



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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September 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

SEPTEMBER

- 9/3 Labor Day - Town offices will be closed
- 9/5 The Village Restaurant 11:00
- 9/7 Ocean State Job Lots 10:00
- 9/10 Quilting resumes @ Community Center 9:45
- 9/10 Low Vision Meeting @ The Plains 1:00
- 9/12 Russell Orchards 10:00
- 9/14 Malls 10:00
- 9/19 Mystery Ride 1:00
- 9/21 Trader Joe's 10:00
- 9/25 Lunch of the Month @ The Chapel 12:15 \$8
- 9/28 Walmart 10:00

OCTOBER

- 10/1 Topsfield Fair 10:15
- 10/5 Christmas Tree Shops 10:00
- 10/20 Town Wide Shredding Day behind Town Hall
- 10/27 Drug Take Back Day @ Police Garage 10-2

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

C.O.A. BOARD MEETING:

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

TRIAD MEETING:

9/18/18 @ 9:30 am
@ Rm #5 Town Hall

FRIENDS OF THE C.O.A. MEETING:

9/25/18 @ 4:00 pm
@ Rm #5 Town Hall

SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Constituent Services Advisor to Senator Tarr,
will hold office hours

Town Hall, Manchester by the Sea

Room 5

1:00PM—2:00PM

Wednesday, September 12, 2018

Hearing Aid Recycling

Do you have old hearing aids laying around? You can donate them to the Starkey Hearing Foundation and they will refurbish them and give them to someone in need. Many of the hearing aids used on international hearing missions come from the recycling program, making hearing aid donations vital to the success of the Foundation.

Follow these simple steps to donate your hearing devices and change someone's life today.

1. Place the hearing aid in a crush-proof box, old pill bottle or other secure package.
2. Mail to: Starkey Hearing Foundation, ATTN: Hearing Aid Recycling, 6700 Washington Avenue South, Eden Prairie, MN 55344
3. Please include your name and address where you would like a donation receipt sent.

MARK YOUR CALENDARS

DELVENA THEATRE
PRESENTS
ISABELLA STEWART GARDNER
WEDNESDAY
OCTOBER 17TH
2:00 PM
CROWELL CHAPEL
FREE!!

And keep a look out for a trip to the Isabella Stewart Gardner Museum in the following weeks after the concert.

The Topsfield Fair is celebrating it's
200th Anniversary.

1818-2018

The Manchester C.O.A. will have a van going on
Senior Citizen Day (age 60 & over).

Monday

October 1st

10:15 a.m.

Tickets are \$8

Come and enjoy all that the oldest fair in the country has to offer from animals, flowers, amusements, food, giant pumpkins and so much more.

Call the C.O.A. office at 978-526-7500 to sign up .

**Zumba will be starting
soon
Watch for the start
date in the Cricket
Tuesdays
10:00 AM
at the
Congregational Chapel**

**Low Vision Meeting
resumes
September 10th
with
guest presenter
Leslie Sands
Holistic Nutritionist
(Bring a friend)**

**Quilting
resumes
Monday
September 10th
9:45 AM
@ The Community
Center**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>4</p> <p>1:00 Bridge Club</p>	<p>5</p> <p>10:00 Yoga</p> <p>11:00 The Village Restaurant</p>	<p>6</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>7</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Ocean State Job Lots</p>
<p>10</p> <p>8:30 Strong Women</p> <p>9:45 Quilting</p> <p>1:00 Low Vision Meeting</p> <p>Guest Speaker: Leslie Sands , Holistic Nutritionist</p>	<p>11</p> <p>1:00 Bridge Club</p>	<p>12</p> <p>10:00 Yoga</p> <p>10:00 Russell Orchards</p>	<p>13</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>14</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Mall Trip</p>
<p>17</p> <p>8:30 Strong Women</p> <p>9:45 Quilting</p>	<p>18</p> <p>1:00 Bridge Club</p>	<p>19</p> <p>10:00 Yoga</p> <p>1:00 Mystery Ride</p>	<p>20</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>21</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Trader Joe's</p>
<p>24</p> <p>8:30 Strong Women</p> <p>9:45 Quilting</p>	<p>25</p> <p>12:15 Lunch of the Month @ The Chapel</p> <p>1:00 Bridge Club</p>	<p>26</p> <p>10:00 Yoga</p>	<p>27</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>28</p> <p>9:00 Longevity Training @ Magnolia Library</p> <p>10:00 Walmart</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: Tuesday, 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.

QUILTING: Monday, starts at 9:45 AM at the Community Center.

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.

LONGEVITY TRAINING: Friday, 9:00-10:00 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.

MANCHESTER ELDER BRETHREN PICNIC AND MEETING
SEPTEMBER 8TH

Attention all Manchester males who are at least forty-nine years of age. The 141st annual meeting of the Elder Brethren will be held on Saturday, September 8, 2018 at the Tuck's Point Chowder House. The group will gather starting at 11:00 a.m., a group photo will be taken and then the meal will start at 12:00 noon. The meeting is an opportunity to visit with old friends and make new friends during this great long-lasting Manchester tradition.

Known by some as the "old man's chowder party", the event will feature an opportunity to socialize, have appetizers, a noon meal featuring chowder, hot dogs and hamburgers, potato salad and apple pie for dessert.

Following the meal there will be a guest speaker. A short business meeting will conclude the festivities. As part of the business meeting, the Boston Post Cane will be presented to the "most senior" member present and the Slade Eaton Trophy will be awarded to the member who has provided service to the elder brethren and/or the Town of Manchester.

Cost for the event is \$20.00/person. Put September 8th on your calendar and see you at Tuck's Point for the Elder Brethren Picnic

BRIDGE CLUB

Would you like to play Bridge with us, the C.O.A. Bridge Group? We are looking for players, of all ages, for our Tuesday afternoon game at Newport Park Community Room. We play rubber Bridge and/or Chicago, do not talk politics, and enjoy the challenges of the game! For more information please call Elizabeth Moon (978)526-4515 or Dottie Sieradzki (978)526-8040.



National Drug Take Back Day

Saturday, October 27th

10:00 a.m. - 2:00 p.m.

At the Police garage behind Town Hall

The Manchester Police Department, Drug Enforcement Agency (DEA) and The Manchester Council on Aging are pleased to offer a drug take back program for all residents of Manchester and the Cape Ann area.

Any and all medications, prescription or otherwise, can be dropped off at the Police Station garage between 10:00 a.m.-2:00 pm on October 27th. The police ask that you take all your medications out of the pill bottles and combine into a zip lock bag. This same procedure is to be used if you drop medications off at the Police Station drop box at another time.

NO SHARPS ALLOWED

If you need to discard any sharps, please contact the Board of Health during business hours.

Call the Manchester Council on Aging with any questions. 978-526-7500

Recipe of the Month **Baked Apple Crisps**

It's apple picking time so make this easy healthy snack with your delicious apples.

Ingredients:

- 2 apples
- 1 tsp cinnamon



Directions:

1. Position oven racks in the upper and lower third of oven.
2. Preheat oven to 225 degrees.
3. Line 2 baking sheets with parchment paper. Set aside.
4. Wash and dry the apples.
5. Core apples (optional).
6. Slice apples as thin as possible (about 1/8 inch) with very sharp knife or mandolin (leave skin on).
7. Place apple on the baking sheet in a single layer and not touching each other.
8. Sprinkle cinnamon evenly over apple slices.
9. Bake for approximately 1 hour and then turn each slice over, and continue to bake for at least another hour or so. The longer they stay, the crispier they get.
10. Best served the day they are made. Can be stored in an airtight container for a few days.

Recipe Notes:

The baking time will vary based on the thickness of each slice and the moisture content of the variety of the apples.

Once the apple chips have been baked, they will crisp up as they cool off.

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

By Tucker Sutherland, editor 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

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 (3-4 miles) 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.

"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."



**A Fall Foliage Day Trip
Tuesday, October 2, 2018
\$79 per person**



The Manchester C.O.A. in conjunction with Royal Tours and the Hamilton C.O.A. are offering a fun Fall trip. Enjoy a scenic ride to North Conway, NH where your first stop will be the Conway Scenic Railroad where you'll take a ride in vintage passenger cars to Bartlett and back again. After the train ride you will travel to the nearby White Mountain Hotel and Resort for a delicious lunch with incredible views.

Includes: Transportation, train ride, lunch, dining room taxes and gratuities.

Departure from the Hamilton C.O.A. 7:30 a.m. back home approximately 5:00 p.m.

For more information call the Manchester C.O.A. office at 978-526-7500

USED MEDICAL EQUIPMENT

The Masonic Hall in Ipswich stores donated, used medical equipment such as walkers, toilet seats, canes and occasionally wheelchairs. Call the Masonic Hall at 978-356-9716 to donate items or for information on obtaining items.

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**

COMMUNITY AND OUTREACH INFORMATION

OUTREACH PROGRAM

The Manchester C.O.A. offers the following outreach services. Please contact the C.O.A. office at 978-526-7500 for more information or to schedule an appointment.

- Insurance Counseling
- Friendly Visitors
- Transportation needs
- Help with errands
- Information, referral & advocacy
- Support for Caregivers

PROTECTIVE SERVICES FOR ELDERS

Manchester's protective services office for elders is SeniorCare, Inc. at 1-866-927-1050 (toll free), available 24 hours a day for elder abuse or neglect and can work with the highest degree of confidentiality for sensitive situations.

MONEY MANAGER

Volunteers are available and trained through SeniorCare, to help you do your bills. Call the C.O.A. office at 978-526-7500 if interested.

VETERAN'S AGENT

If you are a veteran or relative of a veteran and have questions contact the District Office at 12 Emerson Ave., Gloucester 978-281-9740.

MEALS ON WHEELS PROGRAM

Are you homebound, just getting home from a hospital stay, having trouble preparing your meals? If you are over 60 and need some nutritional support. Meals on Wheels could be your answer. The program offers nutritionally balanced hot meals at lunch time five days a week. Small donation requested for meals. This program, along with the congregate meals, is sponsored by SeniorCare, Inc.

HEALTH INSURANCE INFORMATION/SHINE PROGRAM

Serving Health Information Needs of Elders. Nancy Hammond is available by appointment by calling the C.O.A. office at 978-526-7500 to answer questions regarding health insurance and prescription plans.

NOTARY SERVICES

Nancy Hammond, Director of the C.O.A., is a notary public. So the next time you need something notarized give us a call, this is a free service.

TRIAD COUNCIL

TRIAD's ongoing programs consist of the File of Life and the shredder program. These programs could save a life. TRIAD has monthly meetings the third Tuesday of every month in Town Hall. All are welcome to join. Please call the C.O.A. office for more information at 978-525-7500.

National Do Not Call Registry

The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do you can file a complaint at www.donotcall.gov. You can register your home or mobile phone for free by going to www.donotcall.gov or calling 1-888-382-1222 using the phone you want to register.

COMMUNITY WIDE SHREDDING EVENT BEHIND TOWN HALL SATURDAY MORNING OCTOBER 20TH

The Manchester Council on Aging in cooperation with The Cape Ann Savings Bank and Town Hall will sponsor a shredding event behind Town Hall. Mark your calendars and start collecting all that paperwork that you would like destroyed.
More details to follow.

Don't Ignore Your Medicare Mail

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding **changes** in your plan for 2019.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

SHINE counseling is available by appointment in the Council on Aging office. Please call Nancy Hammond to make an appointment (978)526-7500.

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

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of The Friends of The C.O.A.**