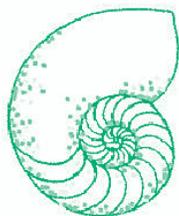


Swampscott Senior Center



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

FEBRUARY 2017

TEL. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

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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

Learning to Forget

It isn't hard to learn about forgetting;
part of the skill comes with growing older.
I needn't break out with cold, clammy sweating.

I cram my days with chores and work and news;
exhausted I've no strength left for the blues.
it isn't hard to learn about forgetting.

I cook and clean and work without the fretting,
pushing so hard to tire my body out
but memories come back when sun is setting.

No time for recollections to be setting,
but still they're in the corner of my mind.
it isn't hard to learn about forgetting.

Still ghosts come back and will not leave their haunting.
sweet songs still long gone return and make me sigh.
remembering is not what I am wanting.

To hold the sweetness of the past brings heartache,
and yearning for those days keeps me in pain.
it isn't hard to learn about forgetting;
it's longing to go back there that's upsetting.

Maria P. Mello

OUR SHINE COUNCILOR IS BACK

The senior center would like to welcome back Elena Kirios our Shine Councilor after a short leave of absence. Elena will be available on Tuesdays from 10:00 am to 12:00 pm by appointment only. She will be advising our clients who will be signing up for Medicare or who have insurance questions regarding medical and or prescription drugs.

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
- *

VALENTINE'S DAY PARTY AT THE SENIOR CENTER
Saturday, February 13th at noon with a brunch catered by Chef Paul and entertainment by Howie Conley and the Senior Tones. Sign up at the front desk to get your tickets, the cost is \$5.00 per person with a limit of two.

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, February 2nd. 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 for additional information including a schedule of events. I hope to see you soon, Betty.

2016 MAH JONGG CARDS FOR PURCHASE

The 2016 Mah Jong cards are now on sale, the regular size is \$8.00 and the large size \$9.00. To purchase please contact Susan Pierce at the Senior Center or see Norma Freedman while at the center.

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



**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.

**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!

FALURE...NO SUCH WORD

Failure...sick word...burdensome...stressful.
Not for me. I prefer, accomplished, successful.
Like Johnny Appleseed sowing his seeds across the land,
What I sowed was, smiles, compassion, lending a helping hand.

I neither moaned, did not loudly proclaim,
"Woe is me...I have no riches, beauty, nor fame."
One might call those failures...and yet
To me those are but tiny regrets.

If I had failures they would be these...
Never being able to capture the fragrance of an oceans breeze.
Never being able to stop flowers from waning, then die.
Never seeing my prayers reach a clear blue sky.

Friend...never let the myth of failure cause you grief,
Or you'll flutter to the ground...never to rise
Like a dead fallen leaf.
Mary Ann Salamone

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken & broccoli alfredo Pasta Capri blend veg. ALTERNATIVE Ham & Cheese Sandwich Chicken & Rice Soup</p>	<p>2 Turkey Milanese Mashed sweet potato ALTERNATIVE Egg Salad Sandwich Vegetable Soup</p>	<p>3 American chop suey Mixed vegetables ALTERNATIVE Turkey & Cheese Cream of Broccoli Soup</p>	<p>4 Sloppy Joe/ hamburger bun Potato wedges Soup ALTERNATIVE Tuna Salad Sandwich Minestrone Soup</p>	<p>5 Stuffed shells/ Tomato sauce Broccoli ALTERNATIVE Roast Beef Sandwich Cream of potato Soup</p>
<p>8 Boneless pork chop/gravy Sweet potatoes Collard greens ALTERNATIVE Turkey & Cheese Sandwich Chicken & Orzo Soup</p>	<p>9 Chicken teriyaki Brown rice Stir fry veg. ALTERNATIVE Egg Salad Sandwich Tomato Basil Soup</p>	<p>10 Baked white fish Red potatoes Green peas ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup</p>	<p>11 VALENTINE'S DAY SPECIAL Beef Bourguignon Mashed sweet Potatoes Green beans Dinner Roll Valentine Heart Cookie</p>	<p>12 Salmon/dill sauce Rice and chick peas ALTERNATIVE Roast Beef Sandwich New England Clam Chowder</p>
<p>15 HOLIDAY NO MEAL SERVICE</p>	<p>16 Latin pork/gravy Plantains Soup ALTERNATIVE Roast Beef Sandwich Cream Of Broccoli Soup</p>	<p>17 Lasagna/tomato sauce Broccoli ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup</p>	<p>18 Shepherd's Pie ALTERNATIVE Chicken Salad Sandwich Cream of Chicken Soup</p>	<p>19 Fish sandwich Potato wedges Peas ALTERNATIVE Egg Salad Sandwich Minestrone Soup</p>
<p>22 Roast turkey Florentine Crispy potatoes Mixed veg. ALTERNATIVE Ham & Cheese Sandwich Chicken & Orzo Soup</p>	<p>23 Meatballs/Tomato sauce Pasta ALTERNATIVE Roast Beef Sandwich Tomato & Basil Soup</p>	<p>24 Parmesan spinach pasta bake Mixed vegetables ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup</p>	<p>25 Chicken cacciatore Pasta ALTERNATIVE Egg Salad Sandwich Split Pea Soup</p>	<p>26 Salmon/dill sauce Yellow rice ALTERNATIVE Turkey & Cheese sandwich New England Clam Chowder</p>
<p>29 Hamburger & cheese slice Seasoned potato wedges ALTERNATIVE Turkey & Cheese Sandwich Chicken & rice Soup</p>	<p>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>			



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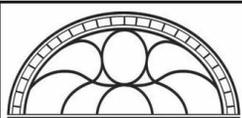
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SENIOR CENTER HOURS

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
9:00 Golf/Bowling 1 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	8:30 Mah Jongg 2 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	10:00 Creative Writing 3 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 4 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	9:30 Tap Dancing 5 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 8 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	8:30 Mah Jongg 9 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	10:00 Creative Writing 10 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 11 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	9:30 Tap Dancing 12 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
15 SENIOR CENTER CLOSED FOR PRESIDENTS DAY HOLIDAY	8:30 Mah Jongg 16 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	10:00 Creative Writing 17 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 18 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	9:30 Tap Dancing 19 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 22 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	8:30 Mah Jongg 23 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	10:00 Creative Writing 24 10:30 Yoga 11:30 Lunch 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 25 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	9:30 Tap Dancing 26 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 29 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				

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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.

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.

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.

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 in-