



# SENIORS BY-THE-SEA

## COUNCIL ON AGING NEWSLETTER

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

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October 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

#### OCTOBER

- 10/2 Tour of Middleton Jail 8:30
- 10/3 Christmas Tree Shops 9:30
- 10/8 Portsmouth NH River Fall Foliage Cruise 10:00 \$21
- 10/10 Mall 9:30
- 10/15 Jewell Towne Vineyards 10:30
- 10/17 Trader Joe's 9:30
- 10/20 Low Vision Meeting @ The Plains 1:00
- 10/22 Fuller Craft House Museum 9:00 \$5
- 10/24 Walmart 9:30
- 10/27 Monday Movie Matinee @ Newport Park 1:30
- 10/28 Lunch of the Month @ The Chapel 12:15 \$10
- 10/29 Mystery Ride 1:00

#### NOVEMBER

- 11/4 Harbor Sweets Tour 10:00
- 11/5 Stonewall Kitchen
- 11/7 Mall
- 11/10 Low Vision Meeting @ The Plains 1:00

**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!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO,PPO), you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in you plan for 2015. 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 COA for an appointment with a SHINE Counselor. (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](mailto:hammondn@manchester.ma.us)

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

### COA BOARD MEETING:

10/8/14 @ 5:30 pm  
@ Seaside One

### TRIAD MEETING:

10/21/14 @ 9:30 am  
@ Town Hall, Room #5

### FRIENDS OF THE COA MEETING:

10/28/14 @ 4:30 pm  
@ The Plains Community Room

### A Reminder of Van Etiquette

The C.O.A. van is a great resource. The following are guidelines for riding the van.

- ♦ 24 hour notice is mandatory for any and all van rides.
- ♦ Promptness is essential .
- ♦ Passengers riding the van must be seated and have a seatbelt on.
- ♦ Drinking beverages or eating food is not allowed.
- ♦ Disruptive behavior is prohibited.
- ♦ Respect for others on the van is expected at all times.

It is essential that these rules be adhered to, if not then proper action will be taken.

### SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Adviser

Town Hall

10 Central Street

Room 5

Wednesday	October 8, 2014	1PM-2:30PM
Wednesday	November 5, 2014	1PM-2:30PM
Wednesday	December 3, 2014	1PM-2:30PM

## Summer Memory!

Local senior's enjoying a delicious clambake at Foster's in  
Maine



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Market Basket Trip	2 8:30 Middleton Jail Tour	3 9:30 Longevity Training @ Magnolia Library  9:30 Christmas Tree Shopping Trip
6 8:30 Strong Women 9:30 Quilting	7 10:00 Zumba 1:00 Bridge Club	8 10:00 Yoga 10:00 Portsmouth NH Fall Foliage Cruise	9 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	10 9:30 Longevity Training @ Magnolia Library 9:30 Mall Trip
13  Columbus Day	14 10:00 Zumba 1:00 Bridge Club	15 10:00 Yoga 11:00 Jewell Towne Winery	16 8:30 Strong Women Market Basket Trip	17 9:30 Longevity Training @ Magnolia Library 9:30 Trader Joe's
20 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains: Guest Speaker: Stu Flom From Adaptavision	21 10:00 Zumba 1:00 Bridge Club	22 9:00 Fuller Craft House Museum 10:00 Yoga	23 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	24 9:30 Longevity Training @ Magnolia Library 9:30 Walmart
27 8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee	28 10:00 Zumba 12:15 Lunch of the Month @ The Chapel & The New Groovie Ghoulie Review 1:00 Bridge Club	29 10:00 Yoga 1:00 Mystery Ride	30 8:30 Strong Women Market Basket Trip	31 9:30 Longevity Training @ Magnolia Library

### 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 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 COA Office.

**ZUMBA:** Tuesday, 10:00-11:00 A.M. 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 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.

**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.

**LONGEVITY TRAINING:** Friday, 9:30-10:30 A.M. at the Magnolia Library. This 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.

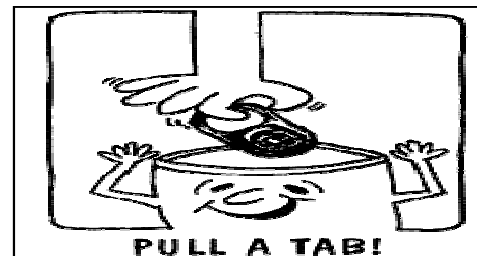
**Tuesday's are Senior Day  
at Crosby's Market.  
Save 5% on your  
groceries.**

We Like You.....So Like Us.....On Facebook

Search for Manchester Council on Aging and  
be the first to know all our exciting news.

### **PULL-TAB COLLECTION PROGRAM**

The Manchester COA is now collecting aluminum can pull-tabs to help raise funds for the humanitarian and life-saving services provided by Shriners Hospitals for Children. A container marked "Pull-Tab Program" will be on the table outside of the Council on Aging office for donations. Collect them and drop them off—Wouldn't it be great to fill a 40 pound bag?



### **OTHER COLLECTION PROGRAMS**

The Council on Aging continues to collect old cell phones and old eye glasses for recycling. Old hearing aide batteries can dropped off as well. Please call the COA office with any questions. (978) 526-7500

**Right Amount of Sleep Very Important to Cognitive Ability says International Study**

University of Oregon-led research finds women sleeping longer and struggling with quality.

Middle aged or older people who get six to nine hours of sleep per night think better than those who sleep fewer or even more hours, report researchers who were looking at cognitive decline and dementia as people age.

Maybe turning to sleep gadgets — wristbands, sound therapy and sleep monitoring smartphone apps — is a good idea, suggest the University of Oregon researchers who led this study.

We wanted to look at aging, particularly dementia and cognitive decline as people get older, and the importance of sleep. “Our results provide compelling evidence that sleep matters a lot,” said lead author Theresa E. Gildner, a doctoral student in the UO’s anthropology department.

“In all six countries, which are very different culturally, economically and environmentally—despite all these differences— you see similar patterns emerging.”

They say their study reaffirms numerous small-scale studies in the United States, Western Europe and Japan, but it does so using data compiled across six middle-income nations and involving more than 30,000 subjects for a long-term project that began in 2007.

The study is published in the June issue of the *Journal of Clinical Sleep Medicine*.

The study, based on the first wave of data from a continuing long-term project, focuses on people 50 years old and older in China, Ghana, India, Mexico, the Russian Federation and South Africa.

Among the key finds were:

- Men reported higher sleep quality than women in all six nations, with men and women in Mexico reporting the highest.
- Women reported longer sleep durations than men in all countries except Russia and Mexico. Men and women in South Africa slept longer than in any other country. The least sleep hours for both sexes occurred in India.
- Individuals sleeping less than six hours and more than nine hours had significantly lower cognitive scores compared to those in the intermediate group.

Trained native speaker in each country interviewed the participants, who rated their sleep quality on a five-point scale and the number of hours they’d slept over the two previous nights. That information was averaged.

The study concludes that the findings have important implications for future intervention strategies for dementia. The consistent associations between intermediate sleep durations, high sleep quality and enhanced cognitive performance in these diverse populations suggests that improving sleep patterns may help reduce the level of cognitive decline as seen in older adults.

Another important finding, Gildner said, is the gender difference in all sleep and cognition variables. Citing previous studies, the authors hypothesized that women’s sleep patterns reflect postmenopausal changes, increased bladder instability and feelings of isolation after the loss of a spouse or lack of social support. Cognition scores of women may result from their sleep difficulties and/or lower educational levels.

The growing database in the long-term study, known as the Study on Global AGEing and Adult Health (SAGE), is allowing researchers to mine many combinations of variables connected to health and lifestyle, said J. Josh Snodgrass, professor of anthropology at the UO. “It also will allow anthropologists to explore cultural factors that may contribute to sleeping and health patterns.”

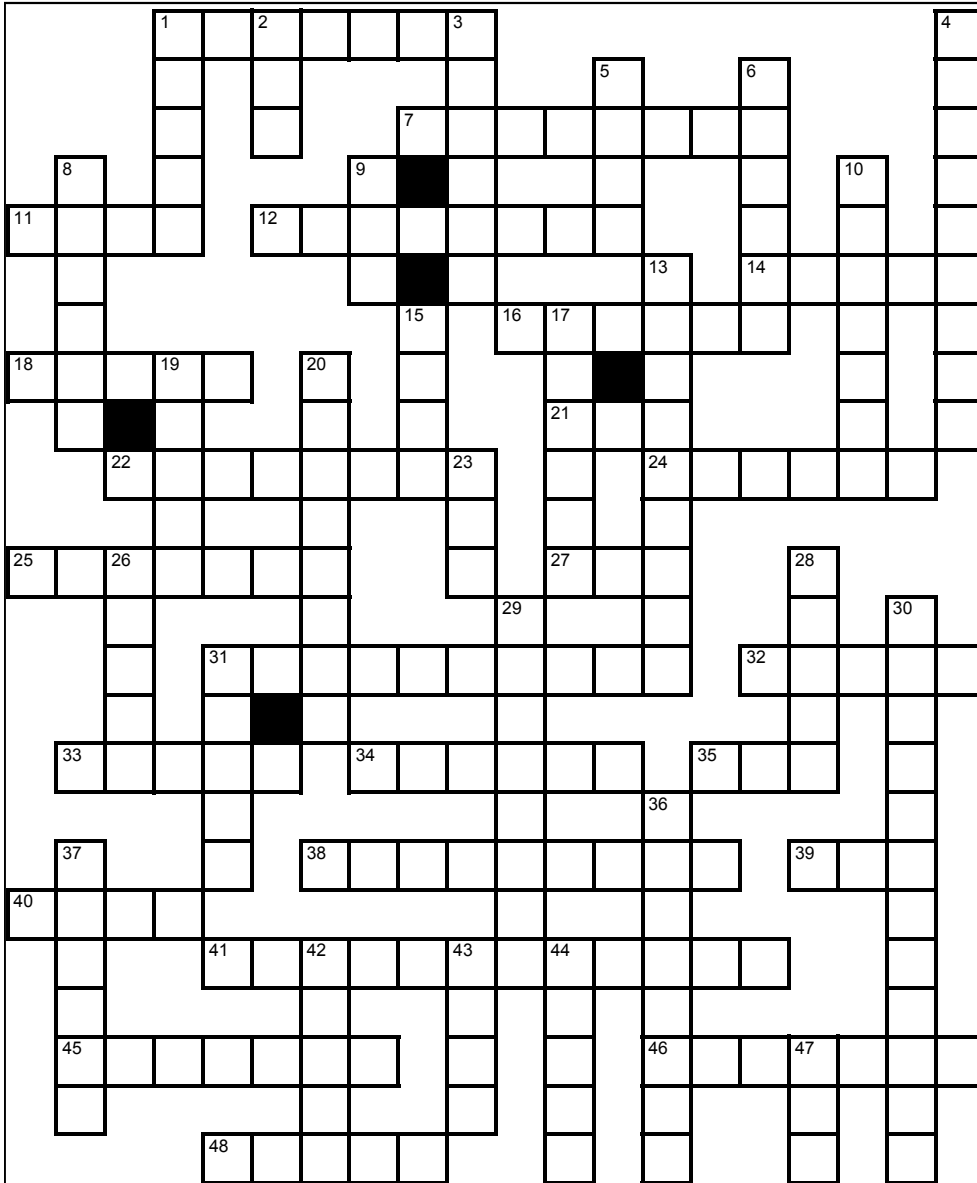
Snodgrass is a key investigator on SAGE, which is funded by a joint agreement of the National Institutes of Health and the World Health Organization.

“This study is hugely powerful and so different from what’s been done in the past, simply because of the consistency of how the data was collected—multi-national, random samples of people,” he said. “Sleep is something that is important but often undervalued in our society.”

“From doing this research and being familiar with the literature,” he added, “an emphasis on sleep issues by the media in recent years is warranted. Every single piece of evidence that people look at now as they are investigating sleep and different health associations is all showing that sleep really, really, really matters. We’re just now scratching the surface on what patterns of sleep normally are, and also what are these associates between sleep and health issues.”

Article from seniorjournal.com





# HAUNTED HALLOWEEN CROSSWORD



## Across

1. These are found in the corners and ceilings of a haunted house.

7. A witch's pet. (5-3)

11. Bloody and gross.

12. A monster made from bones.

14. A monster from Egypt.

16. Another word for scary.

18. She wears black clothes and rides a broom.

21. It looks like a mouse but much bigger.

22. What kids wear on Halloween.

24. The creature that makes cobwebs.

25. Have a ghost inside.

27. The Cyclops has one.

31. What you get on your skin when you are scared.

32. These slam shut or creek open.

33. Witches ride this.

34. Vampires hate this.

35. Another word for strange.

38. October 31st.

39. What a ghost says.

40. A big black bird.

41. A monster with stitches on his face.

45. What children carve.

46. The month of Halloween.

48. Sharp teeth.

## Down

1. What children get at Halloween.

2. Flying animal found in haunted houses.

3. The kind of bullet you need to kill a werewolf.

4. A place with many tombstones.

5. Where you get goose bumps.

6. The weather around haunted houses.

8. The walking corpse.

9. The color of blood.

10. Dracula.

13. You can hear these in the hallways of a haunted house at night.

15. Little animals with long tails.

17. This wears a patch and has a sword.

19. This wears bright colorful clothing.

20. A big black pot that witches use to make potions.

23. The kind of light that vampires hate.

26. The monster \_\_\_\_\_ the stairs.

28. What vampires drink.

29. The time when werewolves come out.

30. What kids say on Halloween.

31. Something that haunts houses.

36. A monster that changes from human to wolf.

37. Makes me scared; gives me the \_\_\_\_\_.

42. A monster from space.

43. The opposite of good.

44. Frighten.

47. A night bird.

**Answers to Crossword Puzzle:****Across:**

Cobwebs  
Black cat  
Gory  
Skeleton  
Mummy  
Spooky  
Witch  
Rat  
Costumes  
Spider  
Haunted  
Eye  
Goosebumps  
Doors  
Broom  
Garlic  
Odd  
Halloween  
Boo  
Crow  
Frankenstein  
Pumpkin  
October  
Fangs

**Down:**

Candy  
Bat  
Silver  
Graveyard  
Skin  
Stormy  
Zombie  
Red  
Vampire  
Footsteps  
Mice  
Pirate  
Clown  
Cauldron  
Sun  
Under  
Blood  
Full Moon  
Trick or Treat  
Ghost  
Werewolf  
Creeps  
Alien  
Evil  
Scare  
Owl

**IN 1492**

In fourteen hundred ninety-two  
Columbus sailed the ocean blue.

He had three ships and left from  
Spain;

He sailed through sunshine, wind and  
rain.

He sailed by night; he sailed by day;  
He used the stars to find his way.

A compass also helped him know  
How to find the way to go.

Ninety sailors were on board;  
Some men worked while others snored.

Then the workers went to sleep;  
And others watched the ocean deep.

Day after day they looked for land;  
They dreamed of trees and rocks and  
sand.

October 12 their dream came true,  
You never saw a happier crew!

"Indians! Indians!" Columbus cried;  
His heart was filled with joyful pride.

But "India" the land was not;  
It was the Bahamas, and it was hot.

The Arakawa natives were very nice;  
They gave the sailors food and spice.

Columbus sailed on to find some gold  
To bring back home, as he'd been told.

He made the trip again and again,  
Trading gold to bring to Spain.

The first American? No, not quite.  
But Columbus was brave, and he was  
bright.

**Its Never too Early to Start Thinking About Christmas**

Celebrate the magic of Christmas at the beautiful White Mountain Hotel & Resort, and enjoy the splendor of the White Mountains at Christmastime. The Manchester Council on Aging is offering a tour to the White Mountains which includes deluxe accommodations, great meals, holiday entertainment, admission to the Wright Museum Festival of Trees, shopping in North Conway and more. The hotel will be decorated in the Colonial style Christmas reminiscent of the famous décor of Colonial Williamsburg. This trip, partially subsidized by the Friends of the Council on Aging, is only \$327 per person for a double, \$307 pp for a triple, and \$437 for a single. For further information or to receive a registration form, please call the C.O.A. Office at (978) 526-7500. Call soon and reserve your spot.



**Recipe Corner****Marshmallow Popcorn Bars****Ingredients:**

2 tablespoons unsalted butter plus more for the dish.

1/2 cup popcorn kernels or one 3.5 oz. bag of plain microwave popcorn

One 10 oz. bag of marshmallows.

**Directions:**

1. Butter a 9 X 13 inch baking dish. Pop the popcorn according to the package directions.
2. Melt the butter and marshmallows in a large saucepan over medium/low heat, stirring until smooth about 5-7 minutes.
3. Fold in the popcorn until coated. Press into the prepared dish and let sit for 10 minutes before cutting into 24 bars.

**“October's Party**

**October gave a party;  
The leaves by hundreds came -  
The Chestnuts, Oaks, and Maples,  
And leaves of every name.  
The Sunshine spread a carpet,  
And everything was grand,  
Miss Weather led the dancing,  
Professor Wind the band.” -George Cooper**

**This Halloween  
Eat, Drink & Be Scary!**



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

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