

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

AUGUST 2015

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Hello Friends,

We would like to take this opportunity to thank Bill Foley our Social Worker for his dedication to our seniors these last four years. Bill has decided to fully retire and we wish him and his wife the best of health and in relaxing and enjoying their retirement. Bill did a fabulous job for the senior center and its clients. The staff and clients will miss him tremendously.

Bill helped so many people during his tenure here, his kindness and compassion was outstanding. Thank you Bill for your outstanding service. Good luck, you will be missed.

Susan

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

Question. I am an 83 year old woman. It seems that every time I try to exercise, I end up hurting myself. I am beginning to wonder if I am "just too old for this." Do you have any suggestions?

Answer. You are absolutely not too old to exercise, nor too old to get stronger. Seniors can obtain important health and fitness benefits, just as younger people can, with the proper fitness training. Research has indicated that resistance exercises can help improve strength, flexibility, bone density, balance and blood pressure among seniors. Many of these studies included subjects well into their eighties and even into their nineties.

It is important to check with your physician before beginning a new exercise program. Your doctor can rule out any underlying medical conditions which might affect your capacity to exercise safely. You may find it helpful to begin exercising under the supervision of a personal trainer or qualified instructor. Choose someone who is certified and has expertise in working with seniors. A personal trainer can develop a program to meet your individual needs. If you prefer to exercise in a group rather than individually, you may want to try one of the many classes offered at your local senior center or Council on Aging.

When starting an exercise routine, it is essential to begin slowly and progress gradually, especially with resistance training. Injuries often occur when trying to do too much too quickly. Whether exercising with a trainer, on your own, or in a class, never do something which causes pain. "No pain, no gain" is an outdated and potentially harmful motto!

Whatever you choose, remember to have fun, go slowly, and keep moving. Exercise benefits people of all ages. If you have questions regarding meeting your strength and fitness goals, either individually or in a group, feel free to contact Susan Finigan 781-631-8250, Susan is a licensed physical therapy assistant and a certified personal trainer and a certified aquatic therapist, with an expertise in working with seniors. She has been teaching senior exercise classes in the area for the past 7 years. If you have questions please contact her at 781-631-8250. Our Salem and Marblehead offices conduct free injury and balance screens by appointment. Give our offices a call and receive free expert advice for your physical therapy and wellness concerns.

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.

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.

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, August 4th. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

REVISED IMPORTANT NOTICE

There will shopping at Wal-Mart on Friday mornings from 9:45 to 10:45. Shopping on Monday's , Tuesday's and Thursday's will remain in effect.

SENIOR CENTER SUMMER HOURS

Our new Senior Center summer hours are now in effect until September 17th and are as follows; Monday, Tuesday and Thursday's 8:30am to 3:00pm. Wednesday's 10:00am to 3:00pm. And Friday's 9:00am to 2:00pm.

BE AWARE OF CHILDREN AROUND THE CENTER

Please be extra cautious when arriving and leaving the senior center. There have been close calls involving children on the road leading to the senior center, especially now that the weather has improved. Be aware that they can dart out behind parked cars at any time. Also it is important to take extra caution when school is letting out. We want to thank you for your cooperation.

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 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.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheeseburger Potato wedges Mixed veg. ALTERNATIVE Turkey & cheese Sandwich Chicken & Rice Soup	4 Roast turkey/gravy Mashed potato Salad/ dressing ALTERNATIVE Roast Beef Sandwich Cream of Broccoli Soup	5 Tortellini/meat sauce California blend vegeta- ble ALTERNATIVE Ham & Cheese Sand- wich Vegetable Soup	6 Lemon pepper pork Brown rice/beans Salad ALTERNATIVE Tuna Salad Sandwich Cream of Tomato Soup	7 Rosemary chicken Red potatoes Peas ALTERNATIVE Egg Salad Sand- wich Minestrone Soup
10 NE style cod/tartar sauce Sweet potato wedges Corn ALTERNATIVE Turkey & Cheese Sandwich Tomato Basil Soup	11 Beef hot dog/roll Baked beans Salad/ dressing ALTERNATIVE Chicken Salad Sand- wich Chicken Orzo Soup	12 Roast turkey/ mushroom sauce Mashed potato, mixed veg. ALTERNATIVE Ham & Cheese Sand- wich Split Pea Soup	13 Chicken picatta Pasta Salad/ dressing ALTERNATIVE Roast Beef Sandwich Bean & Barley Soup	14 BBQ pork Rice and beans, spinach ALTERNATIVE Egg Salad Sand- wich New England Clam Chowder
17 WG Chicken nug- gets/sauce Corn Capri blend veg. ALTERNATIVE Egg Salad Sand- wich Chicken & Rice Soup	18 Salmon/dill sauce Sweet potato Salad/ dressing ALTERNATIVE Ham & Cheese Sand- wich Cream of Broccoli Soup	19 American chop suey Green peas ALTERNATIVE Turkey & Cheese Sand- wich Vegetable Soup	20 SPECIAL Chicken/pesto cream sauce Garlic mashed potato Salad/dressing Italian bread Cookie	21 Stuffed shells/ tomato sauce, broccoli ALTERNATIVE Roast Beef sand- wich Minestrone Soup
24 Boneless pork chops/gravy Garlic mashed potatoes ALTERNATIVE Turkey & Cheese sandwich Tomato Basil Soup	25 Chicken teriyaki Brown rice Stir fry veg. ALTERNATIVE Egg Salad Sandwich Chicken & Orzo Soup	26 Turkey/Creole sauce Red potato Green peas ALTERNATIVE Ham & Cheese Sand- wich Split Pea Soup	27 Meatloaf/gravy Sweet potato Salad/ dressing Chicharon Frito (pork) ALTERNATIVE Tuna Salad Sand- wich Bean & Barley Soup	28 Turkey Milanese Rice & chick peas Carrots ALTERNATIVE Roast Beef Sand- wich New England Clam Chowder
31 Creole fish Rice and beans Spinach ALTERNATIVE Chicken Salad Sandwich Chicken & Rice Soup				



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SENIOR CENTER SUMMER 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
9:30 Golf/Bowling 3 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 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 4 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 5 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 6 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 7 9:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 12:30 Poker League
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**HOLIDAY
SPECIAL**



"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 climate 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. More 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.

LINE DANCE CLASS

Put on your dancing shoes and join me (Christine Loiacano) for line dancing classes at the Swampscott Senior Center. The start date is Wednesday, September 9th from 10:00 to 11:00 am. The cost is \$5.00 per class. We will need a minimum of ten people to start the class. The class will meet at the Swampscott High School in the dance studio. Contact the senior center at 781-596-8866 to sign-up.

NEW SEPTEMBER ART CLASS

Lori Reis is interested in having a new art class on a Tuesday, in September starting at 2:45. Contact the senior center for additional 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._

Donor's 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 _____

TRIP TO FOXWOODS

The Senior Center will be going to Foxwoods on Tuesday, August 18th. 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.

*Happy Birthday Wishes
For Those Who Celebrate
Their Birthday in August*



BOCCE AT THE SENIOR CENTER

Come to our senior center and join our Bocce Ball league on Friday mornings at 10:00am. We have a pro type court and we are looking for beginners and pro's, men and women. We would like to have enough people to join so that we may establish competition between our center and other centers in the area. Contact us at 781-596-8866 to sign-up or to obtain any additional information.

CANDY AND KLEENEX ARE NEEDED

The Senior Center would like to ask its seniors to donate any type of soft candy, especially chocolate as well as boxes of Kleenex.

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.