



# 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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December 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

##### DECEMBER

- 12/4 Christmas Tree Shops 9:30
- 12/9 No Van service
- 12/11 Mall 9:30
- 12/12 Holiday Luncheon @ Manchester Essex Regional High School 11:00-1:00
- 12/14 Low Vision Meeting/Lunch 1:00
- 12/16 Holiday Tea @ the Trask House 1:00
- 12/18 Trader Joe's 9:30
- 12/21 Monday Movie Matinee @ Newport Park 1:30
- 12/29 Lunch of the Month @ The Chapel 12:00 \$12
- 12/30 Wenham Museum 9:30 \$8

##### JANUARY

- 1/6 Red's Kitchen & Tavern 11:15

***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.***

#### LAST CALL FOR MEDICARE

The annual Medicare Open Enrollment ends 12/7/15. This is the last chance to CHANGE your plan for the next year. A SHINE Counselor can help you understand your plan changes, as well as other options you may have. Call the C.O.A. for an appointment with a SHINE Counselor at (978) 526-7500.

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

#### REMINDER

If the Manchester schools are closed due to inclement weather, the C.O.A. vans do not operate.

#### COA BOARD MEETING:

12/9/15 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

1/19/16 @ 9:30 am  
@ Town Hall, Room #5

#### FRIENDS OF THE COA MEETING:

12/22/15 @ 4:30 pm  
@ The Plains Community Room

### Medication Disposal Program

Do you have unused or expired prescription medication that you don't know what to do with?

The Manchester Police Department will dispose of them for you.

Take all medication out of their container and empty into a ziplock bag.

Bring the bag down to the Police Station.

There is a deposit box in the lobby.

If you have any questions feel free to call the Council on Aging at 978-526-7500

### **YOU MAY QUALIFY FOR AN EXEMPTION OFF OF YOUR REAL ESTATE TAX BILL.**

**You may be eligible to reduce a portion of the taxes assessed on your domicile if you meet the qualifications for one of the personal exemptions allowed under Massachusetts Law. The following is a list of exemptions Manchester has.**

**Clause 37A-Blind Persons**

**Clause 22-Qualifying Veterans**

**Clause 41C-Elderly Persons**

**Clause 41A-Deferral**

**For further information or a complete listing of the exemptions please call the Council of Aging office at 978-526-7500 or the Board of Assessors at 978-526-2010.**

### **Recipe of the Month Holiday Pretzels**

#### **Ingredients:**

- \* 1 (8 oz) bag small pretzel (square shape)
- \* 2 (14 oz) bags Hershey's Hugs chocolates
- \* 1 (13 oz) bag plain M&M chocolate candies (in Christmas colors)



#### **Directions:**

**Preheat oven to 350 degrees. Meanwhile, place pretzels on a baking sheet. Unwrap the Hershey's Hugs and place one on top of each pretzel. Place in oven for 3-5 minutes. Watch carefully - the shape of the Hugs candy should remain but it should be soft when you press on it.**

**Remove from oven and immediately press one M&M candy on top of the Hug, pushing down to spread out the chocolate. It leaves a lovely swirl pattern and the red and green candies on top are very festive. That's it! Just chill and store in a tin. Enjoy!!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Happy Holidays!</b>	1 10:00 Zumba 1:00 Bridge Club	2 10:00 Yoga	3 8:30 Strong Women 10:00 VNA Health Clinic @ The Plains	4 9:30 Christmas Tree Shops 9:30 Longevity Training
7 8:30 Strong Women 9:30 Quilting	8 10:00 Zumba (last class for this session) 1:00 Bridge Club	9 *** No Van Service *** 10:00 Yoga	10 8:30 Strong Women Market Basket Trip 4:00 Cub Scouts caroling @ The Plains	11 9:30 Mall Trip 9:30 Longevity Training
				<b>SATURDAY</b> 12 11:00-1:00 Holiday Luncheon @ Manchester Essex Regional High School.
14 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting/ Lunch	15 1:00 Bridge Club	16 10:00 Yoga	17 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	18 9:30 Trader Joe's 9:30 Longevity Training
21 8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee	22 1:00 Bridge Club	23 10:00 Yoga	24 8:30 Strong Women Market Basket Trip	25 
28 8:30 Strong Women 9:30 Quilting	29 12:15 Lunch of the Month @ The Chapel- Chinese Food 1:00 Bridge Club	30 9:30 Wenham Museum 10:00 Yoga	31 8:30 Strong Women 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:** Tuesdays, 10:00 - 11:00 AM at the Congregational Chapel, Chapel Lane. 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!

**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 AM at the Magnolia Library. Taught by a certified personal trainer from Cape Ann YMCA. Make a stronger YOU!

**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.

### The Friends of the Manchester Council on Aging, Inc.

It is time for the Friends of the Manchester Council on Aging annual fund drive. Our group is the fundraising arm for the Manchester Council on Aging and is a non-profit group that helps the Manchester C.O.A. support services and programs for the seniors in the community. Please donate and become a Friend.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Enclosed is my donation to support the Friends of the C.O.A. All amounts are tax deductible.

Donation: \$ \_\_\_\_\_

In Memory or Honor of: \_\_\_\_\_ \$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

Please make checks payable to:

Friends of the Council on Aging, P.O. Box 264, Manchester-by-the-Sea, MA 01944

Please check if you want a receipt for tax purposes. \_\_\_\_\_

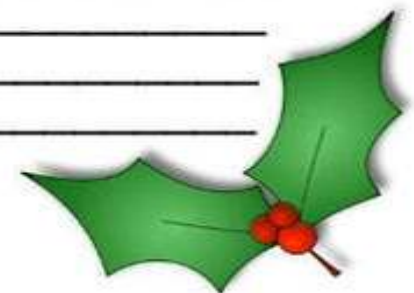


# Christmas Word Scramble



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isentpiota  
cleand  
gigabrndeer  
tewhar  
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"As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same." – Donald E. Westlake

The "Write Time" is a creative writing class offered by the Council on Aging. The following is written by a class participant.

### ***An Enjoyment*** (Dick Costello)

I was born in Abingdon, England in 1952. In a garage. The Morris Garage. Hence the initials, "MG" identify my name for sport car enthusiast around the world. Shortly after my startling red pain had dried, I was loaded into the hold of a ship and in total darkness crossed the Atlantic Ocean. I choose not to reveal events of my unhappy childhood but when I was six years old, things were looking up. I was directed to a dealer in Thompson, Connecticut where I was made presentable and displayed by the highway in a large sunny room with big display windows. Very nice smiling people looked me over, sat on my soft green leather seats, kicked my tires. I don't know why. (It hurts, you know.) Some fondled my chromium fittings right in front of everyone. One man actually looked under my bonnet.

One admirer, his name is Dick Costello, stopped in one day when the showroom was empty. He sat in the driver's seat day-dreaming and whispering to himself. I think he was talking himself into buying me:

*Here I am — College graduate at 21, a year of grad school at 22, two years in the US Navy at 23 and 24, then finally a full time job at 25. Now I can afford a car, my first one! I wonder. What sort of car should I get?* Dick left.

About a week later Dick checked me out again and asked for a test drive. I was really excited and roared and purred on cue and performed like a dream. It was May. Dick fell in love. Top down, warm spring breeze, leaves and blossoms bursting out all over. This red streak jetting down the highway had to be his.

And within an hour— it was! He drove me north to his home in Massachusetts, carefully avoiding the temptation to exceed the speed limit. I could see Mom and Dad were not amused. In shock and speechless, I gave each a quiet sample ride, thankful that the car was able to accommodate merely one passenger at a time. I was glad neither parent cared to drive me.

The next day Dick's pals in the lab where he worked were as excited as I, and insisted on a turn at the wheel. They had already gone to see me in the showroom in Thompson and were Dick's cheering section throughout the process. Coming up was a Memorial Day weekend with an invitation for Dick to spend it in a tiny hill—top town in the Berkshires called Middlefield, then with a population less than 500. He'll be staying with Ted and Dorothy Johnson in the old country mansion Ted bought to house his huge antique collection.

My AAA guide informed Dick that back in the mid-1800s Middlefield was known for the manufacture of cloth made from fine wool for weaving blankets and uniforms of US soldiers. Indeed, the 1840 census listed people: 686, sheep: 9,840. the Johnson mansion was built by one of the factory owners just before the Civil War.

I could hardly wait to get started. Then, all gassed up at 31 cents a gallon; I zoomed out of the driveway and soon crossed the Memorial Bridge over the Connecticut River into West Springfield and westward to Westfield. I ascended the hills effortlessly through Russell, Crescent Mills, and Huntington. After Chester Center Dick turned me into Skyline Trail. This county road leads directly to Middlefield. It is so narrow that flanking mature trees form a canopy, and its up and down serpentine undulations entice a certain red sports car driver beyond all reasonable resistance to temptation. Dick's trembling foot on my accelerator alerted me to prepare for the challenge. And so it began.

At the base of a straight tall riser, probably the side of a glacial drumlin, my gas pedal was floored and I sped upward with all my might. I don't know, maybe I hit 50 miles per hour when I reached the top and kept on ascending. Woweee, I was airborne—all four wheels. I could tell Dick was thrilled to death. But soon the rear wheels hit earth, Ka BOOM, and then the pair, Va BOOM Boom boom. I began to ache all over, but Dick insisted on repeating this operation on more hills before intentional sounds I made scared him into sensibility. You can be certain, however that the experience I gave Dick on that glorious day in May would be one he'd never forget.

My loud arrival in bucolic Middlefield turned heads and cars beeped as if to give me the "high sign". In down town Middlefield Dick turned left into Town Hill Road and downward towards Bush Hollow. Cars parked by the side of the road bearing MA and NY license plates marked our destination. This was the place. Dick's old friends rushed to greet and insist on having me give them a ride. The weekend begins.



## **Preparing for the Cold and for Weather Emergencies**

There are several important ways you can prepare for winter emergencies BEFORE the cold weather hits:

- 1. Have your heating system checked annually for possible problems.** If your furnace breaks down during a cold spell, temperatures in your home could plummet in a matter of hours. Keep in mind that during peak breakdown periods, generally between December and February, it may be days before repairs can be made.
- 2. Install smoke alarms and carbon monoxide detectors near bedrooms and on all floors of your home or apartment - MAKE SURE THEY'RE WORKING.** Test them monthly and change their batteries at least once a year. In the event of a gas leak, faulty heater or winter fire, they could save your life!
- 3. Make sure you have plenty of warm blankets and working flashlights on hand** in case of a winter power outage that could leave you without heat or electricity.
- 4. Keep an emergency supply of canned goods and necessities in your home.** You should always be prepared in the event you can't leave your home.
- 5. Have a battery-powered portable radio available.** This will allow you to obtain weather reports and other emergency news in the event of a power outage. In case power lines are disabled, it is also advisable to have a cell phone for emergency use.
- 6. Stock up on medications you may need** and if you have a home health care service, plan ahead with the agency to establish emergency procedures.
- 7. Pre-arrange for someone to check on you** in the event of a weather emergency.

### **Joke of the Month**

When you consider Christmas, there are four stages in your life:-

- 1) You believe in Santa
- 2) You don't believe in Santa
- 3) You are Santa
- 4) You look like Santa



## **5 Tips for Senior Citizens on Simple, Healthy Living** by: Florence Clark/Han Villarica @ theatlantic.com

When it comes to their well being, older adults shouldn't act like victims to aging. They should be active physically, socially, and spiritually.

To slow down the physical and mental decline that comes with age, drugs and exercise aren't enough. According to a study out of the University of Southern California, a lifestyle makeover is necessary.

**It's never too late to go healthy.** Anybody young or old can successfully redesign the way they live to be healthier. While we don't have a say in our own genetic makeup, greater than 50% of our mental and physical health status is related to lifestyle. You can even start small: ride public transportation, reconnect with a long-lost friend, join a ballroom dance class, or follow guidelines on how to safely move around the community. The point is, try something new and be willing to learn.

**Take control of your health.** Appreciate the relationship between what you do, how you feel and their impact on your well-being. Our research suggests that social and productive activities are as important as physical ones for staying healthy. As we age, even deceptively simple or downright mundane pursuits like reading the newspaper, cooking a potluck dish, walking the dog, or going to church have a powerful influence on our physical and mental health.

**Know thyself.** The guiding principle of Socrates rings just as true today as it did in ancient Athens. Lifestyle changes are most sustainable when they fit into the fabric of your everyday life-your interests, schedule, and self concept. Identify supports on your journey that are strong enough to counterbalance the obstacles you face. Set goals that are challenging but still realistic enough to be achieved.

**Anticipate how chronic conditions may affect your plan.** Over 70% of seniors age 65 and older have a chronic condition, such as hypertension, heart disease, diabetes, arthritis, COPD, or cataracts. Don't let these impede your progress. Before a big game, elite athletes visualize their performance in their minds' eye. So too should you be prepared for the potential ways you might have to adapt or improvise. And, of course, consult your physician in advance about any new activities.

**Living longer can also mean living better.** Our research demonstrates that maintaining a mix of productive, social, physical, and spiritual activities as you age can lead to increased vitality, social function, mental health, and life satisfaction, along with decreased symptoms of depression and self-reported bodily pain. Even better, activity-centric lifestyle interventions to ward off illness and disability may also be more cost-effective and have fewer negative side effects than prescription drugs.



## Christmas Word Scramble Answers



- 1 - bells - lelbs
- 2 - poinsettia - isentpiota
- 3 - candle - cleand
- 4 - gingerbread - gigabndeer
- 5 - wreath - tewhar
- 6 - carols - scralo
- 7 - reindeer - edinerer
- 8 - stocking - gostinck
- 9 - cookies - esokoel
- 10 - eggnog - gngego
- 11 - sleigh - gliseh
- 12 - elves - levea
- 13 - presents - tenesrp
- 14 - garland - dranlag
- 15 - mistletoe - sottlemie
- 16 - gift - fitg
- 17 - holiday - yalohid
- 18 - angel - legan
- 19 - noel - leno
- 20 - ornaments - stranemon
- 21 - december - credembe
- 22 - snowman - womanns
- 23 - candy cane - dancy enca
- 24 - tinsel - sliten
- 25 - yule - eylv



© Sheri Holman



### Did You Know???

#### Holiday Trivia

- Poinsettias were first introduced in this country in 1828 by the US ambassador to Mexico, Joel Poinsett.
- In 1949, the tree at Rockefeller Center was strung with 7,500 bulbs. Nowadays there are more than 25,000 bulbs.
- The first American mention of a Christmas tree was in 1747, and, strictly speaking, it wasn't a tree at all but a wooden pyramid covered with evergreen boughs and decorated with apples.
- Artificial Christmas trees were on the market by 1900. They were available by mail from Sears, Roebuck and Co, and cost 50 cents for 33 limbs, or \$1 for 55 limbs.
- In 1939, an advertising employee at the store Montgomery Ward wrote the story of Rudolph the Red-Nosed Reindeer for a store promotion. That year the store gave away 2.4 million copies of the story.
- The original ball lowered in Times Square on New Year's Eve back in 1907 was made of iron and wood and decorated with 100 lights. These days the ball is made of Waterford crystal, covered with 696 light bulbs, 96 strobe lights, and 90 rotating pyramid mirrors.

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

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