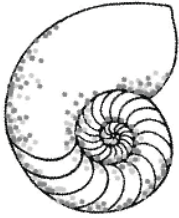


## Swampscott Senior Center



# 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

OCTOBER 2010

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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### *Hi Everybody,*

Well our wonderful summer is officially over and what a great summer it was. My family has a house on a lake in Maine and this past summer we had guests every-weekend, which made for an enjoyable but tiring summer. The center was also very busy because many of our guests wanted to get out of their hot homes and come and relax in our air conditioned rooms. It is wonderful that we were able to control the temperature in the rooms a lot better than this year than we did the past 2 years. I know that some of you felt it was too cold, but we have to set the temperature at the level that pleases the most people. No matter how hard we try, it is impossible to keep everybody happy.

Several new classes were started last month and seem to have been well received, with a new computer class starting this month, in the High School. Hopefully if you were interested in the new activities you signed up early and got a space in the class. If not check back with us and maybe we can set up another program in the months ahead.

With the winter months ahead of us this is a good time to start looking for somebody to do your snow shoveling, have your car checked for the correct amount of anti freeze , replace your wipers and check your tires and battery. If you do it now there will be no big rush when we get our first snow storm or cold spell.

Enjoy the beautiful fall colors and the brisk air that makes New England the best place to live for 9 months out of the year.

Stay well,  
Rod



**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:** Sometimes when I wake up in the morning it feels like my neck won't turn and I notice that it is more difficult to turn my head while driving. Can physical therapy help my neck feel better?

**ANSWER:** Physical therapy can be very effective and may help to decrease the pain you may be experiencing in your neck. During a physical therapy evaluation the therapist will look at your posture, the ability to turn your neck in various directions and ask you to rate your pain level. The therapist will determine if muscles are tight and or weak. You will be given a home program that consists of stretching and strengthening exercises. A functional assessment will be made to determine when neck pain increases or decreases. There may be some changes that need to be made in your sitting posture especially when reading or watching television. You may also have to make some adjustments to the seat height in your car. Changing your sleeping position or supporting your neck differently when sleeping may also help to decrease your neck pain. Research studies have shown that a continuation of neck exercises daily can help reduce chronic neck pain.

If you are experiencing neck pain please see your doctor to discuss your concerns and ask to be referred to physical therapy. Call North Shore Physical Therapy at 781-631-8250 (Marblehead), 781-592-2773 (Swampscott), or 978-910-0486 (Salem) to schedule an appointment.

## HAPPY BIRTHDAY WISHES

*To Those Who Celebrate Their Birthday  
In October*

The Swampscott Senior Center would like to take this time to thank Sid and Ruth Novak and the Friends of the Swampscott Senior Center for their donations to the Center to purchase new chairs for our small classroom.

## CRAZY WHIST

On October, 7th the Senior Center will start a "Crazy Whist" group that will meet every Thursday afternoon from 1:00 to 3:00 p.m. The cost is \$2.00 per person and just show up to participate.



## The Cat

By Gregory Diaz

*He sprawled on the floor a model of laziness,  
though his ears were alert and his eyes about to close,  
suddenly he sprang as though filled with craziness  
from that lazy place to an action filled poise.*

*A quick look showed a big lazy bug  
bumbling and tumbling in a very slow pace  
below him walked a much smaller ant  
carrying his prize with a wobbly grace.*

*The cat held his poise while the ant struggled by  
then with a quick swat he smacked the carried bug  
the startled ant let his big burden fly  
ignoring the ant, the cat just looked smug.*

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978-910-0486

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <h1>OCTOBER 2010</h1>				<b>1</b> 9:30 Tap Dancing 10:30 Belly Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>4</b> 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 12:00 Intermediate Bridge 1:00 Poker League	<b>5</b> 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	<b>6</b> 10:00 Advanced Senior Osteo 11:00 Creative Writing 11:45 Lunch 1:00 knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	<b>7</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:00 Beginners Bridge 12:30 Food Shopping Shaws/Market Basket 1:00 Art Class 3:00 Tai Chi Class 6:30 Duplicate Bridge	<b>8</b> 9:30 Tap Dancing 10:30 Belly Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>11</b> <b>SENIOR CENTER CLOSED</b>  <b>FOR COLUMBUS DAY</b>  <b>HOLIDAY</b>	<b>12</b> 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	<b>13</b> 10:00 Advanced Senior Osteo 11:00 Creative Writing 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	<b>14</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:00 Beginners Bridge 12:30 Food Shopping Shaws/Market Basket 1:00 Art Class 3:00 Tai Chi Class 6:30 Duplicate Bridge	<b>15</b> 9:30 Tap Dancing 10:30 Belly Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>18</b> 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 12:00 Intermediate Bridge 1:00 Poker League	<b>19</b> 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	<b>20</b> 10:00 Advanced Senior Osteo 11:00 Creative Writing 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	<b>21</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:00 Beginners Bridge 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	<b>22</b> 9:30 Tap Dancing 10:30 Belly Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>25</b> 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 12:00 Intermediate Bridge 1:00 Poker League	<b>26</b> 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	<b>27</b> 10:00 Advanced Senior Osteo 11:00 Creative Writing 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/ Games 7:00 Cribbage Club	<b>28</b> 9:00 Total Senior Fitness 10:00 Line Dancing 11:00 Osteo Exercise Class 11:15 Blood Pressure 11:45 Lunch 12:00 Beginners Bridge 12:30 Food Shopping Shaws/Market Basket 1:00 Art Class 3:00 Tai Chi Class 6:30 Duplicate Bridge	<b>29</b> 9:30 Tap Dancing 10:30 Belly Dancing 11:45 Lunch 12:30 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<b>4</b> Hot Dog/ Roll Veggie Baked Beans Cole Slaw Cookie ALTERNATIVE Salisbury Steak/Gravy Baked Beans	<b>5</b> Beef Stew/ WW Roll Diced Potatoes Stew Veggies Chilled Peaches ALTERNATIVE Lemon Pepper Fish/ Dill Sauce Potato	<b>6</b> Herb & Rosemary Boneless Chix Whipped Potato Green Beans/Red Pepper Fresh Fruit ALTERNATIVE Liver & Onions/Gravy Potato	<b>7</b> Veggie Lentil Soup Egg Salad/WW Pita Potato Salad Jell-o ALTERNATIVE Shaved Roast Beef Potato Salad	<b>1</b> Crumbed Fish Newburg Oven Roasted Potatoes Italian Blend Veggies Pudding ALTERNATIVE Meatball Sub
<b>11</b> <b>HOLIDAY</b>  <b>NO MEAL SERVICE</b>	<b>12</b> Lasagna/Meat sauce Spinach Garlic Roll Chilled Mixed fruit ALTERNATIVE Chicken Patty/Roll	<b>13</b> Apple Glaze Roast Pork Veggie Medley Baked Potato/Sour Cream Chilled Pears ALTERNATIVE Cran Glaze Boneless Chix	<b>14</b> Cream of Broccoli Soup Tyson Chicken Bruschetta Garlic Whipped Potato Fresh Fruit ALTERNATIVE Omelet/ Cheese Sauce	<b>15</b> Lemon Pier 17 Fish O'Brien Potatoes Country Blend Veggies Cake ALTERNATIVE Stuffed Shell/Meat Sauce
<b>18</b> Chicken Veggie Soup Swedish Meatballs/ Gravy Whipped Potato/ Muffin Chilled Mandarin Oranges ALTERNATIVE Chicken Marsala	<b>19</b> Chicken Stir Fry Steamed Rice Stir Fry Veggies/Scali Bread Jell-o ALTERNATIVE Rib-B-Q/ Gravy/Rice	<b>20</b> <b>AUTUMN SPECIAL</b> Beef Burgundy Butternut Squash Seasoned Red Bliss Potato Butternut Biscuit Choc Chip Pumpkin Bread Pudding	<b>21</b> Macaroni & Cheese Green & Golden Beans Chilled Peaches ALTERNATIVE Salisbury Steak/Gravy Whipped Potato	<b>22</b> Stuffed Pepper Parsley Potato Jardinière Veggies Fresh Fruit ALTERNATIVE Veggie Quiche
<b>25</b> Smokey Grilled Steak/ Gravy Cheddar Whipped Potato Tuscany Blend Veggies Chilled Mixed Fruit ALTERNATIVE Chix Florentine/Gravy	<b>26</b> Spilt Pea Soup Roast Turkey/Gravy/ Cran Sauce Sweet Potatoes Chilled Pineapple ALTERNATIVE Liver & Onions/Gravy	<b>27</b> Ham & Cheese Quiche Lyonnaise Potatoes Roman Blend Veggies Fresh Fruit ALTERNATIVE Sweet & Sour Chix Tenders	<b>28</b> Fiesta Fish/Dill Sauce Cheddar Whipped Potatoes Veggie Ratatouille Pudding ALTERNATIVE Spanish Beef/Yellow Rice	<b>29</b> Tyson Chicken Supreme Carrot Barley Pilaf Italian Green Beans Cookie ALTERNATIVE Manicotti/Meat Sauce

SWAMPSCOTT, MA

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## 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

## 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 also look on the Swampscott website [www.town.swampscott.ma.us](http://www.town.swampscott.ma.us) and click on Town Departments and then click on COA to get a listing of activities and classes.

## TRIP TO FOXWOODS CASINO

The Swampscott Senior Center will be organizing another trip to Foxwoods Casino on Wednesday, October 13th. The bus will arrive at Walgreen's at Vinnin Square at 7:00 a.m. and will depart at 7:15 a.m. The return trip from Foxwoods will be at 5:00 p.m. The cost is \$25.00 per person sign-up early because the seating is limited to 55 people.

## ANOTHER TRIP TO TWIN RIVERS

Another trip is scheduled for Twin Rivers Casino on Thursday, November 11th. The bus will be leaving Walgreen's at Vinnin Square at 8:30 a.m. The cost is \$20.00 per person and the seating is limited to 55 people.

## 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.

## 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. The cost is \$5.00 per class or a total of \$30.00. Call the Senior Center to save your seat.

## 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

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## 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.

## THE NEW SWAMPSCOTT SENIOR CENTER SHINE REPRESENTATIVE

Starting on September 21st, the Senior Center will have a new SHINE Counselor. Elena Kirios will be here on Tuesday's from 10:00 a.m. to 1:00 p.m. Each appointment will be 30 to 40 minutes long. To sign up, please contact the Senior Center or sign up at the Senior Center desk

## HEALTH CARE PRESENTATION

On Monday, November 8th, from 1:00 to 2:30 p.m. Irene O'Donnell the Regional SHINE Director will be at the Senior Center making a presentation regarding the new health care bill, Medicare and Part D Prescription Drug Program. After her presentation, there will also be an open enrollment/sign-up for any of the applicable programs.

## HAPPY HALLOWEEN SENIOR CENTER PARTY

The Swampscott Senior Center will be having their annual Halloween party on Thursday, November 28th from 12:30 to 1:45 p.m. Wanda the Wacky Witch will perform her variety show. The cost for the lunch and show will be \$5.00 per person. Contact the Senior Center to reserve your seat.



## PODIATRIST TO VISIT THE SENIOR CENTER

Sanphy's Podiatry Group will be visiting the Senior center on Thursday, October 21st from 9:30 to 12:15 p.m. Charges will be billed to Medicare or Medicaid; private pay will be \$45.00. Contact the Center to schedule your appointment

## 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 File 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 emergency medical staff in case an emergency does arise.



**Triad** 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.

## 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 imitative 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.

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# SWAMPSCOTT MASSACHUSETTS

## EMAIL

Phone: 781-596-8866

*Please review your newsletter **VERY CAREFULLY**. Call us as soon as possible with a response.*

*Thank you*

*SCP team*