



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

September 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

SEPTEMBER

- 9/3 Public Health Museum \$5 9:00
- 9/4 Strong Women resumes 8:30
- 9/5 Seashore Trolley Museum \$8 9:00
- 9/8 Low Vision Meeting @ The Plains 1:00
- 9/9 Beauport, The Sleeper-McCann House \$12 10:15
- 9/10 Salem Willows for Chop Suey Sandwiches 11:15
- 9/12 Mall 9:30
- 9/16 Concord River Author's Lunch Cruise \$28+tip 11:30
- 9/16 Zumba resumes 9:00
- 9/19 Trader Joe's 9:30
- 9/22 Monday Movie Matinee 1:30 @ Newport Park
- 9/23 Lunch of the Month & Delvena Theatre \$10 12:15
- 9/24 Carter Hill Orchards in Concord NH 9:00
- 9/26 Walmart 9:30

OCTOBER

- 10/1 Boston Public Library
- 10/8 Portsmouth Fall Cruise
- 10/15 Jewell Towne Winery

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.

**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.

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**

COA BOARD MEETING:

9/10/14 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

9/16/14 @ 9:30 am
@ Town Hall, Room #5

FRIENDS OF THE COA MEETING:

9/23/14 @ 4:30 pm
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS
Richard Curran, Constituent Services Advisor to Senator Tarr,
will hold office hours
Town Hall, Manchester by the Sea
1:00PM—2:30PM

Wednesday, September 10, 2014

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. Deposit and registration due by September 15th. For further information or to receive a registration form, please call the C.O.A. Office at (978)526-7500.

Back to School Thoughts

I have never let my schooling interfere with my education. - *Mark Twain*

I took a test in Existentialism. I left all the answers blank and got 100. - *Woody Allen*

My school was so tough the school newspaper had an obituary section. - *Norm Crosby*

You learn something every day if you pay attention. - *Ray LeBlond*

In youth we learn; in age we understand - *Von Ebner-Eschenbach*

If there were no schools to take the children away from home part of the time, the insane asylums would be filled with mothers. - *Edgar W. Howe*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 	<p>2</p> <p>1:00 Bridge Club</p>	<p>3</p> <p>9:00 The Public Health Museum</p> <p>10:00 Yoga</p>	<p>4</p> <p>8:30 Strong Women</p> <p>Food Shopping Trip</p>	<p>5</p> <p>9:00 The Seashore Trolley Museum</p> <p>9:30 Longevity Training @ Magnolia Library</p>
<p>8</p> <p>8:30 Strong Women</p> <p>9:30 Quilting</p> <p>1:00 Low Vision Meeting Guest Speaker: Leslie Sands , Holistic Nutritionist</p>	<p>9</p> <p>10:15 Beauport, The Sleeper McCann House</p> <p>1:00 Bridge Club</p>	<p>10</p> <p>10:00 Yoga</p> <p>11:15 Salem Willows Chop Suey Sandwiches</p>	<p>11</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Food Shopping Trip</p>	<p>12</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>9:30 Mall Trip</p>
<p>15</p> <p>8:30 Strong Women</p> <p>9:30 Quilting</p>	<p>16</p> <p>9:00 Zumba</p> <p>11:30 Concord River Author 's Lunch Cruise</p> <p>1:00 Bridge Club</p>	<p>17</p> <p>10:00 Yoga</p>	<p>18</p> <p>8:30 Strong Women</p> <p>Food Shopping Trip</p>	<p>19</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>9:30 Trader Joe's</p>
<p>22</p> <p>8:30 Strong Women</p> <p>9:30 Quilting</p> <p>1:30 Monday Movie Matinee @ Newport Park</p>	<p>23</p> <p>9:00 Zumba</p> <p>12:15 Lunch of the Month & Delvena Theatre @ The Chapel \$10</p> <p>1:00 Bridge Club</p>	<p>24</p> <p>9:00 Carter Hill Orchards</p> <p>10:00 Yoga</p>	<p>25</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Food Shopping Trip</p>	<p>26</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>9:30 Walmart</p>
<p>29</p> <p>8:30 Strong Women</p> <p>9:30 Quilting</p>	<p>30</p> <p>9:00 Zumba</p> <p>1:00 Bridge Club</p>		<p>My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something. - Groucho Marx</p>	

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: 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.

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.

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.

COMMUNITY AND OUTREACH INFORMATION**OUTREACH PROGRAM**

The Manchester COA offers the following outreach services. Please contact the COA office at 978-526-7500 for more information or to schedule an appointment.

- Insurance Counseling
- Friendly Visitors
- Transportation needs
- Help with errands
- Information, referral & advocacy
- Support for Caregivers

PROTECTIVE SERVICES FOR ELDERS

Manchester's protective services office for elders is SeniorCare, Inc. at 1-866-927-1050 (toll free), available 24 hours a day for elder abuse or neglect and can work with the highest degree of confidentiality for sensitive situations.

MONEY MANAGER

Volunteers are available and trained through SeniorCare, to help you do your bills. Call the COA office at 978-526-7500 if interested.

VETERAN'S AGENT

The Town's agent is Paul O'Brien at 978-526-2014. He can help with any veteran issue or if you are a relative of a veteran.

MEALS ON WHEELS PROGRAM

Are you homebound, just getting home from a hospital stay, having trouble preparing your meals? If you are over 60 and need some nutritional support. Meals on Wheels could be your answer. The program offers nutritionally balanced hot meals at lunch time five days a week. Small donation requested for meals. This program, along with the congregate meals, is sponsored by SeniorCare, Inc.

HEALTH INSURANCE INFORMATION/SHINE PROGRAM

Serving Health Information Needs of Elders. Nancy Hammond is available by appointment by calling the COA office at 978-526-7500 to answer questions regarding health insurance and prescription plans.

NOTARY SERVICES

Nancy Hammond, Director of the COA, is a notary public. So the next time you need something notarized give us a call, this is a free service.

TRIAD COUNCIL

TRIAD's ongoing programs consist of the File of Life and the shredder program. These programs could save a life. TRIAD has monthly meetings the third Tuesday of every month in Town Hall. All are welcome to join. Please call the COA office for more information at 978-525-7500.



Word Search



See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindhout
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

SCAM CORNER

Scam of the Month: Homeowner/Reverse Mortgage Scams

Scammers like to take advantage of the fact that many people above a certain age own their homes, a valuable asset that increases the potential dollar value of a certain scam.

A particularly elaborate property tax scam in San Diego saw fraudsters sending personalized letters to different properties apparently on behalf of the County Assessor's Office. The letter, made to look official but displaying only public information, would identify the property's assessed value and offer the homeowner, for a fee of course, to arrange for a reassessment of the property's value and therefore the tax burden associated with it.

Closely related, the reverse mortgage scam has mushroomed in recent years. With legitimate reverse mortgages increasing in frequency more than 1,300% between 1999 and 2008, scammers are taking advantage of this new popularity.

As opposed to official refinancing schemes, however, unsecured reverse mortgages can lead property owners to lose their homes when the perpetrators offer money or a free house somewhere else in exchange for the title to the property.

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.



What is Beauty? (Sandra Mahler, who I was then)

Is it an emotional experience, when you see something very pleasing, harmonious to the eye, something out of the ordinary or something very common but spectacular in its place?

I find it deeply satisfying gazing at architectural perfection, admiring stunning outfits, being awed by exquisite jewelry or great art i.e. Michaelangelos' David, a well laid out garden. Tower Hill in Boylston MA, the movements of a leopard, a flock of Canada geese flying south, of course, a baby smiling. It can break your heart.

Beauty is all around us: the sun, the moon, the stars, the weather in all its variations. We need to look consciously, I call it "Have a feast for your eyes!"

But my first awareness, really seeing, was with my first pair of glasses. I was stunned. And this is how it happened a long time ago.

As we grow up we encounter many teachers, but don't remember them all. But one teacher stood out. (Twice she made one think. I wish it had continued).

This teacher was my fourth grade teacher in this all girls school. She was the instrument to make me suddenly aware of beauty. Her name was Fraulein Harms who lived in a corner house where her sister's family ran a grocery store next to the Memorial Park where the names of the fallen soldiers from World War I were engraved in three stone walls, where we children sometimes played.

It happened one day that I didn't go out to recess. Instead, when everyone had left I moved close to the blackboard in order to see what I had to copy.

At the end of that day, about one o'clock, Fraulein Harms handed me a note and asked me to give it to my mother, not my parents because my father at that time was in Kirkenes near the North Pole in Norway preventing the Russians from coming across the Artic Sea.

At that time it was the Russians fighting the Germans. One race against the other or as should be said now the Nazi's, the national socialists, a political party fighting the Communists, another political party.

At that time, long ago, we lived in an apartment on the second floor of the Furianzant (finance building) of which my father was the head except that the war had intervened and called every able bodied man (16-65 years) to arms.

The note led us to the eye doctor, who prescribed spectacles. Now I as I looked out of the second story open window on this spring day with the sun shining I noticed with surprise suddenly the veins on the leaves of the blooming horse chestnut trees.

How exquisite, the tiny blossoms. How miraculous. Everything came into sharp focus. What wonder from then on.

[How to Build a Social Life as a Senior Citizen](#)

from www.wikihow.com

When a mature person loses a spouse, a close friend, or even a pet, it can be very easy to lose perspective on life. It is all too easy slip into sadness and seclusion and stop relating with people who once filled an important part in daily life. Children (if any) have often moved away and are frequently so heavily involved in their own lives, with work, children and other obligations that they cannot spend a lot of time with their aging parents. Although experiencing loss and loneliness as a senior citizen is difficult, it is not impossible to develop a new social life. A good attitude is a major factor, as is making most of the opportunities that come your way. Here are some ways that you can begin to build a fulfilling social life for yourself that will help you to live meaningfully and with purpose.

- 1. Determine what activities you used to enjoy.** Did a loss cause you to set aside favorite hobbies or pursuits? Pick them up from where you left off. Or try new activities with the help of a local club, group, church or even through Internet and library research. Use the local newspaper to keep abreast of upcoming events of interest. Visit university lectures on topics you know nothing about to stretch your imagination and improve your knowledge.
- 2. Return to keeping fit.** While climbing Mt. Everest may no longer be in the cards, there is certainly nothing stopping you from continuing physical activities involving walking clubs, senior's gym or other fitness activities made available especially for seniors. Staying fit is a sure way to build confidence and regain a healthy outlook on life!
- 3. Find a buddy.** If you feel reluctant to go out on your own, there are many volunteer organizations that will help by providing transportation. Invite a friend or neighbor to attend events with you. Get back into the rhythm of meeting new friends. Little by little, you'll become less fearful of going out alone.
- 4. Be open to new suggestions.** This may feel uncomfortable at first, especially if it involves new technology. Consider trying new activities that are possible given your level of health and fitness, and that you find interesting. Try not to react negatively to suggestions from others who try to help. Think things through before rejecting the ideas altogether. You may discover something you wished you'd tried earlier.
- 5. Become a mentor to younger people.** Young people are eager and willing learners when they discover that you have knowledge that you are willing to share. Offer your services at local clubs to give talks, to teach a skill or to guide people (museums, zoos, parks etc.). Elderly people are respected for their knowledge; capitalize on this by sharing it.
- 6. Remain positive.** The pain will always be there; that is the nature of loss. You deserve the best after giving so much of yourself to the world. Smile when you're feeling down. Smiling induces positive chemical changes in the brain and brings us back up. Take in a light movie or rent an old classic to watch at home. Listen to comedy on the radio, check out a humorous book or two from the library and have a good hearty chuckle. Rediscover your sense of humor and your well-being will improve; this is all the more important if you have buried yourself under a load of sadness, self-pity and sorrow.
- 7. Think outside the square.** Research the Internet for stories of the more challenging things senior citizens are doing; cycling across countries, skiing, writing a first novel, entering the Masters' Games etc. All these things and more are possible with the right attitude. You are as old as you let yourself be; your dreams are as expansive as you let them be. So, what about all those things you promised yourself you'd do someday? Maybe today is that day.

"When summer opens, I see how fast it matures, and fear it will be short; but after the heats of July and August, I am reconciled, like one who has had his swing, to the cool of autumn."

- Ralph Waldo Emerson

VETERAN'S SERVICES

The Department of Veteran's Affairs provides a wide range of benefits to all veterans. Here is a reminder of some services that are available:

- Bronze or granite grave markers are provided and installed at no cost.
- The VA replaces lost medals, ribbons, and other awards, again at no cost.
- Prescription drugs can be obtained at the cost of \$8.00 per month per prescription.

Please contact Paul O'Brien, Veteran Service Officer at Town Hall, Room 7 or call 978-526-2014 for assistance.

September Poem by John Updike

*The breezes taste
of apple peel.
The air is full
of smells to feel-
Ripe fruit, old footballs,
burning brush,
new books, erasers,
chalk, and such.
The bee, his hive,
well-honeyed hum,
and Mother cuts
chrysanthemums.
Like plates washed clean
with suds, the days
are polished with
a morning haze.*



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**