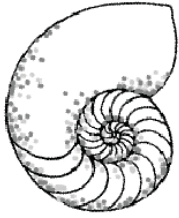


Swampscott Senior Center



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

JANUARY 2014

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear Friends

Happy New Year everyone, may this year be a healthy one for all of us. The staff feels that last year the Senior Center was very successful and we hope all of you feel the same. In 2014 our wish for all is that you have good health and that we may continue to make the center a great place for you to come to. Please feel free to discuss with the staff any ideas that you may have regarding new activities, we welcome your comments.

Our annual Holiday Party was a well attended and successful event. Chef Paul prepared a delicious meal. The Grisley's a male vocal group from the Marblehead High School entertained us all with Accupella singing.

As we go through the winter months and look towards spring we look forward to hearing the click and bang of the Bocci balls on the court as we continue to expand the participation of both our men and women members. As we get closer to the warmer weather Ellen will be doing her magic by creating new ideas for day trips and beyond. Let her know if you would like the idea of over night trips within the New England area, any suggestions would be greatly appreciated. Please remember to read your "Compass" regarding any new events and trips that will be coming up in the next few months.

Once again may you and yours have a happy and healthy new year from the staff of the Senior Center.

NEW RETIREMENT PLANNING STRATEGIES SEMINAR

- Life estates, learn how to prevent capital gains taxes on deeded homes and how to protect your home from nursing home liens.
- Lifetime income, like social security, learn how to create a new income you can't outlive.
- 401K's and IRA's are 100% taxable, learn an alternative tax-free retirement and beyond.
- New Medicare rules-learn about the 5 year look back period and asset limitations for single and married tax payers. Call to reserve a space for this important presentation at the center on Thursday, January 9th from 12:45 to 2:00 pm by calling us at 781-596-8866.

"DON'T LOOK NOW BUT AFTER AUTUMN COMES...."

Here we are in autumn, crisp air, no humidity, lovely foliage. Yeah, but guess what? Here comes winter! And winter brings fuel bills. If it gets windy and the temperature goes below zero, your fuel bills go higher! But you can apply for fuel assistance, and we are ready to help people with the application process. Last year, we got a total of \$2, 967 for Swampscott Seniors. Don't think you are ineligible because your income might be too high. Fuel assistance actually uses moderate income guidelines and you might find yourself receiving help in paying those winter bills. Contact Bill Foley, our Outreach Social Worker, at 781-596-8866 for more information and assistance.

OUR NEWSLETTER IS ON LINE

To view our latest newsletter go to www.town.swampscott.ma.us and click on COA News Letter which you will find under New & Notices on the right hand side of the home page.

QUESTION AND ANSWER COLUMN OFFERED BYNORTH 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: My hands are very stiff and sore especially when it is cold. What can I do to help my hands feel better?

Answer: There are several things that may help your hands feel less stiff and achy particularly in the colder weather. Stretching is beneficial for the muscles and joints especially when the joints and muscles in the hands are tight and stiff. Hands and wrists are effected by both rheumatoid and osteoarthritis. Muscles of the hands and arms may become weak, as well as the connective tissue of the hands and wrist can become tight as a result of weakness. This weakness can cause pain because the bones are not supported. Stretching helps the joints in the hands maintain their range of motion, so they can carry out your daily activities more comfortably. Stretches should be done slowly and gently with a small amount of discomfort from the stretch sensation. You may assist the stretch with your other hand. Stretching should be held for 15-30 seconds. Any joint that has been fused should not be stretched. Hand and wrist stretches should include wrist flexion and extension, finger flexion and extension, thumb flexion, extension and circumfusion (circles), touching thumb to each finger, separate your fingers as far as they can go and then squeeze them gently. While sleeping the joints become stiffer because the fluid in the joints gets thicker while resting. Warmth helps muscles stretch more easily. Keeping hands warm with gloves, using dishwater to move your hands around and gently loosen them up or, keeping your hands wrapped in a moist heat gel pack can help ease stiffness and soreness. If your hands are particularly sore home paraffin units can be helpful to relieve pain and stiffness. If you are unsure of which exercises may be beneficial ask your doctor and see a physical therapist for exercises and treatment. The Wednesday morning exercise class given by North Shore Physical Therapy at 10 am at the Council on Aging in Marblehead can be particularly helpful for stiff arthritic joints. Many of the exercises are gentle range of motion exercises for all joints done in a sitting position. Stop by and try the class we always do exercises for the wrists and hands.

*Happy Birthday Wishes
To those who celebrate their
Birthday in January*



FREE HEARING TESTING

The Senior Center will be having free hearing testing on Tuesday, March 18th from 12:30 to 1:30 pm. Sign-up at the center if you are interested.

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

Important Message from SHINE about Durable Medical Equipment And Diabetic Testing Supplies

Effective July 1, Medicare has a new program for Durable Medical Equipment and a new National Mail-Order Program for diabetic testing supplies. If you have **Original Medicare** (not a Medicare Advantage HMO or PPO plan), these changes will apply to you.

If you are already renting certain medical equipment or receiving oxygen, you may have to switch your supplier. **Make sure Medicare will continue to pay for your item to avoid any disruption of service!**

To have Medicare pay for **diabetic testing supplies** delivered to your home, you will need to use a Medicare national mail-order supplier. You may also go to a local pharmacy **that accepts Medicare assignment** and you will get the same low mail-order cost.


To find a Durable Medical Equipment or National Mail-Order Program supplier, go to www.medicare.gov/supplier or call Medicare (1-800-633-4227).

For more information, meet with a SHINE counselor. To make an appointment with the SHINE counselor here, please contact 781-596-8866. You can also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED FOR THE HOLIDAY	2 Stuffed shells/marinara sauce Garden salad/dressing Snack loaf Fresh fruit ALTERNATIVE Chicken Salad Sandwich Navy Bean Soup	3 Home style baked ham Cheddar mashed potatoes Mixed vegetables WW bread Fresh fruit ALTERNATIVE Roast Beef Sandwich Corn Chowder
6 Chicken & broccoli alfredo Penne pasta Capri blend veg. Italian bread Pine- apple ALTERNATIVE Tuna Salad Sandwich Tomato Soup	7 Roast beef/gravy Yams Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Ham & Cheese Sandwich Chicken Noodle Soup	8 Meatloaf/brown gravy Corn California blend veg. WW bread Pudding ALTERNATIVE Chicken Caesar Salad Wrap Vegetable Soup	9 Turkey/citrus sauce Red potatoes Garden salad/dressing WW bread Cookie ALTERNATIVE Turkey & Cheese Sand- wich Clam Chowder	10 Cheese tortellini/ meat sauce Green beans Rye bread Fresh fruit ALTERNATIVE Roast Beef Sandwich Minestrone Soup
13 Pork chops/gravy Baked beans Collard greens WW bread Fruit cocktail ALTERNATIVE Ham & Cheese Sand- wich Cream of Broccoli Soup	14 Chicken/balsamic citrus sauce Garlic mashed potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Chicken Salad Sandwich Navy Bean Soup	15 Salmon/dill sauce Veg. rice pilaf Peas & pearl onions Italian bread Birthday cake ALTERNATIVE Roast Beef Sandwich Corn Chowder	16 Meatball stroganoff Egg noodles Garden salad/dressing WW bread Pudding ALTERNATIVE Tuna Salad Sandwich Pasta Fagioli Soup	17 Turkey Milanese Mashed sweet po- tato Corn Rye bread Fresh fruit ALTERNATIVE Turkey & Cheese Sandwich Carrot Ginger Soup
20 CLOSED FOR THE HOLIDAY	21 BBQ pulled pork Potato wedges Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Ham & Cheese Sandwich Tomato Soup	22 Lemon & garlic chicken Winter squash Green beans WW bread Brownie ALTERNATIVE Turkey & Cheese Sandwich Chicken Noodle Soup	23 Baked fish/diced toma- toes Plantains Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Chicken Salad Sandwich Vegetable Soup	24 Beef stew Beets Fresh fruit WW bread ALTERNATIVE Chicken Caesar Salad Wrap Clam Chowder
27 Roast turkey Flor- entine Sour dill pota- toes California blend veg. WW bread Pudding ALTERNATIVE Ham & Cheese Sand- wich Minestrone Soup	28 American chop suey Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Roast Beef Sandwich Cream of broccoli Soup	29 Latin style pork/gravy Mashed sweet potatoes Capri blend veg. Rye read Fresh fruit ALTERNATIVE Chicken & Black Bean Salad Sandwich Navy Bean soup	30 Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Chicken Salad Sandwich Corn Chowder	31 CHINESE NEW YEAR Chicken & veg. stir fry Pineapple veg. fried rice WW bread Raspberry spiral cook ALTERNATIVE Turkey & Cheese Sandwich Pasta Fagioli Soup


TO DO LIST!

- 1) need an oil change
 - 2) get a hair cut
 - 3) find a plumber
- Anything else?

Find businesses that support your
community at **SeekAndFind.com**

SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 9:00 a.m. To 3:00 p.m. WEDNESDAY & FRIDAY 10:30 a.m. To 3:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> <div>SENIOR CENTER</div> <div>CLOSED FOR</div> <div>NEW YEARS HOLIDAY</div>	<div>2</div> <div>9:00 Total Senior Fitness</div> <div>10:00 Line Dancing</div> <div>11:00 Osteo Exercise Class</div> <div>11:15 Blood Pressure</div> <div>11:30 Lunch</div> <div>12:30 Food Shopping Shaw's/Market Basket</div> <div>6:30 Duplicate Bridge</div>	<div>3</div> <div>9:30 Tap Dancing</div> <div>11:30 Lunch</div> <div>12:00 Shopping at Wal-Mart</div> <div>12:45 Beano</div> <div>1:00 Poker League</div>
<div>6</div> <div>9:30 Golf/Bowling</div> <div>9:30 Mah Jongg</div> <div>9:45 Zumba Gold Fitness</div> <div>11:00 Osteo Exercise Class</div> <div>11:30 Lunch</div> <div>12:30 Intermediate Bridge</div> <div>12:30 Food Shopping Shaw's/Market Basket</div> <div>1:00 Poker League</div>	<div>7</div> <div>8:45 Stretch & Tone</div> <div>9:30 Mah Jongg</div> <div>10:00 Canasta Class</div> <div>10:00 Rummy Cube</div> <div>11:15 Blood Pressure</div> <div>11:30 Lunch</div> <div>12:30 Food Shopping Stop & Shop</div> <div>12:45 Beano</div> <div>2:30 Tai Chi</div>	<div>8</div> <div>10:00 Creative Writing</div> <div>10:30 Yoga</div> <div>11:30 Lunch</div> <div>1:00 Knitting Group</div> <div>1:00 Poker League</div> <div>1:00 Social Cribbage</div> <div>7:00 Cribbage Club</div>	<div>9</div> <div>9:00 Total Senior Fitness</div> <div>10:00 Line Dancing</div> <div>11:00 Osteo Exercise Class</div> <div>11:15 Blood Pressure</div> <div>11:30 Lunch</div> <div>12:30 Food Shopping Shaw's/Market Basket</div> <div>6:30 Duplicate Bridge</div>	<div>10</div> <div>9:30 Tap Dancing</div> <div>11:30 Lunch</div> <div>12:00 Shopping at Wal-Mart</div> <div>12:45 Beano</div> <div>1:00 Poker League</div>
<div>13</div> <div>9:30 Golf/Bowling</div> <div>9:30 Mah Jongg</div> <div>9:45 Zumba Gold Fitness</div> <div>11:00 Osteo Exercise Class</div> <div>11:30 Lunch</div> <div>12:30 Intermediate Bridge</div> <div>12:30 Food Shopping Shaw's/Market Basket</div> <div>1:00 Poker League</div>	<div>14</div> <div>8:45 Stretch & Tone</div> <div>9:30 Mah Jongg</div> <div>10:00 Canasta Class</div> <div>10:00 Rummy Cube</div> <div>11:15 Blood Pressure</div> <div>11:30 Lunch</div> <div>12:30 Food Shopping Stop & Shop</div> <div>12:45 Beano</div> <div>2:30 Tai Chi</div>	<div>15</div> <div>10:00 Creative Writing</div> <div>10:30 Yoga</div> <div>11:30 Lunch</div> <div>1:00 Knitting Group</div> <div>1:00 Poker League</div> <div>1:00 Social Cribbage</div> <div>7:00 Cribbage Club</div>	<div>16</div> <div>9:00 Total Senior Fitness</div> <div>10:00 Line Dancing</div> <div>11:00 Osteo Exercise Class</div> <div>11:15 Blood Pressure</div> <div>11:30 Lunch</div> <div>12:30 Food Shopping Shaw's/Market Basket</div> <div>6:30 Duplicate Bridge</div>	<div>17</div> <div>9:30 Tap Dancing</div> <div>11:30 Lunch</div> <div>12:00 Shopping at Wal-Mart</div> <div>12:45 Beano</div> <div>1:00 Poker League</div>
<div>20</div> <div>SENIOR CENTER</div> <div>CLOSED FOR THE</div> <div>HE HOLIDAY</div>	<div>21</div> <div>8:45 Stretch & Tone</div> <div>9:30 Mah Jongg</div> <div>10:00 Canasta Class</div> <div>10:00 Rummy Cube</div> <div>11:15 Blood Pressure</div> <div>11:30 Lunch</div> <div>12:30 Food Shopping Stop & Shop</div> <div>12:45 Beano</div> <div>2:30 Tai Chi</div>	<div>22</div> <div>10:00 Creative Writing</div> <div>10:30 Yoga</div> <div>11:30 Lunch</div> <div>1:00 Knitting Group</div> <div>1:00 Poker League</div> <div>1:00 Social Cribbage</div> <div>7:00 Cribbage Club</div>	<div>23</div> <div>9:00 Total Senior Fitness</div> <div>10:00 Line Dancing</div> <div>11:00 Osteo Exercise Class</div> <div>11:15 Blood Pressure</div> <div>11:30 Lunch</div> <div>12:30 Food Shopping Shaw's/Market Basket</div> <div>6:30 Duplicate Bridge</div>	<div>24</div> <div>9:30 Tap Dancing</div> <div>11:30 Lunch</div> <div>12:00 Shopping at Wal-Mart</div> <div>12:45 Beano</div> <div>1:00 Poker League</div>
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TO DO LIST!

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- 2) get a hair cut
- 3) find a plumber
- Anything else?

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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, January 7th from 11:00 am to 11:45 am. Contact the center if you would like a one on one meeting.

FROM THE OFFICE OF CONGRESSMAN JOHN TIERNEY

If you need help with issues concerning Medicare and Social Security, home mortgage issues, senior directed identity scams and tips on how to protect yourself, assistance to veterans and their families including help with benefits claims and customer protection services. Contact his office in Peabody at 978-531-1669 or in Lynn at 781-595-7375 or email at www.tierney.house.gov

NEW 2014-2015 MAH JONGG CARDS

New Mah Jongg cards will be available for sale at the Senior Center. The regular size is \$8.00 and the large size is \$9.00. You must pay for your card in person and it will be sent directly to you. See Norma or Sue if interested.

NEW CANASTA CLASS

A new Canasta class will begin on Tuesday, January 7th, from 10:00 to 12:00 noon. The class is geared for beginners and those who need a brush-up course. The cost will be \$30.00 for a total of six lessons which will taught by Elaine Young. Please contact the Senior Center to sign-up.

ART CLASS

A new "Open Studio" art class is scheduled for Thursday, January 9th to Thursday, February 13th from 2:45 to 4:15 pm for a total cost of \$35.00. Contact the center to sign-up.

INTERMEDIATE BRIDGE CLASS

Ruth will be starting a intermediate bridge class starting this month on Thursday's at 12:45 at \$5.00 per class. She will require a minimum of four people to start. Contact the center to sig-up.

BEGINNER COMPUTER CLASS

A new four week beginner computer class is available for sign-up at a total cost of \$25.00. A minimum of six people are required to start the class. The length will be for four weeks on Tuesday's from 2:45 to 4:00 pm. Contact the center to sign-up.

DIABETIC SHOE CLINC

The Senior Center will be holding a clinic on Thursday, February 27th at 11:00 am for people with Diabetes that. Require special diabetic shoes. A presentation will be given by Amy Baxter of Ace Medical Supply Inc. Amy will explain how seniors can receive these shoes through Medicare upon approval by their physician. Amy will supply all the necessary forms required for Medicare approval. People interested can go on line at www.drcomfort.com to view all the shoes on line. Contact the Senior Center for additional information or to sign-up.

WHEN I TURN EIGHTY

Bt Nancy R. S. Diaz

When I turn eighty things are going to change
I'll stop making my bed and trying to rearrange
I will drive no more and leave it to the young
No need for me to become unstrung

When I turn eighty, you just watch
I won't comb my hair or try hard to match
With loud clashing plaids and bright colored clothes
No socks on my feet and uncovered toes

When I turn eighty I'll do just what I pleas
No sense in trying to beg on your knees
I won't fold the laundry, there is just no use
It's a waste of time, a ridiculous ruse

When I turn eighty I'll throw out the TV
There's just nothing of interest I want see
I'll dance to the music on my beautiful Bose
Barefoot and carefree and not wearing hose

When I turn eighty who is to care
If I do what I want, and refuse to share
Time is too short and I'm growing quite old
I've just been too quiet, its time to be bold

WISH LIST

The Senior Center is looking to its members to help defray expenses by donating the following articles: lots and lots of candy and Kleenex

IMPORTANT NOTICES

Our senior tap dancers will be performing at the Senior Center on Friday, February 21st right after lunch for about 30 minutes. Bingo will start right after the performance.

The Friends of the Swampscott Senior Center will be holding their annual meeting Wednesday, January 15th at 12:30 pm at the center. All are invited and encouraged to attend and offer suggestions, ideas or thoughts.

**FRIENDS OF THE SWAMPSCOTT SENIOR CENTER
P.O. Box 612, Swampscott, MA. 01907**

Would you like to support the Swampscott Senior Center? The "Friends" group helps with activities and fund raising. In addition, the "Friends" group is accepting tax-deductible contributions for support of these efforts. You may wish to make a contribution in memory or honor of a loved one. This coupon is for your convenience in making a gift that will enrich services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

I am enclosing \$ _____

(Please make check payable to FRIENDS of the Swampscott Senior Center)

Check one: () In memory of () In Honor of

Name: _____

Send card to: _____

Donor's Name: _____