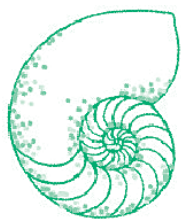


Swampscott Senior Center



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: DEB BOGARDUS

OCTOBER 2016

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson, Marilyn Cassidy
Secretary, Felice Lipman
William Hyde
Judee Cyr

Norma Freedman
Mary Cobbett
Ruth Iarrobino
Peter McNerney

STAFF

DIRECTOR: Marilyn Hurwitz, ASST. DIRECTOR: Susan Pierce
ACTIVITIES COORDINATORS: Deb Bogardus, Anne Quagrello
OUTREACH WORKER: Gina Bush
OFFICE ASSISTANT: Dorothy Kitoski
VAN DRIVERS: Howie Conley, Emery Richard, Ed Kitoski,
Ken Avery and Kristen Norman
GLSS SITE MANAGER: Helen Richard

A message from our Director:

Dear friends and family members,

Welcome to the month of October. We hope to see more folks coming down to enjoy the Senior Center. Thanks to all who gave generously to our Senior Center with donations to the Friends of the Swampscott Senior Center. That organization is responsible for supporting our endeavors that are not covered by the town budget. That translates to entertainment, events such as the holiday party and the Veterans' Day Breakfast and celebrations. In addition, the Friends also provided daily coffee and ice cream bars for various clients and groups. Finally, they donate big ticket items such as support for new vans, a Xerox machine and freezer.

Our new staff members have added a level of excitement and more opportunities for seniors to participate and improve their mental and physical health. Please check our new monthly displays in our lobby showcase. I personally love the birthday of the month acknowledgements.

Have you tried our coloring activity or the word searches? Did you consider trying a new class here? We have a new walking group, and new classes in art, bridge, canasta and mahjongg. Join us for exercise, for lunch and for anything listed in our newsletter.

All the staff truly believes that this center has made a significant difference in people's lives. Several clients have stated that now that they are alone, this center has given them new friends and new activities,. That makes us all feel like we have done what our Mission Statement proclaims.

Just a reminder: we do have a SHINE counselor available for assistance with health insurance issues. Also, our Outreach worker, Gina Bush, can assist clients with applications for fuel assistance and other services that seniors may need as we age.

Thank you to all who volunteer here. You help us make this place friendly and inviting to all who come through our front door,.

See you at the center!!

Fondly,
Marilyn

Some SHINE statistics:

For the period 7/1/15—6/30/16, one hundred forty-three (143) Swampscott residents received SHINE counseling services.

Age 64 or younger	24
Age 65-74	74
Age 75—84	24
Age 85+	16
Not collected	5

This included 95 females and 47 males, 1 not collected

Obviously, there is a need for our skilled SHINE counselor, Elena Kyrios. She is available on Tuesday mornings by appointment only. With health insurance open enrollment fast approaching, please consider making an appointment to talk to Elena to help with your decision making.

TRY OUR NEW WALKING GROUP!

Come join us at the Senior Center every Wednesday morning at 9:30am for a walk around the High School. 4 laps is 1 Mile....get out and get your exercise with a great group!

NEW ART CLASS

No experience necessary! Join our art class for creativity and conversation. We'll experiment with a variety of mediums to make works of art to display on our Senior Center Gallery wall. You are welcome to bring your own supplies, work independently and enjoy the company! Will start Tues. October 11th and continue for 5 weeks. Need a minimum of 8 to begin. Cost:\$35.00 pp. Call senior center to enroll.

NEW TAI CHI BEGINNERS CLASS

The senior center has a new Tai Chi beginner class on Tuesdays from 1:00pm to 2:00pm. Regular Tai Chi will be at 2:00 pm.

NEW CANASTA CLASS

New six week canasta class on Tuesday, October 18th at 10:00 am. The cost is \$35.00, contact the senior center at 781-596-8866 to sign-up.

CHESS CLUB

Do you play Chess? Join us at the senior center on Thursday 12:30 to 2:30pm. Presently we have a small group but we are looking to expand. It's free, just call 781-596-8866 to sign-up.

LEARN TO PLAY BRIDGE

A new Beginners Bridge class will be starting on Tuesdays from 12:30 –2:30. Classes start Oct. 4 and will continue on Oct. 18, 25 and Nov.1, 15 and 22. Class will be limited to 8 so call the Senior Center, 781-596-8866 to sign up.

ADVANCED BEGINNERS BRIDGE CLASS

Thursday, 12:30—2:30 pm. This is an ongoing game. \$2.00 pp per session. A great teacher and lots of fun. Join us and hone your bridge skills. Today a beginner, tomorrow a pro!!

ACTIVITIES

Shopping is always a popular activity for our Seniors. Besides grocery shopping on Monday, Tuesday and Thursday, our bus routinely takes folks to Vinnin Square on the 1st and 3rd Wednesdays of each month. Occasionally, we get to go to Wal-mart or the Christmas Tree Shop. Watch the new Activity Board to get the latest update of our "around town" trips.

OCTOBER TRIP TO FOXWOODS

The Swampscott Senior Center has scheduled a trip to Foxwoods on Tuesday, October 18th. The bus will leave the Essex Street side of the Stop & Shop at Vinnin Square no later than 7:00 am. The cost is \$28.00 per person but you will receive a \$10.00 coupon for food or a free buffet plus a \$10.00 bonus slot play upon your arrival. Seats are limited, so contact the center at 781-596-8866 to reserve your seat.

FOLIAGE TRIP TO BERKSHIRES

We are offering a trip out to Western Mass. to the Berkshires to view the foliage on Wednesday, October 12th. (There will be no trip to the White Mountains this year). We will be visiting WEBS—America's Yarn Store, Lunch—to be determined, Yankee Candle and the Bridge of Flowers in Shelbourne Falls. Cost \$10.00 per person. Don't be left out! Sign up at the center now—

SCHOOL IS BACK IN SESSION

School is back in session Kids are in constant motion. Please drive carefully!! The beginning of the school year is always a new, exciting and confusing time. Be patient and kind. Hopefully, that will be returned to you a hundredfold.

Please only park in the yellow lined spaces marked SC These are for the Senior Center. Other spaces around the school belong to the students; they pay for them and we cannot park there. Be respectful.

MEN'S CLUB

The Men's Club luncheon will be Thursday, October 20th. Our featured speaker will be Louis Gallo, Town Historian. He will present a talk on the historic New Ocean House. Lots of stories and pictures. Don't miss this session! Lunch will be provided by Periwinkles. Cost \$6.00pp.

We are anxious for the Men's Club to become even more active and only your participation can ensure that. Be part of the Team and bring a friend. Show him what a terrific Senior Center that we have. It will only become better if we all pull together!

HAPPY BIRTHDAY



To our wonderful Seniors who celebrate their birthday in October—we wish you a Very Happy Birthday!

Check out our new "Birthday Celebration" wall in the display case. Maybe there is somebody's name up there who is celebrating

their birthday and you'd like to send a birthday card. We might not like getting older, but a birthday is your very special day. Who doesn't like to be recognized on that day?

NEW MAH JONGG CLASS

New class starting on Monday, October 17th at 9:00 am. Class will last about thirteen weeks. Cost is \$20.00 plus \$8.00 for the mah jongg card which lasts a year. Please call the senior center to sign up 781-596-8866.


CANDY NEEDED


The Senior Center would like to ask its seniors to donate any type of candy(we especially like chocolate). We do ask for this all the time, but you wouldn't believe how much candy we eat!!!

OUR NEWSLETTER IS ON LINE

Go to www.town.swampscott.ma.us, then click on Town Departments, Council on Aging. Under links, Latest Compass Newsletter or you can go to www.ourseniorcenter.com/find/Swampscott-council-on-aging.

October, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Ziti beef & cheese or Turkey cranberry/ apple salad Cream of spinach soup	4 Chicken/cranberry sauce Rice pilaf or Ham & Swiss sandwich Bean soup	5 Roast pork/gravy Mashed potato or Shaved roast beef sandwich Carrot Bisque Soup	6 Meatloaf/gravy or Turkey Gobbler sandwich Split pea soup	7 Pollock bites/sauce Red bliss potato or Grilled chicken sandwich Butternut squash soup
10 Columbus Day SENIOR CENTER CLOSED	11 Roast beef/Beets Mashed potatoes or Turkey cheddar Sandwich Tomato/ vegetable soup	12 Hotdog Baked beans or Deviled Egg salad Sandwich Mushroom soup	13 Chicken pot pie Butternut squash or Ham/pineapple salad Potato leek soup	14 Stuffed peppers or Tarragon chicken salad Sandwich Kale/wt bean soup
17 American chop suey or Pork/ham/swiss Sandwich Cauliflower Cheddar Soup	18 Egg & cheese croissant Potato & Green beans or Roast beef/provolone Sandwich Minestrone soup	19 Cod fritters Yellow rice or Tuna Salad Sandwich Corn chowder	20 AUTUMN FEST Roast chicken/apple compote Mustard greens Cranberry, rice pilaf Baked Dessert	21 Turkey a la king or Grilled chicken sandwich Butternut squash soup
24 Hamburger, gravy Mashed potatoes or Southwest Chicken salad Carrot Bisque Soup	25 Lasagna white sauce Roasted zucchini or Chicken Caesar Salad Wrap Tomato/Veg. soup	26 Turkey, gravy, cran sauce, stuffing Winter squash or Egg salad sandwich Split Pea soup	27 Rib-BBQ/sauce or Shaved roast beef sandwich Carrot Bisque	28 Chicken cacciatore or Turkey cheese sandwich Cauliflower/cheese soup
31 Chicken w Honey Mustard Dip or Ham & cheese sandwich Tomato/Veg soup			MENU SUBJECT TO CHANGE WITHOUT NOTICE	



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

Life Care Center
of the North Shore
Joint Commission accredited

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




Confidential
Care ...at home

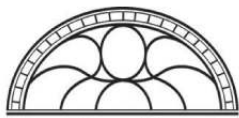
Home Care Options Made Easy • 781-639-4759
A Private Duty Home Health Care Agency

SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 8:30 a.m. - 3:00 p.m. WEDNESDAY 9a.m- 3 p.m. FRIDAY, 10:00 am - 3:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Golf/Bowling 3 9:00 Mah Jongg 9:45 Zumba Gold—closed 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 4 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping—Stop & Shop 12:45 Beano 1:00 Beginner Tai Chi 2:00 Tai Chi Class	9:30 Walking Group 5 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:30 Shopping -Vinnin Square 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 6 10:00 Cardio/Toning Class—closed 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping -Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Advanced Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 7 9:15 Beano 11:30 Lunch 12:30 Poker League
10 Holiday Senior Center Closed	8:30 Mah Jongg 11 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping—Stop & Shop 12:45 Beano 1:00 Beginner Tai Chi 2:00 Tai Chi Class	9:30 Walking Group 12 10:00 Creative Writing 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 13 10:00 Cardio/Toning Class—closed 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping-Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Advanced Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 14 9:15 Beano 11:30 Lunch 12:30 Poker League
9:00 Golf/Bowling 17 9:00 Mah Jongg 9:45 Zumba Gold -closed 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 18 9:00 Stretch & Tone 11:00 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 1:00 Beginner Tai Chi 2:00 Tai Chi Class	9:30 Walking Group 19 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:30 Shopping -Vinnin Sq 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 20 10:00 Cardio/Toning Class—closed 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping-Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Advanced Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 21 9:15 Beano 11:30 Lunch 12:30 Poker League
9:00 Golf/Bowling 24 9:00 Mah Jongg 9:45 Zumba Gold —closed 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Shopping- Mkt Basket 12:30 Poker League	8:30 Mah Jongg 25 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping - Stop & Shop 12:45 Beano 1:00 Beginner Tai Chi 2:00 Tai Chi Class	9:30 Walking Group 26 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:30 Shopping -Vinnin Square 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 27 10:00 Cardio/Toning Class—closed 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping- Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Advanced Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 28 9:15 Beano 11:30 Lunch 12:30 Poker League
9:00 Golf/Bowling 31 9:00 Mah Jongg 9:45 Zumba Gold —closed 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Shopping Mkt Basket 12:30 Poker League				

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

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



**SPONSORS
WANTED!!!**

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
mmilburn@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.fishpond.com
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

•Sales expert •Full-time •Uncapped commissions
•Competitive benefits program offered

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 1-800-477-4574 • www.4lpi.com

Swampscott Council on Aging, Swampscott, MA 06-5179

A PRECARIOUS PASSAGE

I pick her up at the airport.
 It takes me a minute to spot her limping slowly toward me.
 I actually have to look twice to make sure that it's her.
 She looks so old and frail.
 Yet we are the same age and I don't think of myself as old.
 And, most likely, neither does she. But the reality is—we are.

We visit twice a year.
 In the fall she comes north to witness New England's colorful foliage.
 In the winter, I travel south to escape the harsh New England cold.
 Short stays! Just a week or two together when we blithely rehash our
 shared history. Over and over again.
 Then we move on—for she has cats to care for and
 I have offspring to visit.

We never seem to tire of reliving the escapades of our youth.
 Our friendship spans some seven decades, so we have a lot to draw on.
 Some memories make us laugh! Some move us to tears. Some are best
 forgotten—but aren't.

She has become repetitious. Though aware that she often forgets things,
 from words to appointments—She has found no mechanism to get her
 over this hurdle. It frustrates her. It's wearing her down.

She's caught up in a downward spiral to depression with no escape in
 sight. She bemoans the fact that she never had children and has no close
 family left. It frightens her.

She questions who will mourn her when she's gone. What can I say?
 That I keep her in my thoughts and prayers? That's not nearly enough.

When I drive her back to the airport, I don't go inside with her—just
 drop her at the terminal as she asked me to. Cane in hand, she ambles
 on—alone—while I watch and wonder if we will ever meet again.

JoAnne Pendleton

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.

PREVENTING FALLS: TIPS FOR OLDER ADULTS

Falls are a leading cause of injury and death among older people. Falls are especially dangerous for women. Because of a common loss of bone strength (osteoporosis), older women can easily break their hips in a fall. The best way to reduce your risk is to keep yourself healthy

- ◆ Have a physical exam each year
- ◆ If your vision, hearing or sense of balance has changed, talk to your doctor or nurse.
- ◆ Wear your glasses and hearing aids when awake
- ◆ Use special care when wearing new glasses.
- ◆ If you have blind spots in your vision, look around slowly moving your head to each side.
- ◆ Use these techniques to avoid dizziness:
- ◆ Get up slowly from a lying or sitting position
- ◆ Prop your head on a pillow when you lie down.
- ◆ Sit on the side of the bed a moment before standing up.
- ◆ Don't work with your arms raised above your head

HOUSEKEEPING

- ◆ Brighten dark rooms and hallways
- ◆ Have light switches next to doorways
- ◆ Use nightlights
- ◆ Keep flashlights in easy-to-reach spots (power failure)
- ◆ Use light bulbs rather than fluorescent lighting.
- ◆ Avoid high-gloss floor and furniture polishes
- ◆ Get rid of scatter rugs!!

**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 _____