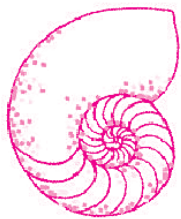


Swampscott Senior Center



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

MARCH 2016

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

Chairperson, Marilyn Cassidy
Secretary Felice Lipman
Sid Novak
William Hyde
Judee Cyr

Norma Freedman
Alice Griffin
Mary Cobbett
Ruth Iarrabino

STAFF

DIRECTOR: Marilyn Hurwitz, ASSISTANT DIRECTOR: Susan Pierce
ACTIVITIES COORDINATOR: Don Wescott, Betty Gallo
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

Dear friends and family members,

We have made it through two winter months. I always think that March is going to be a bit easier to deal with and I am often wrong. March can be like a lion with a big roar, lots of wind and lots of weather. Stay optimistic everyone because spring will get here.

Finally, our Valentine's Party was held on the day scheduled. It was very cold but the center was warm and the day was terrific. As usual Chef Paul out did himself with the food. The brunch was delicious and different. The seniors loved the red velvet cake with ice cream. *The Senior Tones* led by our own Howie Conley was enjoyed by all. Seniors swayed and sung alone. Finally, everyone received a lovely Valentine's heart filled with chocolates as they left thanks to the generosity of The Friends of the Swampscott Senior center.

As spring approaches, new classes will begin at the center pay particular attention to the newsletter and the bulletin boards near the offices for our special trips as well as community news. New ideas are always welcome. Thanks to our staff for their daily kindness to our clients and good health and happiness for all.

Marilyn

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.

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

"8 Ways Your Smart Phone Can Make Your Life Easier"

The Big Blue Crew will conduct a training session on how to use your smart phone. The group training will be held at the Swampscott Senior Center on Monday, April 4th at 3:00pm and should last about 1 hour. "The Big Blue Crew" from Swampscott High School, was formed to provide kids easy access to volunteer service projects and community service in Swampscott. Please contact the Senior Center at 781-596-8866 or stop by to make your reservation. We look forward to seeing you there.

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, March 8th. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

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.

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

**NEW MAH JONGG CLASSES**

The senior center will be starting a new Mah Jongg class on Monday, March 14th at 9:00am. The total cost for the classes will be \$20.00 and \$8.00 for your Mah Jongg card. Contact the center at 781-596-8866 to sign-up

JOIN OUR POKER CLUB

The Senior Center Poker Club meets every Monday, Wednesday and Friday from 1:00 pm to approximately 4:00 pm. It is always looking for additional members. Call the center at 781-596-8866 for additional information.

NEW YOGA INSTRUCTOR

Many thanks to Mary Cassidy who brought Yoga to our Senior Center. After all these years of instructing the class, she has decided to step down. We all wish her the best.

Patty Taylor will take the class over and she hopes to see more seniors try this form of exercise which helps with balance, arthritis and general fitness both physical and mental. The class meets every Wednesday from 10:30 to 11:45am at a cost of \$5.00 per session. Contact the center for additional information.

Are You a Senior Citizen?**Worried About Your Heating Bills This Winter?****You May Be Eligible for Fuel Assistance!****What is Fuel Assistance?**

The Fuel Assistance program will pay a portion of your heating bill from November to April of each year, and may also offer you additional discounts on your other utilities. If you are approved, you may be eligible to have your house weatherized, and your heating system replaced or repaired.

Fuel Assistance is worth learning about!

How Do You Know if You Are Eligible?

If you live alone and your income is less than \$33,126.00 a year, then you are eligible for Fuel Assistance!

If you have two people in your household and your income is less than \$43,319.00 a year, then you are eligible for Fuel Assistance!

Would You Like to Learn More?

Please come to a Free Seminar presented by Darlene Gallant of the Lynn Economic Opportunity, Inc. (LEO) at the Swampscott Senior Center, 200 R Essex St. Swampscott, (located on the campus of Swampscott High School) Wednesday, February 3, 2016 from 10:30 AM to 11:30 AM Please call Amy Rose on any Wednesday, Thursday or Friday at the senior center at (781) 596- 8866 for any additional information. Even if you are not eligible, you may have a friend who is. Bring a friend!

OUR FIRST TRIP OF 2016 TO FOXWOODS

The senior center will be having its first trip of the year to Foxwoods on Tuesday, March 22nd. The bus leaves the 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 dollar bonus slot play all upon your arrival. Seats are limited so contact the Swampscott Senior Center at 781-596-8866 to sign-up.

CANDY NEEDED

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

SENIOR CENTER WEATHER CLOSURE'S

The senior center will be closed if or when the schools are closed due to inclement weather.


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.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SENIOR CENTER CLOSED DUE TO VOTING DAY	2 Tortellini/meat sauce California Blend veg ALTERNATIVE Ham & Cheese Sandwich Chicken & Rice Soup	3 Lemon pepper pork Rice/beans ALTERNATIVE Tuna Salad Sandwich Caribbean Beef Soup	4 Homestyle fish Red potatoes ALTERNATIVE Egg Salad Sandwich
7 BBQ pulled pork Sweet potato wedges ALTERNATIVE Turkey & Cheese Sandwich Soup	8 Beef bourguignon Rice ALTERNATIVE Roast Beef Sandwich Soup	9 Roast turkey/sauce Mashed Potatoes ALTERNATIVE Chicken Salad Sandwich	10 Chicken picatta Pasta ALTERNATIVE Ham & Cheese Sandwich Soup	11 Cod/crumb top- ping Rice and beans ALTERNATIVE Egg Salad Sandwich
14 Chicken/ Broccoli alfredo/ pasta ALTERNATIVE Ham & Cheese Sandwich	15 Turkey Milanese Sweet potatoes ALTERNATIVE Egg Salad Sandwich Soup	16 American chop suey Mixed vegetables ALTERNATIVE Turkey & Cheese Sandwich	17 <u>ST .PATRICK'S DAY</u> <u>SPECIAL</u> Corned beef/ cabbage Boiled potatoes Turnips and carrots Roll Shamrock Cookie	18 Fish sandwich/ roll Potato wedges ALTERNATIVE Roast Beef Sandwich
21 Boneless pork chops Sweet Potatoes ALTERNATIVE Turkey & Cheese sandwich	22 Chicken teriyaki Brown rice Stir fry veg ALTERNATIVE Egg Salad Sandwich Soup	23 Cheese lasagna/ sauce Green peas ALTERNATIVE Ham & Cheese Sandwich	24 Meatloaf/gravy Mashed potato ALTERNATIVE Tuna Salad Sandwich Soup	25 Salmon/dill sauce Rice & chick peas ALTERNATIVE Roast Beef Sandwich
28 BBQ chicken Candied Yams ALTERNATIVE Turkey & Cheese sandwich	29 Latin pork/gravy) Plantains ALTERNATIVE Roast Beef Sandwich Soup	30 Baked white fish Brown rice Broccoli ALTERNATIVE Ham & Cheese Sandwich	31 Shepherd's pie ALTERNATIVE Chicken Salad Sandwich, Soup	



Skilled Nursing
Short-Term Rehabilitation
Sub-Acute Care | Respite Care

Life Care Center
of the North Shore
Joint Commission accredited

Distinctly Different
781-592-9667
111 Birch St.
Lynn, MA 01902
LCCA.com




Confidential
Care ...at home

Home Care Options Made Easy • 781-639-4759
A Private Duty Home Health Care Agency

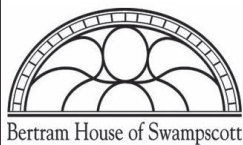


SENIOR CENTER HOURS

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 DUE TO VOTING DAY	2 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	3 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	4 9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
7 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	8 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	9 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	10 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	11 9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
14 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	15 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	16 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	17 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	18 9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
21 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	22 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	23 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	24 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	25 9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
28 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	29 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	30 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	31 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	

THIS SPACE IS
AVAILABLE



Bertram House of Swampscott

Assisted Living & Specialized Memory Care

565 Humphrey Street
Swampscott, MA

Phone: (781) 595-1991

Web: bhs.bertramhouse.org

Liturgical Publications Inc.
Connecting Your Community

NEXT EXIT

DREAM JOB



- Growing company currently hiring Ad Sales Executives
- Sales experience preferred • Full-time
- Uncapped commissions • Overnight travel required
- Competitive benefits program offered

E-mail jobs@4LPi.com for more information

Cassidy Associates Insurance, Inc.

Insurance since 1962

234 Humphrey St., Swampscott, MA 01907 • Tel. 781-598-4300 • www.cassidyins.com

Home, Auto, Business Liability & Property, Workers' Comp., Buildings, Bonds,
E & O, Yacht, Life, Long-Term Care, Disability, Annuities, Financial Planning



peak performance
physical therapy

High quality

physical therapy with
individualized attention
right in Swampscott

Orthopedic, Sports and Aquatic P.T.

173 Essex St., Swampscott 781-586-0550

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



HOME SECURITY TEAM

DR. PHILIP LINSKY

Optometrist

Serving Swampscott Since 1965!

238 Humphrey Street
Swampscott MA
By Appointment
781-592-6633

our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter
emailed to you at www.ourseniorcenter.com

Bulletin advertising works as hard
as you do to **GROW** your business.



For more information
call 800-888-4574

LET US PLACE
YOUR AD HERE.

SELLING YOUR HOME?

Want an
Honest
Opinion
of Value?



CONNOR
REAL ESTATE

Call John Connor

781-581-5940 781-233-7060

Atty. Mary F. Milburn

Real Estate & Elder Law

In home appts available

207 West Shore Drive
Marblehead
508-932-3489

mfmilburn@earthlink.net
www.Milburnattorney.com



RE WITHIN REACH help you put your personal ad in R. Sommers, CPP® Financial PLANNING 7 Bishop Drive, Suite 200 202-432-0367 | www.zezen.com

Your Ad Here

SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING
Contact Cory Karanik to place an ad today!
CKaranik@4LPi.com or (315) 870-0970

SALES EXPERT • FULL-TIME • UNCAPPED COMMISSIONS • COMPETITIVE BENEFITS PROGRAM OFFERED

KNIGHTS OF CO

Family Owned and Operated SWAMPSCOTT Refrigeration

HEATING & AIR CONDITIONING

Commercial - Residential

781-592-1519

SENIOR DISCOUNT



- Central Air Conditioning Installation & Repair • Heat Pumps
 - Furnaces • Heating Systems Installation & Repair
 - Commercial Refrigeration • Ductless Splits
- James V. Carone, Owner



www.swampscottrefrigeration.com

PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

*First Three Months

HOLIDAY SPECIAL



Prescription Drug Costs too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the SHINE program at your COA or Senior Center.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

Social Security contact information:

1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

MEN'S CLUB NEW MEMBERSHIP BREAKFAST

The Swampscott Senior Center is hosting a Men's Club Breakfast on April 16th from 9:30 to 11:30am. Breakfast will be free and catered by Chef Paul from Personal Chef Catering. Our guest speaker will be our state representative Lori Ehrlich who will give us updates on state issues and initiatives. We are hoping to increase our membership by attracting new members. Please RSVP the senior center by April 8th. at 781-596-8866.

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 _____

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 anytime 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.