

## 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

MAY 2015

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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The following is a personal thank-you from our friend Rod Pickard to all of his friends here at the senior center.

Dear Friends,

Many thanks for your letters and cards. I have been very honored that so many of you have noticed that I am no longer messing up your coffee and tea requests.

I made a quick exit and did not have the time to say good bye to many of you. I am sorry for that but at the time it seemed the best way for me to leave.

I have been gone for three weeks now and miss all of you. Most of you are probably wondering who is this guy?

Once again many thanks for your good wishes. As you can see my letter writing skills are not one of my strong points. I will miss and remember you all.

Rod

Happy Birthday Wishes For  
Those Who Celebrate Their  
Birthday in May



### NEW CARDIO/TONE EXERCISE CLASS

Rachelle Bruzzese has established a new cardio/ tone exercise class on Thursday's from 10:00 to 10:45. The cost per class is \$5.00. Contact the senior center if interested.

### 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, May 5th from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

### TAI CHI CLASS

Nicanor Snow the founder of Seacoast Tai Chi is running a Tai Chi class here at the senior center on Tuesday afternoons from 2:00 to 3:00 pm at a cost of \$5.00 per class. There is still room for new students. Contact the senior center for additional information or to sign-up.

### SPRING ART CLASS

It's spring! Come and join our art class for creativity and conversation. No experience necessary. We'll experiment with different materials and explore new art techniques to make one-of-a-kind projects to display on the Senior Center Art Gallery wall. You are always welcome to bring your own supplies, work independently and enjoy the company!

The class will start Tuesday, May 5<sup>th</sup> and will be held every Tuesday up to and including Tuesday, June 2<sup>nd</sup> from 2:45 to 4:00. The cost for the five weeks will be \$35.00. Contact the Senior Center at 781-596-8866 to sign-up or to obtain additional information.

Do you remember me?

We were classmates, friends...  
    way back when  
 I had a schoolgirl crush  
    on you back then  
 It was so long ago and life went on  
 You moved away...far away...  
    and I missed you

I heard of your accomplishments  
    and your new life  
 I hoped we'd meet again  
    but it was not to be  
 I had a husband and you,  
    A new wife

Once when you visited here  
 I saw you walking down the street  
 and tried to catch up  
    so we could meet  
 But the years had slowed me down  
    and you were gone  
    before I reached you

Though life has been good and I've been happy  
    I wonder sometime...  
 Do you remember me?

Dorothy Berge in

#### COME AND JOIN OUR POKER LEAGUE

The senior center has a poker league consisting of men and women that meets every Monday, Wednesday and Friday from 1:00 pm until approximately 4:00pm. The league is looking to add to the existing group. If you are interested stop by the senior center and observe the games or call the center at 781-596-8866 for additional information.

#### OUR NEWS LETTER IS ON LINE

Go to [www.town.swampscott.ma.us](http://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](http://www.seekandfind.com) enter "Searching Near Swampscott" click on "latest bulletin" and a PDF newsletter will appear.

#### 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.

#### 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 eligible 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.


#### VOLUNTEERS NEEDED


The Swampscott Senior Center is looking for volunteers to work in our kitchen area on Monday's, Tuesday's or Friday's from approximately 10:45 to 12:30. Tasks would include collecting the lunch money, serving lunch or cleaning the tables. Contact the Swampscott Senior Center at 781-596-8866 if you are interested.

Cost, \$2.00 per Meal

## COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MENU SUBJECT TO CHANGE WITHOUT NOTICE		1 Beef stew Beets Rye bread Mandarin oranges ALTERNATIVE Egg Salad Sandwich Minestrone Soup
4 Roast turkey Florentine Roasted Potatoes California blend veg. WW bread Vanilla pudding ALTERNATIVE Ham & Cheese Sandwich Tomato Basil Soup	5 Meatballs/marinara sauce Pasta Garden salad/dressing Fresh banana Snack loaf ALTERNATIVE Chicken Salad Sandwich Chicken & Orzo Soup	6 Roast pork/gravy Mashed sweet potato Capri blend veg. Rye bread Chilled pears ALTERNATIVE Roast Beef Sandwich Split Pea Soup	7 MOTHER'S DAY SPECIAL Chicken picatta Garlic mashed potato Broccoli Whole Wheat roll Pie	8 Salmon/dill sauce Yellow rice Green beans Applesauce WW bread ALTERNATIVE Turkey & Cheese sandwich New England Clam Chowder
11 Cheeseburger/roll Seasoned potato wedges Mixed veg. Chilled pears ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup	12 Roast turkey/gravy Mashed potato Caprese salad vinaigrette WW bread Fresh banana ALTERNATIVE Roast Beef sandwich Cream of Broccoli Soup	13 Cheese tortellini/meat sauce Broccoli WW roll Chocolate pudding ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	14 Lemon pepper pork Black eyed peas & brown rice Café spinach salad WW bread Brownie ALTERNATIVE Tuna Salad Sandwich Potato Soup	15 Rosemary chicken Red potatoes Green peas Rye bread Peaches ALTERNATIVE Egg Salad Sandwich Minestrone Soup
18 New England style cod Sweet potato wedges Italian blend vegetables WW bread Pudding ALTERNATIVE Turkey & Cheese Sandwich Tomato Basil Soup	19 Boeuf Bourguignon White rice Caesar salad Parm. cheese banana WW bread ALTERNATIVE Chicken Salad Sandwich Chicken & Orzo Soup	20 Turkey/mushroom sauce Mashed potatoes California blend veg. WW bread Cookie ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup	21 Chicken and broccoli alfredo Pasta Greek salad/dressing Italian bread Pineapple ALTERNATIVE Roast Beef Sandwich Bean & Barley soup	22 BBQ pulled pork Rice and beans Spinach Muffin Mandarin oranges ALTERNATIVE Egg salad Sandwich Clam Chowder
25 MEMORIAL DAY HOLIDAY NO MEAL SERVICE	26 Baked white fish Mashed sweet potatoes Café spinach salad WW bread Applesauce ALTERNATIVE Sandwich Sandwich Broccoli Soup	27 American chop suey Green Peas WW roll Cake ALTERNATIVE Turkey & Cheese Sandwich Vegetable Soup	28 Turkey chili White rice Garden salad dressing WW bread Tapioca pudding ALTERNATIVE Tuna Salad Sandwich Cream Of Potato Soup	29 Stuffed shells/ Tomato sauce Broccoli Rye bread Chilled pears ALTERNATIVE Roast Beef sandwich Minestrone 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
	HAPPY MOTHERS DAY			9:30 Tap Dancing 1 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 4 9:30 Mah Jongg 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 5 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 Tai Chi Class	10:00 Creative Writing 6 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 7 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 8 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 11 9:30 Mah Jongg 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 12 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 Tai Chi Class	10:00 Creative Writing 13 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 14 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 15 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
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25  SENIOR CENTER  CLOSED FOR  MEMORIAL DAY	26 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 Tai Chi Class	27 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	28 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	29 9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League

## TO DO LIST!

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

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### On Listening

"Who listens?" my husband, Raymond asked. The cacophony of noise coming from a gathering of my large and extended family was a bit much for my quiet and introspective mate. I admit that conversation between my seven siblings, their husbands/wives and twenty-eight nieces and nephews can be daunting. We all seemed to be talking at once and very loudly. My answer was, "I know it's hard to believe but we're really tuned into what each one is saying".

Raymond came from a family of four and a relatively quiet household. When I first visited his childhood home, I found it peaceful and serene. In fact, their family joke told of their uncles sitting in a circle of rocking chairs, smoking pipes and not saying a word for hours on end...just rocking and smoking, rocking and smoking. This type of serenity was not for me. Eventually, I missed the chaos that I grew up with and often felt bored in their company.

Among my brothers and sisters, I have a reputation of being very talkative. Once, when my sister ridiculed me for this flaw in front of my nephew, he spoke right up and said, "But she listens when necessary and doesn't monopolize conversations." Yay, for his coming to my defense.

There were times when my college friends would meet at my house. Eleven of us, catching up on each other's lives and problems, can be loud. And my sons whose bedrooms were not far from the living room could be heard sighing, (just loud enough for me to be aware) about their sleep disturbed. The next morning, they would be sleepy-eyed and zombie-like.

Since the other Mons were hearing the same complaints, we decided to hold our monthly meetings in a restaurant. I will admit, we had to be somewhat quieter but it kept the peace in all our households and we enjoyed not having to play hostess.

Now that I live alone and some of my family are gone or have moved away, I miss some of that chaos and leave the television or radio on for background noise. And I remember how Raymond learned to tolerate the boisterousness of my family but after each gathering he never ceased to taunt me with, "Who Listens?"  
Dorothy Bergevin

### 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.\_

Donor's Name \_\_\_\_\_  
Address \_\_\_\_\_

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

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In Memory of \_\_\_\_\_

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### NEW MAH JONGG CLASS AT THE SENIOR CENTER

The senior center will be starting a new Mah Jongg class this month. The day and time is yet to be determined. You can contact the senior center at 781-596-8866 to sign-up or to obtain additional information.

### TRIP TO FOXWOODS

The Senior Center will be going to Foxwoods on Tuesday, June 9th. 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.

### Senior Knitter Goes Above and Beyond

Florence Hoey, a member of the Swampscott Senior Center's Knifty Knitters has made it her personal mission to knit or crochet hats for the Children's Hospital in Boston. The knitting group monthly sends a basket full of lovingly hand knit hats and blankets to the Cancer Center at Children's. But Florence goes way beyond that and personally has knit or crocheted approximately 100 hats. Her fingers go a mile a minute and an hour or so later, she has created a wonderful, warm and happy hat for children to help keep their heads warm while undergoing cancer treatments. There are many other knitters who contribute to the baskets, but Florence's numbers are astonishing.

### CANDY AND KLEENEX IS NEEDED

**The Senior Center would like to ask its seniors to donate any type of soft candy, especially chocolate.**