



SENIORS BY-THE-SEA

COUNCIL ON AGING NEWSLETTER

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

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March 2016

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 3:00
THURSDAY	9:00 to 3:00
FRIDAY	9:00 to 2:00

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

MARCH

- 3/2 Beacon Café \$5 10:00
- 3/4 Christmas Tree Shops 9:30
- 3/9 King's Bowling
- 3/11 Mall 9:30
- 3/14 Low Vision Meeting @ The Plains 1:00
- 3/16 Boston Flower & Garden Show \$16 9:00
- 3/18 Trader Joes 9:30
- 3/21 Monday Movie Matinee @ Newport Park 1:30
- 3/22 Lunch of the Month @ The Chapel \$10 12:15
- 3/25 Walmart 9:30
- 3/30 Mystery Ride

APRIL

- 4/1 Mall 9:30
- 4/8 Trader Joes 9:30
- 4/11 Low Vision Meeting @ The Plains 1:00
- 4/15 Isabella Stuart Gardner Museum 9:30
- 4/20 Coffee with Moe Pratt /Middleton Jail @ The Plains 10

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.**

We have a brand new 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.

**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**

COA BOARD MEETING:

3/9/16 @ 5:30 pm
@ Seaside One

TRIAD MEETING:

3/15/16 @ 9:30 am
@ The Plains Community Room

FRIENDS OF THE COA MEETING:

3/22/16 @ 4:30 pm
@ The Plains Community Room

SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curren, Constituent Services Advisor

Town Hall, Manchester by the Sea

Room 5

12:30PM—1:30PM

Wednesday, March 9, 2016

Wednesday, April 13, 2016

Match the detective with the actor who played him

1. Jim Rockford
2. Columbo
3. Joe Friday
4. Kojak
5. McCloud
6. Mike Hammer
7. Peter Gunn
8. Mike Barnett
9. Amos Burke
10. Mike Stone

- a. Telly Savalas
- b. Gene Barry
- c. Peter Falk
- d. Jack Webb
- e. Ralph Bellamy
- f. James Garner
- g. Craig Stevens
- h. Karl Malden
- i. Dennis Weaver
- j. Stacy Keach

Answers on pg. 8

The Robin is the One
By Emily Dickinson

The Robin is the One
That interrupt the Morn
With hurried-few-express Reports
When March is scarcely on-

The Robin is the One
That overflow the Noon
With her cherubic quantity-
An April but begun

The Robin is the One
That speechless from her Nest
Submit that Home—and Certainty
And Sanctity, are best

Used Medical Equipment

The Masonic Hall in Ipswich stores donated, used medical equipment such as walkers, toilet seats, canes and occasionally wheelchairs. Call George Wallich at 978-697-3920 or the Masonic Hall at 978-356-9716 to donate items or for information on obtaining items.

Contact Your Local Legislator

U.S. Senator Elizabeth Warren (617)565-3170

U.S. Senator Edward Markey (617)565-8519

U.S. Congressman Seth Moulton (978)531-1669

MA Senator Bruce Tarr (617)722-1600

MA Representative Brad Hill (617)722-2100

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00 Zumba 1:00 Bridge Club	2 10:00 Yoga 10:00 Beacon Café @ NSCC	3 8:30 Strong Women 10:00 VNA Health Clinic @ Newport Park Market Basket Trip	4 9:30 Longevity 9:30 Christmas Tree Shops
7 8:30 Strong Women 9:30 Quilting	8 10:00 Last Zumba class 1:00 Bridge Club	9 10:00 Yoga 10:00 King's Bowling	10 8:30 Strong Women Market Basket Trip	11 9:30 Longevity 9:30 Mall Trip
14 8:30 Strong Women 9:30 Quilting 1:00 Low Vision Meeting @ The Plains	15 1:00 Bridge Club	16 9:15 Boston Flower & Garden Show \$16 10:00 Yoga	17 8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel Market Basket Trip	18 9:30 Longevity 9:30 Trader Joe's
21 8:30 Strong Women 9:30 Quilting 1:30 Monday Movie Matinee	22 12:15 Lunch of the Month @ The Chapel \$10 1:00 Bridge Club	23 10:00 Yoga	24 8:30 Strong Women Market Basket Trip	25 9:30 Longevity 9:30 Walmart
28 8:30 Strong Women 9:30 Quilting	29 10:00 Zumba resumes 1:00 Bridge Club	30 10:00 Yoga 1:00 Mystery Ride	31 8:30 Strong Women Market Basket Trip	 Happy St. Patrick's Day !

WEEKLY CLASSES

Please call the Council on Aging Office at (978) 526-7500 for further information or as otherwise noted. As always, the COA 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 COA Office.

ZUMBA: 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: Friday, 9:30-10:30 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 9:30 AM at the Community Center. Free beginners and advanced quilting classes.

BRIDGE CLUB: Tuesday, 1:00—4:00 P.M. at the Plains Community Room. All are welcome. Please call Elizabeth Moon at (978) 526-4515 for more information or to register.

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.

Income Tax Advice

Free income tax advice will be available for qualified senior citizens and low income residents began on Thursday, February 4, 2016. This service is available through a cooperative effort of the AARP Foundation tax-aid 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 1:15 to 4:00 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.

**** SCAM ALERT ** SCAM ALERT ** SCAM ALERT ****

There are a lot of scammers making phone calls trying to get money from unsuspecting elders.

Reminder:

The IRS will never call you and ask for money.

No reputable company will call and ask you for money-they send out bills for that.

No reputable company will ask for you social security number or banking information.

No computer company can tell if you anything wrong with your computer unless you call them.

What to do:

Never give out personal information, especially your social security number

Never send money. If you're concerned get the person's information and check with police.

If you don't recognize the number, let it go to voicemail.

Inform the police.

Telephone scammers are making millions. Don't give them any more.

Recipe of the Month
St. Patrick's Colcannon

Ingredients:

- 3 lbs red potatoes-quartered
- 1 head cabbage, cored and shredded
- 2 tablespoons butter
- 1/2 cup butter
- 1 teaspoon minced garlic
- 4 green onions, sliced, white parts and tops separated
- White pepper to taste
- 1 1/4 cups hot milk
- 1 lb corned beef, cut into pieces and warmed

Directions:

1. Place potatoes in a large saucepan and add water to cover by 1-inch. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until tender, about 20 minutes.
2. Meanwhile, bring a large pot of salted water to a boil. Stir in cabbage along with 2 tablespoons of butter; cover, and simmer until the cabbage has softened. Drain.
3. Melt 1/2 cup butter over medium heat. Stir in garlic and the white parts of the green onions. Cook until the garlic has softened and mellowed.
4. Drain the potatoes and mash with white pepper to taste. Fold in melted butter, milk, cabbage, and corned beef. Sprinkle with green onion tops to serve.



The "Write Time" is a creative writing class offered by the Council on Aging and taught by Katherine Robertson, local author of "Life in Violet".

The following is written by a class participant.



VACATION (*Lindsay Schnabel*)

Vacations for Lindsay is an exercise in self indulgence. I was born with a travel link to my DNA. This travel bug expanded geographically when I decided I'd be a more useful travel agent if I expored far afield or those places where people don't trust their internet discoveries. I set out many years ago to test my theory in Vietnam. It worked pretty well as I was written up in Travel and Leisure magazine as a "go to person" for Vietnam. Now that I've become comfortable in very distant places and trusted in the travel network of travel planners, I receive some wonderful invitations from various tourist boards. My favorite was not many months ago to Jordan. I knew very little about the country except from my client who tended to travel to war zones on business. It made me a little edgy when another client only slightly before my departure needed information on crossing to Jerusalem. It needed to be over a certain bridge at a certain time. So basically, my information on the country had to do with that bridge and a lot of desert. I had no great expectations but my gut told me to pursue it, especially when the tab would be covered by the tourist board.

The city of Amman seemed like a busy metropolis and not much special to note as my orientation was the usual travel agent required hotel visits. I started to notice the people were wonderfully friendly and oh so worried and caring about the neighbors in Syria. One afternoon an adorable young man came to deliver a present to my room. Presents had become a usual occurrence. One was a chocolate rendition of the treasury gate of Petra standing about 1 foot high in a bed of sand colored sugar. My visitor was wearing Bermuda shorts so I figured he was off official duty. We ended up talking for almost an hour as he told me about his family who lived in Syria. His mother, father and 2 brothers were coming in a few weeks to live with him in his single room abode. He admitted it was going to be a tight fit but he was so excited they were coming as he missed them terribly. I was excited to hear they were alive and going to get out of Syria but my new friend assured me they would go back after all this political firestorm blew over.

That afternoon my travel group and I headed off to a northern retreat that looked like a regular pine forest. It was simply not as interesting as the outskirts of Amman where we saw the remains of the city from BC (Before Christ) at one point called Philadelphia built by the Hittites and uilt upon again and again spanning many conquerors and cultures and religions. I saw the picture of the remaining temple that used to be on the front cover of my history book in grade school. Then we passed the remains of the old hippodrome where chariot races were the big event. It was a fascinating afternoon. I just couldn't believe I was walking around a popular area thousands of ears later and still able to see the structures of stores outside the hippodrome and temples where people would worship and the streets they'd walk to go to the theater and sports events in one of a couple of colosseums.

With my mind swimming after such a heady cultural experience, I thought I'd hit the travel jackpot. But it got better. I have to admit you really need to be in shape for this sort of trip

Continues on next page

Because there was a lot of walking but I had no idea how much until I got to Petra. I thought Petra was just that picture you see of the Treasury, but it's an entire city which I spent about 3 hours walking through. It was way more fascinating and extensive than Macchu Picchu. It's very dramatic as you feel you could be on a pilgrimage yourself. There were water ducts on the left side built thousands of years ago to quench the travelers thirst. On the right were pipes carrying water to the city. As the entry to Petra is under and around these huge mountainous boulder your first view is of the Treasury building is a moment of beauty you'll remember a life time, a stop in your tracks kind of beauty. I felt so inconsequential in front of this massive piece of history and architecture. Other people are either on foot or donkey. There were a few camels but they didn't even look out of place. It helped that my surroundings, once I got through the rocks, were all dirt. It helped to imagine what it must have been like when this city was inhabited all those years ago.

Even after I hiked up to the monastery on the top of this cliff, I still couldn't get enough of Petra. It was hot and it was a very hard climb but I felt exhilarated with yet another fabulous vista.

After that we were off to the desert and some encounters with the Bedouins. They showed us how to keep the sand out of your eyes by coating your lashes with a combination of olive oil and charcoal. The sand is supposed to collect on your lashes and now blow in your eyes. I had a little trouble grasping that piece of cultural lore but the people were so endearing you wanted to believe most of what they said. My next favorite person was a young man who worked at our hotel, way out in the desert, far, far from any civilization. He said his family lived around the corner and they would move in the Spring to a cooler area. They lived in these black hide covered tents and kept goats. They used to have camels but maybe they were too hard to maintain or just died off. I did notice the Jordanian camels were much better cared for than the Indian camels. My Bedouin friend did say you had to treat camels well because if you are not nice to them they will get back at you and they don't forget.

Well, I won't forget my Jordanian visit.

St. Patrick's Day Trivia

- St. Patrick wasn't Irish, he was from Wales.
- The humble shamrock was originally used as a tool for St. Patrick to teach the Holy Trinity.
- The first St. Patrick's Day parade was in New York in 1766, but the first St. Patrick's Day celebration took place in Boston in 1937.
- For many years blue was the color associated with St. Patrick's Day, green was considered unlucky.
- Hot Springs, Arkansas claims to have the shortest St. Patrick's Day parade—90 feet.
- In Chicago every year the Plumbers Local 110 dyes the river "Kelly" green. The dye lasts about 5 hours.
- Guinness sales soar on St. Patrick's Day. Recent figures show that 5.5 million pints of the black stuff are downed around the world every day. On St. Patrick's Day that figure is doubled.
- March 17th is the death date of St. Patrick.
- There are no female leprechauns. If Irish folk tales are to be believed, the mystical beings are expressly male.
- On Evacuation Day, March 17, 1776, the General Orders issued by George Washington were that those wishing to pass through Continental Army lines should give the password "Boston," to which the reply should be "St. Patrick."

Answers to Detective Quiz on pg. 2

1. f 2. c
 3. d 4. a
 5. i 6. j
 7. g 8. e
 9. b 10. h



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.

Joke of the Month

An Irishman, by the name of O'Malley proposed to his girl on St. Patrick's Day. He gave her a ring with a synthetic diamond. The excited young lass showed it to her father, a jeweler. He took one look at it and saw it wasn't real.

The young lass on learning it wasn't real returned to her future husband. She protested vehemently about his cheapness.

'It was in honor of St. Patrick's Day, 'he smiled.

'I gave you a sham rock.'

**These things I warmly wish for you:
 Someone to love, some work to do, A
 bit o' sun, a bit o' cheer, and a guardi-
 an angel always near .- Irish Blessing**

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

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