

Swampscott Senior Center



COMPASS

Get centered at the senior center

THE MISSION STATEMENT OF THE SWAMPSCOTT COUNCIL ON AGING IS

- To serve all seniors with dignity and positive regard.
- To identify and respond to the needs of elders and to advocate on their behalf.
- To promote an awareness in the community of issues regarding seniors.

EDITOR: DON WESCOTT

MAY 2016

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson, Marilyn Cassidy
Secretary Felice Lipman
William Hyde
Judee Cyr

Norma Freedman
Alice Griffin
Mary Cobbett
Ruth Iarrabino

STAFF

DIRECTOR: Marilyn Hurwitz, ASSISTANT DIRECTOR: Susan Pierce
ACTIVITIES COORDINATOR: Don Wescott, Betty Gallo
ADMINISTRATIVE ASSISTANT: Betty Gallo
OFFICE ASSISTANT: Dorothy Kitoski
OUTREACH WORKER: Amy Rose
VAN DRIVERS: Howie Conley, Emery Richard and Ed Kitoski
GLSS SITE MANAGER: Helen Richard

Older Americans Are Blazing A Trail Celebrate Older Americans Month in May

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages. We thought you'd find these stats about Older Americans Month of interest:

- When Older Americans' Month was first established by President John F. Kennedy in May 1963, there were 17 million Americans age 65 or older. As of 2014, there were 44.7 million Americans age 65+, and they account for approximately 14.5% of the U. S. population. In the next 25 years 1 in 5 Americans will be an older adult.'

- 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.

- 10,000 Americans turn 65 each day, and this year marks the first time that members of the baby boomer generation will turn 70 years of age.

- Older Americans are more active and engaged than ever. 19% of older Americans are employed, and many of them, 4.9 million, have fulltime year-round jobs. This number has tripled since 1993. Furthermore, the number of Americans age 75 or older that are working has increased by 140%.

- It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

While Executive Office of Elder Affairs promotes the independence, empowerment, and well-being of older adults, individuals with disabilities, and their caregivers adults year-round, we see Older Americans Month as a way to focus on how older adults in our community are leading and inspiring others, how we can support and learn from them, and how we might follow their examples to blaze trails of our own.

According to Secretary of EOEA, Alice Bonner, PhD, RN, "At Executive Office of Elder Affairs we share a vision where all adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in the Commonwealth. We encourage you to get involved by engaging in your community, participating in the dialogue about Older Americans month, and by blazing your own trail! "

MEET WITH THOMAS YOUNGER

Thomas Younger, our town administrator will be at the Senior Center every month to meet with any Swampscott senior, the next date is Tuesday, May 3rd. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

Even with insurance, prescription Drugs can still be unaffordable!

High co-payments and gaps in coverage can make paying for prescription drugs very difficult. This is where Prescription Advantage can help. Prescription Advantage is a state-sponsored pharmacy assistance program available to Massachusetts residents age 65 and over and under 65 with disabilities. Prescription Advantage does not replace your insurance; it supplements your coverage to help lower your out-of-pocket costs.

Prescription Advantage will supplement all insurances including Medicare Part D, Medicare Advantage plans and drug coverage you may receive from a former employer. Prescription Advantage also has benefits for seniors and disabled persons not eligible for Medicare.

To learn more about how you can lower your medication costs call Prescription Advantage today at: 1-800-AGE-INFO (1-800-243-4636) press 2. TTY 1-877-610-0241, or email at www.mass.gov/elders.

*Happy Birthday Wishes For
Those Who Celebrate Their
Birthday in May*



JOIN OUR POKER CLUB

The Senior Center Poker Club meets every Monday, Wednesday and Friday from 1:00 pm to approximately 4:00 pm. It is always looking for additional members. Call the center at 781-596-8866 for additional information..

BOCCE AT THE SENIOR CENTER

Come to our senior center and join our Bocce Ball league on Friday mornings from 10:00am to 12:00 pm. We have a pro type court and we are looking for beginners, pro's, men and women. We would like to have enough people to join so that we may establish competition between our center and other centers in the area. Contact us at 781-596-8866 to sign-up or to obtain any additional information.

NEW TAI CHI BEGINNERS CLASS

The senior center will begin a new Tai Chi beginner class on Tuesdays from 1:00pm to 2:00pm. The cost will be \$5.00 per class. We will need at least ten participants to begin the class. Contact the senior center at 781-596-8866 to sign-up.

SPRING HAS SPRUNG

Come and join one of our great exercise classes which are listed in our Activities Calendar (page 4). Contact the center for additional information.

CHESS CLUB AT THE SENIOR CENTER

The senior center will be starting up a chess club this spring on Thursday's from 12:30 to 2:30pm. A start date is to be determined. We are looking to build on our membership. Contact the senior center at 781-596-8866 to sign-up or to acquire additional information.

CRIBBAGE LOVERS

Come join us every Wednesday afternoon from 1:00pm to 3:00pm at the senior center. We're a friendly group and getting together for those two hours is absolutely free. There are a couple of nice people who come around and offer ice cream if you are so inclined-also free. It's a fun afternoon-the only requirement is that you enjoy playing cribbage. We look forward to seeing you there.

WANT TO PLAY SCRABBLE

The senior center is interested in putting a group together to play Scrabble on Friday mornings here at the center, the time is yet to be determined. Please sign-up at our front desk or call the center at 781-596-8866.

ELDER HOTLINE

Finding the answers to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to individuals on a wide range of elder issues.

CALL: 1-888-243-5337

(TTY) (617) 727-4765

MONDAY THRU FRIDAY 10:00 AM to 4:00 PM

This elder hotline provides a valuable service to Massachusetts' senior citizens, their families, and others seeking information about elder-related issues and programs throughout the Commonwealth. The hotline, which is staffed by senior volunteers, provides dispute resolution services and offers extensive information and referrals regarding a wide range of concerns.

Common Concerns Include:

- Debt and Debt Collection Practices
- Home Improvements
- Long-term Care Insurance
- Telemarketing
- Health insurance
- Landlord and Tenant Issues
- Scam Awareness

CANDY NEEDED

The Senior Center would like to ask its seniors to donate any type of candy, especially chocolate

FIRE EVACUATION PROCEDURES

For your safety it is important that you take the time to read and understand our Fire Drill Procedures which are located on the walls in our Lobby, Lunch Room, Sitting Room and Activities Room.

OUR NEWS LETTER IS ON LINE

Go to www.town.swampscott.ma.us click on Town Department's then click on Council on Aging, under links click on Latest Compass Newsletter.


Also our newsletter is available from our publisher on line at the following; www.ourseniorcenter.com/find/Swampscott-council-on-aging

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Boneless pork chops Mashed sweet potato ALTERNATIVE Turkey & Cheese Sandwich Chicken Orzo Soup	3 Chicken teriyaki Brown rice stir fry veg ALTERNATIVE Egg salad Sandwich Tomato Basil soup	4 Baked fish tartar sauce Red potatoes Peas ALTERNATIVE Ham & Cheese Sandwich Split Pea soup	5 MOTHER'S DAY SPECIAL Roast chicken stuffing gravy Mashed potatoes Salad dressing Dinner roll Brownie	6 Beef stew Rice/chickpeas ALTERNATIVE Roast beef Sandwich New England Clam Chowder
9 Cheese lasagna sauce Spinach ALTERNATIVE Turkey & Cheese sandwich Chicken & Rice Soup	10 Roast pork loin gravy Plantain Salad ALTERNATIVE Roast Beef sandwich Cream of Broccoli Soup	11 BBQ chicken Candied yams ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	12 NE style cod Pasta Salad dressing ALTERNATIVE Chicken Salad Sandwich Cream of Potato Soup	13 Meatloaf gravy Mashed potatoes ALTERNATIVE Egg Salad Sandwich Minestrone Soup
16 Roast turkey Florentine white rice broccoli ALTERNATIVE Ham & Cheese Sandwich Chicken & Orzo Soup	17 Meatballs pasta sauce Salad dressing ALTERNATIVE Roast Beef Sandwich Tomato Basil Soup	18 Roast pork gravy Mashed sweet potatoes ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup	19 Chicken cacciatore rice Salad dressing ALTERNATIVE Egg Salad Sandwich Split Pea Soup	20 Salmon/dill sauce Yellow rice ALTERNATIVE Turkey & Cheese Sandwich New England Clam Chowder
23 Hamburger Roll ketchup Potato wedges ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup	24 Shepherd's pie Salad Dressing ALTERNATIVE Roast Beef sandwich Cream of Broccoli Soup	25 Tortellini meat sauce California blend veg ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	26 Lemon pepper pork Salad/dressing ALTERNATIVE Tuna Salad Sandwich Cream of Potato Soup	27 Rosemary chicken Red potatoes ALTERNATIVE Egg Salad Sandwich Minestrone Soup
30 SENIOR CENTER CLOSED FOR MEMORIAL DAY	31 Beef hot dog/roll Baked beans ALTERNATIVE Roast Beef Sandwich Tomato Basil soup	MENU SUBJECT TO CHANGE WITHOUT NOTICE		



Skilled Nursing
 Short-Term Rehabilitation
 Sub-Acute Care | Respite Care

Distinctly Different
781-592-9667
 111 Birch St.
 Lynn, MA 01902
 LCCA.com

Life Care Center
 of the North Shore
Joint Commission accredited



Confidential Care

...at home

Home Care Options Made Easy • **781-639-4759**
 A Private Duty Home Health Care Agency

SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 9:00 a.m. To 3:00 p.m. WEDNESDAY & FRIDAY 10:00 a.m. To 3:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Golf/Bowling 2 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class Class Closed 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	10:00 Creative Writing 3 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	10:00 Creative Writing 4 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 5 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 6 11:30 Lunch 12:30 Shopping at WalMart 12:45 Beano 12:30 Poker League Friday Summer Schedule for July & August, Open 8:30am to 12:30 Pick-up 9:00/9:45, lunch 11:30, shop- ping at Vinnin Square 10:00am to 11:00am. Bingo 10:00am to 11:30am
9:00 Golf/Bowling 9 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class Class Closed 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 10 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 11 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 12 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 13 11:30 Lunch 12:30 Shopping at WalMart 12:45 Beano 12:30 Poker League Friday Summer Schedule for July & August, Open 8:30am to 12:30 Pick-up 9:00/9:45, lunch 11:30, shop- ping at Vinnin Square 10:00am to 11:00am. Bingo 10:00am to 11:30am
9:00 Golf/Bowling 16 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class Class Closed 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 17 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 18 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 19 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 20 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League Friday Summer Schedule for July & August, Open 8:30am to 12:30 Pick-up 9:00/9:45, lunch 11:30, shop- ping at Vinnin Square 10:00am to 11:00am. Bingo 10:00am to 11:30am
9:00 Golf/Bowling 23 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class Class Closed 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 24 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 25 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 26 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:30 Tap Dancing 27 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League Friday Summer Schedule for July & August, Open 8:30am to 12:30 Pick-up 9:00/9:45, lunch 11:30, shop- ping at Vinnin Square 10:00am to 11:00am. Bingo 10:00am to 11:30am
SENIOR CENTER 30 CLOSED FOR MEMORIAL DAY	8:30 Mah Jongg 31 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class			

THIS SPACE IS
AVAILABLE



Bertram House of Swampscott
Assisted Living & Specialized Memory Care
565 Humphrey Street
Swampscott, MA
Phone: (781) 595-1991
Web: bhs.bertramhouse.org

Gallo Law Office

Attorney Charles N. ("Charlie") Gallo

Estate Planning, Elder Law & Probate

Wills, Trusts, Powers of Attorney, Health Care Proxies,
Protect home and savings against costs of nursing home care

781-599-3706

Charlie@CharlieGalloLaw.com

15 Johnson Street, Suite B | Lynn, MA 01902

Cassidy Associates Insurance, Inc.

Insurance since 1962

234 Humphrey St., Swampscott, MA 01907 • Tel. 781-598-4300 • www.cassidyins.com

Home, Auto, Business Liability & Property, Workers' Comp., Buildings, Bonds,
E & O, Yacht, Life, Long-Term Care, Disability, Annuities, Financial Planning



peak performance
physical therapy

Orthopedic, Sports and Aquatic P.T.

173 Essex St., Swampscott 781-586-0550

High quality

physical therapy with
individualized attention
right in Swampscott

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

DR. PHILIP LINSKY

Optometrist

Serving Swampscott Since 1965!

238 Humphrey Street
Swampscott MA
By Appointment
781-592-6633

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com

*All the seniors in town
are reading this newsletter.*

Do they know who YOU are?

Call to place an ad today

800-477-4574



SELLING YOUR HOME?

Want an
Honest
Opinion
of Value?



**CONNOR
REAL ESTATE**

Call John Connor

781-581-5940 781-233-7060

Atty. Mary F. Milburn

Real Estate & Elder Law

In home appts available

207 West Shore Drive
Marblehead

508-932-3489

mfmilburn@earthlink.net
www.MilburnAttorney.com



RE WITHIN REACH... help you put your personal...
m R. Sommers, CFP® | Financial...
FIELD FINANCIAL PLANNERS...
9 Fishpond Drive, Suite 200...
202.432.0367 | www...
prise Financial...

Your Ad Here

SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING

Contact Lisa Templeton to place an ad today!
LTempleton@4LPi.com or (800) 477-4574 x6377

KNIGHTS OF CO

Family Owned and Operated SWAMPSCOTT Refrigeration

HEATING & AIR CONDITIONING

Commercial - Residential

781-592-1519

SENIOR DISCOUNT



- Central Air Conditioning Installation & Repair • Heat Pumps
 - Furnaces • Heating Systems Installation & Repair
 - Commercial Refrigeration • Ductless Splits
- James V. Carone, Owner



www.swampscottrefrigeration.com

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

**HOLIDAY
SPECIAL**



For ad info. call 1-800-888-4574 • www.4lpi.com

Swampscott Council on Aging, Swampscott, MA 06-5179

Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

Social Security contact information: **1-800-772-1213** or apply online at www.socialsecurity.gov/extrahelp.

My Magic Cane

I fly, I glide, I turn, I bow, for I am the queen of the land of "I Don't Hurt Now."

My country is beautiful, my people are too, and my magic cane made my dream come true.

Where ever I go, whoever I see, my people are so very good to me.

At the tap of my cane they open closed doors, and let me in line in the busiest stores.

They bring gifts to me, like supermarket wagons. My magic cane will overcome the meanest of dragons.

When my quest is done, and the last dragon I slay, I shall leave the magic cane for another...in Montreal, on the steps of St. Anne De Beaupre.

Joan M Clayman

FRIENDS OF THE SWAMPSCOTT SENIOR P.O. BOX 612 SWAMPSCOTT, MA 01907

You can make a tax-deductible contribution in any amount to help support the activities of the Senior Center by donating to the Friends. Please make checks payable to **Friends of the Swampscott Senior Center**. Enclosed please find \$_____.

Thank you for your donation.

Name _____

Address _____

If this is a tribute gift, please fill out the following information:

In Honor of _____

In Memory of _____

Please send acknowledgement to:

Name _____

Address _____

Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2016.

Newly Available: Medicare's 5-Star Special Enrollment Period
You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan. This is an HMO plan so you should check with your doctor (s) and other health care providers to confirm that they are in this plan's network since it only provides coverage for in-network providers.

For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.