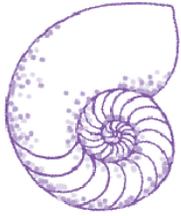


## Swampscott Senior Center



# 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

MARCH 2015

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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VAN DRIVERS: Howie Conley, Bob Grimes, Emery Richard and Ed Kitoski  
GLSS SITE MANAGER: Helen Richard

Hello seniors, friends, and family members. Congratulations to all of our seniors who despite this very difficult winter have made it down to the center to participate in our many activities. Our Wednesday knitting and cribbage groups missed several snow days and arrived on Thursday instead. That is what I call groups that like to see each other and get out of the house each and every week. Many of us have lamented the cost to heat our homes. This has been an extremely cold and challenging winter. The good news is that the spring season will eventually arrive.

This month there will be an early St. Patrick Day event on Thursday, March 13th. A special dessert with an Irish folk singer, Paul Carroll, who has serenaded us many times, is planned for a wonderful afternoon. His folk lore of Ireland and his beautiful voice make it a favorite event. Tickets will go on sale the last week in February on Wednesday, Thursday, and Friday. As we head into better weather, I urge you to review our calendar of activities. All classes have open enrollment and we hope you will consider joining one or more to enhance the quality of your health and your life.

See you at the center and stay both healthy and happy in the meantime, Marilyn.

### QUESTION AND ANSWER COLUMN OFFERED BY NORTH SHORE PHYSICAL THERAPY

Please feel free to submit questions about musculoskeletal problems to us in writing, either at the Council on Aging front desk or send them to NSPT, 1Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

Question. I don't know what to do when it snows. I live alone, and if I don't do the shoveling, I can't get to my car. What can I do while shoveling to protect myself?

Answer. Shoveling is an activity that is notoriously difficult for the back, as well as the heart, shoulders, and other areas of the body. For many older people, the best solution is to avoid shoveling altogether by arranging for someone else to do it. When you must shovel, bear the following suggestions in mind. Using an ergonomically designed shovel will help lessen the stress on your back. It has a curved handle which shortens the length of the lever arm, thereby decreasing the load to your spine. While shoveling, stand in a lunge position with one foot in front of the other. Bring your belly button in toward your spine to engage the abdominal muscles. Shift your weight forward, bending your knees and keeping your back straight, in order to pick up a small load of snow. Draw the load straight back toward you, then step around and turn your whole body in the direction that you want to put the snow. Avoid twisting your back. Instead, keep your spine in a neutral position. Turn the shovel over in order to drop the snow. Do the work with your arms low and close to your body in order to decrease the stress on your shoulders. If you are shoveling deep or heavy snow, mark off the snow into squares the size of the shovel, and lift off the top layer square by square. Be sure to pace yourself. Take breaks often, especially when the snow is heavy or wet. Stay aware of how your body is feeling as you shovel, rather than becoming goal oriented and ignoring warning signals (e.g. pain, shortness of breath, fatigue). Remember that shoveling is vigorous exercise, and because it is often done in very cold weather, it creates a great deal of work for the heart and the musculoskeletal system. Take whatever precautions you normally take in cold weather with respect to medications and dress, and be sure to drink plenty of water.

## Bring It On

They'll talk about it in the years to come  
 This Great Blizzard of 2015  
 The tempest that smashed all records to date  
 With more snowfall than we'd ever seen  
 First Juno arrived and dumped a good foot  
 But New Englanders know how to cope  
 We dug ourselves out as we'd always done  
 And that was that-or so we all hoped  
 But hope turned to gloom when Kari blew in  
 And delivered a gift of her own  
 We all fussed and fumed and then shook our heads  
 When we saw how those snow banks had grown  
 Yet there was no choice-the snow must be cleared  
 Though we looked on the job with disdain  
 Work ethic intact-we tackled the task  
 And hoped it all wasn't in vain  
 But nature had plans and sent Linus thru  
 To deliver the finishing punch  
 And she might have won this game that she played  
 If it weren't for that great "Brady Bunch"  
 They lifted us up and made us forget  
 All the snow and the cold and the sleet  
 They never gave up-They fought to the end  
 New Englanders don't fancy defeat  
 You give us your worst-you'll get back our best  
 To discount us would prove to be wrong  
 "Cause you're up against a resolute crew  
 Each one of us "NEW ENGLAND STRONG"

JoAnne Pendleton  
 February 2015

Happy Birthday Wishes For  
 Those Who Celebrate Their  
 Birthday in March



### OUR NEWS LETTER IS ON LINE

Go to [www.town.swampscott.ma.us](http://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 on line at [www.seekandfind.com](http://www.seekandfind.com) enter "Searching Near Swampscott" click on "latest bulletin" and a PDF newsletter will appear.

### 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](http://www.mass.gov/elders)

### A Message from SHINE (Serving Health Insurance Needs of Everyone...on Medicare): The Affordable Care Act (Obama care) Exchanges and Medicare

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should be aware of the following:

The health insurance exchanges are for those who do not have health insurance and are NOT for Medicare beneficiaries

If you have Medicare A and B, you meet the requirement for health insurance

Medicare supplement plans and Medicare Advantage Plans are NOT sold through the health insurance exchanges.

In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.

People who are already on Medicare do not need to re-enroll or get new Medicare cards.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact 781-596-8866. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-388-4845 or if you live on the North Shore, please call our satellite office at North Shore Elder Services at 978-750-4540.

### FIRE EVACUATION PROCEEDURES

**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.**

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> Chicken and broccoli Alfredo Pasta Capri bl Vegetables Italian bread Fruit ALTERNATIVE Tuna Salad Sandwich with Chicken Noodle Soup</p>	<p><b>3</b> Southern style cod filet Mashed sweet potato Spinach salad/dressing WW bread Fruit ALTERNATIVE Ham &amp; Cheese sandwich with Vegetable Soup</p>	<p><b>4</b> Meatballs/pasta/tomato sauce Cauliflower/red peppers WW bread Pudding ALTERNATIVE Roast Beef sandwich with Cream of Chicken Soup</p>	<p><b>5</b> Turkey chili White rice Caesar salad/dressing WW bread Cookie ALTERNATIVE Turkey &amp; Cheese Sandwich with Tomato Soup</p>	<p><b>6</b> Stuffed shells tomato sauce Broccoli Rye bread Fruit</p>
<p><b>9</b> Boneless pork chops/gravy Garlic mashed potatoes Collard greens ALTERNATIVE Turkey &amp; Cheese Sandwich with Cream of Chicken Soup</p>	<p><b>10</b> Chicken teriyaki Brown rice Stir fry vegetables WW bread Fruit ALTERNATIVE Chicken Salad Sandwich with Tomato Soup</p>	<p><b>11</b> Salmon/dill sauce Red potatoes Green peas Italian bread Cookie ALTERNATIVE Ham &amp; Cheese Sandwich with Cream of Mushroom Soup</p>	<p><b>12</b> Meatloaf/brown gravy Mashed sweet potatoes Spinach salad/dressing WW bread Pudding ALTERNATIVE Tuna Salad Sandwich w/Chicken Noodle Soup</p>	<p><b>13</b> Turkey Milanese Vegetable rice pilaf Carrots Rye bread Fruit</p>
<p><b>16</b> Cheese lasagna/tomato sauce Spinach WW bread Pudding ALTERNATIVE Chicken Salad Sandwich with Tomato Soup</p>	<p><b>17</b> ST. PATRICK'S DAY SPECIAL Corned beef Cabbage Turnips and carrots Italian bread Shamrock cookie ALTERNATIVE Roast Beef Sandwich with Cream of Mushroom Soup</p>	<p><b>18</b> BBQ chicken Candied yams Broccoli WW bread Fruit ALTERNATIVE Ham &amp; Cheese Sandwich with Chicken Noodle Soup</p>	<p><b>19</b> Baked fish/diced Tomatoes Plantains-Garden salad/dressing Italian bread Fruit ALTERNATIVE Tuna Salad Sandwich with Vegetable Soup</p>	<p><b>20</b> Beef stew Beets Fruit WW bread ALTERNATIVE Egg Salad Sandwich with Cream of Chicken Soup</p>
<p><b>23</b> Roast turkey Florentine Sour cream dill potatoes California blend WW bread Pudding ALTERNATIVE Ham &amp; Cheese Sandwich with Cream of Mushroom soup</p>	<p><b>24</b> Cheese tortellini/meat sauce Spinach salad/dressing Snack loaf Fruit ALTERNATIVE Chicken Salad Sandwich with Chicken Noodle Soup</p>	<p><b>25</b> Latin style pork loin/gravy Mashed sweet potatoes Capri blend veg. Rye bread Cake ALTERNATIVE Turkey &amp; Cheese Sandwich with Vegetable Soup</p>	<p><b>26</b> Chicken cacciatore Pasta Caesar salad/dressing WW bread Fresh fruit ALTERNATIVE Egg Salad Sandwich with Cream of Chicken soup</p>	<p><b>27</b> Salmon/dill sauce Yellow rice Cauliflower/red peppers WW bread Fruit ALTERNATIVE Chicken Creole</p>
<p><b>30</b> Cheeseburger ketchup potato wedges Italian blend veg. Pudding ALTERNATIVE Roast Beef Sandwich with Chicken Noodle Soup</p>	<p><b>31</b> Roast turkey/mushroom gravy Mashed sweet potatoes Garden salad/dressing WW bread Fruit ALTERNATIVE Egg Salad Sandwich with Vegetable Soup</p>	<p><b>MARCH IS NATIONAL NUTRITION MONTH!</b></p>	<p><b>ALL MEALS SERVED W/ BREAD AND 1% MILK</b></p> <p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p>	



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**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
9:30 Golf/Bowling 2 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	8:30 Mah Jongg 3 8:45 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	10:00 Creative Writing 4 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 5 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 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 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 9 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	8:30 Mah Jongg 10 8:45 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	10:00 Creative Writing 11 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 12 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 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 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
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9:30 Golf/Bowling 23 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	8:30 Mah Jongg 24 8:45 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	10:00 Creative Writing 25 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 26 10:00 Line Dancing 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 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 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 30 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 1:00 Poker League	8:30 Mah Jongg 31 8:45 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			



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**HOLIDAY  
SPECIAL**



Sweets & Other Temptations

By Nancy R. S. Diaz

What is it about sweets? That bit of perfection lying in a profusion of delicate colors, on a flowered Georges Briard dish. The longing to have some as the sight of it instantly engages your tongue and makes it water, lemon, vanilla, chocolate, almond...the flavors that melt in the mouth of your mind.

And oh, that off-white Lenox china plate with its trim of platinum around the edges, its contents beckon you. The dish holds pink and white sugary heart-shaped confections, and you just know there is a surprise inside. Perhaps a hazelnut, or a walnut, or a Ghiradelli dark chocolate bit.

How could you not slice the brown sugar and cinnamon home-made apple pie with the perfectly fluted flaky crust? It sits so invitingly in its silver serving platter. The spices fill the air with their inviting scents. You know you will destroy its perfect symmetry as the pie server breaks into the perfect golden crust leaving crumbs behind. You can see yourself pick up each crumb and sneak it into your waiting mouth checking around to see if anyone is watching.

Standing with majesty in the center of the table is the Luigi Bormioli footed serving bowl holding the multilayered trifle of strawberries, blueberries, peaches, and Bird's English pudding. It's topped with hand-whipped cream and milk chocolate shavings begging to take a dip.

Sweets, those mouth-watering, gorgeous to look at joys, in great abundance on a day of celebration delight and temp you. Take a little of that, and come back for seconds...and thirds-a bit of over-indulgence.

NEW THI CHI CLASS

Nicanor Snow the founder of Seacoast Tai Chi is running a Tai Chi class here at the senior center on Tuesday afternoons from 2:00 to 3:00 pm at a cost of \$5.00 per class. There is still room for new students. Contact the senior center for additional information or to sign-up.

TRIP TO FOXWOODS

The Senior Center will be having its first trip this year to Foxwoods on Tuesday, March 24th. The bus leaves the Essex Street side of the Stop & Shop at Vinnin Square no later than 7:00 am. The cost is \$28.00 per person and you will receive a \$10.00 coupon for food or a free buffet plus a \$10.00 bonus slot play all upon your arrival. Seats are limited so contact the Swampscott Senior Center at 781-596-8866 to sig-up.

LEARN HOW TO SING

The Senior Center has an opportunity to provide its seniors with a class on group singing provided by Barbara Evens. Barbara has studied classical, popular, and operatic vocal techniques with well known teachers in and around Boston. She herself has been a vocal instructor since the mid-1970's, teaching students of all ages and vocal ranges, from beginner to professional. We would need a minimum of eight people to start a class. Once we have established the class count we would then announce the day and time we would begin. She also could provide private classes if interested. Contact the Senior Center if interested.

MEET WITH THOMAS YOUNGER

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

**FRIENDS OF THE SWAMPSCOTT SENIOR P.O. BOX 612 SWAMPSCOTT, MA 01970**

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 \$\_\_\_\_\_.

Donor's Name \_\_\_\_\_  
Address \_\_\_\_\_

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

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