



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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July 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

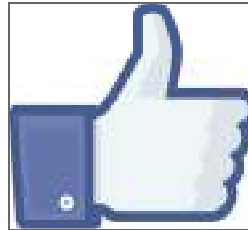
JULY

- 7/4 C.O.A. office/Town Hall is closed for the holiday
- 7/6 NE Quilt Museum 10:00 Free
- 7/11 The Boat House Grille 11:00
- 7/13 The Telephone Museum 10:00 Free
- 7/18 Malls 10:00
- 7/20 The Gardens at Elm Bank 10:00 Free
- 7/24 Lunch of the Month @ Tuck's Point 12:15 \$8
- 7/25 Mystery Ride 1:00
- 7/27 Trader Joe's/Walmart 10:00

AUGUST

- 8/1 The Mile Marker Restaurant 11:00
- 8/3 Christmas Tree Shops 10:00
- 8/17 Lynn Museum 10:00 Free
- 8/28 Lunch of the Month @ Tuck's Point 12:15 \$8

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**

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

C.O.A. BOARD MEETING:

9/12/18 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

To Be Announced

FRIENDS OF THE C.O.A. MEETING:

9/25/18 @ 4:00 pm
@ Town Hall

Do You Want To Live Longer? Walk Faster says New Research.

By Tucker Sutherland, editor @ www.seniorjournal.com

Speeding up your walking pace could extend your life, according to the research led by the University of Sydney. And, the longer longevity effects of walking pace were also found to be more pronounced in older age groups.

The researchers found that walking at an average pace was associated with a 20 percent risk reduction for all-cause mortality compared with walking at a slow pace. But they also found that walking at a brisk or fast pace was associated with a risk reduction of 24 percent.

A similar result was found for risk of cardiovascular disease mortality, with a reduction of 24 percent walking at an average pace and 21 percent walking at a brisk or fast pace, compared to walking at a slow pace.

The protective effects of walking pace were also found to be more pronounced in older age groups.

Average pace walkers aged 60 years or over experienced a 46 percent reduction in risk of death from cardiovascular causes, and fast pace walkers a 53 percent reduction.

The findings published today appear in a special issue of the British Journal of Sports Medicine (from the BMJ Journals group) dedicated to Walking and Health, edited by lead author Professor Emmanuel Stamatakis from the University of Sydney's Charles Perkins Centre and School of Public Health.

"A fast pace is generally five to seven kilometres per hour, but it really depends on a walker's fitness levels; an alternative indicator is to walk at a pace that makes you slightly out of breath or sweaty when sustained," Professor Stamatakis explained.

A collaboration between the University of Sydney's Charles Perkins Centre and Faculty of Medicine and Health, the University of Cambridge, University of Edinburgh, University of Limerick and University of Ulster, the researchers sought to determine the associations between walking pace with all-cause, cardiovascular disease and cancer mortality.

Linking mortality records with the results of 11 population-based surveys in England and Scotland between 1994 and 2008 - in which participants self-reported their walking pace - the research team then adjusted for factors such as total amount and intensity of all physical activity taken, age, sex and body mass index.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:30 Strong Women</p>	<p>3</p> <p>1:00 Bridge Club</p>		<p>5</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>6</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 New England Quilt Museum</p>
<p>9</p> <p>8:30 Strong Women</p>	<p>10</p> <p>1:00 Bridge Club</p>	<p>11</p> <p>10:00 Yoga</p> <p>11:00 The Boat House Grille</p>	<p>12</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>13</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 The Telephone Museum</p>
<p>16</p> <p>8:30 Strong Women</p>	<p>17</p> <p>1:00 Bridge Club</p>	<p>18</p> <p>10:00 Yoga</p> <p>10:00 Malls</p>	<p>19</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>20</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 The Gardens @ Elm Bank-Wellesley</p>
<p>23</p> <p>8:30 Strong Women</p>	<p>24</p> <p>12:15 Lunch of the Month @ Tuck's Point \$8</p> <p>1:00 Bridge Club</p>	<p>25</p> <p>10:00 Yoga</p> <p>1:00 Mystery Ride</p>	<p>26</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>27</p> <p>9:30 Longevity Training @ Magnolia Library</p> <p>10:00 Trader Joe's/Walmart</p>
<p>30</p> <p>8:30 Strong Women</p>	<p>31</p> <p>1:00 Bridge Club</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 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.

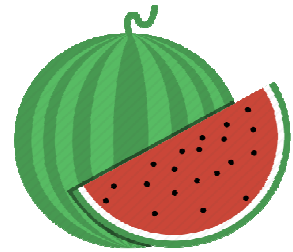
QUILTING: Monday, starts at 9:45 AM at the Community Center. Will resume in September.

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.

Recipe of the Month Cool & Creamy Watermelon Pie

Ingredients

- 1 package (3 ounces) watermelon gelatin
- 1/4 cup boiling water
- 1 carton (12 ounces) frozen whipped topping, thawed
- 2 cups cubed seeded watermelon
- 1 graham cracker crust (9 inches)



Directions

In a large bowl, dissolve gelatin in boiling water. Cool to room temperature. Whisk in whipped topping; fold in watermelon. Spoon into crust. Refrigerate for 2 hours or until set. Yield: 6-8 servings.

Test Kitchen Tips

Styling tip: Quick, deft strokes with the back of a spoon create beautiful swoops that make this pie look as good as it tastes.

If you want an extra-thick layer of graham-tastic crust, it's as easy as 1-2-3 to make your own: 1. Mix 1-1/2 cups graham cracker crumbs with 1/4 cup sugar and 1/3 cup melted butter. 2. Press into a pie plate. 3. Bake at 375 degrees until set, 8-10 minutes. Make sure to cool before filling.

From www.TasteofHome.com



Continued from pg. 2

"Walking pace is associated with all-cause mortality risk, but its specific role - independent from the total physical activity a person undertakes - has received little attention until now," Professor Stamatakis said.

"While sex and body mass index did not appear to influence outcomes, walking at an average or fast pace was associated with a significantly reduced risk of all-cause mortality and cardiovascular disease. There was no evidence to suggest pace had a significant influence on cancer mortality however."

In light of the findings, the research team is calling for walking pace to be emphasized in public health messages.

"Separating the effect of one specific aspect of physical activity and understanding its potentially causal association with risk of premature death is complex," Professor Stamatakis said.

"Assuming our results reflect cause and effect, these analyses suggest that increasing walking pace may be a straightforward way for people to improve heart health and risk for premature mortality - providing a simple message for public health campaigns to promote.

"Especially in situations when walking more isn't possible due to time pressures or a less walking-friendly environment, walking faster may be a good option to get the heart rate up - one that most people can easily incorporate into their lives."

Joke of the Month

The Great Piano Escape

Little Ben came into the house with a new harmonica.

'Grandpa, do you mind if I play this in here?'

'Of course not, Ben. I love music. In fact, when your Grandma and I were young, music saved my life.'

'What happened?'

'Well, it was during the famous Johnstown flood. The dam broke, and when the water hit our house, it knocked it right off the foundation. Grandma got on the dining room table and floated out safely.'

'How about you?'

'Me? I accompanied her on the piano!'



July 2nd is National UFO Day.
So celebrate with this fun word search.

Alien Life

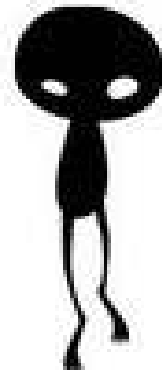
Word Search



Abduction
Alien
Area Fifty One
Close Encounter
Conspiracy
Dimension
Earthling
Extraterrestrial
Flying Saucer

Galaxy
Green
Invasion
Light Speed
Martian
Outer Space
Planets
Ray Gun
Sci-fi

Sighting
Spacecraft
Telepathy
Transporter
Traveler
UFO
Voyage



SUMMER SAFETY TIPS

-  *Stay hydrated.*
-  *Don't stay out for too long.*
-  *Check the forecast beforehand.*
-  *Keep sunscreen nearby and use it.*
-  *Check your prescriptions' side effects.*
-  *Turn on the A/C.*
-  *Beware of heat-related illnesses.*

C.O.A. Trips

The Manchester C.O.A. has teamed up with the Hamilton C.O.A. to provide some great trip opportunities this summer. So leave the driving to someone else and join the fun.

Wolfeboro, NH July 30 - Enjoy a narrated boat ride on the Winnepesaukee Belle. Have lunch at the Wolfeboro Inn. Take in a visit to the Wright Museum. \$83

Sea'ing the South Shore August 25 - Visit Scituate Lighthouse and hear about it's history. Have lunch at the Barker Tavern. Afterwards enjoy a narrated cruise on the Pilgrim Belle. \$101

Enjoy these tours on an air conditioned luxury motor coach, departing from the Hamilton C.O.A. Please call 978-526-7500 for more information.

STAY HYDRATED

Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure.

Dehydration can be caused by a variety of factors. The ability to notice changes in body temperature typically decreases with age, decrease in thirst, many medications make seniors more susceptible to dehydration and there are many more causes.

Follow these tips to stay hydrated this summer.

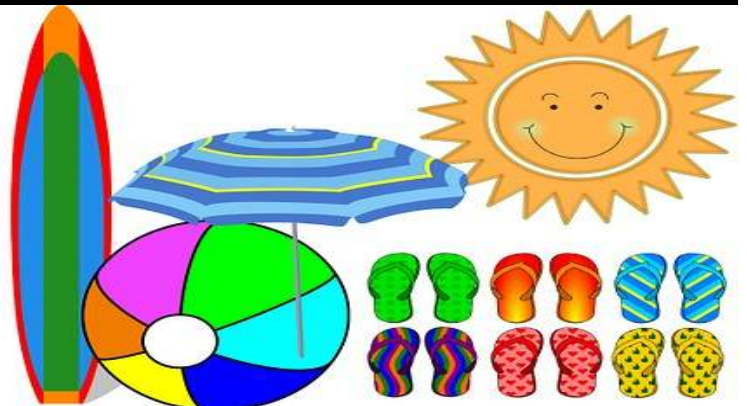
- Drink fluids on a regular basis during the day, whether you're thirsty or not.
- Drink 8 oz. of fluid each time you take medication.
- Keep water bottles and/or a water cooler available to you wherever you are.
- Keep favorite "mocktails" or favorite beverages on hand (make sure they are not caffeinated or alcoholic).

Excerpted from aplaceformom.com

I Didn't Go To Church Today

By Ogden Nash

I didn't go to church today,
 I trust the Lord to understand.
 The surf was swirling blue and white,
 The children swirling on the sand.
 He knows, He knows how brief my stay,
 How brief this spell of summer weather,
 He knows when I am said and done
 We'll have plenty of time together.



SNAP

The Open Door SNAP office is open to help seniors with all things SNAP (Food Stamps) related:

- Help seniors to apply for SNAP
- Help seniors to recertify for SNAP benefits
- Help to make sure that seniors are receiving the correct amount of benefits
- Check to make certain that seniors are submitting medical deductions if needed
- Advocate for seniors with the Department of Transitional Assistance (DTA) with any issues/problems.

Call the C.O.A. office with any questions. 978-526-7500

Concerts on Sundays in Patton Park**1A - Hamilton****5 p.m.****FREE**

- 7/1 **73 Duster** - Rock, Reggae & Blues
- 7/8 **Cold Spring Harbor Billy Joel Tribute Band**
- 7/15 **The BackTrack Band** - Music of the 50's, 60's
- 7/22 **Decades of Rock** - Classic Rock & Kickin' Blues
- 7/29 **Soul Rebel Project** - Reggae and Caribbean
- 8/5 **Studio Two** - Beatles Tribute Band

For more information, visit communityhouse.org.

RAIN VENUE—Asbury Grove Tabernacle - Lee Park
Hamilton

SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Aide to Senator Tarr, will hold office hours

Town Hall, Manchester by the Sea

Room #5

Wednesday, July 11, 2018

1:00PM—2:00PM

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

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