



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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April 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

APRIL

- 4/5 Christmas Tree Shops 10:00
- 4/8 Low Vision Meeting @ The Plains 1:00
- 4/10 Depot Diner 11:00
- 4/12 Mall 10:00
- 4/15 Patriot's Day—Office is closed
- 4/17 Mystery Ride 1:00
- 4/19 Trader Joe's 10:00
- 4/23 Lunch of the Month @ The Chapel 12:15 \$8
- 4/24 Cape Ann Lanes 11:45
- 4/26 Walmart 10:00
- 4/27 Drug Take Back Day @ Police Station 10:00-2:00

MAY

- 5/8 Charlie Card Event @ Town Hall 1:00
- 5/15 Spring Tea @ Historical Museum 1:00

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.



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

C.O.A. BOARD MEETING:

4/10/19 @ 5:30 pm
@ Town Hall Rm. #7

TRIAD MEETING:

No meeting this month

FRIENDS OF THE C.O.A. MEETING:

4/23/19 @ 4:00 pm
@ Town Hall Room #5

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Advisor

Town Hall, Manchester by-the-Sea

Room 5

1:00 PM-2:00 PM

Wednesday, April 10, 2019

Patriot's Day is Monday April 15th

- Patriot's Day is a civic holiday in April commemorating the Battles of Lexington and Concord in 1775. These were the American Revolutionary war's first battles.
- On April 19th, 1775 Massachusetts militia stood against 700 British troops. The British troops were on their way to Concord to raid a stockpile of weapons.
- The Massachusetts militia (referred to as minutemen) took their cue from Samuel Prescott, William Dawes, and Paul Revere on that day.
- The first shot of the American Revolutionary War occurred on April 19th, 1775. It is referred to as the 'Shot heard 'round the world'. The first shot resulted in a gun battle that ended with the death of eight minutemen. No British died at Lexington and they continued onto Concord.
- The British lost the battle at Concord and they retreated to Boston in defeat.
- The American Revolutionary War led to America's independence. Up until the late 1700s most of the Eastern U.S. was under British rule as British colonies.
- The battle re-enactments of this important day in America's history take place at Lexington Green and at the Old North Bridge.
- Part of the re-enactment includes a ride along the route that Paul Revere and William Dawes took to warn minutemen of the next morning's raid by the British.
- The Boston Marathon is the world's oldest annual marathon and has been held every year on Patriot's Day since 1897. It began with only 18 entrants in 1897. Today the number of entries averages 20,000 and attracts approximately half a million spectators each year.
- Since 1959 the Boston Red Sox have been scheduled to play a home game on Patriot's Day at Fenway Park

Excerpted from www.softschools.com

The Silent Call Procedure

The Silent Call procedure is a unique program in the Massachusetts Enhanced 9-1-1 system that allows a caller who is unable to verbally communicate their emergency over the phone to receive the appropriate response.

If you need to call 9-1-1 and you are unable to speak for any reason, such as a physical disability, domestic violence or home invasion, follow these simple steps using a touch tone wireline telephone or a cell phone:

FIRST DIAL 9-1-1

Once the call is answered, indicate your need to by pressing the appropriate number on your telephone.

If you need **POLICE**—Press **1**

If you need **FIRE**—Press **2**

If you need and **AMBULANCE**—Press **3**

The 9-1-1 Dispatcher may ask questions that require yes or no answers.

Press **4** for **YES**

Press **5** for **NO**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Strong Women 9:45 Quilting	2 10:00 Zumba 1:00 Bridge Club	3 10:00 Yoga	4 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	5 9:00 Longevity 10:00 Christmas Tree Shop
8 8:30 Strong Women 9:45 Quilting 1:00 Low Vision Meeting @ The Plains	9 10:00 Zumba 1:00 Bridge Club	10 10:00 Yoga 11:00 Depot Diner	11 8:30 Strong Women Market Basket Trip	12 9:00 Longevity 10:00 Mall
15 	16 10:00 Zumba 1:00 Bridge Club	17 10:00 Yoga 1:00 Mystery Ride	18 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	19 9:00 Longevity 10:00 Trader Joe's
22 8:30 Strong Women 9:45 Quilting	23 10:00 Zumba 12:15 Lunch of the Month @ The Chapel \$8 1:00 Bridge Club	24 10:00 Yoga 11:45 Cape Ann Lanes	25 8:30 Strong Women Market Basket Trip	26 9:00 Longevity 10:00 Walmart Trip <hr/> <p style="text-align: center;">SATURDAY</p> 27 Drug Take Back Day 10:00-2:00 Police Station Garage
29 8:30 Strong Women 9:45 Quilting	30 10:00 Zumba 1:00 Bridge Club			

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.

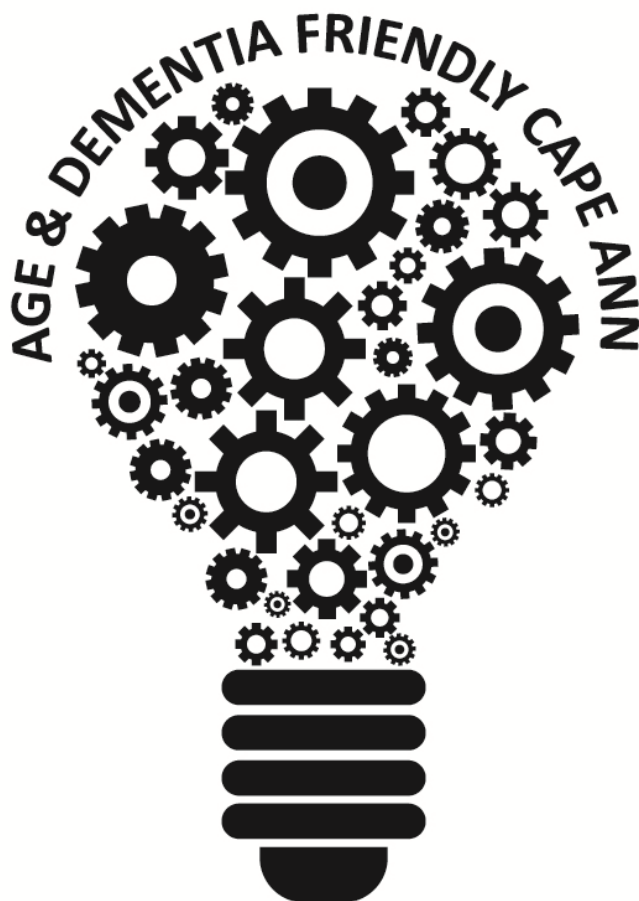
ZUMBA: Tuesday, 10:00-11:00 AM at the Congregational Chapel. Pat Martines, a Zumba Gold Instructor, invites seniors to come and experience the benefits of Zumba. Any and all seniors are welcome—experience does not matter!

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.

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. 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.



Age & Dementia Friendly Cape Ann presents

Aging Together

A Summit to Explore Building A Community for All Ages

May 1, 2019 • 10am-2pm
The Elks at Bass Rocks
101 Atlantic Rd, Gloucester, MA

Free • Open to the Public

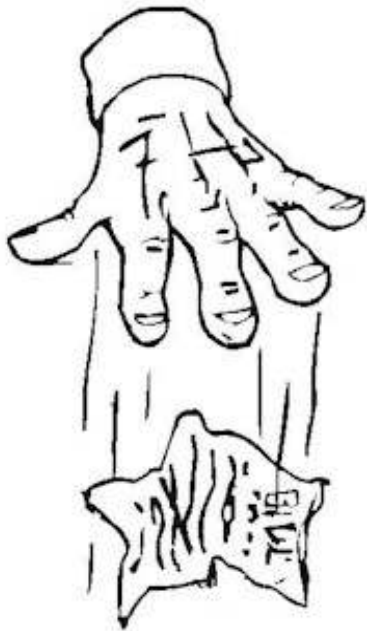
Guest Speakers • Resource Fair • Lunch

Information/Register:

www.ADFCA.org

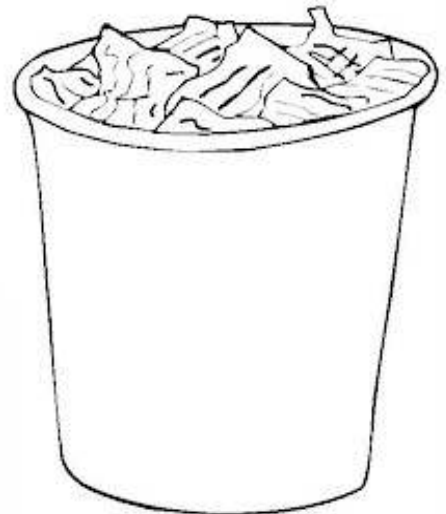
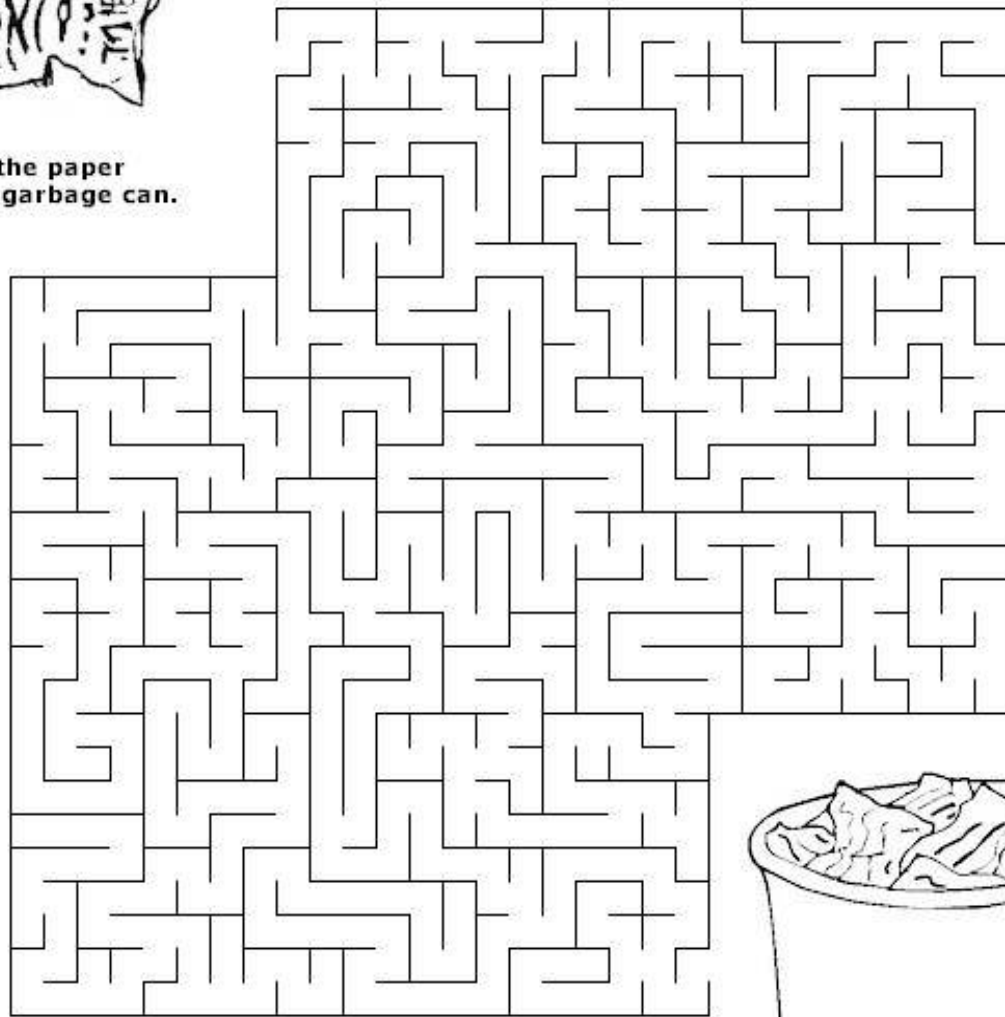
978-281-1750

Advance Registration Required



Get the paper into the garbage can.

Earth Day maze



10 Must Have Apps for Seniors

From Money.com

- ◆ **EPICURIOUS** - This popular food app offers a little bit of everything - more than 35,000 recipes, cooking videos, a seasonal ingredients locator and much more. Available for iPhone and Android.
- ◆ **LOCUS MAP** - This app for hiking and navigation is available in both free and paid versions. Though it wasn't made explicitly for seniors it comes in just as handy on a mountain adventure as it does for an older person going about her daily activities. It can record and track your steps and share them with others, so a caregiver can always monitor you or a loved one's whereabouts in real time. Available for Android.
- ◆ **CAN I RETIRE YET?** - Personal finance expert Darrow Kirkpatrick created this app for his website of the same name to enable users to track their progress toward or in retirement. The free version allows you to do a basic checkup of your goals. Available for Android.
- ◆ **TAXCASTER BY INTUIT TURBOTAX** - You can estimate your income taxes and then compare how your situation differs from last year's. It can also help you make related financial decisions like realizing capital gains. Available for iPhone and Android.
- ◆ **MEDISAFE** - Created by two brothers after their father mistakenly took an extra dose of insulin and almost died. Medisafe offers a medication reminder feature that enables you to set alarms and will notify you if you're running low on a prescription or have been prescribed medications that aren't supposed to be taken together. You can also add a family member or caregiver as a "Medifriend" to be sent reminders if you miss a dose. Available for iPhone and Android.
- ◆ **MAGNIFYING GLASS WITH LIGHT** - This tried and true app from Falcon in Motion is always helpful to have on hand. It essentially turns you iPhone into a full-screen magnify glass that help you read pretty much anything. You can use this app to zoom in on type and shine a light on it simultaneously. Available for iPhone and Android.
- ◆ **LUMOSITY** - Staying mentally sharp is important to maintaining quality of life as you age and Lumosity is one of the most popular "brain training" and memory app out there. It offers a wide variety of brainteasers and puzzles that proponents say enhance cognitive skills like problem solving and critical thinking. Available for iPhone and Android.
- ◆ **HOME AWAY** - The popular vacation booking website, which is similar to Airbnb, has a corresponding app with high-quality photos of listings that are easy to scroll through. The app makes booking comfortable vacation accommodations painless for retirees who don't want the responsibility of owning an expensive second home. Available for iPhone and Android.
- ◆ **SENIOR DISCOUNTS** - One of the best parts of getting older is that you're eligible for all kinds of deals. If you aren't an AARP member, this app shows you other kinds of bargains as well. While some reviews have pointed out that it can be glitch at times, it categorizes discounts by age and type, which keeps it simple and easy to use. Available for iPhone and Android.
- ◆ **GOOGLE MAPS (Parking Spot Reminders)** - Remembering where you parked is hard for everyone. That's why Google Maps added a parking spot feature (Apple Maps offers this feature as well). But be sure to keep your location services for the app on "always." and turn on the "know where you parked" button. Once the app is enabled, Google. Automatically drops a blue dot on the map to indicate where you parked your car. Available for iPhone and Android.

COLLECTION PROGRAMS

The Council on Aging continues to collect old cell phones and old eye glasses for recycling. Old hearing aid batteries can be dropped off as well. Also collect and bring down pop tops. Those can be recycled too. Please call the C.O.A. office with any questions. (978) 526-7500





Drug Take Back Program

**Saturday, April 27th
10:00 a.m. - 2:00 p.m.
At the Police garage behind Town Hall**

The Manchester Council on Aging, the Manchester Police Department and the Drug Enforcement Agency (DEA) 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 April 28th. 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 **Cadbury Egg Stuffed Biscuit**

Ingredients:

- Nonstick cooking spray, for pan
- 12 Cadbury Chocolate Crème Eggs
- 2 c. powdered sugar
- 1/4 c. whole milk
- Sprinkles, for serving



Directions:

- Preheat oven to 350 degrees and grease a large baking sheet with nonstick cooking spray.
- Arrange biscuit dough on sheet, then divide each biscuit in half and press to flatten. Put Cadbury Egg in the center, gather biscuit dough around it, and pinch to close. Replace seam side down on baking sheet.
- Bake until biscuit dough appears golden, about 16 minutes, then transfer to cooling rack.
- Make the glaze: Combine powdered sugar and milk and whisk until smooth. Drizzle over biscuits, garnish with sprinkles and serve.

What would you do if you became seriously ill?

There is a document called Five Wishes that will help you with this difficult question. Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. Five Wishes lets you say exactly how you wish to be treated if you get seriously ill. It was written with the help of The American Bar Association's Commission on Law and Aging, and the nation's leading experts in end-of-life care. It's also easy to use. All you have to do is check a box, circle a direction, or write a few sentences. For your copy of Five Wishes drop by the Council on Aging office

Are you reliant on any medical devices that require electricity (such as oxygen) ?

Call the Police Station at 978-

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.

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

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