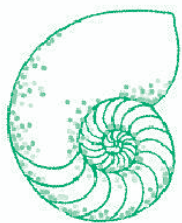


## Swampscott Senior Center



# 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 2014

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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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 13. A special dessert will be served. For entertainment we will have Irish folk singer, Paul Carroll, who has serenaded us many times in the past will make 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, 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

### MEET WITH THOMAS YOUNGER

Thomas Younger, our town manager will be at the Senior Center every month to meet with any Swampscott Senior, the next date is Tuesday, March 4th from 11:00 am to 11:45 am. Contact the center if you would like a one on one meeting.

### ST. PATRICK'S DAY PARTY

We will be having our annual St. Patrick's Day party on Thursday, March 13th. We will be serving our regular GLSS lunch, but we will be having a special dessert, as well as an Irish Folk singer for our entertainment. The cost is \$5.00 per person. Sign-up early because seats will go quickly.

### SPRING FLING PARTY

Come and join us for a "Spring Fling Party" set for Thursday, April 24th featuring Jim Moses "The One Man Band". Lunch to be determined, the cost will be \$5.00. Sign-up at the center.

### OUR NEWSLETTER IS ON LINE

To view our latest newsletter go to [www.town.swampscott.ma.us](http://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, 1 Widger Road, Marblehead, MA, 01945, c/o Susan Finigan.

### TIPS ON OUTDOOR WINTER SAFETY

**Question.** Last winter I slipped on black ice, falling and fracturing my wrist. Do you have any suggestions to make it safer for me to go out this winter?

**Answer.** Falling on the ice happens to people of all ages. There are several steps you can take to protect yourself from falling. Don't go outside, even if it is only for a minute, wearing your slippers. As physical therapists, we often hear stories from people who hurt themselves going outside "just to get the newspaper", not taking the time to put on appropriate shoe wear. It is easy to miss a very thin coating of ice, especially in the early morning. When walking down an outside staircase make sure to use the railing. It sometimes is especially slippery near your car. If you are going outside to start the car to let it warm-up and defrost the windows be especially careful. If the weather calls for black ice formation take precautions the night before by using a product like sand or ice melt over the areas near your steps and driveway. Be sure to spread the sand liberally. You may want to keep some of it in the car as well as by your door.

Choosing a shoe or boot with good traction is one of the best ways to protect yourself. Some shoes with large treads appear to offer good traction but are actually fairly slippery. A light hiking boot may be better. There are several types of ice grippers or traction devices that can be purchased at sporting goods stores and catalogues and even discount stores. They fit easily over any shoe and decrease the risk of falling. If you use a cane or crutches, purchase a device with metal teeth that fits easily on the end of the cane or crutch to provide more traction on ice.

Good lighting is also helpful to outdoor safety after dark. Be sure you have adequate outdoor lighting and carry a flashlight when walking outside in the dark. There are many options for dawn to dusk lighting or motion sensor lighting to increase your ability to view your driveway and walkway. Finally, when walking where it may be slippery, be sure to focus **ONLY** on walking. Do not talk and walk at the same time or search for keys in a purse or pocket. Attend only to walking. Walk with your feet slightly apart and keep the length of each step shorter than normal.

Taking these precautions will increase your safety in slippery winter conditions. If you determine that the weather conditions are too dangerous for you to venture outside, then it is best to remain in the house until your walkway and driveway have been cleared and deiced and the sun has melted any black ice.

## **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.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Cheese lasagna/ marinara sauce Spinach WW bread Pudding <b>ALTERNATIVE</b> Roast Beef Sand- wich Lentil & Rice Soup	<b>4</b> BBQ pulled pork Seasoned potato wedges Garden salad/dressing Muffin Fresh fruit <b>ALTERNATIVE</b> Chicken Caesar Salad Sandwich Tomato Soup	<b>5</b> Lemon and garlic chicken Candied yams Green beans WW bread Brownie <b>ALTERNATIVE</b> Turkey & Cheese Sand- wich Chicken Noodle Soup	<b>6</b> Baked fish/diced to- matoes Plantains Garden salad/ dressing Italian bread Fresh fruit <b>ALTERNATIVE</b> Chicken Salad Sand- wich Veggie Soup	<b>7</b> Beef stew Beets WW bread Fresh fruit <b>ALTERNATIVE</b> Ham & Cheese Sandwich Clam Chowder
<b>10</b> Roast turkey Flor- entine Sour cream dill potatoes California blend Vegetables WW bread Pudding <b>ALTERNATIVE</b> Tur- key & Cheese Sandwich Mine- strone Soup	<b>11</b> American chop suey Garden salad/dressing Italian bread Raspberry spiral cookie <b>ALTERNATIVE</b> Roast Beef Sandwich Cream of Broccoli Soup	<b>12</b> Latin style roasted pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit <b>ALTERNATIVE</b> Chicken & Black Bean Sandwich Navy Bean Soup	<b>13</b> Chicken cacciatore Rotini pasta Garden salad/dressing WW bread Fresh fruit <b>ALTERNATIVE</b> Egg Salad Sandwich Corn Chowder	<b>14</b> Crispy baked fish Winter squash Cauliflower/red peppers WW bread Fresh fruit <b>ALTERNATIVE</b> Ham & Cheese Sandwich Pasta Fagioli Soup
<b>17</b> <b>ST.PATRICK'S DAY</b> <b>SPECIAL</b> Corned beef with cabbage Boiled potatoes Turnips & cabbage WW bread Shamrock cookie <b>ALTERNATIVE</b> Roast Beef Sand- wich Carrot Ginger Soup	<b>18</b> Turkey chili Brown rice Garden salad/dressing Cornbread Fresh fruit <b>ALTERNATIVE</b> Egg Salad Sandwich Lentil Rice Soup	<b>19</b> Eggplant parmesan/ tomato sauce Penne pasta Carrots WW bread Pudding <b>ALTERNATIVE</b> Ham & Cheese Sand- wich Tomato Soup	<b>20</b> Lemon pepper pork Back eyed peas brown rice Garden salad dressing WW bread Fresh fruit <b>ALTERNATIVE</b> Tuna Salad Sandwich Chicken Noodle Soup	<b>21</b> Rosemary chicken Red potatoes Green peas Rye bread Fresh fruit <b>ALTERNATIVE</b> Turkey & Cheese Sandwich Veggie Soup
<b>24</b> Baked fish/ Creole sauce Sweet potato wedges Italian blend vege- tables WW bread Fruit cocktail <b>ALTERNATIVE</b> Ham & Cheese Sandwich Clam Chowder	<b>25</b> Beef bourguignon Veg. rice pilaf Garden salad/dressing Rye bread Fresh fruit <b>ALTERNATIVE</b> Chicken Salad Sandwich Minestrone Soup	<b>26</b> Roast turkey/gravy/ cran.sauce Whipped potatoes California blend veg. WW bread Cake <b>ALTERNATIVE</b> Turkey & Cheese Sand- wich Cream of Broccoli Soup	<b>27</b> Chicken parmesan/ tomato sauce Penne pasta Garden salad/dressing Snack loaf Fresh fruit <b>ALTERNATIVE</b> Egg Salad Sandwich Navy Bean Soup	<b>28</b> Roasted pork/ gravy Brown rice & beans Stewed tomatoes WW bread Pud- ding <b>ALTERNATIVE</b> Roast Beef Sand- wich Corn Chow- der
		<b>MENU SUBJECT            TO CHANGE            WITHOUT NOTICE</b>  <b>ALL MEALS            SERVED W/ BREAD            AND 1% MILK</b>		


**TO DO LIST!**

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

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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
9:30 Golf/Bowling 3 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaw's/Market Basket 1:00 Poker League	8:45 Stretch & Tone 4 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 5 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	9:00 Total Senior Fitness 6 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 7 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 10 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaw's/Market Basket 1:00 Poker League	8:45 Stretch & Tone 11 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 12 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	9:00 Total Senior Fitness 13 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 14 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 17 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaw's/Market Basket 1:00 Poker League	8:45 Stretch & Tone 18 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 19 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	9:00 Total Senior Fitness 20 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 21 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 24 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaw's/Market Basket 1:00 Poker League	8:45 Stretch & Tone 25 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 26 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	9:00 Total Senior Fitness 27 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 28 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 31 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaw's/Market Basket 1:00 Poker League				

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#### 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 [www.tierney.house.gov](http://www.tierney.house.gov)

#### 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 sign-up.

#### BEGINNERS AND INTERMEDIATE COMPUTER CLASSES

A new four week beginner and intermediate computer class is available for sign-up at the Senior Center. 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.

#### 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.

#### TRIPS TO FOXWOODS

We will be having our first trips of the new year to Foxwoods Casino on Tuesday, March 18th and Thursday, April 10th. The bus will be leaving the Essex Street side of the Stop & Shop at Vinnin Square NO LATER THAN 7:00 am. The cost is \$28.00 per person, seats are limited so sign-up early.

#### MINI-MEMORY TESTING

You are invited to participate in our free mini-memory testing at the senior center provided by Mary Demakes, RN of Home Health Care on Tuesday, April 15th from 11:00 to 11:30 am. This event is open to all our seniors. The mini-memory test involves questions and quizzes that will guide the individual to a better understanding of your memory level. This is a fun event that will give individuals something to think about! For more information call them at 781-639-8696 or go to [www.privatehomehealthcare.org](http://www.privatehomehealthcare.org). Call the Senior Center to save your seat.

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



### “ the Conversation”

Please join us at the Senior Center on Monday evening, April 14, 2014 at 6:30pm as we welcome Dr. Coleen M. Reid who will speak to us about the importance of talking to our families about our “end of life” wishes. As Seniors, this topic is one which is (or should be) of importance to all of us as we head into those golden years.

Unfortunately, many adult children do not want to hear us speak about being ill and/or dying. However, they will eventually have to make those all-important decisions. If you have had the opportunity to make your wishes known ahead of time, you will make those decisions easier for your family and avoid difficult and costly times for all.

We urge you to bring your adult children with you as Dr. Reid speaks knowingly about having “the Conversation” we all dread. Light refreshments will be served.,

#### NEW ART CLASS

We are interested in having a new spring art class. We will need at least eight people to start it up. Contact the Senior Center if you are interested.

#### WISH LIST

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

#### 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:** \_\_\_\_\_