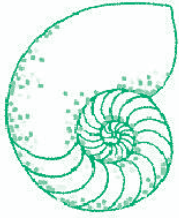


## Swampscott Senior Center



# 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

OCTOBER 2015

TEL. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

### BOARD MEMBERS

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OUTREACH WORKER: Amy Rose  
VAN DRIVERS: Howie Conley, Emery Richard and Ed Kitoski  
GLSS SITE MANAGER: Helen Richard

Dear friends and family members. Thank you to every one who remembered to give a donation to *The Friends of the Swampscott Senior Center*. This wonderful organization permits us to go the extra mile for events and purchases that would otherwise be impossible. Their generosity and support through the years sets the tone for our endeavors across the spectrum of all our activities and events. By now, you have all probably met our new social worker, Amy Rose. She has jumped right in and is a wonderful team player. You will see her at lunch, meeting with clients, and helping seniors and family members with issues that many of us face daily. Welcome aboard Amy it is a pleasure to be working with you.

It is a treat to drive up the drive way. The foliage is so outstanding. Although we love the fall, it certainly reminds us that the winter months are coming. This month we intend to celebrate Halloween on Friday, October 30<sup>th</sup>. Wear your black, orange or a costume to the center. We will have a special pizza lunch, bingo, poker and a Halloween grab for all who sign up. The cost for the day will be \$3.00. However, you must reserve a spot. Other events that are available for October beyond our regular schedule include lunch trips. Call Betty or see her for more information. A trip suggested by a client is a possible tour of the Boston Public Library. We will need to see who might be interested before setting a specific date and agenda. If you are interested add your name to the sign up sheet.

Before we all start to worry about snow, heating bills, and safety as we walk to and from our home to the car, the bus or into a store, we should look around our home to see if we are following safety tips toward fall prevention. For example, do you have slippery scatter rugs on you floors? Do you have safety bars in your bath and shower? Do you keep a night light on to help you with balance if you must get up during the night? Falls are frequently the start of serious health concerns for the elderly. Happy Halloween to everyone don't let the ghosts and goblins scare you!!! Marilyn

Hello New Friends, my name is Amy Rose and I'm your new Outreach Coordinator at the Swampscott Senior Center. I am thrilled to be here and I want to thank all of you for making me feel so welcome. My office hours are Tuesday, 9:00 am to 2:00 pm, Wednesday, 10:00 am to 3:00 pm and Friday, 9:30 am to 2:30 pm. My door is always open so if you have any questions or concerns, please call, drop in or make an appointment to meet with me in person. As the Outreach Coordinator, I can help you connect with resources in the community and assist you in enrolling in various programs and services. Now that cooler days are approaching and we will have to turn our heating system back on, please let me know if you will need fuel assistance. I can help you fill out the application for the first time or get recertified for the winter. I'm looking forward to getting to know you and please let me know how I can be of service. Thank you, Amy

### ATTENTION SENIOR MEN

If you are retired or will retire soon or just looking to meet new people, enjoy good food, good talk and new friendships, please come and join us at the Swampscott Senior Center.

For approximately the last fifteen years the Men's Club has been meeting at the senior center. The men meet on the third Thursday of the month. The meeting begins with lunch and then we try to do something different each month whether it be a guest speaker, slide show or even a road trip to a local attraction.

Contact the Swampscott Senior Center at 781-596-8866 or email [bgallo@town.swampscott.ma.us](mailto:bgallo@town.swampscott.ma.us) for additional information including a schedule of events. I hope to see you soon, Betty.

### 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 meet 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, October 6th. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

### HEALTH PRESENTATION

Peripheral Neuropathy due to nerve damage is a condition that is common among people over 50. The pain, numbness and discomforts rob the sufferer of enjoyment of the retired life that they so looked forward to during their working years. Medication sometimes can take the edge off the suffering. But medications often have side effects that cause further difficulties. Now for many Peripheral Neuropathy sufferers, there are new non-drug treatments that can help ease the suffering. This allows them to enjoy life again. You can learn more about these new treatments with the upcoming presentation: Neuropathy Pain Relief offered by Dr. Ellen Blometh who is a Chiropractor and also a Certified Neuropathy Pain Specialist here on the North Shore. This presentation will be on Wednesday, October 28th. Call the center to reserve your seat.

### NEW CANASTA CLASS AT THE SENIOR CENTER

A huge thank you to Elaine Newberg our new Canasta instructor who is replacing Elaine Young who has led our Canasta group as well as providing lessons since 2007. She is well loved and will be missed. Everyone wishes her and her family happiness and good health as they relocate to Florida. A new class will begin in October 13th. The cost is \$35.00 for the six weeks.

### The Morning Ritual

The alarm goes off at 6 am  
and I fall out of bed  
my hubby? Just a sleepyhead.  
When I'm thru in the shower, dressed,  
I head right back  
awaken him, cut him no slack  
until he gets out of the sack.

I straighten the bedding  
make it all smooth and right  
seems he pulled away my share of blankets  
some how thru the night  
No time to dwell on that  
must lie on top  
to move my legs, various exercises  
to keep my hips within their groove.

Having had bilateral replacements  
some twenty long years past  
I have to keep on with my medical drill  
To help this body last.

Barbara Cantor

### 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).

### 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 the Swampscott senior Center at 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.


### VAN SERVICE FOR WEDNESDAY'S

The Wednesday Ride will start September 9th and will be used for transporting our clients to the senior center for lunch, shopping at Vinnin Square (no food shopping) and stopping at the post office or the library. Call the senior center by 10:00 am on Wednesday morning to save a seat.

Cost, \$2.00 per Meal

**COMMUNITY CAFÉ MENU**

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Turkey Chili White rice Garden salad/ dressing Italian bread Pudding <b>ALTERNATIVE</b> Tuna Salad Sandwich Cream of potato Soup	<b>2</b> Stuffed shells/ Tomato sauce Broccoli Rye bread Chilled pears <b>ALTERNATIVE</b> Roast Beef sandwich Minestrone Soup
<b>5</b> Boneless pork chops gravy Garlic mashed potatoes Collard greens WW bread Fruit cocktail <b>ALTERNATIVE</b> Turkey & Cheese Sandwich Tomato Basil Soup	<b>6</b> Chicken teriyaki Brown rice Stir fry vegetables WW roll Banana <b>ALTERNATIVE</b> Egg Salad sandwich Chicken & Orzo Soup	<b>7</b> Baked white fish/tartar sauce Red potatoes Green peas Italian bread Cookie <b>ALTERNATIVE</b> Ham & Cheese Sandwich Split Pea Soup	<b>8</b> Meatloaf/brown gravy Mashed sweet Potatoes Salad/ dressing WW bread Tapioca pudding <b>ALTERNATIVE</b> Tuna Salad Sandwich Bean & Barley Soup	<b>9</b> Turkey Milanese Rice and chick peas, Carrots Snack loaf Chilled pears <b>ALTERNATIVE</b> Roast Beef Sandwich New England Clam Chowder
<b>12</b> <b>HOLIDAY</b> <b>NO MEAL</b> <b>SERVICE</b>	<b>13</b> Latin style pork/gravy Plantains Salad dressing Italian bread Fruit cocktail <b>ALTERNATIVE</b> Roast Beef Sandwich Cream of Broccoli Soup	<b>14</b> BBQ chicken Candied yams Broccoli WW bread Banana <b>ALTERNATIVE</b> Ham & Cheese Sandwich Vegetable Soup	<b>15</b> NE style cod/tartar sauce Baked beans Salad/dressing WW roll Chilled pineapple <b>ALTERNATIVE</b> Turkey & Cheese Sandwich Cream of potato Soup	<b>16</b> Beef stew Beets Rye bread Cookie <b>ALTERNATIVE</b> Egg Salad Sandwich Minestrone Soup
<b>19</b> Roast turkey Florentine Crispy potatoes California blend vegetables WW bread Pudding <b>ALTERNATIVE</b> Ham & Cheese Sandwich Tomato Basil Soup	<b>20</b> Meatballs/marinara sauce Pasta Salad/dressing Italian bread Banana <b>ALTERNATIVE</b> Chicken salad Sandwich Chicken Orzo Soup	<b>21</b> Turkey/creole sauce Mashed sweet potato Capri blend vegetables Rye bread Cake <b>ALTERNATIVE</b> Roast Beef Sandwich Split Pea Soup	<b>22</b> Chicken cacciatore/ pasta Salad/dressing WW roll Applesauce <b>ALTERNATIVE</b> Egg Salad Sandwich Bean & Barley Soup	<b>23</b> Salmon/dill sauce Yellow rice Green beans WW bread Fruit cocktail <b>ALTERNATIVE</b> Turkey & Cheese Sandwich New England Clam Chowder
<b>26</b> Cheeseburger W Ketchup wedges Mixed vegetables Hamburger roll Chilled pears <b>ALTERNATIVE</b> Turkey & Cheese Sandwich Chicken & Rice Soup	<b>27</b> Roast turkey/gravy Mashed potatoes Salad/dressing WW bread Banana <b>ALTERNATIVE</b> Roast Beef Sandwich Cream of Broccoli Soup	<b>28</b> Cheese tortellini/meat sauce California blend Vegetables WW roll Chocolate pudding <b>ALTERNATIVE</b> Ham & Cheese Sandwich Vegetable Soup	<b>29</b> <b>HALLOWEEN SPECIAL</b> Rosemary chicken Mashed sweet potatoes Green peas Rye bread Halloween cookie	<b>30</b> <b>SENIOR CENTER</b> <b>HALLOWEEN</b> <b>PIZZA</b> <b>PARTY</b>



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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
			8:45 Total Senior Fitness 1 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 2 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 5 9:30 Mah Jongg 57 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 6 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 7 10:30 Yoga 11:30 Lunch 12:30 Shop at Vinnin Sq 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 8 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 9 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
12  Senior Center Closed  For Columbus Day  Holiday	8:30 Mah Jongg 13 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 14 10:30 Yoga 11:30 Lunch 12:30 Shop at Vinnin Sq 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 15 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 16 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 19 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 12:30 Poker League	8:30 Mah Jongg 20 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 21 10:30 Yoga 11:30 Lunch 12:30 Shop at Vinnin Sq 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 22 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 23 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 26 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 12:30 Poker League	8:30 Mah Jongg 27 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 28 10:30 Yoga 11:30 Lunch 12:30 Shop at Vinnin Sq 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 29 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 30 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League

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### "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.

### NEED TO EXERCISE AND HAVE FUN DOING IT

Come in to our Senior Center and observe our various exercise classes, on Monday's, Tuesday's, Wednesday's and Thursday's, refer to our schedule of activities in this newsletter for our various classes.. Each class is run by qualified instructors. Contact the center at 781-596-8866 for additional information.

### TRIP TO FOXWOODS

The senior center has schedule its next trip to Foxwoods on Tuesday, October 20th. 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. Seat are limited so contact the Swampscott Senior Center at 781-596-8866 to save sign-up.

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



### 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,, 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 IS NEEDED

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

### 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.**

### 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.**

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

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