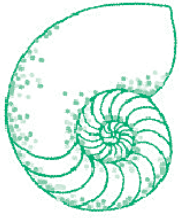


## Swampscott Senior Center



# 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: DEB BOGARDUS

AUGUST 2016

TELEPHONE. 781-596-

200R ESSEX STREET, SWAMPSCOTT, MA 01907

### BOARD MEMBERS

Chairperson, Marilyn Cassidy  
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### STAFF

DIRECTOR: Marilyn Hurwitz, ASST. DIRECTOR: Susan Pierce  
ACTIVITIES COORDINATORS: Deb Bogardus, Anne Quagrello  
OUTREACH WORKER: Gina Bush  
OFFICE ASSISTANT: Dorothy Kitoski  
VAN DRIVERS: Howie Conley, Emery Richard and Ed Kitoski,  
Ken Avery and Kristen Norman  
GLSS SITE MANAGER: Helen Richard

Dear friends and family members,

We have had a terrific summer thus far at the Senior Center. Our annual barbeque was well attended and delicious. It was followed by a wonderful performance from the Barber Shop Quartet who is part of the North Shore Men's Acappella Choir. Then our Bingo club had a lively game to close out the afternoon.

We have had great Bocce games with women on Wednesday and men on Friday. There has even been a healthy competition between Swampscott and Marblehead. Our exercise classes have been full. Our beginner Tai Chi has grown. Our card games are very well attended. Our knitters are busy making things for our veterans and babies. Our artists, writers, chess players and lunch bunch folks are also enjoying summer at the center. We are glad to have so many come to the center to find activities and friends.

This summer brings us to a new staffing pattern. We all wish Betty Gallo, Amy Rose and Don Wescott the very best as they have left their positions at the center. All three were key to our services for seniors and will be missed. Our dear friend and van driver, Howie Conley, is on a medical leave. Our new staff should be in place by the first of this month. We also send condolences to the family and friends of Alice Griffin who served on our Board for six years. She was an outstanding woman who lost her battle with cancer.

Our new staff includes the following people and positions:

Ken Avery and Kristen Norman are the new van drivers. Kristen will be here just through the summer.

Deb Bogardus will be our Activity Coordinator and will run the front desk, edit the newsletter and plan events and activities.

Anne Quagrello will be the Administrative Assistant. She will manage the office, help us with public relations and social media, plan day trips, and help with events.

Gina Bush will be our Outreach Worker, managing and advising seniors as they face the issues that come with retirement and aging. Gina will also be involved in events and planning new seminars on senior issues.

Welcome these wonderful people. They will bring new directions and energy to our team. They look forward to meeting all of you and working to improve our services to everyone. Of course, Dottie, Susan, Emery, Helen and I will be here to keep things moving smoothly.

Our summer schedule will be in place until Labor Day. The main changes are the first and third Wednesdays. There is lunch and shopping in Vinnin Square shops and there is no shopping on Friday. Bingo is on Friday morning and the center closes after lunch. Enjoy this beautiful time of the year. Remember, each day is a gift. Keep doing acts of kindness; it makes our community better place.

Marilyn

**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 2nd. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

**BOCCE AT THE SENIOR CENTER**

Our Bocce groups are looking for new members—any skill level welcome. The gals meet Wednesdays morning from 9-11 am.

The guys meet on Fridays from 10am-12 noon.

It's lots of good outdoor fun and who knows, soon we will be able to challenge some other senior center to a match!

Come check us out—no reservation required.

**NEW TAI CHI BEGINNERS CLASS**

The senior center has a new Tai Chi beginner class on Tuesdays from 1:00pm to 2:00pm. The cost is \$5.00 per class. Contact the senior center at 781-596-8866 for information or to sign-up.

**Wednesdays are a Happening day at the Center!**

**YOGA** - meets at 10:30 am in the activities room.

**POKER LEAGUE**—meets from 12:30 to about 4pm.

They are always looking for more poker players. Come on in.

**KNITTING**—a very social group that meets from 12:30-3pm. All skill levels are welcome. If you've never knitted, come on down and one of the knitters will teach you. The knitters knit for themselves as well as for Children's Hospital and for our Veterans.

**CRIBBAGE**—this friendly group gets together from 1-3pm to play cribbage—just for the fun of it. All are welcome.

**ICE CREAM**—this is not actually an activity, but it happens on Wednesdays also,. It's absolutely free and is the only way to get everybody quiet.

**CHESS CLUB**

Do you play Chess? If so come and join us at the senior center every Thursday from 12:30 to 2:30pm. Presently we have a small group but we are looking to expand. It's free, just call us at 781-596-8866 to sign-up.

**TRIP TO FOXWOODS**

The Swampscott Senior Center has scheduled a trip to Foxwoods on Tuesday, Aug. 23rd. The bus leaves Essex Street side of the Stop & Shop at Vinnin Square no later than 7:00am. 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 senior center at 781-596-8866 to sign-up.

**ELDER HOTLINE**

**Finding the answers to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to individuals on a wide range of elder issues.**

**CALL: 1-888-243-5337**

**(TTY) (617) 727-4765**

**MONDAY THRU FRIDAY 10:00 AM to 4:00 PM**

**This elder hotline provides a valuable service to Massachusetts' senior citizens, their families, and others seeking information about elder-related issues and programs throughout the Commonwealth. The hotline, which is staffed by senior volunteers, provides dispute resolution services and offers extensive information and referrals regarding a wide range of concerns.**

**Common Concerns Include:**

**Debt and Debt Collection Practices**

**Home Improvements**

**Long-term Care Insurance**

**Telemarketing**

**Health insurance**

**Landlord and Tenant Issues**

**Scam Awareness**

**SENIOR CENTER GARDENS**

Our beautiful gardens are for all to enjoy. Obviously, purple was a lovely color in June & July. Now the roses and hydrangeas are showing off their glory. All too soon, the summer will start to slow down and we'll be looking at colorful chrysanthemums. Please take a few minutes on your way into the Center to admire our pretty gardens. They are planted by the Friends and are strictly for your enjoyment.



*To all our Seniors who celebrate their birthday in August- Happy Birthday!*

**CANDY NEEDED**

The Senior Center would like to ask its seniors to donate any type of candy, (another thing we all enjoy) we especially like chocolate.

**OUR NEWSLETTER IS ON LINE**

Go to [www.town.swampscott.ma.us](http://www.town.swampscott.ma.us), then click on Town Departments, Council on Aging. Under links, Latest Compass Newsletter or at [www.ourseniorcenter.com/find/Swampscott-council-on-aging](http://www.ourseniorcenter.com/find/Swampscott-council-on-aging).


**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,**

Cost, \$2.00 per Meal

## COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Stuffed shells/sauce Mixed vegetables  ALTERNATIVE Turkey & cheese sandwich Chicken & rice soup Vanilla pudding	<b>2</b> Chicken cacciatore Pasta & salad  ALTERNATIVE Roast beef sandwich Spinach salad Bananas	<b>3</b> Beef stew Capri blend vegetables  ALTERNATIVE Han & cheese sandwich Vegetable soup Mandarin oranges	<b>4</b> Boneless pork chop Mashed potatoes  ALTERNATIVE Chicken salad Greek salad Peaches	<b>5</b> AUGUST SPECIAL Baked chicken Veg. Rice Pilaf Broccoli ALTERNATIVE Egg salad sandwich Minestrone soup Brownie
<b>8</b> Chicken parmesan/ pasta Carrots ALTERNATIVE Ham & cheese sandwich Chicken rice soup Pudding	<b>9</b> Roast turkey Florentine Sweet potatoes Salad ALTERNATIVE Roast beef sandwich Caesar Salad Banana	<b>10</b> Shepherd's pie California blend vegetables ALTERNATIVE Chicken salad Bean & barley soup Fruit Cocktail	<b>11</b> Meatloaf/gravy Mashed potatoes Salad ALTERNATIVE Turkey & cheese sandwich Caprese salad Cookies	<b>12</b> Cheese ravioli/ Sauce Green beans ALTERNATIVE Egg salad Sandwich NE clam chowder Mandarin oranges
<b>15</b> Hamburger/roll Mashed potato ALTERNATIVE Turkey & Cheese sandwich Chicken & rice soup	<b>16</b> Tortellini/sauce Salad ALTERNATIVE Ham & cheese sandwich Spinach salad Bananas	<b>17</b> Turkey chili/cheese California blend Vegetables ALTERNATIVE Turkey & cheese Sandwich Vegetable soup	<b>18</b> Lemon pepper pork Brown rice & beans ALTERNATIVE Tuna salad Greek salad Oatmeal cookies	<b>19</b> Rosemary chicken Mashed potatoes ALTERNATIVE Egg salad Minestrone soup Peaches
<b>22</b> Crispy fish Potato wedges ALTERNATIVE Turkey & cheese sandwich Chicken/Orzo soup Pudding	<b>23</b> Hotdogs & beans  ALTERNATIVE Egg salad Caesar salad Banana	<b>24</b> BBQ Chicken Candied yams ALTERNATIVE Chicken salad Bean & barley soup Mandarin Oranges	<b>25</b> Roast turkey Sweet potato Salad ALTERNATIVE Ham & cheese sandwich Caprese salad Peaches	<b>26</b> American chop suey Carrots ALTERNATIVE Roast beef sandwich NE Clam chowder
<b>29</b> Chicken parmesan Pasta Spinach ALTERNATIVE Ham & cheese sandwich Chicken & rice soup Tapioca pudding	<b>30</b> Roast port Yellow rice ALTERNATIVE Chicken salad Spinach salad Banana	<b>31</b> BBQ Chicken Candied yams ALTERNATIVE Turkey & cheese sandwich Cream of broccoli soup Birthday cake		<b>MENU            SUBJECT TO            CHANGE            WITHOUT            NOTICE</b>



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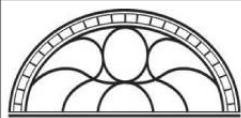
# SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 8:30 a.m. to 3:00 p.m. WEDNESDAY & FRIDAY 8:30 a.m. to 12:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
:00 Golf/Bowling 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	:30 Mah Jongg 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:00 Tai Chi Class	10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 11:00 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 9:15 Beano 10:00 Scrabble 11:30 Lunch 12:30 Poker League
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### When Can You Enroll in a Medigap Plan?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Social Security contact information:  
**1-800-772-1213** or apply online at  
[www.socialsecurity.gov/extrahelp](http://www.socialsecurity.gov/extrahelp).

### Can I Still Change My Medicare Plan?

The annual Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2016.

**Newly Available: Medicare's 5-Star Special Enrollment Period**  
 You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan. This is an HMO plan so you should check with your doctor (s) and other health care providers to confirm that they are in this plan's network since it only provides coverage for in-network providers.

#### For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

#### For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your Medicare Advantage plan or drug plan any time during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

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.

### 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 \_\_\_\_\_

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

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

Please send acknowledgement to:

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