



# SENIORS BY-THE-SEA

## COUNCIL ON AGING NEWSLETTER

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

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August 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

##### AUGUST

- 8/3 Jewel Towne Winery 10:00
- 8/5 Malls 9:30
- 8/10 The Azorean 11:15
- 8/12 Concord Museum 9:00
- 8/15 Monday Movie Matinee @ Newport Park 1:30
- 8/17 "Suddenly" at the Cabot Theatre
- 8/19 Institute of Contemporary Art 9:00
- 8/23 Lunch of the Month @ Tuck's Point 12:15 \$8
- 8/24 Trader Joe's 9:30
- 8/26 Walmart 9:30
- 8/31 Mystery Ride 1:00

##### SEPTEMBER

- 9/2 Christmas Tree Shops 9:30
- 9/14 Coffee w/ Det. Chris Locke @ The Plains 10:00
- 9/22 The Big E 8:00 \$15
- 9/27 Lunch of the Month @ The Chapel \$8 12:15

**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.**

**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**

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

#### 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

### SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Aide to Senator Tarr, will hold office hours  
 Town Hall, Manchester by the Sea  
 @ Seaside One  
 Wednesday, August 10, 2016  
 12:30PM—1:30PM

### CALLING ALL QUILTERS

Do you like to quilt? There is a weekly group that meets at the Community Center where you can quilt and socialize with other quilters. Have fun and meet some new friends. The Quilters Group will start meeting again on Mondays starting September 12th. At 9:30 a.m. All levels are welcome. For more information call the C.O.A. office at 978-536-7500.



### CLIMATE CHANGE HUMOR

#### Coastal Town Names

Concerned about what will happen if the polar ice caps melt? Don't be. New names have already been chosen.

Atlantis City, New Jersey

Pariscope, France

Sail 'Em, Massachusetts

Floodelphia, Pennsylvania

Helsunki, Finland

Sao Marco...Paulo, Brazil



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Strong Women	2 1:00 Bridge Club	3 10:00 Yoga  11:00 Jewell Towne Winery & Lunch at the Barking Dog	4 8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket	5 9:30 Longevity Training @ Magnolia Library  9:30 Mall
8 8:30 Strong Women	9 1:00 Bridge Club	10 10:00 Yoga  11:15 The Azorean Restaurant	11 8:30 Strong Women  Market Basket	12 9:00 The Concord Museum  9:30 Longevity Training @ Magnolia Library
15 8:30 Strong Women  1:30 Monday Movie Matinee @ Newport Park	16 1:00 Bridge Club	17 10:00 Yoga  12:00 "Suddenly" @ The Cabot Theater	18 8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket	19 9:00 Institute of Contemporary Art  9:30 Longevity Training @ Magnolia Library
22 8:30 Strong Women	23 12:15 Lunch of the Month & entertainment @ Tuck's Point. \$8  1:00 Bridge Club	24 9:30 Trader Joe's  10:00 Yoga	25 8:30 Strong Women  Market Basket	26 9:30 Longevity Training @ Magnolia Library  9:30 Walmart
29 8:30 Strong Women	30 1:00 Bridge Club	31 10:00 Yoga  1:00 Mystery Ride		

**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.

**QUILTING:** Monday, starts at 9:30 AM at the Community Center. Off until September.

**BRIDGE CLUB:** Tuesday, 1:00—4:00 P.M. at Newport Park 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.

**Match the Quiz Show with the Host**

- |                          |                     |           |
|--------------------------|---------------------|-----------|
| 1. I've Got A Secret     | a. Hugh Downs       | 1. _____  |
| 2. What's My Line        | b. Jack Barry       | 2. _____  |
| 3. To Tell the Truth     | c. Bud Collyer      | 3. _____  |
| 4. Twenty-One            | d. Bud Collyer      | 4. _____  |
| 5. Concentration         | e. Garry Moore      | 5. _____  |
| 6. The \$64,000 Question | f. Dr. Bergan Evans | 6. _____  |
| 7. Down You Go           | g. John Daly        | 7. _____  |
| 8. Pantomime Quiz        | h. Mike Stokey      | 8. _____  |
| 9. Beat the Clock        | i. Bill Slater      | 9. _____  |
| 10. Twenty Questions     | j. Hal March        | 10. _____ |

Answers on pg. 8



**Recipe of the Month**  
**Individual Whole Peach Pies**



Makes 4

**Ingredients:**

- 1 (11 oz) prepared pie crust
- 4 small to medium very ripe peaches, halved and pit removed (if they are too large they may not fit in the muffin tin)
- 4 heaping teaspoons honeycomb
- 1 egg
- 4 teaspoons turbinado (raw) sugar

**Directions:**

- Preheat oven to 425 degrees. Lightly coat 4 wells of a muffin tin with cooking spray. If peaches are too large for a muffin tin, try using small ovenproof bowls and increase the baking time.
- Divide the pie crust dough into quarters. Roll into disks.
- Place 1 heaping teaspoon of honeycomb into one side of each peach where the pit was. Place the other half on top so the peach is whole again. Place each peach on the center of each of the dough disks and wrap dough around the peaches. The dough does not have to completely enclose the peach if it does not reach the top. If peach is completely enclosed, use a paring knife to cut several slits for air to escape around the top. If peach is not completely enclosed, be sure the sides are supported by the muffin tin or oven proof bowls, as the halves will want to separate during baking. Place each pastry wrapped peach so that it just sits in the prepared muffin tin well.
- In a small bowl whisk together the egg and 2 tablespoons water. Brush egg wash on pastry and sprinkle with 1 teaspoon of turbinado (raw) sugar.
- Bake for 13-15 minutes or until crust is golden brown. Let cool 5 minutes and then carefully remove from pan.

**A Trip to the Hospital**  
**By Patricia Steach**

I must have been around 5 years old when I was complaining about my throat hurting every time that I swallowed. Mama felt both sides of my neck. Hmmm...One day Mama said to me, "Would you like to go for a train ride?" Of course I did, so off we went.

After awhile we got off and went into a very big building. Everyone there was nice to me. We went into a room where Mama was handed a "dress" to put on me, the next thing I knew, Mama was gone and the nice lady was putting me in a bed. I said "Where's Mama?" I was told that I would see her tomorrow. Well, you can imagine my reaction. The lady in the white dress tried to calm me down by offering me toys to play with and saying "What pretty blue sock you're wearing." Nothing helped. Now I'm on a table, something is being put over my mouth and I couldn't say anything. My tonsils had been removed. To this day I can still recall the smell of ether!!

I was very quiet when Mama picked me up. Quiet on the train, and quiet when we arrived home. Mama said that I can have as much ice cream as I wanted. Why? I found out right away, it soothed my throat. Bobby stayed close by and waited until I told Mama that I didn't want anymore. It took a long time for me to forgive Mama for tricking me.



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.



### ***Family Friends when I was Growing Up (Ray Friedan)***

There were two families that I particularly remember from my 'growing-up' years: the Lavines and the Poplins. My family had an apartment in a brick complex names "Fairfield Gardens" in Watertown. Our next-door neighbors were the Middletons. All I remember about them was that Mrs. Middleton made great cookies! I think there was a Middleton boy about my age but I don't remember him. I went to the James Russell Lowell Elementary school which was about 6 blocks away. I went with my pal, Victor Aronow. We walked to school but I don't remember much about those journeys. The school was an imposing building set on the top of a hill with houses on three sides and a huge green lawn sloping down the fourth.

Although my dad had been brought up in a fairly religious household, he did not practice with any great zeal, especially after he married my mother. Her father was a practicing Christian Scientist, but my mother not at all and we did not go to the synagogue as a family very often-usually just on High Holidays-but he did insist that we kids go to 'Sunday School' and Hebrew school so that we got a good grounding in Judaism for future reference. These were in a makeshift synagogue down the street and on the way to Belmont where the Lavines lived. Hy Lavine and his brother-in-law, Mark Poplin shared in the ownership of a furniture store called 'Poplin Supply' and so made a better living than my dad as a professor of biochemistry at university.

My parents, the Lavines, the Poplins and another family played bridge together on a regular basis. The Lavines had a son, Dick (Richard), that I sort of palled around with when we were young. He is a few years younger than I so we were not great friends but we nodded to each other and he went to Harvard as did I. There were also daughters in both families but none of us was interested in each other and never spent any time together. Lately, the second-generation families have started spending a little time together at cocktail parties. None of us drink very much alcohol, but we get together with wine, soft drinks and baked treats to swap stories about kids and (now) grandchildren.

I'm surprised-now that I think about it-at how few families my parents seemed to be friendly with when I was growing up. Shortly after I went to college, they moved to Kent, Ohio, where my father was asked to help build a medical school at Kent State University. When I visited there, it seemed that they had a large number of friends and spent a lot more time playing bridge and at social events-but that may be just a quirk of my memory because I can't recall any of the events themselves.

My recollection is that their friends in Kent were made through social institutions rather than professional ones as had been the case when we lived in Newton. My mother had only a few close friends in Newton-mostly from our time in Watertown. She did make friends with people nearby in the neighborhood in Newton but that was a very small group and she didn't really have much in common with them. I got the feeling that she had a much larger group of friends in Kent and that they did a lot more together. I think that part of that was due to the fact that Kent was much further from the central city (Cleveland) than Newton was from Boston so going shopping or out for entertainment there required more time and more effort in terms of time on the highway and finding safe parking.

All-in-all there were not many family friends when I was growing up but that was not an issue with me at all. I was very interested in school and was in all of the advanced math and science classes where the intellectual issues were challenging and my fellow students were equally-if not more than-as bright as I was. I was also an athlete so in addition to friends in the advanced classes, I had friends on the playing fields as well. One of the fellows that I was co-captain of the football team with ultimately played a little professional baseball for the New York Mets.

## **Aging Women Find Healthy Diets May Help with Mobility**

Healthy diets linked with preventing or delaying decline in physical function in older women

In a large study conducted by at Brigham and Women's Hospital (BWH), researchers found an association between women who maintain a healthy diet and a reduction in the risk of developing impaired physical function as they age.

"Little research has been done on how diet impacts physical function later in life. We study the connection between diet and many other aspects of health, but we don't know much about diet and mobility, " says Francine Grodstein, ScD, senior author of the study and a researcher in the Channing Division of Network Medicine at BWH.

"We wanted to look at diet patterns and try to learn how our overall diet impacts our physical function as we get older. "

Researchers examined the association between the Alternative Healthy Eating Index, a measure of diet quality, with reports of impairment in physical function among 54,762 women involved in the Nurses' Health Study.

Physical function was measured by a commonly used standard instrument every four years from 1992 to 2008 and diet was measured by food frequency questionnaires, which were administered approximately every four years beginning in 1980.

The data indicate that women who maintained a healthier diet were less likely to develop physical impairments compared to women whose diets were not as healthy.

### **The good stuff**

They also found a higher intake of vegetables and fruits, a lower intake of sugar-sweetened beverages, trans-fats, and sodium, and a moderate alcohol intake, were each significantly associated with reduced rates of physical impairment.

Among individual foods, the strongest relations were found for increased intakes of oranges, orange juice, apples and pears, romaine or leaf lettuce, and walnuts. However, researchers noted specific foods generally had weaker associations than the overall score, which indicates that overall diet quality is more important than individual foods.

"We think a lot about chronic diseases, cancer, heart disease, and tend not to think of physical function. Physical function is crucial as you age; it includes being able to get yourself dressed, walk around the block, and could impact your ability to live independently," says Kaitlin Hagan, ScD, MPH, first author and a postdoctoral fellow at BWH.

Future research is needed to better understand dietary and lifestyle factors that influence physical function, added the researchers.

### Recycle Button-Cell Batteries

Did you know that button-cell batteries (found in hearing aids, watches, cameras, calculators, and digital organizers) contain mercury and should not be thrown away? Well the Council on Aging is here to recycle those batteries for you. Bring those batteries down to the C.O.A. office and we'll take care of the rest. Look for other battery deposit boxes around town: Newport Park and The Plains Community Rooms, and the Public Library. So please recycle your button-cell batteries, not only will you be greener, but so will the C.O.A. because when you recycle your used button-cell batteries you help support the C.O.A. Call the C.O.A. with any questions. (978)526-7500

### Answers from Quiz on pg. 4

- |      |       |
|------|-------|
| 1. e | 6. j  |
| 2. g | 7. f  |
| 3. c | 8. h  |
| 4. b | 9. d  |
| 5. a | 10. i |

### Health Clinic

**1st & 3rd Thursdays of the Month  
10:00  
At the Congregational Chapel**

This is a reminder that the VNA Health Clinic is available for you to walk in and get your blood pressure checked, or your glucose level check. And much more. Feel free to drop by.



**STAY  
COOL!!!!**

### OTHER COLLECTION PROGRAMS

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

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

U.S. POSTAGE

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