



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

MAY 2019

Nancy Hammond
Director of Senior Services

MANCHESTER COUNCIL ON AGING VAN



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

MAY

- 5/8 Tour of Middleton Jail 9:30
- 5/8 CharlieCard Event @ Town Hall 1:00-2:00
- 5/10 Clam Box Restaurant 11:00
- 5/13 Low Vision @ The Plains 1:00
- 5/15 Spring Tea @ The Historical Society 1:00
- 5/17 Ocean State Job Lots Plaza 10:00
- 5/22 Bowling @ Cape Ann Lanes 11:45
- 5/24 Malls 10:00
- 5/27 Memorial Day -Town Hall/C.O.A. office closed
- 5/28 Lunch of the Month @ The Chapel \$8 12:15
- 5/29 Mystery Ride 1:00
- 5/31 Walmart/Trader Joe's 10:00

JUNE

- 6/5 Wegman's 10:30
- 6/7 Christmas Tree Shops 10:00
- 6/13 World Elder Abuse Awareness Day

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.

"Dear Mom, I was gonna give you an all expenses paid, first-class trip to Hawaii for Mothers Day. But I knew how much you'd miss me, and I just couldn't put you through that kind of agony."

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:

5/8/19 @ 5:30 pm
@ Town Hall Rm #7

TRIAD MEETING:

Next meeting in September

FRIENDS OF THE C.O.A. MEETING:

5/28/19 @ 4:00 pm
@ Town Hall Room #5

What is a MOON?

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

*** Nancy Hammond, Director of Manchester C.O.A, is a SHINE Counselor. 978-526-7500***

Tired of Cooking? Try CHEF-MADE MEALS FOR SENIORS.

Our chefs shop, cook meals for the week, and clean up. Cost similar to meal delivery. Customized to your diet. SERVICE INCLUDES:

- A friendly visit from your personal chef
- Homemade meals prepared in your kitchen using fresh ingredients
- Selection of meals from 12 seasonal menu options that rotate weekly
- Customization for different dietary concerns
- Packaging, labeling, and reheating instructions
- Cleaned kitchen

Call: (781) 520-3477 or email:

mike.burrill@chefsforseiors.com or chefsforseiors.com/essex-county-ma

SHINE — Serving the Health Information Needs of Elders

The Massachusetts Executive Office of Elder Affairs SHINE Program provides free confidential health insurance information, education, counseling and assistance to Medicare beneficiaries of all ages, their family members and other caregivers.


SHINE counselors are trained and certified by the Massachusetts Executive Office of Elder Affairs in many areas of health insurance including original Medicare, Medicare Advantage Plans, Medicare Prescription Drug Coverage, Medicare Rights and Protections, Prescription Advantage, MassHealth and many other programs for people with limited income and resources, and other Medicare, government and private health plans.

SHINE counseling is available by appointment in the Council on Aging office. Please call Nancy Hammond with questions or for more information (978)526-7500.

VNACare Network Keep Well and Blood Pressure Clinics in Manchester

Keep Well clinics are free and open to residents age 60 and over. Run by community health nurses from VNA Care Network. Services include health assessments (blood pressure, blood sugar, weight monitoring, cardiopulmonary assessments, etc.) teaching (medication, diet, disease management, preventive health, etc.) and referral to community resources.

The clinic is located at the Congregational Chapel on the first and third Thursday of the month from 10:00 to 12:00 Noon. Appointments are not necessary. Free.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>NEW TIME -11:00 Yoga</p>	<p>2</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>3</p> <p>9:00 Longevity</p>
<p>6</p> <p>8:30 Strong Women</p> <p>9:45 Quilting</p>	<p>7</p> <p>10:00 Last Zumba Class</p> <p>1:00 Bridge Club</p>	<p>8</p> <p>9:00 Tour of Middleton Jail</p> <p>NEW TIME -11:00 Yoga</p> <p>1:00 CharlieCard Event @ Town Hall</p>	<p>9</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>10</p> <p>9:00 Longevity</p> <p>11:00 Clam Box</p>
<p>13</p> <p>8:30 Strong Women</p> <p>9:45 Quilting</p> <p>1:00 Low Vision Meeting @ The Plains</p>	<p>14</p> <p>1:00 Bridge Club</p>	<p>15</p> <p>NEW TIME -11:00 Yoga</p> <p>1:00 Spring Tea @ Historical Society w/Delvena Theatre</p>	<p>16</p> <p>8:30 Strong Women</p> <p>10:00 VNA Health Clinic @ The Chapel</p> <p>Market Basket Trip</p>	<p>17</p> <p>9:00 Longevity</p> <p>10:00 Ocean State Job Lots</p>
<p>20</p> <p>8:30 Strong Women</p> <p>9:45 Quilting</p>	<p>21</p> <p>1:00 Bridge Club</p>	<p>22</p> <p>NEW TIME -11:00 Yoga</p> <p>12:45 Cape Ann Lanes</p>	<p>23</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>24</p> <p>9:00 Longevity</p> <p>10:00 Malls</p>
<p>27</p> <p>MEMORIAL DAY</p> 	<p>28</p> <p>12:15 Lunch of the Month @ The Chapel \$8</p> <p>1:00 Bridge Club</p>	<p>29</p> <p>NEW TIME -11:00 Yoga</p> <p>1:00 Mystery Ride</p>	<p>30</p> <p>8:30 Strong Women</p> <p>Market Basket Trip</p>	<p>31</p> <p>9:00 Longevity</p> <p>10:00 Walmart/Trader Joe's</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: NEW TIME Wednesday, 11:00 AM - 12:00 PM at the Congregational Chapel, Chapel Lane. Carla Mattioli a certified instructor, invites seniors to participate in a traditional yoga class. 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.

**Friday May 3rd at 10:30 am
At Hamilton-Wenham Public Library**

The Alzheimer's Association Presents
Understanding Alzheimer's & Dementia

- * Causes
- * Risk Factors
- * Early Detection
- * Treatment
- * Support

For more information please call the Hamilton-Wenham Library at 978-468-5577 or online at HWLibrary.org

Help us help others....

Care Dimensions is looking for volunteers to make a difference in the lives of those affected by life-limiting illness, death and loss. Many opportunities are available for supporting our patients in their homes, in long-term care facilities and in hospitals. We offer training, flexibility and ongoing support in a compassionate environment. To learn more, contact Fran Clements, Volunteer Coordinator at 978-750-9349 or fclements@caresdimensions.org. Please visit us on the Web at <https://www.caredimensions.org>.

Memorial Day is May 27th

Remembering those who gave their lives while serving in the country's armed forces.

Those who have long enjoyed such privileges as we enjoy forget in time that men have died to win them.

Franklin D. Roosevelt



Mark Your Calendars
Senior CharlieCard Event
 Town Hall, Manchester-by-the-Sea
 Room 5
 1:00-2:00 P.M.
Wednesday, May 8, 2019

On Wednesday, May 8th the Council on Aging is conducting a Senior CharlieCard Event at town hall. A Senior CharlieCard allows seniors to have a discounted fare on the MBTA. This is for seniors 65 years of age or older who are interested in applying for an initial Senior CharlieCard. Please call the Council on Aging at 978-526-7500 to sign up.



SPRING TEA
at the Trask House
Wednesday May 15th
1:00 p.m.

The Manchester Historical Society has extended an invitation to Manchester seniors to enjoy a Spring Tea on Wednesday, May 15th at 1:00 p.m. Tea and treats will be served. Entertainment is provided by Delvena Theatre and sponsored by the Friends of the C.O.A.. Enjoy a production of Ann & Abby, the story of two sisters and advice columnists Ann Landers and Abby Van Buren.

Reservations are necessary so please call the Manchester Historical Society at 978-526-7230.



Need a little computer help?

Have a new computer and need help setting it up? Your computer all of a sudden isn't working? Computers can be frustrating, we just want them to work. Introducing John Clark a student at BC. He'll be available mid May to assist you with your computer issues. \$15 per hour. Call the C.O.A. 978-526-7500 for more info.

Mother's Day Joke of the Month

A mother mouse and a baby mouse were walking along when suddenly a cat attacks them. The mother mouse shouts "BARK!" and the cat runs away. "See?" the mother mouse says to her baby. "Now do you see why it's important to learn a foreign language?"

Donations requested for Adele Q. Ervin Memorial Bench to be placed on Ocean Street in Manchester

How do you honor a very dignified lady who contributed so much to Manchester and all of Cape Ann?

A group of her old neighbors, friends, church congregation, and family have proposed a Longevity Bench in her memory where people can sit, enjoy the beautiful surroundings, and remember her.

PLEASE PASS THIS ON TO OTHER FRIENDS OF ADELE

Adele believed very strongly that both women and men should be involved in public service and support local organizations and non-profits with volunteerism not just money. That was what she did in over 60 years as a resident of Manchester and Cape Ann.

The Manchester Essex Conservation Trust has given permission to be place the bench on the salt marsh side of Ocean Street at Kettle Cove.

Lisa Bonneville of Manchester, who established the Longevity Bench Project organization, is providing the support to make this happen.

The bench is custom built of very high quality non-corrosive metal. It is firmly mounted to a large, ADA compliant, concrete pad and a bronze plaque is affixed to the back.

Further details can be obtained at the website: LongevityBenchProject.org

Donations: The cost of the bench, site preparation, concrete pad, and bronze plaque is \$5000. Donations can be made by check to Longevity Bench Project note Adele Ervin Bench in memo line.

If possible, please send directly by May 1 to: All donations are tax deductible.

Longevity Bench Project, Inc.

P.O. Box 145

Manchester, MA 01944

Credit card payment is available at the website: <https://www.longevitybenchproject.org>

It's not too early to start thinking about summer fun.

July 23 – A Day in Sandwich, MA - Heritage Museum and Gardens tour, Daniel Webster Inn for buffet lunch, Sandwich Glass Museum with Stacy from Royal Tours - \$90 pp – 7:30am to 5pm

Heritage Museums & Gardens is the largest public garden in Southern New England. It is located on 100 acres of magnificent grounds and trails on the banks of Shawme Pond in Historic Sandwich. We will have a **1 hour guided walking tour** featuring 50 artifacts and memories about its history and its people. You will also have time to browse the beautiful gardens and grounds, spend more time in the Antique car collection or even ride the 1908 Antique Carouse!

The Sandwich Historical Society and its **Glass Museum** collects, preserves, and interprets the history of the Town of Sandwich, MA, the oldest town on Cape Cod. The Sandwich Glass Museum has "Relit the Fires in Sandwich" with a glass furnace for hourly glass making presentations and new exhibits to better tell the story of the glass industry in Sandwich. Named one of the top 1% of restaurants in the country, **the Daniel Webster Inn** is always a renowned experience. **The Buffet lunch includes Greens Salad with House Dressing, Chicken Coq a Vin, Pasta Primavera, Broiled Schrod, Potato, Seasonal Vegetable, Chocolate Tuxedo Mousse Cake, Coffee or Tea.** For a fun and memorable day, join us! This trip is by **large luxury motorcoach**. Checks payable to Royal Tours, LLC.

August 22 - Portland Land and Sea Tour – Step-on-Guide bus tour, lunch, lighthouse lover's boat tour, lunch at the Old Port Sea Grill with Stacy from Royal Tours - \$89 pp – 7:30am to 5:30pm

Today's tour begins with a trip to Portland, Maine for a **guided area tour** of this intriguing and historic city. On this tour, you'll see views of Longfellow's boyhood home, sea captain houses and the elegant Victoria Mansion as you drive through historic neighborhoods overlooking the islands of Casco Bay in Portland Harbor. Once your tour is done, you will be having **lunch at the Old Port Sea Grill**. Located in the heart of Portland's historic old port district. We'll have **New England Clam Chowder, your choice of Baked Stuffed Chicken Marsala or Baked Schrod, Vegetable, Roasted Potatoes, Chef's Choice Dessert, Coffee, Tea or Soda.** After lunch, we will have a **1-hour Lighthouse Lovers Cruise**. ! Includes: Transportation, lunch, dining room taxes and gratuities, local guided tour, local guide's gratuity, and boat ride. This trip is by **large luxury motorcoach**. Checks payable to Royal Tours, LLC. *As with all tours, safety is first. A boat ride is determined to go or not go by the Boat Company. There may be times due to unforeseen circumstances or weather, that the boat ride is cancelled. In that case, we will try to provide a substitute activity.

Tea Party Word Search



flowers

tray

decorations

teapot

spoon

brown

fruit

cream

savories

toast

cambric

chamomile

tablecloth

invitation

hibiscus

cinnamon

Christopher Robin

Mad Hatter

Pooh

napkin

leaves

lemon curd

steep

saucer

tiara

cozy

lump

mint

crusts

sandwich

thank you

mother

Alice

honey

party

friends

want

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jam

teatime

cookie

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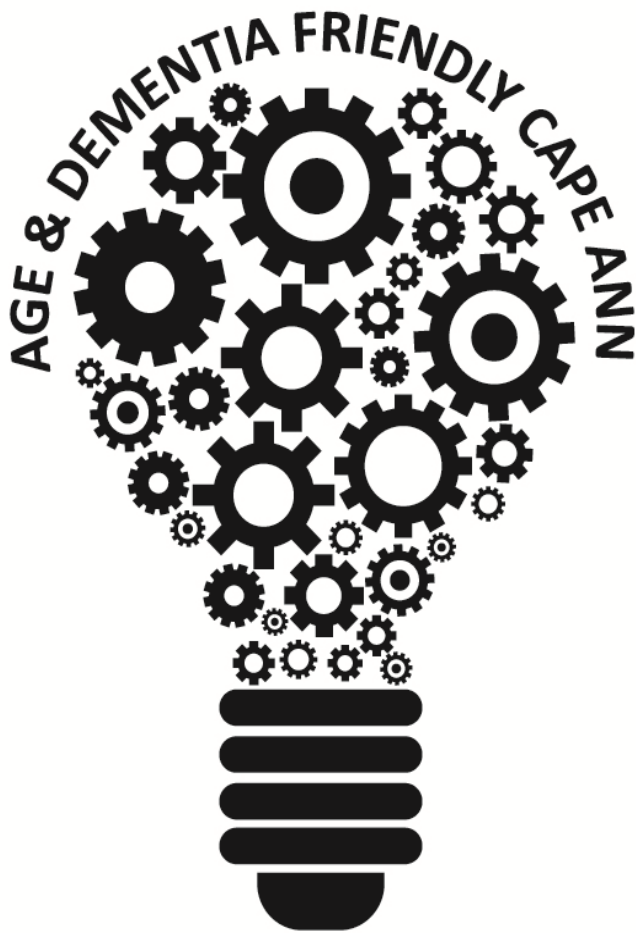
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Age & Dementia Friendly Cape Ann presents

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

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

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