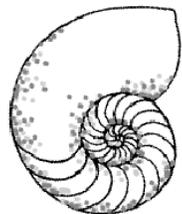


Swampscott Senior Center



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: ANNE QUAGRELLO

OCTOBER 2017 TELEPHONE. 781-596-8866/781-581-1726

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Hello Seniors, Friends and Family Members,

October is going to be a very busy month. There are two big events that will bring people together. Saturday, October 14th , seventy plus seniors are coming in for a delicious luncheon followed by the Delvena Theater production of Mae West. It will be a very nice afternoon and there will be lots of laughs when Mae struts around the dining room with her saucy attitude. We are fortunate to have Chef Paul as a frequent part of our social events.

On October 16th, the center will host the first of a series of seminars on senior issues. We are starting this meeting at 6:30pm as a way to reach out to the sandwiched generation. People raising children and helping their parents. Molly and Steve Rowe, Owners of First Light Home Care are presenting topics that cover the aging process. Some points to be discussed include: housing, downsizing, home care as one's physical and mental abilities decline, safety, fall prevention, and how to have discussions with family members about difficult topics. There will be lively

conversations and many questions. Dessert and coffee will be provided. Call the center to sign up. Bring your friends, children, people who might benefit from this presentation. It is often difficult to face but the reality is that everyone has end life issues eventually. Thank you Molly and Steve for agreeing to share your many experiences.

Please remember that we have many activities and classes here. We also serve lunch and provide transportation as needed for our clients. Come on down and get involved!

Thank you to all who supported the annual fund drive for The Friends of the Swampscott Senior Center. It does permit this center to have many special events.

-Marilyn

We would like to send a warm THANK YOU to Claire Dube for making and raffling off a gorgeous quilt in September. The raffle raised over \$300 for the Friends of the Swampscott Senior Center. Thank you for your time and energy, and for helping to make the senior center a warm and happy place!

Aging With Dignity Lecture Series

Please join us on Monday, October 16th at 6:30pm for the 1st of our new lecture series AGING WITH DIGNITY. Molly and Steve Rowe, Owners of First Light Home Care in Swampscott will be discussing choices that need to be made when we begin to require services, downsizing, and coping with health issues. Light refreshments will be served. Caregivers and family members are encouraged to join you. Please sign up at the front desk or call 781-596-8866.

FOXWOODS - Thursday October 19th

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 but you will receive a \$10.00 coupon for food or a free buffet plus a \$10.00 bonus slot play upon your arrival.

Fall Art Class

Its time for sunflowers, pumpkins and turkeys. Sign up now for our November art class using different mediums and techniques to create your own works of art. 5 week class on Tuesdays from 2:45-4:00pm beginning on Tuesday, November 14th. \$35

New Canasta Class

Have you been thinking of trying your hand at Canasta? Join us for a new class on Tuesdays from 10:00-12:00pm for 6 weeks beginning on October 10th. The cost is \$40. Please sign up and pay at the front desk.

Donate Hearing Equipment

Please donate any gently used hearing aids and accessories to the North Shore Hearing Foundation. We have a box by our book cases where you can donate.

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.

Friday Zumba is BACK

Fridays at 9:45. Come dance your heart out!

New Mah Jongg Classes

Thinking of trying your hand at Mah Jongg? Please join us for ne classes on Mondays from 9-11:00am beginning Mon Oct 16th. The class is \$25 and a card is \$8.

Do-Yin Healing Massage Class Tuesdays 1:00PM

Do-Yin is a combination of meridian stretching exercises, breathing exercises and self-massage. It is intended to prevent and treat dysfunctions of the body related to low circulation of energy or "vital energy", more commonly known as "Ki" in Japanese or "Qi" in Chinese.

Cribbage

This friendly group gets together from 1-3pm on Wednesday to play cribbage—just for the fun of it.

Blood Pressure

Come in and have a Registered Nurse take your blood pressure. Every Tuesday and Thursday from 11-12:30.

Poker

Meets from 12:30 to about 4pm Mon., Wed., and Fri. They are always looking for more poker players. Come on in! New players should try our Wednesday group.

Knitting

A very social group that meets from 12:30-3pm on Wednesdays. All skill levels are welcome.

WALKING GROUP—Wednesdays at 9:30. We walk 4 times around the building (1 mile) on a beautiful paved path. We also offer hand weights. Want to do 2 laps...no problem! Call us before you come in on rainy days.

Foot Doctor

We have a Foot Dr come in for visits every other month. Please call for an appointment.

New Senior Center Email Address

Would you like to contact us via email? Use our new email address and will send a prompt response.
swampscottseniorcenter01907@gmail.com

Tissues

As cold season is fast approaching, we are in need of tissue box donations. We greatly appreciate it!

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Shells Or Southwest Chicken Sandwich w/ Kidney Bean Soup	3 Chicken w/ Cranberry Glaze Or Egg Salad Sandwich w/ Tomato Soup	4 Hot Dog & Baked Beans Or Roast Beef Sandwich w/ Mushroom Soup	5 Meatloaf w/ Gravy Or Turkey Waldorf Salad Sandwich w/ Cream of Broccoli Soup	6 Fish w/ Tartar Sauce Or Chicken Pesto Sandwich w/ Vegetable Soup
9 Columbus Day CLOSED	10 Roast Beef w/ Gravy Or Ham & Cheese Sandwich w/ Split Pea Soup	11 Pulled Pork Or Tuna Salad Roll w/ Kale & Vegetable Soup	12 Chicken Pot Pie Or Cuban Sandwich w/ Cream of Tomato Soup	13 Lemon Baked Fish Or Turkey Gobbler Sandwich w/ Kale & White Bean Soup
16 American Chop Suey Or Roast Beef Sandwich w/ Potato Leek Soup	17 Macaroni & Cheese Or Chicken Salad Sandwich w/ Minestrone Soup	18 Roasted Chicken Or Turkey & Swiss Sandwich w/ Southwestern Kidney Bean Soup	19 Autumn Special Chicken w/ Apple Compote, Parsnips, Brussel Sprouts, Wild Rice, Pumpkin Squares	20 Turkey A La King Or BBQ Chicken Sandwich w/ Corn Chowder
23 Salisbury Steak Or Tuna Salad Sandwich w/ Vegetable Soup	24 Broccoli Cheddar Bake w/ Or Tuscan Chicken Salad Sandwich w/ Cream of Broccoli Soup	25 Roast Turkey w/ Gravy Or Roast Beef & Provolone Sandwich w/ Kale & White Bean Soup	26 Pork Rib w/ Sauce Or Deviled Egg Salad Sandwich w/ Cauliflower Cheddar Soup	27 Chicken Parmesan Or Chicken Caesar Sandwich w/ Minestrone Soup
30 Beef Stew w/ Mashed Potatoes Or Turkey & Cheese Sandwich w/ Navy Bean Soup	31 Spaghetti w/ Meat Sauce Or Ham Salad Sandwich w/ Potato Leek Soup	 <p>HAPPY HALLOWEEN</p>		

SENIOR CENTER HOURS

MON, TUE & THUR 8:30 a.m. to 3:00 p.m. WED 9:30-3:00 FRIDAY 9:00am—3:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45 Zumba 2 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 3 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 12:45 Advanced Beginner Bridge 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	30 Walking Group 4 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 5 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 6 9:45 Bingo 9:45 Zumba 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League ** Closed after lunch
Columbus Day Closed 9	8:30 Mah Jongg 10 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 12:45 Advanced Beginner Bridge 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	9:30 Walking Group 11 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 12 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 13 9:45 Zumba 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 16 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 17 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 12:45 Advanced Beginner Bridge 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	9:30 Walking Group 18 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 19 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 20 9:45 Zumba 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 23 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Gin Rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 24 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 12:45 Advanced Beginner Bridge 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	9:30 Walking Group 25 10:00 Creative Writing 10:30 Yoga, 11:30 Lunch 12:30 Poker League 12:30 Shopping Vinnin Sq 1:00 Chair Yoga 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 26 10:00 Cardio Class Closed 11:00 Osteo Exercise 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Mkt Basket 12:30 Bridge ACBL Open Game 12:30 Chess 6:30 Duplicate Bridge	9:00 Tap Dancing 27 9:45 Zumba 10:00 Bocce 10:30 Backgammon 11:30 Lunch 12:30 Poker League 12:45 Bingo
9:00 Mah Jongg 30 9:45 Zumba 11:00 Osteo Exercise 11:30 Lunch 12:30 Int Bridge CLOSED 12:30 Gin rummy 12:30 Shopping Mkt Basket 12:30 Poker League	8:30 Mah Jongg 31 9:00 Stretch & Tone 10:00 Canasta 10:00 Rummy Cube 11:00 Blood Pressure 11:30 Lunch 12:30 Shopping Stop & Shop 12:45 Bingo 12:45 Advanced Beginner Bridge 1:00 Do Yin Self Heal Massage 2:00 Tai Chi Basics for Everyone	Happy Halloween!		

It is almost here...Medicare’s Annual Open Enrollment

It’s that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2018.

During Medicare’s Annual Open Enrollment (October 15 – December 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) Counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

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 call us. You may also call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845, leave a message and a counselor will return your call as soon as possible.

More Trips Coming!

Be on the lookout for our new luncheon show trips beginning in November. Doo Wop Revue, Michael Buble Christmas Tribute and more. You should start seeing flyers soon!

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 _____

10 Communication Strategies for People Living with Dementia

There are many ways we can support people living with dementia to communicate more effectively. It is important to remember that how you say something is often more important than what you say. Patience and empathy are key.

Here are some tips to help communicate.

1. **Realize Your Challenge:** Your loved one will get worse with time. Communication will become more difficult. On the other hand, remember there will be good days and bad. Be prepared.
2. **Be Patient:** Communicating effectively is one of the greatest challenges seniors living with dementia face. Tolerate compassionately any delays, adversity or provocation.
3. **Offer Reassurance:** Listen attentively and empathize with their concerns even if they are delusional, confused, hesitating or angry. Offer reassurance and support.
4. **Minimize Background Noise:** Noise can disturb and confuse people living with dementia. Find a quiet place to talk, away from the tv, radio and people.
5. **Avoid Arguing:** When talking, place yourself in front of the person and speak clearly and with a warm tone. Use simple sentences and give them time to respond. Do not contradict what they are saying and don’t speak to them as you would a young child.
6. **Use Nonverbal Cues:** Gestures, touch and facial expressions can assist communication. Observe if their non-verbal cues indicate other messages, in spite of the words they are saying. Perhaps there are other feelings behind their words.
7. **Be Precise:** Avoid pronouns such as “they” “he” or “she”. Refer to people by their preferred names.
8. **Keep it Simple:** Focus on one subject at a time.
9. **Be Sensitive:** Assume they can understand everything you say. Don’t talk about them as if they are not there.
- 10. Take a Break:** If you feel frustrated, take a break. You are not perfect! A person living with dementia is very capable of reading your body language. A break will benefit all.