



# 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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June 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

##### JUNE

- 6/5 Wegman's 10:30
- 6/7 Christmas Tree Shops 10:00
- 6/10 Low Vision Meeting/lunch 11:45
- 6/12 Sherry's for breakfast @ 10:00
- 6/13 World Elder Abuse Awareness Day @ Town Hall 2-3:30
- 6/14 Malls 10:00
- 6/19 Cape Ann Lanes 11:45
- 6/21 Trader Joe's/Walmart 10:00
- 6/24 Willowdale Mansion Tour 9:00
- 6/25 Lunch of the Month @ The Chapel 12:15 \$8
- 6/26 Mystery Ride 1:00
- 6/28 Fun Free Fridays Wenham Museum 10:00

##### JULY:

- 7/2 Concert in the Park @ Masco Park 6:30
- 7/3 Market Basket Trips
- 7/4 4th of July – Town Hall/C.O.A. office closed
- 7/12 Fun Free Fridays Museum of Fine Arts 10:00

**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.**

*I question not if thrushes sing,*

*If roses load the air;*

*Beyond my heart I need not reach*

*When all is summer there.*

(John Vance Cheney)

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

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](mailto:hammondn@manchester.ma.us)

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

6/12/19 @ 5:30 pm  
@ Town Hall Room #7

#### TRIAD MEETING:

No meeting until September

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

6/18/19 @ 4:00 pm  
@ Town Hall Rm. #7

### SENATOR TARR'S DISTRICT OFFICE HOURS

Richard Curran, Aide to Senator Tarr, will hold office hours  
Town Hall, Manchester by the Sea Room #5  
Wednesday, June 12, 2019  
1:00PM—2:00PM

### **CONCERT IN THE PARK**

Come and enjoy The Riverside Swing Band at Masconomo Park on Tuesday July 2nd. Bring your chair and enjoy swing and big band music. This concert is co-sponsored by the Friends of the C.O.A. Treats will be served. The music starts at 6:00 p.m. Please call the C.O.A. for more information 978-526-7500

### **Take A Stand Against Elder Abuse**

**Thursday, June 13, 2019**

**2pm-3:30pm @ Manchester Village Green (in front of Town Hall)**

Show your support for World Elder Abuse Awareness Day. Drop by for information, treats, and gifts.  
Sponsored by Manchester Council on Aging, Manchester Police and SeniorCare



**WORLD ELDER ABUSE  
AWARENESS DAY**  
Building Strong Support for Elders

### **Summer Trips**


**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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  8:30 Strong Women	4  1:00 Bridge Club	5  9:00 Longevity Training @ Magnolia Library  10:30 Wegman's 11:00 Yoga	6  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	7  9:00 Longevity Training @ Magnolia Library  10:00 Christmas Tree Shop
10  8:30 Strong Women  11:45 Low Vision Lunch RSVP required	11  1:00 Bridge Club	12  9:00 Longevity Training @ Magnolia Library  10:00 Breakfast @ Sherrys  11:00 Yoga	13  8:30 Strong Women  2:00 World Elder Abuse Awareness Day Event  Market Basket Trip	14  9:00 Longevity Training @ Magnolia Library  10:00 Malls
17  8:30 Strong Women	18  1:00 Bridge Club	19  9:00 Longevity Training @ Magnolia Library  11:00 Yoga  11:45 Cape Ann Lanes	20  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	21  9:00 Longevity Training @ Magnolia Library  10:00 Trader Joe's/Walmart  
24  8:30 Strong Women  9:00 Willowdale Mansion Tour	25  12:15 Lunch of the Month @ The Chapel  1:00 Bridge Club	26  9:00 Longevity Training @ Magnolia Library  11:00 Yoga  1:00 Mystery Ride	27  8:30 Strong Women  Market Basket Trip	28  9:00 Longevity Training @ Magnolia Library  10:00 Wenham Museum
				

**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, 11:00 - 12:00 A.M. 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. \$7 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:** Off until September.

**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.

**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 ELDER**

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**

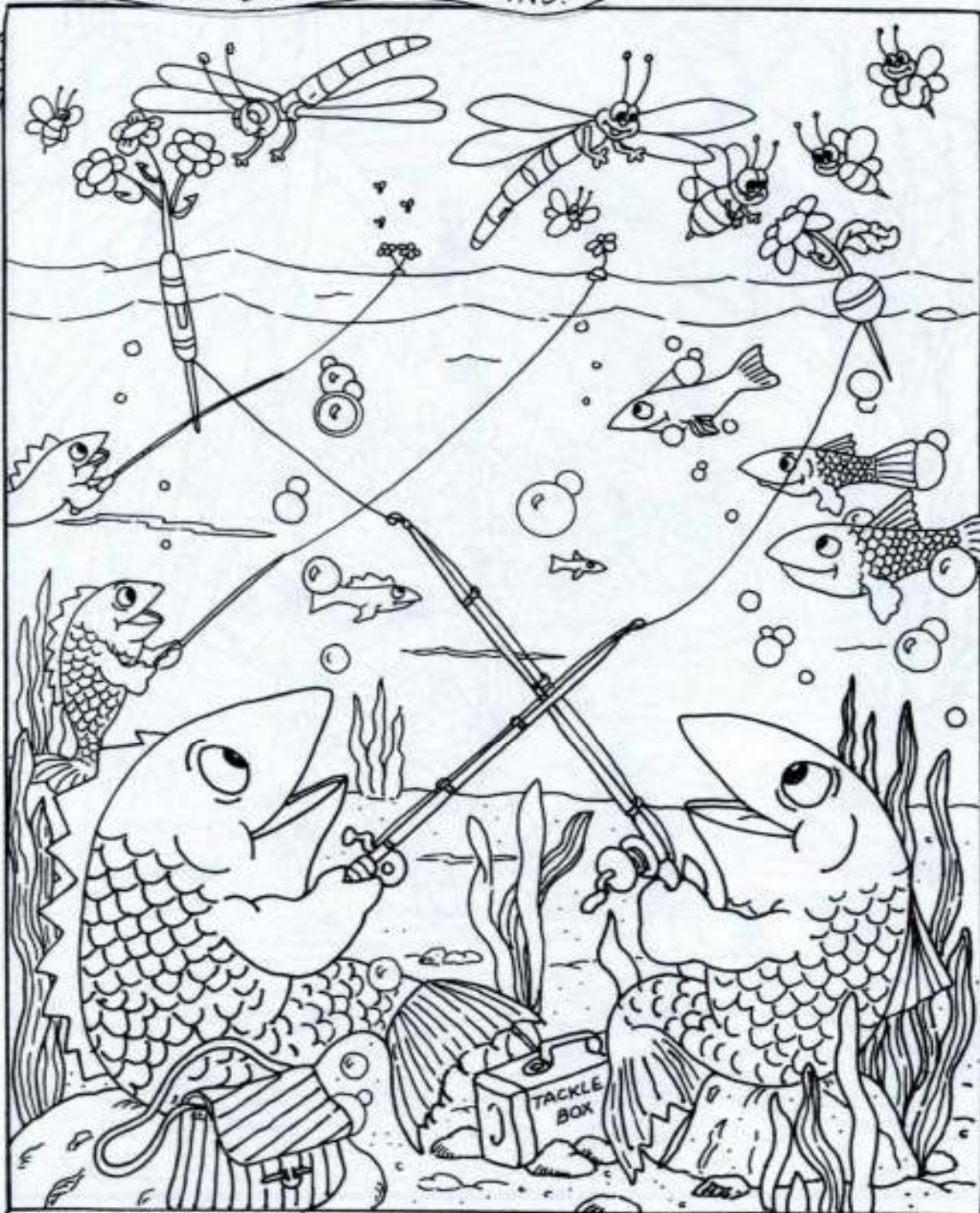
Nancy Hammond, Director of the C.O.A., is a notary public. So the next time you need something notarized give us a call, this is a free service.

**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 every month in Town Hall. All are welcome to join. Please call the C.O.A. office for more information at 978-525-7500.



HOW MANY HIDDEN OBJECTS DID YOU FIND?



I like hidden picture puzzles!

Have a FUN summer!



**Father's Day is June 16th.****Enjoy these jokes for Dad**

- ♦ There should be a children's song 'if you're happy and you know it keep it to yourself and let your dad sleep.' - Jim Gaffigan
- ♦ When you're young, you think your dad is Superman. Then you grow up, and realize he's just a regular guy who wears a cape. - Dave Attell
- ♦ I gave my father \$100 and said, "Buy yourself something that will make your life easier." So he went out and bought a present for my mother. - Rita Rudner
- ♦ A four year old asked his Dad to tell him a scary story. The Dad said "One time little people popped out of your Mom and they never stopped asking questions." The four year old responded "Why?" - James Breakwell

**June 17th is National Eat Your Vegetables Day**  
**Celebrate with this tasty recipe!**

**Garlic Parmesan Roasted Broccoli**

**Ingredients:**

- 24 ounces broccoli florets\*
- 3 tablespoons olive oil
- 4 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup freshly grated Parmesan
- Juice of 1 lemon

**Directions:**

1. Preheat oven to 425 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Place broccoli florets in a single layer onto the prepared baking sheet. Add olive oil and garlic; season with
3. salt and pepper, to taste. Gently toss to combine.
4. Place into oven and bake for 10-12 minutes, or until tender.
5. Serve immediately, sprinkled with Parmesan and lemon juice.

Roses are red,  
Violets are blue,  
But they don't get around  
Like the Dandelions do.  
-Slim Acres



**Dinosaurs find a Magic Lamp**

Three dinosaurs stumble across a magic lamp. They rub it, and a genie appears. "I have three wishes, so I'll give one to each of you," the genie announces. The first dinosaur thinks hard "Alright," he says, "I'll have a big, juicy, piece of meat." Instantly, the biggest, juiciest piece of meat he'd ever seen appears in front of him. Not to be outdone, the second dinosaur thinks even harder. "I know! I'll have a shower of meat!" Immediately, huge pieces of meat rain down around him. The third dinosaur, certainly not to be outdone, thinks harder than the previous dinosaurs. "I've got it!" he cries, "I want a MEATIER shower!"

### 12 Summer Safety Tips

Summer starts June 21st. The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that the elderly can use to make sure they have a fun, safe summer.

- ♦ **Stay Hydrated** Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. They also can become less aware of their thirst and have difficulty adjusting to temperature changes. Remember to drink water often, and be sure to pack some for those long summer drives.
- ♦ **Talk to Your Doctor** Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.
- ♦ **Keep Your Cool** Even small increases in temperature can shorten the life expectancy for seniors who are coping with chronic medical conditions. Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned.
- ♦ **Stay in Touch** High temperatures can be life-threatening, so communication plays an important role in ensuring the safety of the elderly. For seniors, you should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.
- ♦ **Meet Your Neighbors** Get in touch with those who live in your neighborhood and learn a bit about them and their schedules. If you are elderly, see if a neighbor can come by and check on you occasionally to make sure everything is all right. The extra company and friendship that can result is a bonus!
- ♦ **Know Who to Call** Prepare a list of emergency phone numbers and place them in an easy to access area. This way, the right people can be called to help quickly preventing any further issues or preventing medical problems from getting worse.
- ♦ **Wear the Right Stuff** Everyone, including seniors, should dress for the weather. When it's warm out, some people find natural fabrics (such as cotton) to be cooler than synthetic fibers. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.
- ♦ **Protect Your Eyes** Vision loss can be common among the elderly, and too much exposure to the sun can irritate eyes and cause further damage. Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.
- ♦ **Know the Risks of Hyperthermia** During the summer, be particularly cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms: Body temperature greater than 104 degrees, A change in behavior, such as acting confused, agitated or grouchy, Dry, flushed skin, Nausea and vomiting, Headache, Heavy breathing or a rapid pulse, Not sweating, even if it's hot out, Fainting.
- ♦ **Rub on Sunscreen and Wear Hats** Everyone, young and old, should wear sunscreen when outdoors. The elderly especially need the extra sun protection to help keep them healthy.
- ♦ **Apply Bug Spray** The elderly is particularly prone to West Nile Virus and encephalitis. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.
- ♦ **Exercise Smart** If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.



**Manchester/Essex Elementary  
Art Show Open House  
At the Manchester Community Center  
Thursday June 6th from 5-8 pm  
And Friday June 7th from 9am-noon**

Approximately 600 students from Pre-K to 5th grade will be represented at this community-wide collaborative event.

Included will be paintings, prints, drawings, 3D work, weaving, and collage created exclusively by the students.

Drop by and enjoy this wonderful event.



**A Message from the Friends of  
the Council on Aging**

The Friends of the Council on Aging cordially invites you to our Annual Meeting being held on Tuesday, June 18, 2019, 4:00 p.m., room 7 in Town Hall. All are welcome to attend.

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

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