



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

Manchester-by-the-Sea, Massachusetts 01944-1399

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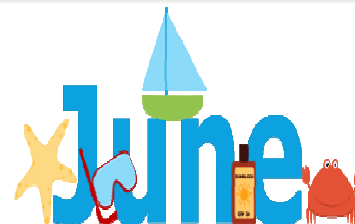
June 2015

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

JUNE

- 6/3 Cosmetology Lab @ NSCC 9:00
- 6/5 Christmas Tree Shops Trip 9:30
- 6/9 1 Mile Walking Challenge @ C.O.A. office 9:45
- 6/10 Wegman's 11:00
- 6/12 Mall 9:30
- 6/15 Low Vision Meeting @ Windward Grille 11:45
- 6/15 Monday Movie Matinee @ Newport Park 1:30
- 6/17 Lyman Estates & Chateau Restaurant 9:00
- 6/19 Trader Joes 9:30
- 6/24 The Drifters & lunch @ Danversport Yacht Club 11:00 \$65
- 6/26 Walmart 9:30

JULY

- 7/1 Karl's Sausage Kitchen 11:00
- 7/8 Sam Adams Tour & lunch 10:00
- 7/28 Lunch of the Month @ Tuck's Point 12:15
- 7/29 Manchester Historical Museum exhibit 10:00

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:

6/10/15 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

6/17/15 @ 9:30 am
@ Town Hall, Room #5

FRIENDS OF THE COA MEETING:

6/23/15 @ 4:30 pm
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Aide to Senator Tarr, will hold office hours

Town Hall, Manchester by the Sea

Room 5

Wednesday, June 10, 2015

12:00PM—1:00PM

10 Summer Health Tips for Seniors

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. **Air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative's home or a community senior center are all good options.
7. **Avoid extreme outdoor heat.** If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do **NOT** wait outside for the bus in extreme heat.
8. **Take a cool shower or bath.** If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. **Keep your home cool.** Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. **Signs of heat stroke.** Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.

Joke of the Month

Dear Dad,

\$chool i\$ great. I'm making lot\$ of friend\$ and \$tudying hard. I \$imply can't think of anything I need, \$o ju\$t \$end me a card, a\$ I would love to hear from you.

Love, Your \$on

Dear Son,

I kNOw astroNOmy, ecoNOMics and oceaNOgraphy are eNOugh to keep even an hoNOr student busy. Do NOt forget that the pursuit of kNOwledge is a NOble task, and you can never study eNOugh.

Love, Dad

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>2</p> <p>9:45 "Go The Distance" 1-Mile walking challenge 1:00 Bridge Club</p>	<p>3</p> <p>9:00 Cosmetology Lab @ NSCC 10:00 Yoga</p>	<p>4</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip</p>	<p>5</p> <p>9:30 Longevity Training @ Magnolia Library 9:30 Christmas Tree Shop</p>
<p>8</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>9</p> <p>1:00 Bridge Club</p>	<p>10</p> <p>10:00 Yoga 11:00 Wegman's</p>	<p>11</p> <p>8:30 Strong Women Market Basket Trip</p>	<p>12</p> <p>9:30 Longevity Training @ Magnolia Library 9:30 Mall Trip</p>
<p>15</p> <p>8:30 Strong Women 9:30 Quilting 11:45 Low Vision @ Windward Grille 1:30 Monday Movie Matinee @ Newport Park</p>	<p>16</p> <p>1:00 Bridge Club</p>	<p>17</p> <p>9:00 Lyman Estates & lunch @ The Chateau 10:00 Yoga</p>	<p>18</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip</p>	<p>19</p> <p>9:30 Longevity Training @ Magnolia Library 9:30 Trader Joe's</p>
<p>22</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>23</p> <p>1:00 Bridge Club</p>	<p>24</p> <p>11:00 The Drifters & lunch @ Danversport Yacht Club</p>	<p>25</p> <p>8:30 Strong Women Market Basket Trip</p>	<p>26</p> <p>9:30 Longevity Training @ Magnolia Library 9:30 Walmart</p>
<p>29</p> <p>8:30 Strong Women 9:30 Quilting</p>	<p>30</p> <p>1:00 Bridge Club</p>			<p>Don't let aging get you down. It's too hard to get back up.</p>

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 A.M. 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: Off until September.

YOGA: Wednesday, 10:00 – 11:00 A.M. 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 A.M. 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 C.O.A. offers the following outreach services. Please contact the C.O.A. 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 C.O.A. 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 C.O.A. office at 978-526-7500 to answer questions regarding health insurance and prescription plans.

NOTARY SERVICES

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

Trivia**What Musical Instrument did each TV star play?**

1. Jack Benny: _____
2. Phil Silvers: _____
3. Morey Amsterdam: _____
4. Johnny Carson: _____
5. Merv Griffin: _____
6. Sid Caesar: _____
7. Joey Bishop: _____
8. Arthur Godfrey: _____
9. Henny Youngman: _____
10. Mitch Miller: _____

Answers on pg. 8

IRS-Impersonation Telephone Scam (www.irs.gov)

An aggressive and sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers claim to be employees of the IRS, but are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting.

Or, victims may be told they have a refund due to try to trick them into sharing private information.

If the phone isn't answered, the scammers often leave an "urgent" callback request.

Note that the IRS will **never**:

- 1) call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill;
- 2) demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe;
- 3) require you to use a specific payment method for your taxes, such as a prepaid debit card;
- 4) ask for credit or debit card numbers over the phone; or
- 5) threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

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.



Grandma Barnett (Ray Frieden)

I never knew my Dad's parents very well. They were older and more sedate than Mom's and lived in a small house with very little extra room. Certainly not enough for a family of four (later seven). My Dad's mother passed away when I was very young and he remarried a woman who was as much a caretaker as a partner.

My Mom's parents were very active and had lots of room and lots for us to do. My mother's parents were vegetarians and as soon as her father could, he bought a farm in Banning (an agricultural area outside of LA). It wasn't a very big farm but he grew vegetables and various fruits. He grew beautiful peaches and began selling them in the farmers' market in LA. They were known as "Barnett's Gold" and achieved a certain level of notoriety for their size and perfection. He was very proud of them.

My Mom says that she had a horse on the farm and used to ride a lot-including down to the beach. I find that hard to believe as Banning is quite a ways from the ocean but who knows?

My Mom's mother was much more a businesswoman. Legend has it that she managed a factory back in Poland when she was 12. Hard to believe but she certainly was capable of doing so. In California she soon controlled three blocks on Crenshaw Boulevard including a carpet store and interiors store that featured many items that were originally props in movies.

The carpet store was big-it covered most of a whole block-and my grandparents lived above it in a modest apartment that used the rest of the roof as their 'yard'. The yard was mostly used to dry fruits and nuts from the farm. In a small outbuilding there was a machine that juiced carrots-turning entire carrots into warm, pulpy juice. I loved that stuff.

The entrance to the roof was through the kitchen of the apartment. My grandmother was a great cook although the menu was fairly sparse-as I said, they were vegetarians. But grandma did make fabulous strudel with dates and raisins and bits of other fruits from the farm. She would cut them into individual pieces and wrap each piece individually in wax paper with the ends carefully fold over and back to seal in the moistness. When a box arrived at my college dorm it immediately became the short and sweet center of attention.

Now-a-days if you drive from the store to Banning you follow a railroad track through miles of flat single-family suburbs. Back then there was no railroad track or suburbia-just a two-lane highway that ran pretty much straight for miles with very little traffic. It was rolling countryside. One year my grandfather bought a new Oldsmobile. My sister and I rode with him out to the farm and we all loved rushing up the little rises, flying over the tops and coming down on the other side with a satisfying bounce of the car on its suspension. Come to think of it, I don't remember any gas stations or much of anything else on that road back then. Maybe I was too young to notice such things.

I didn't see my grandparents much after my eighth or ninth birthday and I was always amazed after that at how small they both were. I didn't think of them as short or small, though, but as compact-lots of being and essence packed into tight, efficient little packages. And clearly, as long ago as that was, they still occupy a very bright spot in my memory.

Report: Nearly Half of America's Aging Parents Have No Will

QUINCY, Ill. (WGEM) - It's not always easy to think about, but have you considered what would happen to everything you own if you passed away?

Research by companies like Rocketlawyer.com indicate that nearly half of Americans with children don't have a drafted will, and 41 percent of those are baby boomers.

This scenario often leaves families and loved ones in very difficult circumstance in the event of a death.

Local attorney Casey Schnack of Schnack Law Offices in Quincy points out that many states, such as Illinois, have regulations like the probate act that can allow the state to dictate where your assets end up if you die without leaving a will behind.

"I can't say how it would happen for everybody because it certainly is circumstantial, but if you are concerned about how those default rules would apply to you, then having a will definitely alleviates those concerns about what will happen and how those rules would effect your property and your family," Schnack said.

Schnack also says many people choose not to draft a will because they feel it's too complicated, when the process can actually be fairly easy.

"It can be incredibly simple," Schnack said. "A lot of people think that it's a time consuming, overwhelming process. But one trip to an attorneys office may take care of it, and there are online services that you can utilize."

Schnack says it's important to know what your state regulations are before using an online resource to draft a will.

While many Americans are dying without a will to distribute belongings and assets, a growing number of adults are spending their final years of life with little to no money or assets at all.

A recent report conducted by the Employee Benefits Research Institute finds some worrisome numbers for Americans post-retirement, specifically those 85 and older.

The research shows one out of five had no assets other than a single house.

Further research by economists at MIT showed 41 percent of Americans had less than \$10,000 in assets over the final years of their life.

Local experts, like Laura Megown with the West Central Illinois Agency on Aging, say the cost of health care is a major driving factor, especially chronic or long term sicknesses. While healthcare is a major factor, that's not the only worry.

Senior citizens are often the target of schemes and scams, taking away large sums of cash.

"And (scams) have happened to people here, in our area," Megown said. "It may not make the newspaper because of confidentiality, but these scams really happen to people. Financial exploitation happens by a caregiver sometimes, or by someone who just doesn't have the person's best interest." -seniorjournal.com

Health Clinic
1st & 3rd Thursday of the Month
10:00
At the Congregational Chapel

This is a reminder that the VNA Health Clinic is available for you to walk in and get your blood pressure checked, or your glucose level check. And much more. Feel free to drop by.

Answers to Trivia on pg. 5

1. Violin
2. Clarinet
3. Cello
4. Drums
5. Piano
6. Saxophone
7. Mandolin
8. Ukelele
9. Violin
10. Oboe



Stay Hydrated This Summer

Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure.

Dehydration can be caused by a variety of factors. The ability to notice changes in body temperature typically decreases with age, decrease in thirst, many medications make seniors more susceptible to dehydration and there are many more causes.

Follow these tips to stay hydrated this summer.

- Drink fluids on a regular basis during the day, whether you're thirsty or not.
- Drink 8 oz. of fluid each time you take medication.
- Keep water bottles and/or a water cooler available to you wherever you are.
- Keep favorite "mocktails" or favorite beverages on hand (make sure they are not caffeinated or alcoholic).

Excerpted from aplaceformom.com

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

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