



# SENIORS BY-THE-SEA

## COUNCIL ON AGING NEWSLETTER

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

Telephone (978) 526-7500 • FAX (978) 525-6441

hammondn@manchester.ma.us

February 2019

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 Christmas Tree Shops 10:00
- 2/6 Cosmetology Lab @ NSCC 10:00
- 2/8 Malls 10:00
- 2/13 Black Cat Café @ Salem High School 10:45 \$7+tip
- 2/15 Trader Joe's 10:00
- 2/18 Council on Aging/Town Hall closed-President's Day
- 2/20 Mystery Ride 1:00
- 2/22 Walmart 10:00
- 2/26 Lunch of the Month @ the Chapel \$8 12:15
- 2/27 Cape Ann Lanes 11:45

##### MARCH

- 3/1 Ocean State Job Lots 10:00
- 3/6 New Brother's Restaurant & Deli 11:00
- 3/14 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.**

**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

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

- Thomas Jefferson

**President's Day is Monday February 18th**

#### REMINDER

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

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

#### C.O.A. BOARD MEETING:

2/13/19 @ 5:30 pm  
@ Room #7 in Town Hall

#### TRIAD MEETING:

No Meeting this month

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

2/26/19 @ 4:00 pm  
@ Room #5 in Town Hall

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 13, 2019

**Income Tax Advice**

Free income tax advice will be available for qualified senior citizens and low income residents beginning on Thursday, February 7, 2019. 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 12:30 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.

**Lady Bird Johnson's Pedernales River Chili**

**Ingredients:**

- 4 lbs. ground beef
- 1 lg. onion, chopped
- 2 garlic cloves, minced
- 1 tsp. dried oregano
- 1 tsp. ground cumin
- 2 Tblsp. chile powder, or to taste
- 1 1/2 cups canned tomatoes, cut up
- 2-6 dashes hot sauce, or to taste
- Salt to taste

**Directions:**

Cook the meat, onion and garlic in a Dutch oven over medium heat, stirring, until lightly browned. Stir in the oregano, cumin, chile powder, tomatoes, hot sauce, salt and 2 cups hot water. Bring to a boil, lower heat and simmer, covered, for about 1 hour, skimming off the fat as it cooks.

**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.



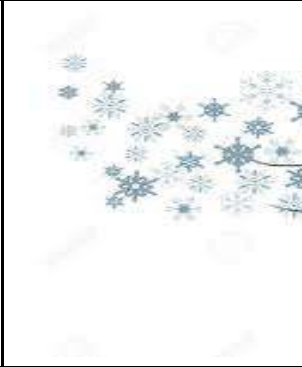



Clause 37A-Blind Persons

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>9:00 Longevity</p> <p>10:00 Christmas Tree Shop</p>
<p>4</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>5</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>6</p> <p>9:00 Longevity 10:00 Yoga 10:00 Cosmetology Lab @ NSCC</p>	<p>7</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip</p>	<p>8</p> <p>9:00 Longevity 10:00 Mall Trip</p>
<p>11</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>12</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>13</p> <p>9:00 Longevity 10:00 Yoga 10:45 Black Cat Café \$7+tip</p>	<p>14</p> <p>8:30 Strong Women Market Basket Trip</p> 	<p>15</p> <p>9:00 Longevity 10:00 Trader Joe's</p>
<p>18</p> 	<p>19</p> <p>10:00 Zumba 1:00 Bridge Club</p>	<p>20</p> <p>9:00 Longevity 10:00 Yoga 1:00 Mystery Ride</p>	<p>21</p> <p>8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip</p>	<p>22</p> <p>9:00 Longevity 10:00 Walmart</p>
<p>25</p> <p>8:30 Strong Women 9:45 Quilting</p>	<p>26</p> <p>10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club</p>	<p>27</p> <p>9:00 Longevity 10:00 Yoga 11:45 Cape Ann Lanes</p>	<p>28</p> <p>8:30 Strong Women Market Basket Trip</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:** Wednesday & 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.

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

**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.

Parkinson's Wellness Group

Do you or someone you love have Parkinson's Disease?

The Gordon College Center for Balance, Mobility and Wellness can help through their Parkinson's Wellness Group.

- Increase flexibility
- Improve posture
- Gain faster movement

Who: Individuals with Parkinson's Disease

Where: Gordon College Center for Balance, 26R Hull Street, Wenham

When: Mondays & Thursdays 11-12:30

March 18-May 3

Cost: \$249 + \$25 for exercise booklet

Call 978-867-4095 by March 4th to enroll

All attendees will receive guidance from licensed and experienced Physical and Speech Therapists to optimize mobility through exercise.



Super Bowl LIII is Sunday, February 3, 2019  
Go Patriots!!!!!!!!!!



## Groundhog Day is February 2nd.

Here is some Groundhog Day trivia to impress friends and family.

### Groundhog History

The legend of Groundhog Day is based on an old saying: 'If Candlemas Day is bright and clear, there'll be two winters in the year.'

The great, great, great, great grandfather of Punxsutawney Phil first made his prediction in 1887. Today's Phil weighs in at about 1 stone (14lbs). Whereas his wild groundhog (woodchuck) cousins eat grass with the occasional treat of a dandelion or clover; Punxsutawney Phil is pampered with ice cream and dog food.

On the big day - February the 2nd, Phil is taken to special heated burrow underneath the artificial tree stump Gobbler's Knob. After he performs his duty of checking his shadow, Phil is taken to his home in the Punxsutawney Library.

### The Origins of Groundhog Day

Groundhog Day may be associated strongly with the 1993 Bill Murray film (see below), but its origins lie with German settlers in the 18th century. The name Punxsutawney, the town in Pennsylvania where the groundhog ceremony takes place every year, comes from the Indian name for the location "ponksad-uteneey", which means "the town of the sand flies".

We have found that when German settlers arrived in the 1700s, they brought the celebration of Candlemas with them. German tradition holds that if the sun comes out on [Candlemas](#), the hedgehog will see its shadow and six more weeks of winter will follow. If no shadow is seen, legend says spring will come early.

The Germans who settled in Pennsylvania continued the tradition but used a \*groundhog rather than a hedgehog.

\*The groundhog, also known as a woodchuck [*Marmota monax*], is a member of the squirrel family. Groundhogs in the wild eat succulent green plants, such as dandelion, clover, and grasses.

The first official Groundhog day was on February 2nd, 1887, at Gobbler's Knob, about 65 miles northeast of Pittsburgh, although its first reference can be found in 1841.

Today it is celebrated in the USA and Canada, with the most popular ceremony in Punxsutawney, although there are several others across both countries. Crowds in Punxsutawney can be as large as 40,000, and have increased in popularity since the Bill Murray film.

Punxsutawney Phil, the world's most famous groundhog, has seen his shadow nearly 100 times, has not seen it 15 times, and nine years are unaccounted for; it should be noted that he only has an accuracy rating of some 39%.

### Joke of the Month

In the winter a man says to his wife:

"Should we bring the pet groundhog inside, it is freezing out there."

"But it stinks", says the wife to which the husband replies:

"He will get used to it!"



## Circuit Breaker Tax Credit

### What to know

As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for tax year 2018 is \$1,100. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

### Who is eligible

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by December 31.
- You must file a Massachusetts personal income tax return.
- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
  - For tax year 2018, your total Massachusetts income doesn't exceed:
    - \$58,000 for a single individual who is not the head of a household.
    - \$73,000 for a head of household.
    - \$88,000 for married couples filing a joint return.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

### Who is not eligible

- You are a nonresident.
- You are married and your status is married filing separately.
- You are a dependent of another taxpayer.
- You receive a federal and/or state rent subsidy or you rent from a tax-exempt entity.

For tax year 2018, the assessed value of principal residence exceeds \$778,000.

### How to apply

If you are eligible for the Circuit Breaker Credit, complete [Schedule CB](#) with your Massachusetts state income tax return.

A representative from the MA Department of Revenue will be doing a presentation at the Rose Baker Senior Center in Gloucester on Thursday February 21st at 10:00 a.m. This is free and open to everyone.

**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.

Tuesday February 5th is the Chinese New Year. And 2019 is the Year of the Pig. If you were born in 1935, 1947 or 1959 you were also born in the year of the Pig. Pigs are born with a beautiful personality and are blessed with good fortune in life.



Chinese New Year Word Search

W	F	E	G	U	N	G	L	S	R	E	D	F	Q	E
F	Z	P	H	M	O	O	N	L	D	M	A	B	H	N
I	E	O	A	J	I	Z	A	T	X	T	N	E	W	Y
R	N	L	R	N	L	V	Z	V	D	R	A	G	O	N
E	U	E	K	A	I	S	G	N	I	S	S	E	L	B
C	T	V	Y	T	N	H	L	A	N	T	E	R	N	S
R	R	N	S	U	S	G	C	A	L	E	N	D	A	R
A	O	E	D	N	A	S	E	L	D	O	O	N	B	R
C	F	U	L	U	N	A	R	S	F	H	J	A	D	E
K	H	L	Y	T	I	R	E	P	S	O	R	P	C	M
E	E	P	T	Q	C	A	I	D	O	Z	C	A	K	E
R	I	X	Y	S	G	N	I	L	P	M	U	D	G	I
S	Y	O	H	C	C	L	I	G	H	T	S	V	V	E
R	E	G	I	T	L	K	L	L	U	F	K	A	J	U
J	A	Z	W	O	B	N	O	I	T	I	D	A	R	T

BLESSINGS  
 DRAGON  
 FIRECRACKERS  
 MOON  
 FAT  
 LANTERNS  
 CAKE  
 ORANGES  
 ENVELOPE  
 ZODIAC

CALENDAR  
 DUMPLINGS  
 FORTUNE  
 GUNG  
 CHOY  
 LIGHTS  
 NEW  
 PROSPERITY  
 TRADITION

CHINA  
 FESTIVAL  
 FULL  
 HEI  
 JADE  
 LUNAR  
 NOODLES  
 RED  
 TIGER



### 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.

### Suggestion Box

Have a suggestion for improving a public space in Manchester to make it easier or safer to use?

Send your input to the  
Manchester ADA Committee  
c/o Town Hall  
10 Central St.  
Manchester, MA 01944  
Your ideas matter!



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

U.S. POSTAGE

**PAID**

Manchester, MA  
Permit No. 14

**Newsletter Mailing Courtesy  
of The Friends of The C.O.A.**