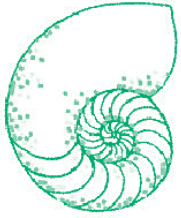


Swampscott Senior Center



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

JULY 2016

TELEPHONE. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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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

TIME TO REALLY RETIRE

By the time you read this editorial I will be home fully retired; that is a strange thing for me to write because even though I have been retired for seventeen years from my "real job" I have always been active in getting out of the house and finding something to do for at least a couple of days a week.

In May of 2004 I volunteered to work at the original senior center and a few months later I was asked to formally join the staff there. Over the years I had some great experiences as well as some sad ones. The saddest was the day when I heard that Sally Hanley had passed away unexpectedly. She was the kindest person I ever met. Sally would always come in on Wednesday's with the knitting group and never came in without bringing something to donate to the center. When I worked on Wednesday's I always had fun kidding around with Rod Pickard. Since he left I assumed the task of providing ice cream to our wonderful knitters with the help of my "side kick" Teresa Vatcher. I've enjoyed working with Marilyn and the staff, I must say they were great with putting up with my long stories and constant gabbing.

I will miss talking sports with the poker guys on Monday, Wednesday and Friday as well as listening to the ladies on Monday morning as they come out of Zumba after a tough workout and they tell me about their aches and pains. One thing I know is that even at my age it's the older clients that tend to keep me thinking and acting young.

One of my functions was to write the monthly newsletter, this publication is my 145th and my last, I want to thank all of the people who gave me input throughout the years, without them it would have been difficult to do.

To all, thanks for the memories, Don Wescott

HAPPY SUMMER!

It is so nice to have the warm weather back. We have beautiful flowers in our garden, and a new picnic table that we hope you will enjoy. The Senior Center is transitioning with the departure of long time employee Don Wescott, and our Social Worker Amy Rose as well as Betty Gallo. We wish them happiness, and good luck as they move forward. Our van driver, Howie Conley is taking the summer off and I'm sure he will keep himself busy with many things. We have two new drivers, (yup it takes two to replace Howie!) Our Monday driver is Ken Avery, and our Friday driver is Kristen Norman. Please welcome them to our Senior Center Family. Please be patient with us as at times we may be short staffed.

Please remember in the warmer months to keep hydrated and wear sunscreen when enjoying the outdoors. It's always a good idea to have a sweater here at the Center, as it can get chilly in some of the rooms.

We are looking forward to a pleasant summer and hopefully some surprises for you!

Marilyn

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, July 5th. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

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.

NEW TAI CHI BEGINNERS CLASS

The senior center has a new Tai Chi beginner class on Tuesdays from 1:00pm to 2:00pm. The cost is \$5.00 per class. Contact the senior center at 781-596-8866 for information or to sign-up.

WEDNESDAY POKER AT THE SENIOR CENTER

The senior center has a poker league that meets every Wednesday from 12:30 to approximately 4:00pm. Call the senior center at 781-596-8866 to obtain additional information or to sign-up

Happy Birthday Wishes For Those Who Celebrate Their Birthday in July



CHESS CLUB AT THE SENIOR CENTER

Do you play Chess? If so come and join us at the senior center every Thursday from 12:30 to 2:30pm. Presently we have a small group but we are looking to expand. It's free just call us at 781-596-8866 to sign-up.

NEW ART CLASS WITH LAURIE REIS

Lurie Reis has scheduled a new five week art class beginning Thursday, July 7th, along with Thursday, the 14th, and 21st. and Thursday, August 4th and 11th.. The cost for the five weeks is \$35.00 which includes all of the supplies. Contact the senior center for additional information or to sign-up.

TRIP TO FOXWOODS

The Swampscott Senior Center has scheduled a trip to Foxwoods on Tuesday, July 19th. 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 senior center at 781-596-8866 to sign-up.

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.

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**

POKER AT THE SENIOR CENTER

The senior center has a poker league that meets every Wednesday from 12:30 to approximately 4:00pm. Call the senior center at 781-596-8866 to obtain additional information or to sign-up

CANDY NEEDED

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

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

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.

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 Salmon/dill sauce Yellow rice Broccoli ALTERNATIVE Turkey & Cheese Sandwich New England Clam Chowder
4 HOLIDAY NO MEAL SERVICE	5 <u>SUMMER SPECIAL</u> Cheeseburger/roll Ketchup Seasoned potato wedges Salad Chocolate pudding	6 Tortellini/meat sauce California blend veg. ALTERNATIVE Turkey & Cheese Sandwich Vegetable Soup	7 Lemon pepper pork Rice/beans Salad ALTERNATIVE Tuna Salad Sandwich	8 Rosemary Chicken Mashed potatoes ALTERNATIVE Egg salad Sandwich Minestrone Soup
11 Crispy fish/tartar sauce Potato wedges ALTERNATIVE Turkey & Cheese Sandwich Chicken \$ Orzo Soup	12 Beef hot dog/roll Baked beans Salad ALTERNATIVE Roast Beef Sandwich	13 Chicken teriyaki Rice Stir fry veg. ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup	14 Roast turkey/gravy Sweet potato Salad ALTERNATIVE Ham & Cheese Sandwich	15 Baked crispy chicken Veg. rice pilaf ALTERNATIVE Egg Salad Sandwich New England Clam Chowder
18 Cheese lasagna sauce Spinach ALTERNATIVE Ham & Cheese Sandwich Chicken & Rice Soup	19 Roast pork/gravy Yellow rice Salad ALTERNATIVE Chicken Salad Sandwich	20 BBQ chicken Candied yams ALTERNATIVE Turkey & Cheese Sandwich Cream Of Broccoli Soup	21 Fish sticks/tartar sauce Rice chickpeas Salad ALTERNATIVE Tuna Salad Sandwich	22 Chicken broccoli alfredo/pasta ALTERNATIVE Roast Beef Sandwich Cream of Potato Soup
25 Chicken Picatta Mashed potatoes ALTERNATIVE Turkey & Cheese Sandwich Chicken & Orzo Soup	26 Meatballs/sauce Pasta Salad ALTERNATIVE Egg Salad Sandwich	27 Shepherd's pie California blend veg. ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup	28 Chicken sausage Peppers & onions roll ALTERNATIVE Tuna Salad Sandwich	29 Baked white fish Yellow rice ALTERNATIVE Roast Beef Sandwich New England Clam Chowder



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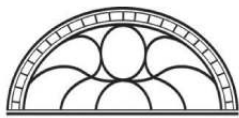
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SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 8:30 a.m. to 3:00 p.m. WEDNESDAY & FRIDAY 8:30 a.m. to 12:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00 Tap Dancing 9:15 Beano 10:00 Scrabble 11:30 Lunch 12:30 Poker League
SENIOR CENTER CLOSED FOR THE 4TH OF JULY	8:30 Mah Jongg 9:00 Stretch & Tone 10:00 Canasta Class 10:00 Rummy Cube 11:00 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 Poker League 12:30 Shopping Vinnin Sq 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 9:15 Beano 10:00 Scrabble 11:30 Lunch 12:30 Poker League
9:00 Golf/Bowling 9:00 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 9:00 Stretch & Tone 11:00 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 Poker League 12:20 Shopping Vinnin Sq 1:00 Knitting Group 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class Class Closed 11:00 Blood Pressure 11:30 Lunch 12:30 Food Shopping Market Basket 12:30 ACBL Bridge 12:30 Chess Club 12:45 Beginner Bridge 6:30 Duplicate Bridge	9:00 Tap Dancing 9:15 Beano 10:00 Scrabble 11:30 Lunch 12:30 Poker League
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When Can You Enroll in a Medigap Plan?

Medigap plans are health insurance plans that provide extra protection beyond Medicare by filling in some of the “gaps” in Medicare coverage. In Massachusetts, these plans allow continuous open enrollment. You must have Medicare A and B to enroll, and cannot be enrolled in a Medicare Advantage plan. Anyone who is eligible may enroll or change plans or coverage levels at any time, with changes effective the first of the following month. Note that Medigap policies do not cover prescription drugs, which are covered separately under Medicare Part D.

In Massachusetts, seven insurers offer the same two Medigap plans, Core and Supplement 1. The Core plan pays some of the co-pays for Medicare covered services, while the Supplement 1 covers all the deductibles and co-pays for these services. This means that a Medigap policy will generally pay only when Medicare approves payment. With a Medigap policy, you are free to choose any doctor or hospital that accepts Medicare and you do not need referrals to see a specialist.

For assistance with choosing a Medigap plan or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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 any time 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 \$_____.

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