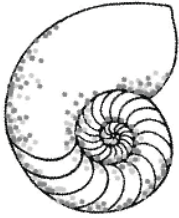


Swampscott Senior Center



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 2010

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Dear friends and family members.

Many of us consider this the best time of the year to enjoy family and friends. Do you agree? I certainly enjoy sharing this beautiful area with family and friends. Of course as we age, we also have to be aware of so many more health concerns. Our summer heat wave reminded us of the need to hydrate well during those dog days of summer. There are many areas in the Senior Center stocked with information about preventive measures. There are also brochures with information to assist when times are difficult. Walk around to the rest room area and check them out.

Do you have issues with hoarding? I have had conversations with several seniors recently who have down sized from a house to smaller quarters. The amount of things that we accumulate in any given year is often unbelievable. I know that as I face my fourth year away from being a school principal one of the things on my fall cleaning agenda is to weed those documents to the shredder or the trash. Do your children a tremendous favor and start sorting through your things and become a minimalist.

This month the Senior Center is supporting a TRIAD initiative. We are urging all our clients to update their File of Life cards. We have purchased all the materials and urge you to stop at the front desk and ask for the packets of information. I also encourage you to complete the information on the hand out entitled, **My Personal Information**. When I assumed the responsibility for my parents' affairs, I know that it would have been nearly impossible for me to proceed if my Dad had not documented very efficiently their fiscal information.

Finally, I want to inform all those who use this center for any reason that The Friends of the Swampscott Senior Center will have a membership drive in the month of September. Gifts to the friends enable us to do the extra special things each month. Please support this drive.

See you at the Center, Marilyn

MISSION STATEMENT: To develop and implement policies and programs to reduce criminal victimization, promote crime prevention and safety awareness, and serve the needs of the senior community of Swampscott. In addition, the TRIAD Council of Swampscott will design and support programs to improve the quality of life for our senior citizens.

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, Widger Road, Marblehead, MA, 01945, c/o Nancy DeMuth.

Question: I am having a problem holding my urine when I sneeze or cough, my doctor says this is a common problem and exercises can help, how do I learn these exercises?

Answer: Weakness or lack of support in the pelvic floor muscles may lead to stress incontinence, causing a small amount of urine to leak when there is increased pressure on the bladder. The muscles of the pelvic floor attach to the bottom of the pelvic bones and run front to back, forming a bowl-like structure that lifts to support the internal organs and controls the sphincter muscles. The pelvic floor muscles also work to strengthen the low back, stabilize the pelvic bones, and help with sexual function.

Weakness of pelvic floor muscles may result from pregnancy, childbirth, episiotomy (during childbirth), injury or trauma, surgery in the vagina or rectum, lack of exercise or lack of use. There are other forms of incontinence which you may have heard about through television commercials and magazines. Urge incontinence is the loss of medium to large amounts of urine when a person feels a sudden strong urge to urinate, like when the key goes in the door, or the sound of running water. Some causes of urge incontinence are poor sensation, not being aware that the bladder is full and neurological problems such as a stroke. Mixed incontinence is a combination of stress and urge. You feel the urge to urinate, but decide to wait then sneeze or laugh and leak urine. Functional incontinence is urine leakage that occurs when a person can not get to the toilet in time because of joint pain, difficulty undressing, or the bathroom is too far away. Although urinary incontinence is common, it is NOT a normal part of the aging process

nor is it a normal consequence of childbirth. With the help of Physical Therapy, you can return to the activities you enjoy and live the life you want!

North Shore Physical Therapy Associates welcomes a new physical therapist, Jaime Silvestri-Bliss, MSPT. Originally from Florida, Jaime received her Master's degree in physical therapy from the University of Miami in 2001 and is currently enrolled in a Doctor of physical therapy program through Nova Southeastern University.

Early in her career, Jaime was Director of physical therapy for an outpatient and joint replacement center. She brings four years of aquatic PT experience with a focus on aquatic rehabilitation of joint replacements. Jaime's special areas of interest include aquatic physical therapy, urinary and bowel New therapist joins North Shore Physical Therapy incontinence, and women's health including pregnancy and postpartum. She is also a certified Pilate's instructor through Polestar Education. □

THE NORTH SHORE MEDICAL CENTER STROKE SUPPORT GROUP

The group is looking forward to welcoming new members! We meet on the third Wednesday of each month at 10:30 A.M. in Room D-102-A on the ground floor of the Salem Hospital. Each month we invite interesting speakers who inform us about staying healthy after a stroke as well as other pertinent issues relating to our health. Members enjoy a good time together and encourage each other with friendship and support. Contact Karen in the volunteer office at Salem Hospital 978-825-6286 or Ruth at 978-744-1257 or email rakappy11@verizon.net.

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North Shore Physical Therapy **SWAMPSCOTT**
 781-592-2773

SALEM
 978-910-0486

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 SEPTEMBER 2010				
6 SENIOR CENTER CLOSED FOR LABOR DAY HOLIDAY	7 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 1:00 Women's Group	8 10:15 Creative Writing 10:15 Advanced Senior Osteo 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	9 8:45 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 1:00 Art Class 3:00 Tai Chi Class 6:30 Duplicate Bridge	10 9:30 Tap Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
13 9:00 Bridge Group 9:30 Golf/Bowling 10:00 Mah Jongg 10:00 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:45 Lunch 12:30 Food Shopping Shaw's/Market Basket 12:30 Intermediate Bridge 1:00 Poker League	14 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	15 10:15 Creative Writing 10:15 Advanced Senior Osteo 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	16 8:45 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 1:00 Art Class 1:00 Men's Club 3:00 Tai Chi Class 6:30 Duplicate Bridge	17 9:30 Tap Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
20 9:00 Bridge Group 9:30 Golf/Bowling 10:00 Mah Jongg 10:00 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:45 Lunch 12:30 Food Shopping Shaw's/Market Basket 12:30 Intermediate Bridge 1:00 Poker League	21 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano 1:00 Women's Group	22 10:15 Creative Writing 10:15 Advanced Senior Osteo 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	23 8:45 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 1:00 Art Class 3:00 Tai Chi Class 6:30 Duplicate Bridge	24 9:30 Tap Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
27 9:00 Bridge Group 9:30 Golf/Bowling 10:00 Mah Jongg 10:00 Zumba Gold Fitness 11:00 Osteo Exercise Class 11:45 Lunch 12:30 Food Shopping Shaw's/Market Basket 12:30 Intermediate Bridge 1:00 Poker League	28 8:45 Stretch & Tone 9:30 Mah Jongg 10:00 Canasta Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Stop & Shop 12:45 Beano	29 10:15 Creative Writing 10:15 Advanced Senior Osteo 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	30 8:45 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:30 Food Shopping Shaws/Market Basket 1:00 Art Class 3:00 Tai Chi Class 6:30 Duplicate Bridge	


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Greater Lynn Senior Services
COMMUNITY CAFE MENU

Community Café Coordinator
Kathleen Stapleton (978-538-0642)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Smokey Grill Beef Steak/ Gravy Whipped Potato Country Blend Veggies Brownie <u>ALTERNATIVE</u> Chicken Florentine	2 Tyson Chicken/Pesto Sauce Carrot Barley Pilaf Italian Green Beans Fresh Fruit <u>ALTERNATIVE</u> Ravioli/Meat Sauce	3 Spring Garden Soup Ham Salad Potato Salad Jell-o <u>ALTERNATIVE</u> Sliced Turkey/Cheese
	6 HOLIDAY NO MEAL SERVICE	7 Boneless Oriental Pineapple Chicken Veggie Lo Mein Broccoli Chilled Apple Sauce <u>ALTERNATIVE</u> Breaded Pork Patty/ Gravy	8 Meatloaf/Gravy Garlic Whipped Potatoes Veggie Ratatouille Fresh Fruit <u>ALTERNATIVE</u> Mushroom Quiche	9 Cream of Broccoli Soup Shaved Roast Beef Potato Salad Chilled Peaches <u>ALTERNATIVE</u> Sliced Turkey
13 Trk Kielbasa Noodle Casserole Zucchini/Red Pepper Mandarin Oranges <u>ALTERNATIVE</u> Omelet/Cheese Sauce Home Fries	14 BBQ Pulled Pork/Roll Veggie Baked Beans/Corn Watermelon <u>ALTERNATIVE</u> Tyson Chicken/Gravy Beans/Corn Bread	15 Beef Stir Fry Steamed Rice Stir Fry Veggies Pudding <u>ALTERNATIVE</u> Teriyaki Chicken	16 Minestrone Soup Sweet & Sour Meatballs Scalloped Potatoes Cookie <u>ALTERNATIVE</u> Chicken Patty	17 Roast Turkey/Gravy Sweet Potato/Mini Muffin Peas & Mushrooms Chilled Pineapple <u>ALTERNATIVE</u> Liver & Onions
20 Lemon Pepper & Dill Fish O'Brien Potatoes Jardiniere Veggie Chilled Mixed Fruit <u>ALTERNATIVE</u> Salisbury Steak/Gravy	21 American Chop Suey Spinach/ Garlic Roll Jell-o <u>ALTERNATIVE</u> Veggie Quiche Whipped Potato	22 Chix Tenders/ Mustard Sauce Bk Potato/Sour Cream Butternut Squash Apple Sauce <u>ALTERNATIVE</u> Roast Pork/Gravy	23 SPECIAL Mediterranean Chicken Lemon Rice Mixed Green Salad Wheat Roll Pudding	24 Rib-B-Q/Sauce Corn Pudding Italian Green beans Fresh Fruit <u>ALTERNATIVE</u> Chicken Marsala
27 Pepper Steak Sub Lyonnaise Potato Stewed Tomato Chilled Pears <u>ALTERNATIVE</u> Potato Crunch Fish	28 Tyson Chicken Tarragon Whipped Potato Green & Golden Beans Cake <u>ALTERNATIVE</u> Stuffed Shell/Meat Sauce	29 Pasticcio Carrots Fresh Fruit <u>ALTERNATIVE</u> Creamy Southern Chicken Whipped Potato/Carrots	30 Chicken Rice Soup Turkey Salad Gaia Salad Chilled Pineapple <u>ALTERNATIVE</u> Egg Salad	

SWAMPSCOTT, MA

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HAPPY BIRTHDAY WISHES

To Those Who Celebrate Their Birthday In September

IMPORTANT INFORMATION FOR OUR SWAMPSCOTT

SENIORS: The Swampscott Senior Center would like to remind our senior residents that our bus is available for both transportation to and from the Senior Center as well as for local shopping purposes. Our shopping trips are conducted door-to-door every Monday, Tuesday, Thursday and Friday. We go to Shaw's and Market Basket on Mondays, Stop and Shop on Tuesdays, Shaw's and Market Basket on Thursdays and Target and Market Basket every first and third Friday and Wal-Mart every second and fourth Friday. Transportation is also available daily for those who would like to come to the Senior Center for lunch and or activities. Anyone interested should contact the Senior Center at 781-596-8866.

WISH LIST The Senior Center is looking to its members or town's people to help defray expenses by donating the following articles: • Candy • Facial tissues

ENROLLMENT FOR ALL OUR CLASSES

AND ACTIVITIES All of the Swampscott Senior Center September classes and activities are presently open for enrollment. Please stop by the Senior Center to obtain our monthly newsletter which has a schedule of all our events or call the Center at 781-596-8866 for additional information or look on the Swampscott website www.town.swampscott.ma.us and click on Town Departments and then click on COA to get a listing of activities and classes.

ZUMBA GOLD FITNESS PROGRAM Zumba Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms for active older adults. This fun, Latin inspired dance program includes Merengue, Salsa, Cha Cha, Cumbia, Belly Dance, Flamenco, Tango, and Rock and Roll. The class is scheduled to start Monday, September 13th and will be held from 10:00 to 10:45 am. Contact the Senior Center to for additional information or to sign-up.

NEW CANASTA CLASS The Swampscott Senior Center will be starting a new canasta class beginning Tuesday, October 5th for six weeks from 10:00 am to 12:00 noon. The cost is \$3.00 per class. Graduates and experienced players are welcome at a cost of \$2.00 per week to play. Contact the Senior Center for additional information or to sign-up.

BUILD STRONG BONES Build Strong Bones is the new name for Mary Franklin's Advanced Exercise for the Osteo class presently being held at the Swampscott Senior Center. The Wednesday morning one hour workout starts at 10:15 am and is designed to serve those for whom a more aggressive approach to bone strengthening is appropriate. Nearly everyone over the age of 50 is at risk for Osteopenia (a condition where bone mineral density is lower than normal). Osteopenia is considered by many doctors to be a precursor to Osteoporosis. However, not everyone who has Osteopenia will develop Osteoporosis. A major lifestyle factor that can exacerbate the decline of bone density is lack of exercise. This class is a fun and friendly way to make a small change that can make a big difference in your life.

FRIENDS OF THE SWAMPSCOTT SENIOR CENTER

200R Essex Street, Swampscott, Ma. 01907

Would you like to support the Swampscott Senior Center? The "Friends" group helps with activities and fund raising. In addition, the "Friends" group is accepting tax-deductible contributions for support of these efforts. You may wish to make a contribution in memory or honor of a loved one. This coupon is for your convenience in making a gift that will enrich services for senior citizens today and tomorrow. Families of those honored will be notified of your contribution. I am enclosing

I am enclosing \$ _____

(please make check payable to FRIENDS of SCOA)

Check one: () In memory of () In Honor of

Name: _____

Send card to: _____

Donor's Name: _____

ADVANCE BEGINNERS FOR BRIDGE

The Senior Center will be starting a new advance beginner's bridge class Thursday, September 16th from 12:30 TO 2:30. A donation to the Friends of the Swampscott Senior Center would be appreciated. Players should have some card experience. Contact the Center to sign-up or to obtain additional information.

TAI CHI CLASSES

The Swampscott Senior Center offers an on-going six week Tai Chi class, Thursday's at 3:00 pm. Tai Chi is a gentle, energy and movement practice. Practiced easily and consistently, it will enhance health and balance. All are welcome to attend.

DIABETIC SHOE CLINIC SEPTEMBER, 23rd, from 12:45 to 2:45 PM.

Are you a diabetic on Medicare? If so you are entitled to one pair of therapeutic shoes, plus custom inserts each calendar year, paid for by Medicare. There will be a 15 minute presentation prior to get measured for shoes and picking a shoe style. All widths available, paid for by Medicare. Bring your Medicare card and insurance information, plus your doctor's name, address and phone number, HMO plans do not qualify for this assistance. For information and or appointments please contact the Senior Center at 781-596-8866

NEW INTERMEDIATE COMPUTER CLASS

The Senior Center will be starting a new intermediate computer class on Thursday, October 7th to November, 18th from 2:45 pm to 4:15 pm. Call the Senior Center to save your seat.

CHORUS LINE

The North Shore Music Theater will be presenting "Chorus Line" in November; the Senior Center has reserved tickets for the matinee on Saturday, November 8th, starting at 1:00 pm. The ticket price is \$50.00, with a \$2.00 transportation charge. Contact the Senior Center to make your reservation.

TRIAD FILE OF LIFE PROGRAM

The Senior Center has available medical "File of Life" packets, one of which is magnetic so it can be attached to your refrigerator door and a smaller version which should be carried on your person. These files should contain your important health information and are to be used in case of a medical emergency. The files should be filled out in pencil only so that you may make changes to them at a latter date. These files of life packets are available at the Senior Center at no charge. We recommend these to all that have important medical information that has to be shared with local emergency medical staff in case an emergency does arise.



Is a cooperative program involving the Police Department, the Fire Department and the Council on Aging, as well as various regional senior support services. If you would like to join the group or would like to obtain additional information contact the Senior Center at 781-596-8866.

MISSION STATEMENT

To develop and implement policies and programs to reduce criminal victimization, promote crime prevention and safety awareness, and serve the needs of the senior community of Swampscott. In addition, the TRIAD Council of Swampscott will design and support programs to improve the quality of life for our senior citizens.

JOIN THE SWAMPSCOTT/NAHANT SENIOR CITIZENS TRIAD COUNCIL

What is TRIAD?

TRIAD consists of a partnership, which involves the Essex County Sheriff and District Attorneys offices, the town Police and Fire Chief and the Council on Aging and supportive services in each community and of course our seniors.

The Swampscott/Nahant TRIAD Council is a community safety initiative that focuses on empowering, educating and improving the safety, security and peace of mind of the senior population of Swampscott and Nahant. Our goal is to reduce criminal activity, which often targets the senior community, alleviates senior's fear of victimization, builds confidence and improve their quality of life. TRIAD also enhances the delivery of law enforcement services to our senior population.

The council receives input from our police departments when there is evidence of scams that are targeting our seniors in either community. The sheriff's office emails our council information on any potential companies who are trying to swindle our seniors on home improvement scams and other related wrong doing. The Swampscott Fire Department established a house numbering program to identify homes that were not clearly numbered, making it safer and easier to identify houses by providing the required house numbers in both communities.

We are currently looking for seniors who live in Swampscott and Nahant who would be interested in joining the Swampscott/Nahant Council and would bring with them new ideas to help our seniors and communities. We will resume in September; and we will be meeting quarterly. Contact the Swampscott Senior Center at 781-596-8866 or the Nahant Senior Center at 781-581-7557 to join or to acquire additional information.