



# 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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October 2015

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

##### OCTOBER

- 10/2 Christmas Tree Shops 9:30
- 10/6 Coffee - Office of Consumer Affairs @ The Plains 10:00
- 10/7 Manchester Historical Society 10:00
- 10/9 Mall 9:30
- 10/13 Scarf Painting @ The Community Center 10:00
- 10/14 The Rose Art Museum @ Brandeis 10:30
- 10/16 Trader Joe's 9:30
- 10/19 Low Vision Meeting @ The Plains 1:00
- 10/21 Jewell Town Winery 10:00
- 10/23 Walmart 9:30
- 10/26 Monday Movie Matinee @ Newport Park 1:30
- 10/27 Lunch of the Month @ The Chapel 12:15 \$10
- 10/28 Mystery Ride 1:00

##### NOVEMBER

- 11/4 Harvard Museum of Natural History 9:00
- 11/6 Mall 9:30
- 11/9 Low Vision Meeting @ The Plains 1:00

**PREREGISTRATION IS NECESSARY FOR ANY AND ALL ACTIVITIES OR TRIPS.**

**CANCELLATION POLICY: REFUNDS ARE ONLY AVAILABLE FOR CANCELLATIONS MADE UP TO**

#### DON'T IGNORE YOUR MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO,PPO), you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in you plan for 2016. During the annual Medicare Open Enrollment (10/15—12/7), you will have a chance to **CHANGE** your plan for next year. A SHINE Counselor can help you understand your plan changes, as well as other options you may have. Call the C.O.A. for an appointment with a SHINE Counselor. (978) 526-7500

**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)

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

#### COA BOARD MEETING:

10/14/15 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

10/20/15 @ 9:30 am  
@ The Plains Community Room

#### FRIENDS OF THE COA MEETING:

10/27/15 @ 4:30 pm  
@ The Plains Community Room

## SENATOR TARR'S DISTRICT OFFICE HOURS

Dick Curran, Constituent Services Adviser

Town Hall

10 Central Street

Room 5

Wednesday

October 7, 2015

12:30PM-1:30PM

**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.

**Senior Tax Work Off Program**

The Town of Manchester-by-the-Sea Council on Aging is now accepting applications from seniors interested in participating in the Senior Tax Work Off Program. This program allows a senior to work up to 125 hours for the Town between September 1, 2015 and May 31, 2016 to receive up to a \$1000 credit on their property taxes.

Seniors over the age of 65 with a primary residence in Manchester-by-the-Sea, and with a gross income not exceeding 500% of the Federal Poverty Level are eligible for the program. Seniors with a gross income at or below \$58,350 for individuals or \$78,650 for couples may qualify for the program.

For more information about the program contact Nancy Hammond, Director of Senior Services at (978) 526-7500 or email at [hammondn@manchester.ma.us](mailto:hammondn@manchester.ma.us).

**Recipe of the Month****Rocky Road Popcorn Balls****Ingredients:**

3 cups mini marshmallows

1/4 cup butter

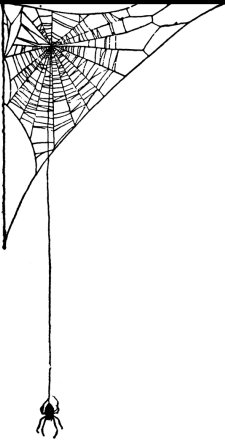
8 cups freshly popped popcorn



1/2 cup dry-roasted peanuts (chopped)

1/2 cup mini chocolate chips

**Directions:**

1. Place the marshmallows and butter into a large pot over medium-low heat, and melt them together, stirring often. Cook until blended and smooth, about 5 minutes, and remove from heat.
2. Stir in the popcorn and peanuts, and stir gently to thoroughly coat them with the marshmallow mixture. Stir in the chocolate chips.
3. With greased hands, shape the mixture into 3 inch balls, and wrap each ball in plastic wrap.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  10:00 VNA Health Clinic @ The Plains  Market Basket Trip	2  9:30 Longevity Training @ Magnolia Library  9:30 Christmas Tree Shopping Trip
5  8:30 Strong Women 9:30 Quilting	6  10:00 Zumba 10:00 Coffee w/the Office of Consumer Affairs @ The Plains  1:00 Bridge Club	7  10:00 Yoga  10:00 Manchester Historical Society	8  8:30 Strong Women  Market Basket Trip	9  9:30 Longevity Training @ Magnolia Library  9:30 Mall Trip
12  <b>Columbus Day</b>	13  10:00 Zumba  10:00 Scarf Painting @ the Community Center  1:00 Bridge Club	14  10:00 Yoga  10:30 The Rose Art Museum @ Brandeis	15  8:30 Strong Women  10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	16  9:30 Longevity Training @ Magnolia Library  9:30 Trader Joe's
19  8:30 Strong Women 9:30 Quilting  1:00 Low Vision Meeting @ The Plains:	20  10:00 Zumba  1:00 Bridge Club	21  10:00 Yoga  11:00 Jewell Towne Winery	22  8:30 Strong Women  Market Basket Trip	23  9:30 Longevity Training @ Magnolia Library  9:30 Walmart
26  8:30 Strong Women 9:30 Quilting  1:30 Monday Movie Matinee	27  10:00 Zumba  12:15 Lunch of the Month @ The Chapel & Delvena Theatre  1:00 Bridge Club	28  10:00 Yoga  1:00 Mystery Ride	29  8:30 Strong Women  Market Basket Trip	30  9:30 Longevity Training @ Magnolia Library

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:** Tuesday, 10:00-11:00 A.M. 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 A.M. 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.

**QUILTING:** Monday, starts at 9:30 A.M. 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.

**LONGEVITY TRAINING:** Friday, 9:30-10:30 A.M. at the Magnolia Library. This 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.

**Tuesday's are Senior Day  
at Crosby's Market.  
Save 5% on your  
groceries.**

We Like You.....So Like Us.....On Facebook

Search for Manchester Council on Aging and  
be the first to know all our exciting news.

### VNA Care 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 will now be available at the Plains Community Room and Newport Park Community Room alternating on the first Thursday of each month from 10:00 to 12:00 Noon starting on October 1st. The October clinic will be at the Plains. The clinic will still have hours on the third Thursday of each month at the Congregational Chapel from 10:00 to 12:00 Noon. Appointments are not necessary.

#### Future Clinic Dates:

11/5/15-Newport Park	1/7/16-Newport Park	3/5/16-Newport Park	5/5/16-Newport Park
12/3/15-The Plains	2/4/16-The Plains	4/7/16-The Plains	6/2/16-The Plains

# The Ultimate Halloween Word Search



batwings	lizardfeet
blackcat	moans
bones	monster
broom	moon
caldron	mummy
coffin	night
costumes	owl
creepy	potions
crypt	pumpkin
dracula	scary
frighten	screech
frogeyes	skeleton
ghosts	spider
ghoul	spirits
goblins	spooky
grave	tombstone
groans	trickortreat
halloween	vampire
haunted	webs
hoot	werewolf
howl	witch
jackolantern	zombie

y	f	t	i	s	p	i	d	e	r	c	r	y	p	t	m
i	k	r	g	h	o	u	l	h	b	t	h	g	i	n	u
n	s	p	o	o	k	y	s	s	t	i	r	i	p	s	m
h	n	g	b	g	n	i	k	p	m	u	p	n	o	o	m
c	a	g	l	w	e	r	e	w	o	l	f	o	t	x	y
r	o	n	i	z	z	y	l	t	i	j	g	r	i	b	v
e	m	e	n	c	s	b	e	w	a	a	i	d	o	d	a
e	o	t	s	e	m	u	t	s	o	c	j	l	n	r	m
p	n	h	n	b	r	o	o	m	k	k	k	a	s	a	p
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z	s	t	s	o	h	g	d	h	e	r	r	h	o	w	l
t	p	g	t	o	m	b	s	t	o	n	e	v	a	r	g



## Halloween Trivia

- It's believed that Halloween has been around for 6000 years.
- Halloween originated in Ireland
- Trick or Treating evolved from a Celtic tradition called guising. They would put food and treats out for spirits they believed roamed the streets during Samhain. Samhain was a festival to mark the end of the Celtic calendar each year.
- Samhainophobia is the fear of Halloween.
- Commercially, Halloween is second only to Christmas in the amount of money spent.
- The first Jack-O-Lanterns were actually made from turnips.
- When the movie Halloween was made in 1978 the mask that Michael Meyers wore was actually a Star Trek mask of William Shatner.
- The tradition of dressing up in costumes on Halloween dates back to the ancient Celts. They believed that by dressing up as spirits and demons that they would blend in the real spirits and demons roaming the streets and would be safe.
- Anoka, MN and Salem, MA have called themselves the Halloween capital of the world.
- Boston, MA holds the record for most Jack-O-Lanterns lit at once (30,128).

## Aging at Home: Sometimes it Literally Takes a Village

By: Sherwin Sheik Founder & CEO of CareLinx, an online nationwide marketplace that directly connects families with professional and affordable caregivers. Written for HuffingtonPost.com.

Most of us would prefer to spend our retirement years comfortably at home rather than in a care facility. But, the older we get, the more likely we'll need support and assistance to do so safely and comfortably. Indeed, a study issued not too long ago indicated that as many as two-thirds of seniors (65 years and older) need help from either a person or a device, such as a cane or walker, to conduct daily activities.

There are many medical, environmental and cognitive factors that can limit a senior's ability to continue living independently. Over time, daily tasks such as walking, dressing, bathing, making meals, managing finances -- even getting into and out of bed -- can quickly go from minor inconveniences to requiring Herculean efforts to eventually becoming insurmountable challenges to the senior on their own. That's where family and professional caregivers become of paramount importance.

Research shows, however, that our immediate family and circle of friends may not be up to the task. The population of senior citizens is poised to swell dramatically in the next two decades, and the availability of family members to care for their own simply won't keep pace. Fortunately, necessity truly is the mother of innovation, and nowhere is that more apparent than in the growth of the "village" model of community-based support for aging.

The movement is coordinated nationally by 160 independent villages in part, by The Village to Village Network (VtV), whose mission simply is to help seniors to help themselves so that they can remain longer in their homes. Established in 2010, the concept was inspired by the 2001 launch of a "village" in Boston's historic Beacon Hill neighborhood by a group of older residents determined to work together to find the support they needed to stay in their homes and avoid moving in with their children or an assisted living facility. Their solution: Create a non-profit organization -- a "village" -- that they all contribute to by way of an annual fee. The pooled funds can then be used by the Village, as needed through concierge-type services to provide support and caregiving services the members need, such as transportation, health and wellness programs, home repairs, social and educational activities, etc.

The Village model is growing in popularity, with more communities look to emulate the early pioneers' success. Today, more than 160 villages exist nationwide, with another 120 additional villages currently under development. Approximately 20,000 senior citizens are currently village members, and their number continues to swell, doubling every two or three years.

Being able to age in place at home is beneficial, but being able to do so as part of a community, with access to all the resources and services you need, is ideal. As an organization focused on helping seniors successfully age in place, CareLinx wholeheartedly supports the village care model and is proud to play its part in helping older Americans stay in their homes with the assistance they need and with the comfort, dignity, and contentment they deserve.



### What is your favorite Halloween candy?

Here are the top 5 in the U.S.

- #5 Kit Kat
- #4 Hershey Bar
- #3 Snickers
- #2 M&M's
- #1 Reese's Peanut Butter Cup

## Keeping Senior Citizens Connected

By: Joni Blecher

Article from [HuffingtonPost.com](http://HuffingtonPost.com)

By the year 2050, more than 20 percent of the world's population will be over the age of 65, and a considerable number of these senior citizens will go it alone. This trend will have a particularly profound effect in Japan, where the percentage of people 65 and over is projected to spike from the current 25 percent to 40 percent. What better place then to test a program aimed at improving seniors' quality of life through technology?

Apple, IBM, and Japan Post Group are planning to provide millions of iPads loaded with apps and services designed to help senior citizens in Japan thrive. The pilot program, which will start in the second half of this year, will be an extension of Japan Post Group's "Watch Over" service, where for a nominal fee, postal workers check on elderly customers and report back to their families. The iPads are designed to complement these in-person visits and provide a way for the elderly recipients to manage their lives and stay connected to family members and the community.

"We are joining with two of the world's most respected leaders in technology to bring our elderly generation into the connected world, expand our businesses by deepening relationships, and discover new ways to strengthen the fabric of our society and economy," said Taizo Nishimuro, CEO of Japan Post Group.

In addition to some of the apps already found on an iPad (FaceTime, Mail, iBooks, and Photo Sharing), the tablets are loaded with custom-built apps designed by IBM Global Business Services. The apps, which are geared toward the elderly, include exercise and diet monitoring, reminders and alerts for taking medications, and access to support services. The iPads also have accessibility features for seniors who have poor vision or are hearing impaired.

After the pilot program launches, Japan Post Group says it will expand the service in stages with the objective of reaching 4 million to 5 million customers in Japan by 2020. If successful, the program is likely to be replicated in other countries.

This isn't the first time iPads have been tested as a tool to help senior citizens function better, often with mixed results. In Norway, researchers gave 28 elderly men and women iPads to control the lighting and heating in their homes. Unfortunately, more than half of the participants in the study were unable to use the tablet to turn their lights on and off. (How do you say "The Clapper" in Norwegian?)

Another study done at the University of Worcester found iPads were helpful in improving the quality of life for patients with dementia. In addition to helping caregivers interact with patients, they also served as an aide to help the patients remember day-to-day things, such as food preferences. Some were even able to recover childhood memories when using the device to search the Internet.

There are of course many variables to consider when judging the success of these programs, such as the individual subjects, ease of use, program goals, and if they improve quality of life. Thanks to its touch screen, size, and portability, using a tablet to augment elderly care seems to be a step in the right direction. Adding more accessibility features to tablets will only make them a more viable solution, because ultimately, the applications and use case scenarios will determine their success.



Did you know that Oct. 31st is National Knock  
Knock Joke day???

Here's a few to get you in the "spirit"

Knock, Knock

Who's there?

Phillip

Phillip who?

Phillip my bag full of candy!

Knock, Knock

Who's there?

Aaron

Aaron who?

Aaron the side of caution this Halloween.

Knock, Knock

Who's there?

Aida

Aida who?

Aida lot of sweets and now I have a tummy ache.

Knock, Knock

Who's there?

Gladys

Gladys who?

Gladys my last Knock Knock Joke?

### Joke of the Month

Two monsters went to a Halloween party.

Suddenly one said to the other, "A lady just rolled her eyes at me. What should I do?"

The other monster replied, "Be a gentleman and roll them back to her."



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

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