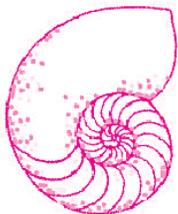


## Swampscott Senior Center



# 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

DECEMBER 2015

TEL. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

### BOARD MEMBERS

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Sid Novak                            Mary Cobbett  
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GLSS SITE MANAGER: Helen Richard

Dear seniors, family members and friends,

Thank you to everyone who helped us collect food for the St. John's food pantry. It is always a good feeling reaching out even in a small way to help others who might be in need. We had a very nice turnout for our Veteran's breakfast. It was a good feeling day, a small attempt to acknowledge our veterans service. We thanked those who served our country to protect our way of life. The color guard, the food and the guests made it very successful.

I have always loved Thanksgiving as the holiday where we gather with family to give thanks. This year I once again had the opportunity to celebrate with my daughter in laws' extended family. They are a large and lively group. Many aunts, cousins, and lots of kids are there with all the adults providing part of the feast. There was delicious food and lots of laughter. It was fun. I'm grateful to be invited.

Next we move on to December where Hanukkah, Solstice, Kwanza, and Christmas are part of the celebrations. Our holiday party will be held on December 12. We will have a traditional dinner, entertainment, decorations, and lots of good times accompanied by laughs. We try to accommodate eighty to ninety people. I'm encouraging active couples and single or widowed men who come to the center to join us. Try to relax and enjoy the events of the month. Often the pressure of the holidays become difficult.

Finally, we say good bye to the year 2015. Happy New Year. See you in 2016, Marilyn

### A Message from SHINE

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 eligible 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 at the senior center, please contact 781-596-8866.

### CANDY NEEDED

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

### 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.

### 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 Thursday afternoon from 12:45 to 3:00 pm. Contact the senior 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, December 1st. 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](mailto:bgallo@town.swampscott.ma.us) for additional information including a schedule of events. I hope to see you soon, Betty.

### IF MONEY WERE NO OBJECT



I'd build a get-a-way house  
On long lake up in Maine  
It wouldn't be anything fancy  
Just quite simple and plain.

Tho' made of logs from pine trees  
To depict a life of ease  
It would have to have plenty of  
Bedrooms  
For kids to stay when they  
Please.

Of course it would have a dock  
With boats for them to enjoy  
Canoes and kayaks for now  
They need a grown-up kind of toy.

And in the setting of the sun  
And early morning dew  
We'd all sit out there marveling  
What mother Nature has given us to view.  
Wouldn't you?

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.

### SIGNATURE TALK, GREMLIN TO GODDESS

A presentation will be presented by Cathy Marie Michael on Wednesday, January 13th from 12:45 to 2:30. Her presentation will show resilient women how to stop the incessant, negative mind chatter and find courage to access their inner wisdom so they expend into their true selves and create a life filled with meaning, intimacy and abundance. Contact the Senior Center to reserve your seat.



Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Meatballs/marinara sauce Pasta ALTERNATIVE Roast Beef Sandwich Tomato Basil Soup	<b>2</b> Roast pork/gravy Sweet potatoes Mixed veg. ALTERNATIVE Chicken Salad Sandwich Bean & Bean Soup	<b>3</b> Chicken cacciatore Pasta ALTERNATIVE Egg salad Sandwich Split Pea Soup	<b>4</b> Salmon/dill sauce Yellow rice Green beans ALTERNATIVE Turkey & Cheese Sandwich New England Clam Chowder
	<b>7</b> Cheeseburger Potato wedges Ital. blended vegetables ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup	<b>8</b> Roast turkey/gravy Mashed potatoes ALTERNATIVE Roast beef Sandwich Cream of Broccoli Soup	<b>9</b> Breaded white fish Rice California blend veg. ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	<b>10</b> Lemon pepper pork Brown rice & beans ALTERNATIVE Tuna Salad Sandwich Cream of potato Soup
<b>14</b> Homestyle baked fish Sweet potato wedges ALTERNATIVE Turkey & cheese Sandwich Chicken & Orzo Soup	<b>15</b> Beef bourguignon Rice ALTERNATIVE Roast Beef Sandwich Tomato Basil Soup	<b>16</b> Roast turkey/mushroom sauce Mashed potatoes ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup	<b>17</b> HOLIDAY SPECIAL Roast beef/gravy Red potatoes Green beans Wheat roll Cheese Cake	<b>18</b> BBQ pork/gravy Rice and beans ALTERNATIVE Egg Salad Sandwich New England Clam Chowder
<b>21</b> Chicken and broccoli alfredo Pasta Capri blend veg. ALTERNATIVE Ham & Cheese Sandwich Chicken & rice Soup	<b>22</b> Salmon/dill sauce Sweet potatoes ALTERNATIVE Egg Salad Sandwich Vegetable Soup	<b>23</b> American Chop Suey Mixed vegetables ALTERNATIVE Turkey & Cheese Sandwich Cream of Broccoli Soup	<b>24</b> Chicken Picatta Garlic mashed potatoes ALTERNATIVE Tuna salad Sandwich Minestrone Soup	<b>25</b> 
<b>28</b> Pork chops gravy Sweet potatoes Collard greens ALTERNATIVE Turkey & Cheese Sandwich Chicken Orzo Soup	<b>29</b> Chicken teriyaki Brown rice Stir fry veg. ALTERNATIVE Egg salad Sandwich Tomato Basil Soup	<b>30</b> Beef stew Green peas ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup	<b>31</b> Turkey creole Sweet potato ALTERNATIVE Tuna Salad Sandwich Bean & Barley Soup	



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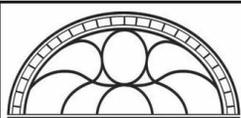


**SENIOR CENTER HOURS**

**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
	8:30 Mah Jongg 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 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 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 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 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 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 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 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 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.

**Swampscott Community power, 100% Green Energy and Your Right to Opt Out**

A new community electricity program will launch on January 1st in Swampscott. The program will provide 100% green energy and stable electricity prices and it will offer a price below national Grid at the time of launch. All Swampscott residents that are on National Grid Basic Service will receive information in the mail and they will be automatically enrolled. But you have the right to opt out if you do not want to participate. A brief presentation at the center on 12/8 from 11:15 to 11:45 and 12/9 from 12:40 to 1:15 will explain the program and its benefits and it will explain your right to opt out and how to do so.

**FIRE EVACUATION PROCEDURES**

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:

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**Longing**

The place where I’d long to be  
requires no price tag  
is more difficult to obtain  
than any castle money could buy

nor could it happen in a week  
it takes a lifetime- -

of doing good deeds  
living a good life  
and caring for the poor  
with limitless funds

and still not being sure  
that it’s quite enough

although I’m my maker  
to meet my maker  
I’d like a temporary visa  
to visit loved ones

and tell them hopefully,  
I’ll be back someday to stay

I’d tell them how I miss them  
and ask that they put in a good word  
until it’s my time to return

and when my good deeds are done  
heaven is where I’d long to be.

Dorothy Bergevin

