



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

December 2014

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

- 12/5 Christmas Tree Shops 9:30
- 12/8 Low Vision Meeting 1:00 @ The Plains
- 12/11 Cub Scouts Caroling 4:00 @ The Plains
- 12/12 Mall 9:30
- 12/13 Holiday Luncheon @ Manchester Essex Regional High School 11:00-1:00
- 12/15 Monday Movie Matinee @ Newport Park 1:30
- 12/18 Sister's Christmas Catechism @ Larcom Theatre \$38
- 12/19 Trader Joe's 9:30
- 12/31 New Year's Eve Lunch-@ The Chapel 12:00 \$12

JANUARY

- 1/7 Mystery Ride 1:00
- 1/9 Mall 9:30

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 12/7/14. 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:

12/10/14 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

No Meeting

FRIENDS OF THE COA MEETING:

12/23/14 @ 4:30 pm
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Manchester C.O.A.

Town Hall

10 Central Street

Thursday

December 3, 2014

1PM-2:30PM

Christmas: It's the only religious holiday that's also a federal holiday. That way Christians can go to their services, and everyone else can sit at home and reflect on the true meaning of the separation of church and state. -Samantha Bee

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 Candy Cane Fudge

Ingredients:

- * 2 (10 oz) packages vanilla baking chips
- * 1 (14 oz) can sweetened condensed milk
- * 1/2 teaspoon peppermint extract
- * 1 1/2 cups crushed candy canes
- * 1 dash red or green food coloring



Directions:

1. **Line an 8 inch square baking pan with aluminum foil, and grease the foil.**
2. **Combine the vanilla chips and sweetened condensed milk in a saucepan over medium heat. Stir frequently until almost melted, remove from heat and continue to stir until smooth. When chips are completely melted, stir in the peppermint extract, food coloring, and candy canes.**
3. **Spread evenly in the bottom of the prepared pan. Chill for 2 hours, then cut into squares.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Strong Women 9:30 Quilting	2 1:00 Bridge Club	3 10:00 Yoga	4 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel	5 9:30 Christmas Tree Shops
8 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains	9 9:00 Zumba 1:00 Bridge Club	10 10:00 Yoga	11 8:30 Strong Women Market Basket Trip 4:00 Cub Scouts caroling @ The Plains	12 9:30 Mall Trip 7:30 pm-Holiday Concert @ First Parish Church SATURDAY 13 11:00-1:00 Holiday Luncheon @ Manches- ter Essex Regional High School.
15 8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee	16 9:00 Zumba (last one of this Session) 1:00 Bridge Club	17 10:00 Yoga	18 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip 1:15 Sister's Christmas Catechism @ Larcom Theatre \$38	19 9:30 Trader Joe's
SUNDAY 21 4:00pm-Epic Brass Concert @ First Parish Church 22 8:30 Strong Women 9:30 Quilting	23 1:00 Bridge Club	24 10:00 Yoga	25 	26 Council on Aging will be closed.
29 8:30 Strong Women 9:30 Quilting	30 1:00 Bridge Club	31 10:00 Yoga 12:00 New Years Eve Lunch @ The Chapel \$12		

WEEKLY CLASSES

Please call the Council on Aging Office at (978) 526-7500 for further information or as otherwise noted. As always, the COA 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 COA 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. _____



Holiday Tunes



Away in a Manger
 Choir of the Bells
 Dominick the Donkey
 Frosty the Snowman
 Holly Jolly Christmas
 Jingle Bell Rock
 Jingle Bells
 Let it Snow
 Little Drummer Boy
 Little St Nick
 O Holy Night
 Rudolph
 Santa Baby
 Silent Nigh
 Silver Bells
 The Christmas Song
 The First Noel
 Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
G	T	A	P	U	I	O	N	T	S	L	L	E	B	E	L	G	N	I	J
L	N	F	G	C	Z	H	N	S	L	L	E	B	R	E	V	L	I	S	E
I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

Chicken Scratch NY

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 them into a ziplock bag.

Then bring the bag down to the Police Station. There is a deposit box right there that you can put it in.

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

CHRISTMAS IS NOT A TIME OR A SEASON BUT A STATE OF MIND. TO CHERISH PEACE AND GOOD WILL, TO BE PLENTIOUS IN MERCY, IS TO HAVE THE REAL SPIRIT OF CHRISTMAS. -CALVIN COOLIDGE 1927

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.



Children in my Life (Diana Alan)

The first children in my life were dolls. One of the few notations in my baby book was a description of me as a toddler with my doll. I wouldn't let any of the other kids touch my baby and always had a blanket placed "just so" over her. "Just so" meant that the blanket covered my baby's entire body right up to her chin, straight across, and with no wrinkles.

I don't remember this particular doll but I can picture a photograph of the first four of us kids sitting on top of a pile of neatly stickered and stacked lumber beside our house. We look to be about two, three, four and five years old respectively. I am the oldest and sitting to the far right, my brother sitting next to me, followed by my year-younger sister to my brother's left, with my youngest sister sitting on the far left. Each of us girls has a doll in our laps. My doll is neatly covered with her blanket which drapes down over my legs. I can see by the background and our scant clothing that it is summer.

A new doll appeared under the Christmas Tree every year for each of us girls. Our mother made a new outfit for each of our other dolls for Christmas each year as well. Since I was so protective of my children and their clothes, my little family continued to grow. There was Elizabeth, Betsy, Betty Ann, Bethany, Betty Sue, Liz, and Beth. These "children" lived what I thought was an ideal life. As an adult I realized the names of all of my girls were all variations of my favorite grandmother's name, Elizabeth. I took the naming one step further in my forties by changing my name legally to incorporate my grandmother's name into mine.

There are also photographs of us four kids playing dolls with Fido's puppies. The puppies were squirming in our arms as we held them up for the camera in their matching dresses and bonnets. I recall that the puppies were not as cooperative sitting in the nearby doll-sized high chairs, cradles and doll carriages as the dolls, but the empty, doll equipment was scattered in nearby readiness.

I began collecting dolls as an adult when my daughter was two years old. I was walking past a local toy store in the small town where I lived at the time when I noticed the most perfect miniature toddler doll in the window. She was dressed elaborately in coordinated pink, lace trimmed dress, slip, coat, bonnet, socks and black leather shoes. It was love at first sight as I was drawn inside the shop to this little girl of perfection. I lifted her up gently to carefully inspect her body and exquisitely detailed clothes, like a mother inspecting her newborn baby. I lifted her up to my neck, cradling her soft tushie which fit into one hand as I refrained from patting her little back with the other hand. I tipped her down before me. Her eyes closed and she cried out surprisingly, waa-waa, as I lifted her gently upright again. I can feel the teary emotion now as I write. I gazed onto her cherubic face with her rosy cheeks and tiny, pink, cupid-bow lip. I was smitten. Her blinking brown eyes that matched her Brunette hair peeking out from under the edges of her lace-trimmed bonnet pleaded with me to take her home with me. Unlike all the dolls of my youth with their blonde hair and blue eyes, here was a doll, finally, who matched my own—and my daughter's—apparently less-desirable coloring! Looking at the tag hanging from her wrist I could see that she was a Madame Alexander doll, her name was Little Pussy Cat, and she cost an outrageous \$22. Was I buying this doll for me or for my daughter? It didn't really matter. She was ours. And yes, my daughter played with her until her clothes were dirty from so much loving and her hair had been cut unevenly down to the scalp and what remained was unattractively matted. "Heather," or "Heddy" for short, became as real to my daughter as my dolls had been to me.

I collected Madame Alexander dolls over three decades, focusing in particular on baby dolls. Three years ago I donated the dolls to a local charity in time for Christmas so they would be played with rather than stacked neatly in museum sterility in my dusty basement. It gives me great comfort to think of the dolls, my perfect, fantasy children alive in some well-deserving child's arms.

Winter is on my head, but eternal spring is in my heart.—Victor Hugo

Physical Therapy Before Hip, Knee Replacements May Save Medicare Mega-Millions

Also good news for senior citizens, who undergo most knee, hip replacements, to endure less stress following surgery

By Tucker Sutherland, editor, SeniorJournal.com

New research released today finds that postoperative care and costs could be reduced by about 30% for patients having total hip (THR) or total knee (TKR) replacement surgery, if physical therapy is administered before joint replacement surgery. It is good news for senior citizens, who have the majority of these procedures, and it makes sense considering the increasing abilities of seniors to tolerate physical exercise at increasing age levels. This new study, appearing in the October 1 issue of the Journal of Bone & Joint Surgery (JBJS), says that physical therapy before joint replacement surgery, or “prehabilitation,” can save an average of \$1,215 per patient in skilled nursing facility, home health agency or other postoperative care.

Physical therapy after total hip (THR) or total knee replacement (TKR) surgery has been standard care for all patients. But rarely in the recommendations on procedures for these massive operations had pre-surgery physical therapy been mentioned. When we talk about these two procedures, the patients we are talking about are older people and primarily seniors citizens age 65 or older.

In 2010 there were 332,000 hip replacements in short-stay hospitals in U.S. - 168,000 (51%) were patients age 65 or older, 148,000 (45%) were ages 45 through 64. Combining the two age groups shows about 96% of these operations involved people at least age 45, according to the National Hospital Discharge Survey: 2010. Knee replacements totaled 719,000 in 2010: 385,000 (54%) were people 65 and older, 317,000 (44%) were ages 45 through 64. The combined groups here show about 98% of these procedures involved those age 45 or older. This data shows there were a total of 553,000 THR and THK procedures in 2010 just for seniors age 65 and up. If we multiply that number by the projected \$1,215 in savings per case, we can project a savings of \$671,895,000 a year for the Centers for Medicare and Medicaid Services. This assumes, of course, that all these procedures on people 65 and older are paid for by Medicaid or Medicare. A part of this savings, however, would probably go to companies providing supplemental Medicare coverage.

Then, too, we would have to calculate the tremendous increase in older people in the U.S. population and probably estimate that a larger percentage of tomorrow's seniors will qualify and choose this replacement surgery due to the improving physical health and abilities of elderly Americans.

Approximately 50 million U.S. adults have physician-diagnosed arthritis. As the condition progresses, arthritis patients often require THR and/or TKR to maintain mobility and life quality.

The number of THRs is expected to grow by 174 percent (572,000 patients) between 2005 and 2030, and TKRs by 673 percent (3.48 million).

In recent years, the length of hospital stay following surgeries has decreased from an average of 9.1 days in 1990 to 3.7 days in 2008, while the cost of post-acute care, primarily in skilled nursing facilities and home health agencies, has “skyrocketed.”

Utilizing Medicare claims data, researchers were able to identify both preoperative physical therapy and postoperative care usage patterns for 4,733 THR and TKR patients. Postoperative, or “post-acute” care, was defined as the use of a skilled nursing facility, home health agency or inpatient rehabilitation center within 90 days after hospital discharge.

Home health agency services included skilled nursing care, home health aides, physical therapy, speech therapy, occupational therapy and medical social services.

Approximately 77 percent of patients utilized care services following surgery. After adjusting for demographic characteristics and comorbidities (other conditions), patients receiving preoperative physical therapy showed a 29 percent reduction in postoperative care use. In addition:

>> 54.2 percent of the preoperative physical therapy group required postoperative care services, compared to 79.7 percent of the patients who did not have preoperative therapy.

>> The decline in postoperative care services resulted in an adjusted cost reduction of \$1,215 per patient, due largely to lower costs for skilled nursing facility and home health agency care.

>> Preoperative physical therapy cost an average of \$100 per patient, and was generally limited to one or two sessions.

“This study demonstrated an important opportunity to pre-empt postoperative outcome variances by implementing preoperative physical therapy along with management of comorbidities before and during surgery,” said orthopaedic surgeon Ray Wasielewski, MD, co-author of the study.

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

Twass Christmas broach'd the mightiest ale;
Twass Christmas told the merriest tale;
A Christmas gambol oft could cheer
The poor man's heart for half the
year.

-Walter Scott



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**