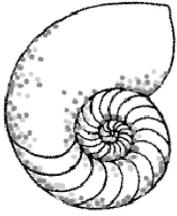


Swampscott Senior Center



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

SEPTEMBER 2016

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Sending along a message from our dear friend, Betty Holmes:

The question: **Do You Like Getting Older?**

I hit the golf ball anyway I can and laugh if it goes in the lake. Them's the breaks. I'm just happy I can still hit that golf ball.

As I've aged, I've become kinder to myself and less critical of myself. I've become my own friend.

I have seen too many dear friends leave this world, too soon; before they understood the great freedom that comes with aging.



Whose business is it if I choose to read, or play on the computer until 4am, or sleep until noon? I will dance with myself to those wonderful tunes of the 50's, 60's and 70's and, if I wish to weep over a lost love at the same time, I will.

I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the jet set. They, too, will get old.

I know I am sometimes forgetful, but there again, some of life is just as well forgotten. Eventually, I remember the important things.

Sure, over the years, my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when somebody's beloved pet gets hit by a car? But, broken hearts are what give us strength and understanding and compassion.

A heart never broken, is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turning gray and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed and so many have died before their hair could turn silver.

As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer your questions, I like being old. It has set me free. I like the person I have become. I am not going to live forever., but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And, I shall eat dessert every single day (if I feel like it).

**MAY OUR FRIENDSHIP NEVER COME APART,
ESPECIALLY WHEN IT'S STRAIGHT FROM THE
HEART!**

"Growing older is a privilege denied to many" Author unknown.

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, Sept. 6 from 11:00am to 11:45am. Contact the senior center if you would like a one on one meeting.

BOCCE AT THE SENIOR CENTER

Bocce players had a tough time in the summer heat. Now that more comfortable weather is here, bocce games will be played again in earnest.

Join the gals on Wednesday at 9:30am or the men still play on Fridays at 10am. New players are always welcome. Call the center to add your name or just show up!

NEW TAI CHI BEGINNERS CLASS

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

NEW CANASTA CLASS

The senior center will be start a 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 Thursday from 12:30 to 2:30pm. Presently we have a small group but we are looking to expand. It's free, just call us at 781-596-8866 to sign-up.

BEGINNERS 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.

ACTIVITIES

There are lots of activities going on here on a daily basis. But, maybe there is a special class you wish we offered. Let us know. Maybe you have a special skill you would be willing to share. Perhaps there are others who are interested in the same thing and we might be able to put something together for you.

We are always willing to hear of new thoughts and ideas. Remember, this is YOUR activity center and it takes all of us to continue to make it special.

Now that we “new girls” have gotten our feet wet, we are looking to you for ideas we can implement. We are always on the lookout for a nice spot for a day-trip or your favorite museum. What about some terrific restaurant you've been to recently? Want to share the name? Might be nice to go somewhere new for lunch. Call the center and leave a message for Anne, Gina or Deb. One of us will be happy to chat with you about your ideas.

SEPTEMBER TRIP TO FOXWOODS

The Swampscott Senior Center has scheduled a trip to Foxwoods on Tuesday, September 20th. 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 save your seat.

SENIOR CENTER GARDENS

A big thank-you to Linda and John Hinchey for taking care of our beautiful gardens. Linda has a magical touch with the flowers and sweet-talks them into giving us a colorful show daily. John is the “water man”. He managed to keep up with the demands of mother nature and all that heat we had this summer. Cannot wait to see what surprises they have in store for us for the fall.

Also, a continuing thank-you to the Friends for funding the gardens. It is a pleasure for all to see and enjoy.

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.

PARKING

At the center, 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 luncheons will resume on Thursday, September 15. Coaches, football captains and our new High School Principal will be our honored speakers. Lunch provided by Periwinkles for only \$6.00 Call the center to sign up now.

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!

To our wonderful Seniors who celebrate their birthday in September,

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?



CANDY NEEDED

The Senior Center would like to ask its seniors to donate any type of candy, (another thing we all enjoy) we especially like chocolate.

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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="center">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>		<p align="center">1 Baked pasta /cheese Salad ALTERNATIVE Tuna Salad Sandwich</p>	<p align="center">2 <u>SEPTEMBER SPECIAL</u> Cheeseburger/ ketchup Seasoned potato wedges Broccoli Gata cookie</p>
<p align="center">5</p> <p align="center">LABOR DAY</p> <p align="center">HOLIDAY</p> <p align="center">NO MEAL</p> <p align="center">SERVICE</p>	<p align="center">6 Baked fish/tartar sauce Brown rice/beans ALTERNATIVE Egg Salad Sandwich</p>	<p align="center">7 Turkey chili/cheese California blend veg. ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup</p>	<p align="center">8 Cheese tortelli sauce Salad ALTERNATIVE Tuna Salad Sandwich</p>	<p align="center">9 Beef tips peppers & Onions Potato ALTERNATIVE Roast Beef Sandwich New England Clam Chowder</p>
<p align="center">12 Baked tomato chili chicken Corn ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup</p>	<p align="center">13 Meatballs/sauce/rotini Salad/dressing ALTERNATIVE Roast Beef Sandwich</p>	<p align="center">14 Beef stew Capri blend veg. ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup</p>	<p align="center">15 Boneless pork chop/ gravy Mashed potato Salad ALTERNATIVE Chicken Salad Sandwich</p>	<p align="center">16 Cheese lasagna Broccoli ALTERNATIVE Egg Salad Sandwich Minestrone Soup</p>
<p align="center">19 Chicken parm pas- ta Carrots ALTERNATIVE Ham & Cheese Sandwich Chicken & Orzo Soup</p>	<p align="center">20 Roast turkey florentine Sweet potato Salad ALTERNATIVE Roast Beef Sandwich</p>	<p align="center">21 Shepherd's pie Mixed veg. ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup</p>	<p align="center">22 Meatloaf/brown gravy Mashed potato ALTERNATIVE Turkey & Cheese Sandwich</p>	<p align="center">23 Baked crispy chicken Yellow rice ALTERNATIVE Egg Salad Sandwich New England Clam Chowder</p>
<p align="center">26 Cheeseburger ketchup Home fries ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup</p>	<p align="center">27 Chicken alfredo rotini Salad ALTERNATIVE Ham & Cheese Sandwich</p>	<p align="center">28 Turkey chili cheese California blend veg. ALTERNATIVE Turkey & Cheese Sandwich Vegetable Soup</p>	<p align="center">29 Lemon pepper pork Mashed potato Salad ALTERNATIVE Tuna Salad Sandwich</p>	<p align="center">30 Rosemary Chicken Rice Broccoli ALTERNATIVE Egg Salad Sandwich Minestrone Soup</p>

SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 8:30 a.m. to 3:00 p.m. WEDNESDAY 9a.m. to 3 p.m. FRIDAY, to be determined

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	:		88:45 Total Senior Fitness ¹ 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping -Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing ² 9:15 Beano 10:00 Scrabble 11:30 Lunch 12:30 Poker League
LABOR DAY Holiday Senior Center Closed	5 8:30 Mah Jongg 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 2:00 Tai Chi Class	6 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	7 8:45 Total Senior Fitness ⁸ 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping-Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9 9:00 Tap Dancing 9:15 Beano 10:00 Scrabble 11:30 Lunch 12:30 Poker League
9:00 Golf/Bowling ¹⁵ 9:00 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Shopping Market Basket 12:30 Poker League	16 8:30 Mah Jongg 9:00 Stretch & Tone 11:00 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	17 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:20 Shopping -Vinnin Sq 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	18 8:45 Total Senior Fitness ¹⁸ 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping-Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	19 9:00 Tap Dancing 9:15 Beano 10:00 Scrabble 11:30 Lunch 12:30 Poker League
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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 save your seat.

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, 1 Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

Question: Sometimes I do not feel well in the hot and humid weather, why do I feel like this?

Answer: Your body will perspire more in hot humid weather. You will perspire more when you are doing errands, housework or exercising. It is particularly difficult to work outside in the garden under hot and humid conditions, perform errands or play golf.

The majority of the body is made up of water, with up to 75% of the body's weight due to water. Dehydration may occur when the amount of water leaving the body is greater than the amount being taken into the body. We lose water routinely from our body through breathing, during perspiration, urination, and bowel movements. On a normal day a person has to drink approximately 64 ounces of fluids to replace this routine loss.

Elderly people are more susceptible to dehydration due to 10 percent less water content than an adult body. Elderly people who take diuretics such as lasix are more prone to dehydration. On a hot and humid day taking in 72 ounces of fluid is beneficial due to loss of fluid through perspiration. Dehydration will occur quickly if the water is not replenished. The thirst mechanism signals the body to drink water when the body is dry. Special

Signs and symptoms of dehydration include thirst, decreased urine output (becomes more yellow), headache, light headedness when standing. As the level of water loss decreases, the eyes stop making tears, sweating may stop and mental confusion and disorientation can set in. Muscle cramps, nausea and vomiting are other signs of dehydration.

Dehydration is a serious clinical diagnosis made by a doctor. When the body is dehydrated the pulse rate may increase and the blood pressure drops as the body loses fluid. Your doctor will check your temperature to determine if a fever is present and the skin checked for signs of perspiration and elasticity. Blood and urine tests will be taken to check for potential electrolyte abnormalities. Dehydration is treated through fluid replacement and in severe cases by intravenous fluid (IV). Clear fluids (water, clear broths, popsicles, Jell-O, and Gatorade, should be given by mouth first in small amounts over a period of time.

Dehydration is a preventable condition. In hot, humid weather drink more fluids, do not wait until you feel thirsty, stay out of the hot sun, and turn on the air conditioner in the house or car. Even if you exercise in an air conditioned gym you must drink more fluid because your body will require more fluid once you cool down and return to a hot, humid environment. Watch out for gardening or other outdoor activities. Remember to drink more fluids especially when the temperature rises above the 70 degree level or humidity levels are high.

New school year. Stay in the yellow lines marked SC. White lines are for students only.



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 _____