



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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August 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

AUGUST

- 8/1 Mile Marker Restaurant 11:00
- 8/3 Christmas Tree Shops 10:00
- 8/8 Matinee Movie @ Liberty Tree Mall 10:00 \$5.99
- 8/10 Malls 10:00
- 8/15 Trader Joe's 10:00
- 8/16 Gloucester Boulevard & Farmer's Market 2:00
- 8/17 The Lynn Museum 10:00
- 8/22 Mystery Ride 1:00
- 8/24 Walmart 10:00
- 8/28 Lunch of the Month @ Tuck's Point 12:15 \$8
- 8/31 Salem Willows 11:00

SEPTEMBER

- 9/3 C.O.A./Town Hall closed for Labor Day
- 9/5 The Village 11:00
- 9/26 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**

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 Rm. #5

SENATOR TARR'S DISTRICT OFFICE HOURS
 Richard Curran, Aide to Senator Tarr, will hold office hours
 Town Hall, Manchester by the Sea
 In Room #5
 Wednesday, August 15, 2018
 1:00PM—2:00PM

Summer Word Search



Find these words.

family
 summer
 vacation
 camping
 backyard



beach
 pool
 swimming
 baseball
 fishing



June
 July
 August
 sun
 hot



picnic
 watermelon
 hamburger
 ice cream



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Yoga 10:00 Mile Marker Restaurant	2 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket	3 9:30 Longevity Training @ Magnolia Library 10:00 Christmas Tree Shop
	6 8:30 Strong Women	7 1:00 Bridge Club	8 10:00 Yoga 10:00 Movie @ Liberty Tree Mall	9 8:30 Strong Women Market Basket
13 8:30 Strong Women	14 1:00 Bridge Club	15 10:00 Yoga 10:00 Trader Joe's	16 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket 2:00 Gloucester Boulevard & Farmer's Market	17 9:30 Longevity Training @ Magnolia Library 10:00 Lynn Museum
20 8:30 Strong Women	21 1:00 Bridge Club	22 10:00 Yoga 1:00 Mystery Ride	23 8:30 Strong Women Market Basket	24 9:30 Longevity Training @ Magnolia Library 10:00 Walmart
27 8:30 Strong Women	28 12:15 Lunch of the Month & entertainment @ Tuck's Point. \$8 1:00 Bridge Club	29 10:00 Yoga	30 8:30 Strong Women Market Basket	31 9:30 Longevity Training @ Magnolia Library 11:00 Salem Willows

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: 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.

Recipe of the Month**August 20th is National Honey Bee Day**

So here is a recipe in honor of the Honey Bee from the National Honey Board www.honey.com

Oat & Honey Bites

YIELD: Makes 35, 1-bite servings

INGREDIENTS:

- 1/3 cup honey
- 1 1/2 cups rolled oats
- 1/2 cup sliced almonds
- 1/4 cup 72% dark chocolate, roughly chopped
- 1/2 cup dried cranberries, roughly chopped
- 2/3 cup peanut butter
- 3/4 tsp. vanilla extract

DIRECTIONS:

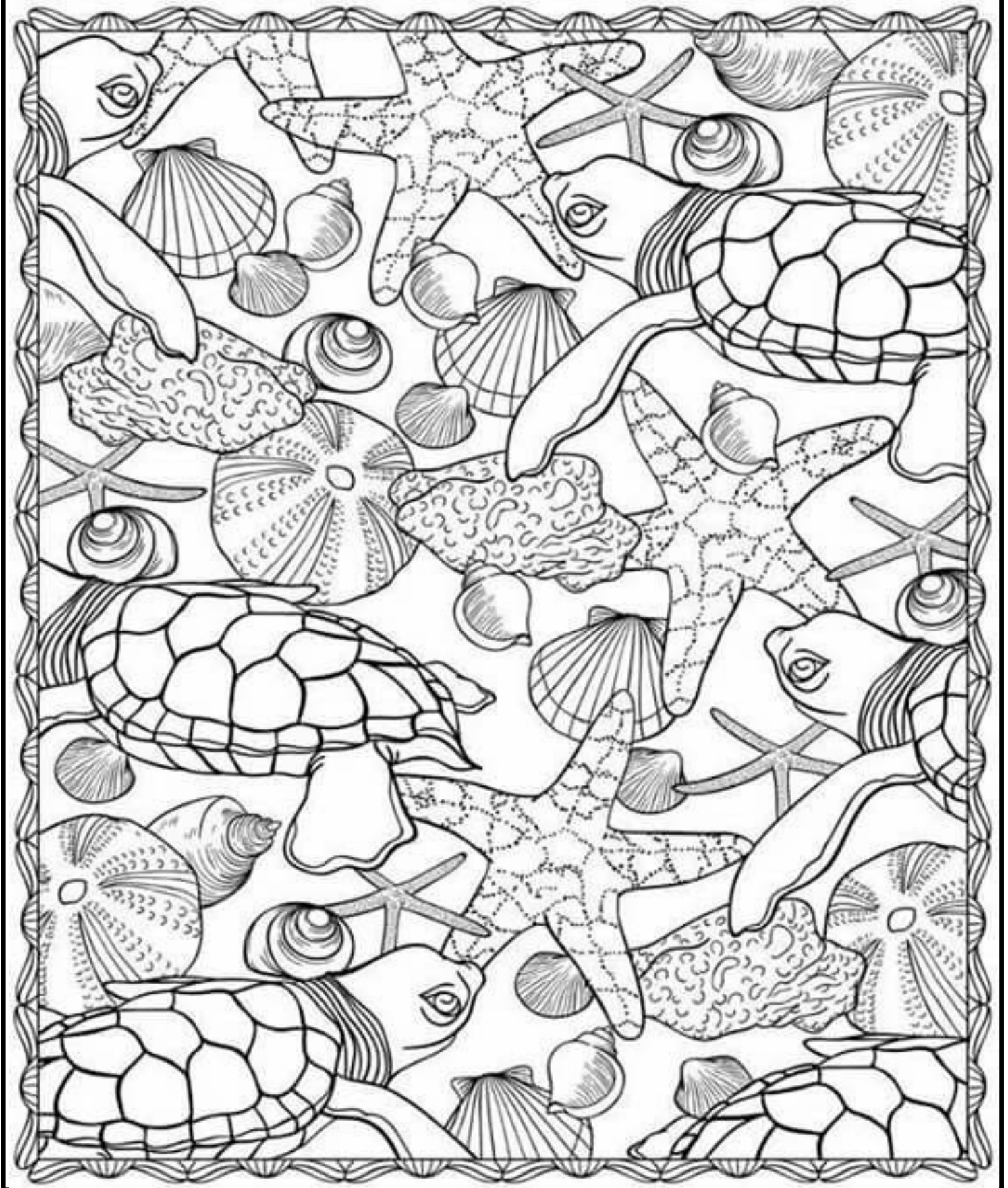
In a large mixing bowl, add oats, almonds, chocolate, and cranberries into the bowl. Stir all ingredients together until combined. Add honey, peanut butter and vanilla extract to a medium bowl and mix all ingredients together until combined. Add peanut butter mixture to oats mix and stir until combined. Be sure dry ingredients are coated.

Place mixture into the refrigerator for about 10 minutes, as this will allow it to harden and make it easier to work with.

Shape mix into one-inch rounded balls and place on a platter or cookie sheet. Serve immediately or refrigerate in an airtight container up to five days. You can also freeze and take out as needed.



*Adult coloring pages have been shown to relax the brain and reduce stress.
So break out the colored pencils and enjoy a sea life coloring page.*



FOOT HEALTH - www.aplaceformom.com

Mobility is a vital component of independence, making the foot ailments that often plague the elderly especially worrisome. While it may not spring to mind as a top health concern, poor foot health can severely impact a person's ability to live alone, work and participate in social activities.

According to the US National Center for Health Statistics (NCHS), impairment of the lower extremities is a leading cause of activity limitation in older people. Foot problems can also lead to knee, hip and lower back pain, which also undermine mobility. The NCHS says 25% of all nursing home patients cannot walk at all, and another 15% can walk only with assistance.

FOOT HEALTH MIRRORS GENERAL HEALTH

The human foot has been called the "mirror of health." Foot doctors, or doctors of podiatric medicine (DPMs), are often the first doctors to see signs of such systemic conditions as diabetes, arthritis, and circulatory disease in the foot. Among these signs are dry skin, brittle nails, burning and tingling sensations, feelings of cold, numbness, and discoloration. Always seek professional care when these signs appear.

FOOT PROBLEMS CAN BE PREVENTED

For reasons that are difficult to fathom, many people, including a lot of older people, believe that it is normal for the feet to hurt, and simply resign themselves to enduring foot problems that could be treated.

There are more than 300 different foot ailments. Some can be traced to heredity, but for an aging population, most of these ailments stem from the cumulative effect of years of neglect or abuse. However, even among people in their retirement years, many foot problems can be treated successfully, and the pain of foot ailments relieved.

Whether due to neglect or abuse, the normal wear and tear of the years causes changes in feet. As people age, their feet tend to spread, and lose the fatty pads that cushion the bottom of the feet. Additional weight can affect the bone and ligament structure. Older people, consequently, should have their feet measured for shoe sizes more frequently, rather than presuming that their shoe sizes remain constant. Dry skin and brittle nails are other conditions older people commonly face. Finally, it's a fact that women, young and old, have four times as many foot problems as men, and high heels are often the culprits.

Observing preventive foot health care has many benefits. Chief among them are that it can increase comfort, limit the possibility of additional medical problems, reduce the chances of hospitalization because of infection, and lessen requirements for other institutional care.

FOOT HEALTH TIPS FOR SENIORS

Here are some tips for keeping feet healthy

- **Wear Shoes That Fit:** A surprising number of people wear ill-fitting shoes. Shopping for shoes in the afternoon can prevent choosing shoes that are too small for feet that swell during the day.
- **Walk Regularly:** Walking is the best exercise for your feet.
- **Wear Seam-Free Socks:** This can prevent skin irritations from developing.
- **Have Corns & Calluses Professionally Treated:** Never cut corns and calluses with a razor, pocket knife or other such instrument; use over-the-counter foot products only with the advice of a podiatrist.
- **Bathe & Inspect Feet Daily:** Use lukewarm (not hot) water and mild soap to keep feet free of debris. If you notice any redness, swelling, cracks in the skin or sores, consult your podiatrist.
- **Keep Nails in Shape:** Trim or file your toenails straight across.
- **Have Regular Exams:** It's best to have your feet examined by a DPM at least twice a year.

Old Age Is Golden—Author Unknown

Old age is golden, or so I've heard it said.
 But sometimes I wonder, as I crawl into bed.
 With my ears in a drawer, my teeth in a cup,
 My glasses on the table until I get up.
 As sleep dims my vision, I say to myself:
 Is there anything else I should lay in the shelf?
 The reason I know my youth is all spent?
 Is my get-up-and-go has got up and went!
 But, in spite of it all, I'm able to grin
 And think of the places my getup has been!

**Farmer's Market Coupons Available
For Income Eligible Seniors**

Coupons are available now at the C.O.A. office. Coupons are limited and will be distributed on a first come, first served basis. There are income requirements as well as services and insurance requirements. Please contact the C.O.A. for more information (978) 526-7500.

The Dog Days of Summer

www.almanac.com

What Are the Dog Days of Summer?

The Dog Days aren't just when your dog starts panting on a sweltering summer day.

These days once coincided with the year's heliacal (at sunrise) rising of the Dog Star, Sirius.

Ancient folks thought that the "combined heat" of Sirius and the Sun caused midsummer's swelter.

The rising of Sirius does not actually affect the weather, but for the ancient Egyptians, Sirius appeared just before the Nile River's flood season. They used Sirius as a "watchdog" for that event.

Because it also coincided with a time of extreme heat, the connection with hot, sultry weather was made for all time!

When Are the Dog Days of Summer?

According to The Old Farmer's Almanac, the Dog Days of summer are traditionally the 40 days beginning July 3 and ending August 11, which coincide with the dawn rising of the Sirius, the Dog Star. This is soon after the Summer Solstice, which of course also indicates that heat will soon set in.

Sea'ing the South Shore

Saturday August 25th

\$101.00 per person

The Manchester and Hamilton C.O.A.'s are offering a fun summer trip to Scituate Light. Take an air conditioned motor coach from the Hamilton C.O.A. and head to Scituate Light where a local historian will give a talk on the history of the light. Next enjoy a special luncheon at the Barker Tavern. Afterwards hear about the history of the Pilgrims, see Plymouth Rock and board the Pilgrim Belle for a narrated cruise of the harbor aboard an old fashioned paddle-wheeler.

To sign up call the C.O.A. office at 978-526-7500.

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

OTHER COLLECTION PROGRAMS

The Council on Aging continues to collect old cell phones and old eye glasses for recycling. Please call the C.O.A. office with any questions. (978) 526-7500

VETERAN'S SERVICES

The Department of Veteran's Affairs provides a wide range of benefits to all veterans. Here is a reminder of some services that are available:

- Bronze or granite grave markers are provided and installed at no cost.
- The VA replaces lost medals, ribbons, and other awards, again at no cost.
- Prescription drugs can be obtained at the cost of \$8.00 per month per prescription.

Please contact the District Office at 12 Emerson Ave. Gloucester at 978-281-9740.

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.

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

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