



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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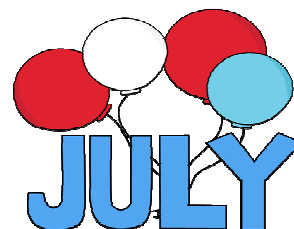
July 2015

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

JULY

- 7/1 Karl's Sausage Kitchen 11:00
- 7/3 C.O.A. office is closed-No Van Service
- 7/8 Lunch & Ryan & Wood Distillery Tour 11:00
- 7/10 Edward Kennedy Institute 9:00
- 7/15 Mystery Ride 1:00
- 7/17 Trader Joe's 9:30
- 7/20 Monday Movie Matinee @ Newport Park 1:30
- 7/24 Walmart 9:30
- 7/28 Lunch of the Month @ Tuck's Point 12:15 \$10
- 7/29 Civil War Exhibit @ The Trask House 10:00
- 7/31 Institute of Contemporary Art/Boston 9:00

AUGUST

- 8/5 Mile Marker Restaurant 11:00
- 8/7 Christmas Tree Shops 9:30
- 8/31 Lunch of the Month @ Tuck's Point 12:15 \$10

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.

New Handicap Beach Wheel Chair at Singing Beach

Manchester Parks and Recreation is pleased to announce the new handicap beach wheel chair at Singing Beach. Heather DePriest, the Program Director of Manchester Parks and Recreation wrote a grant to the Manchester Essex Rotary Club for a new De- Bug Beach Wheel-chair. The Rotary kindly purchased and fulfilled the grant request. The current wheel chair was no longer working properly; Heather wanted people to enjoy the beach no matter what their mobility issues were. Thanks to the generous people of our local Rotary we have a beautiful new beach wheelchair. If you are interested in trying our new beach wheel chair just come down to Singing Beach and ask our friendly beach staff for a little help. Our beach staff will be happy to assist you.

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

COA BOARD MEETING:

9/9/15 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

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

FRIENDS OF THE COA MEETING:

9/22/15 @ 4:30 pm
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Constituent Services Advisor will hold office hours
at Town Hall, Manchester by the Sea
12:00PM—1:00PM
Wednesday
July 15, 2015

SafetyNet by LoJack Search & Rescue System**What is SafetyNet?**

SafetyNet by LoJack is a system developed to provide a solution for finding and rescuing people with cognitive conditions that may cause them to wander or become lost.

- Clients wear a SafetyNet bracelet which emits a specific radio frequency and ID.
- Should they become lost, their Caregiver will notify their local Public Safety Agency (911).
- Trained personnel are dispatched to use SafetyNet tracking equipment to locate the client.

How it Works

- A Caregiver enrolls their loved one in the SafetyNet program, working directly with a member of the SafetyNet Customer Service team
 - A database profile of the client is established which is accessible by 911/or Public Safety officials
- When a Client is lost, their Caregiver will contact 911 (or a local PublicSafety agency), and then contacts SafetyNet to alert them that the client is missing.
- Trained Public Safety Agencies use the SafetyNet Tracking Equipment (Receiver) to aid in locating the missing client using the Frequency and ID numbers associated with the client's SafetyNet bracelet.
 - The SafetyNet bracelet operates using radio frequency technology, which works in densely wooded areas, buildings, garages, and other places where cellular and GPS coverage is limited.

If you think you would be interested in this program please call the C.O.A. office at (978)526-7500.

**Recipe of the Month
Red, White & Blueberry Fruit Salad****Ingredients:**

- 1 pint Strawberries, hulled & quartered
- 1 pint Blueberries
- 1/2 cup white Sugar
- 2 tablespoons Lemon Juice
- 4 Bananas

Directions:

Mix the strawberries and blueberries together in a bowl, sprinkle with sugar and lemon juice, and toss lightly. Refrigerate until cold, at least 30 minutes. About 30 minutes before serving, cut the bananas in 3/4 inch thick slices and toss with the berries.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Yoga 11:00 Karl's Sausage Kitchen	2 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	3 C.O.A. office is closed No Van Service
6 8:30 Strong Women 9:30 Quilting	7 1:00 Bridge Club	8 10:00 Yoga 11:00 Lunch & Tour of Ryan & Wood Distillery	9 8:30 Strong Women Market Basket Trip	10 9:00 Edward Kennedy Institute 9:30 Longevity Training @ Magnolia Library
13 8:30 Strong Women 9:30 Quilting	14 1:00 Bridge Club	15 10:00 Yoga 1:00 Mystery Ride	16 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	17 9:30 Longevity Training @ Magnolia Library 9:30 Trader Joe's
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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 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 Dot Curran



Dot (Perry) Curran was born in Warwick R.I. and raised in New London, CT. At 18 she moved to Boston to train as a nurse at Mass General Hospital. She planned to move to San Diego but met her husband Ken and stayed in MA. She lived in Manchester from 1973-1986, then moved to NH, then to FL, and came back to Manchester in 2006. She has 6 kids, 7 grand kids, and 2 great grand kids.

Celebrity crush as a teenager? CARY GRANT

Favorite song? WIND BENEATH MY WINGS (BETTE MIDLER)

Favorite food? CHOCOLATE

Favorite movie? SOUND OF MUSIC

What world event had greatest impact on you? PEARL HARBOR. DOT REMEMBERS COMING HOME FROM CHURCH ON DEC. 7 AND ALL THE NEIGHBORS WERE OUTSIDE YELLING BACK AND FORTH ABOUT THE BOMBING.

What is the best advice you ever got? NEVER MIND WHAT YOU LOOK LIKE IT'S WHAT'S INSIDE THAT COUNTS.

COMMONYMS

Commonyms are a group of words that have a trait in common. Example: A Car - A Tree - An Elephant = They all have trunks.

1. Furniture - Mustaches - Skis: _____
2. Golf Course - A Coffee Shop - A Quart: _____
3. He - She - They: _____
4. Jupiter - Alaska - The Blue Whale: _____
5. Wood Tick - Leech - Mosquitos: _____
6. Yawning - Laughter - Influenza: _____
7. Improper - Unit - Mixed: _____
8. Marigold - Mustard - Canary: _____
9. Snake - Cavity - Bottomless: _____
10. Kidney - String - Black: _____

Answers on pg. 8

**Manchester Council on Aging
New Fitness Programs**

The Manchester Council on Aging is pleased to offer lap swimming and indoor walking at the Bennett Center at Gordon College. These programs are offered through the Hamilton-Wenham Recreation Department and are available to Manchester seniors, however, registration must be done through the Hamilton-Wenham Recreation Department. Registration can be done online by going to www.hwrecreation.com and creating an account or we have paper applications available here at the C.O.A. office. The walking Pass is free of charge and the lap swim Pass is \$80 for 20 visits. **You must register and receive a Pass before participating in either program.**

Please call the C.O.A. for more information. (978)526-7500

Fitness Passes Available at Council on Aging Office

The Manchester Council on Aging is pleased to offer a 7-Day Fitness Center Pass to the Gordon Center for Balance, Mobility and Wellness in Wenham. This center is geared to people over the age of 50.

Stop by the Council on Aging office at Town Hall to pick up the pass for a free 7 day trial at the Center. Please call the C.O.A. office for more information. (978)526-7500

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 instructor in response to a 10 minute prompt of Music that Reflect You/Me.



Chopin Nocturnes (Katherine Robertson Arthur)

Well, I am not particularly musical, I suppose I could live without music if I had to. I feel sad and soulless saying this, but it is true. I think that part of my brain is missing.

But if I had to say something, my music would be bold and loud. I love drums and loud passionate music. Neil Diamond singing his heart out about "*" or Tom Jones or the Beatles. Anything I can wail along with.

So drums, jazz and voice would be in my theme song.

But then there is another side too—the introverted, quiet side. I'd love to have Chopin's Nocturnes whispering in the night. And haunting French Horn as they appear in some movement of some piece that we play sometimes. David always stops talking to let me hear it. It's haunting seems to summon one to follow in a long journey to some sweet place. I love it even if I can't name it.

Then all would be surrounded and enveloped by Selah—the Hebrew word for pause or silence, I believe. I love silence, full, rich silence that quiets and deepens everything.

So there you have it—noise, passion, haunting music and silence - all in my theme song.

The following is written by a class participant

Eyes (Ray Frieden)

It is said that the eye is the window to the soul. It is certainly true that looking into someone's eyes rather than just looking 'at' them is a different, much more intimate form of contact. Its often difficult to do that for that very reason. People are reluctant to open up very much to any but their closest friends. It is - of course - possible to cover that intimate view. Like pulling down shades, closing curtains or shutting blinds. I'm always intrigued by the look of people with dark hair and blue or green eyes. Maybe most of us are. Certainly many celebrities have unusual combinations of hair-and eye-color.

We have two puppies. I look at their eyes and see dark orbs. Little in the way of irises - even less in the way of communication. No surprise there but a little disappointing. You'd think that because they do look straight at you there would be something being communicated in that gaze. But - other than the connection that you feel - there doesn't seem to be anything very complex there.

The other side of that coin is what I see through my eyes. I can't imagine living without sight. My other senses seem to have so many fewer dimensions than sight. What would the list be? Brightness (light/dark), color, motion, shape (edges/gradation of brightness), detail, contrast - wow! amazing! My other senses seem to be outside my head but sight is much more intimate.

Secrets to Living a Longer (Happier) Life

It's long been known that a nutritious diet, regular exercise, and positive health choices such as not smoking all contribute to helping seniors feel younger and more energetic. Now, emerging research into longevity indicates that mental and social activities are just as critical as physical activity when it comes to healthy aging. Hobbies, leisure activities, and a rich social network are factors that correlate with living longer.

Healthy Lifestyle Choices for Seniors

What does it mean to have a healthy lifestyle as we age? Scientists are finding that if seniors want to live longer, it's more than a matter of just staying fit and eating right—but we can't forget that those are still important. In fact, for seniors in a recent study conducted in Sweden, those who were physically active—getting regular exercise through swimming, walking, or gymnastics—lived more than two years longer on average, and those who didn't smoke lived a year longer than smokers. Diet is important too—those who are overweight or underweight are at greater risk of mortality as they age.

The Latest Findings on Longevity in Older Adults

In the study on Swedish seniors, scientists also looked at factors that haven't been studied as closely; namely, whether mental activity and social engagement also affect longevity. A group of 1810 seniors age 75 and older were followed over an 18-year period and quizzed on their activities, and those who lived the longest had a number of characteristics in common:

- they got regular physical activity
- they didn't smoke
- they engaged in a range of mental activities, social activities, and productive hobbies
- they had a rich social network of family and friends

All told, the seniors who were active physically, mentally and socially were the most likely to live past the age of 90, and lived an average of 5.4 years longer than inactive seniors, reports the Assisted Living Federation of America.

How Seniors Can Live Longer, Happier Lives

The researchers listed a wide range of leisure activities that are associated with health and longevity, aside from physical exercise. The National Institute on Aging further notes that these activities can increase seniors' sense of well-being as well as lowering the risk of some health problems, including dementia.

- **Mental activities:** reading books or newspapers, doing crossword puzzles, drawing or painting, writing, studying, learning a musical instrument
- **Social activities:** going to concerts or performances, visiting art museums, traveling, playing cards or games, joining a senior center, starting a book club, taking a class
- **Productive activities:** gardening, cooking, knitting, getting a part-time job, volunteering at a library or hospital

By Sarah Stevenson www.aplaceformom.com

Answers to Commonyns from pg. 5

1. They are waxed
2. They have cups
3. Pronouns
4. Largest of their kind
5. Blood suckers
6. They are contagious
7. Fractions
8. Shades of yellow
9. They have pits
10. Beans

If I Can Stop One Heart From Breaking

If I can stop one heart from breaking,
 I shall not live in vain;
 If I can ease one life the aching,
 Or cool one pain,
 Or help one fainting robin
 Unto his nest again,
 I shall not live in vain.



Emily Dickinson

Summer Trivia

- Watermelon is summer's most popular vegetable. It is part of the cucumber, pumpkin, and squash family. The average American eats 15 pounds of watermelon a year and these juicy favorites are 92 percent water
- July is National Ice Cream Month. More Americans buy ice cream in July than any other month.
- The first bathing suit for women was created in the 1800s. It was long sleeved with woolen bloomers.
- Mosquitoes, summer's pest, have been around for more than 30 million years
- August is the busiest month for travel and tourism.
- Summer movie season is considered the most popular time for audiences to watch films.
- The Summer Olympics take place every four years. They were held for the first time in Greece more than two thousand years ago.
- The Dog Days of Summer refers to the weeks between July 3rd and August 11th. They are named after the Dog Star (Sirius) in the constellation of Canis Major.

Age is just a case of mind over matter. If you don't mind, it don't matter.—Satchel Paige

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