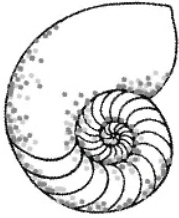


## Swampscott Senior Center



# 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**

**MAY 2011**

**781-596-8866**

**200R ESSEX STREET, SWAMPSCOTT, MA 01907**

### BOARD MEMBERS

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VAN DRIVERS: Howie Conley, Bob Grimes  
GLSS SITE MANAGER: Helen Richard

### *Dear Friends:*

*Well winter is over, as far as I am concerned, and what a winter it was. April was a busy month with the retirement of Warren Hopkins after almost 11 years of service. We had several strong candidates for his position, but we ended up choosing Mr. Bill Foley. We are sure that he will do a great job. Please stop in and meet with him.*

*The Abbott House provided us with a great lunch, on April 15<sup>th</sup> especially when it was FREE. Grosvenor Park will be offering another FREE lunch on May 5<sup>th</sup>. We thank both businesses for coming and discussing what they have to offer, many of us will probably require their services in the future.*

*With the warm weather comes the opportunity to work on our beautiful flower garden. If you have a green thumb please volunteer to help keep the flowers blooming all summer. I would be right out there but I would probably do more harm than good. Once again many thanks to all who have been involved by doing plantings or getting the beds ready to go.*

*That's it for now, Rod*

## FRIENDS OF THE SWAMPSCOTT SENIOR CENTER

200R Essex Street, Swampscott, Ma. 01907

Would you like to support the Swampscott Senior Center? A new friends group is forming to help 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: \_\_\_\_\_

## TRIP TO FOXWOODS

The Swampscott Senior Center will be scheduling a Foxwoods trip on Wednesday, May 25<sup>th</sup>. The bus will be leaving Walgreen's at 7:15 a.m. and will return approximately 7:15 p.m. The cost will be \$25.00 per person which includes a \$15.00 buffet coupon and \$10.00 worth of Keno tickets. Contact the Senior Center to reserve your seat.

## EXPLORERS LIFELONG LEARNING INSTITUTE PRESENTATION

The Explorers Life Long Learning Institute which is sponsored by Salem State University will be making a presentation at the Senior Center on May 26<sup>th</sup> from 12:45 pm to 2:45 pm. The presentation by Jean Louizos will explore the intellectual challenges and interpersonal relationships that made our lives interesting during our careers and how our muscles and minds need to stay young as we progress through our retirement years. Contact the Senior Center to save your seat.

## Happy Birthday Wishes

To Those Who Celebrate Their Birthday In May.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 .... Bridge Group <b>2</b> 9:30 .... Golf/Bowling 9:30 .... Mah Jongg 10:00 ... Zumba Gold Fitness 11:00 ... Osteo Exercise Class 11:45 .. Lunch 12:00 ... Intermediate Bridge 12:30 ... Food Shopping Shaw's/Market Basket 1:00 .... Poker League	8:45 .... Stretch & Tone <b>3</b> 9:30 .... Mah Jongg 10:00 ... Canasta Class 10:00 ... Rummy Cube 11:15 Blood Pressure 11:45 .. Lunch 12:30 ... Food Shopping Stop & Shop 12:45 .. Beano 1:30 .... Women's Group	10:00 ... Creative Writing <b>4</b> 11:45 .. Lunch 1:00 .... Knitting Group 1:00 .... Poker League 1:00 .... Social Cribbage/Games 7:00 .... Cribbage Club	9:00.....Total Senior Fitness <b>5</b> 10:00....Line Dancing 11:00....Osteo Exercise Class 11:15 Blood Pressure 11:45....Lunch 12:30....Food Shopping Shaws/Market Basket 3:00.....Tai Chi Class 6:30.....Duplicate Bridge	9:30 .... Tap Dancing <b>6</b> 11:45 .. Lunch 12:00 .. Shopping at Wal-Mart 12:45 .. Beano 1:00 .... Poker League
9:00 .... Bridge Group <b>9</b> 9:30 .... Golf/Bowling 9:30 .... Mah Jongg 10:00 ... Zumba Gold Fitness 11:00 ... Osteo Exercise Class 11:45 .. Lunch 12:00 ... Intermediate Bridge 12:30 ... Food Shopping Shaw's/Market Basket 1:00 .... Poker League	8:45 .... Stretch & Tone <b>10</b> 9:30 .... Mah Jongg 10:00 ... Canasta Class 10:00 ... Rummy Cube 11:15 Blood Pressure 11:45 .. Lunch 12:30 ... Food Shopping Stop & Shop 12:45 .. Beano	10:00 ... Creative Writing <b>11</b> 11:45 .. Lunch 1:00 .... Knitting Group 1:00 .... Poker League 1:00 .... Social Cribbage/Games 7:00 .... Cribbage Club	9:00.....Total Senior Fitness <b>12</b> 10:00....Line Dancing 11:00....Osteo Exercise Class 11:15 Blood Pressure 11:45....Lunch 12:30....Food Shopping Shaws/Market Basket 3:00.....Tai Chi Class 6:30.....Duplicate Bridge	9:30 .... Tap Dancing <b>13</b> 11:45 .. Lunch 12:00 .. Shopping at Wal-Mart 12:45 .. Beano 1:00 .... Poker League
9:00 .... Bridge Group <b>16</b> 9:30 .... Golf/Bowling 9:30 .... Mah Jongg 10:00 ... Zumba Gold Fitness 11:00 ... Osteo Exercise Class 11:45 .. Lunch 12:00 ... Intermediate Bridge 12:30 ... Food Shopping Shaw's/Market Basket 1:00 .... Poker League	8:45 .... Stretch & Tone <b>17</b> 9:30 .... Mah Jongg 10:00 ... Canasta Class 10:00 ... Rummy Cube 11:15 Blood Pressure 11:45 .. Lunch 12:30 ... Food Shopping Stop & Shop 12:45 .. Beano	10:00 ... Creative Writing <b>18</b> 11:45 .. Lunch 1:00 .... Knitting Group 1:00 .... Poker League 1:00 .... Social Cribbage/Games 7:00 .... Cribbage Club	9:00.....Total Senior Fitness <b>19</b> 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.....Men's Club 3:00.....Tai Chi Class 6:30.....Duplicate Bridge	9:30 .... Tap Dancing <b>20</b> 11:45 .. Lunch 12:00 .. Shopping at Wal-Mart 12:45 .. Beano 1:00 .... Poker League
9:00 .... Bridge Group <b>23</b> 9:30 .... Golf/Bowling 9:30 .... Mah Jongg 10:00 ... Zumba Gold Fitness 11:00 ... Osteo Exercise Class 11:45 .. Lunch 12:00 ... Intermediate Bridge 12:30 ... Food Shopping Shaw's/Market Basket 1:00 .... Poker League	8:45 .... Stretch & Tone <b>24</b> 9:30 .... Mah Jongg 10:00 ... Canasta Class 10:00 ... Rummy Cube 11:15 Blood Pressure 11:45 .. Lunch 12:30 ... Food Shopping Stop & Shop 12:45 .. Beano	10:00 ... Creative Writing <b>25</b> 11:45 .. Lunch 1:00 .... Knitting Group 1:00 .... Poker League 1:00 .... Social Cribbage/Games 7:00 .... Cribbage Club	9:00.....Total Senior Fitness <b>26</b> 10:00....Line Dancing 11:00....Osteo Exercise Class 11:15 Blood Pressure 11:45....Lunch 12:30....Food Shopping Shaws/Market Basket 3:00.....Tai Chi Class 6:30.....Duplicate Bridge	9:30 .... Tap Dancing <b>27</b> 11:45 .. Lunch 12:00 .. Shopping at Wal-Mart 12:45 .. Beano 1:00 .... Poker League
 <p><b>30</b></p> <p>CLOSED FOR THE MEMORIAL DAY HOLIDAY</p>	8:45 .... Stretch & Tone <b>31</b> 9:30 .... Mah Jongg 10:00 ... Canasta Class 10:00 ... Rummy Cube 11:15 Blood Pressure 11:45 .. Lunch 12:30 ... Food Shopping Stop & Shop 12:45 .. Beano	 <p><i>Happy Mother's Day</i></p> <p><i>May 2011</i></p> 		

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Greater Lynn Senior Services  
COMMUNITY CAFE MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Stuffed Shell/Meat Sauce Zucchini/Red Pepper Garlic Roll Chilled Pineapple  ALTERNATIVE Chicken Filet Sandwich	<b>1</b> Fish Florentine/Lemon Sauce Lyonnaise Potato Parsley Carrots Jell-o  ALTERNATIVE Salisbury Steak/Gravy	<b>2</b> Veal Cacciatore Steamed White Rice Italian Green Beans Fresh Fruit  ALTERNATIVE BBQ Tyson Chicken	<b>3</b> Cream of Broccoli Soup Meatloaf/Gravy O'Brien Potatoes Chilled Fruit  ALTERNATIVE Omelet w/Cheese Sauce	<b>4</b> MOTHER'S DAY SPECIAL Apple Raisin Stuffed Tarragon Chicken Cran Sauce/Veggie Medley Bk Potato/Sour Cream Snowflake Dinner Roll Raspberry Cookie
<b>7</b> **Turkey Kielbasa**/Roll Peppers & Onions Green Beans/Home Fries Chilled Fruit  ALTERNATIVE Rib-B-Q w/Gravy	<b>8</b> Eggplant Parmesan Rotini /Meat sauce Roman Blend Veggies Fresh Fruit  ALTERNATIVE Chicken Tenders w/ Lemon Sauce	<b>9</b> Beef Stew Diced Potato Stew veggies Cookie  ALTERNATIVE Broccoli & Cheese Fish/ Dill Sauce	<b>10</b> Honey Mustard Tyson Chicken Sour Cream Whipped Potato Italian Blend Veggies Muffin/ Chilled Fruit ALTERNATIVE Mushroom Quiche	<b>11</b> Chicken Noodle Soup Chef Salad WW Dinner Roll Pudding  ALTERNATIVE Tuna Salad/WW Bread
<b>14</b> Stuffed Pepper/Sauce Diced Seasoned Potatoes Butternut Squash Chilled Fruit  ALTERNATIVE Haitian Turkey	<b>15</b> Boneless Chicken Bruschetta Scalloped Potato Spring/Summer Veggie Blend ALTERNATIVE Liver & Onions/Gravy Scalloped Potato	<b>16</b> Macaroni & Cheese Green & Golden Beans Fresh Fruit  ALTERNATIVE Salisbury Steak Potato	<b>17</b> Italian Wedding Soup Egg Salad/WW Bread Tossed Salad Jell-o  ALTERNATIVE Shaved Roast Beef	<b>18</b> Roast Pork/Gravy Whipped Potato Country Blend Veggies Cake  ALTERNATIVE Cranberry Glazed Chicken
<b>21</b> Veggie Lentil Soup Pesto Tyson Chicken Garlic Whipped Potato Chilled Fruit  ALTERNATIVE Spanish Beef/Yellow Rice	<b>22</b> Sweet & Sour Meatballs Lo Mein Noodles Broccoli Pudding ALTERNATIVE Garlic Paprika Boneless Chicken	<b>23</b> Scrod/Lemon Sauce Cheddar Whipped Potato Tuscany Veggies Brownie ALTERNATIVE Lasagna w/Meat Sauce	<b>24</b> Chili/ Shredded Cheese Rice/ Corn Bread Tossed Salad Mandarin Oranges ALTERNATIVE Chicken Teriyaki	<b>25</b> Hamburger/ Roll Lettuce & Tomato/ Cheese Corn/ Potato Salad Watermelon ALTERNATIVE Turkey Burger
<b>28</b>  <b>HOLIDAY</b> NO MEAL SERVICE	Roast Turkey/Gravy Cran Sauce/ Sweet Potato Peas & Onions/ Muffin Chilled Pineapple ALTERNATIVE Beef Strip Steak w/Gravy	PLEASE NOTE ENTREES MARKED WITH ** ARE SODIUM	<b>MAY 2011</b>	

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

**Question.** I have recently been diagnosed with Osteoporosis and my doctor wants me to exercise with resistance. How and where do I do this, and why is resistive exercise so important?

**Answer.** It may be helpful to give you some information on exercise and bone formation to gain a more complete understanding of your doctors concerns.

Osteoporosis is a preventable condition and is not an inevitable part of aging. Bone mass, muscle strength, flexibility and co-ordination improve with exercise. Bone tissue is renewed through a process of remodeling. This means old bone is removed and replaced by new bone. Bone eroding cells called osteoclasts invade the bone's surface dissolving the mineral and causing small cavities in the bones surface. Bone forming cells called osteoblasts fill in the cavities with new bone, until the bone surface is completely restored. This process is ongoing and takes place in a healthy body. This is nature's way of replacing old bone with new bone. In our early years of childhood and adolescence bones grow in size, and increase in density until it reaches it's peak bone mass. Peak bone mass refers to the point at which bones have achieved their maximum strength and density. This is usually around the age of 20. Bone mass stabilizes for a while and then begins to decrease at a rate of 1% per year. The critical years are actually from age 20 to age 45 years. Exercise and good nutrition are extremely important during these years. At this point women are still menstruating and producing estrogen. Calcium and vitamin D intake are essential components of a women's diet and can be stressed by pregnancy and a decrease or lack of estrogen production contributes to bone loss. Your doctor can update you on the recommended calcium and vitamin D intake for your age. During menopause, bone loss increases to 2 to 3% per year. New bone is not laid down at the same rate as older bone is lost, and can result in osteopenia and if

the loss is significant osteoporosis. Physical activity has been shown to be an essential factor in increasing peak bone mass and reducing the rate of bone loss with age. The best type of exercise for increasing bone mass and reducing the rate of age-related bone loss is weight-bearing activity. Walking, running, dancing, games and sports such as badminton, bowling, tennis, basketball, volleyball, and soccer are all examples of weight-bearing activities. Many of these activities are not appropriate for beginner exercises, or for people with hip, knee, ankle or back problems. Walking is the most frequently recommended weight-bearing activity. Resistance exercise is another type of exercise which benefits the bones. A common form of resistance is weight training with the use of dumbbells or resistance band. Soup cans are a good substitute for dumbbells.

Current research in July of 2009 reviewed 5 studies on Bone Mineral Density and the affect of exercise. Three out of the five studies showed that weight bearing and resistive exercise prevented a decline in hip Bone Mineral Density and helped to maintain the present Bone Mineral Density in the spine after 1 year of exercise.

Muscular strengthening exercises will increase your coordination and balance, reducing the risk of falls and help to increase muscle mass, providing added protection if you should fall. Resistive and weight bearing exercises gradually increase the load on the skeletal system. The increased muscle mass spreads this load over a larger amount of bone. Lack of exercise decreases the load and decreases the bone mass. People who are sedentary loose bone mass quickly. Studies have been done with osteoporotic women and residents of nursing homes that demonstrate an increase in bone mass from attending a regular exercise program.

North Shore Physical Therapy sponsors and instructs an osteoporosis prevention class on Monday and Wednesday mornings at both the Marblehead and Swampscott Council on Aging. Please check your calendar for times or call our Marblehead office (781-631-8250) to check on whether this class is appropriate for you if you have other health issues please consult with your doctor before beginning an exercise program.

### MUSEUM OF FINE ARTS TRIP

Join us (Boston Art Tours) on Wednesday, June 15<sup>th</sup>, 2011 and spend the day visiting the Museum of Fine Arts in Boston. Explore the art in the new Americans wing with a guided tour. There will be time for lunch at the museum on your own. We will have free time to see other exhibitions as well as visiting their lovely gift shop. A motor coach will bring you to the museum and return you worry free from driving and parking. The total cost for this tour is \$66.00 which includes transportation, admission and the guided tour. The motor coach will be leaving from Vinnin Square at 9:30 a.m. and will return at approximately 3:30 p.m. Reservations must be made no later than June 1<sup>st</sup>. Please call Boston Art Tours at 781-631-1202 for your reservation or contact the Senior Center

### THE NEW SWAMPSCOTT SENIOR CENTER SHINE REPRESENTATIVE

Elena Kirios our SHINE Counselor 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; you must bring your Medicare card, your supplemental insurance card and drug plan card and a list of your prescriptions. To make an appointment, please contact the Senior Center or sign up at the Senior Center desk.

### SCRABBLE CLUB

Cultivate a new spring garden by planting some of your flowery words on our scrabble boards.

Please join our scrabble club on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday, starting May 12<sup>th</sup> and May 26<sup>th</sup>. Scrabble mavern, Chris Andretta will direct the club. Contact the Center if you are interested.

### CHESS PLAYERS WANTED



The Senior Center is looking to start a chess players club on Friday's from 10:30 a.m. to approximately noontime. Skill level is not important however players must bring their own chessboards. Contact the Senior Center if interested.

### VISIT THE HALL AT PATRIOT PLACE

The Senior Center would like to schedule a trip to Patriot Place, Foxboro, the trip would include a tour of the Patriot Hall of Fame, lunch at CBS Scene Restaurant and Bar and discounts at the Patriots Pro Shop, we would need a group of fifteen to seventeen in order to schedule a date and receive discounted ticket prices. The cost per person for Patriot Place will be \$20.00 (\$5.00 for admission, \$15.00 for two course meal including tax and gratuity). Cost for transportation from the Senior Center and back will be \$5.00 per person. Contact the Senior Center to save your seat.

### BEGINNER BRIDGE

We will be starting a new beginners six week bridge class on Thursday, May 12<sup>th</sup> to Thursday, June 23<sup>rd</sup>. There will be no class on Thursday, May 26<sup>th</sup>. The class will require at least four to eight people. Contact the Senior Center to sign-up.

### SUMMER ART CLASS

Nicole Ryan returns this summer, Tuesday, August 2<sup>nd</sup> through Tuesday, August 23 from 12:30 to 3:00 p.m. Students will study perspective, sighting, value, form and composition. Also you will complete a charcoal, pencil and color pencil drawing. One drawing each week and the last week will be your choice. Contact the Senior Center to sign-up.



### SPRING FLING

Swing into spring with a party on Thursday, May 5<sup>th</sup> from 11:30 a.m. to 2:00 p.m. at the Senior Center. We will be having pizza and more plus a jazz band for entertainment. Tickets are now on sale for \$7.00 per person.

### PUZZLES, PUZZLES AND MORE PUZZLES

Seniors, have you always wanted to learn the art of solving crossword puzzles and never did? Well now you can. The Senior Center is offering classes on Wednesday's from 11:00 a.m. to 12:00 p.m. for solving all kinds of puzzles, from crosswords to Suduko to crytoquotes to Kenken and The Jumbo. Our Joe Paluzzi will teach a class on how to solve all these types of puzzles which he has done for over sixty years. He has solved an estimated 30,000 crossword puzzles and a gazillion other types as well. All you will need is your pencil. Contact the Senior Center to save your seat.

### WISH LIST

The Senior Center is looking to its members or town's people to help defray expenses by donating the following articles: LOTS OF CANDY.

### SENIOR CENTER GARDENS

Thank you to all who so generously gave of their plants and their \$\$ to help furnish our new welcoming gardens. And thanks to our "diggers" for all their hard work. Our thoughts are to plant perennials this year, which hopefully will double next year. We will then plant annuals amongst them to give us a riot of color throughout the summer. If anyone is willing to share/split a perennial (whether it has already gone by or not), please let us know and we will be happy to plant them here. We always welcome donations.

We hope you will enjoy the gardens.

*"The Senior Center Garden Club"*