



# 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

February 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

##### FEBRUARY

- 2/6 Christmas Tree Shops 9:30
- 2/9 Low Vision Meeting @ The Plains 1:00
- 2/11 Wegman's 11:00
- 2/13 Malls 9:30
- 2/18 Wellesley College Greenhouses 9:15
- 2/20 Trader Joe's 9:30
- 2/23 Monday Movie Matinee @ Newport Park 1:30
- 2/24 Lunch of the Month @ the Chapel \$10 12:15
- 2/27 Walmart 9:30

##### MARCH

- 3/3 Cape Ann Museum \$8 9:45
- 3/9 Low Vision Meeting @ The Plains 1:00
- 3/12 Boston Flower & Garden Show \$16 9:00
- 3/13 Malls 9:30
- 3/16 Monday Movie Matinee @ Newport Park 1:30

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.

#### REMINDER

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

#### COA BOARD MEETING:

2/11/15 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

2/17/15 @ 9:30 am  
@ Town Hall, Room #5

#### FRIENDS OF THE COA MEETING:

2/24/15 @ 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

1:00PM—2:30PM

Wednesday, February 11, 2015

Wednesday, March 11, 2015

Valentine's Day is February 14th

Here are some fun facts about Chocolate

- ♦ It takes about 400 cacao beans to produce 1 lb. of chocolate.
- ♦ America produces more chocolate than any other country.
- ♦ The Hershey Chocolate Factory was founded in Pennsylvania in 1871
- ♦ 3.3 billion lbs of chocolate is eaten in the U.S. each year.
- ♦ The melting point of chocolate is just below 98.6 degrees F, which is why it melts so nicely in your mouth.
- ♦ 65% of Americans prefer milk chocolate over other kinds of chocolate.
- ♦ In the U.S., 25% of all peanuts and 40% of all almonds are used in chocolate making.
- ♦ The Aztec Indians believed chocolate to be an aphrodisiac.
- ♦ Over \$13 billion was spent on chocolate last year.

**Gordon College Center for Balance, Mobility and Wellness****Exercise Group for Individuals with Parkinson's disease****Next session begins March 23, 2015**

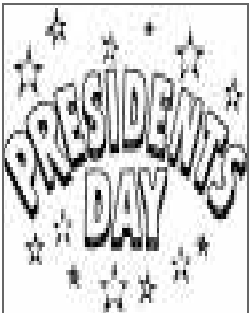


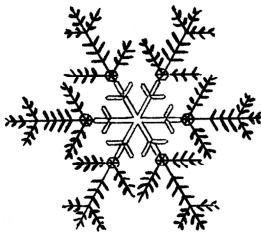
The Gordon College Center for Balance, Mobility and Wellness, in cooperation with Boston University's Sargent College of Health and Rehabilitation Sciences, offers a community-based wellness program for people with Parkinson's disease on a biannual basis. Join us for our next session .

**Mondays and Wednesdays, March 23 – April 29, 2015 1:30pm – 3 pm**

Over the last decade there has been a tremendous increase in the number of studies demonstrating the benefits of exercise for people with Parkinson's disease, especially the importance of long term exercise to reduce disability.

Exercise studies consistently reveal that people with Parkinson's disease can improve walking, strength, fitness and quality of life.

Contact Dede Petre at 978-867-4095 for further details.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  8:30 Strong Women 9:30 Quilting	3  10:00 Zumba 1:00 Bridge Club	4  10:00 Yoga	5  8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	6  9:30 Christmas Tree Shops
9  8:30 Strong Women 9:30 Quilting  1:00 Low Vision Meeting @ The Plains	10  10:00 Zumba  1:00 Bridge Club	11  10:00 Yoga  11:00 Wegman's	12  8:30 Strong Women  Market Basket Trip	13  9:30 Mall Trip
16  8:30 Strong Women 9:30 Quilting  1:30 Monday Movie Matinee	17  10:00 Zumba  1:00 Bridge Club	18  9:15 Wellesley College Greenhouses  10:00 Yoga	19  8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	20  9:30 Trader Joe's
23  	24  10:00 Zumba  12:15 Lunch of the Month @ The Chapel \$10 1:00 Bridge Club	25  10:00 Yoga	26  8:30 Strong Women  Market Basket Trip	27  9:30 Walmart
				

### 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! \$3 per class.

**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.

### **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 Paul O'Brien, Veteran Service Officer at Town Hall, Room 7 or call 978-526-2014 for

**MY THERAPIST TOLD ME  
THE WAY TO ACHIEVE TRUE  
INNER PEACE IS TO FINISH  
WHAT I START. SO FAR TO-  
DAY, I HAVE FINISHED 2  
BAGS OF M&M'S AND A CHOC-  
OLATE CAKE. I FEEL BETTER  
ALREADY. - DAVE BARRY**

### **PULL-TAB COLLECTION PROGRAM**

The Manchester C.O.A is collecting aluminum can pull-tabs to help raise funds for the humanitarian and life-saving services provided by Shriners Hospitals for Children. A container marked "Pull-Tab Program" will be on the table outside of the Council on Aging office for donations. Collect them and drop them off—Wouldn't it be great to fill a 40 pound bag?



Commonyms

These 3 words have a common trait, what is it?

1. Donut-Black-Pot: \_\_\_\_\_
2. Cities-Noses-Songs: \_\_\_\_\_
3. Slip-Slide-Square: \_\_\_\_\_
4. Wrapping-Fly-Toilet: \_\_\_\_\_
5. Moons-Hearts-Clovers: \_\_\_\_\_
6. Square-Lug-Wing: \_\_\_\_\_
7. Odd-Irrational-Even: \_\_\_\_\_
8. Rose-Bay-Stain Glass: \_\_\_\_\_
9. Forest-Lime-Hunter: \_\_\_\_\_
10. House-Dragon-Horse: \_\_\_\_\_

Answers on pg. 8

## Income Tax Advice

Free income tax advice will be available for qualified senior citizens and low income residents beginning on Thursday, February 5, 2015. 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.

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

Essential Vaccination Information for Older Adults

Many important risk factors that affect your health are within your power to change. This includes getting shots, called vaccinations, that help protect you from certain illnesses.

The American Geriatrics Society Foundation for Health in Aging recommends the following vaccinations for most older adults.

1. **Flu Shot**—Protects against annual influenza viruses.
2. **Pneumococcal Shot**—Protects against pneumococcal bacteria, which can cause pneumonia and blood and brain infections.
3. **Tetanus/Diphtheria Shot**—Protects against two potentially deadly bacterial infections. A second, and different, form of the vaccine (Tdap) protects against tetanus, diphtheria, and pertussis (the adult whooping cough).
4. **Shingles (Herpes Zoster) Shot**—Protects against the development of shingles—outbreaks of sometimes intensely painful rashes or blisters on the skin—reducing the risk by 51%. Protects against the development of chronic pain from shingles (also called postherpetic neuralgia), reducing the risk by 66%.

Always check with your health care provider to see if you need these vaccinations.

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.



### *The House I Grew Up In (Stella Spentzoura, Pardalis, Nahatis)*

It is difficult for me to decide which house I grew up. Is it the one in Veria where I was born and lived until I was of preschool age? The house in Thessaloniki where I attended kindergarten through fourth grade? At which point my parents died in a motorcycle accident? Was it my Uncle Pavlo's house in Kostohori, just outside Veria, where I lived for almost a year? Where I finished the fourth grade, and was waiting to be adopted by some deserving couple? Or was it the house which was actually an apartment of my adoptive parents in Boston, MA thousands of miles away from the house in Thessaloniki, Greece where I lived with my parents and younger sister. Maybe I should choose the one that is most vivid in my memory. Or should it be the house that was most impressive to an eleven year old? Or perhaps I should just draw out of a hat and write about "that" house.

\* Instructor's note: "My apologies to Stella. This piece was lost in my piles of paper for several years." - Katherine.

#### Did You Know????

The Manchester Public Library now delivers. So if you are homebound and need a book delivered call the Library and they will assist you. For more information call the Manchester Public Library at 978-526-7711

#### Looking for Volunteers

Do you have a skill or passion that you would like to share?

Call the Council on Aging. We can set you up with a place to teach and eager seniors looking to learn. Call the Council on Aging at 978-526-7500 and experience the rewards of volunteering.

I could give up chocolate but I'm not a quitter.—Author Unknown

**“Granny Scam” Tricking Elderly Out of Millions**

From: CBSnews.com

They're known as "granny scams." Each year, older Americans lose millions of dollars to scam artists pretending to be loved ones who need money while traveling.

But a new weapon is being used to stop the scammers in their tracks. The ammunition comes from a place much closer to home, reports CBS News' Peter Greenberg.

Last January, Art Hurme, a retired government worker, received a frantic phone call from someone he thought he knew.

"It didn't sound quite right, but I have these hearing aids and I don't hear so good," Hurme said. "I said, 'Who is this?' and she said, 'Don't you know?' and so, I said my daughter's name, Kirsten."

The woman, now pretending to be his daughter, claimed to have been arrested for drunk driving in Los Angeles, more than 2,500 miles away from her home in Virginia.

"I said, 'You don't drink,'" he recalled. "And she said, 'Well, we went out for a party.' Okay, that seemed conceivable."

Despite his initial doubts about her, the woman on the phone -- his so-called daughter -- sounded desperate.

"They wanted \$3,000 to drop the reckless charges," Hurme said. "I said, 'well that sounds like bribery,' and he said, 'you want your daughter outta jail tonight or not?'"

Hurme followed instructions and purchased \$3,000 worth of gift cards and relayed the account information over the phone.

Hours later, Hurme's wife Sally, herself an expert in fraud prevention, realized what happened.

"I knew full well that once you wire money to one of these professional criminals the money is absolutely gone," she said.

The "granny scam" accounts for a growing part of the estimated \$2.9 billion seniors lose in financial scams each year.

Scammers now use social media to zero in on their potential victims. They often strike during school holidays and target seniors whose grandchildren are traveling and posting details of their trip.

One of the key components of these scams is the notion of long distance travel. Now law enforcement in one state has decided to battle these scammers closer to home.

In New York State, prosecutors have launched a campaign where grandkids are being enlisted as virtual fraud fighters. New York Attorney General Eric Schneiderman said the goal is to have grandparents and their grandkids prepared before the scammers hit.

"Part of this is trying to get them to take down some of the information that they leave hanging around social media, but the other is as simple as having a password saying, 'Look, if I'm ever in trouble grandma and grandpa, I will use the following word or phrase -- if you don't hear it -- it's not me,'" Schneiderman explained.

After he was scammed, Art Hurme got to work, reading up on the tactics used by the scammers. When they tried to dupe him again, he was ready.

"They called me up, like, a day or two later, and said my son-in-law had vandalized a car, or a house," he said.

He hung up and never heard back.

### 6 Steps to Prevent a Fall

Every 15 seconds an older adult is seen in an emergency department for a fall-related injury. Stay safe with these tips.

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

# 新年快樂

Happy Chinese New Year

Thursday, February 19th is Chinese New Year. This is the year of the goat. If you're birth happened in the year 1919, 1931, 1943, 1955 or 1967, you were born in the year of the goat. "Goats" are said to like to be in groups. They are honest, intimate, and can be easily moved by the misfortune of others.

Answers to Commonyms on pg. 5

- |                           |                    |
|---------------------------|--------------------|
| 1. Holes                  | 6. Nuts            |
| 2. They all have bridges  | 7. Numbers         |
| 3. Knots                  | 8. Windows         |
| 4. Paper                  | 9. Colors of Green |
| 5. Pieces in Lucky Charms | 10. Flys           |

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

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of The Friends of The COA**