



# 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

April 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

##### APRIL

- 4/1 Coffee w/ SeniorCare @ The Plains 10:00
- 4/3 Christmas Tree Shops 9:30
- 4/7 Curious Creatures @ The Chapel 10:30
- 4/8 The Azorean 11:30
- 4/10 Mall Trip 9:30
- 4/11 Shredding Day behind Town Hall 8:30-11:30
- 4/13 Low Vision Meeting @ The Plains 1:00
- 4/17 Trader Joe's 9:30
- 4/24 Walmart Shopping Trip 9:30
- 4/27 Monday Movie Matinee @ Newport Park 1:30

##### MAY

- 5/11 Low Vision @ The Plains 1:00
- 5/15 Mall 9:30
- 5/18 Monday Movie Matinee @ Newport Park 1:30
- 5/20 Tea @ Historical Museum w/Delvina Theatre 1:30
- 5/26 Lunch of the Month @ The Chapel 12:15
- 5/30 Health Fair @ Community Center 9:00-12

***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**

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

#### COA BOARD MEETING:

4/8/15 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

4/21/15 @ 9:30 am  
@ Town Hall, Room #5

#### FRIENDS OF THE COA MEETING:

4/28/15 @ 4:30 pm  
@ The Plains Community Room

### Community Shredding Day

The Manchester Council on Aging invite the residents of Manchester to a Shredding Day at Town Hall. On Saturday, April 11th from 8:30 a.m. to 11:30 a.m. Bring any documents you would like to destroy to the parking lot of Town Hall. Heritage Shredding, a division of North-east Arc, will supply bins for your documents which will be locked and transported to a shredding facility. Shredding is done by specially trained employees in a secured area. The paper is then recycled after it has been baled and processed into pulp at a local plant. There is a limit of 2 recycling bins worth of documents per family. This event coincides with Hazardous Materials Day, so take care of two chores at once and get some spring cleaning done. Appointments are necessary with the Board of Health if you are dropping off hazardous materials.

### Match the Saying with the Person

1. "Goodnight, Mrs. Calabash, wherever you are!"
2. "Aren't we devils!"
3. "Bless your little pea pickin' heart."
4. "Is everybody happy?"
5. "Good eeeeeeveningggggg!"
6. "And here's the dear boy himself....Mervin!"
7. "Here's Johnny....."
8. "Sorry about that, chief."
9. "Pow!! Right in the kisser!!!"
10. "Holy mackerel, Andy!"

- A. Arthur Treacher
- B. Ralph Edwards
- C. Ted Lewis
- D. Jimmy Durante
- E. Ralph Kramden
- F. Don Adams
- G. Tennessee Ernie Ford
- H. Alfred Hitchcock
- I. Ed McMahon
- J. George "Kingfish" Stevens



Answers on pg.8

### Joke of the Month

A man was driving along the road when all of a sudden he had to swerve to avoid a box falling off the truck in front of him. Seconds later a policeman pulled him over for driving recklessly. As the policeman was writing the ticket he noticed the box was filled with nails and tacks. "I had to swerve or I'd have run over those and blown out my tires" protested the driver. "OK" replied the officer, "but I'm still bringing you in." "What for?" retorted the man. "Tacks evasion", replied the policeman.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY                            |
|--|---|--|--|-----------------------------------|
|  |   | 1<br><br>10:00 Yoga<br><br>10:00 Coffee w/SeniorCare<br>Managing Clutter<br>@ The Plains | 2<br><br>8:30 Strong Women<br>10:00 VNA Health Clinic @<br>The Chapel<br><br>Market Basket Trip  | 3<br><br>9:30 Christmas Tree Shop |
| 6<br><br>8:30 Strong Women<br>9:30 Quilting  | 7<br><br>10:00 Zumba<br><br>10:30 Curious Creatures<br>@ The Chapel 10:30<br><br>1:00 Bridge Club | 8<br><br>10:00 Yoga<br><br>11:30 The Azorean lunch                                       | 9<br><br>8:30 Strong Women<br><br>Market Basket Trip   | 10<br><br>9:30 Mall Trip          |
| 13<br><br>8:30 Strong Women<br>9:30 Quilting<br><br>1:00 Low Vision Meeting<br>@ The Plains  | 14<br><br>10:00 Zumba<br>1:00 Bridge Club   | 15<br><br>10:00 Yoga   | 16<br><br>8:30 Strong Women<br>10:00 VNA Health Clinic @<br>The Chapel<br><br>Market Basket Trip | 17<br><br>9:30 Trader Joe's       |
| 20<br><br> | 21<br><br>10:00 Zumba<br>1:00 Bridge Club   | 22<br><br>10:00 Yoga   | 23<br><br>8:30 Strong Women<br><br>Market Basket Trip  | 24<br><br>9:30 Walmart Trip       |
| 27<br><br>8:30 Strong Women<br>9:30 Quilting<br>1:30 Monday Movie<br>Matinee                 | 28<br><br>10:00 Zumba<br><br>1:00 Bridge Club   | 29<br><br>10:00 Yoga   | 30<br><br>8:30 Strong Women<br><br>Market Basket Trip  |                                   |

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! \$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.

### Senior Spotlight

Phyllis MacEachern



Phyllis (Crane) was born and raised in Manchester with her 6 brothers and 1 sister on Summer Street. There are 5 generations of Crane's living in Manchester. She was in the last class to graduate Story High School. She has 6 kids, 13 grand kids, and 12 great grand kids.

Celebrity crush as a teenager? GREGORY PECK

Favorite song? WIND BENEATH MY WINGS (BETTE MIDLER)

Favorite food? CHINESE FOOD

Favorite movie? GONE WITH THE WIND

What world event had greatest impact on you? WWII SINCE FAMILY WAS INVOLVED.

Ever meet a famous person? SHOOK HANDS WITH KENNY ROGERS AND WAYNE NEWTON, HUGGED AN OAKRIDGE BOY, AND ONCE GOT KNOCKED ON MY FANNY BY ERNEST BORGNINE, WHO PICKED ME UP AND SAID "I HOPE I DIDN'T HURT YOU, MY DEAR."

If you were on a deserted island what is one thing you can't live without? PUZZLES

What is the best advice you ever got? SAVE YOUR MONEY!

## 6

# Ways to Eat Well As You Get Older



## Know what a healthy plate looks like

See how to build a healthy plate at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)

1



## Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2



## Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



## Use recommended servings

Learn the recommended daily servings for adults aged 60+ at [heart.org](http://heart.org)

4



## Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



## Stretch your food budget

Get help paying for healthy food at [BenefitsCheckUp.org/getSNAP](http://BenefitsCheckUp.org/getSNAP)

6

ncoa

National Council on Aging

### Helpful Hints for Senior Citizens

**Following are a few ways that you can reduce stress and fatigue on your body, and at the same time, make home a safer and more satisfying place to live.**

- Pick the objects off the shelf with both hands. Store heavy items on center cabinet shelves, light objects on high or low shelves.
- Remove clothes from the dryer with a reacher.
- High traffic areas should be clear of obstacles.
- Make sure to have a list of emergency numbers near all phones
- Don't rush going up or down stairs. Rushing is a major cause of falls.
- Make sure your bed is not too high or low, so that it is easy to get in and out of it. You can purchase short bed rails to steady yourself when getting out of bed.
- All rooms and hallways in your home should be well lit.
- Avoid throw rugs and scatter mats. They're dangerous. And if using them to make sure that the rugs and scattered mats are secured in place to keep them from slipping!
- Do you always watch that your pets are not underfoot?
- Do you have a first aid kit and know where it is?
- Install a seat at the entrance of your home to remove or put on your shoes and boots.

Article from [supportivehands.com](http://supportivehands.com)



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.



**FORMIDABLE** (Sandra Stolle)

Formidable is so strong, I have no power against it.  
It is the eternal foe, the protagonist, the enemy.

Formidable does not like justice or truth, transparency or facts.

Formidable does not believe in "Do No Harm."

Formidable deliberately deceives and gives fraudulent evidence.

Formidable tries with all its might to prevent or curtail freedom of speech.

There are no standards. Anything goes.

Formidable creates helplessness because you don't know who is behind it or who benefits from all the deceptions.

Should we bury our heads in the sand? Pretend ignorance is bliss? - which it is at times.

Or should we be courageous and ask questions. Who is behind the mask?

What is the real name of Formidable?

It is "Propaganda."

**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**

## **Aging in Place sounds great but may not be for Boomers or their parents.**

**There is a lot more going on at the group home to support successful aging.**

Baby boomers trying to pick the best living arrangements for themselves or their parents as they age should be wary of a phrase they coined in their younger years: If it feels good, do it.

So says Stephen Golant, a University of Florida researcher who studies housing needs for older Americans. In his new book, “Aging in the Right Place,” Golant argues that the popular notion of “aging in place”—staying home and being independent as long as possible—sounds great but doesn't work for everyone.

Older people sometimes become emotionally attached to their homes, Golant said, leading them to think it's the best place to live out their lives. In fact, he said, these places may lack activities, features and amenities needed to age successfully.

As a result, he said, older people increasingly find they must rely on other people to meet their everyday needs. But both family members and professionals may fall short as caregivers.

“We need to think about two sets of feelings— not just feeling comfortable, but also being in a place where we feel capable of achieving our everyday need, from self care to buying groceries to reaching doctors, and don't feel that our lives are spinning out of control,” said Golant, who has studied older Americans' housing needs for more than 30 years.

The issue is becoming especially troublesome for moderate-income elders. Wealthy older people can afford the housing and services they need to live comfortable and independent lives, he said. Very low-income people often can benefit from government-funded programs and services to achieve these same goals—although, they often confront waiting lists and bureaucratic obstacles.

Those in the middle, however, often find themselves outside the safety net of social, long-term care and housing programs offered by federal, state, and local governments, but cannot afford products and services offered by the private sector.

Among other points Golant makes in his book:

- Older people with success stories increasingly live in what are now called “elder villages” - grass-roots, communally organized neighborhoods or building groups that help them feel more engaged and enable them to maintain their independence.
- Assisted living facilities are no different from any consumer product—some are great, and some are awful. Older people should be discriminating customers.
- The hallmark of successful aging is to be proactive in planning next steps, rather than waiting until a crisis forces change.
- Older people who have poor health, disabilities or other disadvantages can still have happy lives if they make the right living choices.

8 of the Craziest Illegal Tax Deductions Ever Claimed

1. **Hiring an arsonist to burn down your business isn't tax deductible.** Not only did a man try to collect the \$500,000 insurance money but also tried to deduct the \$10,000 fee he paid the arsonist.
2. **A bubble of air is really a luxury not a necessity.** A New Jersey man, fed up with the air pollution enclosed himself and his family in a "bubble of pure air." This claim resulted in an audit.
3. **Your marijuana crop might be a business expense, but it's not legitimate.** Apparently the U.S. government doesn't want your money when they can arrest you and seize your property instead.
4. **Your daughter's wedding is not a business entertainment expense.** Inviting a few clients and attempting to write the whole thing off as a business entertainment expense doesn't fly with the IRS, probably because they know the clients were only attending the wedding just to be polite.
5. **Your dog is not a dependent.** On more than one occasion people have tried to claim their dog (or cat) as a dependent. Opting to have a pet live under your roof does not entitle you to any additional tax credits.
6. **Getting a tattoo is not a medical expense.** The IRS has no tolerance for people who attempt to deduct their completely optional form of self expression.
7. **A fallout shelter is not "preventative medicine."** From the IRS's perspective the fallout shelter is about as medicinal as a bullet proof vest or a roll-bar for your convertible.
8. **Your deadbeat son is not tax deductible.** While it's one thing to claim a loss on money that can be tracked, trying to deduct the \$2,000 you loaned to your unreliable son to get his business off the ground won't fly. Unless you have paperwork to back up the loan and have attempted to get the money back through proper legal channels, the IRS doesn't sympathize with your poor decisions or those of your children.

from Turbotax.com

Answers to Match the Saying on pg. 2

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

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

U.S. POSTAGE

**PAID**

Manchester, MA  
 Permit No. 14

**Newsletter Mailing Courtesy  
 of The Friends of The COA**