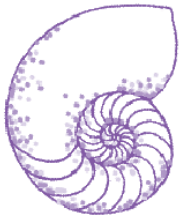


Swampscott Senior Center



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

APRIL 2014

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Lynn, Lynn, the city of sin. AH the good old days!!! You never come out the way you went in. Lynn is our home town. Quite a city in its day. If you didn't make shoes or slippers the GE provided your pay. From City Hall to Market Square, the commons on a summer night, the fountains dancing in color and a band concert, what a sight! Bessie Rolfe, Magranes & Goddard's, wonderful stores to shop, burrows & Sanborn and Rogers, we knew them from bottom to top. The Warner and the paramount, the Waldorf and the Olympia too. Six acts of vaudeville at the Capitol plus a movie, cartoon and the news. Over at the old St. Mary's by gender did we learn any mingling of boys and girls would be a moral concern and when 2:30 rolled around and we were all "set free" we beat feet over to Hennessy's Spa the real "in" place to be. Hanover Circle and Surfside Road, Ocean Street with all the swells, Broad and Lewis, Union and Market and the dump with all the smells. The Balloon Lady on the 4th of July, the parades that made us proud, the fireworks exploding at Manning Bowl to the delight and roar of the crowd. The smell of coffee at J. B. Bloods, the Item and Telegram News. Choosing penny candy at the red and gray and going to Musinsky's for shoes. The Boston & Maine crossing Central Square, over Hovey's and the Dover Smoker, Hunt's and Hennessey's and Connolly's for fudge, then Stiliano's for chocolate mocha's. I remember the beaches, I remember the Woods, I remember Lynn Shore Drive, I remember the day we graduated, its remarkable we're still alive. Its been a few years fellow students since we passed Each other in Lynn, but we will always be proud we came from, Old Lynn, that City of Sin. By Howie Vatcher.

MEET WITH THOMAS YOUNGER

Thomas Younger, our town manger will be at the Senior Center every month to meet with any Swampscott Senior, the next date is Tuesday, April 1st from 11:00 am to 11:45 am. Contact the center if you would like a one on one meeting.

BOCCI AT THE SENIOR CENTER

We will be starting a new Bocci season at the center on Thursday, April 16th at 10:00 am. We will be providing lessons as well as having competitive games. Beginners and experts are welcome. Call the Senior Center for additional information.

SPRING FLING PARTY

Come and join us for a "Spring Fling Party" set for Thursday, April 24th featuring Jim Moses "The One Man Band". Lunch to be determined, the cost will be \$5.00. Sign-up at the center.

OUR NEWSLETTER IS ON LINE

To view our latest newsletter go to www.town.swampscott.ma.us and click on COA News Letter which you will find under New & Notices on the right hand side of the home page.

QUESTION AND ANSWER COLUMN OFFERED BYNORTH 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: Help I can't get out of the house because of all this snow and now I can't get to my exercise class, what can I do inside my house?

Answer: There are many exercises you can do from your classes either sitting in the chair or standing at your kitchen counter. Try to remember some of the exercises from the class and write them down. Setting aside a special time to do your exercises is important. Walking inside your home or marching in place will give you some cardiovascular exercise. Make sure you are getting up every 30 minutes and moving around so that your joints do not become stiff and sore. Use your resistive elastic band or hold small cans for weights. A water bottle with 16 ounces of water inside will work quite well as a weight. The following list is things that you can do at home for arm and leg exercises.

In sitting

- knee extension (straighten knee)
- hip flexion (marching motion) with tummy held in ankle circles
- point and flex your ankles
- squeeze a pillow between your knees
- Practice sit to stand and make sure you sit slowly using arms of chair

Bend and straighten your elbows, hold a can for weight

In standing

- Raise your heels up and down
- Kick your leg out to the side slowly without leaning in opposite direction
- Kick your leg backwards without leaning forward
- Bend and straighten your knee by bringing it up toward your buttock
- Hold onto counter and do squats (aim your buttocks back like sitting in a chair)
- Turn sideways to the counter and march lifting your knee upwards while keeping it bent

The Council on Aging van can bring you to exercise class if you don't feel like driving and remember the Recreation Building has indoor walking available Monday through Friday from 1-2 pm.

We are all experiencing a little cabin fever with all the snow and ice. Remember it is better to be safe and avoid falling than to come outside if the weather is snowy or icy.

If you have questions please call North Shore Physical Therapy Associates at 781-631-8250 and a therapist will call you back to answer your question.

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 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
	1 Salmon/dill sauce Candied yams Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Ham & Cheese Sandwich with Chicken Noodle Soup	2 Meatloaf/gravy Corn California blend veg. WW bread Pudding ALTERNATIVE Turkey & Cheese Sandwich with Vegetable Soup	3 BASEBALL SPECIAL Beef hot dog/roll/ mustard Baked beans Coleslaw Cookie ALTERNATIVE Chicken Caesar Salad With Clam Chowder	4 Eggplant parm./ tomato sauce Bowtie pasta Carrots WW roll Fresh fruit ALTERNATIVE Roast Beef Sandwich with Mine- strone Soup
7 Boneless pork chops/gravy Brown rice & beans Collard greens WW bread Fruit cocktail ALTERNATIVE Ham & Cheese Sandwich with Cream Of Broccoli Soup	8 New Orleans Cajun chicken Garlic mashed potatoes Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Chicken Salad Sandwich with Navy Bean Soup	9 Southern style cod filet Veg. rice pilaf Green peas Italian bread Cookie ALTERNATIVE Roast Beef Sandwich with Corn Chowder	10 Meatball stroganoff Egg noodles Garden salad/ dressing WW bread Pudding ALTERNATIVE Tuna Salad with Pasta Fagioli Soup	11 Turkey Milanese Bowtie pasta Corn Rye bread Fresh fruit ALTERNATIVE Turkey & Cheese Sandwich with Carrot Ginger Soup
14 Baked fish/diced tomatoes Plantains Carrots Ital. bread Chilled pineapple ALTERNATIVE Egg Salad sand- wich with Lentil & Rice Soup	15 Home style baked ham Red potatoes Garden salad/dressing Muffin Fresh fruit ALTERNATIVE Ham & Cheese Sand- wich with Tomato Soup	16 Lemon & garlic chicken Candied yams Cauliflower WW bread Brownie ALTERNATIVE Turkey & Cheese Sand- wich with Chicken Noodle Soup	17 Beef stew Garden salad/ dressing WW bread Fresh fruit ALTERNATIVE Chicken Caesar Salad with Vegetable Soup	18 Cheese lasagna/ tomato sauce Spinach WW bread Pud- ding ALTERNATIVE Roast Beef Sand- wich with Clam Chowder
21 HOLIDAY NO MEAL SERVICE	22 Mini cheese ravioli/ tomato sauce Garden salad/dressing Italian bread Cookie ALTERNATIVE Roast Beef Sandwich with Cream of Broccoli Soup	23 Latin style pork loin/ gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE Chicken Salad with Navy Bean Soup	24 Chicken cacciatore Rotini pasta Garden salad/ dressing WW bread Fresh fruit ALTERNATIVE Egg Salad Sandwich with Corn Chowder	25 Crispy baked fish Yellow rice Cauliflower/red peppers WW bread Fresh fruit ALTERNATIVE Ham & Cheese Sandwich with Pasta Fagioli Soup
28 Roast beef/gravy Seasoned potato wedges Italian blend veg. WW bread Pud- ding ALTERNATIVE Roast Beef Sand- wich with Carrot Ginger Soup	29 Roast turkey/gravy Whipped potatoes Garden salad/dressing Cornbread Fresh fruit ALTERNATIVE Egg Salad Sandwich with Lentil & Rice Stew	30 Caribbean style beef tips Yucca Broccoli WW bread Cake ALTERNATIVE Ham & Cheese Sand- wich with Tomato Soup		

TO DO LIST!


- 1) need an oil change
- 2) get a hair cut
- 3) find a plumber

Anything else?

Find businesses that support your
community at **SeekAndFind.com**

SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 9:00 a.m. To 3:00 p.m. WEDNESDAY & FRIDAY 10:30 a.m. To 3:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
9:30 Golf/Bowling 9:30 Mah Jongg 9:45 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:30 Lunch 12:30 Intermediate Bridge 12:30 Food Shopping Shaw's/Market Basket 1:00 Poker League	8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
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CLOSED FOR PATROITS DAY HOLIDAY	8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 10:00 Rummy Cube 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 2:30 Tai Chi	10:00 Creative Writing 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:30 Lunch 12:30 Food Shopping Shaw's/Market Basket 6:30 Duplicate Bridge	9:30 Tap Dancing 11:30 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
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FROM THE OFFICE OF CONGRESSMAN JOHN TIERNEY

If you need help with issues concerning Medicare and Social Security, home mortgage issues, senior directed identity scams and tips on how to protect yourself, assistance to veterans and their families including help with benefits claims and customer protection services. Contact his office in Peabody at 978-531-1669 or in Lynn at 781-595-7375 or email www.tierney.house.gov

INTERMEDIATE BRIDGE CLASS

Ruth will be starting a intermediate bridge class starting this month on Thursday's at 12:45 at \$5.00 per class. She will require a minimum of four people to start. Contact the center to sign-up.

BEGINNERS AND INTERMEDIATE COMPUTER CLASSES

A new four week beginner and intermediate computer class is available for sign-up at the Senior Center. A minimum of six people are required to start the class. The length will be for four weeks on Tuesday's from 2:45 to 4:00 pm.

TRIPS TO FOXWOODS

We will be making our second trip to Foxwoods on Thursday, April 10th. The bus will leave 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 \$5.00 bonus slot play all upon your arrival. Seats are limited so contact the Senior Center to sign-up.

MINI-MEMORY TESTING

You are invited to participate in our free mini-memory testing at the senior center provided by Mary Demakes, RN of Home Health Care on Tuesday, April 15th from 11:00 to 11:30 am. This event is open to all our seniors. The mini-memory test involves questions and quizzes that will guide the individual to a better understanding of your memory level.

This is a fun event that will give individuals something to think about! For more information call them at 781-639-8696 or go to www.privatehomehealthcare.org. Call the Senior Center to save your seat.

*Happy Birthday Wishes
To those who celebrate
their Birthday in April*



Guidelines

Leave no trace
Cast no shadow
As you walk on this earth
Do no harm
Cause no sorrow
Give no pain and kill no mirth.

Like a bird
In the morning
Fly on high and sing your song
Spread the joy
Share your kindness
Give out love your whole life long.

When the dark days
Come to find you
And they'll come, never fear
Wrap yourself
In your memories
Joy will come day reappear.

WISH LIST

**The Senior Center is looking to its members to help defray expenses by donating the following articles:
lots of candy and Kleenex.**

FRIENDS OF THE SWAMPSCOTT SENIOR CENTER P.O. Box 612, Swampscott, MA. 01907

Would you like to support the Swampscott Senior Center? The "Friends" group helps with activities and fund raising. In addition, the "Friends" group is accepting tax-deductible contributions for support of these efforts. You may wish to make a contribution in memory or honor of a loved one. This coupon is for your convenience in making a gift that will enrich services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution.

I am enclosing \$ _____

(Please make check payable to FRIENDS of the Swampscott Senior Center)

Check one: () In memory of () In Honor of

Name: _____

Send card to: _____

Donor's Name: _____