



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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March 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

MARCH

- 3/3 Cape Ann Museum \$8 9:45
- 3/4 Beacon Café \$5 10:15
- 3/9 Low Vision Meeting @ The Plains 1:00
- 3/11 Coffee with the Fire Chief @ The Plains 10:00
- 3/12 Boston Flower & Garden Show \$16 9:00
- 3/13 Mall 9:30
- 3/16 Monday Movie Matinee @ Newport Park 1:30
- 3/18 Manchester Historical Museum @ 9:30
- 3/20 Trader Joe's Shopping 9:30
- 3/24 Lunch of the Month @ The Chapel \$10 12:15
- 3/27 Walmart Shopping Trip 9:30

APRIL

- 4/1 Coffee with Senior Care @ The Plains 10:00
- 4/3 Christmas Tree Shopping Trip 9:30
- 4/10 Mall 9:30
- 4/11 Shredding Day @ Town Hall 8:30-11:30
- 4/13 Low Vision Meeting @ The Plains 1:00

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.**

We have a brand new 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**

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

COA BOARD MEETING:

3/11/15 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

3/17/15 @ 9:30 am
@ Town Hall, Room #5

FRIENDS OF THE COA MEETING:

3/24/15 @ 4:30 pm
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curren, Constituent Services Advisor

Town Hall, Manchester by the Sea

Room 5

1:00PM—2:30PM

Wednesday, March 11, 2015

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.

Elementary Schools Art Show

The Memorial School and Essex Elementary School art teachers will be having an art show at the Manchester Community Center on March 19th, 20, 21 starting at 9am. It will be open to the public on those days. The van will be available to transport you to this event on the 19th or 20th. Please call the C.O.A. office to reserve a seat on the van.

Used Medical Equipment

The Masonic Hall in Ipswich stores donated, used medical equipment such as walkers, toilet seats, canes and occasionally wheelchairs. Call George Wallich at 978-697-3920 or the Masonic Hall at 978-356-9716 to donate items or for information on obtaining items.

Contact Your Local Legislator


U.S. Senator Elizabeth Warren (617)565-3170

U.S Senator Edward Markey (617)565-8519

U.S. Congressman Seth Moulton (978)531-1669

MA Senator Bruce Tarr (617)722-1600

MA Representative Brad Hill (617)722-2100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>3</p> <p>9:45 Cape Ann Museum trip 10:00 Zumba 1:00 Bridge Club</p> <p>1:30 No Write Time Class</p>	<p>4</p> <p>10:00 Yoga 10:15 Beacon Café</p>	<p>5</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>6</p>
<p>9</p> <p>8:30 Strong Women 9:30 Quilting</p> <p>1:00 Low Vision Meeting @ The Plains</p>	<p>10</p> <p>1:00 Bridge Club 1:30 Write Time Ends</p>	<p>11</p> <p>10:00 Yoga 10:00 Coffee with the Fire Chief @ The Plains</p>	<p>12</p> <p>8:30 Strong Women 9:15 Boston Flower & Garden Show \$16</p> <p>Market Basket Trip</p>	<p>13</p> <p>9:30 Mall Trip</p>
<p>16</p> <p>8:30 Strong Women 9:30 Quilting</p> <p>1:30 Monday Movie Matinee</p>	<p>17</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>18</p> <p>9:30 Manchester Historical Museum 10:00 Yoga</p>	<p>19</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>20</p> <p>9:30 Trader Joe's</p>
<p>23</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>24</p> <p>10:00 Zumba</p> <p>12:15 Lunch of the Month @ The Chapel \$10 1:00 Bridge Club 1:30 Write Time resumes</p>	<p>25</p> <p>10:00 Yoga</p>	<p>26</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>27</p> <p>9:30 Walmart</p>
<p>30</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>31</p> <p>10:00 Zumba</p>	 <p>Happy St. Patrick's Day !</p>		

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: 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.

COMMUNITY AND OUTREACH INFORMATION**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.

St. Patrick's Day Puzzle

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

ANNUAL

BANDS

CALENDAR

CELEBRATION

COINS

CULTURE

FAIRIES

FESTIVAL

FLOATS

HOLIDAY

HOLY

LENT

MARCH

PADDY

PARADES

PERFORMERS

SEVENTEENTH

SHILLELAGH

SHOEMAKERS

TRINITY



Recipe Corner Beer Bread

Ingredients:

- 3 cups flour (sifted)
- 3 teaspoons baking soda (omit if using self rising flour)
- 1 teaspoon salt (omit if using self rising flour)
- 1/4 cup sugar
- 1 (12 oz) can beer
- 1/2 cup melted butter (1/4 cup will do fine)

Directions:

- Preheat oven to 375 degrees
- Mix dry ingredients and beer
- Pour into greased loaf pan
- Pour melted butter over mixture
- Bake for 1 hour, remove from pan, let cool for 15 minutes

Tips:

- Be sure to put a sheet pan on the shelf below to catch any excess butter.
- Remember to sift flour or the bread will come out hard.
- This makes a crunchy crust, if you prefer a softer crust mix the butter in with the batter and do not pour

Irish Blessing

May you have warm words on a cold evening, a full moon on a dark night, and the road downhill all the way to your door.

What would you do if you became seriously ill?

There is a document called Five Wishes that will help you with this difficult question. Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care. It's also easy to use. All you have to do is check a box, circle a direction, or write a few sentences.

For your copy of Five Wishes drop by the Council on Aging office.

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.

Senior Spotlight

Theresa Shomphe



Born August 8th, Theresa Shields grew up in Waltham, MA with her two sisters. She married William Shomphe on Oct. 4th, 1947 and had three boys, Peter, Mark, and Michael. When her husband was offered a job at Manchester Electric they moved to Manchester in 1959 and she's been here ever since.

Celebrity crush as a child? CLARK GABLE

Favorite movie? GONE WITH THE WIND

Favorite song? RAINDROPS KEEP FALLING ON MY HEAD

Favorite food? SPAGHETTI AND MEATBALLS

Hobbies? KNITTING AND PUZZLES

If stuck on a deserted island the one thing you could not live without? T.V.

The best advice you ever got? BE NICE TO EVERYONE.

Older Couples Influence Each Other to Make Positive Health Changes

Found at seniorjournal.com

A study of older couples finds both men and women are more likely to quit smoking, become physically active and lose weight if their partner joins them in the new healthy behavior. And, the difference is significant—66 percent of senior women take up physical exercise if her husband does and only 24 percent if he does not.

Modifiable lifestyles and health-related behaviors are the leading causes of morbidity and mortality worldwide. Evidence has suggested people tend to exhibit the health behaviors of people around them and that partners can influence each other's behavior, according to the study published online by JAMA Internal Medicine.

Sarah E. Jackson, Ph.D., of University College London, England and coauthors examined the influence of a partner's behavior on making positive health behavior changes. The authors used data from 3,722 senior married couples—ages 50 and older— and those living together who participated in the English Longitudinal Study of Ageing.

Smoking cessation, increased physical activity and a 5 percent of greater weight loss were measured. The authors found that when one partner changed to a healthier behavior the other partner was more likely to make a positive behavior change than if their partner remained unhealthy.

The changes measured-

Stops smoking:

- Men, 48% vs. 8%
- Women, 50% vs. 8%

Increases physical activity:

- Men, 67 % vs. 26%
- Women 66% vs. 24%

Weight Loss

- Men, 26% vs. 10%
- Women 36% vs. 15%

Smokers with consistently nonsmoking partners and physically inactive people with consistently active partners had higher odds of quitting smoking and becoming physically active. Having an unhealthy partner in either of these cases who became newly healthy made the odds even higher for making a positive change, according to the results.

However, the results indicate that for overweight individuals, having partners whose body-mass index (BMI) was consistently in the normal range did not increase the odds of losing weight, but having an overweight partner who lost weight too was associated with three times the odds of weight loss.

For each health behavior, men and women were significantly more likely to make positive changes if their partner also changed their health behavior over the same period than if their partner was consistently healthy, according to the study.

“The present findings have implications for the design and delivery of interventions aimed at reducing the risk of morbidity and mortality. Given that partners have mutual influence on one another's behavior, behavior change interventions could be more effective if they targeted couples as opposed to individuals,” the study concludes.

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

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 assistance.

How is your driving?

Did you know that a driver is liable for expenses in an accident if it is known he or she is not fit to drive? It could be due to medications a driver is taking, or doctor notes from a recent conversation. Make sure you are safe to be on the road. A great link for tools and resources for older drivers is at :

<http://seniordriving.aaa.com>

Or call the Council on Aging for more information at (978)526-7500.



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

U.S. POSTAGE

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