



# SENIORS BY-THE-SEA

## COUNCIL ON AGING NEWSLETTER

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

Telephone (978) 526-7500 • FAX (978) 525-6441

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**MAY 2016**

Nancy Hammond  
Director of Senior Services

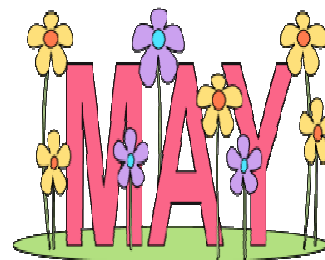
### MANCHESTER COUNCIL ON AGING VAN SCHEDULE



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

##### **MAY**

- 5/9 Low Vision @ The Plains 1:00
- 5/11 Depot Diner 11:15
- 5/13 Malls 9:30
- 5/16 Monday Movie Matinee @ Newport Park 1:30
- 5/18 Tea @ The Historical Society & Delvena Theatre 1:15
- 5/20 Senior CharlieCard Event @ Town Hall 11-1:00
- 5/20 Trader Joe's 9:30
- 5/24 Lunch of the Month @ The Chapel \$10 12:15
- 5/27 Walmart in NH 9:30
- 5/30 Memorial Day -Town Hall/COA office closed

##### **JUNE**

- 6/3 Christmas Tree Shops 9:30
- 6/7 Go the Distance 1 mile walk 10:00 @ C.O.A. office
- 6/10 Malls 9:30
- 6/11 CarFit @ The Plains 10-1:00
- 6/15 Tour of Middleton Jail 10:00
- 6/17 Trader Joe's 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.***



**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 C.O.A. 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](mailto:hammondn@manchester.ma.us)**

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

#### **COA BOARD MEETING:**

5/11/16 @ 5:30 pm  
@ Seaside One

#### **TRIAD MEETING:**

5/17/16 @ 9:30 am  
@ The Plains Community Room

#### **FRIENDS OF THE COA MEETING:**

5/24/16 @ 4:30 pm  
@ The Plains Community Room

**SENATOR TARR'S DISTRICT OFFICE HOURS**

Dick Curran, Constituent Services Advisor

Town Hall, Manchester-by-the-Sea

Room 5

12:30-1:30 P.M.

Wednesday, May 11, 2016

**Manchester Master Plan**

Manchester is in the process of developing a community Master Plan intended to guide the town's decision making in the next five to ten years by identifying community goals and outlining practical work plans to address challenges and opportunities.

The Master Plan Committee (MPC), supported by the Town Planner is leading this work and has been very busy creating a town profile that identifies where we are now and will be the foundation for dynamic discussions about where we want to be in the future.

The MPC is reaching out to the community beginning with meetings with Boards and Committees and soon expanding to include public forums, surveys and other events to work with citizens, business owners and managers, resource stewards, service providers, and others who are integral to Manchester's success. Information and ideas exchanged and explored will help the MPC and its professional consultant team craft a Master Plan over the summer and fall of 2016, with adoption set for Spring 2017.

The MPC wants everyone to share his or her thoughts and ideas! Please watch for opportunities to meet with the MPC, friends, neighbors and others; look for the launch of the upcoming Master Plan website in May; and at any time, please feel free to contact Town Planner, Sue Brown at [browns@manchester.ma.us](mailto:browns@manchester.ma.us)

**Answers to Howdy Doody Trivia from pg. 5**

1. Buffalo Bob Smith
2. Buffalo Bob Smith
3. Clarabell
4. With a horn
5. Princess Summerfall Winterspring
6. Phineas T. Bluster
7. 48 (one for each state)
8. Heidi Doody
9. Double Doody
10. Flub-a- Dub (his name was Flub-a-dub Flub-a-dub)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  8:30 Strong Women 9:30 Quilting	3  10:00 Zumba 1:00 Bridge Club	4  10:00 Yoga	5  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	6  9:30 Longevity
9  8:30 Strong Women 9:30 Quilting  1:00 Low Vision Meeting @ The Plains –guest speaker Michael Baer MA College of Pharmacy	10  10:00 Zumba 1:00 Bridge Club	11  10:00 Yoga  11:00 Depot Diner	12  8:30 Strong Women  Market Basket Trip	13  9:30 Longevity  9:30 Malls
16  8:30 Strong Women 9:30 Quilting  1:30 Monday Movie Matinee	17  10:00 Last Zumba Class til September  1:00 Bridge Club	18  10:00 Yoga  1:15 Tea @ Historical Society & The Delvena Theatre	19  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	20  9:30 Longevity  9:30 Trader Joe's  11:00 CharlieCard Event
23  8:30 Strong Women 9:30 Quilting	24  12:15 Lunch of the Month @ The Chapel with Ms. Massachusetts  1:00 Bridge Club	25  10:00 Yoga	26  8:30 Strong Women  Market Basket Trip	27  9:30 Longevity  9:30 Walmart in NH
30  	31  1:00 Bridge Club			

### WEEKLY CLASSES

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

**ZUMBA:** Tuesday, 10:00-11:00 AM at the Congregational Chapel. 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 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.

**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.

### **Mark Your Calendars Senior CharlieCard Event**

On Friday May 20th the Council on Aging is conducting a Senior CharlieCard Event at town hall. A Senior CharlieCard allows seniors to have a discounted fare on the MBTA. This is for seniors 65 years of age or older who are interested in applying for an initial Senior CharlieCard. Please call the Council on Aging at 978-526-7500 to sign up.

### Joke of the Month

Most people don't know that back in 1912, Hellmann's mayonnaise was manufactured in England. In fact, the Titanic was carrying 12,000 jars of the condiment scheduled for delivery in Vera Cruz, Mexico, which was to be the next port of call for the great ship after its stop in New York.

This would have been the largest single shipment of mayonnaise ever delivered to Mexico.... But as we know....the great ship did not make it to New York....The ship hit an iceberg and sank .... and the cargo was forever lost....

The people of Mexico, who were crazy about mayonnaise, and were eagerly awaiting its delivery .... were disconsolate at the loss....

Their anguish was so great, that they declared a National Day of Mourning which they still observe to this day.... The National Day of Mourning occurs each year on May 5th.... and is known....of course....as Sinko de Mayo....

### How Well Do You Know Howdy Doody?

1. Who was the longtime host on Howdy Doody? \_\_\_\_\_
2. Who was the voice of Howdy Doody? \_\_\_\_\_
3. Name the famous clown. \_\_\_\_\_
4. How did he communicate? \_\_\_\_\_
5. Who was Judy Tyler? \_\_\_\_\_
6. Who was the mayor of Doodyville? \_\_\_\_\_
7. How many freckles did Howdy have? \_\_\_\_\_
8. Name Howdy's twin sister. \_\_\_\_\_
9. Name Howdy's twin brother. \_\_\_\_\_
10. What was Flub-a-Dub's last name? \_\_\_\_\_

Answers on pg. 2

#### VNACare Network Keep Well and Blood Pressure Clinics in Manchester

Keep Well clinics are free and open to residents age 60 and over. Run by community health nurses from VNA Care Network. Services include health assessments (blood pressure, blood sugar, weight monitoring, cardiopulmonary assessments, etc.) teaching (medication, diet, disease management, preventive health, etc.) and referral to community resources.

Starting immediately the clinic will go back to being located at the Congregational Chapel on both the first and third Thursday of the month from 10:00 to 12:00 Noon. Appointments are not necessary.

#### **SHINE — Serving the Health Information Needs of Elders**

The Massachusetts Executive Office of Elder Affairs SHINE Program provides free confidential health insurance information, education, counseling and assistance to Medicare beneficiaries of all ages, their family members and other caregivers.

SHINE counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs in many areas of health insurance including original Medicare, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Medicare Rights and Protections, Prescription Advantage, MassHealth and many other programs for people with limited income and resources, and other Medicare, government and private health plans.

SHINE counseling is available by appointment in the Council on Aging office. Please call Nancy Hammond with questions or for more information (978)526-7500.

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 writing prompt was A Historical Figure that Inspired/Interested/Influenced you.



## **LE CORBUSIER** (Ray Frieden)

When I went to college, one had to choose a 'major', thus declaring an intention to specialize in a particular field of study. The choices were limited to traditional such fields and I chose 'mathematics' as that was the field in which I felt most capable. I was good in math but not nearly as good as many of the other students who chose that field. My special talent—the thing that distinguished me from the other math majors was that I was also good in art. I could imagine and visualize things in two and three dimensions. That didn't mean that much to me until—in the middle of my college career—The Carpenter Center for the Visual Arts, designed by the Swiss-French architect Le Corbusier, was constructed just across Quincy Street from Harvard Yard.

The Carpenter Center is an amazing building, looking nothing like the brick-covered blocks that make up the rest of the Harvard campus. It is made of reinforced concrete and much of its outside shell is the plain, smooth skin of such concrete as it sets against the surface of the forms used to shape it. The Carpenter Center has many windows to let in natural light for the students who work inside it, but most of them are shielded from direct sunlight by large overhangs or wide fins facing south.

While one can access the third floor studios of the building off the ramp, the principle access is below the ramp on the first floor. At that level are some of the facility offices and also a large glass expanse that looks down into the auditorium where presentations of projects or lectures by visiting professors are presented. The area is somewhat protected from weather but I don't remember it having any comfortable places to sit and talk. And it can become a wind tunnel under certain circumstances. Also, of course, while the images displayed by the lecturer can be seen from there, nothing can be heard so the understanding of the subject matter is somewhat limited.

On the other side of the Carpenter Center is Prescott Street and some brick residential apartments—occupied by long-term Cambridge residents. My wife's "Auntie Dot" had lived there for many years. Prescott Street is a narrow, one-way street and the Carpenter Center ramp lands somewhat awkwardly parallel to it on a patch of grass behind the Center. An asphalt path then loops back to the walkway under the ramp. There are a few parking spots for senior faculty members carved out beside the ramp and under one of the studios, but otherwise one must hunt for parking or take the 'T' to get to the center. Students, of course, don't have a problem in that regard.

As much as I was influenced by the Carpenter Center, Le Corbusier's main contribution to art and architecture was his 'Modulor', a mathematical system for relating the proportions of the parts of the human body and then using the system to inform architecture. The modulor system also has a basis in 'Fibonacci numbers' and the 'golden ration'. The fact that Le Corbusier's system was so firmly rooted in mathematics was, for me, the final piece of the puzzle and I have thought of myself as an architect ever since.

**Women live longer in homes with lots of green plants around**

Vegetation may be important to health in a broad range of ways, study finds.

A lot of green vegetation around a home helps women live longer, says new research that also looked at why this happens.

Women with the highest levels of vegetation, or greenness, near their homes had a 12 percent lower death rate compared to women with the lowest levels of vegetation near their homes. The results were published Apr. 14, 2016 in the journal *Environmental Health Perspectives*.

The researchers found the biggest differences in death rates from kidney disease, respiratory disease, and cancer.

The researchers also explored how an environment with trees, shrubs, and plants might lower mortality rates. They showed that improved mental health and social engagement are the strongest factors, while increased physical activity and reduced air pollution also contribute.

“It is important to know that trees and plants provide health benefits in our communities, as well as beauty,” said NIEHS director Linda Birnbaum, Ph.D.

“The finding of reduced mortality suggests that vegetation may be important to health in a broad range of ways.”

The study, conducted by scientists at Harvard T.H. Chan School of Public Health and Brigham and Women’s Hospital in Boston, examined greenness around the homes of 108,630 women in the long-term Nurses’ Health Study.

The researchers mapped home locations and used high resolution satellite imagery to determine the level of vegetation within 250 meters and 1,250 meters of homes. They then followed the women from 2000 to 2008, tracking changes in vegetation and participant deaths. During the study, 8,04 deaths occurred.

The scientists consistently found lower mortality rates in women as levels of trees and plants increased around their homes. This trend was seen for separate causes of death, as well as when all causes were combined.

When researchers compared women in the areas with highest greenness to women in the lowest, they found a 41 percent lower death rate for kidney disease, 34 percent lower death rate for respiratory disease, and 13 percent lower death rate for cancer in the greenest areas.

“The ability to examine vegetation in relatively fine detail around so many homes, while also considering the characteristics of the individual participants, is a major strength of this study,” said Bonnie Joubert, Ph.D., NIEHS scientific program director overseeing the study.

“This builds on prior studies showing the health benefits of greenness that used community-level or regional data.”

The scientists also looked at characteristics that can otherwise contribute to mortality risk, such as age, race ethnicity, smoking, and socioeconomic status. This enabled them to be more confident that vegetation plays a role in reduced mortality, rather than these factors. If participants moved or the vegetation near their homes changed during the study, the scientists took those changes into account in their study.

The research was funded by the National Institute of Environmental Health Sciences (NIEHS), part of the National Institutes of Health.

NIEHS supports research to understand the effects of the environment on human health and is part of NIH. For more information on environmental health topics, visit <http://www.niehs.nih.gov>.

About the National Institutes of Health (NIH): NIH, the nation’s medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit <http://www.nih.gov>.

Article found at [www.seniorjournal.com](http://www.seniorjournal.com)



**2ND ANNUAL "GO THE DISTANCE" 1-MILE WALKING CHALLENGE**

Date: *Tuesday, June 7, 2016*

Time/Place: *10:00 AM at the C.O.A. office*

We have designated a 1-mile loop starting at the C.O.A. office through down town. Take as long as you need to finish walking 1 mile.

All walkers with varying speeds and abilities are welcome to participate in the 1-mile challenge.

Please register by 5/27/16. Register to walk by calling or visiting the Council on Aging. Call 978-526-7500 to register.

On the day of the walk, check-in will begin at 9:45 AM.

Certificates will be awarded to all *walkers* who complete the loop.

Raffles add to the fun! Your name along with our Council on Aging office will be entered into a state wide raffle for six special prizes.

**Walking has a direct link to sustained independence and better health.** In fact, it could be called a "wonder drug" for many of today's most common medical problems. If it were recognized as a drug, then a doctor's prescription would read: *"Take a Walk. Recommended dosage is 30 minutes a day, five days a week. Side effects may include weight loss, improved mood, improved sleep, better balance, stronger muscles and bones, prolonged independence, as well as looking and feeling better"*

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

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