



# 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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**MAY 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

**MAY**

**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

##### **MAY**

- 5/6 DeCordova Museum 9:00
- 5/11 Low Vision @ The Plains 1:00 \* guest speaker \*
- 5/11 Sing & Sign Intergenerational event @ the Library 10:30
- 5/12 Poet's Inn @ Whittier Tech 10:30
- 5/15 Mall 9:30
- 5/18 Monday Movie Matinee @ Newport Park 1:30
- 5/20 Tea @ The Historical Society & Delvena Theatre 1:30
- 5/22 Trader Joe's 9:30
- 5/26 Lunch of the Month @ The Chapel \$10 12:15
- 5/29 Walmart 9:30
- 5/30 Health Fair @ Community Center 9-12

##### **JUNE**

- 6/2 Go the Distance 1 mile walk 10:00 @ C.O.A. office
- 6/3 Cosmetology Lab @ NSCC 9:00
- 6/5 Christmas Tree Shops 9:30
- 6/11 Wegman's 11:00
- 6/15 Monday Movie Matinee @ Newport Park 1:30
- 6/17 Mystery Ride 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.**

**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:**

5/13/15 @ 5:30 pm  
@ Seaside One

#### **TRIAD MEETING:**

5/19/15 @ 9:30 am  
@ Town Hall, Room #5

#### **FRIENDS OF THE COA MEETING:**

5/26/15 @ 4:30 pm  
@ The Plains Community Room

**Fast Facts About Aging**

- One out of eight people living in the US are 65 or older.
- The fastest growing age group is people 85 and older.
- Fifty-six percent of those over 65 are married.
- Only 10 % of the people over the age of 65 have Alzheimer's
- 15 million older people volunteer. That's almost half of the 65+ population.
- Each month the world's elderly population of people increases by 795,000.
- By 2020, 12 million older people will need long term services and support.
- 69% of the people turning 65 today will need some form of long-term services and support.
- The average annual cost of a private room in a nursing home is \$79,935.
- The average annual cost of a semi-private room in a nursing home is \$72, 270.
- The average annual cost of living in an assisted living facility is \$37,572.
- More than 1.1 million seniors live in some type of senior housing community.

From KoffeeKlatchgals.com

**SENATOR TARR'S DISTRICT OFFICE HOURS**

Dick Curren, Constituent Services Advisor



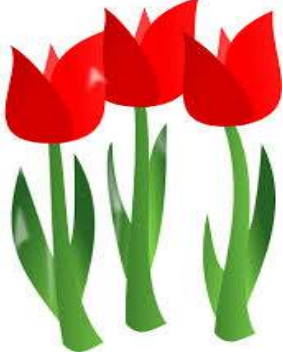


Town Hall, Manchester-by-the-Sea

Room 5

12:00-1:00 P.M.

Wednesday, May 13, 2015

We don't stop playing because we grow old; we grow old because we stop playing. - *George Bernard Shaw*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 8:30 Strong Women 9:30 Quilting	5 10:00 Last Zumba Class til September 1:00 Bridge Club	6 9:00 DeCordova Museum 10:30 Yoga	7 8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	8
11 8:30 Strong Women 9:30 Quilting 10:30 Intergenerational Sing & Sign @ the Library 1:00 Low Vision Meeting @ The Plains –guest speaker Chris Peralta O.T. with Mass Assoc. of Blind & Visually Impaired	12 10:30 Poet's Inn Lunch 1:00 Bridge Club	13 10:00 Yoga	14 8:30 Strong Women  Market Basket Trip	15 9:30 Malls
18 8:30 Strong Women 9:30 Quilting  1:30 Monday Movie Matinee	19 1:00 Bridge Club	20 10:00 Yoga  2:00 Tea @ Historical Society & The Delvena Theatre	21 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	22 9:30 Trader Joe's
	26 12:15 Lunch of the Month 1:00 Bridge Club	27 10:00 Yoga	28 8:30 Strong Women  Market Basket Trip	29 9:30 Walmart 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.

**Health Fair  
Saturday May 30th  
At the Community Center  
9a.m. to 12 p.m.**

Come on down to the Community Center and meet our vendors. Gain some valuable information that can assist with your health and wellness now and in the future.

**A sampling of vendors are:**

Center for Balance, Mobility and Wellness at Gordon College  
SeniorCare  
Manchester Police and Fire  
Beverly Hospital Physical Therapy  
North Shore Health Project  
Mass in Motion—Cape Ann  
Melanoma Foundation of Cape Ann



Ah! My heart is weary waiting,  
Waiting for the May:  
Waiting for the pleasant rambles  
Where the fragrant hawthorn brambles,  
Where the woodbine alternating,  
Scent the dewey way;  
Ah! My heart is weary waiting,  
Waiting for the May

-Denis Florence McCarthy



# Turning 65?

## Follow Your Path to Medicare!

Start Here



### SHINE

#### Serving the Health Information Needs of Elders

The Massachusetts Executive Office of Elder Affairs SHINE Program provides free confidential health insurance information, education, counseling and assistance to Medicare beneficiaries of all ages, their family members and other caregivers.

SHINE counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs in many areas of health insurance including original Medicare, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Medicare Rights and Protections, Prescription Advantage, MassHealth and many other programs for people with limited income and resources, and other Medicare, government and private health plans.

SHINE counseling is available by appointment in the Council on Aging office. Please call Nancy Hammond with questions or for more information (978) 526-7500.

They say that age is all in your mind. The trick is keeping it from creeping down into your body.

- Author Unknown

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 the teacher.



### **UNTITLED** (Katherine Robertson Arthur)

- \* This was a writing exercise where we think of 14 words and then have to use those words in a story. This exercise is a lot of fun and makes us all laugh. It is also great to do with children. \*

Creature	Patriotic
Selfish	Essex
Artist	Beautiful
Colorful	Mother
Floorboards	Kind
Swarthy	Persia
Tolerance	Implacable

Once upon a time there was an implacable artist who came from Essex near the colorful marshes. He moved to Persia because his patriotic, supposedly kind mother said that the swarthy women over there were more suited to his selfish nature. She was sure they would wait on him and sit on the floorboards at his feet and worship him as a creature gifted by the gods. One would think a kind mother would have nicer things to say about her son, but tolerance of his artistic gifts was not in her repertoire. She wanted him to be a salesman like his father and make lots of money. Anyhow, George, that was his name, went off to Persia, determined and clear about his goals, married a beautiful woman who adored him. They had a dozen gorgeous children and his mother disinherited him and never visited him. Needless to say, his art work was spectacular and satisfying to the heart and mind. They lived comfortably and happily ever after.

### **Recipe of the Month** **Sweet Restaurant Slaw**

#### Ingredients

- 1 (16 ounce) bag coleslaw mix
- 2 tablespoons diced onion
- 2/3 cup creamy salad dressing (such as Miracle Whip)
- 3 tablespoons vegetable oil
- 1/2 cup white sugar
- 1 tablespoon white vinegar
- 1/4 teaspoon salt
- 1/2 teaspoon poppy seeds



#### Directions

1. Combine the coleslaw mix and onion in a large bowl.
2. Whisk together the salad dressing, vegetable oil, sugar, vinegar, salt and poppy seeds in a medium bowl; blend thoroughly. Pour dressing mixture over coleslaw mix and toss to coat. Chill at least 2 hours before

## FLOWER NAMES WORD SEARCH PUZZLE



ALSTROEMERIA  
AMARYLLIS  
ANEMONE  
CARNATION  
DAFFODIL

DELPHINIUM  
FREESIA  
GARDENIA  
GLADIOLUS  
HYACINTH

LARKSPUR  
LIATRIS  
LISIANTHUS  
ORCHID  
RANUNCULUS

SNAPDRAGON  
SOLIDASTER  
SUNFLOWER  
SWEET PEA  
TIGER LILY

"The fair maid who, the first of May  
Goes to the fields at break of day  
And washes in dew from the hawthorn  
tree  
Will ever after handsome be."  
- Mother Goose Nursery Rhyme

### Joke of the Month

Joe Smith was in his early 50's, retired and had started a second career. However, he just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. However, he was a good worker, really clever, so the owner was in a quandary about how to deal with it. Finally, one day he called Joe into the office for a talk.

"Joe, I have to tell you, I like your work ethic, you do a top class job, but you're being late so often is quite a worry."

"Yes, I realize that sir, and I am working on it." replied Joe.

"I'm pleased to hear that, you are a team player. It's odd though, you're coming in late. I know you're retired from the Navy. What did they say if you came in late there?"

"They said, 'Good morning, Admiral.'"

**"GO THE DISTANCE" 1-MILE WALKING CHALLENGE**

Date: *Tuesday, June 2, 2015*

Time/Place: *10:00 AM at the C.O.A. office*

We have designated a 1-mile loop starting at the C.O.A. office through down town. Take as long as you need to finish walking 1 mile.

All walkers with varying speeds and abilities are welcome to participate in the 1-mile challenge.

Please register by 5/28/15. Register to walk by calling or visiting the Council on Aging. Call 978-526-7500 to register.

On the day of the walk, check-in will begin at 9:30 AM.

Certificates will be awarded to all *walkers* who complete the loop.

Raffles add to the fun! Your name with our Council on Aging office will be entered into a state wide raffle for six special prizes.

**Walking has a direct link to sustained independence and better health.** In fact, it could be called a "wonder drug" for many of today's most common medical problems. If it were recognized as a drug, then a doctor's prescription would read: *"Take a Walk. Recommended dosage is 30 minutes a day, five days a week. Side effects may include weight loss, improved mood, improved sleep, better balance, stronger muscles and bones, prolonged independence, as well as looking and feeling better"*

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

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