



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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November 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

NOVEMBER

- 11/5 Stonewall Kitchen 10:00 \$4
- 11/7 Mall 9:30
- 11/10 Low Vision Meeting @ The Plains 1:00
- 11/14 Trader Joe's 9:30
- 11/17 Monday Movie Matinee @ Newport Park 1:30
- 11/19 Coffee with the Police Chief @ The Plains 10:00
- 11/21 Walmart. 9:30
- 11/25 Lunch of the Month @ The Chapel \$10 12:15 with Speaker for Protecting Yourself from Medicare Fraud

PREREGISTRATION IS NECESSARY FOR ANY AND ALL ACTIVITIES OR TRIPS.

CANCELLATION POLICY: REFUNDS ARE ONLY AVAILABLE FOR CANCELLATIONS MADE UP TO

DON'T IGNORE YOUR MEDICARE MAIL!

During the annual Medicare Open Enrollment (10/15–12/7), you will have a chance to **CHANGE** your plan for 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. (978) 526-7500

DID YOU KNOW????

64,000 seniors were served by a SHINE counselor in 2013, saving consumers \$80 million. From Oct. 2013 to Sept. 2014 this region served 4,936 seniors saving a little over \$7 million.

REMINDER

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

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
LONGEVITY TRAINING -FRIDAY

COA BOARD MEETING:

11/12/14 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

11/18/14 & 12/16/14 @ 9:30 am
@ Town Hall, Room #5

FRIENDS OF THE COA MEETING:

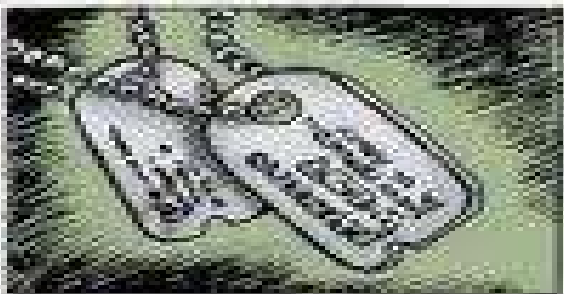
11/25/14 @ 4:30 pm
@ The Plains Community Room

THANKSGIVING WORD SCRAMBLE

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answers on pg. 6

Thanksgiving
is a day when we pause
to give thanks for
the things we have.



"Veterans Day"
is a day when we pause
to give thanks to the
people who fought for
the things we have.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Strong Women 9:30 Quilting	4 10:00 Zumba 1:00 Bridge Club	5 9:30 Stonewall Kitchen 10:00 Yoga	6 8:30 Strong Women Market Basket Trip 10:00 VNA Health Clinic @ The Chapel	7 9:30 Longevity Training 9:30 Mall Trip
10 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains	11 	12 10:00 Yoga	13 8:30 Strong Women Market Basket Trip	14 9:30 Longevity Training 9:30 Trader Joe's
17 8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee	18 10:00 Zumba 1:00 Bridge Club	19 10:00 Yoga 10:00 Coffee with the Police Chief	20 8:30 Strong Women Market Basket Trip 10:00 VNA Health Clinic @ The Chapel	21 9:30 Longevity Training 9:30 Walmart
24 8:30 Strong Women 9:30 Quilting	25 10:00 Zumba 12:15 Lunch of the Month @ Congregational Chapel 1:00 Bridge Club	26 10:00 Yoga	27 	28 9:30 Longevity Training
				

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! There is a \$3 charge per week, and this can be paid weekly.

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.

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Adviser

Town Hall

10 Central Street

Room 5

Wednesday	November 5, 2014	1PM-2:30PM
Wednesday	December 3, 2014	1PM-2:30PM

Fun Thanksgiving Facts

- When Columbus discovered North America, he thought the turkey was a type of peacock, which roam India.
- The first Thanksgiving was celebrated by the Pilgrims and the Wampanoag tribe Native Americans in 1621 and lasted for 3 days.
- The potato is the 4th most important crop in the world- after wheat, rice and corn.
- Sweet potatoes have been around since prehistoric time.
- Stuffing dates back to the Roman Empire, where the ancient cookbook “Apicius de re Coquinaria” had recipes that called for stuffed chicken, rabbit, pork and more.
- Campbell’s Green Bean Casserole recipe (using their cream of mushroom soup) was developed in 1955.
- Only 5% of cranberries grown are sold fresh, the remaining percent are sold as cranberry juice, cranberry sauce, etc.
- Pumpkin is a fruit.
- The average Thanksgiving dinner has 4,575 calories.



Veteran's Day Tuesday, November 11th
Thank you to all Veterans for their Service!!

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." -John Fitzgerald Kennedy



Medication Disposal Program

It's as easy as 1, 2, 3 ...

1. Bring your *unused* or *expired* prescriptions to the Manchester Police Department.
2. Place it in the secure Drop Off Box in the Police Department lobby.
3. Police will have the drugs destroyed in an environmentally safe manner.

Why Participate?

It Protects the Environment

- Throwing medication in the trash, down the drain, or in the toilet is **harmful to the environment**.
- Drug residues have been found in surface water, such as rivers and lakes, and in some community drinking water supplies

It Prevents Theft and Substance Abuse

- Narcotic pain relievers and other controlled substances pose a danger of **medication interaction**, potential **addiction**, and potential **overdose**.
- The most common places teen report getting prescription drugs are from **home** and family members.
- Unused medication in your home can cause **poisoning** of children or pets.

This program is a community service of the Manchester Police Department in collaboration with Manchester TRIAD.

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 are two stories written by class participants.



SWINGING THROUGH (Dick Costello)

My dad, we always called him "Father", was a city policeman, one of Springfield's finest, we liked to believe. By the time my younger brother and I were about 8 and/or 10 years old, Father had completed service on the 12AM to 8AM "dog watch" shift and advanced to the "four to twelve" work period. My brother Billy and I were happy about this change because now Father didn't have to sleep in the daytime and we could run around and not be afraid to make noise.

I recall one hot summer day. The two of us hanging around the house. Bored. Too hot to go out. Too hot to summon up energy to play games. Father was at work on his beat in Indian Orchard-a section of Springfield like a separate town with its own Main Street and all. Mom was at home, also too hot to go out. Also bored. This was the Pre-TV Era. She paid little attention to our activity.

I was moseying around the house and found myself in my parent's bedroom surveying the top of Father's bureau, Look at that! He must have forgotten his handcuffs when he left for work! I picked them up to bring them out to Mom, but she must have gone down to the basement to keep cool. I had never handled handcuffs before and was fascinated how one portion could go swinging right through the other with a clicking, sort of ratcheting sound. If I pushed this swinging part all the way, it came around could swing right through again. I was fascinated and kept repeating the motion.

Brother was out on the shady front porch lounging on the glider. I had to show him my discovery. Over and over I would push the movable part of the cuffs and swing it through, swing it through. Billy could not understand how the device was used to actually handcuff hands, so I decided to show him. After all, I knew how to avoid danger by grabbing the movable part and simply "swinging it through!"

"Give me your hands, Billy" said I. And so he did. I quickly discovered how Billy's hands put a stop to "swinging right through" and how the clicking and ratcheting signaled the tightening of the cuffs' grip on my brother's wrists. Needless to say, his unique talent to cry at the drop of a hat went into full swing, even arousing Mom in the cool basement.

She was aghast, coming upon the scene with immobile Billy-wide open of mouth-screaming on a decibel level capable of cutting through the heat of a summer's day to alert neighbors of the torture chamber at 29 Pembroke Street. Even more disturbing to mother was her need to acquire a key to unlock the cuffs. She'd have to call the Police Department to report the incident! This would subject Father to all kinds of long term ribbing by his colleagues. "Ya gotta teach the kids how them cuffs work, Bill! Ha. Ha." Between the gasping sobs of Billy, Mom got a bright idea! Among my parents closest friends were Johnny and Gladys Woods. Gladys' sister was married to a police officer who worked nights and just might be at home now with a key to the handcuffs. A phone call proved Mom right, and in about fifteen minutes Billy was free to go and he was so relieved; he never got to blame me for his embarrassing predicament.

My brother joined us for Easter weekend and read this story with great amusement. He had completely forgotten the incident which took place about seventy years ago.

Thanksgiving Word Scramble Answers

thanksgiving	voyage
holiday meal	mayflower
turkey	thankful
stuffing	puritans
family	tradition
indian corn	feast
pumpkin pie	parade
cornucopia	November
pilgrims	football

Many Senior Citizens Do Not Know How to Lower Dementia Risk

Alzheimer's Society of U.K. emphasizes five simple things older people can do to avoid dementia.

Alzheimer's disease is the affliction feared most by a majority of senior citizens but a new study in the U.K. finds a surprisingly large number of seniors are unaware that it is possible to lower their risk of dementia.

More than a fifth of people, in fact, do not think it is possible to reduce their risk of developing dementia, according to the YouGov poll commissioned by Alzheimer's Society of the United Kingdom.

Despite growing evidence that simple lifestyle factors can improve our chance of avoiding dementia, the poll found that 22 percent of the general public are unaware of this and could be putting themselves at risk.

Alzheimer's Society is calling on people to take action now and has revealed five simple things people can start doing straight away to reduce their risk of the dementia.

Five Simple Steps to Avoid Dementia

Alzheimer's Society recommends that following five simple things you can start doing now to reduce your risk of developing the condition.

- **Exercise**—Here's more evidence that regular exercise will prevent dementia than for any other measure we might take. Walking regularly is an excellent way of keeping active.
- **Eat Mediterranean food**—Eat plenty of fruit and vegetables, fish, olive oil and nuts, a little red wine and not much meat or dairy.
- **Manage other health conditions**—Other conditions like type 2 diabetes and high blood pressure both increase your risk of developing dementia so get these checked and follow medical advice to keep them under control.
- **Avoid smoking**—It significantly increases your risk of developing dementia, most likely because it damages blood vessels and reduces the amount of blood that reaches your brain.
- **Use it or lose it**—Scientists believe that frequently challenging your brain with new things is the key, for example, taking up a new hobby, learning a language or even walking an unfamiliar route.

Dr. Clare Walton from Alzheimer's Society said "800,000 people in the U.K. have a form of dementia but with no cure yet, we need a significant public health effort to attempt to reduce the number of future cases of the condition.

We know that what is good for your heart is good for your head and there are simple things you can start doing now to reduce your risk of developing dementia. Regular exercise is a good place to start as well as avoiding smoking and eating a Mediterranean diet.

It's never too early to start making healthier choices that could help your memory—whether that's hitting the gym or just walking instead of catching the bus, it all helps."

5 Tips to Protect Yourself during Open Enrollment

Here are 5 tips to protect your identity and finances during Open Enrollment season:

1. Trust your instincts. If something does not feel right, then it probably is a scam. When someone calls you on the phone claiming to be a government employee and needing to know your personal information, such as asking for you to verify your Social Security number or requesting credit card information—stop! No government worker will call you asking for this information. Do not give this information to an unknown person, especially over the phone.

2. Keep Medicare cards private and in a safe place. Treat your Medicare card the way you would your Social Security card—in a safe place.

3. Discern legitimate mail from scam mail. Mailings and letters from government agencies, such as Medicare and Social Security, will have an official government seal and/or logo on it. Keep this mail, don't overlook it. Other flyers, letters, or postcards claiming to be from "Medicare" that don't have these seals/logos should be set aside. Do not respond to them unless you can verify that they

are legitimate.

4. When in doubt, call them out. When someone calls you and asks for personal health or financial information, do not feel obligated to respond. Ask them for their name, number, address, and the name of their agency/company. Tell them that you first need to verify who they are representing. Someone who is legitimately trying to assist you will provide you with the information and understand your need to be a safe consumer.

5. Report it. For every one person who reports a fraudulent scam, there are likely 10 other people who experienced the same thing but either were afraid to speak up or didn't know who to call. Beyond telling a friend or a family member about your experience, it is important to report when you believe that you have been the victim of identity theft or a scam to an official, including the police and the Federal Trade Commission (FTC), so appropriate action can be taken and to help prevent others from becoming victims.

I don't like to be wasteful so I'm turning all my leftover Halloween Candy Corn into a chowder.—Conan O'Brien

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

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