



SWAMPSCOTT SENIOR CENTER

MARCH 2021

COMPASS

Get Centered at the Senior Center

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.

Winter Greetings!

We remain very busy here at the Center. The recent rollout of the vaccine has been a frustrating process and our phone lines have been flooded with questions and frustration by many seniors and their families. Please know the frustration is shared by the Senior Center team as well. The good news is that the process has been improving and changing daily and we are here to help you navigate this process. Priority #1 for us is to make sure our seniors are getting vaccinated. If you need help scheduling an appointment or would like to book a medical ride to get to an appointment, please call us. We don't have a large team here at the Center, but what we lack in numbers we make up for with heart and determination. This staff has been incredible. The COVID-19 pandemic has raised the stakes as to the urgency of our work and we have been continually evolving to meet the needs of our residents. It just so happens to be National Women's Month and I could not be more proud of the women that make up our team! Strong, smart, dedicated, caring and compassionate. Swampscott is so lucky!

I cannot believe it's March! It has been a full year since we had to close our doors due to the pandemic. We miss all of you so much. It was so nice to see those of you who came to our February Valentine Lunch Pick Up! Our next one will be March 17th. Peabody Properties, which is the real estate and property management firm now accepting leasing applications for The Machon is sponsoring this event. Please note you will need to make a reservation for this event by March 12th. The St. Patrick's Grab n' Go details are on page 2.

Some of you may be viewing this newsletter for the first time because it was sent as a link on the Town's electronic Newsletter. If you are a senior 60+ and would like to be included in communications from the Center, I encourage you to call us so that we can add your name and contact information to our database. That way we can be sure that you are aware of the offerings at the Center and you will be alerted about special events and new programs.

March is full of great programming that I hope you will take advantage of! I look forward to the "Conference Call Birthday Party". We miss our monthly birthday celebrations and thought this would be a fun way to celebrate. Also, look out for our House of 7 Gables virtual tour, the Keep in Touch program and all of our cable offerings.

Stay safe and well!

Warm Regards,
Gina



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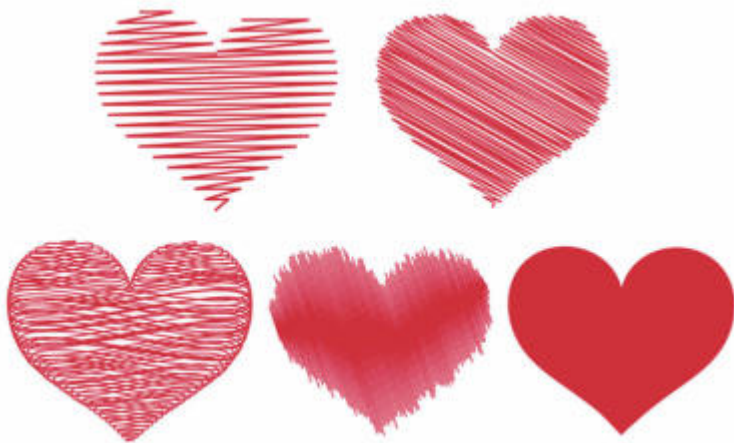
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HOURS OF OPERATION

MONDAY - FRIDAY
9:00 AM - 2:00 PM

~Dottie Kitoski~

Cheerful, compassionate and thoughtful are just a few words that come to mind when thinking about Dorothy “Dottie” Kitoski. If you have called the Senior Center in the last 12 years you have most likely had a conversation with Dottie and thought to yourself , “WOW Dottie was so helpful and kind”. We love having Dottie at the front desk at the Center. She knows everyone by name and if she doesn’t she makes sure to introduce herself and welcome everyone warmly. Her husband Ed was one of our bus drivers for many years and recently retired to spend more time in his garden and with his family. Dottie and Eddie love to travel and love spending time with their family. We always love hearing about their travels! PC (pre-Covid) you would most likely see Dottie and Ed at the beach, park, or Sullivan castle island with their 2 grandchildren Penelope and James and their sons Chris and Matt. Thank you Dottie for all that you do to support our seniors. The Senior Center is a better place because of your dedication and commitment to our community.



St Patrick's Day

Grab & Go

17 | MARCH | 11AM-12PM

PLEASE CALL FOR A RESERVATION
BETWEEN 3/1 AND 3/12



New England Boiled Dinner

Corned Beef
Cabbage
Turnip
Boiled Potato
Carrots
Irish Bread

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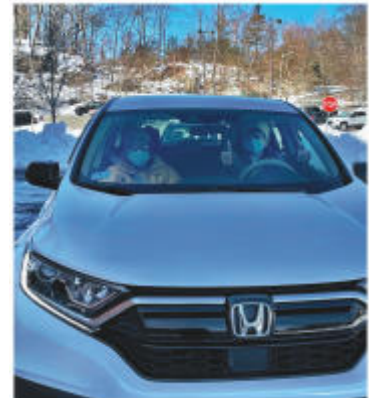
Thank you to all who came out on that COLD day in February for our Valentine's Day Grab & Go!

It is SO GREAT to see everyone at these events! Be sure to sign up for our next one on St Patrick's Day.

These events are being sponsored by various local businesses so that we are able to offer them for FREE.

If anyone knows of a business willing to sponsor an event, please let us know.

If you are not in our database and would like to be informed about upcoming programs and events, please call us. We would love to add you to our system.



Everyone is loving our **DAILY EXERCISE CLASSES** on TV! If you haven't tried it yet, check it out! Stay fit! Here is the schedule.

Comcast channel 41 Verizon channel 22

	10:00 AM	11:00AM
MON	Dance Fitness	Total Senior Fitness
TUE	Gentle Yoga	Dao-Yin Qigong Body flow
WED	Balance	Cardio Chair Strength
THU	Total Senior Fitness	Dao-Yin Qigong Condition
FRI	Chair Yoga	Cardio & Tone
SAT	Dao-Yin Qigong Stretch	Dao-Yin Qigong Balance
SUN	Chair Dance	Balance

CONFERENCE CALL B-DAY PARTIES



Here's How it Works: On Tuesday, March 30th we will host a conference call for anyone who has a birthday in March.

Call us to be added to the party list and we will give you instructions.

**We miss our IN-PERSON Birthday celebrations!
Can't wait to hear your voices!**

March is national nutrition month

- The Dietary Guidelines for Americans suggests 1/2 of your plate should be filled with fruits and veggies. Focus on whole, cut or pureed fruits: fresh, frozen or canned fruit in 100% juice. Choose a variety of colorful veggies prepared in healthy ways: steamed, sauteed or roasted.
- Try oatmeal, quinoa, bulgur and brown rice instead of white rice and breads. Go for crackers and noodles made with whole-grain flour. I eat a bowl of steel cut oatmeal with 1/2 cup of blueberries every morning. I enjoy it and it satisfies me until lunchtime.
- Mix up your protein foods to include seafood, beans, lentils, unsalted nuts, soy products, eggs and lean meats. Try a meatless meal once or twice a week like a hearty bean soup mixed with a green salad.
- Choose foods and beverages with less added sugar. Switch to low-fat or fat-free dairy milk or yogurt. Instead of high sugar beverages, drink more water.
- We are so lucky to live in an area where fresh fish is available year round. Salmon is a power food loaded with Omega-3 fatty acid and essential fat. It is rich in protein, Vitamin B and Potassium, which your body requires to heal, protect bone health, brain health and prevents muscle loss. Salmon is easy to cook and it is delicious! Here is an easy recipe for baked salmon. I choose to keep the skin on to get the full benefits of the Omega-3 fatty acid but you can remove it too.

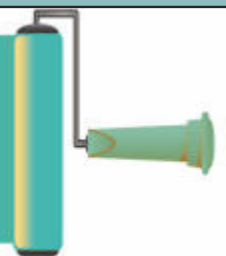
BAKED SALMON PACKETS

- Preheat the oven to 450
- Choose a 6oz salmon filet per person
- Rub 1 1/2 Tsp of Extra Virgin Olive Oil and Dijon Mustard over each salmon filet. Sprinkle with parsley, salt and pepper.
- Thinly slice 1 small onion, 1/2 green pepper, and 1/2 red pepper.
- Place salmon on a piece of parchment paper or tin foil. Cover salmon with onions and peppers. Wrap salmon in the parchment paper or tin foil packet. Place on a baking sheet and place in preheated oven for 10-15 minutes. (12 min = medium rare)
- Remove skin and serve with roasted or steamed asparagus, baby potatoes or a salad.



-Diane

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A SHINE counselor can help with insurance coordination, MassHealth eligibility, Prescription assistance and the Medicare Buy-In program. If you are turning 65 and need assistance navigating the Medicare system, please call us for an appointment.

January 1st—March 31 is Open Enrollment (OPE) for Medicare Advantage plans. During this time period, a beneficiary may switch from one Medicare Advantage plan to another Medicare Advantage plan or disenroll from a Medicare Advantage plan and change to Original Medicare.

If you are a Massachusetts resident with limited income and assets, you may qualify for a Medicare Saving Program that will pay your monthly Medicare Part B premium, which is now deducted from your Social Security benefit.

WE have SHINE appointments available on Wednesdays from 10AM—12PM.

We are currently offering appointments inside the Senior Center safely while following all social distancing protocol. Phone appointments are available as well.

**Please call for an appointment.
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Please make checks payable to Friends of the Swampscott Senior Center. Enclosed please find \$ _____

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New Program!! keep in touch



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commitment to
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Holiday & Celebrations in March

- 1 National Peanut Butter Day
- 2 Dr. Seuss' Birthday
- 4 National Marching Music Day
- 5 Third Quarter Moon Phase
- 7 National Cereal Day
- 7 National Sleep Awareness Week
- 7 Read an E-Book Week
- 8 International Women's Day
- 9 National Meatball Day
- 11 World Kidney Day
- 12 National Plant a Flower Day
- 12 World Glaucoma Day
- 13 New Moon
- 14 Daylight Saving Time Begins
- 14 National Potato Chip Day
- 14 Pi Day | 3.14
- 15 National Napping Day
- 17 St. Patrick's Day
- 18 National Sloppy Joe Day
- 19 National Let's Laugh Day
- 20 International Day of Happiness
- 20 Spring Begins
- 21 First Quarter Moon Phase
- 23 American Diabetes Association Alert Day
- 26 Wear Purple Day Epilepsy
- 28 Full Moon (Worm Moon)
- 29 National Vietnam War Vets Day
- 30 National Take a Walk in the Park

Handwrite a Note	Drop off Cookies	Bring a Book
Leave a Houseplant	Have a Phone Chat	Knit a Gift
Give a Teddy Bear	Go Food Shopping	Deliver Breakfast
Buy some Fudge	Bring Fresh Berries	Run an Errand

WANT TO VOLUNTEER?

Please email Diane at dreynolds@swampscottma.gov

NEED A VOLUNTEER?

Please email Diane at dreynolds@swampscottma.gov