishman, a doctoral candidate in demography at the University of Pennsylvania, and colleagues from Johns Hopkins University, the National Cancer Institute, the National Institute on Aging and others.

Even for people who already exercised, swapping out just a few minutes of sedentary time with some sort of movement was associated with reduced mortality, according to the research, published in the journal *Medicine & Science in Sports & Exercise*.

Fishman, part of Penn's Population Studies Center, and the other researchers looked at data from approximately 3,000 people aged 50 to 79 who participated in the National Health and Nutrition Examination Survey conducted by the Centers for Disease Control and Prevention.

For the study, subjects wore ultra-sensitive activity trackers, called accelerometers, for seven days, generating data compiled by the CDC. For these same people, the agency then tracked mortality for the next eight years.

Continued on next page

The results were striking. The least active people were five times more likely to die during that period than the most active people and three times more likely than those in the middle range for activity.

"When we compare people who exercise the same amount, those who sit less and move around more tend to live longer," said Fishman, the lead author on the paper.

"The folks who were walking around, washing the dishes, sweeping the floor tended to live longer than the people who were sitting at a desk."

Previous activity-tracking studies have drawn similar conclusions. But, according to Fishman, such studies usually ask participants to monitor their own exercise frequency and quantity, numbers they notoriously over-report. Also, the trackers used for NHANES have a higher level of precision than what's typically employed.

"Because the device captures the intensity of activity so frequently, every minute, we can actually make a distinction between people who spent two hours a day doing those activities versus people who spent an hour and a half," he said.

To account for chronic conditions or illness influencing mortality rates, Fishman and colleagues statistically controlled for factors like diagnosed medical conditions, smoking, age and gender.

They also completed a secondary examination from which they entirely excluded participants with chronic conditions. Their analysis didn't extend to anyone younger than age 50 because not enough of that subset met the study requirements.

Though the scientists didn't discover any magic threshold for the amount a person needs to move to improve mortality, they did learn that even adding just 10 minutes per day of light activity could make a difference. Replacing 30 minutes of sedentary time with light or moderate-to-vigorous physical activity produced even better results.

"You didn't have to even get a good sweat to experience the reduced likelihood of mortality," Fishman said.

"Activity doesn't have to be especially vigorous to be beneficial. That's the public health message."

In an ideal world, Fishman said, the research would continue with an experiment that randomly assigned people to two groups -- one that received an incentive to increase physical activity, one that didn't -- to establish conclusively that replacing sedentary behavior with light exercise can reduce mortality risk.

He said he would also like to see public health officials get more creative about ways to encourage people to move more. Until these happen, however, it's up to individuals to substitute movement for sitting still.

"When it comes to physical activity," Fishman said, "more is better than less, and anything is better than nothing."

In-Home Disposal of Unused Medications

In-home disposal is a safe, secure and preferred way of disposing of unused, unwanted or unneeded medicine.

To safely and securely dispose of prescription medications in your own home, follow the four recommended steps for in-home disposal.

Step One

Pour medication into a sealable plastic bag. If the medication is in solid form (pill, liquid capsule, etc.), add water to dissolve it.

Step Two

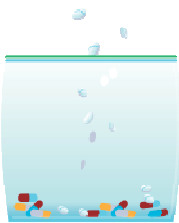
Add kitty litter, sawdust, coffee grounds or another mixing material to the plastic bag to make the solution less appealing for pets and children.

Step Three

Seal the plastic bag and put it in the trash.

Step Four

Remove and destroy all identifying personal information (for example, the prescription label) from the medication containers before recycling them or throwing them away. This helps to ensure medical privacy.



If you don't want to dispose of prescription medication in your home, you can still bring them down to the police station, and we will dispose of them for you.

The Silent Call Procedure

The Silent Call procedure is a unique program in the Massachusetts Enhanced 9-1-1 system that allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response.

If you need to call 9-1-1 and you are unable to speak for any reason, such as a physical disability, domestic violence or home invasion, follow these simple steps using a touch tone wireline telephone or a cell phone:

FIRST DIAL 9-1-1

Once the call is answered, indicate your need to by pressing the appropriate number on your telephone.

If you need **POLICE**—Press **1**

If you need **FIRE**—Press **2**

If you need and **AMBULANCE**—Press **3**

The 9-1-1 Dispatcher may ask questions that require yes or no answers.

Press **4** for **YES**

Press **5** for **NO**



Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AIR
APRIL
CLEAN
CLIMATE
COMPOST
CONSERVATION
ENERGY

ENVIRONMENT
EXTINCTION
FOREST
GLOBAL
LAND
LITTER
NATURE

OCEAN
OZONE
PEOPLE
PLANET
POLLUTION
RECYCLE
REDUCE

RESOURCES
REUSE
SMOG
TRASH
TREES
WASTE
WATER
WILDLIFE

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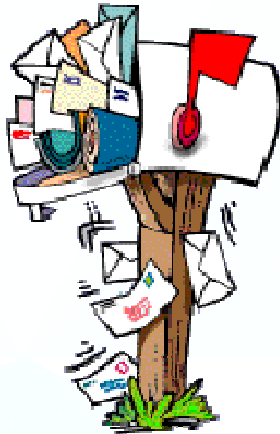
Earth Day is April 22nd

Former President Bush has a plan to fight global warming. He says if we need to we can lower the temperature dramatically just by switching from Fahrenheit to Celsius.—Jimmy Kimmel

Suggestion Box

Have a suggestion for improving a public space in Manchester to make it easier or safer to use?

**Send your input to the
Manchester ADA Committee
c/o Town Hall
10 Central St.
Manchester, MA 01944
Your ideas matter!**

**FALLS PREVENTION CLASS**

Coming soon: A 12 week falls prevention class led by a licensed instructor to meet 2 times a week at a location to be determined. Participants must commit to the 2 classes per week at a cost of \$2.50 per class. Transportation will be available. Please call the C.O.A. if interested.

DID YOU KNOW??

- Across the US, every 29 minutes, an older adult dies from a fall.
- Every 14 seconds an older adult is treated in an E.R. for a fall-related injury.
- Each year 1 in 3 Americans aged 65+ has a fall.

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

U.S. POSTAGE

PAID

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