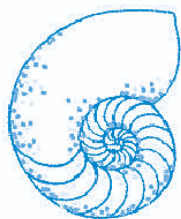


Swampscott Senior Center



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

JANUARY 2016

TEL. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson, Marilyn Cassidy	Norma Freedman
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ADMINISTRATIVE ASSISTANT: Betty Gallo
OFFICE ASSISTANT: Dorothy Kitoski
OUTREACH WORKER: Amy Rose
VAN DRIVERS: Howie Conley, Emery Richard and Ed Kitoski
GLSS SITE MANAGER: Helen Richard

Happy New Year Friends,

We hope that you all enjoy your Holidays with family and friends. As we say goodbye to 2015, and welcome in 2016 we hope the winter weather cooperates! We had such mild weather this fall we may be spoiled.

As we go forward in 2016, we hope to continue to make the Senior Center a warm place for everyone. The staff here truly enjoys being here with you, and assisting with any needs you may have.

We welcome Amy Rose to our staff as the Outreach/Social Worker in 2015. She is here Wednesday's Thursday's and Friday's and would love for you to stop by her office and say hello. Our wish to all of you is for the New Year to grant you good health and happiness.
Susan

WELCOME OUR NEW YOGA INSTRUCTOR

Patty Taylor will be joining us at the senior center as the Yoga instructor. Her first class will be Wednesday, January 6th at 10:30 am. Patty comes to us with great experience and, will be here for several months while Mary Cassidy takes some time off for herself. We welcome back those who have been in the class as well as new people who want to give it a try!

CANDY NEEDED

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

A Message from the SHINE (Serving the Health Insurance Needs of Everyone) Program:

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check in 2015 will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2015 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits in 2015 and those who enroll in Part B in 2016, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

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. 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.

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.

NEW BRIDGE CLASS

The Senior Center will be starting a new bridge class on January 14th and it will run through February. It will be on every Center at 781-596-8866 to sign-up.

NEW ART CLASS

The Senior Center will be starting a new art class on Tuesday, January 19th through Tuesday, February 16th weather permitting. The cost for the five weeks is \$35.00 and includes all art materials. Contact the center to sign-up.

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

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 for additional information including a schedule of events. I hope to see you soon, Betty.

DON'T LOOK NOW BUT WINTER IS HERE

Here we are at the beginning of winter and winter brings fuel bills! If it gets windy and the temperature goes below zero, your fuel bills go higher! But you can apply for fuel assistance, and we are ready to help people with the application process. Don't think you are ineligible because your income might be too high. Fuel assistance actually uses moderate income guidelines, and you might find yourself receiving help in paying those winter fuel bills. Contact Amy Rose at 781-596-8866 for more information and assistance.

2016 MAH JONGG CARDS FOR PURCHASE

The 2016 Mah Jong cards are now on sale, the regular size is \$8.00 and the large size \$9.00. To purchase please contact Susan Pierce at the Senior Center or see Norma Freedman while at the center.

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.

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.


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




Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SENIOR CENTER CLOSED FOR NEW YEARS HOLIDAY
4 Cheese Lasagna Tomato sauce Spinach ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup	5 Latin style roast pork gravy Plantains ALTERNATIVE Roast Beef Sandwich Cream of Broccoli Soup	6 BBQ chicken Candied yams Broccoli ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	7 New England style cod Baked beans ALTERNATIVE Chicken Salad Sandwich Cream of Potato Soup	8 Meatloaf/brown gravy Mashed potato Peas ALTERNATIVE Egg Salad Sandwich Minestrone Soup
11 Roast turkey Florentine Crispy potatoes California blend veg. ALTERNATIVE Ham & Cheese Sandwich Chicken & Orzo Soup	12 Meatballs/marinara sauce ALTERNATIVE Roast Beef Sandwich Tomato Basil Soup	13 Roast pork/gravy Mashed sweet potatoes Capri blend veg. ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup	14 Chicken Cacciatore with pasta ALTERNATIVE Egg Salad Sandwich Split Pea Soup	15 Salmon/dill sauce Yellow Rice Green Beans ALTERNATIVE Turkey & Cheese Sandwich New England Clam Chowder
18 HOLIDAY NO MEAL SERVICE	19 Roast turkey/gravy Mashed potato ALTERNATIVE Roast Beef Sandwich Tomato Basil Soup	20 Cheese tortellini/meat sauce California blend veg. ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	21 WINTER SPECIAL Stuffed chicken Mashed sweet potatoes Capri blend vegetables Rye bread Oatmeal cookie	22 Lemon pepper pork Red potatoes Green beans ALTERNATIVE Egg Salad Sandwich Minestrone Soup
25 Homestyle baked fish Sweet potato Ital. blend veg. ALTERNATIVE Turkey & Cheese Sandwich Chicken Orzo Soup	26 Beef bourguignon/rice ALTERNATIVE Roast Beef Sandwich Tomato Basil Soup	27 Roast turkey/ mushroom sauce Mashed potato Calif. blend veg. ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup	28 Chicken Piccata/pasta ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup	29 BBQ pulled pork Rice and beans ALTERNATIVE Egg Salad Sandwich New England Clam Chowder



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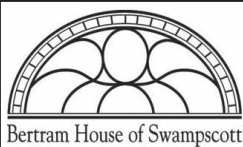
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SENIOR CENTER HOURS

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
				1 SENIOR CENTER CLOSED FOR NEWS YEARS HOLIDAY
9:00 Golf/Bowling 4 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class Class Closed 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	8:30 Mah Jongg 5 9:00 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 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 7 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 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 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
11 9:00 Golf/Bowling 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class Class Closed 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	12 8:30 Mah Jongg 9:00 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	13 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	14 8:45 Total Senior Fitness 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 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	15 9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
18 SENIOR CENTER CLOSED FOR MARTIN LUTHER KING HOLIDAY	19 8:30 Mah Jongg 9:00 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	20 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	21 8:45 Total Senior Fitness 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 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	22 9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
25 9:00 Golf/Bowling 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class Class Closed 11:30 Lunch 12:30 Intermediate Bridge Class Closed 12:30 Food Shopping Market Basket 12:30 Poker League	26 8:30 Mah Jongg 9:00 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 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	28 8:45 Total Senior Fitness 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 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 12:30 Shopping at Walmart 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.

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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.

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.

FRIENDS OF THE SWAMPSCOTT SENIOR P.O. BOX 612 SWAMPSCOTT, MA 01907

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.

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 _____

WINTER'S DESPAIR

The trees that lined the meadow
Were the first to heed the warning
So they cast their leafy finery away.

Then the birds in mass conjunction
Flew away in one direction
To return again on some far distant day.

Soon the brook whose bubbling voice
Had murmured softly all the summer
Quickly hid beneath a wall of icy glass

And the creature that was man
Headed swiftly for his dwelling
To remain there 'til he knew the danger passed.

"I asked why", a thundering voice roared
"Tell me why they hate me so.
Why does all around grow dim when I appear."

"Can I be so very ugly as to cause
Such open sorrow
As to make all beauty hide itself in fear."

Then this season heaved a sigh
And great tears fell from its eyes
Covering everything that chanced to stand below.

This sadness from the skies
Transformed Earth to Paradise
What a wondrous sight! So pure! So white!

FIRST SNOW

JoAnne Pendleton