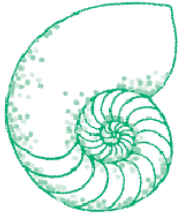


Swampscott Senior Center



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

SEPTEMBER 2015

TEL. 781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

BOARD MEMBERS

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DIRECTOR: Marilyn Hurwitz, ASSISTANT DIRECTOR: Susan Pierce
ACTIVITIES COORDINATOR: Don Wescott, Betty Gallo
ADMINISTRATIVE ASSISTANT: Betty Gallo
OFFICE ASSISTANT: Dorothy Kitoski
OUTREACH WORKER: To Be Announced
VAN DRIVERS: Howie Conley,, Emery Richard and Ed Kitoski
GLSS SITE MANAGER: Helen Richard

Dear Seniors, Friends and Neighbors, September has long been a month that started a new year for me. I attribute that to the fact that I was an educator for thirty six years. I hope that you will look at this month's calendar and think of it as a *grand time* to find something else to do here at the Senior Center. Staying active, using your brain, getting exercise, coming to lunch or joining a group for a trip or a special event keeps us aging with dignity and prevents isolation. Our center offers a range of experiences and all are open to new folks.

September is Senior Center/ Council on Aging month which is acknowledged annually across the country. Senior Citizens are a growing part of the nation's population. Our voices must be heard around many senior issues. Annually, the staff and I remind you that your support for this center is necessary. *Our Friends of the Swampscott Senior Center Board* urges that everyone make a contribution to their annual fund raising drive. This is an excellent way to express your appreciation for the Swampscott Senior Center.

As I reflect on this past year, I am very proud of our staff. Collectively we have helped established a sound reputation for caring for our seniors, for listening to concerns and for advocacy to help those in need of support. We survived the retirement of Rod Pickard and Bill Foley. Their foot prints on how things should be done will be carried on as part of our mission. It was a pleasure to have Susan Pierce approved as the co director. Also, it was very fortunate that Betty Gallo was appointed as the administrative assistant with responsibility for trips and other activities. By the time you read this, I hope to have Bill Foley's position filled. Thank you to all of our instructors and volunteers, it is this extraordinary combination of staff and you that makes this team hum. This Senior Center is very special. Thank you for all you do. Those seniors who do not come here should certainly think about getting here. *Come on Down! Marilyn*

VAN SERVICE FOR WEDNESDAY'S

The Swampscott Senior center would like to thank the Eastern Bank Charitable Trust for supporting our request for funding a van driver for Wednesdays. The Wednesday Ride will be used for transporting our clients to the 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.

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.

NEW CANASTA CLASS AT THE SENIOR CENTER

A huge thank you to Elaine Newberg our new Canasta instructor who is replacing Elaine Young who has led our Canasta group as well as providing lessons since 2007. She is well loved and will be missed. Everyone wishes her and her family happiness and good health as they relocate to Florida. A new class will begin in October. Call the center to sign-up.

A Fond Tribute to Bill Foley

Bill Foley has been our outreach social worker for four and a half years. He has reached out to so many of you during that time. Bill brought years of experience to his job. He helped clients with just about every type of issue imaginable from applications, to evictions, fuel assistance, family meetings, food stamps, insurance decisions, care giving information, and involving if necessary protective services. Bill had a special rapport with our seniors. He was kind and caring and could give guidance without being pushy. Mr. Foley talked with everyone in a way that expressed understanding and created a relationship based on trust. Everyone on this staff benefited from his style and his knowledge. Thank you Bill for everything you brought to this center each day. It was a pleasure having you as a colleague. Drop in when you can. We will miss you.

SWAMPSCOTT SENIOR CENTER OPEN HOUSE

The senior center will be having an open house on Sunday, September 27th from 11:00 am to 1:00 pm. All seniors and soon to be seniors are welcome. Our staff will be available to provide a tour of the center as well as addressing any of your questions. Light refreshments will be served.

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 meets 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, September 1st. from 11:00 am to 11:45 am. Contact the senior center if you would like a one on one meeting.

HEALTH PRESENTATION

Peripheral Neuropathy due to nerve damage is a condition that is common among people over 50. The pain, numbness and discomforts rob the sufferer of enjoyment of the retired life that they so looked forward to during their working years. Medication sometimes can take the edge off the suffering. But, medications often have side effects that cause further difficulties. Now for many Peripheral Neuropathy sufferers, there are new non-drug treatments that can help ease the suffering. This allows them to enjoy life again. You can learn more about these new treatments with the upcoming presentation: Neuropathy Pain Relief offered by Dr. Ellen Blometh who is a Chiropractor and also a Certified Neuropathy Pain Specialist here on the North Shore. This presentation will be on Wednesday, October 28th. Call the center to reserve your seat.

BACK TO OUR REGULAR SCHEDULE

The senior center will return to its regular schedule the first Tuesday after Labor Day, September 8th and Friday morning Bingo will return to Friday afternoons

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.

Cost, \$2.00 per Meal

COMMUNITY CAFÉ MENU

Lunch served at 11:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALORIES AND SODIUM ARE SHOWN FOR ENTREES TOTAL CALORIES PER MEAL AVERAGES 700.	1 Latin pork/gravy Plantains Salad/dressing Calories-509 Sodium-606 ALTERNATIVE Roast Beef Sandwich Cream of Broccoli Soup	2 BBQ chicken Candied yams Broccoli Calories-378 Sodium-408 ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	3 Fish sticks/tartar sauce Baked beans Salad/dressing Calories-460 Sodium-675 ALTERNATIVE Turkey & Cheese Sandwich Cream of Potato Soup	4 SPECIAL Cheeseburger/bun Potato wedges Coleslaw
7 LABOR DAY HOLIDAY NO MEAL SERVICE	8 Meatballs/marinara sauce Pasta Salad/dressing Calories-483 Sodium-662 ALTERNATIVE Chicken Salad Sandwich Chicken & Orzo Soup	9 Roast pork/gravy Sweet potato Capri vegetable Calories-580 Sodium-394 ALTERNATIVE Roast Beef Sandwich Split Pea Soup	10 Chicken cacciatore/pasta Salad/dressing Calories-500 Sodium-691 ALTERNATIVE Egg Salad Sandwich Bean & Barley Soup	11 Salmon/dill sauce Yellow rice Green Beans Calories-269 Sodium-269 ALTERNATIVE Turkey & Cheese Sandwich New England Clam Chowder
14 Salisbury steak/gravy Sweet potato Mixed veg. Calories-484 Sodium-646 ALTERNATIVE Turkey & Cheese Sandwich Chicken & Rice Soup	15 Roast turkey/gravy Mashed potato Salad Calories-434 Sodium-659 ALTERNATIVE Roast Beef Sandwich Cream of Broccoli Soup	16 Cheese tortellini/meat sauce California blend veg. Calories-194 Sodium-192 ALTERNATIVE Ham & Cheese Sandwich Vegetable Soup	17 Lemon pepper pork Brown rice & bean Salsa Calories-444 ALTERNATIVE Tuna Salad Sandwich Cream of Potato Soup	18 Rosemary chick Red-potatoes Green beans Calories-308 Sodium-361 ALTERNATIVE Egg Salad Sandwich Minestrone Soup
21 New England style cod Sweet potato Italian veg. Calories-484 Sodium-535 ALTERNATIVE Turkey & Cheese Sandwich Tomato & Basil Soup	22 **Beef hot dog** w/roll Baked beans Salad Calories-479 Sodium-975 ALTERNATIVE Chicken Salad Sandwich Chicken & Orzo Soup	23 Roast turkey/mushroom gravy Mashed potato California veg. Calories-286 Sodium-603 Ham & Cheese Sandwich Split Pea Soup	24 Chicken picatta/pasta Salad/dressing Calories-508 Sodium-681 ALTERNATIVE Roast Beef Sandwich Bean & Barley Soup	25 BBQ pulled pork Rice & beans Spinach Calories-491 Sodium-685 ALTERNATIVE Egg Salad Sandwich New England Clam Chowder
28 Chicken and broccoli alfredo Pasta Capri blend veg. Calories-480 Sodium-630 ALTERNATIVE Egg Salad Sandwich Chicken & Rice Soup	29 Salmon/dill sauce Sweet potato Salad Calories-385 Sodium-601 ALTERNATIVE Ham & Cheese Sandwich Cream of Broccoli Soup	30 American chop suey Green peas Calories-393 Sodium-188 ALTERNATIVE Turkey & cheese Sandwich Vegetable Soup	ENTREES MARKED ** INDICATE HIGH SODIUM (MORE THAN 700mg.FOR ENTRÉE MORE THAN 1300mgPER MEAL SODIUM IN BREAD AVERAGES 150mg./ SLICE SWEET DESSERTS AVERAGE 200mg./ serving MILK=100mg/8	





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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
	8:30 Mah Jongg 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 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 10:00 Line Dancing 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 9:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 12:30 Poker League
SENIOR CENTER CLOSED FOR THE LABOR DAY HOLIDAY	8:30 Mah Jongg 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 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 10:00 Line Dancing 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 9:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 12:30 Poker League
9:00 Golf/Bowling 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 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 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 10:00 Line Dancing 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 9:45 Shopping at Walmart 11:30 Lunch 12:45 Beano 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.

NEW SEPTEMBER ART CLASS

Lori Reis is starting a new art class on Tuesday, September 22 through Tuesday, October 20th (5 weeks) from 2:45 to 4:00 pm at a total cost of \$40.00. Contact the center to sign-up.

NEED TO EXERCISE AND HAVE FUN DOING IT

Come in to the 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. Each class is run by qualified instructors. Contact the center at 781-596-8866 for additional information.

FRIENDS OF THE SWAMPSCOTT SENIOR P.O. BOX 612 SWAMPSCOTT, MA 01970

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._

Donor's 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
September*



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 and 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.