

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

APRIL 2015

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear friends and seniors,

I would be remiss if I did not take an opportunity to thank and praise Rod Pickard who has submitted his letter of retirement to the town of Swampscott. I first met Mr. Pickard on July 15, 1997 on the second floor corridor of Marblehead High School. He was standing on a ladder plastering and painting a ceiling on the main floor of the building because it was just looking terrible. His support for me began that moment. He worked for nine years as assistant principal and then athletic director at the high school. He was always ready to take on any task and do whatever needed to be done to accomplish it with skill, grace and excellence. Under his leadership, the high school added girls' hockey, wrestling, sailing and skiing to our varsity athletic offerings. He was respected by all our constituents that included students, parents, teachers and administrators.

In 2007, Rod and I became the co-directors of the Swampscott Senior Center. In July, we rented a budget van and with the aid of the sheriff's work release prisoners program we moved from Burrill Street to our new home at the high school. Again an excellent partnership began and blossomed. Rod was the go to guy on Tuesday afternoon, Wednesday and Friday. He was the leader of bingo, bocce, poker, knitting and Mr. Hospitality each and every day. He came to the center with a smile and with a work ethic that was always up beat and on task.

I have heard at least one hundred stories of how Rod helped our clients when they had downsizing tasks or maintenance concerns in their home. He often shoveled out those who had no help. We were very fortunate to have such a fine and caring person here. Everyone wishes him the best in his next endeavor. Thank you Rod for all you have done for the Swampscott Senior Center.

Sincerely, Marilyn

"I Think It's Time for Me To Move into Something Smaller?"

Many of us will ask this question sometime in our senior years. In fact, many well-intentioned people will ask the question for us: "Mom/Dad, don't you think it's time to move out of this big house. It's too much for you!" Sometimes, people think of relocating; and given the severity of this winter, who wouldn't want to live in sunnier climes where no one ever heard of a snow-blower?

If you start to contemplate moving into something more manageable and wonder about public housing, we urge you to remember some basic points. Each city or town has a housing authority. They will take applications at any time. These housing authorities give priority to their residents. Swampscott Public Housing will give first preference to Swampscott residents, Salem to Salem residents, Lynn to Lynn residents, etc. Most importantly, when you apply, you will be placed on a waiting list.

Do not think that there are immediate vacancies. One could be on a waiting list for two or three years. This must be emphasized because many people are disappointed to learn that they must sit on a list and wait. We advise that if you have the slightest feeling that you will move in the near future, apply for public housing now. You may be called and informed of a vacancy in two or three years – just at the time when you definitely want to move. Think ahead. Believe it or not – seniors do have a future.

May Is The Month To Celebrate Your Mother
Beginning April 20th seniors are requested to bring pictures of their Mother for display at the senior center for the month of May. Label your picture with your Mothers maiden name, married name and her birth date. These pictures will remain on display all month.

A Small Indulgence

I arose early this morning and took the time
To stare at the full moon against a cloudless sky
While leafless trees danced to the howl of lusty gusts.

Sunlight brought no reprieve, for the wind and boughs
Swirled and twirled throughout the morning.
A chilly breeze seeped through my window frame.

With permission from nature's light
I read the morning paper, then did a puzzle
As the morning wailed and bellowed-Bonjour

Paul Lahaie

No Exaggeration Here

In Washington a forum of governors from across the country were discussing the biggest issues each state faces now.

Hawaii's chief executive detailed struggles of connecting graduates with a job.

Wyoming spoke about infrastructure and energy costs.

Then the moderator asked Governor Baker, "What is the biggest issue you face in Massachusetts?" He replied instantly, "Snow". The governors and audience burst into loud laughter and applause.

Barbara Cantor

Happy Birthday Wishes
For Those Who Celebrate
Their Birthday in April



Best wishes to Diane Starr our Line Dancing Instructor who has decided to move to Kentucky.

OUR NEWS LETTER IS ON LINE

Go to 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 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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL MEALS SERVED W/ BREAD AND 1% MILK MENU SUBJECT TO CHANGE WITHOUT NOTICE		1 American chop suey Broccoli Snack loaf Chilled peaches ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	2 Lemon pepper pork Black eyed peas & brown rice Spinach salad/dressing WW bread Brownie ALTERNATIVE Turkey & Cheese Sandwich Cream of Potato Soup	3 Baked white fish Red potato Green peas Rye bread Chilled pears ALTERNATIVE Tuna Salad Sandwich Minestrone soup
6 Rosemary Chicken Sweet Potato wedges Italian blend Vegetables W ALTERNATIVE Ham & Cheese Sandwich Tomato Basil Soup	7 Shepherd's pie Caesar salad/dressing W roll Fresh fruit ALTERNATIVE Chicken Salad Sandwich Chicken & Orzo Soup	8 Roast turkey/gravy rice pilaf/veg. mix California blend veg. W bread Cookie ALTERNATIVE Turkey & Cheese Pea Soup	9 Chicken picatta Pasta Garden salad dressing Italian bread Chilled pineapple ALTERNATIVE Roast Beef Sandwich Bean & Barley Soup	10 BBQ pulled pork Rice and beans Spinach W bread Mandarin oranges ALTERNATIVE Egg Salad Sandwich New England Clam Chowder
13 BASEBALL SPECIAL Fenway franks Roll mustard Baked beans Mixed Vegetable Chocolate chip cookie	14 Southern style cod Mashed sweet potatoes Spinach salad/dressing W bread Fresh Fruit ALTERNATIVE Ham & Cheese Sandwich Cream of Broccoli Soup	15 Meatballs/marinara sauce Pasta Spinach W roll Chocolate Pudding ALTERNATIVE Roast Beef Sandwich Vegetable Soup	16 Turkey chili White rice Caesar salad/ dressing W bread Chilled peaches ALTERNATIVE Turkey & Cheese Sandwich Cream of Potato Soup	17 Stuffed shells/ Tomato sauce Broccoli Rye bread Chilled pears ALTERNATIVE Chicken Salad Sandwich Minestrone Soup
20 HOLIDAY NO MEAL SERVICE	21 Chicken teriyaki Brown rice Stir fry vegetables W roll Fresh fruit ALTERNATIVE Chicken Salad sandwich Chicken & Orzo Soup	22 Salmon/dill sauce Red potatoes Green peas Italian bread Cookie ALTERNATIVE Ham & Cheese Sand- wich Split Pea Soup	23 Meatloaf/gravy Mashed sweet Potatoes Spinach salad dressing WW bread Tapioca pudding ALTERNATIVE Tuna Salad Sandwich Bean & Barley Soup	24 Turkey Milanese Veg. rice pilaf Carrots Rye bread Chilled pears ALTERNATIVE Roast Beef Sand- wich New England Clam Chowder
27 Cheese lasagna/ tomato sauce Spinach bread Butterscotch pudding ALTERNATIVE Chicken Salad Sandwich Chicken & Rice Soup	28 Roast pork /gravy Whipped potatoes Caesar salad/dressing Italian bread Fresh fruit ALTERNATIVE Roast Beef sandwich Cream & Broccoli Soup	29 BBQ chicken Candied yams Broccoli Italian bread Cake ALTERNATIVE Ham & Cheese sandwich Vegetable soup	30 Baked fish/diced Tomatoes Plantains Garden salad dressing W roll Chilled pineapple ALTERNATIVE Tuna Salad Sandwich Cream of potato Soup	



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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
		10:00 Creative Writing 1 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 2 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 3 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 9:30 Mah Jongg 6 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 8:45 Stretch & Tone 7 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Thi Chi	10:00 Creative Writing 10:30 Yoga 8 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10:00 Line Dancing 9 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 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League 10
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CLOSED FOR PATROITS DAY 20	8:30 Mah Jongg 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 2:00 thi chi 21	10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club 22	8:45 Total Senior Fitness 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 23	9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League 24
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TO DO LIST!

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

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MEDICARE FRAUD AND ABUSE...DID YOU KNOW...?

Over the past year, Medicare paid for health services for approximately 51 million individuals at a cost of about \$604 billion. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments—some of which may be fraudulent—were almost \$50 billion.

Fraud, waste, and abuse contribute to the rising cost of health care. Taxpayer dollars lost to fraud, waste, and abuse affect all of us. You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. 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 in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

TRIP TO FOXWOODS

The Senior Center will be having its first trip this year to Foxwoods on Tuesday, April 21st. 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 sign-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 manager will be at the Senior Center every month to meet with any Swampscott Senior, the next date is Tuesday, April 7th from 11:00 am to 11:45 am. Contact the center if you would like a one on one meeting.

COME AND JOIN OUR LINE DANCING GROUP

A group meets every Thursday at 10:00 am here at the senior center for line dancing. We would like to expand the group to include men as well. The cost of the class is \$5.00, contact the senior center for further information or to sign-up.

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 \$_____. Thank you for your donation._

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Address _____

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

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