



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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February 2017

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 4:00
THURSDAY	9:00 to 4:00
FRIDAY	9:00 to 3:00



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

FEBRUARY

- 2/1 Black Cat Café @ Salem High School 10:45
- 2/3 Christmas Tree Shops 10:00
- 2/10 Malls 10:00
- 2/13 Low Vision Meeting @ The Plains 1:00
- 2/15 McMullen Museum of Art 9:00
- 2/17 Trader Joe's 10:00
- 2/20 Council on Aging/Town Hall closed
- 2/22 Mystery Ride 1:00
- 2/24 Walmart 10:00
- 2/27 Monday Movie Matinee @ Newport Park 1:30
- 2/28 Lunch of the Month @ the Chapel \$8 12:15

MARCH

- 3/3 Ocean State Job Lots 10:00
- 3/10 Malls 10:00
- 3/13 Low Vision Meeting @ The Plains 1:00

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 C.O.A. happenings.

REMINDER

If the Manchester schools are closed, the
C.O.A vans will not be operating. There
will be no rides in that event.

C.O.A. BOARD MEETING:

2/8/17 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

2/21/17 @ 9:30 am
@ The Plains Community Room

FRIENDS OF THE C.O.A. MEETING:

2/28/17 @ 4:30 pm
@ The Congregational Church Conf. Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall

10 Central St. Manchester by-the-Sea

Room 5

1:00PM—2:00PM

Wednesday, February 8, 2017

Income Tax Advice

Free income tax advice will be available for qualified senior citizens and low income residents beginning on Thursday, February 2, 2017. This service is available through a cooperative effort of the AARP Foundation tax-aide program and the SeniorCare RSVP program.

All volunteer counselors are trained by the Internal Revenue Service; counselors will have hours at the Town Hall in Manchester on Thursday's 12:45 to 4:00 p.m. with appointments scheduled every 45 minutes. APPOINTMENTS ARE NECESSARY AND CAN BE SCHEDULED BY CALLING THE COUNCIL ON AGING OFFICE. (978) 526-7500 Seniors coming in for tax advice should bring with them copies of their **previous year's federal and state tax returns, any forms including W-2s and other relevant material showing income for the year.** Please call (978) 526-7500 for an appointment or for more information.

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

Monday Movie Matinee

Monday February 27th

Newport Park

1:30 p.m.

Refreshments will be served



YOU MAY QUALIFY FOR AN EXEMPTION OFF OF YOUR REAL ESTATE TAX BILL.

You may be eligible to reduce a portion of the taxes assessed on your domicile if you meet the qualifications for one of the personal exemptions allowed under Massachusetts Law. The following is a list of exemptions Manchester has.





Clause 37A-Blind Persons

Clause 22-Qualifying Veterans

Clause 41C-Elderly Persons

Clause 41A-Deferral

For further information or a complete listing of the exemptions please call the Board of Assessors at 978-526-2010.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Yoga 10:45 Black Cat Café \$6.50	2 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	3 10:00 Christmas Tree Shops 9:30 Longevity
6 8:30 Strong Women 9:45 Quilting	7 10:00 Zumba 1:00 Bridge Club	8 10:00 Yoga	9 8:30 Strong Women Market Basket Trip	10 10:00 Mall Trip 9:30 Longevity
13 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting @ The Plains-Terry Feinberg from The Carroll Center for the Blind Store with most requested items.	14 10:00 Zumba 1:00 Bridge Club 	15 10:00 McMullen Museum of Art 10:00 Yoga	16 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	17 10:00 Trader Joe's 9:30 Longevity
20 	21 10:00 Zumba 1:00 Bridge Club	22 10:00 Yoga 1:00 Mystery Ride	23 8:30 Strong Women Market Basket Trip	24 10:00 Walmart 9:30 Longevity
27 8:30 Strong Women 9:45 Quilting 1:30 Monday Movie Matinee	28 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 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: Tuesdays, 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 9:45 AM at the Community Center. Free beginners and advanced quilting classes.

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.

Recipe of the Month Chocolate Truffle Cookies

Ingredients

- 4 (1 ounce) squares unsweetened chocolate, chopped
- 2 cups semisweet chocolate chips-divided
- 6 tablespoons butter
- 3 eggs
- 1 cup white sugar
- 1 1/2 teaspoons vanilla extract
- 1/2 cup all-purpose flour
- 2 tablespoons unsweetened cocoa powder
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt



Directions

1. In the microwave or in a metal bowl over a pan of simmering water, melt unsweetened chocolate, 1 cup of the chocolate chips, and the butter stirring occasionally until smooth. Remove from heat and set aside to cool. In a large bowl, whip eggs and sugar until thick and pale, about 2 minutes. Stir in the vanilla and the chocolate mixture until well mixed. Combine the flour, cocoa, baking powder and salt; gradually stir into the chocolate mixture. Fold in remaining 1 cup chocolate chips. Cover dough and chill for at least an hour or overnight.
2. Preheat oven to 350 degrees F (175 degrees C). Roll chilled dough into 1 inch balls. Place on ungreased cookie sheets so they are 2 inches apart.
3. Bake for 9 to 11 minutes in the preheated oven. Allow cookies to cool on baking sheet for 5 minutes before removing to a wire rack to cool completely.

From allrecipes.com

As temperatures drop this winter, the American Red Cross offers ten steps people can take to stay safe during the cold weather.

- 1. Layer up!** Wear layers of lightweight clothing to stay warm. Gloves and a hat will help prevent losing your body heat.
- 2. Don't forget your furry friends.** Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.
- 3. Remember the three feet rule.** If you are using a space heater, place it on a level, hard surface and keep anything flammable at least three feet away – things such as paper, clothing, bedding, curtains or rugs.
- 4. Requires supervision** – Turn off space heaters and make sure fireplace embers are out before leaving the room or going to bed.
- 5. Don't catch fire!** If you are using a fireplace, use a glass or metal fire screen large enough to catch sparks and rolling logs.
- 6. Protect your pipes.** Run water, even at a trickle, to help prevent your pipes from freezing. Open the kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals out of the reach of children. Keep the garage doors closed if there are water lines in the garage.
- 7. Better safe than sorry.** Keep the thermostat at the same temperature day and night. Your heating bill may be a little higher, but you could avoid a more costly repair job if your pipes freeze and burst.
- 8. The kitchen is for cooking.** Never use a stove or oven to heat your home.
- 9. Use generators outside.** Never operate a generator inside the home, including in the basement or garage.
- 10. Knowledge is power.** Don't hook a generator up to the home's wiring. The safest thing to do is to connect the equipment you want to power directly to the outlets on the generator

LOGIC PUZZLE –AWARDS CEREMONY

At the local sports club, some veteran members were photographed together for the annual awards ceremony. In the photograph each member has a different colored t-shirt on. Obviously, the number of awards each has won over the years counts towards their status within the club, however, it is also significant to let other members know how many relatives of theirs are eligible for membership. From the information given below, can you determine the positions of the five members in the photograph, their T-shirt color, their age (40, 48, 60, 65, 74), the number of awards they have won (40, 75, 96, 125, 165) and the number of eligible relatives (5, 9, 30, 46, 60)?

The person who is wearing red, has 25 relatives more than Jeff and is not next to the person wearing blue. Jim is wearing orange and has 40 awards more than John. John has 51 awards more than his age and Jeff has 5 relatives. Jake has 75 awards and is 65 years old. The person on the far right has 37 fewer relatives than John, and is 40 years old. Jack, who is the first, is 60 years old, and has 20 awards fewer than his age. The person who is next to the person who has 46 relatives but not next to the person who is 60 years old, is wearing yellow, and has 96 awards. The person in the center has 46 relatives, is wearing blue and has 125 awards. The person who is wearing green, has 30 more relatives than the person to the left of him.

Answer on pg. 8

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.



Senior Citizens (Ray Frieden)

Fishing has always been a favorite hobby of mine. When I was seven or eight years old and we lived in Watertown, I would go down to the Charles River with my rod and reel and some worms and cast into the water to see what I could attract. Sunfish, mostly, and an occasional bluegill-a larger version of a sunfish. Every once in a while I would latch onto a smallmouth bass and be very proud of myself for bringing it in. I released all of the fish unharmed. My mother would never have given a thought to cooking one-even if I carefully scaled and cleaned it. She was not an adventurous cook. I might have been able to talk my father into cooking it-which he would have done more out of curiosity than anything else.

Here in Essex there is the Essex River which flows out through the marsh behind Crane Beach. I've never fished in the River although I have fished off of Crane Beach a ways down from where people swim. I have had a few bites but nothing substantial. My most successful fishing was done when we lived in Plymouth. Sometimes I would go out on a party boat and fish for stripers and bluefish and sometimes I would go out with my friend John Loupos and we would fish for the same thing.

Now that I'm what you would call a 'Senior Citizen', I don't go on so many adventurous trips. I still like fishing but don't get very far away from the beaten path to do it so the fish are smaller and few and far between. I certainly would like to go further afield but, again, I'm not as mobile as I once was.

Actually, I don't think I've ever heard anyone actually call me a 'Senior Citizen'. I guess I don't look as old as that. I'm pretty tall and fairly broad although I don't think anyone would call me 'fat'-but that may just be my ego talking. I do have gray hair. If I let my beard grow, it would probably be gray, too. I suppose that would bring me into the "Senior Citizen" ranks. I do spend a lot of time looking at people and studying them. That makes some people uncomfortable-especially younger women who are probably unsure as to what my intentions are. But I'm looking at people because I'm interested in how they arrange and carry themselves. Young women and young men do so in very different ways. Young women clearly dress to be noticed while young men dress for casual comfort.

Activity Slows Cellular Aging By: Aladdin Shadyab

The negative health effects of a sedentary lifestyle and the impact of low physical activity accelerates biological aging in seniors by 8 years. Women who exercise for less than 40 minutes and are sedentary for over 10 hours every day have cells that are biologically "older" than women who are less sedentary and exercise more.

A sedentary lifestyle is one with irregular or no physical activity. The person who follows such a lifestyle is often referred to as a "couch potato" because he or she spends most of the time sitting, watching television, working on a computer, texting, playing video games, reading, and similar activities.

Unfortunately, such a lifestyle can contribute to numerous causes of death or negative health consequences, many of which might have been prevented.

Cells make up every organ in the body, and the rate at which the cells die varies in each individual. Other lifestyle factors like smoking, alcohol consumption, and stress can also greatly influence the progression of cellular aging.

Our cells contain telomeres, repetitive sections of DNA which are located at the end of chromosomes. Those telomeres protect the chromosomes from deterioration, which is similar to the way that shoelace's tips protect from fraying. As a person ages, the telomeres become shorter until the cells die or transform into oncogenic cells that have the potential to cause cancer. Short telomeres have been linked to heart disease, cancer, and diabetes.

The negative effects of a sedentary lifestyle on the cellular age of elderly women was researched by a group at the University of California-San Diego, under the leadership of Aladdin Shadyab, Ph.D., of the UCSD School of Medicine's Department of Family Medicine and Public Health.

The researchers in this study evaluated the link between sedentary time and the leukocyte telomere length (LTL) of 1,481 older postmenopausal women, whether white or African-American, who were an average of 79 years old. from the Women's Health Initiative, which was a cross-sectional study from 2012-2013 that examined factors that determine chronic diseases.

The sedentary time was assessed by the participants filling in special questionnaires and having their various movements tracked by an accelerometer that was worn on their hip for seven days. The association between sedentary time and leukocyte telomere length (LTL) was examined by the use of multiple linear regression models and whether there was a variation caused by the amount of moderate or vigorous physical activity that the participants engaged in on a daily basis. The results were then adjusted for variables in health and lifestyle factors, demographics, and body mass index.

A low amount of physical activity appeared to create a biological age gap of eight years between those women who exercised and those that did not.

This is the first time that a study has investigated the link between telomeres, sedentary time, and exercise. Shadyab highlighted the importance of lifestyle choices because those women who sat for a long time did not have shorter telomere lengths if they did exercises for the national recommended guideline of at least 30 minutes a day. He states that physical activity should continue to be part of our daily lives even when we are 80 years old.

From www.worldhealth.net

Disabled Parking Placard Changes

The following changes will be taking effect soon regarding disabled parking placards:

- The appearance of the placard will change.
- The Application for Disabled Parking Placard/Plate has been revised and reformatted.
- A new Disabled Parking Placard Abuse Confiscation & Reporting Form has been created.

Placard Appearance Changes

Beginning in February 2017, Disabled Parking Placards issued by the RMV have a new appearance. Small blue wheelchair symbols appear behind the Placard Number and Expiration Date. This security feature has been added to help identify instances of altered placard numbers or expiration dates that have been observed and cited by law enforcement. This change applies to all placards, both permanent and temporary.

All old style placards with the plain white background in the Placard Number and Expiration Date sections will remain valid until the date of expiration shown on the placard. It will take up to five years before the old placards are completely phased out.

6 Steps to Prevent a Fall

Every 15 seconds an older adult is seen in an emergency department for a fall-related injury. Stay safe with these tips.

1. **Find a good balance and exercise program.** Look to build balance, strength, and flexibility.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. Falls are not just a senior-'s' issue.

Quote of the Month

A stockbroker urged me to buy a stock that would triple its value every year. I told him, "At my age, I don't even buy green bananas."
Claude Pepper (fiery fighter for elderly rights)

Answer to Logic Puzzle on pg. 5

#	Name	Color	Age	Relatives	Awards
1	Jack	Red	60	30	40
2	Jake	Green	65	60	75
3	John	Blue	74	46	125
4	Jeff	Yellow	48	5	96
5	Jim	Orange	40	9	165

The Council on Aging in Hamilton has some great trips coming up and are open to residents of all towns. If any of these look interesting give Ann a call 978-468-4404 for more information.

Friday February 24-The Commonwealth Museum
Monday, March 27-Boston Sports Museum
Thursday, April 27-Worcester Art Museum

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

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