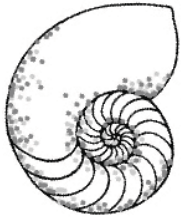


Swampscott Senior Center



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

MARCH 2012

781-596-8866

200R ESSEX STREET, SWAMPSCOTT, MA 01907

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Hi friends and family members,

March is such an interesting month. We all think that spring is around the corner and winter is often still rearing its head. Of course this month wearing the green on St. Patrick's Day has become a tradition for everyone not just those of Irish decent. We hope to see all of you here at the center meeting old friends and making new friends.

This month our lecture series on senior issues will continue on March 15th. Attorney Jack King will be presenting with an associate on legal issues important for seniors to address. Please sign up at the front desk so that refreshments can be provided. This has been a well received seminar series. They will hopefully continue next year. Remember this will take place on the third week in March and we hope to reschedule Dr. McMahon for the last lecture in May.

We would appreciate feed back from our members on the following items.

- Would you like to do a day trip this spring? Where would you like to go?
- Would you speak to one of the staff members if you have a suggestion?
- Have a great month. See you at the center.

Attention men's club members, your next meeting will be on March 22 which is the fourth Thursday of the month due to our speaker series.

By the way I hope everyone enjoyed both Valentine's Day and The President Day Party last month.
Marilyn

CAN I ENROLL IN A MEDIGAP PLAN NOW?

Yes! In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the "gaps" in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is \$93.46/month and for a Supplement 1 is \$181.71/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

If you are interested in learning more about Medigap plans, trained SHINE (Serving Health Information Needs of Elders) counselors can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To meet with a counselor here, please call 781-596-8866 and ask for Bill Foley for a SHINE appointment. You may also call the SHINE office at Mystic Valley Elder Services at 781-324-7705, Ext164 and leave your name and number. A SHINE counselor will call you back, as soon as possible.

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!

QUESTION.

I get nervous when walking on outdoor surfaces and this prevents me from going different places, because I feel unsafe and I am afraid that I might fall.

ANSWER.

You may be having a problem with balance while walking and this has made you fearful of walking on uneven surfaces. Several factors could affect your balance. If you take different medications that may alter how you feel, you should discuss this with your physician. You could have decreased sensation in your feet from diabetes. You could have leg tightness or weakness of the hips, knees, or calves which make you walk differently and make you feel unsteady on your feet. Just the fear of falling down may also be a factor which prevents you from having enough confidence to venture onto different types of surfaces. North Shore Physical Therapy Associates offers free balance screens to anyone in the community. During the balance screen an assessment of your strength, flexibility, balance and walking speed will determine if you would benefit from home exercises, supervised physical therapy or just using a cane to assist your balance. By calling our offices you may be seen by a physical therapist for a free falls risk assessment. **Please call our offices Marblehead/Swampscott (781-631-82500, Salem (978-910-0486) to schedule an appointment or talk with a physical therapist that will help you determine if you need physical therapy.**

The Monday and Thursday morning exercise class given at by North Shore Physical Therapy at 11 am at the Swampscott Senior Center can be particularly helpful for stiff arthritic joints. Many of the exercises are gentle range of motion exercises for all joints done in a sitting position. Stop by and try the class we always do exercises for the wrists and hands.

HAPPY BIRTHDAY WISHES

To Those Who Celebrate Their Birthday In February

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.

STAY WARM WITH FUEL ASSISTANCE

Here we are in the middle of winter. If it gets windy, the temperature goes below zero while your fuel bills go higher! But it's not too late to apply for fuel assistance. The deadline is **April 30, 2012**. Again, as we mentioned before, many people think that they are ineligible because their income might be too high. Fuel assistance actually uses moderate income guidelines, and you might find yourself receiving help in paying those winter bills. We have the applications here at the Senior Center and we can help you with filling them out. Contact Bill Foley, Outreach Social Worker, at 781 596-8866 for more information and assistance.

TIME TO GO TO FOXWOODS

The Senior Center is planning a trip to the Foxwoods Casino on Wednesday, April 18th. The bus will leave Walgreen's at Vinnin Square at approximately 7:15 am and return approximately 7:30 pm. The cost will be \$25.00 per person which includes transportation, a \$10.00 food coupon for any restaurant or covers a free buffet lunch and you will also receive free Keno tickets worth \$15.00. Call the Senior Center at 781-596-8866 to reserve your bus seat.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARCH 2012



1
8:45 Total Senior Fitness
10:00 Line Dancing
11:00 Osteo Exercise Class
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Shaws/Market Basket
6:30 Duplicate Bridge

2
9:30 Tap Dancing
11:30 Lunch
12:00 Shopping at Wal-Mart
12:45 Beano
1:00 Poker League

5
9:30 Bridge Group
9:30 Golf/Bowling
9:30 Mah Jongg
10:00 Zumba Gold Fitness
11:00 Osteo Exercise Class
11:30 Lunch
12:30 Intermediate Bridge
12:30 Food Shopping
Shaw's/Market Basket
1:00 Poker League

6
8:45 Stretch & Tone
9:30 Mah Jongg
10:00 Canasta Class
10:00 Rummy Cube
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Stop & Shop
12:45 Beano
2:30 Tai Chi

7
10:00 Creative Writing
11:30 Lunch
1:00 Knitting Group
1:00 Poker League
1:00 Social Cribbage/Games
7:00 Cribbage Club

8
8:45 Total Senior Fitness
10:00 Line Dancing
11:00 Osteo Exercise Class
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Shaws/Market Basket
12:45 Scrabble
6:30 Duplicate Bridge

9
9:30 Tap Dancing
11:30 Lunch
12:00 Shopping at Wal-Mart
12:45 Beano
1:00 Poker League

12
9:30 Bridge Group
9:30 Golf/Bowling
9:30 Mah Jongg
10:00 Zumba Gold Fitness
11:00 Osteo Exercise Class
11:30 Lunch
12:30 Intermediate Bridge
12:30 Food Shopping
Shaw's/Market Basket
1:00 Poker League

13
8:45 Stretch & Tone
9:30 Mah Jongg
10:00 Canasta Class
10:00 Rummy Cube
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Stop & Shop
12:45 Beano
2:30 Tai Chi

14
10:00 Creative Writing
11:30 Lunch
1:00 Knitting Group
1:00 Poker League
1:00 Social Cribbage/Games
7:00 Cribbage Club

15
8:45 Total Senior Fitness
10:00 Line Dancing
11:00 Osteo Exercise Class
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Shaws/Market Basket
1:00 Men's Club
6:30 Duplicate Bridge

16
9:30 Tap Dancing
11:30 Lunch
12:00 Shopping at Wal-Mart
12:45 Beano
1:00 Poker League

19
9:30 Bridge Group
9:30 Golf/Bowling
9:30 Mah Jongg
10:00 Zumba Gold Fitness
11:00 Osteo Exercise Class
11:30 Lunch
12:30 Intermediate Bridge
12:30 Food Shopping
Shaw's/Market Basket
1:00 Poker League

20
8:45 Stretch & Tone
9:30 Mah Jongg
10:00 Canasta Class
10:00 Rummy Cube
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Stop & Shop
12:45 Beano
2:30 Tai Chi

21
10:00 Creative Writing
11:30 Lunch
1:00 Knitting Group
1:00 Poker League
1:00 Social Cribbage/Games
7:00 Cribbage Club

22
8:45 Total Senior Fitness
10:00 Line Dancing
11:00 Osteo Exercise Class
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Shaws/Market Basket
12:45 Scrabble
6:30 Duplicate Bridge

23
9:30 Tap Dancing
11:30 Lunch
12:00 Shopping at Wal-Mart
12:45 Beano
1:00 Poker League

26
9:30 Bridge Group
9:30 Golf/Bowling
9:30 Mah Jongg
10:00 Zumba Gold Fitness
11:00 Osteo Exercise Class
11:30 Lunch
12:30 Intermediated Bridge
12:30 Food Shopping
Shaw's/Market Basket
1:00 Poker League

27
8:45 Stretch & Tone
9:30 Mah Jongg
10:00 Canasta Class
10:00 Rummy Cube
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Stop & Shop
12:45 Beano
2:30 Tai Chi

28
10:00 Creative Writing
11:30 Lunch
1:00 Knitting Group
1:00 Poker League
1:00 Social Cribbage/Games
7:00 Cribbage Club

29
8:45 Total Senior Fitness
10:00 Line Dancing
11:00 Osteo Exercise Class
11:15 Blood Pressure
11:30 Lunch
12:30 Food Shopping
Shaws/Market Basket
12:45 Scrabble
6:30 Duplicate Bridge

30
9:30 Tap Dancing
11:30 Lunch
12:00 Shopping at Wal-Mart
12:45 Beano
1:00 Poker League

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
			1 Minestrone Soup Apple Glaze Roast Pork Oven Roasted Potato WW Roll Pudding	2 Fish/Salsa Cheese Sauce Green Beans Whipped Potato Scali Bread Chilled Peaches
5 Turkey Kielbasa/Roll Peppers & onions Home Fries Chilled Pears ALTERNATIVE Omelet/Cheese Sauce	6 Pot Roast/Gravy Bk Potato/Sour Cream Peas & Mushrooms Jell-o/Topping ALTERNATIVE Chicken Paprika	7 Garden Veggie Soup Honey Mustard Chicken Leg Lyonnaise Potatoes Fiesta Veggies/ Fresh Fruit ALTERNATIVE Pork Patty/Gravy	8 Chili Tossed Salad Steamed Rice Mandarin Oranges ALTERNATIVE Chicken Teriyaki	9 Cheese Lasagna Roman Blend Veggies Apple Turnover ALTERNATIVE Salisbury Steak Whipped Potato
12 Meatball Sub O'Brien Potato Green & Golden Beans Chilled Prunes ALTERNATIVE Veggie Quiche	13 Garlic Paprika Boneless Chicken Brown Rice Pilaf Corn/Red Pepper Chilled Pineapple ALTERNATIVE Dominican Beef Stew	14 WW Stuffed Shell/Meat Sauce Zucchini & Red Pepper Chilled Pineapple ALTERNATIVE Tarragon Chicken Whipped Potato	ST. PATRICKS DAY 15 SPECIAL Corn Beef Stew Biscuit Chocolate Coin Mint Mousse	16 Corn Chowder Fiesta Fish/Dill Sauce Delmonico Potato Fresh Fruit ALTERNATIVE Sweet/Sour Chix Tenders
19 Cran Glazed Tyson Chicken Garlic Whipped Potatoes Tuscany Veggies Muffin/Jell-o ALTERNATIVE Fish Sticks/Tartar Sauce	20 Beef Burrito/Sour Cream Spanish Rice Pico de Gallo Chilled Mixed fruit ALTERNATIVE Chix Florentine/ Whipped Potato	21 Meatloaf w/Gravy Cheddar Whipped Potato Peas & Onions Fresh Fruit ALTERNATIVE Haitian Turkey	22 Cream of Broccoli Soup Shaved Roast Beef Tossed Salad Chilled Apple Sauce ALTERNATIVE Sliced Turkey/WW Pita	23 Macaroni & Cheese Spinach/ WW Roll Cake ALTERNATIVE Salisbury Steak Whipped Potato/Spinach
26 Pineapple Orange Chicken Veggie Lo Mein Broccoli Chilled Pears ALTERNATIVE Ravioli/Meat Sauce	27 Rib- B-Q Corn Pudding Carrots Cookie ALTERNATIVE Spanish Chicken/Rice & Beans	28 Stuffed Pepper Seasoned Buttered Potato Green & Golden Beans Chilled Peaches ALTERNATIVE Hot Chicken Patty/Roll	29 Roast Turkey w/Gravy Cran Sauce/ Sweet Potato Italian Blend Veggies Garlic Roll/Fresh Fruit ALTERNATIVE Meatballs/Gravy	30 Navy Bean Soup Tuna Salad Potato Salad Pudding ALTERNATIVE Egg Salad

THE CONTINUENCE OF OUR WELLNESS SEMINAR

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.

NEW YOGA CLASS

Yoga classes will start at the Senior Center on Wednesday, April 11th from 10:30 to 11:45 and will run through the end of May for a total of six weeks. Your instructor will be Mary Cassidy and the cost will be \$3.00 per class. Hatha Yoga promotes balance, flexibility, concentration and relaxation. In this class you will move gently into postures that bring about a feeling of well-being and many health benefits. You should wear loose fitting clothing and bring a towel or mat for your floor exercises. Contact the Senior Center for additional information or to sign-up.

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.

Each night

*when I head off to bed, that quadruped,
takes the lead
so he'll find the best spot.
Unafraid, he leaps up with a classic glissade,
and we sleep
hip to hip with our worries forgot.*

Each day

*we build love and trust; they're a must,
ours hours
filled with laughter and cheer.
when I'm sad
he shows up with a toy, that's my boy,
and we play
'til the blues disappear.*



YOU CAN VOTE FROM THE COMFORT OF YOUR HOME

As a senior, if you have difficulty getting out too vote, an absentee ballot can allow you to exercise your citizenship. We have applications for absentee ballots for the upcoming elections, and there will certainly be an "upcoming election." We have the Massachusetts Presidential election in November. Because of the re-construction of the precincts in Swampscott, if you want an absentee ballot, you must fill out an application first. See Bill Foley at the Senior Center for these applications and for any additional help regarding the absentee ballot.

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: _____