

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 2016

TEL. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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QUESTION AND ANSWER COLUMN OFFERED BY NORTH 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, 1 Widger Road, Marblehead, MA, 01945

Question. I have a constant pain on the top of the outside of my hip that is causing me to walk with a limp. What is causing this pain?

Answer. There are many reasons you can have pain on the outside of your hip. One of the common reasons is that you may have an inflammation of the bursa or hip abductor muscles. The hip abductor muscles are attached to the pelvis and to the greater trochanter of the femur. The bursa is a jelly sac under the abductor muscles. Hip Bursitis (trochanteric) or hip abductor tendonitis is characterized by pain on the side of the thigh that may radiate down the leg. There may be point tenderness over the bursa site due to the inflammation. The area is usually very painful when lying on the affected side, or moving the leg out to the side or across the body.

Repetitive trauma is sometimes seen in runners or long distance bicycle riders and long distance walkers, and is most likely a result of tight and/or weak muscles in the hip. Other predisposing factors usually seen in non-athletes may include leg length discrepancy, hip abductor weakness from an old injury, abnormal leg alignment, development of abductor tendonitis, compensatory movement patterns, a stiff joint in the leg, or arthritis of the hip or back

Trochanteric bursitis or abductor tendonitis can be treated through physical therapy. Therapy during the acute phase includes icing regularly, avoid climbing stairs excessively, resting and exercise to strengthen the weak muscle groups and stretch the tight muscles.

Other modalities to reduce inflammation may include ultrasound, electrical stimulation and iontophoresis. A heel lift is helpful when a leg length discrepancy is present. Temporary use of a cane helps to decrease the pain, avoid limping, and helps use the correct alignment and correct muscles. Walking when you are limping due to hip (trochanteric bursa) pain will often just make the problem worse. If the upper portion of your leg is painful or tender to the touch and you have pain sleeping on your side please see your doctor and recommendations for physical therapy.

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**

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, April 5th. 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 April

**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..

BOCCE AT THE SENIOR CENTER

Come to our senior center and join our Bocce Ball league on Friday mornings from 10:00am to 12:00 pm. We have a pro type court and we are looking for beginners, pro's, men and women. We would like to have enough people to join so that we may establish competition between our center and other centers in the area. Contact us at 781-596-8866 to sign-up or to obtain any additional information.

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 from our publisher on line at the following; www.ourseniorcenter.com/find/Swampscott-council-on-aging

THE WAYS OF WATER

It glistens on a sunny day
Like sparkling diamonds given
In depths of the deepest blue
To the ocean I am driven

To the sunset and night
As the moon casts a path
On the ocean's top
And eases my wrath

This rain of tears
That flow down my face
For the beauty of it all
In G-d's infinite grace

I find peace in the rhythm
Of the water's waves
Undulating and calming
As gently it saves

Me from feeling alone
At this time in my life
At the water's sweet edge
I let go of all strife
By Nancy R. S. Diaz

CHESS CLUB AT THE SENIOR CENTER

The senior center will be starting up a chess club this spring on Thursday's from 12:30 to 2:30pm. A start date is to be determined. We are looking to build on our membership. Contact the senior center at 781-596-8866 to sign-up or to acquire additional information.

CRIBBAGE LOVERS

Come join us every Wednesday afternoon from 1:00pm to 3:00pm at the senior center. We're a friendly group and getting together for those two hours is absolutely free. There are a couple of nice people who come around and offer ice cream if you are so inclined-also free. It's a fun afternoon-the only requirement is that you enjoy playing cribbage. We look forward to seeing you there.

WANT TO PLAY SCRABBLE

The senior center is interested in putting a group together to play Scrabble on Friday mornings here at the center, the time is yet to be determined. Please sign-up at our front desk or call the center at 781-596-8866.

NEW CANASTA CLASS

The class will start Tuesday, May 3rd to Tuesday, June 7th from 10:00am to 12:00 noon. Total cost for the six weeks is \$35.00. Call the senior to sign-up.

CANDY NEEDED

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


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
		MENU SUBJECT TO CHANGE WITHOUT NOTICE		1 Chicken Picatta Pasta Peas ALTERNATIVE Egg Salad Sandwich Garden Salad Italian Dressing
4 Roast Turkey Florentine Crispy Potatoes Broccoli ALTERNATIVE Ham & Cheese Sandwich Garden Salad French Dressing	5 Meatballs/ sauce/ pasta ALTERNATIVE Roast Beef sandwich Caesar Salad Caesar Dressing	6 Roast pork/gravy Mashed sweet potato ALTERNATIVE Chicken Salad Sandwich Garden Salad Ranch Dressing	7 Chicken cacciatore Pasta ALTERNATIVE Egg Salad Sandwich Caprese Salad Balsamic Vinaigrette	8 Salmon/dill sauce Yellow rice ALTERNATIVE Turkey & Cheese Sandwich Garden Salad Italian Dressing
11 <u>SPECIAL</u> Beef hot dog/bun Baked beans Mixed vegetables Fruit cocktail	12 Shepherd's pie Salad/dressing ALTERNATIVE Roast Beef Sandwich Spinach Salad Honey Mustard Dressing	13 Tortellini/meat sauce California blend veg ALTERNATIVE Ham & Cheese Sandwich Garden Salad Ranch Dressing	14 Lemon pepper pork Rice/beans Salad ALTERNATIVE Tuna Salad Sandwich Greek Salad Greek Dressing	15 Rosemary chicken Red potatoes ALTERNATIVE Egg Salad Sandwich Garden Salad Italian Dressing
18 SENIOR CENTER CLOSED FOR PATROITS DAY	19 Hamburger/roll ketchup Potato wedges ALTERNATIVE Roast Beef sandwich Caesar Salad Caesar Dressing	20 Turkey/mushroom sauce Mashed potatoes ALTERNATIVE Chicken Salad Sandwich Garden Salad Ranch Dressing	21 WG baked pasta/ sauce Salad/dressing ALTERNATIVE Ham & Cheese Sandwich Caprese Salad Balsamic Vinaigrette	22 BBQ pulled pork Rice and beans ALTERNATIVE Egg Salad Sand- wich Garden Salad Italian Dressing
25 Chicken/broccoli Alfredo Pasta ALTERNATIVE Ham & cheese Sandwich Garden Salad French Dressing	26 SENIOR CENTER CLOSED FOR VOTING DAY	27 American chop suey Mixed vegetables ALTERNATIVE Turkey & Cheese Sandwich Garden Salad Ranch Dressing	28 Meatloaf/brown gravy Mashed potatoes ALTERNATIVE Tuna Salad Sandwich Greek Salad Greek Dressing	29 Stuffed shells/ sauce Green beans ALTERNATIVE Roast Beef Sandwich Garden Salad Italian Dressing



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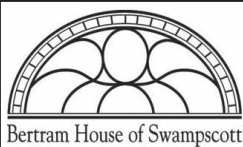


SENIOR CENTER HOURS

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
				9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
4 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	5 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	6 10:00 Creative Writing 10:30 Yoga 11:30 Lunch 12:30 Poker League 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	7 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	8 9:30 Tap Dancing 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
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*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.

TO OUR FRIEND SID NOVAK

Our longtime Council on Aging board member and volunteer Sid Novak has submitted his resignation ending his long tenure on the board. Our staff and clients want to thank him for his loyal service.

WELCOME OUR NEW YOGA INSTRUCTOR

Patty Taylor has joined us as our new Yoga Instructor, Patty comes to us with great experience. Her class is on Wednesday from 10:30 to 11:30 am. We welcome back those who have been in the class as well as new people who want to give it a try.

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.

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.

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