



# 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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February 2018

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

- 2/2 Christmas Tree Shops 10:00
- 2/6 Black Cat Café @ Salem High School 10:45
- 2/7 Coffee with the Fire Chief @ Newport Park 10:00
- 2/9 Malls 10:00
- 2/12 Low Vision Meeting @ The Plains 1:00
- 2/14 Cape Ann Museum 10:00 \$10
- 2/16 Trader Joe's 10:00
- 2/19 Council on Aging/Town Hall closed-President's Day
- 2/21 Mystery Ride 1:00
- 2/23 Walmart 10:00
- 2/27 Lunch of the Month @ the Chapel \$8 12:15
- 2/28 Pre-Oscar's Party/movie @ Newport Park 1:00

#### MARCH

- 3/2 Ocean State Job Lots 10:00
- 3/15 Boston Flower Show 8:30 \$16

**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.**

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

#### 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:

2/14/18 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

No Meeting this month

#### FRIENDS OF THE C.O.A. MEETING:

2/27/18 @ 4:00 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 7, 2018

**Income Tax Advice**

Free income tax advice will be available for qualified senior citizens and low income residents beginning on Thursday, February 8, 2018. 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 starting at 1:15 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

You may be eligible for the Circuit Breaker Tax Relief Program. Check with you tax preparer to see if you qualify.

**The Manchester & Hamilton C.O.A.'s & Royal Tours presents: BINGO! At The Inn at East Hill Farm. \$69 per person**

Situated in Troy, NH take time to visit the farm yard and animals, visit the gift shop or just enjoy the views. Then enjoy a home cooked meal and afterwards get ready for BINGO! Includes: transportation, lunch taxes and gratuities and BINGO games. Call for more information: 978-526-7500

**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
			<p>1</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>2</p> <p>9:30 Longevity 10:00 Christmas Tree Shop</p> <div style="border: 2px solid black; padding: 5px; text-align: center;"> <p><b>Happy Groundhog Day</b></p> </div>
<p>5</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>6</p> <p>10:00 Zumba 10:45 Black Cat Cafe 1:00 Bridge Club</p>	<p>7</p> <p>10:00 Yoga</p>	<p>8</p> <p>8:30 Strong Women Market Basket Trip</p>	<p>9</p> <p>9:30 Longevity 10:00 Mall Trip</p>
<p>12</p> <p>8:30 Strong Women 9:45 Quilting</p> <p>1:00 Low Vision Meeting @ The Plains –guest Stu Blom from Adopt- A-vision will be bring- ing low vision devices to demonstrate</p>	<p>13</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>14</p> <p>10:00 Yoga 10:00 Cape Ann Museum</p>	<p>15</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>16</p> <p>9:30 Longevity 10:00 Trader Joe's</p>
<p>19</p> 	<p>20</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>21</p> <p>10:00 Yoga 1:00 Mystery Ride</p>	<p>22</p> <p>8:30 Strong Women Market Basket Trip</p>	<p>23</p> <p>9:30 Longevity 10:00 Walmart</p>
<p>26</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>27</p> <p>10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club</p>	<p>28</p> <p>10:00 Yoga 1:00 Pre-Oscar Party &amp; movie @ Newport Park</p>		

### 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.

### Funny (True) Story of the Month

When Will Rogers was being taken to the White House to meet President Calvin Coolidge, Vice President Dawes cautioned him not to try to be funny because the President had no sense of humor whatsoever.

Undaunted, Rogers bet Dawes that he could have Coolidge laughing within 20 seconds.

When the formal introduction was made, Dawes began by saying, “Mr. President, may I introduce my friend, Mr. Will Roger.”

Rogers held out his hand with a questioning look and said, “Pardon me, I didn’t quite get the name.

Coolidge roared with laughter and Rogers won the wager.



### Quote of the Month

I have left orders to be awakened at any time in case of a national emergency, even if I’m in a cabinet meeting.” - Ronald Reagan

Answer to Groundhog Day puzzle on pg. 8: HIBERNATION

### Older Patients Leaving Hospital Resist Home Help at Their Peril

As many as 28 percent of patients offered home health care when they're being discharged from a hospital — mostly older adults — say "no" - By Judith Graham, Navigating Aging (seniorjournal.com)

The 84-year-old man who had suffered a mini-stroke was insistent as he spoke to a social worker about being discharged from the hospital: He didn't want anyone coming into his home, and he didn't think he needed any help. So the social worker canceled an order for home health care services. And the patient went back to his apartment without plans for follow-up care in place. When his daughter, Lisa Winstel, found out what had happened she was furious. She'd spent a lot of time trying to convince her father that a few weeks of help at home was a good idea. And she'd asked the social worker to be in touch if there were any problems.

Similar scenarios occur surprisingly often: As many as 28 percent of patients offered home health care when they're being discharged from a hospital — mostly older adults — say "no" to those services, according to a new report. Understanding why this happens and what can be done about it is important — part of getting smarter about getting older. Refusing home health care after a hospitalization puts patients at risk of a difficult, incomplete or slower-than-anticipated recovery. Without these services, older adults' odds of being readmitted to the hospital within 30 or 60 days double, according to one study. Why, then, do seniors, resist getting this assistance? "There are a lot of misperceptions about what home health care is," said Carol Levine, director of the United Hospital Fund's Families and Health Care Project, a sponsor of the new report.

Under Medicare, home health care services are available to older adults who are home-bound and need intermittent skilled care from a nurse, a physical therapist or a speech therapist, among other medical providers. Typically, these services last four to six weeks after a hospitalization, with a nurse visiting several times a week. Some patients receive them for much longer. Many seniors and caregivers confuse home health care with "home care" delivered by aides who help people shower or get dressed or who cook, clean and serve as a companion. The two types of services are not the same: Home health care is delivered by medical professionals; home care is not. Nor is home care covered by Medicare, for the most part. This was the mistake Winstel's father made. He thought he was being offered an aide who would come to his apartment every day for several hours. "I don't want a babysitter," he complained to Winstel, chief operating officer of the Caregiver Action Network. Like many other seniors, this older man was proud of living on his own and didn't want to become dependent on anyone. "Older adults are quite concerned about their independence, and they worry that this might be the first step in someone trying to take that away," said Dr. Leslie Kernisan, a San Francisco geriatrician and creator of the website Better Health While Aging.

Other reasons for refusals: Seniors see their homes as sanctums, and they don't want strangers invading their privacy. They think they've been getting along just fine and have unrealistic expectations of what recovering from a hospitalization will entail. Or there are circumstances at home — perhaps hoarding, perhaps physical neglect — that an older adult doesn't want someone to see. Or the patient's cognition is compromised and he doesn't understand his needs or limitations. Or cost is a concern. Continued on pg. 6

*Continued from pg. 5*

Robert Rosati, vice president of research and quality at Visiting Nurse Association Health Group, New Jersey's largest private home health care provider, said about 6 percent of seniors who've agreed to receive home health care from his organization after a hospitalization end up refusing services. Often, a breakdown in communication is responsible. Patients haven't been told, in clear and concrete terms, which services would be provided, by whom, for how long, how much it would cost and what the expected benefit would be. So, they don't understand what they're getting into, prompting resistance, Rosati said. Kathy Bowles, director of the Center for Home Care Policy & Research at the Visiting Nurse Service of New York, suggests a plain-language, positive way to convey this information. For example: "A nurse will check your medications and make sure they're all in order. She'll assess if you need physical therapy to help you regain your strength. And she'll teach you and family members how to care for you once home care is over." "A lot of resistance arises from pride," said Bowles, also a professor of nursing excellence at the University of Pennsylvania. "The conversation has to change from 'Look, we think you really need help,' to 'We want to help you take care of yourself.'" Emphasizing that a physician has recommended home health care can also be helpful. "In my experience, if a doctor says 'I'd like a nurse to come see you and check that you're feeling better,' people are fairly responsive," Kernisan said. Instead of arguing with an older adult who says "I don't want any assistance," try to follow up by asking "Tell me more. What are you concerned about?" Kernisan suggested. "People really want to feel listened to and validated, not lectured to." This isn't to suggest that persuading an older adult to accept unwanted help is easy. It's not.

Last year, Winstel's father had a medical device implanted in his spine to relieve pain from spinal stenosis — an outpatient procedure. Once again, he declined postoperative help. Two days later, Winstel got a phone call from her dad, who had collapsed and couldn't get up from the floor. Winstel said she'd call 911. "No, I don't want someone coming in and finding me like this," her father insisted. "You have to come." Later, at the hospital, doctors diagnosed an adverse reaction to medication and a surgical site infection on her father's back. "He lives alone. He can't reach back there. He wasn't caring for the wound properly," Winstel explained. Extensive, heated conversations followed, during which her father insisted he was never going to change. "For him, living independently carries risks, and he's willing to accept those risks," Winstel said. She hopes the new report on seniors refusing home health care will jump-start a conversation about how to bring caregivers into the process and how recommendations should be conveyed. "As the daughter of someone who has refused care, understanding that this is something lots of people go through makes me feel a little less crazy," Winstel said.

**Do you have any durable medical equipment to donate?**

**or**

**Do you need any durable medical equipment?**

REquipment is an innovative durable medical equipment (DME) reuse program that gives a second life to unneeded medical equipment. REquipment accepts donations of good condition DME, repairs and cleans it, and reassigns it to people in need at no costs.

Learn more about a donating or requesting DME at [dmerequipment.org](http://dmerequipment.org) or call toll-free 1-800-261-9841.

## President's Day is February 19th.

### Here are some interesting facts about some of our Presidents.

- ◆ George Washington owned a profitable whiskey distillery. Whiskey was one of Washington's most important business ventures at Mount Vernon.
- ◆ James Madison held the first Inaugural Ball. Although there was a ball to honor the election of George Washington, the first official inaugural ball did not occur until 1809 when Madison took office.
- ◆ Gerald Ford was a fashion model in his youth (even appearing on the cover of *Cosmopolitan*).
- ◆ Warren Harding had the largest shoe size. Harding wore a size 14.
- ◆ Four presidents have received the Nobel Peace Prize including Theodore Roosevelt, Woodrow Wilson, Jimmy Carter and Barack Obama.
- ◆ William Howard Taft became a Supreme Court Justice after his retirement. After losing the 1912 election to Woodrow Wilson, Taft served as a professor of law at Yale and later appointed by Harding as chief justice of the United States.
- ◆ Theodore Roosevelt wore a lock of Lincoln's hair during his inauguration. Roosevelt wore a ring with a lock of Lincoln's hair in it on March 14, 1905, at his second inauguration.
- ◆ Franklin D. Roosevelt was the first president to name a woman to his cabinet. FDR named Mount Holyoke College graduate Frances Perkins as secretary of labor in 1933.
- ◆ John Tyler had 15 children, 8 with his first wife, 7 with his second wife.
- ◆ Abraham Lincoln attended séances at the White House. Lincoln's wife Mary became interested in séances after their young son Willie died.

From [www.smitsonianmag.com](http://www.smitsonianmag.com)

## Recipe of the Month

### Lasagna Soup

**Celebrate National Homemade Soup Day on February 4th with this hearty soup!**

#### Ingredients:

- |                                                     |                                    |
|-----------------------------------------------------|------------------------------------|
| • 1 lb. 90% lean ground beef                        | * 1 large green pepper, chopped    |
| • 1 medium onion, chopped                           | * 2 garlic cloves, minced          |
| • 2 cans (14 1/2 oz. each) diced tomatoes           | * 1 can (8 oz.) tomato sauce       |
| • 1 cup frozen corn                                 | * 1/4 cup tomato paste             |
| • 2 teaspoons Italian seasoning                     | * 1/4 teaspoon pepper              |
| • 2 1/2 cups uncooked spiral pasta                  | * 1/2 cup shredded Parmesan cheese |
| • 2 can (14 1/2 oz. each) reduced sodium beef broth |                                    |

#### Directions:

- In a large saucepan cook the beef, green pepper, onion and garlic over medium heat until the meat is no longer pink. Drain.
- Stir in broth, tomatoes, tomato sauce, tomato paste, corn, Italian seasonings and pepper. Bring to a boil. Stir in pasta. Return to a boil. Reduce heat, cover and simmer for 10-12 minutes or until pasta is tender. Sprinkle with Parmesan cheese.

Yields 8 servings.

From Taste of Home



### 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 seniors' issue.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Groundhog Day

WORD SCRAMBLE AND CROSS: Unscramble each of the words on the left and write them in the grid. When the puzzle is complete the shaded letters going down will spell out what goes on in the Groundhog's den all winter long.

LHOE					
DIPERCT					
RYAEBURF					
EDN					
RWORBU					
PGRNSI					
WHDOSA					
THWERAE					
HINUENSS					
UYLODC					
IRNWTE					



Answer on pg. 4

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