



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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August 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

AUGUST

- 8/1 Christmas Tree Shops Trip 9:30
- 8/6 Patton Archives Tour 10:00
- 8/8 Mall 9:30
- 8/13 The Azorean Restaurant 11:30
- 8/15 Trader Joe's 9:30
- 8/18 Monday Movie Matinee 1:30
- 8/19 Foster's Clambake \$32.95 10:15
- 8/22 Walmart 9:30
- 8/26 Lunch of the Month @ Tuck's Point \$10 12:15
- 8/27 Beauport Princess Lunch Cruise \$22 10:15
- 8/29 The Griffin Museum of Photography 11:00

SEPTEMBER

- 9/3 Public Health Museum \$5 9:00
- 9/5 Seashore Trolley Museum \$8 9:00
- 9/9 Beauport, The Sleeper-McCann House \$12 10:15
- 9/10 Salem Willows Chop Suey Sandwiches 11:00
- 9/17 Concord & Sudbury River Cruise \$28 12:00

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

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.



**WE LIKE YOU SO
LIKE US ON FACEBOOK.**

Check out our Facebook page. Just search for Manchester Council on Aging and click LIKE and you can be up to date with all the COA happenings.

**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**

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:

9/17/14 @ 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, August 6, 2014
Wednesday, September 10, 2014

Seniors & SNAP: 5 Myths Busted

Get help paying for healthy food!

The Supplemental Nutrition Assistance Program (SNAP) helps over 4 million seniors aged 60+ buy healthy food every day. Get the facts—then see how to apply at www.BenefitsCheckUp.org/SNAP.

1

MYTH
SNAP is only for families with children.

FACT
SNAP is for everyone who qualifies, including seniors.



2

MYTH
I'll only get \$15 a month, so it's not worth applying.

FACT
The average national SNAP benefit for a senior living alone is \$119 a month.



3

MYTH
Other people need SNAP more than I do.

FACT
Everyone who enrolls in SNAP will get help. By applying, you are not taking benefits away from others.



4

MYTH
No stores near me accept SNAP.

FACT
Over 250,000 grocery stores and farmers markets across the country accept SNAP to pay for food.



5

MYTH
It's too hard to apply for SNAP.

FACT
Depending on where you live, you can apply online, by mail, or in person—and get one-on-one help if you need it.



Visit www.BenefitsCheckUp.org/SNAP to get your application now!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	"If you saw a heat wave, would you wave back?" - Steven Wright			1 9:30 Longevity Training @ Magnolia Library 9:30 Christmas Tree Shop
4 9:30 Quilting	5 1:00 Bridge Club	6 10:00 Yoga 10:00 Patton Archives Tour	7 10:00 VNA Health Clinic @ The Chapel Food Shopping Trip	8 9:30 Longevity Training @ Magnolia Library 9:30 Mall Trip
11 9:30 Quilting	12 1:00 Bridge Club	13 10:00 Yoga 11:30 The Azorean	14 Food Shopping Trip	15 9:30 Longevity Training @ Magnolia Library 9:30 Trader Joe's
18 9:30 Quilting 1:30 Monday Movie Matinee @ Newport Park	19 10:15 Foster's Clambake 1:00 Bridge Club	20 10:00 Yoga	21 Food Shopping Trip	22 9:30 Longevity Training @ Magnolia Library 9:30 Walmart
25 9:30 Quilting	26 12:15 Lunch of the Month @ Tuck's Point \$10 1:00 Bridge Club	27 10:00 Yoga 10:15 Beauport Princess Lunch Cruise \$22	28 No Van Service Today	29 9:30 Longevity Training @ Magnolia Library 11:00 Griffin Museum of Photography

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: On hold for the summer.

ZUMBA: On hold for the summer.

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.

BODY AND SOLE WALKING CLUB: Temporarily on hold.

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.

Purposeful Life Might Be a Longer Life

Those who had activities, people they cared about were more likely to be alive at end of 14-year study.

THURSDAY, May 15, 2014 (HealthDay News) -- You may live longer if you feel you have a purpose in life, a new study suggests.

Researchers analyzed data from more than 6,000 people who were asked if they felt they had a purpose in life and about their relations with others. The participants were then followed for 14 years. During that time, about 9 percent of them died.

Those who died during the follow-up had reported feeling less purpose in life and having fewer positive relationships than the survivors, according to the study published recently in the journal *Psychological Science*.

Having greater purpose in life was also associated with lower risk of death in younger, middle-aged and older adults. This consistency across all age groups came as a surprise to the investigators.

"There are a lot of reasons to believe that being purposeful might help protect older adults more so than younger ones," lead researcher Patrick Hill, of Carleton University in Canada, said in a journal news release.

"For instance, adults might need a sense of direction more, after they have left the workplace and lost that source for organizing their daily events. In addition, older adults are more likely to face [death] risks than younger adults," he explained.

The results could be used to help promote healthy aging, according to the researchers.

"Our findings point to the fact that finding a direction for life, and setting overarching goals for what you want to achieve can help you actually live longer, regardless of when you find your purpose," Hill said. "So the earlier someone comes to a direction for life, the earlier these protective effects may be able to occur."

COMMONYNS

What is a Commonym you ask? A Commonym is a group of words that have a common trait in the word/items listed. For example: the words, car—tree—elephant. Answer: They all have trunks.

1. Morris—Felix —Garfield _____
2. Raffle—Parking – Movie _____
3. Multiple—Daily—Chewable _____
4. A Penny—Nebraska—Ford Motor Company _____
5. Minnesota—Siamese—Identical _____
6. Bridge—Memory—Hearts _____
7. Black—Bulk—Junk _____
8. Car—Home—Life _____
9. G.I.—Little—Sloppy _____
10. Thomas—John—James _____

Answers on pg. 8

"August rushes by like desert rainfall,
A flood of frenzied upheaval,
Expected,
But still catching me unprepared.
Like a match flame
Bursting on the scene,
Heat and haze of crimson sunsets.
Like a dream
Of moon and dark barely recalled,
A moment,
Shadows caught in a blink.
Like a quick kiss;
One wishes for more
But it suddenly turns to leave,
Dragging summer away."- Elizabeth Maua Taylor,
August

Fun Facts about August

- * August is named after Augustus, first Emperor of Rome.
- * August has 2 birthstones: Peridot and Sardonyx.
- * The official flower of August is the Gladiolus
- * On August 24, 79 A.D. the volcano, Mt. Vesuvius, erupted destroying the city of Pompeii.
- * On August 21, 1911, the Mona Lisa was stolen from the Louvre and not recovered for 2 years.
- * On August 16, 1977 Elvis Presley died.
- * The month of August is referred to as "the dog days of summer" because the star Sirius, also know as the dog star, rose at the same time as sunrise during the month of August in ancient Roman times.

SCAM CORNER

Scam of the Month: Fraudulent Anti-Aging Products

In a society bombarded with images of the young and beautiful, it's not surprising that some older people feel the need to conceal their age in order to participate more fully in social circles and the workplace. After all, 60 is the new 40, right?

It is in this spirit that many older Americans seek out new treatments and medications to maintain a youthful appearance, putting them at risk of scammers.

Whether it's fake Botox like the one in Arizona that netted its distributors (who were convicted and jailed in 2006) \$1.5 million in barely a year, or completely bogus homeopathic remedies that do absolutely nothing, there is money in the anti-aging business.

Botox scams are particularly unsettling, as renegade labs creating versions of the real thing may still be working with the root ingredient, botulism neurotoxin, which is one of the most toxic substances known to science. A bad batch can have health consequences far beyond wrinkles or drooping neck muscles.

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.



Early Recognition of "Beautiful" (Dick Costello)

I can only guess when the concept of "beautiful" entered my young consciousness. I'm sure I was entirely unaware of a lasting impression being imprinted on my brain at so early an age. Tracing current visual preferences backwards in time to an actual memory, drops me in the late 1930s on the floor next to my sister who is playing with her Children's Japanese Tea Set.

The tea set is incomplete. A few of the missing pieces are substituted with cheap-looking pink milk glass. I remember not liking the milk glass. (Still hate it today!) But the Japanese lusterware apparently made an impression on me. There were dainty cups and saucers and a miniature sugar bowl with handles and a fitted cover. I don't remember a cream or milk pitcher. What I liked most of all were the two colors featured on these pieces.

I'm sure, at the time, I hardly knew the names of any colors at all, let alone the two that attracted me. So their names, now flowing easily from my cranial database are 1. Cobalt blue and 2. A Peachy beige. Black is used very sparingly in Japanese lusterware, but many other pieces feature multicolored hand paintings of flowers and idealized scenes. The cobalt blue combine with peach beige has remained a favorite of mine to this day.

Turning the corner into the early 1940s, Americans' view and appreciation of Japanese products hit the skids, and such possessions as childrens' tea sets and under-the-Christmas-tree Japanese paper villages were destroyed or hidden from view. We were going to "Slap the Jap right off the Map" in very short time. It was not a short time as history recalls, and with time passing and memories fading and growing up happening, blue and beige faded from sight.

In 1980 following the death of my father, and my mother moving to Michigan to be cared for by my sister, I was left to clear out the old homestead where I grew up. I had to organize a gigantic yard sale, and sell the Springfield house. At some point, in a conversation with my sister, I asked her if she knew what ever happened to her old tea set. She had no idea; in fact, she did not even remember it. Secretly I announced: "*It's mine, it's mine!*"

I made a last minute tour of the empty house to be certain we had removed all our family belongings. All sorts of childhood memories floated through my head as I passed from room to room. As a final check, I looked up into the rafter of the basement ceiling where Dad loved to stash small items and I spied an overlooked double-sized light yellow shoe box. I dusted off 40 years of accumulation, opened the box, and there they were: now MY cobalt blue and peachy beige treasures.

In the next ten years I joined the computer age, discovered eBay and loads of Japanese lusterware online. I developed an interest in flea markets and yard sales—always looking for my favorite two colors. I wanted to corner the market and make a killing when the rest of the world finally smartened up and treasured these fine works of art as much as I did. The asking prices, however, appeared to remain fairly flat, so I acquired a few pieces. Had I a barn or a warehouse, I'd have gone bonkers filling it, but as one might have guessed, my "other half" shared neither my enthusiasm nor foresight. I was forthrightly forbidden to seriously consider collecting anything requiring space, especially display space. I was allowed to reserve space for my photo collection on my computer's hard disk.

After my son headed for college, we maintained his room as he left it so he'd have it as a base of operations and be comfortable when visiting. Visit's became increasingly rare, however, so one day, after he had turned 30, we finally decided to return the room to our own specific use. The vibrant red woodwork had to go. The red, white, and blue racing car wall paper had to go. Also asking for a transition were the two walled corner arrangement of desk-top, bookcases, and storage cabinets, I had assembled for him to assure his becoming a high school scholar. They were, of course, also, vibrant red. Several poster of Marilyn Monroe required relocation.

This room is no longer Steven's room. Steve now has his own house. It is not red. We call the room "*The Computer Room.*" The bookcases and cabinets are now painted a beautiful shade of cobalt blue and the wood work is sort of peachy beige. The walls are covered with wall paper with cobalt blue and beige stripes. A lovely pseudo Persian rug covers part of the hardwood floor. It features our favorite colors, too. Two large posters of favored composers: Verdi and Puccini adorn the walls. On bookcase shelves above the blue radiator—cover is a small collection of Japanese lusterware. The collection includes pieces of my sister's tea set—not worth much to the world, but to me? Priceless! I love my computer room. I love just being there.

Tips to Avoid Elderly Heat Stroke and Exhaustion

Hot weather is dangerous, but seniors are particularly prone to its threat. Elderly heat stroke and heat exhaustion are a real problem. In fact, a recent University of Chicago Medical Center study found that 40% of heat-related fatalities in the U.S. were among people over 65.

There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Fortunately, a few simple precautions are all that's needed to keep safe.

Here are some guidelines for keeping safe in hot weather:

1. **Drink plenty of liquids** - Dehydration is the root of many heat related health problems. Drink plenty of water or juice, even if you're not thirsty. But remember to avoid alcoholic or caffeinated drinks, as they can actually contribute to dehydration.
2. **Wear appropriate clothes** - An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.
3. **Stay indoors during the hottest part of the day** - During periods of extreme heat, the best time to go out and about is before 10am or after 6pm, when the temperature tends to be cooler.
4. **Take it easy** - Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
5. **Keep an eye on the heat index** - When there's a lot of moisture in the air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels. The current heat index can be found on all popular weather websites, and is also usually announced on local TV and radio weather reports during periods of warm weather.
6. **Seek an air conditioned environment** - Seniors whose houses aren't air conditioned should consider seeking an air conditioned space during extreme heat. The mall, library, or movie theater are all popular options. During heat waves many cities also set up "cooling centers", air conditioned public places, for seniors and other vulnerable populations. Seniors without convenient access to any air conditioned place might consider a cool bath or shower.

Know the warning signs of heat-related illness - Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.

"What dreadful hot weather we have!
It keeps me in a continual state of inelegance."- Jane Austen

Answers to Commonyms

1. cats
2. tickets
3. vitamins
4. they all have Lincolns
5. Twins
6. card games
7. mail
8. insurances
9. Joe's
10. disciples

"How sociable the garden was.
We ate and talked in given light.
The children put their toys to grass
All the warm wakeful August night."
- Thomas Gunn, *Last Days at Teddington*



OTHER COLLECTION PROGRAMS

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

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

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