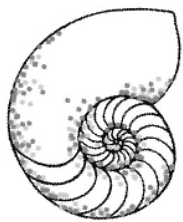


## Swampscott Senior Center



# 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**

**JANUARY 2012**

**781-596-8866**

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

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## Happy New Year

The Senior Center had two very well attended gatherings during the holiday season. The Nahant Christmas Party with Mel Simons was very successful and the New Year's Brunch was scrumptious and well received. Now we are ready to settle back and survive the winter season. By the way, have you made your resolutions?

There are several things that we should all do so that if we are shut in due to snow storms or blizzards we are safe. Also please remember that if the schools are closed we are closed. Please check the following list:

- Winter Storm or Blizzard Warnings. Take refuge immediately.
- Have sufficient fuel. Check your fireplace if you have one for build up of creosote.
- Check your home owner's policy to ensure that you have adequate coverage in case of damage.
- Know how to shut off your water, gas, and electric.
- Have a winter survival kit which should include first aid, non perishable food, medications, a manual can opener, a portable radio, and extra blankets.
- Finally Be a Good Neighbor and check in on other neighbors who are elderly and might need assistance.

Just a reminder to everyone regarding our Wellness Seminars. We will resume our presentations for the next four months on the second Thursday of the month. Check out the topics that are listed in this newsletter and make sure to mark your calendar so will not miss any of these presentations. They previous ones have been very good and most informative.

Well, here's hoping that our winter season is mild and that we all have time to come to the senior center to exercise, play, chat and eat. May you all have good health and joy in the New Year. **Happy 2012!**

*Marilyn*

### THE MENS CLUB IS LOOKING FOR A FEW GOOD MEN

The Men's Club of the Swampscott Senior Center is open for new members and is specifically looking for "Baby Boomers". This generation is new to the world of retirement and the resources available to them. The Men's Club is just such a resource. Members meet the third Thursday of every month at 1:00 pm for a luncheon and a feature speaker. From identify theft to senior scams, from Swampscott High School's athletic program to the history of Swampscott, from the collection of old coins to orthopedic medicine. These topics can stimulate discussion with challenging questions. The selection of speakers and topics come from the members themselves. This underlines the great opportunity for socializing, something needed in our retirement years. Again the Men's Club meets every month for a luncheon, a speaker and great camaraderie. Join us by calling the Senior Center at 781-596-8866.

## QUESTION AND ANSWER COLUMN OFFERED BY NORTH SHORE PHYSICAL THERAPY

North Shore Physical Therapy (NSPT) is pleased to offer a monthly Question and Answer (Q and A) column about musculoskeletal problems. We propose that you submit physical therapy questions to us in writing, and send them to NSPT, 1 Widger Road, Marblehead, MA 01945, c/o Susan Finigan, or by calling NSPT at 781-631-8250. We will make every effort to address any questions within our area of expertise. Questions might include types of exercises for a specific condition or disease, how to better manage pain, or an explanation of your orthopedic diagnosis and available non-surgical options. All you need to do is ask us!

### TIPS ON OUTDOOR WINTER SAFETY

**Question.** *Last winter I slipped on black ice, falling and fracturing my wrist. Do you have any suggestions to make it safer for me to go out this winter?*

**Answer.** Falling on the ice happens to people of all ages. There are several steps you can take to protect yourself from falling. Don't go outside, even if it is only for a minute, wearing your slippers. As physical therapists, we often hear stories from people who hurt themselves going outside "just to get the newspaper", not taking the time to put on appropriate shoe wear. It is easy to miss a very thin coating of ice, especially in the early morning. When walking down an outside staircase make sure to use the railing. It sometimes is especially slippery near your car. If you are going outside to start the car to let it warm-up and defrost the windows be especially careful. If the weather calls for black ice formation take precautions the night before by using a product like sand or ice melt over the areas near your steps and driveway. Be sure to spread the sand liberally. You may want to keep some of it in the car as well as by your door. Choosing a shoe or boot with good traction is one of the best ways to protect your self. Some shoes with large treads appear to offer good traction but are actually fairly slippery. A light hiking boot may be better. There are several types of ice grippers or traction devices that can be purchased at sporting goods stores and catalogues and even discount stores. They fit easily over any shoe and decrease the risk of falling. If you use a cane or crutches, purchase a device with metal teeth that fits easily on the end of the cane or crutch to provide more traction on ice. Good lighting is also helpful to outdoor safety after dark. Be sure you have adequate outdoor lighting and carry a flashlight when walking outside in the dark. There are many options for dawn to dusk lighting or motion sensor lighting to increase your ability to view your driveway and walkway.

Finally, when walking where it may be slippery, be sure to focus ONLY on walking. Do not talk and walk at the same time or search for keys in a purse or pocket. Attend only to walking. Walk with your feet slightly apart and keep the length of each step shorter than normal. Taking these precautions will increase your safety in slippery winter conditions. If you determine that the weather conditions are too dangerous for you to venture outside, then it is best to remain in the house until your walkway and driveway have been cleared and deiced and the sun has melted any black ice.

### MAH JONGG CARDS FOR SALE

The Senior Center will be selling 2012 Mah Jongg cards. The cards are \$7.00 for standard size print and \$8.00 for large size print. Contact Norma or Susan at the Senior Center to take your order.

### NEW COMPUTER CLASSES

The Senior Center will be scheduling new computer classes at the high school. There will be a four week beginner class at a cost of \$30.00 per person and a six week intermediate class at a cost of \$35.00 per person. Contact the Senior Center to sign-up.

### MONDAY INTERMEDIATE BRIDGE

If you are interested in joining our intermediate bridge group on Monday's, please call the Senior Center to verify there is room available for new participants.

### NEW TAI CHI CHUAN CLASS

The Senior Center will be having a new Tai Chi Chuan class run by Tom Robson on Tuesday's at 2:30 pm. Tai Chi is an effective energy, health, exercise and self defense practice. The cost will be \$3.00 per session. Contact the Senior Center to sign-up.

### SENIOR CENTER VOLUNTEERS

The Senior Center is looking for volunteers to help with lunch. There are two areas that require assistance, food preparation or collection of the lunch money. Volunteers will work one day a week. Contact the Senior Center if you are interested.




### SENIOR CENTER PARKING

As most of you know, parking here at the Senior Center has become a problem at times. The Senior Center has a total of 44 parking spaces. These spaces are clearly marked with yellow lines with the letters SC in the middle. We are working to alleviate this problem as best we can. If there is no Senior Center (SC) spaces available please speak to a staff member. We can not be responsible for any parking tickets or towing charges incurred by the car owner.

### THE CONTINUANCE OF OUR WELLNESS SEMINAR

The Senior Center will be having additional seminars beginning this month, Thursday, January 12th from 12:45 to 2:00 pm. The subject will be "Do you need all that stuff" presented by Lauree Grant from GLSS. Seniors often face the decision of how and when to give up the family home. Seniors also often have a difficult time letting go of things that are no longer useful or needed. This presentation will address both issues. It is estimated that 3 to 5% of the senior population in this country have problems with hoarding.




*(Continued on page 5)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>2</b> <b>SENIOR CENTER CLOSED FOR NEW YEARS HOLIDAY</b>	<b>3</b> 8:45 Stretch & Tone 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 2:15 Tai Chi Class	<b>4</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>5</b> 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 6:30 Duplicate Bridge	<b>6</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>9</b> 9:00 Bridge Group 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	<b>10</b> 8:45 Stretch & Tone 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 2:15 Tai Chi Class	<b>11</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>12</b> 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 12:45 Scrabble 6:30 Duplicate Bridge	<b>13</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
 <b>16</b> <b>CLOSED FOR DR. MARTIN LUTHER KING HOLIDAY</b>	<b>17</b> 8:45 Stretch & Tone 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 2:15 Tai Chi Class	<b>18</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>19</b> 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 Men's Club 6:30 Duplicate Bridge	<b>20</b> 9:30 Tap Dancing 11:00 Women's Club 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>23</b> 9:00 Bridge Group 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	<b>24</b> 8:45 Stretch & Tone 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 2:15 Tai Chi Class	<b>25</b> 10:00 Creative Writing 11:00 Puzzles and Crosswords 11:45 Lunch 1:00 Knitting Group 1:00 Poker League 1:00 Social Cribbage/Games 7:00 Cribbage Club	<b>26</b> 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 12:45 Scrabble 6:30 Duplicate Bridge	<b>27</b> 9:30 Tap Dancing 11:45 Lunch 12:00 Shopping at Wal-Mart 12:45 Beano 1:00 Poker League
<b>30</b> 9:00 Bridge Group 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	<b>31</b> 8:45 Stretch & Tone 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 2:15 Tai Chi Class			

Requested Donation is  
\$2.00 per Meal

Greater Lynn Senior Services  
COMMUNITY CAFE MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p>  <p><b>HOLIDAY</b> NO FOOD SERVICE</p>	<p><b>3</b></p> <p>Mac &amp; Cheese Spinach Chilled Fruit</p> <p><b>ALTERNATIVE</b> Salisbury Steak/ Gravy Whipped Potato</p>	<p><b>4</b></p> <p>Boneless Chicken Tarragon Garlic Whipped Potato Country Blend Veggies/ Cookie</p> <p><b>ALTERNATIVE</b> Dominican Beef Stew Yellow Rice</p>	<p><b>5</b></p> <p>Veggie Soup Meatball Sub/ Sauce Home Fries Fresh Fruit</p> <p><b>ALTERNATIVE</b> Chicken Marsala</p>	<p><b>6</b></p> <p>Pollock/Mushroom Sauce Lyonnaise Potato Jardinière Veggie Chilled Fruit</p> <p><b>ALTERNATIVE</b> Beef Strip Steak/ Gravy</p>
<p><b>9</b></p> <p>Turkey Kielbasa Casserole Carrots Jell-o/ Topping</p> <p><b>ALTERNATIVE</b> Rib-B-Q/ Gravy Potato</p>	<p><b>10</b></p> <p>Honey Mustard Tyson Chicken Whipped Potato Italian Blend Veggies Brownie</p> <p><b>ALTERNATIVE</b> Spanish Sheppard's Pie</p>	<p><b>11</b></p> <p>Minestrone Soup Meatloaf/ Gravy O'Brien Potato Fresh Fruit</p> <p><b>ALTERNATIVE</b> Omelet /Cheese Sauce</p>	<p><b>12</b></p> <p>Veal Cacciatore White Rice Italian Green Beans Mandarin Oranges</p> <p><b>ALTERNATIVE</b> Teriyaki Chicken</p>	<p><b>13</b></p> <p>Pulled Pork Sandwich w/ BBQ Sauce Sweet Potato Fiesta Veggie/Chilled Fruit</p> <p><b>ALTERNATIVE</b> Chicken Quesadilla</p>
<p><b>16</b></p>  <p><b>HOLIDAY</b> NO FOOD SERVICE</p>	<p><b>17</b></p> <p>Lasagna/ Meat Sauce Zucchini/ Red Pepper Chilled Pineapple</p> <p><b>ALTERNATIVE</b> Chicken Filet Sandwich Whipped Potato</p>	<p><b>18</b></p> <p>Veggie Lentil Soup Fiesta Fish/ Dill Sauce Cheddar Whipped Potato Pudding</p> <p><b>ALTERNATIVE</b> Salisbury Steak</p>	<p><b>19</b></p> <p><b>WINTER SPECIAL</b> Pot Roast/Sweet Onion &amp; Mushroom Gravy Creamy Scalloped Potato Veggie Medley/Dinner Roll Peach Cobbler</p>	<p><b>20</b></p> <p>Boneless Rosemary Chix Stewed Tomatoes Lyonnaise Potatoes Muffin/ Fresh Fruit</p> <p><b>ALTERNATIVE</b> Liver &amp; Onions</p>
<p><b>23</b></p> <p>Swedish Meatballs/ Gravy Whipped Potato Beets Chilled Fruit</p> <p><b>ALTERNATIVE</b> Veggie Quiche</p>	<p><b>24</b></p> <p>Roast Turkey w/Gravy Sweet Potato Peas &amp; Onions Oat Roll/ Fresh Fruit</p> <p><b>ALTERNATIVE</b> Spanish Beef/ Yellow Rice</p>	<p><b>25</b></p> <p>Stuffed Pepper/ Sauce Parsley Potatoes Green Beans/ Red Pepper Jell-o/Topping</p> <p><b>ALTERNATIVE</b> Potato Crunch Fish</p>	<p><b>26</b></p> <p>Cream of Broccoli Soup Cran Glazed Tyson Chicken Brown Rice Pilaf Chilled Fruit</p> <p><b>ALTERNATIVE</b> Salisbury Steak</p>	<p><b>27</b></p> <p>Beef Stew/ Veggies Diced Potato Biscuit Cake</p> <p><b>ALTERNATIVE</b> Chicken Bruschetta</p>
<p><b>30</b></p> <p>Chicken Parm/ Rotini Tuscany Veggies Chilled Fruit</p> <p><b>ALTERNATIVE</b> Sweet &amp; Sour Meatballs Whipped Potato</p>	<p><b>31</b></p> <p>Roast Pork w/Gravy Baked Potato/ Sour Cream Butternut Squash Garlic Roll/ Chilled Fruit</p> <p><b>ALTERNATIVE</b> Spanish Chix/Rice &amp; Beans</p>	<p><b>JANUARY</b> <b>2012</b></p>		



(continued from page 2)

On Thursday, February 9th from 10:00 to 11:30 am (note the time change) Dr. David McMahon will discuss positive aging and the stages of senior life. Dr. McMahon directs the Center for Aging at the Beverly Hospital. His expertise will give us hints on how to live a long and healthy life.

On Thursday, March, 15th from 12: 45 to 2:00, Attorney Jack King will address the group on the subject "Are your affairs in order?" The presentation will provide options for seniors to protect their estate, how to avoid scams and long term care concerns.

On Thursday, April, 19th from 12:45 to 2:00 pm the subject will be about "Alder Abuse".

Elder Abuse is a serious issue for senior citizens. It takes many forms including physical, sexual, domestic violence, psychological, financial, care giver neglect or abandonment and even includes self-neglect. This is a growing social problem, despite the fact that it remains one of the most under reported crimes nation wide. Come to hear Program Coordinator Elizabeth Cochran discuss this issue and the role of the Elder Justice Network of the Greater North Shore.

#### COME AND JOIN OUR SEMINAR

The Alzheimer's Association and Greater Lynn Senior Services invites you to a seminar on Essential Skills for Family Caregivers, It Starts With Communication.

**WHEN:** Wednesday, January 25, 2012 **WHERE:** Greater Lynn Senior Services, Inc. at 8 Silsbee Street, Lynn, MA 01901.

**TIME:** 12:00-1:30 pm (A light lunch will be served).

There are many proven communication techniques that caregivers can learn to improve day-to-day life for those with dementia and reduce their own stress. Learn how to communicate in a way that minimizes frustrations, decreases anxiety, and avoids disagreements. This program is specifically designed with family caregivers in mind. Staff from the Alzheimer's Association will be presenting this program in collaboration with Greater Lynn Senior Services through an Administration on Aging Grant administered by the Massachusetts Executive Office of Elder Affairs. Pre-registration is required. To register for this program, go to [www.alz.org/MANH](http://www.alz.org/MANH) or call 800.272.3900.

#### WISH LIST

The Senior Center is looking to its members or town's people to help defray expenses by donating the following articles: lots and lots of candy.

#### HAPPY BIRTHDAY WISHES

To Those Who Celebrate Their Birthday In January

### NAPKIN FUN

*I flipped a napkin in the air  
that fell upon  
my granddaughter's hair.*

*She shook her head  
from wall to door  
said paper floated  
to the floor.*

*With shrieks of laughter oh, so bright  
up flew the object of her delight.  
Her eyes exploded with total glee  
for all around to enjoy and see.*

*Again and again  
she twisted and twirled  
to the dance of a napkin  
and a two year old girl.*

— PAUL J. LAHAIE

#### FRIENDS OF THE SWAMPSCOTT SENIOR CENTER

P.O. Box 612, 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 \$ \_\_\_\_\_

(Please make check payable to FRIENDS of the Swampscott Senior Center)

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

Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

Donor's Name: \_\_\_\_\_