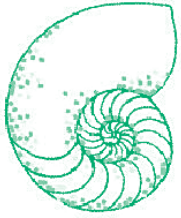


Swampscott Senior Center



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

JUNE 2016

TELEPHONE. 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, c/o Susan Finigan.

Question. I am an 83 year old woman. It seems that every time I try to exercise, I end up hurting myself. I am beginning to wonder if I am "just too old for this." Do you have any suggestions?

Answer. You are absolutely not too old to exercise, nor too old to get stronger. Seniors can obtain important health and fitness benefits, just as younger people can, with the proper fitness training. Research has indicated that resistance exercises can help improve strength, flexibility, bone density, balance and blood pressure among seniors. Many of these studies included subjects well into their eighties and even into their nineties. It is important to check with your physician before beginning a new exercise program. Your doctor can rule out any underlying medical conditions which might affect your capacity to exercise safely. You may find it helpful to begin exercising under the supervision of a personal trainer or qualified instructor. Choose someone who is certified and has expertise in working with seniors. A personal trainer can develop a program to meet your individual needs. If you prefer to exercise in a group rather than individually, you may want to try one of the many classes offered at your local senior center or Council on Aging.

When starting an exercise routine, it is essential to begin slowly and progress gradually, especially with resistance training. Injuries often occur when trying to do too much too quickly. Whether exercising with a trainer, on your own, or in a class, never do something which causes pain. "No pain, no gain" is an outdated and potentially harmful motto!

Whatever you choose, remember to have fun, go slowly, and keep moving. Exercise benefits people of all ages. If you have questions regarding meeting your strength and fitness goals, either individually or in a group, feel free to contact Susan Finigan 781-631-8250, Susan is a licensed physical therapy assistant and a certified personal trainer and a certified aquatic therapist, with an expertise in working with seniors. She has been teaching senior exercise classes in the area for the past 7 years.

SWAMPSCOTT SENIOR CENTER NEW SCHEDULE AND HOURS AS OF JUNE 1st

The following are schedule/time changes for only those listed below all others remain unchanged.

MONDAY 8:30am to 3:00pm

TUESDAY 8:30 to 3:00pm

WEDNESDAY 9:30am to 3:00pm

Shopping at Vinnin Square on the first and third
Wednesday of the month

THURSDAY 8:30am to 3:00pm

SUMMER HOURS ONLY UNTIL SEPT. 1st

FRIDAY 8:30am to 12:00pm

Bingo at 9:15am

Lunch at 11:30am

No Friday Shopping

WORDS OF WISDOM FROM HELEN KELLER

Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight...

When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.

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, June 7th. 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 will begin a new Tai Chi beginner class on Tuesdays from 1:00pm to 2:00pm. The cost will be \$5.00 per class. We will need at least ten participants to begin the class. Contact the senior center at 781-596-8866 to sign-up.

SPRING HAS SPRUNG

Come and join one of our great exercise classes which are listed in our Activities Calendar (page 4). Contact the center for additional information.

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

**GLSS BARBECUE**

GLSS is having its annual BBQ here at the senior center on Tuesday, June 28th starting at 11:30am at a cost of \$2.00. The Barber Shop Quartet will entertain us after lunch. Bingo will follow at approximately 1:30pm. You must sign-up and pay at our front desk to hold your reservation and there will be a maximum of 65 people .

TRIP TO FOXWOODS

The Swampscott Senior Center has scheduled a trip to Foxwoods on Thursday, June 23rd. 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.

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.

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**

CANDY AND KLEENEX NEEDED

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

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.

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

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Chicken teriyaki Brown rice ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup	2 Meatloaf/gravy Mashed potato Salad ALTERNATIVE Ham & Cheese Sandwich	3 Turkey Milanese Veg. rice pilaf ALTERNATIVE Egg Salad Sandwich New England Clam Chowder
<div> <div>MENU</div> <div>SUBJECT TO CHANGEWITHOUT NOTICE</div> </div>				
6 Lasagna/tomato sauce Spinach ALTERNATIVE Ham & Cheese Sandwich Chicken & Rice Soup	7 Roast pork/gravy/ Salad/ dressing Baked beans ALTERNATIVE Egg Salad Sandwich	8 BBQ chicken Candied yams ALTERNATIVE Turkey & Cheese Sandwich Cream of Broccoli Soup	9 WG baked pasta/ cheese Salad/dressing ALTERNATIVE Tuna Salad Sandwich	10 Hamburger/roll Potato wedges ALTERNATIVE Roast Beef Sandwich Cream of Potato Soup
13 Chicken picatta Mashed potatoes ALTERNATIVE Turkey & Cheese Sandwich Chicken & Orzo Soup	14 Meatballs/marinara/ pasta Salad/dressing ALTERNATIVE Egg Salad Sandwich	15 Shepherd's pie California blend veg ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup	16 FATHER'S DAY SPECIAL Chicken sausage sub roll Peppers & onions Seasoned potato wedges Chocolate chip cookie	17 Salmon/dill sauce Yellow rice ALTERNATIVE Roast Beef Sandwich New England Clam Chowder
20 Hamburger/roll Ketchup Potato wedges ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup	21 BBQ pulled pork/beans/ rice Salad ALTERNATIVE Roast Beef Sandwich	22 Tortellini/meat sauce Capri blend veg ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	23 Beef tips/peppers/ onions Yucca Salad/dressing ALTERNATIVE Chicken Salad Sandwich	24 Chicken picatta Rice and beans ALTERNATIVE Egg Salad Sandwich Minestrone Soup
27 Rosemary chicken Sweet potato wedges ALTERNATIVE Ham & Cheese Sandwich Chicken & Orzo Soup	28 Beef hotdog/roll Baked beans ALTERNATIVE Roast Beef Sandwich	29 Shepherd's pie California blend veg ALTERNATIVE Chicken Salad Sandwich Bean & Barley Soup	30 Meatloaf/brown gravy Veg. rice pilaf Salad ALTERNATIVE Egg Salad Sandwich	



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SENIOR CENTER HOURS

MONDAY, TUESDAY & THURSDAY 8:30 a.m. to 3:00 p.m. WEDNESDAY & FRIDAY 9:30 a.m. to 3:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		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	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 10:00 Scrabble 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 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 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 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 10:00 Scrabble 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
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SEASONAL SCENTS

Ah spring - such a wonderful time of year. Really it's the best time when you stop to think about it. After the dull, dreary and dismal winter, spring is a delight. You can open your windows and let the clean smell of nice fresh air finally blow through your stuffy rooms and everything feels so much better.

Spring is also when the barren trees begin to bud and we can see life popping into the gardens. Forsythia is the first bush to spread its yellow cheer and wake up to spring. Soon after comes my favorite - the lilac with the sweetest fragrance of all. My yard has five lilac bushes, all different colors and all with the most delight scents.

Summer is wonderful, I do admit. There is nothing nicer than to be able to enjoy outdoor living with family and friends during that warm time of year. The enticing aroma of grilling food drifts around neighborhoods throughout the season. We love our ballgames, the beaches and many take advantage of the ocean. . . fishing or sailing or zipping around in speed boats. We do know how to make the most of summer living.

Fall is a beautiful time of year no doubt about it - everyone seems to enjoy leaf-peeping. The unique bouquet of burning leaves fills the air at this time of year - the only problem with fall. . . winter follows.

Amy Lockerbie Smith

IS YOUR HOME PROVIDING YOU WITH A SAFE AND COMFORTABLE LIVING?

Access NOW of Massachusetts will be providing our seniors with information on how to stay at home for as long as possible, feeling comfortable and secure and with the resources in place so that you are healthy and independent.

Join representatives from Access Now to learn about safe and comfortable living in your home. Remodeling kitchens and bathrooms or widening doorways and installing grab bars can solve your safety needs at home.

Dealing with sudden or progressive changes in your independence is always stressful; but adapting your home to accommodate these changes doesn't have to be frustrating. If you are interested, "Access NOW" will be making this presentation here at the senior center on Thursday, June 23rd at 1:00pm. Contact the senior center at 781-596-8866 to sign-up.

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.