



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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July 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

JULY

- 7/1 Malls 9:30
- 7/4 C.O.A. office/Town Hall is closed for the holiday
- 7/6 Mile Marker Restaurant 11:15
- 7/8 Museum of Fine Arts 9:00
- 7/13 Movie "The Red House" @ Cabot Theatre 12:30 Free
- 7/15 Lanz Anderson Auto Museum 9:00
- 7/18 Monday Movie Matinee @ Newport Park 1:30
- 7/20 Mystery Ride 1:00
- 7/22 Trader Joe's 9:30
- 7/26 Lunch of the Month @ Tuck's Point 12:15 \$8
- 7/26 Concert in the Park @ Masconomo Park 6:00
- 7/29 Walmart 9:30

AUGUST

- 8/3 Jewel Towne Winery 11:00
- 8/5 Malls 9:30
- 8/23 Lunch of the Month @ Tuck's Point 12:15 \$8

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 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

COA BOARD MEETING:

9/14/16 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

9/20/16 @ 9:30 am
@ Town Hall, Room #5

FRIENDS OF THE COA MEETING:

9/27/16 @ 4:30 pm
@ The Plains Community Room

6 Tips for Senior Sun Safety

Summer weather is great for relaxing with family and friends. Being outside for pool parties, barbecues, and beach trips are what make summertime so much fun.

Too much outdoor time, however, can lead to problems like sunburn and dehydration in elderly populations who are especially at risk for these hot-weather woes. But by taking a few precautions, problems like sunburn and dehydration in the elderly can be avoided and seniors will be able to get the most out of long summer days.

Drink plenty of fluids.

Seniors are less likely to feel thirsty, and dehydration can come on quickly and be dangerous. Try to drink between 6 and 8 glasses of water a day, and increase your intake if you're doing any kind of physical activity, or if the weather is particularly hot.

Apply sunscreen early and often.

Sunscreen takes time to work so don't wait until you're poolside. Try to apply sunscreen about an hour before you head outside, and reapply every two hours. Look for a broad-spectrum sunscreen that protects against both UVA and UVB radiation.

Wear the right clothing.

The best summertime clothing for seniors is lightweight and made out of a breathable fabric such as cotton. Shirts should be long-sleeved, and seniors should wear wide-brimmed hats to protect from the sun.

Stay indoors at the hottest hours.

The sun is most intense during the middle of the day. If you're a tennis player or gardener, it's best to keep the activities to the early morning or evening, when the weather is cooler. Try to stay indoors when the sun is at its peak.

Wear eye protection.

Seniors have very sensitive eyes. Wearing sunglasses can help reduce the cumulative damage that causes eye problems such as cataracts and age-related macular degeneration in seniors. Wrap-around styles that protect from both UVA and UVB radiation are best.

Check your medications.

Some medications can cause increased sensitivity to the sun. Look over your medications, and talk to your doctor about any concerns or questions you have.

WARNING:

Knowing the signs of heat stroke can save a senior's life. A flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating despite the heat are signs that immediate action should be taken. Drinking water, a cool ice pack to the back of the neck, and getting out of the sun is a must at the earliest signs of these symptoms.

Article found at www.griswoldhomecare.com

"Summer afternoon - Summer afternoon... the two most beautiful words in the English language."
- Henry James

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Longevity Training @ Magnolia Library 9:30 Malls
4 	5 1:00 Bridge Club	6 10:00 Yoga 11:15 Mile Marker Restaurant	7 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	8 9:00 Museum of Fine Arts 9:30 Longevity Training @ Magnolia Library
11 8:30 Strong Women	12 1:00 Bridge Club	13 10:00 Yoga 12:30 Movie @ The Cabot Theatre—"The Red House"	14 8:30 Strong Women Market Basket Trip	15 9:00 Larz Anderson Auto Museum 9:30 Longevity Training @ Magnolia Library
18 8:30 Strong Women 1:30 Monday Movie Matinee @ Newport Park	19 1:00 Bridge Club	20 10:00 Yoga 1:00 Mystery Ride	21 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	22 9:30 Longevity Training @ Magnolia Library 9:30 Trader Joe's
25 8:30 Strong Women	26 12:15 Lunch of the Month @ Tuck's Point 1:00 Bridge Club 6:00 Concert @ Masconomo Park-The Riverside Renaissance Swing Band	27 10:00 Yoga	28 8:30 Strong Women Market Basket Trip	29 9:30 Longevity Training @ Magnolia Library 9:30 Walmart

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 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 C.O.A. Office.

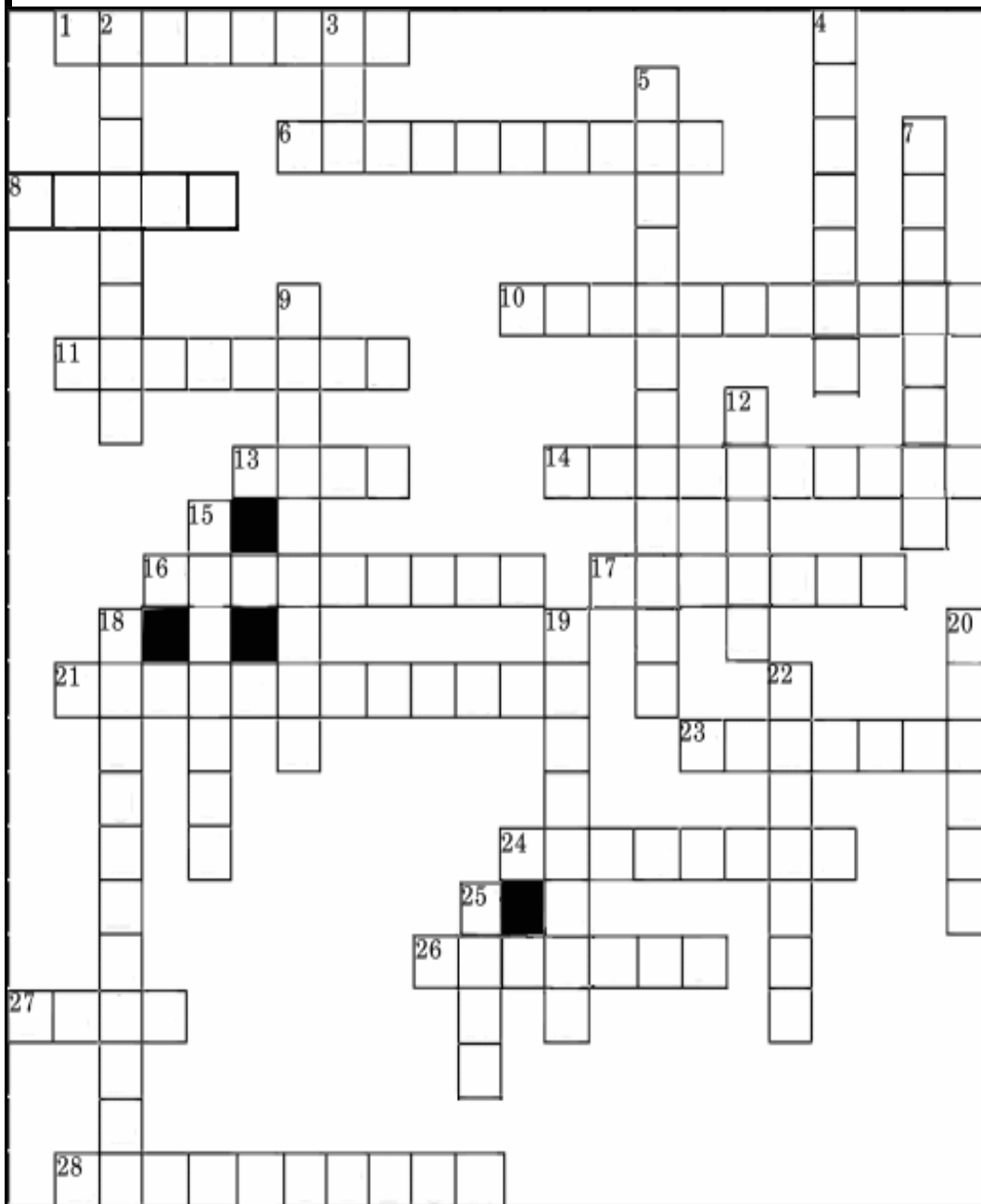
ZUMBA: Off until September.

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. Will resume in September.

BRIDGE CLUB: Tuesday, 1:00—4:00 P.M. at the Newport Park Community Room. All are welcome. Please call Elizabeth Moon at (978) 526-4515 for more information or to register.

**Across**

- 1 Loyal to their country
- 6 Colonial army leader
- 8 Valley fort
- 10 First American Congress
- 11 Payment to government
- 13 Nation's birthday month
- 14 Made midnight ride
- 16 Bursts in the air
- 17 A big win
- 21 Freedom of choice
- 23 Bands march in
- 24 Original states
- 26 Record of events
- 27 Betsy Ross made one
- 28 British colonial war

Down

- 2 Citizen of USA
- 3 Colonist threw in harbor
- 4 Part of Great Britain
- 5 "We the People" document
- 7 Washington crossed it
- 9 60 second fighters
- 12 Not lies
- 15 No tyranny
- 18 _____ ACTS
- 19 British soldiers
- 20 Tea Harbor
- 22 Right of choice
- 25 George's title

Solution on pg. 8

An Important Letter to Seniors from the Manchester Police Department

Manchester by the Sea Senior Citizens,

I wanted to take a moment to reach out to all of you in regards to an ongoing epidemic that is victimizing elderly community members across the country. Telephone scams have been running rampant for the past several years, and we in Manchester by the Sea are not immune. It's almost a daily occurrence that I receive a phone call, or walk in, from a member of Town to report that they received a phone call from the IRS, the Lottery, and Police Agencies in foreign countries claiming to have a family member under arrest and needing money, or other type of cons. All of these things have one thing in common, they want money, and they want it immediately from you and they are extremely pushy or aggressive in their tactics.

I want to warn you all, that this is 100% of the time a scam. It is an international problem that is facing local communities, and unfortunately is nearly impossible to stop. But, I wanted to impart some advice/knowledge to empower you to not fall victim to these thieves. First, to be as clear as I can be, NO ONE, and I mean NO ONE will call you on the phone and demand money from you immediately without some sort of prior knowledge on your part. The IRS for example, will not call you on the telephone to tell you that you owe money, they will send written correspondence, and get in touch with you, or collect from you via your tax returns or financial institutions. I want to implore you, to **NEVER** give **ANY** information over the phone or computer (email, internet) to **ANYONE** that reaches out to you seeking it.

Now, these criminals are very intelligent, in most cases, the callers may be able to provide specific information about you, a family member or a friend. They may have knowledge about our Town and even knowledge about you and your personal information. In most cases, it is still a scam, trying to victimize you, and take money from you for nefarious reasons.

If you receive any types of these calls, terminate the conversation **IMMEDIATELY** by saying nothing, and hanging up the telephone. **DO NOT** send the caller cash, checks, or give credit card information before checking with either the Manchester by the Sea Police, or Nancy from COA. Always know that I am also available to speak with you about a situation as well. If you think it's suspicious, it may be, consult with one of us, or a trusted family member first.

Remember, **never, ever**, give out personal information over the telephone, no matter what they tell you, before you speak to one of us.

Detective Chris Locke
Manchester by the Sea Police

Joke of the Month

Books never written:

"The Star-Spangled Banner" by Jose Kanusee

"American Victories" by Norman D. Beech

"Coming to America" by Anita Greencard

"The Parts of the National Anthem" by Homer D. Brave

"How to Become President" by Paul O'Ticks



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.

Connecting the Past (Dick Costello)



One of my enjoyable retirement activities, sponsored by our Manchester Council on Aging, has been in the *Write Time* class. We are a group of ten or so amateur or wannabe writers who enjoy sharing our compositions in a convivial-or just plain fun-manner. The group is led and inspired by local published novelist, Katherine Arthur.

I'd like to tell you how I used this class to delve into my past life and made a special, totally unexpected, connection. It began with one of Katherine's weekly homework assignments: *Write a story, of your youth, about a neighbor you liked or disliked.*

For some unknown reason I chose Bob, the old man next door to my home in Springfield. I never paid much attention to Bob, not a very friendly guy. I knew my mother disliked him intensely. Bob's wife, Betty, was a lovely lady, and so was their daughter, Shirley. Shirley was out of high school and going steady with Charley Hubach, an airman from Westover Army Air Base. The year was 1942. Charley and Shirley used to spoon in his car when he'd bring her home from a date and park in their driveway. We'd sometimes take a peek through our bedroom windows. When Charley dropped by, handsome in his full uniform, we kids used to gather around in awe at our neighborhood hero. He was always excited to see us.

Bob got right into helping the war effort. First he bought the house lot immediately behind our home, and then he bought a Roto-Tiller to convert it into a humongous Victory Garden. He could be seen any sunny afternoon, holding on dearly to the runaway power tiller as it roared and zig-zagged crooked rows, pulling him along. And it made a nasty racket. It was horrid to hear but comical to see. The garden thrived, except for one small part. It was a shaded spot created by the maple tree on our side of our back fence.

Even so, Never-Give-Up-Bob finally won the day with a bountiful spread of vegetables Eleanor Roosevelt would have been proud to serve in the White House. One day, through the pantry window, Mom saw Bob cutting off branches of our prized tree Dad had planted after the big hurricane of '38. She was absolutely furious! She ran out screaming at him. She read the riot act as he tried to explain that it was perfectly legal to do what he was doing. Of course he was right, but she never got over it.

Charley and Shirley married and in 1943 they had a baby boy. They named him Gary. Not long after, Charley was sent to England where he was assigned to bombers destined for Germany. One of his flights was shot down over enemy territory and Charley was killed. I was ten when that happened. Bob had a room added to his home to accommodate little Gary. As I entered my teens I paid no attention to the kid next door who grew up, much as I did in the same neighborhood, but ten years behind me.

When I read my story to the *Write Time* class I asked if I should try to find Gary and send him a copy. They advised me to find out first if he'd like to receive it. So my quest began to find Gary Hubach, age 73, perhaps still alive, somewhere, perhaps, in the United States. I was off to Google land. I soon found about ten Gary C. Hubachs living in the United States. Personal data was listed for each. The one that interested me most was 73 and lived in Florida, but had a previous residence in Belchertown, Massachusetts. It was the only one listed with a Massachusetts connection so I decided to go for this one. I sent a note asking if he'd like to read my story about his grandfather. I was somewhat skeptical. After all, the story was not flattering. I gave him my email address for ease of answering. Two weeks passed with no response. I supposed he had no interest, had died, or was the wrong Gary. Then, during the third week I received a note from Florida. I opened it, shaking. He was the right Gary! It seems he had sent me an email, but foolishly, I had missed seeing it. Yes, he'd love to read my story! I was thrilled.

Continued on pg. 7

Connecting the Past continued from pg. 6

I sent him a long note with a copy of my story and he responded by telling me he'd prefer to talk on the phone. He sent me his phone number and about a week later I called the kid next door, not seen for over 60 years!

During our first conversation, over an hour, Gary filled me in on our neighborhood's characters and goings on for the many years I was elsewhere. He told me his Mom, Shirley, is well, now into her 90's, and lives alone in Massachusetts in the lake cottage with daily drop-in help. A second phone get-together concentrated on our experiences, ten years apart, going to the same schools and having some of the same teachers. Our talks were most entertaining. At Christmas, Gary called to wish our family Happy Holidays. I'm hoping for more conversations.

Thus concluded my role as "Mr. Keen, Tracer of Lost Persons" and finding a new friend from my old neighborhood.

Fall Prevention Tips for Seniors

According to the Center for Disease Control (CDC), one in three adults age 65 and older falls each year. Falls can result in a wide range of injury from bruises and broken bones to head trauma and even death. Preventing falls is serious business.

Fortunately, it is possible to prevent many falls from happening. According to Larry Meigs, President and CEO of Visiting Angels, "Falls are preventable. At Visiting Angels, we help individuals and families assess their fall risk and eliminate the likelihood of falls."

What are some things you can do to prevent falls?

Work closely with your doctor to review your medications and ensure there are no potential drug interactions. If you take multiple medications, there could be interactions that cause problems with dizziness or balance.

Exercise is a great way to prevent falls. Speak with your doctor about your concerns and get help determining the best exercise program for your situation. Walking, water aerobic and tai chi are great exercises to increase balance and coordination.

In addition to your regular physical checkups, don't forget to have your eyes and ears checked. Vision and hearing problems can lead to increases in tripping and falling. Be sure you have the correct prescription and that you don't have any hearing issues that are affecting your balance.

One of the best things you can do to prevent falls is to examine your home for tripping and falling hazards. Remove possible hazards including cords, boxes, shoes, and other items in walkways. Secure throw rugs or loose floorboards to prevent tripping. Move frequently used items in upper cabinets to lower shelves so you don't have to climb on step stools. Keep things you need regular access to within easy reach.

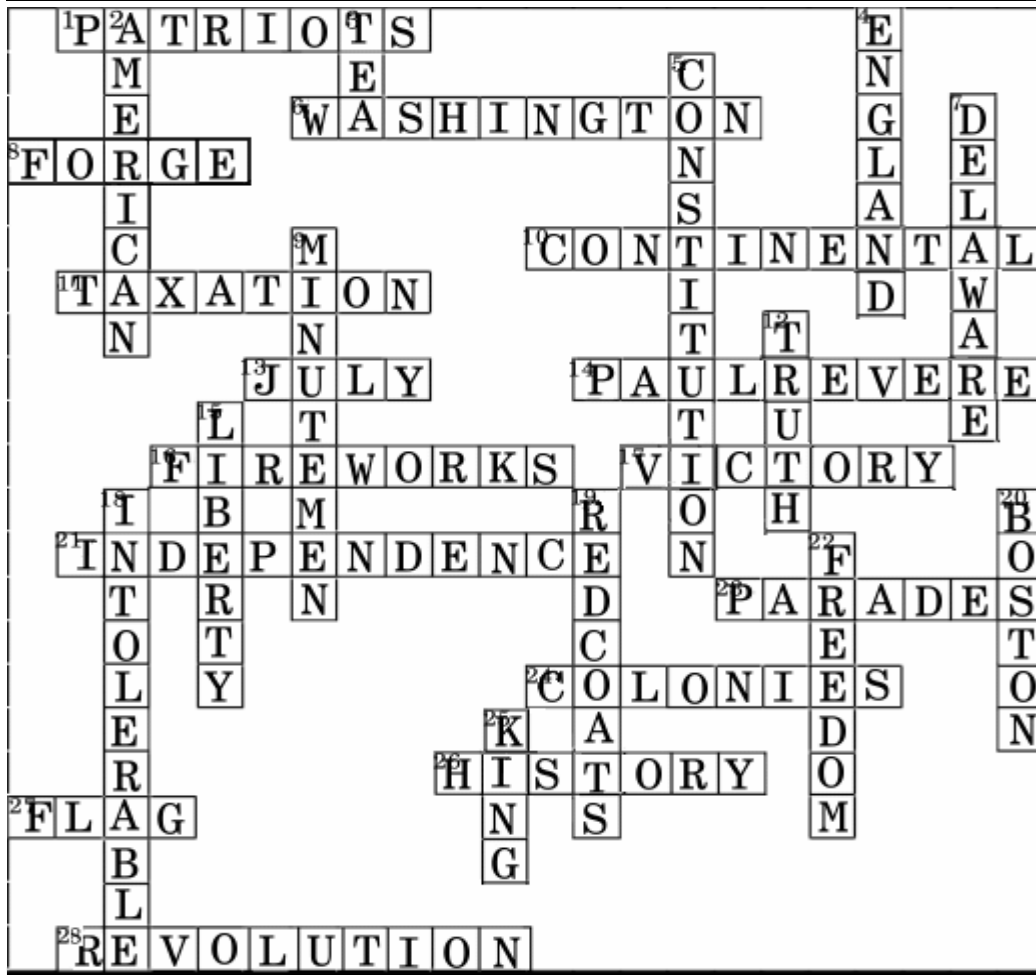
Keep your home well lit. Shadows and dark rooms increase the likelihood of a fall. Add night lights to bedrooms, bathrooms or hallways you may travel at night. Add lamps to bed side tables and make sure you can easily reach any light switches without tripping.

Adding hand rails to both sides of the stairway is an easy and cost-effective way to prevent falls on stairs. Stairs are one of the most common places people fall in the home. Be sure our stairs are easy to traverse. Hand rails, non-slip treads and a well secured carpet is a must.

If you are concerned about falling in the bathroom consider installing a variety of home safety equipment. Common bathroom safety equipment includes shower grab bars, raised toilet seats with arm rests, and shower or tub seats.

"It's important to take a critical look around your home and eliminate any threat of falls," says Meigs. "Removing clutter, adding lighting and following up with your doctor can go a long way towards ensuring your safety."

Article from www.visitingangels.com



"SHALL I COMPARE THEE TO
A SUMMER'S DAY?
THOU ART MORE LOVELY
AND MORE TEMPERATE:
ROUGH WINDS DO SHAKE
THE DARLING BUDS OF MAY,
AND SUMMER'S LEASE
HATH ALL TOO SHORT A
DATE;"
-WILLIAM SHAKESPEARE,
"SONNET 18"



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