



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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January 2015

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

- 1/7 Mystery Ride @ 1:00
- 1/9 The Mall's @ 9:30am
- 1/12 Low Vision Meeting @ The Plains 1:00
- 1/13 Write Time @ The Community Center 1:30
- 1/13 Zumba resumes @ The Chapel 10:00
- 1/16 Trader Joe's @ 9:30
- 1/19 Martin Luther King Day –C.O.A. closed
- 1/20 Maple St. Bistro @ Essex Tech 10:45 \$8
- 1/21 Coffee with Greg Federspiel @ The Plains 10:00
- 1/23 Walmart @ 9:30
- 1/26 Monday Movie Matinee @ Newport Park 1:30
- 1/27 Lunch of the Month @ The Chapel 12:15 \$10

FEBRUARY

- 2/6 Christmas Tree Shops @ 9:30
- 2/13 The Malls @ 9:30
- 2/20 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.



**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.

**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:

1/14/15 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

1/20/15 @ 9:30 am
@ Town Hall, Room #5

FRIENDS OF THE COA MEETING:

1/27/15 @ 4:30 pm
@ The Plains Community Room

Fun Facts about The New Year

The first New Year was celebrated 4,000 years by the ancient Babylonians

The traditional New Year's song, "Auld Lang Syne," means, "times gone by."

Using a baby to signify the New Year began in ancient Greece around 600 B.C.

Time Square New Year's Eve Ball was first dropped in 1907 after there was a fireworks ban.

It's good luck to eat foods like black eyed peas, ham and cabbage because it is thought they bring prosperity.

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.

Protect Your Identity

Identity theft is one of the fastest growing crimes in the US.

Following are four things you should do to protect yourself from identity theft:

1. Contact Experian, Equifax, and TransUnion and freeze your identity. This will prevent criminals that have gotten your information from opening credit cards and taking out loans in your name.
2. GET RID OF YOUR DEBIT CARD! There is no protection if your account is emptied. Credit cards have a limit of \$50 that you are responsible for.
3. Never give out your Social Security number without a REALLY good reason, thus minimizing possibility of it being stolen. If you must supply a number use your drivers license number. Banks, Insurance companies, and government agencies are the only organizations that you must supply a social security number.
4. Do not carry your Medicare card with you as it shows your Social Security number. Photocopy it, and black out your SSN.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5 8:30 Strong Women 9:30 Quilting	6 1:00 Bridge Club	7 10:00 Yoga 1:00 Mystery Ride	8 1 8:30 Strong Women Market Basket Trip	2 9 9:30 Mall Trip
12 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains	13 10:00 Zumba resumes 1:00 Bridge Club 1:30 Write Time begins @ The Community Center	14 10:00 Yoga	15 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	16 9:30 Trader Joe's
19 	20 10:00 Zumba 10:45 Maple St. Bistro \$8 1:00 Bridge Club	21 10:00 Yoga 10:00 Coffee with Greg Federspiel @ The Plains	22 8:30 Strong Women Market Basket Trip	23 9:30 Walmart
26 8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee @ Newport Park—High Society	27 10:00 Zumba 12:15 Lunch of the Month @ The Chapel—Italian Feast \$10 1:00 Bridge Club	28 10:00 Yoga	29 Market Basket Trip	30

WEEKLY CLASSES

Please call the Council on Aging Office at (978) 526-7500 for further information or as otherwise noted. As always, the COA 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 COA 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! \$3

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.

OUTREACH PROGRAM

The Manchester COA offers the following outreach services. Please contact the COA 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 COA office at 978-526-7500 if interested.

VETERAN'S AGENT

The Town's agent is Paul O'Brien at 978-526-2014. He can help with any veteran issue or if you are a relative of a veteran.

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 COA office at 978-526-7500 to answer questions regarding health insurance and prescription plans.

NOTARY SERVICES

Nancy Hammond, Director of the COA, 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 COA office for more information at 978-525-7500.

Celebrity Spouses

Match the t.v. husbands and wives

1. Eddie Albert
 2. Gertrude Berg
 3. George Burns
 4. Joan Davis
 5. Robert Young
 6. Robert Wagner
 7. William Bendix
 8. Rock Hudson
 9. Peggy Wood
 10. Peter Lawford
-
- A. Phyllis Kirk
 - B. Jim Backus
 - C. Susan Saint James
 - D. Judson Laire
 - E. Eva Gabor
 - F. Marjorie Reynolds
 - G. Gracie Allen
 - H. Philip Loeb
 - I. Jane Wyatt
 - J. Stephanie Powers

Answers on page 8

Martin Luther King Jr. Trivia

- Martin Luther King Jr was born 1/15/1929 in Atlanta Georgia.
- His given name was Michael but changed it to Martin when he got older.
- MLK went to Morehouse College in Georgia at the age of 15, for his undergraduate degree, then went to Crozer Theological Seminary in PA to become a minister, then did graduate studies at Boston University where he earned his PhD.
- MLK met Coretta Scott, a singer, while in college. They married 6/18/1953 and had four children.
- In 1964 he help organize the March on Washington where he delivered his famous "I Have a Dream" speech.
- In 1964 MLK won the Noble Peace Prize for combating racial inequality through non-violence. He divided the \$54,000 prize money among various Civil Rights organizations.
- MLK was assassinated on the balcony of the Lorraine Hotel in Memphis, TN on 4/4/1968 by James Earl Ray.

Joke of the Month Winter Cold

It was autumn, and the Indians on the remote reservation asked their new Chief if the winter was going to be cold or mild. Since he was a new Indian Chief in a modern society, he had never been taught the old secrets, and when he looked at the sky, he couldn't tell what the weather was going to be. Nevertheless, to be on the safe side, he replied to his tribe that the winter was indeed going to be cold and that the members of the village should collect wood to be prepared. But also being a practical leader, after several days he got an idea. He went to the phone booth, called the National Weather Service and asked,

"Is the coming winter going to be cold?"

"It looks like this winter is going to be quite cold indeed," the meteorologist at the weather service responded.

So the Chief went back to his people and told them to collect even more wood in order to be prepared. A week later he called the National Weather Service again.

"Is it going to be a very cold winter?"

"Yes," the man at National Weather Service again replied, "it's going to be a very cold winter."

The Chief again went back to his people and ordered them to collect every scrap of wood they could find. Two weeks later he called the National Weather Service again.

"Are you absolutely sure that the winter is going to be very cold?"

"Absolutely," the man replied. "It's going to be one of the coldest winters ever."

"How can you be so sure?" the Chief asked.

The weatherman replied, "The Indians are collecting wood like crazy!"

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.



CHILDHOOD GAMES (Dick Costello)

Board games were not my forte, as I look back with somewhat faded memory. Take Parcheesi, for example. I hated it. Too, too slow. I especially hated having to move backwards. Checker, of course, was the Popularity King of all board games at that time—perhaps it still is. But it seems it was my sister—senior by six years, who nearly always challenged me and nearly always beat me. I got tired of that after a while. I don't know why, but I really liked Chinese Checkers.

When Santa Claus finally could afford Monopoly with all its money, I became a true fan and knew instinctively that I should play banker. When games lasted so long we had to go to bed and continue the next day, being a banker began to lose its luster and Monopoly went onto a closet shelf.

As a young adult, childhood board games reappeared in my life when I was a short time employee of Springfield's Milton Bradley, the arch-competitor of Salem's Parker Brothers and their Monopoly. At MB I toiled servicing eight ladies manning gluing machines, where they applied glued printed game papers onto pairs of thin cardboard taped together for folding purposes. I delivered all the supplies to these ladies who churned out millions of Candylands and other colorful games whose names I, now, cannot recall. Each machine had two loading conveyors, one for the paired cardboards and one for the checkers. I did my job well filling, 16 loading bins, and seeing that none of these ladies ran out of supplies. We got to be good friends. They told jokes that could curl your hair!

Street Games. I could hardly wait to go out after supper and round up a few kids to play tag or *Hide and Seek*. Games involving larger groups were more to my interest like *Red Light*, *Simon Says*, and *Red Rover*. "Red Rover, Red Rover, may I cross over?" "Not unless you're wearing green," was the response. You were ahead of the game those days if you had rainbow underwear and did not fall down doing umbrella steps.

Among my pals were Junior Werner, Joey Fitzgerald, Dick Ammorato, and Dick Bready. We were the trio: Dicky A., Dicky B. and Dicky C.—me. John Donovan, we thought of as one of the Big Kids. He seldom joined us but was looked up to when he did. His younger sister Joan was fun and always with an easy smile. Phyllis Small was another Big Kid. Like John she avoided our games except for *Run Chief Run*.

How I loved that game! We'd form two teams. One would hide, then send a member back to the waiting team and draw a map supposedly showing where the group was hiding. The appointed cartographer was not allowed to speak a word. I think my lifelong love of maps started with *Run Chief Run*. A favorite hiding place was in the woods on the corner of Pembroke and Utica Streets. Phyllis Small lived right across from the woods and knew every nook and cranny. She was a natural for *Run Chief Run*. One day, being a Big Kid, she had some matches with her. She taught us how to curl up dried leaves, light them, and smoke them. She suggested, if we were willing to chip in, she'd go up to the Green Store and buy a package of cigarettes like she did for her mother. We all dashed home for pennies, and for seventeen cents Phyllis came back with the longest, strongest, red-packaged, Pall Malls. We coughed up a storm in the woods and never had another cigarette for a long, long time.

Another play activity I especially loved was creating engineering miracles "down the Dingle", as we'd called it. The Dingle was a steep ravine harboring a small brook. My Mom and siblings used to cross it on our way down to the Wonder Bakery where they had a Day Old Store. Here, we'd load up on bread and rolls and sometimes packaged cake and treats like Hostess Cupcakes.

When I was allowed to go to the Dingle without family, I'd work for a whole afternoon building dams and canals, flooding villages and saving thousands from death by drowning.

I loved playing touch football; not tackle football, for you see—we played on Cow Flop Field at the end of Pembroke Street where the Carey Family kept their cow. None of us fancied falling directly on a cow flop—especially if fresh and new.

The Careys were of Irish stock as many of us were who lived on the city's Hungry Hill. In season they rented their field to the Ancient Order of Hibernians, who sponsored soccer games there. Similar to a mine field, before games, the field had to be cleared of cow flops.

One day we no longer saw Carey's cow. After the War a developer bought the land, and extended our street to form Pembroke Circle. He built a slew of little houses made of ticky tacky. The Green Store was closed a new house now sits on the corner of Pembroke and Utica Street where our woods used to be.

Where do the kids living there today play, *Run Chief Run*?

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. Check out this [winter weather checklist](#) from the CDC to make sure you have everything you may need.

*** 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

Snow Ball

*I made myself a snow ball as perfect as
could be
I thought I'd keep it as a pet and let it sleep
with me
I made it some pajamas and a pillow for it's
head
Then, last night it ran away
But first—it wet the bed.*

Shel Silverstein

Answers to Celebrity Spouses Quiz
From page 7

1. E
2. H
3. G
4. B
5. I
6. J
7. F
8. C
9. D
10. A

**OTHER 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. Please call the C.O.A. office with any questions. (978) 526-7500



Manchester Council on Aging
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