



# 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 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

##### JUNE

- 6/1 Wegman's 10:45
- 6/3 Christmas Tree Shops Trip 9:30
- 6/7 1 Mile Walking Challenge @ C.O.A. office 9:45
- 6/8 Isabella Stewart Gardner Museum 10:15
- 6/10 Mall 9:30
- 6/11 CarFit @ The Plains Parking Lot 10:00-1:00
- 6/13 Low Vision Meeting @ Windward Grille 11:45
- 6/15 Tour of Middleton Jail 9:15
- 6/17 Trader Joes 9:30
- 6/20 Monday Movie Matinee @ Newport Park 1:30
- 6/24 Walmart 9:30

##### JULY

- 7/1 Malls 9:30
- 7/4 C.O.A. office/town hall closed for the holiday
- 7/26 Lunch of the Month @ Tuck's Point 12:15 \$8

***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.**

**Check out our 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](mailto:hammondn@manchester.ma.us)**

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

#### COA BOARD MEETING:

6/8/16 @ 5:30 pm  
@ Seaside One

#### TRIAD MEETING:

No Meeting

#### FRIENDS OF THE COA MEETING:

6/28/16 @ 4:30 pm  
@ The Plains Community Room

## 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 8, 2016

12:30PM—1:30PM

### 10 Summer Health Tips for Seniors

1. **Drink plenty of liquids.** Drink eight or more 8-ounce glasses per day of water and/or fruit juices every day to stay hydrated.
2. **Avoid caffeinated and alcoholic beverages.** Alcohol, soda, coffee and even tea can leave you dehydrated quickly. If at all possible, try to reduce the amount of these beverages, especially during hot weather. Plain or flavored water is a good substitute.
3. **Dress appropriately.** Wear loose-fitting clothes in natural fabrics like cotton. Dress in light colors that will reflect the sun and heat instead of darker colors that will attract them.
4. **Sunblock.** When outdoors, protect your skin from damage by wearing hats, sunglasses and a sunscreen of SPF 30 or higher.
5. **Stay indoors during extreme heat.** In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
6. **Air conditioning.** If you do not have air conditioning in your home, go somewhere that does. A movie theater, the mall a friend or relative's home or a community senior center are all good options.
7. **Avoid extreme outdoor heat.** If you need to get out of the house and don't drive, call a taxi, a friend or a transportation service. Do **NOT** wait outside for the bus in extreme heat.
8. **Take a cool shower or bath.** If you are absolutely unable to leave the house and do not have air conditioning, take a cool bath or shower to lower your body temperature on extremely hot days.
9. **Keep your home cool.** Temperatures inside the home should not exceed 85 degrees Fahrenheit for prolonged periods of time.
10. **Signs of heat stroke.** Know the signs of heat stroke (e.g. flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion) and take immediate action if you feel them coming on.


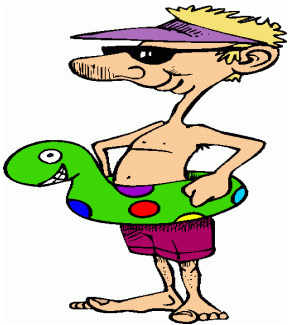
### A Father's Day Joke of the Month

Father took young Willie to his first concert. The conductor was leading the orchestra and directing the soprano soloist as well. Young Willie was greatly interested.

"Father, why is that man shaking his stick at the lady?" he asked.

"Hush; he is not shaking his stick at her." Father responded.

To which Willie said "Then what is she screaming for?"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1  10:00 Yoga  11:00 Wegman's	2  8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel  Market Basket Trip	3  9:30 Longevity Training @ Magnolia Library  9:30 Christmas Tree Shop
6  8:30 Strong Women 9:30 Quilting (last class until September)	7  9:45 1 Mile Walking Challenge  1:00 Bridge Club  2:00 Falls Prevention Class	8  10:00 Yoga  10:15 Isabella Stewart Gardner Museum	9  8:30 Strong Women  Market Basket Trip  2:00 Falls Prevention Class	10  9:30 Longevity Training @ Magnolia Library  9:30 Mall Trip
13  8:30 Strong Women  11:45 Low Vision Annual Summer Lunch	14  1:00 Bridge Club  2:00 Falls Prevention Class	15  9:15 Tour of Middleton Jail  10:00 Yoga	16  8:30 Strong Women 10:00 VNA Health Clinic @ The Chapel  Market Basket Trip  2:00 Falls Prevention Class	17  9:30 Longevity Training @ Magnolia Library  9:30 Trader Joe's
20  8:30 Strong Women  1:30 Monday Movie Matinee @ Newport Park	21  1:00 Bridge Club  2:00 Falls Prevention Class	22  10:00 Yoga  1:00 Mystery Ride	23  8:30 Strong Women  Market Basket Trip  2:00 Falls Prevention Class	24  9:30 Longevity Training @ Magnolia Library  9:30 Walmart
27  8:30 Strong Women	28  1:00 Bridge Club  2:00 Falls Prevention Class	29  10:00 Yoga	30  8:30 Strong Women  Market Basket Trip  2:00 Falls Prevention Class	

**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, 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.

**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 A.M. at the Community Center. Last meeting June 6th until September.

**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.

**FALLS PREVENTION CLASS** Tuesday+Thursday 2:00-3:00 P.M. at Center for Balance at Gordon College. \$5/week.

**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 ELDERS**

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



# BASEBALL

## Word Search



ASSIST  
AT BAT  
BUNT  
CARD  
CHAMPION  
CLUB  
DECK  
DOUBLE HEADER  
FIRST  
FOUL

GROUND BALL  
HELMET  
HITS  
LEAGUE  
LINEUP  
LOSE  
MITT  
NINE  
NO-HITTER  
OUT

PARK  
RUN  
SAVES  
SCORE  
STARTING PITCHER  
STEAL  
TAG  
THROW  
UNIFORM  
WALK

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".

This was a 10 minute writing exercise

***The Interview—What Have You Learned in Life?*** (Sandra Stolle)



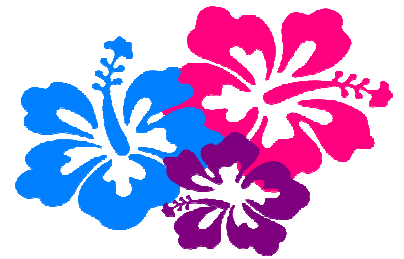
To accept things as they are  
if you can't change them.

To wait things out  
trust the process  
things will work out alright.

To appreciate what others have done  
and praise them.

To ask questions, not assume things  
but to be cautious  
be able to accurately trust.

To communicate  
choose your words  
tone of voice  
be direct  
truthful  
respectful.



To be thankful  
every day of your life

To plan your day  
make a list  
refer to it  
lest you forget.

To be honored  
when people help you  
physically  
emotionally  
spiritually.



See the funny side of life  
laugh often  
inspire others  
be yourself.

### **Yoga, Meditation May Reduce Dementia Risk**

Written by Honor Whitman for [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Completing a 3-month yoga and meditation course may reduce older adults' risk of mild cognitive impairment—considered a precursor for development of Alzheimer's disease and other forms of dementia. This is the conclusion of a new study published in the *Journal of Alzheimer's Disease*.

The study was led by researchers from the University of California-Los Angeles (UCLA), including senior author Dr. Helen Lavretsky, of the Department of Psychiatry.

Mild cognitive impairment (MCI) is characterized by noticeable changes in cognitive function, such as the development of memory and thinking problems.

Though these changes are not severe enough to interfere with a person's independence and day-to-day activities, symptoms can worsen with time, increasing the risk of Alzheimer's disease and other dementias.

According to the Alzheimer's Association, long-term studies indicate that around 10-20 percent of adults aged 65 and older are likely to have MCI. Of these adults, it is estimated that around 6-15 percent develop dementia each year.

While there are currently no approved medications to treat MCI, experts recommend that older adults with the condition engage in mentally stimulating activities—such as crossword puzzles—in order to reduce their risk of dementia. Now, Dr. Lavretsky and colleagues say practicing yoga and meditation may be just as effective—if not better—for protecting cognitive function.

#### **Yoga vs. Memory Enhancement for cognitive function**

For their study, the researchers enrolled 25 participants aged 55 and older.

For 12 weeks, 14 of the participants took part in a 1-hour Kundalini yoga class once a week and practiced Kirtan Kriya meditation for 20 minutes every day. Kundalini yoga is referred to as the “yoga of awareness,” incorporating breathing techniques, meditation, and chanting. Kirtan Kriya meditations involves chanting, hand movements, and light visualization. Dr. Lavretsky notes that this form of meditation has been practiced in India for hundreds of years as a way to maintain cognitive function in older adults.

The remaining 11 participants engaged in 1 hour of memory enhancement training—through activities such as crossword puzzles or computer games—once a week for 12 weeks, and they also spent 20 minutes a day completing memory exercises.

At the beginning and end of the 12-week study period, all participants completed memory tests and underwent functional magnetic resonance imaging (fMRI), enabling the researchers to assess their cognitive function and brain activity.

#### **Visual-spatial memory improvements greater for yoga-meditation group**

The team found that both groups showed improvements in verbal memory skills—the ability to remember names and lists of words—at the end of the 12 weeks.

However, the participants who practiced yoga and meditation demonstrated greater improvements in visual-spatial memory skills—the ability to navigate and remember locations—than those who engaged in memory enhancement training.

Additionally, the yoga-meditation group fared better than the memory enhancement training group when it came to levels of anxiety and depression, as well as coping skills and stress resilience.

The team says the latter finding is particularly relevant for people who experience MCI, as the condition can be emotionally difficult to come to terms with. “When you have memory loss, you can get quite anxious about that and it can lead to depression,” notes Dr. Lavretsky.

On assessing participants' brain activity, the researchers found that improvements in verbal memory and visual-spatial memory correlated with changes in brain connectivity. However, they found that only the yoga-meditation group demonstrated brain connectivity changes that were statistically significant.

The team suggests that the improvements in memory, mood, and stress resilience seen with yoga and meditation may be down to the increased production of a protein called brain-derived neurotrophic growth factor (BDNF). BDNF is responsible for boosting connections between brain cells, as well as maintain the survival of existing brain cell connections.

Overall, the researchers believe their findings indicate that yoga and meditation may be an effective strategy for protecting against cognitive decline in older adults.



"I am still determined to be cheerful and happy in whatever situation I may be, for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances."—Martha Washington



\*\*\*\*\* Reminder \*\*\*\*\*

**1-Mile Walking Challenge**

**Tuesday 6/7/16**

**Meet at the C.O.A. office at 9:45 a.m.**

**Call to sign up 978-526-7500**



### **Stay Hydrated This Summer**

Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure.

Dehydration can be caused by a variety of factors. The ability to notice changes in body temperature typically decreases with age, decrease in thirst, many medications make seniors more susceptible to dehydration and there are many more causes.

Follow these tips to stay hydrated this summer.

- Drink fluids on a regular basis during the day, whether you're thirsty or not.
- Drink 8 oz. of fluid each time you take medication.
- Keep water bottles and/or a water cooler available to you wherever you are.
- Keep favorite "mocktails" or favorite beverages on hand (make sure they are not caffeinated or alcoholic).

Excerpted from [aplaceformom.com](http://aplaceformom.com)

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

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