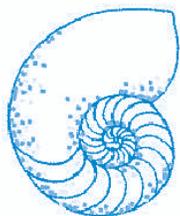


Swampscott Senior Center



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

NOVEMBER 2015

TEL. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear Seniors and Friends,

The foliage did finally appear and it was beautiful. For those of you who still own your home, those fantastic colors are followed by the need to get rid of all of those leaves. Remember to work at it in spurts. Racking and lugging bags of leaves are often strenuous and difficult jobs for senior citizens. Better yet call your children and grand children and use that **guilt trip persuasion technique**. We are proud elders and we often hesitate to ask for help. We had a nice Halloween celebration; those attending wore black and orange, a few masks and even a costume or two. Everyone loved the pizza lunch which was followed by the Friday bingo game. We also had a very informative health lecture on Peripheral Neuropathy presented by Dr. Ellen Blomerth. It was so well received that I will be working on having a health seminar quarterly. If you have a topic of interest you would like more information about let me know. Finally our center was used by two town organizations *Love of Swampscott* ran a haunted house and *The Girl Scouts* sponsored a food drive. It is wonderful to have organizations in our town utilize our facility for their groups and committees. It enhances community support for our senior citizens and promotes community and intergenerational projects.

Once again the Senior Center will be reaching out to elementary schools about our Pen Pal Program and our Oral History Project, seniors either write three letters to an elementary student or they are part of an interview and presentation describing their schools days and community as they were children. Should you wish to be part of an intergenerational project, call the center and we will put you on one of these teams.

Finally November events include: our second Veterans Breakfast on November 14 honoring those who served with courage and dignity. An RSVP from veterans in our area is needed by November 6. Also the Center will sponsor a November food drive for the local food pantry. Drop off food, cleaning and beauty supplies as well as paper products when you come in during the first three weeks of November. Stay well. Have fun. Keep laughing. Come on Down to your Senior Center.
Fondly, Marilyn

Maybe the Next Time

The luscious green manicured grass is such a beautiful site on the fairways and the greens. When the sun is shining, there is a brisk feel in the air under a cloudless sky. This is the type of day I call a golf day.

I have never hit a hole in one, but I can imagine everything about it.

The 17th hole at the Middleton Golf Course is the most difficult since it is a water hole. A golfer has no choice but to tee off sailing the ball into the sky so that it either lands on the green or the edges.

Everything has to be perfect. When the wood and the Titleist ball (no 8) connect when you are on the tee, the sound is a sharp crisp crackling one. Your head should be down, shoulders down, left arm straight with feet slightly apart. You swing the club slowly over your head and come down towards the ball in a swift motion. You move into the swing so afterwards your body is turned toward the green.

Because your head is down when you tee off, you don't look up until after the ball is hit. The person you are playing with watches your shot to let you know where the ball went.

I can only imagine the excitement when you realize that the ball has landed on the green, and then rolled into the cup. A hole in one! I don't know if you pick up the ball and go to the clubhouse. Afterwards your name is put on the course plaque.

You will replay this drive in your head several times and when it happens, which I am sure it will: you will be the first to know.

Mel Kiley

TAI CHI CLASS

Nicanor Snow the founder of Seacoast Tai Chi is running a Tai Chi class here at the senior center on Tuesday afternoons from 2:00 to 3:00 pm at a cost of \$5.00 per class. There is still room for new students. Contact the senior center for additional information or to sign-up.

COME AND JOIN OUR POKER LEAGUE

The senior center has a poker league consisting of men and women that meet every Monday, Wednesday and Friday from 1:00 pm until approximately 4:00pm. The league is looking to add to the existing group. If you are interested stop by the senior center and observe the games or call the center at 781-596-8866 for additional information.

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, November 3rd, from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

From the Deep

At Fishy's Beach out on the sea
You'll spot our local effigy
Shaped like an egg-or so some people say

To me this oddly sculpted mound
With frothy whitecaps all around
Conjures up a mastodon-a mammoth

Perchance an ice age long gone by
Had been the reason he had died
Embedded there-frozen and forgotten

It's possible he sealed his fate
When burdened by his massive weight
The sea had turned to ice-and entrapped him

As eons passed he petrified
And mutely facing endless tides
He suffered his ordeal-now set in stone

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.

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.

MEDICARE FRAUD AND ABUSE...DID YOU KNOW...?

Over the past year, Medicare paid for health services for approximately 51 million individuals at a cost of about \$604 billion. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments—some of which may be fraudulent—were almost \$50 billion. Fraud, waste, and abuse contribute to the rising cost of health care. Taxpayer dollars lost to fraud, waste, and abuse affect all of us. You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

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. To make an appointment with the SHINE counselor here, please contact the Swampscott senior Center at 781-596-8866. You may also 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.

VAN SERVICE ON WEDNESDAY'S

There is a Wednesday Ride for transporting our Swampscott seniors to the senior center for lunch, shopping at Vinnin Square (no food shopping) and stopping at the post office or the library. Call the senior center by 10:00 am on Wednesday morning to save a seat.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30 am.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Homestyle baked fish Sweet potato Italian veg. ALTERNATIVE Turkey & Cheese Sandwich Chicken & Orzo Soup Vanilla Pudding</p>	<p>3 Beef bourguignon White rice ALTERNATIVE Chicken Salad Sandwich Tomato Basil Soup Fresh Bananas</p>	<p>4 Roast turkey, mushroom sauce Mashed potatoes, Calif. blend veg. ALTERNATIVE Ham & Cheese Sandwich Bean & Barley Soup Oatmeal Cookie</p>	<p>5 Chicken Piccata Pasta ALTERNATIVE Roast Beef Sandwich Split Pea Soup Mandarin Oranges</p>	<p>6 BBQ pulled pork Rice and beans Spinach ALTERNATIVE Egg Salad Sandwich New England Clam Chowder Chilled Pears</p>
<p>9 Chicken and broccoli alfredo Pasta Capri blend veg. ALTERNATIVE Ham & Cheese Sandwich Chicken Noodle Soup Fruit Cocktail</p>	<p>10 Salmon/dill sauce Mashed sweet potato ALTERNATIVE Egg Salad Sandwich Vegetable Soup Fresh Bananas</p>	<p>11 VETERANS DAY HOLIDAY NO MEAL SERVICE</p>	<p>12 Sloppy Joe/bun Potato wedges ALTERNATIVE Tuna Salad Sandwich Minestrone Soup Chocolate Pudding</p>	<p>13 Stuffed shells/tomato sauce, broccoli ALTERNATIVE Roast Beef Sandwich Cream of Potato soup Chilled Pears</p>
<p>16 Pork chops/gravy Sweet potato Col-lard greens ALTERNATIVE Turkey & Cheese Sandwich Chicken & Orzo Soup Fruit Cocktail</p>	<p>17 Chicken teriyaki Brown rice Stir fry vegetables ALTERNATIVE Egg salad Sandwich Tomato Basil Soup Fresh Bananas</p>	<p>18 Baked white fish/tartar sauce Red potatoes Green peas ALTERNATIVE Ham & Cheese Sandwich Split Pea Soup Tapioca Pudding</p>	<p>19 THANKSGIVING SPECIAL Turkey/gravy Mashed potato Butternut squash Dinner roll Pie</p>	<p>20 Beef stew, Carrots ALTERNATIVE Roast Beef Sandwich New England Clam Chowder Chilled Pears</p>
<p>23 Cheese lasagna/tomato sauce, spinach ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup Butter Scotch Pudding</p>	<p>24 Latin pork/gravy Plantains ALTERNATIVE Roast Beef Sandwich Cream of Broccoli Soup Fresh Bananas</p>	<p>25 BBQ chicken Candied yams Broccoli ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup Fruit Cocktail</p>	<p>SENIOR CENTER CLOSED FOR THANKGIVING HOLIDAY</p>	<p>SENIOR CENTER CLOSED FOR THANKGIVING HOLIDAY</p>
<p>30 Roast turkey Florentine Crispy potatoes Mixed veg. ALTERNATIVE Ham & Cheese Sandwich Tomato Basil Soup Vanilla Pudding</p>		<p>HAPPY THANKSGIVING!</p>	<p>TOTAL CALORIES PER MEAL AVERAGES 700.</p>	



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SENIOR CENTER SUMMER 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 2 9:30 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 3 8:45 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 4 10:30 Yoga 11:30 Lunch 12:30 Shop at Vinnin Sq 1:00 Knitting Group 12:30 Poker League 1:00 Social Cribbage 7:00 Cribbage Club	8:45 Total Senior Fitness 5 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 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 6 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 9 9:30 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 10 8:45 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	11 SENIOR CENTER CLOSED FOR VETERAN'S DAY HOLIDAY	8:45 Total Senior Fitness 12 10:00 Cardio/Toning Class 11:00 Osteo Exercise Class 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 13 11:30 Lunch 12:30 Shopping at Walmart 12:45 Beano 12:30 Poker League
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9:00 Golf/Bowling 30 9:30 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				

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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.

NEED TO EXERCISE AND HAVE FUN DOING IT

Come in to our Senior Center and observe our various exercise classes, on Monday’s, Tuesday’s, Wednesday’s and Thursday’s, refer to our schedule of activities in this newsletter for our various classes.. Each class is run by qualified instructors. Contact the center at 781-596-8866 for additional information.

VETERAN’S BREAKFAST

The Swampscott Senior Center will be hosting a breakfast on Saturday, November 14th at 9:30am to honor our Veteran’s who served this country with courage and dignity. To our veterans we hope you will join us for this special tribute! Please rsvp the senior center at 781-596-8866 by November 6th.

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 _____

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



BOCCE AT THE SENIOR CENTER

Come to our senior center and join our Bocce Ball league on Friday mornings at 10:00am. 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.

CANDY IS NEEDED

The Senior Center would like to ask its seniors to donate any type of soft 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.

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.